

SHALOM BAYIT

ENDING DOMESTIC VIOLENCE IN JEWISH HOMES

Fall 2014 ~ Elul 5774



Support Groups

Are you being hurt by someone you love?

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THE DAYS OF AWE

Naomi Tucker, Executive Director

The approaching High Holy Days are a time to take a spiritual accounting of how we have transgressed. I have always marveled at the way our Yom Kippur *Al Cheyt* prayers are said in the plural: reciting together the ways *WE* may have caused harm, even if each of us did not do each of those things on the list. It is a beautiful way to accept communal responsibility, to note that we are all in this together – from our transgressions to our responsibility to repair.

So where have the global “we” gone wrong this past year? How have we strayed from a right and just path in the world? In our own lives? What steps must we take towards *Teshuvah*, re-turning to our truest self?

There are many communal and individual transgressions we could examine. But I cannot help but notice that the news this past year has been filled with horrifying stories of violence against women. Campus sexual assault, “honor” killings, gang rapes, mass kidnappings, murders the media persistently call “crimes of passion” (one of the most misleading euphemisms I have ever heard....there is no passion involved in beating one’s girlfriend to death because she didn’t do what you wanted). So I decided to take stock, at this time of holy reckoning for our communal transgressions, of this last year in the media.

Here are a few highlights of 5774:

November: The Pentagon reports a 50% jump in military sexual assaults, not including sexual harassment complaints.

December: Football player Jovan Belcher shoots his girlfriend Kasandra Perkins and then himself, leaving behind their 3 month old baby girl. The NFL mourns the loss of their great player.

January: A UC Santa Barbara student is gang raped. Village elders in India order 13 men to gang rape a 20-year-old woman for dating a man from another tribe. In Calcutta, a 16-year old is gang raped and tries to report the rape to the police. The

—continued on p.2

RABBIS' CORNER: MIT HILLEL

Rabbi Michelle Fisher

Meaningful connections have a way of creating lasting relationships that continue to bear fruit.

I was introduced to the importance of understanding and speaking about domestic violence (DV) when I was a newly-ordained assistant rabbi to Rabbi David Rose in Potomac, MD. The first sermon I gave on DV quickly led to the first counseling session I had with an abused spouse. I was more than a bit overwhelmed, but my eyes and heart had been opened, and a communal need was made explicitly clear for me. I thus immediately sought out Shalom Bayit as a resource when I later moved to the Bay Area to serve my own congregation. It was an honor to support Naomi Tucker in her work, and to contribute as a Rabbinic Advisory Council member.

Soon, I was drawn back to the East Coast, and particularly to MIT Hillel, where in my role as Executive Director, I now serve a different population: students 18-26 years old. Dating and relationship issues were on my radar as students talked about roommate issues, dating ups and downs, interactions in labs and classes. But I had not considered how to better educate myself or my staff about such issues, particularly with this age group. I am blessed that Shalom Bayit built a relationship with Hillel International. With excitement and purpose, we brought Naomi and Zephira to MIT to train Hillel professionals from across New England about preventing dating violence and building healthy relationships.

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Join us for...Upcoming Events

(more info, p.8)

October 2014

Domestic Violence Awareness Month

October 12th, 2014

Sukkot Community Gathering, Urban Adamah

December 2014

Domestic Violence Sermon Month

May 2015

Creating Hope celebration

The Days of Awe

Continued from page 1

rapists set her on fire, burning her to death. The City of Delhi, dubbed India's "rape capital," hires a female commando force to protect women from rape in the streets. In Virginia, a state senator running for Congress says spousal rape should be legal.

February: A Jewish mother blogs about her daughter's brutal sexual assault by football players on campus in the third week of her freshman year. Despite mounds of physical evidence and an eyewitness, the college judicial board finds the guys not guilty. The same month, another UC Santa Barbara student is gang raped.

March: Silicon Valley tech billionaire Gurbaksh Chahal goes on trial for domestic violence. In August 2013 he was caught on video hitting and kicking his girlfriend over 117 times in 30 minutes. Obtained without a warrant, the footage was inadmissible in court. Chahal pled guilty to only one of the 47 assault charges and was freed on \$1 million bail, 25 hours of community service, and a year of batterer intervention classes.

