Rappelling in the Desert, 2018 Ma'alot Israel Trip!

The Chronicle Is Supported in Part by the Ethel and Nat Popick Endowment Fund
A year ago I asked these questions in my first Chronicle column, and I’d like to see how well we’re answering them:

“How do we deepen the connection of our members to our congregation?
How do we help people reach higher levels of fulfillment here?
How do we maintain momentum and exceed our own expectations?”

Under the leadership of Rae Grad, what our Hesed Committee has achieved in connecting people is extraordinary. Our Hesed teams have made weekly Shabbat Shalom phone calls to our homebound members, delivered meals to people who are sick or recovering, brought welcome baskets to our 125 new members, baked hundreds of honey cakes for Rosh Hashanah, and the list could go on and on. We’re always looking for new ways we can connect with our members, and help them connect with each other, and you can read about the work that will continue to grow connections in the coming year elsewhere in this Chronicle. And we welcome your ideas for other ways we can connect people. Please send them to Rae at rae@adash.com Thank you!

Through the work of our Social Action Committee, Jamie Butler jbg3611@gmail.com, chair, we’ve been instrumental in helping a beautiful Syrian family adjust to life in their new country. We’ve furnished a second apartment, this one for an Afghan family and a beautiful Syrian family adjust to life in their new country. We’ve seen, experienced and the land we have traversed over the last year. Every week in Morning Awakening, a contemplative service that I lead, we both make space for the body and the soul. Right at the beginning of birnhot haschachar, the blessings of the morning, there are 2 prayers that ask us to pay attention first to our bodies and then to our souls.

The first blessing is asher yatzar. The blessing reads: Blessed are You, God, our God, sovereign of the universe, who formed humans with wisdom and created within her many openings and many closings.

It is obvious in the presence of your glorious throne if one of them were ruptured, or if one of them were blocked, it would be impossible to stand in your presence. Blessed are You, God, who heals all flesh and performs wonders.

This blessing is an opportunity each morning to become aware of the body. The vessel that we use every day to take us from here to there. The vessel that allows us to lift- both objects and humans. The vessel that we sometimes don’t focus on enough to recognize when it is tired, when we have overworked it. This blessing is an opportunity to bring our awareness to the body and to have gratitude for what it makes possible in our lives. Even in the moments when it may not function as it used to.

The next blessing in our siddur goes from the physical into the internal emotional life. “Elohai nishamah shenatay bi tirorah he.” “My God, the soul that you have given me is pure.” I ask participants to close their eyes and to take an imaginary light and shine it inside the cavernous world of one’s inner life. Where are you in this moment? What are you carrying? It is a moment to bring awareness to the inner life which fluctuates from minute to minute to take a snapshot of what is happening in this moment before we spend the morning in prayer. And to remind ourselves that though looking internally may be difficult we are told that our souls are pure. Whatever you see in there is holy material.

The goal of both of these practices is to bring daily awareness to both the body that we travel in and the soul that animates us. By doing this we make space between the life that is happening inside of us and the action in the world around us. Often these are hard to distinguish as lines blend. This practice helps us to identify how we are affected by the world around us and to hopefully give us the opportunity to make choices about how we engage with the world. Finding quiet within the everyday is so essential for a healthy spiritual life.

As Rabbi Shimon ben Gamliel says (Avot 1:17), “All my life, I grew up among the sages and I did not find anything better for a person than quietness”. May these summer months give you the gift of quiet and time for reflection.

“A space of contemplating where we have been, what we have seen, experienced and the land we have traversed over the last year. Every week in Morning Awakening, a contemplative service that I lead, we both make space for the body and the soul.”
Join us for an inspirational High Holy Day experience at Adas Israel this year. We invite you to step out of your daily routines, to join together with the kehilla, to reflect deeply on what matters to you, and to embrace the pinnacle of our Jewish prayer experience. This year our theme for the Yamim Noraim is centered around the last line of Psalm 27. The Psalm ends with the mantra: “Hope to God--be strong and build a courageous heart--Hope to God.” This year, it’s a phrase that feels palpably appropriate. We have encountered together the trials and triumphs of your lives, and we have witnessed the enormous strength, doubt, hope, pain, and, ultimately, the abundant quality of resilience you possess. Together we are invited to face each other and ourselves, and to build space for honesty, loss, longing, and, ultimately, connection.

