



“Illuminated Letters” preview sparks future gatherings

More than 100 participants enjoyed each other and the interactive exhibition “Illuminated Letters: Threads of Connection” on temporary display Sept. 8 in a Southeast Portland warehouse. Artist and innovator Sara Harwin, who dedicated years of study to the development of this work, is now hosting, with husband Fred, a series of small gatherings at Harwin Studios. This upcoming series will include local and regional speakers discussing how we are all connected, and how that connection is individual *and* universal. Attendees will be able to view a few of the panels and other representations from this 2,000-square-foot work that was exhibited in full in September. For more information about attending a gathering, email info@harwinstudios.com.

JFCS encourages “Mindfulness in Aging”

Mindfulness is not only for Gen Z. It is a powerful tool for people of all ages, older adults included.

On Nov. 18, Jewish Family & Child Service presents “Mindfulness in Aging” by David Molko, LCSW, who was JFCS’ senior services director from 2005 to 2012 and who specializes in working with older adults. The free group discussion – from 11 am to 12:30 pm at the MJCC – focuses on mindfulness related to aging. Light refreshments will be served.



David Molko

session more curious and willing to ask more questions and think about aging from a new perspective. The session is drawn from his curriculum that he has used for a series he has facilitated for 20 years for Rose Schnitzer Manor residents.

“David has a deep history in his work with JFCS and this community, and there’s no one quite like him,” says Missy Fry, LCSW, CAGCS, JFCS’ behavioral health therapist. “Whenever David is involved with a group like this, we know we’re in for a treat.”

“The group provides a forum for participants to voice their concerns, issues and challenges,” says Molko. “Aging is a challenge for everyone – we all age, so no escape from the process.”

“There is no one right way to age with grace,” he continues. “There are, however, ways for people to re-frame and create avenues to adapt and change when circumstances call for ‘something different.’ We examine what that ‘something different’ might look like.”

Molko hopes attendees leave the ses-

“We know that mindfulness has been shown to have many health benefits, and for this session we will share thoughts and feelings around change, transition and adaptability, as well as the importance of developing and exercising our ‘resilience muscle,’” she adds.

This opportunity is thanks to generous funding provided by Jewish Federations of North America’s Center for Holocaust Survivor Care and Institute on Aging and Trauma.

To RSVP or for details, contact Missy Fry at missyry@jfcs-portland.org or 503-226-7079, ext. 133.

Law vs. antisemitism conference March 26-27

The [Second Annual Law v. Antisemitism Conference](#) will be held March 26-27, 2023, at Lewis & Clark Law School in Portland. Early-bird registration rates are available through Jan. 6, 2023.

“This conference is to our knowledge the only conference dedicated to the intersection of antisemitism and the law,” says Lewis & Clark Professor David Schraub, who is one of three conference conveners.

“Obviously, recent events – such as Kanye West’s antisemitic tirade and its amplification by prominent media voices like Tucker Carlson – underscore the need for events dedicated to antisemitism,” says Schraub. “But even before those incidents, the tremendous response we had gotten already demonstrated the deep demand for an event like this, both in the Jewish community and the community of legal scholars. We will have nearly 40 speakers including professors, practitioners and Jewish community professionals hailing from across America and four countries, comprising an unprecedented confluence of diverse voices and perspectives united around the need for rigorous scholarly inquiry into the intersection of contemporary antisemitism and the law.”

Keynote speakers are Eric K. Ward, executive director of the Western States Center and one of the nation’s foremost experts on the connection between antisemitism and White supremacy, and Steven M. Freeman, vice president of civil rights and director of legal affairs for the Anti-Defamation League.

In addition to Schraub, conveners are Robert Katz (Indiana University) and Diane Kemker (Southern University). It is presented in association with the *Lewis & Clark Law Review* and the Law vs. Antisemitism Project. Sponsors include Solomon’s Legacy of the Jewish Federation of Greater Portland and Greater Portland Hillel.

American law has been used to fight antisemitism through constitutional separation of church and state, and anti-discrimination and “hate crimes” laws. Despite these laws, anti-Jewish violence and antisemitism has recently resurged. What does this tell us about the efficacy of law in combating antisemitism?

For more information, visit go.lclark.edu/law-and-antisemitism or email dschraub@lclark.edu or lawvsantisemitism2023@gmail.com.

Vendors and musicians sought for second Jewish Makers Market

Moishe House Portland is hosting another Jewish Makers Market this year and has open vendor and musician spaces available for those who want to connect with Jewish young adults.

The young residents of Moishe House Portland create and host events every month for their peers in their 20s and early 30s. Moishe House is a global nonprofit that builds peer-led Jewish communities for young adults around the world. Portland has had a Moishe House since 2008. Last year’s event was the first time Moishe House hosted such a large event.

We’ll be holding our market on Dec. 17 in Southeast Portland; time is TBD. If interested, please fill out an application at tinyurl.com/MoHoMarket