April: President Obama releases guidelines for college campuses to combat sexual assault. 276 Nigerian schoolgirls are kidnapped. Their crime: receiving an education. Over 200 of these girls have not been seen since.

May: A pregnant Pakistani woman Farzana Parveen is stoned to death by her own family for marrying against their wishes. Farzana's father confesses to killing his daughter because she had married the man of her choice. *Time* magazine says the college town of Missoula Montana's recent reputation as the "rape capital of America" is misleading, because sexual assault is rampant on college campuses across the nation.

June: Eiko Nakamura, owner of the popular Napa sushi restaurant Eiko's, is murdered by her husband.

July: An Indian photographer publishes a fashion photo shoot glamorizing a woman being sexually assaulted on a bus, recalling the 2012 Delhi bus gang rape.

August: A Dallas Cowboys player is out for four games due to positive drug testing, but the Baltimore Ravens' Ray Rice gets only a 2-game suspension for beating up his fiancée in February and dragging her out of an elevator unconscious. Former Press Secretary and gun control advocate James Brady, author of the Brady Bill, dies of complications from his gunshot wound 33 years earlier.

No wonder I am outraged. No wonder sometimes I can barely stand to watch the news. Of course there are also always stories of strength, courage and resilience. But with a year in review like that, we have a lot to account for this coming Yom Kippur.

None of these atrocities could happen if we overturned societal mass acceptance of men's "right" to control women. None of these atrocities could happen if we dismantled the underlying belief that force is an acceptable

way to get what we want. But how do we do that? How can we possibly make a difference here for school girls in Nigeria or rape survivors in India?

There are many ways to be an activist. On the High Holidays, we are reminded that one of the most profound ways to create change is to look inward. We must confront beliefs of superiority and domination in the place we think least likely to find them: our own selves, and in our own beloved Jewish community.

Shalom Bayit's work is about fostering respectful relationships that embody the Jewish value of treating each other as sacred beings created in the image of the divine. How we treat each other matters: whether that is at home, in the workplace, on the playground, or between nations. The old saying "World peace begins at home" is NOT just a cute bumper sticker: there is a direct link between how we treat people at home and what goes on in the world.

The Days of Awe are a time of introspection and reconciliation. This is not to be interpreted as a call to forgive one who has harmed you / us. But it is a call for us to examine deeply two important things: how each of us may have harmed others – intentionally or inadvertently;

We must confront beliefs of superiority and domination in the place we think least likely to find them: our own selves, and in our own beloved Jewish community.

and how each of us can contribute to building a culture of integrity, respect, and peaceful humanity. In other words, it's time to both make change within ourselves, and take action when we see harm being done around us. In the end, it boils down to that basic concept we (hopefully) learned in kindergarten: kindness. If all of us set

our individual and communal moral compass towards kindness and judge our actions through that lens, the world would be a better place indeed.

Think about it – the next time you are upset with a coworker, a cranky salesperson, or your partner...the next time your kids or your in-laws are driving you crazy...ask yourself: what is the response of kindness? Do I really need to exert my power here? Can I protect myself and my boundaries without creating more hurt in the world?

What about when you disagree with someone politically, religiously, philosophically? Before you shoot off that snippy email or post a comment on Facebook, think about how your words will be received. The answer is not always shouting loud enough to squash the opposition. Often, to be heard requires a steady, strategic voice. A voice that respects the other, even across difference. After all, respectfully arguing multiple opinions is a quintessentially Jewish practice. And loving our neighbors, respecting human dignity, saving a life, and honoring the divine spark in one another are some of the highest Jewish callings.

During these upcoming *Yamim Noraim* (Days of Awe) may we each find one small way to walk closer to a path that leads to dignity for all beings.



Thank you for Creating *hope* for the next generation

Thank you to all our sponsors, contributors, host committee, and all who celebrated Shalom Bayit's 22nd Anniversary on May 14th recognizing over two decades of life-saving work to help Jewish battered women and their children. Your presence and contributions support Shalom Bayit's mission to foster the social change and community response necessary to eradicate domestic violence in the Jewish Community.



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Photos by Steven Bollman

WANT TO GET MORE INVOLVED?