Seating Reminder
Please note that again this year, after the sermons in the Charles E. Smith Sanctuary, a seat that has not been occupied will be considered available for seating. This applies to both dedicated and reserved seats. We thank our committee members and coordinators for sharing their time and their holidays so others can have a meaningful High Holy Day season. Watch your mail for Full High Holy Day Schedule & Information Available Online at adasisrael.org/highholydays

High Holy Days 5779

Take Strength, and With Courageous Heart, Place Hope Towards God

Rosh Hashanah Day 1
Monday, September 10

Shacharit 9:15am
Led by Rabbi Holtzblatt & Cantor Brown

Torah Service 9:45am
Led by Rabbi Alexander & Cantor Brown & Rabbi Holtzblatt & Cantor Brown

Musaf Service 10:45am
Led by Rabbi Alexander & Cantor Brown & Rabbi Holtzblatt & Cantor Brown

Mincha/Maariv 6:00pm
Led by Michael Leifman & Brav Beit Mekubad

Kol Nidre
Tuesday, September 11

Mincha 5:45pm
Led by Rabbi Holtzblatt & Cantor Brown

Kol Nidre 6:05pm
Led by Rabbi Alexander & Cantor Brown & Rabbi Holtzblatt & Cantor Brown

Return Again Kol Nidre 7:00pm
Led by Rabbi Holtzblatt & Return Again Band

Yom Kippur
Wednesday, September 12

Shacharit 9:00am
Led by Rabbi Alexander & Cantor Brown & Rabbi Holtzblatt & Cantor Brown

Torah Service & Yizkor 10:30am

Musaf 10:45am

Family Service 1:30pm
Family Experience w/ Rabbi Solomon & Cohen Hall (Gan Space)

Yom Kippur Unpacked: A Highlight Experience 6:00pm-12:00pm
Led by Rabbi Krinsky & Rabbi Alexander & Cantor Brown & Rabbi Holtzblatt & Cantor Brown

Musaf & Martyrology Service 12:45pm

Afternoon Discussion 1:15pm

Service Schedule

Heart
Hope
Strength

Full High Holy Day Schedule & Information Available Online at adasisrael.org/highholydays
The Adas Fund
2018-5779

Inspired by the work of HESED

Please Give to the Adas Fund in 2018
The Congregation’s Only Annual Campaign!

Adas Israel is a sacred and caring community, where we enrich lives, forge relationships, care for each other, and teach truly remarkable Torah. Nowhere is this more apparent than in the work of our Hesed Committee. These dedicated community members focus on Acts of Loving Kindness for our members in times of both joy and sorrow. We are honored and humbled by their commitment and hope you will follow their good example by supporting our sacred congregation through our only annual campaign. The Adas Fund is the engine that drives all of this meaningful work in our community. Thank you for your support.

We look forward to hearing stories of inspiration and community from our Hesed Team members as the campaign progresses, and to celebrating their achievements over the High Holy Days. We hope you will join with them at any level of giving as we demonstrate our gratitude for the many personal and family journeys Adas Israel’s members, clergy, and staff inspire.

Laurie Aladjem
VP for Development & President-Elect

Rabbi Aaron Alexander
Senior Rabbi

Rabbi Gerger
Adas Israel President

Rabbi Lauren Holtzblatt
Senior Rabbi

Learn more and pledge to the campaign at adasisrael.org/adasfund

Letters, We Get Letters!
Stories from the Hesed Committee

The Hesed Committee produces countless amazing moments for our community members. For those participating in Hesed, it is very clear that both the giver and receiver benefit from the experience. In a future issue, we will hear from those who are the givers. This month, we hear from the receivers. Hesed is a blessing in both directions: giving and receiving. Please consider participating in both ends: volunteer to help and inform us when you need help. Both ends matter, and of course, supporting this year’s campaign will empower the committee to continue in this vital work.

JOYCE STERN:
I’m used to being on the giving end of the Hesed committee, being part of the team that delivers Hesed bags to the bereaved for the first Shabbat after loss of a loved one. But 18 months ago I fell and broke my arm just before Passover and had to cancel our usual trip with my husband to spend Passover with our son and his family. What to do? I had no stock of Passover food and was unable to cook myself or even shop because of the broken arm. Friends invited us to seders but what about all the rest of the week? I turned to the Hesed committee. Kosher for Passover meals were delivered every day and several providers cheered me with a visit. I cannot thank Hesed enough.

LIGHT HALL FAMILY:
The Hesed committee was a huge help when we welcomed our baby girl home in April! Between coordinating meals and dropping off a very well thought out goodie-bag, we knew that our Adas community was there to support us. Thanks for all you do, Lexi, Deb, & Edra.