You can help us raise awareness this fall by encouraging your community, congregation, or group of friends to demonstrate their commitment to a future free of abuse:

- **Purple Ribbons** – OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH. Tie Purple Ribbons to your communal or family *sukkah* (Erev *Sukkot* 5775 is Weds. Oct. 8th) to honor those who do not dwell in peace and safety in their own homes. Place the ribbon on your *sukkah* with a "May our homes be a shelter of peace" blessing card. To request a ribbon/blessing card if you don't already have one, call (510) 451-8874 or info@shalom-bayit.org
- **Shalom Bayit Community Sukkot** – This year we'll be at Urban Adamah in Berkeley on Sunday, Oct. 18th for our annual purple ribbon ritual in the *sukkah*. This is a free, family friendly event. For details: info@shalom-bayit.org.
- **Winter is a time to shine a light of hope. Speak out from the Bima during the month of Kislev** (Nov 23 - Dec 22, 2014) and be part of Shalom Bayit's annual Domestic Violence Sermon Campaign. Encourage your synagogue to offer a sermon, hold a Chanukah candlelighting, or lead a Torah study or other program to shed light on Jewish family violence and healthy/unhealthy relationships.

Thank you for helping us to spread peace. Together we can make a difference for the coming year and future generations.

CONFRONTING SEXUAL ASSAULT ON MY COLLEGE CAMPUS

Amalia Bob-Waksberg, former intern

As an intern at Shalom Bayit three summers ago, I got the opportunity to work with Zephira Derblich-Milea, Shalom Bayit's Youth Program Coordinator, leading healthy relationship workshops for Jewish youth. The workshop unpacks dangerous myths, such as the myth of the "nice Jewish boy." I had never really thought about how this could be harmful before and I found it to be particularly relevant in my work and understanding of power structures when I returned to my studies at Brandeis University, where a large percentage of the student body is Jewish.

I saw how this "myth" hurt my friend who was raped by a "nice Jewish boy." He was a student leader actively involved in Jewish life at Brandeis. They met at Shabbat dinner. My friend didn't think that "nice Jewish boys" could rape. When he did, she found that the status afforded to the "nice Jewish boy" made it difficult for others to believe he had inflicted harm. The burden was placed on my friend to *prove* that it had happened. She ultimately found it easier to remain silent.

I learned at Shalom Bayit that it is difficult for many to accept that abuse happens within the Jewish community. People agree that domestic violence is a problem, but it's a problem "out there," understood as abstract and distant. Despite studies showing that gendered violence exists in every single community regardless of race, class, religion, or educational background, people tend to believe that their community is somehow immune.

I saw this at Brandeis, when university president Fred Lawrence stated in a campus newspaper in regards to sexual assault, "I don't think that we have as serious a problem as some other institutions do, which is not to say that we don't have any issues that we have to focus on as well. But I'm glad that we don't have the issue to the degree that some other schools do." And according to the Brandeis Public Safety statistics, he would be correct. There were only three reported cases of sexual assault between 2007 and 2010.


It is estimated that between 20-25% of women in college are raped over the course of their college career. Why are the Brandeis numbers much lower than the national statistics? Research has found that a low reporting rate does not equate to a campus where incidence is lower, but rather is indicative of an environment in which students feel unsafe reporting.

The culture at Brandeis was one of denial. The administration was silent and survivors, like my friend, were silenced. Because survivors weren't talking, it became easy for people to hold on to the belief that it just "doesn't happen here." I needed to take action.

This past year I worked very closely with a small group of students who were passionate about addressing sexual violence on campus. We identified the various obstacles students faced due to (1) the general campus silence and denial about sexual violence, (2) students feeling unsafe to speak out about their experiences with sexual violence, and (3) lack of effective communication among groups working to confront sexual assault. To address the first two issues, we created a story-telling platform called *SpeakOut! Brandeis*. We placed locked boxes around campus and created a


Tumblr page where students could anonymously submit their stories. During Sexual Violence Awareness Week the site went viral. Within the first two days we received 80 submissions. It quickly became clear how desperately students needed this space. Survivors felt they were finally being heard. The page became the number one resource for students. *SpeakOut!* became not only a story-sharing platform, but also a place where students came to ask for advice, to understand their options, to get help navigating the confusing reporting process. Almost overnight, the culture of silence at Brandeis was transformed.