GORSETT/RINGOLD FAMILY:
The Hesed gift bag we received upon the birth of our daughter last December was very thoughtful, and made us feel so supported by the Adas community. David Gossett & Dena Ringold

MARGIE SIEGEL:
Having been on the receiving end of Hesed meals, calls and visits when I broke my foot and ankle in five places almost two years ago, I have tried to repay all the kindness and caring by signing up for the Hesed meal train, by cooking as part of the Hesed team, and by spreading the word about the incredibly supportive and important role our Hesed team plays for all of us! The meals, the shopping, the driving, the caring made my recovery speedier, my quality of life infinitely better, and being part of the Adas community sure helped me feel cherished and well taken care of! Thanks again to everyone! Hope to keep paying back and forward as a Hesed volunteer for many years to come.

BETTY ADLER:
One never expects to have a situation where one is not only injured, but then incapacitated due to subsequent surgeries and recuperation. I was the fortunate beneficiary of Hesed’s incredible organization after my unfortunate accident. From the moment I arrived back to DC, during my stay at Sibley and then recuperation at home, Rae Grad and the members of the Hesed committee were in contact regarding my needs, asking what help my husband Mark would need, and how many meals per week could be provided. I received wonderful visits from so many friends at the hospital and at home, delivered meals were delicious and healthy, phone calls were supportive and loving. Simple thanks and appreciation doesn’t cover my feelings. Once my recovery is complete (soon?) I will be joining Hesed to give back some of what I received...I think that will be the best way for me to show my gratitude for Hesed and my Adas Israel family.

Learn more and pledge to the campaign at adasisrael.org/adasfund
SELICHOT
Saturday Night, September 16 @ 9 pm Gewitz Amit
Aninu Malkenu... Be gentle with us, be in relationship with us, bring us to our full potential. Even though we have limitations.

Several days before Rosh Hashanah, Jews around the world gather together to recite the Selichot, a beautiful series of penitential prayers and meaningful liturgy. This tradition invites us to open ourselves up to the essential work of the Days of Awe, the process of repair and return, of acknowledgment and longing. It allows us to chant in unison and begin to come to terms with where we have erred in relation to ourselves, to others, and to the Other. One.

Our Selichot service includes highlights of the High Holy Day liturgy, coupled with the hauntingly beautiful sounds of the Days of Awe melodies. Please join the community for a warm evening of personal reflection through song, text, and sharing our own stories. The evening is generously sponsored by the Mallie & Joseph Muchnick Selichot Fund.

HOLY HOLY DAY
VOLUNTEERS NEEDED!
In addition to our clergy and staff members, we look to our community members to help us make Rosh Hashanah and Yom Kippur a spiritual, enjoyable, meaningful, stress-free experience for our 5,000 members.

Volunteering as a High Holy Day usher and/or greeter at Adas Israel can help you fulfill the mitzvah of hachnasat orchim (welcoming guests). Not only do we make sure that congregants and guests feel welcome, we also play a role in maintaining the security and dignity of our services. We direct worshippers to their seats; answer general questions; and distribute books, kippot, tallitot, and other religious materials. Simply stated, your service observance would not be the same without the assistance of our greeters and ushers.

If you would like to do more this year, consider participating as a High Holy Day volunteer. We need volunteers for all services, so no matter which service you attend, we can use your help at a time that is convenient for you. The time commitment is slight—two hours or less—and we have approximately 100 slots to fill.

If you’re interested in learning more or volunteering, please contact Mark Berlin, HHD Usher Coordinator, at berlin@adasisrael.org or 301-294-9018. We have scheduled an orientation on Sunday, August 26, at 2:00 pm; more information about that will come later this summer. Thank you in advance for your assistance.

SUUKKOT/ SIMCHAT TORAH
Sukkot begins on the 15th day of the month of Tishrei (Erev Sukkot is on Wednesday evening, October 4th, and continues for seven days). We encourage you to order your Lulav and Etrog ($40 each) in preparation for the festive observance of the Sukkot holiday. This year you may order your Lulav and Etrog online at adasisrael.org/highholydays or by sending a check and order form to the attention of Hazzan Rachel Goldsmith (HazzanGoldsmith@adasisrael.org) at the synagogue.

Sukkot is known by several names, none more descriptive than Z’man Simchataynu, Day of Our Rejoicing. Hag HaSukkot, the Feast of Tabernacles, reminds us of the huts (skukot) in which our ancestors dwelt in the desert for forty years on their way to the Promised Land.