Now that people were talking about it, it became clear that it was time for action. We organized a group of activists, student leaders, survivors, and peer counselors to come together and formed the *Brandeis Students Against Sexual Violence* coalition. This resulted in a 15 page letter to the administration in which we proposed actions creating a safer environment at Brandeis. We published our letter on change.org and received over 2,700 signatures. After multiple meetings with administrators and pressure from faculty, the administration promised to fulfill each of our demands. I feel proud of what we accomplished.

For the four years that a student attends college, that place becomes their home. Brandeis is a university that is rooted in Jewish ideals of social justice. I strongly believe that social justice starts at home. I hope to see that people in power are committed to making Brandeis — and all college campuses — a safe space that every student can comfortably call home, a *shalom bayit*. 

MIT Hillel (Continued from page 1)

Shalom Bayit arrived at a time when college date rape is making headlines in campus newspapers, on YouTube, and even in *Time* Magazine. The timing could not have been better.

For me, the "refresher course" brought new light to ideas I knew, and reframed familiar texts and information for the college-age student. I could tell that for many of my Hillel colleagues, the information was eye-opening. We discussed the relationship continuum, and identified warning signs of unhealthy, controlling, and abusive behaviors. Particularly powerful, Naomi and Zephira led us in an exercise, slowly covering a colleague in layers of blankets as we read statements representing barriers to leaving an abusive relationship. The statements described belittling, fear, and isolation, small step by small step stealing the participant's ability to see, to breathe, to feel in control. And then, freeing them piece by piece; each statement of caring attention relieving them of a layer of weight. We framed everything in Jewish language and text, and discussed ways to have these conversations, Jewishly, with our students. The training was powerful, educationally and emotionally. We will take back to our campuses new language, new insights, new questions to ask students we are concerned about. It is an honor to still be able to partner with Shalom Bayit, from miles away and in a completely different setting. May we all go from strength to strength, teaching and building healthy, safe, and loving relationships at all age levels. 

Thank you!

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Kate VanZanten
Lynne Webster
Alvin Winetrub

THANK
YOU
to the many
individuals,
foundations,
businesses and
organizations who
make our programs a
success. We couldn't
do this without you!
*Any omissions are
unintentional.*



Honorary and Memorial Gifts, January - June 2014

Honorary Gifts

In honor of Joanne Arfin
Madeline Chaleff & David Arfin

In honor of Professor Ken Bamberger
Mira Wasserman

In honor of Adam Barzilay
Seli Jacobowitz

In honor of Jon & Ellen Benjamin
Alicia Sullivan & Michael Baumstein

In honor of Daniel Boyarin
Mira Wasserman

In honor of Mia Lora Brooks
Evan Brooks

In honor of Rosie Chabon
Irwin Waldman
Rafael Yglesias

In honor of Zephira Derblich-Milea
Etan Basseri
Desmid Bendix Lyon

In honor of Avital Chai Drucker
Dianne Fohrman

In honor of Shalom & Shoshana Eliahu
Beverly Kivel

In honor of Nicholas Goldstein
Andrew Goldstein

In honor of Carol Hoffman
Barbara Loeb

In honor of Me'irah Iliinsky
Shulamit Sofia

In honor of Alex Kahn & Melanie Bachman
Ron & Stacy Kahn

In honor of Linda Kalinowski
Becky & Daniel Buckwald
Ellen & Doug Kahn
Leslie Kane

In honor of Carmel Karas
Hallie & Victor Dolcourt

In honor of Steve Kaufman
Ron Kaufman

In honor of Chana Kronfeld
Mira Wasserman

In honor of Linda & Frank Kurtz
April Lapidus
Judith Mayer
Gail & Bernard Nebenzahl

In honor of Lynne Lazarus
Stephanie Eckhaus

In honor of Eva-Lynne Leibman
Linda & Tom Kalinowski

In honor of Jackie Mates-Muchin
Dana Sheanin

In honor of Ron David Minkin
Mrs. Juliette Goldman

In honor of Phyllis Moldaw
Susan & Joel Hyatt

In honor of Susan & Phyllis Moldaw
Bethany & Jim Hornthal
Laura & Gary Lauder
Mark Schlesinger & Christine Russell