ANNUAL COMMUNITY CPR PROGRAM
Join us for our annual Community CPR program on Sunday, August 26, 4:00–6:00 pm (immediately after our High Holy Day volunteer orientation). This training provides an opportunity to learn or brush up on CPR skills. Refreshments will be provided. To register, contact Steven Miller, smiller@adasisrael.org or 703-981-1709. Registration is limited. There is no charge for synagogue members; for non-members, the cost is $5.

HOLY HOLY DAYS @ ADAS
TISHA B’AV
Saturday, July 21, 9:00 pm Maariv & Eicha
TISHA B’AV
Sunday, July 22, 9:00 am Shacharit

For 20 centuries, Tisha B’Av, the ninth of Av, has been the saddest day in the Jewish calendar. Yom Kippur is known as the White Fast; Tisha B’Av is called the Black Fast. It commemorates the destruction of both Temples in Jerusalem, the death of Bar Kochba, and the last rebellion against Rome in 135 CE, as well as the expulsion of Jews from Spain in 1492. When they could, Jews historically would come to the area near the Kotel (the Western Wall) to read Eicha (the Book of Lamentations) and to weep. Most Jews, of course, could not come to Jerusalem, and during many periods, they could not approach the Holy One. Be gentle with us, be in relationship with us, bring us to our full potential. Even though we have limitations.

Our observance of Tisha B’Av at Adas Israel is exceedingly touching, a moving experience in which we gather as the sun sets to quietly chant the Book of Lamentations in a subdued atmosphere, by candlelight, using the traditional melody. The evening service on Saturday, July 21, begins with Maariv and Eicha at 9:00 pm. The scroll is again chanted as part of the morning service on Sunday, July 22, at 9:00 am (Shacharit and Eicha) and at 6:00 pm (Mincha).

Join us in this annual beautiful experience as we connect with tradition and history.

The Daily Minyan @ Adas Israel
When was the last time you made it to the Minyan?
Twice daily, we have the opportunity to strengthen our community by participating and sharing in the joy and responsibility of making a minyan. Attending the daily minyan, in one respect, serves a charitable purpose. It allows others to pray and recite Kaddish for their loved ones. Just as significant, however, are the spiritual gifts participants receive from the service itself. It is diverse in its attendees and filled with beautiful melodies, a special ruach, Torah readings on Monday and Thursdays, many opportunities for an aliyah, and the chance to take a meaningful pause in your day and to connect with friends. As members of a synagogue community, we owe it to each other and to ourselves to participate regularly in the daily minyan.

Please Join Us—Daily Minyan Schedule:
Morning: Monday–Friday: 7:30 am/Sundays & Legal Holidays: 9:00 am
Evening: Sunday–Thursday: 6:00 pm

In modern times, the establishment of the State of Israel caused some to question whether Tisha B’Av was necessary any longer. This debate continues, although those who observe the day recognize its symbolic power and emphasize that we still lament the destruction of the Temples, which ruptured our sense of connectedness to God.
Visions of Israel

A Celebration of Culture & Creativity
The heart has a way of expanding all the time. Just when I think there’s no more room, it expands. It seems that the heart is infinitely capable of loving another. When we stop to realize this, it is quite miraculous. Our potential for connection is infinite.

—Rabbi Lauren Holtzblatt

Rosh Chodesh—Celebrating the New Moon

Led by Alexandra Zilka & Core JMCW Faculty

TUESDAY, JULY 10 AND AUGUST 14 @ 7:00–9:00 PM

This workshop invites women of all ages and body types to come together for a nourishing evening of Jewish yoga and mindfulness practice. Jewish tradition teaches that our bodies are deeply in sync with the lunar cycle, and if we drop in and listen, the timeless, embodied rhythms of Rosh Chodesh will seep to our surface. We will immerse in a lunar yoga practice incorporating essential oils. Following practice participants are invited to stay for a guided discussion or schedule a mikvah immersion. Please register to attend on the JMCW Adas webpage.

Wise Aging—New Cohort!

Led by Janice Mostow and Betsy Strauss

SEPTEMBER 2018, MONTHLY SUNDAYS @ 10:30 AM–12:30 PM

Wise Aging is an exploration of aging well and wisely through a Jewish lens. The Wise Aging Adas group will meet regularly to learn, share experiences, and acquire skills to sanctify the moments in time that make up this stage in our lives. Old enough to see the horizon, we can become aware that every moment in time is an act of creation, a new beginning. Wise Aging sessions are based on resources developed for the Institute for Jewish Spirituality by Rabbi Rachel Cowan and Dr. Linda Thalk, primarily Wise Aging: Living with Joy, Resilience, and Spirit. For more information, please see the JMCW Adas webpage.

JMCW Meditation & Yoga

During July and August, meditation and yoga will be in a combined session on Tuesday evenings. These classes offer an opportunity to those who wish to explore embodied spirituality. Yoga offers an array of practices that seek to awaken and stimulate the senses through full mind/body exploration. Classes often draw on Mussar, Kabbalah, and the wisdom of Jewish thinkers. Meditation enables participants to come together for guided teachings, a wide variety of meditation techniques, and silent community sits.

Meditation & Yoga Combined Offering

TUESDAYS IN JULY & AUGUST @ 6:30–8:00 PM

Please check the new JMCW Google Calendar on the JMCW Adas webpage for more up-to-date information.

Morning Awakening

Led by Rabbi Lauren Holtzblatt

SELECT TUESDAYS @ 9:00 AM

Come join JMCW for an uplifting 45 minutes of mindful prayer and song as we start the day together. Morning Awakening is a new take on the traditional Jewish morning service. Start your Tuesday with a dose of mindfulness, only at JMCW! Please check the JMCW webpage for up-to-date information.

For registrations, updates, and additional information and offerings, please visit the JMCW Adas webpage at adasisrael.org/jmcw or the JMCW Facebook Group. Please direct any questions to JMCW Director, Alesandra.Zsiba@adasisrael.org.

Jewish Mindfulness Center of Washington @ Adas (JMCW)

The Jewish Mindfulness Center of Washington @ Adas (JMCW) offers services, programs, and workshops that help deepen contemplative practices as part of our individual and communal religious and spiritual lives. Watch this space each month to follow these JMCW offerings. Visit our Adas web page at adasisrael.org/jmcw, where you can also subscribe to our weekly newsletter. Find us on Facebook, JMCW at Adas Israel!

JMCW Recommends...

The Relationship Between Happiness & Gratitude

See this On Being blog post on the Relationship Between Happiness and Gratitude, which includes a wonderful video by Israeli illustrator Hanan Harchol: https://onbeing.org/blog/the-relationship-between-happiness-and-gratitude/.

On Being with Krista Tippett has several inspiring episodes on gratitude from different cultural perspectives. You can listen by streaming or download. Go to www.onbeing.org and put “gratitude” in the search bar. The On Being interview with Joan Halifax on Buoyancy Rather Than Burnout speaks to what some call “compassion fatigue.” Again, search for Joan Halifax on the On Being home page. You can also explore the Adas Library for books on Jewish spirituality, meditation, and mindfulness. Some of these can be found under call number 175.01 or speak with Adas Librarian Robin Jacobson (librarian@adasisrael.org) for more information.

adasisrael.org/jmcw
Summer may have begun for our students, but we are still hard at work here at Adas. We have been reviewing the past year and continuing to grow and strengthen our programs for the upcoming year. By exploring and updating our curriculum goals, tefillah expectations, and Hebrew benchmarks, we are already eager to see what the 2018–2019 school year will bring. Along with our Israel trip for our 10th graders, many of us have been traveling and learning, gearing up for new classes and opportunities for the fall.

While we recharge for what we are sure will be another unforgettable school year, we also say farewell and thank you to Danny Weininger as he travels back to Israel. Danny has been an important and inspiring addition to our team this year. He worked with students of all ages teaching Hebrew in Religious School, 8th-grade Gesher and 10th-grade in Ma’alot, and led the Parshat HaShavuah class on Shabbat every week. We will greatly miss Danny and his love of learning and teaching. We wish him only the best!

In the Gan HaYeled, our teachers have been hard at work as well. Summer is a joyful and exhilarating time at the Gan. Squeals of laughter can be heard emanating from the classrooms, the Plaza, and our Outdoor Learning Environment. The children enjoy summertime activities, water play in sprinklers, and hikes in Rock Creek Park, while continuing to have rich experiences and explorations in the classrooms. Science and literacy guide many of the classroom activities as the children investigate our summer themes of nature, animals, Israel, and care for our world. In addition, the administrative team is finishing up its planning for a rich year of learning ahead.

Religious School may not be in session, but the learning doesn’t have to stop! Children who will be in 3rd to 6th in the fall have already received a Hebrew packet to work on over the summer, but there are still many ways you can work with your children reviewing the skills and themes of the year. So we would like to share our “Summer Packet” for our families:

- Attend a Shabbat service at Adas Israel (or in another location if you’re traveling for vacation).
- Invite a guest for Shabbat dinner.
- Read a Jewish book together, or let your child read to you!
- Do something kind for a family member (play a game with your siblings, help with chores or cleaning around the house).
- Do something kind for a friend or neighbor (send a get-well-soon card to a friend who isn’t feeling well or volunteer to wash a neighbor’s car).
- Do something kind for someone you’ve never met (donate clothes, deliver cookies or goods to a local fire station, or play games at a senior living facility).
- Advocate for justice in your community (or country).
- Learn a new Jewish skill (learn to blow the shofar or learn a new blessing to recite).