In honor of Susan Moldaw
Riva & David Berelson
Tanya & Mark Bernstein
Bruce Feldstein
Lisa & John Pritzker
Meg Schultz
Ingrid Tauber & Frank Taforo

In honor of Julie Patrusky
Laine Barbanell Schipper & Joel Schipper

In honor of Jan Reicher
Jacqueline Shelton-Miller

In honor of Professor Naomi Seidman
Mira Wasserman

In honor of Samantha Sheanin
Terri & Bob Genzer

In honor of Joanne Tick
Helen & Irving Jarkovsky

In honor of Naomi Tucker
Jan Reicher

In honor of Mira Beth Wasserman
Douglas & Jean Fairtile



Memorial Gifts

In memory of Abraham Brodsky
Rabbi Steven & Leona Chester

In memory of Deborah Edelman
Barry Zimmerman

Relationship Support Group for Women

Does your partner make you feel bad about yourself?

Are you scared to go home?

Are you being hurt by someone you love?

YOU ARE NOT ALONE. WE ARE HERE TO HELP.



Do you know someone who could use our support? Whether coping with unhealthy dynamics from the past or present, we are here to help.

New San Francisco group forming in October, in collaboration with the Bay Area Jewish Healing Center.

Funding generously provided by the Jewish Community Endowment Newhouse Fund

Counseling services also available In Marin, the Peninsula, South Bay & East Bay.

No charge ☆ Confidential ☆ Free childcare

For information or to sign up, call: **(510) 451-7233**
or **(866) SHALOM-7 [toll-free in the Bay Area]**



Shalom Bayit

P.O. Box 10102
Oakland, CA 94610
www.shalom-bayit.org
www.love-shouldnt-hurt.org
Phone: (510) 451-8874

Helpline: (510) 451-SAFE or
(650) 574-SAFE
Bay Area toll-free helpline:
(866) SHALOM-7



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AROUND THE BAY...Announcements & Programs

Speak out from the Bima: Domestic Violence Sermons in December



"Shabbat Shalom: A Sabbatical from Domestic Violence" is our annual sermon campaign, now in its 14th year, calling upon the Jewish community to focus on preventing violence in the home during a designated Shabbat. This year, "Shabbat Shalom" will take place during the month of Kislev, a season where we think about moving from darkness into light.

Is your synagogue participating? Consider offering a sermon, workshop, Torah study, Chanukah candlelighting or other program about Jewish family violence and healthy/unhealthy relationships during the month of *Kislev* (Nov 23 - Dec 22, 2014). Let us know how we can help!

For more information or to request a Shalom Bayit speaker, contact communityed@shalom-bayit.org.

Ch...ch...ch...changes...

Shalom Bayit wishes a fond farewell to two of our dedicated staff who depart in September for destinations beyond the Bay Area. Our gratitude goes out to Paulette Dolin, who has run our community outreach programs and events for four years, and Carlin Singer, keeping us all organized behind the scenes in our office. Thank you both for the many ways you have been a strong voice promoting our mission. We wish you the best in your new adventures!



Shalom Bayit staff team 2014: Executive Director Naomi Tucker, Program Associate Carlin Singer, Community Educator Paulette Dolin, Direct Services Coordinator Lisa Kahn-Tietz, Youth Program Coordinator Zephira Derblich-Milea.

Don't forget to send us those old cell phones, iPods, & iPads



You will be helping to provide 911 emergency phones for battered women, and raising funds for Shalom Bayit too!

Become a part of our life-changing work.

Help Shalom Bayit remain a lifeline for all who need us. Get involved. Donate. Volunteer. Tell your friends. Resolve conflicts peacefully. Bring Shalom Bayit to your synagogue, school or workplace. Encourage a friend or relative to call for help.

We can all take part in saving a life today.

Wish List ~
A double bed including mattress, vacuum cleaner, microwave, large slow cooker.

In-kind & financial contributions are fully tax deductible.

Please send your gift to "Tides Center / Shalom Bayit" at PO Box 10102, Oakland 94610 or **donate securely online at www.shalom-bayit.org**