Many thanks to Pam Ehrenberg for getting us started on this list. Do you have other suggestions? Let us know. The entire education team wishes you a fun summer full of adventure, and we look forward to seeing you all in the fall!

The Young Professional Community at Adas Israel has had a very busy year. YP@AI introduces volunteers ages 21–35 to all that Adas has to offer. We have a dedicated group of volunteers who help plan and coordinate all of our events and help to inspire new programming for the larger Adas community. Here is a glimpse into our past year:

- celebrating Shabbat together as a community the first Friday of every month at Shir Delight
- serving meals to women at Patricia Handy Place every third Sunday
- partnering with Sephardic Jews of DC to host a meaningful Tu B’Shevat seder
- learning together at MakomDC
- taking out newcomers for coffee to introduce them to Adas and the YP Jewish community
- calling our new YP members to welcome them to Adas
- leading hikes in Rock Creek Park
- volunteering for Purim, Koli HaOlam, and all major Adas events
- hosting a Shabbat morning YP Shabbat and coordinating and leading the service

And, most important, our YPs are getting more and more involved with the larger Adas community: serving on the Board of Directors, volunteering with and taking leadership roles with the Hesed Committee, serving on the Inclusion Committee, leading projects for the Social Action Committee, performing with the Flash Choir, coordinating services for the Traditional Egalitarian Minyan, serving as Mikvah Guides, teaching in our Gan HaYeled and Religious School, and attending our Jewish Mindfulness Center programs, among others.

If you have any questions about YP@AI and getting more involved, please e-mail us at YP@adasisrael.org.

adasisrael.org/YP
### July—August 2018

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**Shabbat Morning Services:**

- Access to off-site phone and pager before evening services.
- **Seder:** Join us for our Shabbat morning services in the Charles Smith Sanctuary. After Shabbat morning services, The Synagogue will open its doors to the public.
- **Erev Tisha B'Av:** Join us for Mincha/Ne'eman/Maariv on Sunday, July 22 at 9:00 am. Following services, there will be a complete Tisha B'Av service, including the traditional Erev Tisha B'Av Maariv & Eicha.
- **Shabbat Avinu:** Join us for Shabbat services on Saturday, July 28 at 9:00 am. Following services, there will be a complete Shabbat Avinu service, including a Torah service around 10:30 am. Led by Rabbi Holtzblatt and often includes participation by laypeople with the occasional assistance of Adas clergy, the TEM is a participatory service for children ages 5 and under led by Linda Yitzchak or Allison Redisch. Junior Congregation, for grades 4–6, is led by Yoni Madrichim. If you are unable to attend programs, lectures, or services, call in to hear them. Call 202-686-8405.

**Overview of Services:**

- **Traditional Minyan (TEM):** Every Shabbat morning at 9:30 am, with a full Shacharit and Musaf, and a complete service around 10:30 am. Led by Rabbi and Cantor. The service includes a D’var Torah and sermon by the Rabbi. For more information, e-mail traditionalminyan@adasisrael.org.
- **CHARLES SMITH SANCTUARY:** For our morning services in the synagogue’s largest worship space, led by Rabbi and Cantor. The service includes a D’var Torah and sermon by the Rabbi and often includes participation by laypeople with the occasional assistance of Adas clergy. The service includes participation by laypeople with the occasional assistance of Adas clergy.
- **Shabat Egalitarian Minyan:** Led by Rabbi Holtzblatt and often includes participation by laypeople with the occasional assistance of Adas clergy.
- **Shir Delight:** Summer services at 6:00 pm and 6:30 pm, led by Rabbi, Cantor, and Musaf. A complete Shabbat service at 9:45 pm. For more information, contact the Adas office at 202-686-8405.
- **Selichot Program & Service:** 9:00 pm, led by Rabbi, Cantor, and Musaf. A complete Selichot Program & Service. For more information, contact the Adas office at 202-686-8405.

**Library:**

- Our third-floor library is open on Shabbat for our Shabbat morning services. You may sign out materials using our “no-writing” library card. If you are unable to attend programs, dial in to hear them. Call 202-686-8405.
Network, Nurturing, Learning, Sustaining

Sisterhood Knitting, Sewing, and Craft Circle's Successful First Year

By Lesley Frost

The Sisterhood Knitting, Sewing, and Craft Circle has had a very good first year of completed projects, friendship, and learning. Under the leadership of Rita Segerman and Lea Stern, and with generous donations of yarn from several sources, the knitters have donated 22 adult hats, 15 scarves, and 8 baby hats to the Edavitch JCC Homeless Project, the International Rescue Committee, and the Adas Israel Hesed Baby Baskets. Adas members, friends, and neighbors who knitted included Julie Hoffman, Shirley Cohen, Helen Marshall, Rhoda Baruch, Lotta Branfman, and Elinor Tattar.

We had the pleasure of learning with Hazzan Rachel Goldsmith and singing with Cantor Ari Brown as we explored “the work of our hands” through text and song. We also had invaluable support from Rabbi Lauren Holtzblatt, David Polonsky, Sisterhood President Miriam Rosenthal, Hesed Committee Chair Rae Grad, IRC liaison Katy Gingles, and Amanda Ford from Temple Beth El Sisterhood.

Over the summer, the sewing group will complete two Torah mantles, a Torah cover (Bein Gavra), and a tallit. Arlette Jassel’s vibrant designs have been turned into fabric art through a variety of genuinely interesting activities. Please join us in the pleasures of working with our hands.

I look forward to next year’s projects and welcoming all Adas members, together with friends and neighbors, to join us in the pleasures of working with our hands.

To join Sisterhood and keep up with our opportunities, check out our Facebook page, https://www.facebook.com/AdasIsraelSisterhood/ or @AdasIsraelSisterhood; our web site, www.adasisrael.org/sisterhood, including the online calendar; and our announcements via @adas, e-mails, and the Order of Service.

Calling All Seniors!

Senior Salons invites you to join Opinion Editor Amy E. Schwartz in discussion about . . . “What Makes Us Happy?”

Tuesday, July 17, Program: 11:00 am, Lunch: 12:00 noon, RSVP to Kim at Seniors@edcjcc.org by July 13

(Moment will provide lunch for new program attendees.)

The search for happiness is as old as humanity itself. In Jewish culture and text, the subject of happiness surfaces repeatedly. Confronted with the absolute devastation and evil of the Holocaust, Jewish thinkers revisited the topic. Among them was survivor and psychiatrist Viktor Frankl, who gave birth to what is now called positive psychology, the scientific study of how to make people happy. Amy Schwartz will lead an interactive program as we attempt, not to discover the secret to happiness, but to explore Jewish insights into the search for this elusive state of mind.

Moment Opinion Editor Amy E. Schwartz earned a degree in literature from Harvard University. She worked at Harper’s Magazine and the New Republic before joining the Washington Post, where she was an editorial writer and op-ed columnist on cultural issues from 1985 to 2002. Schwartz has also lived in and reported from France, Germany, and Turkey and has been Moment’s opinion editor since 2011.

To join Sisterhood and keep up with our opportunities, check out our Facebook page, https://www.facebook.com/AdasIsraelSisterhood/ or @AdasIsraelSisterhood; for details and for the results of our June leadership elections for the coming year. In addition, see our Photo Slideshow on the AdasIsraelSisterhood webpage.

The Chronicle
Levy, in exploring the mentoring program, e-mail Adas member Alex individuals can become mentors to them. If you are interested sponsoring them. However, through the IRC mentor program, permit us to have any contact with this family since we are not thanking us for our work. State Department rules do not The parents followed up with a personal note, written in English, my three brothers back in Afghanistan, and we only had one to help all people because they are human beings. We lived with (microwave, TV, laptop, bicycle, rugs, iron, ironing board, etc.). I bragged about how good the apartment looked to the whole team here . . . It was unanimous that the room for the kids was something special.” Corey paraphrased feedback from the father of the family: “I want to thank the synagogue very much for what they have done for my family. It shows their kindness and that they want to help all people because they are human beings. We lived with my three brothers back in Afghanistan, and we only had one room for our family. The children are not used to this type of privacy. They seem to love it.”

Social Action Committee Words of Appreciation from Afghan Refugee Family and International Rescue Committee Staff Corey Rheingrover, International Rescue Committee (IRC) logistics specialist, shared these words with us after having accompanied the family to the apartment that Adas Israel furnished: “. . . the apartment was not only beautifully arranged but it also had the extras that families most often ask about (microwave, TV, laptop, bicycle, rugs, iron, ironing board, etc.).”

Hesed & Social Action Partner to Help with Appreciation Meal for First Responders Wonder what an appreciation meal for 200 first responders looks like? A cadre of Adas volunteers, coordinated by Adas member Gilbert Holland, had the exciting opportunity to find that out on May 17 when we brought food and drinks, helped set up, and served food to police officers and first/medical emergency medical service personnel. These are the individuals who are among the first to provide assistance in emergencies. The Second District Metropolitan Police Department’s (MPD) Citizens Advisory Council (CAC) sponsors the annual event, led by Second District CAC Chair Samantha Nolan. Second District MPD’s CAC is part of eight councils citywide established to work with our police districts and headquarters MPD. The full-day appreciation meal began 18 years ago with three volunteers serving for four hours. This year, 47 people served and 13 more volunteers prepared food or delivered drinks. In a letter, Nolan thanked Adas Israel volunteers for helping to make the event a success.

Inclusion Update Jim Weisman to Speak July 21 James (Jim) Weisman is considered one of the biggest champions of people with disabilities in the U.S. He is the CEO and general counsel of United Spinal Association, formerly known as the Eastern Paralyzed Veterans Association (EPVA). Weisman joined the EPVA in 1979 as an attorney, and his nearly 30-year tenure has included many accomplishments. He shares that the highlight of his career was his role in framing the Americans with Disabilities Act and being present at its signing in 1990.

Jim Weisman to Speak July 21

Dear Adas Israel Community:

We hope you’re all having a relaxing and refreshing summer. It’s an easier time of year for our residents, who have gotten through a long winter, some of them coping with a number of health-related issues. Nonetheless, they’re all grateful to have a place to call home, which is thanks in part to the support of many of you.

By now you have received Anne Frank House’s annual fundraising letter. As always, Anne Frank House relies in so many ways on the Adas Israel community, and we’re grateful for everyone’s continued support of our work. It’s in large part thanks to this support that we are moving ahead with our goal of 14 residents by 2020.

Here are a few “fast facts” about the work we do:

• Anne Frank House provides apartments in NW Washington to 11 formerly homeless people who suffer from mental illness.
• AHF makes the difference between a degrading, difficult existence on the streets and a secure, stable, dignified, and independent home life.
• AHF is an all-volunteer organization.
L'Dor V'Dor Project

We are delighted to share our outline for a new effort: the Hesed Project. Hesed is an acronym for religious existence: worship, learning, and action. The three ways correspond in our tradition to the main aspects of religious existence: worship, learning, and action.

Members of the Hesed committees are already engaged in many “connecting activities” such as making outreach and Mishkavah phone calls, home visits, and meal deliveries. Our clergy have been making home visits as well. The Hesed L'Dor V'Dor Project hopes to enhance and enrich those activities by engaging more facets of the Adas community in bringing service to people who are unable to come to us. For example, our religious school students might do some writing projects and sponsor some special joint religious services. Our GAN parents could help as well in ways that work for them. The project also plans to offer workshops, classes, and programs to address topics specific to the issues of aging from a variety of perspectives. Of course, the L'Dor V'Dor committee needs your help in sharing your ideas about how to enhance these connections and in your volunteer efforts to support the plans. Please contact HESEDb@ADASISRAEL.ORG with your ideas and your offers to help.

HESED L'Dor V'Dor Project

As summer approaches and some of us head out for summer vacation, our clergy and the Hesed Committee continue their work to bring support and kindness to members of our congregation. Abraham Joshua Heschel says, “There are three starting points of contemplation about God: three trails that lead to God. The first is the way of sensing God’s presence in the world in things; the second is the way of sensing God’s presence in the Bible; and the third is sensing God’s presence in sacred deeds.” These three ways correspond in our tradition to the main aspects of religious existence: worship, learning, and action.

We are delighted to share our outline for a new effort: the Hesed L'Dor V'Dor Project. The goal of which is to create community within and among all age cohorts of the Adas membership. Our hope is to build community further through acts of lovingkindness. We want to help members who are mostly confined to their homes by helping them to get connected in a meaningful way to the Adas community.

During a conversation a while back, one of our members asked us, “What are we doing for our members who have challenges that make meaningful connections to Adas?” That conversation pointed our clergy and volunteers in a direction that will become an integral part of the way the Hesed Committee and Adas create connections.

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Enjoy your summer! Ellen Ficklen & Marian Fox, Co-Presidents

HONORING OUR LEADERS & VOLUNTEERS

Our Ruth & Simon Albert Sisterhood Gift & Judaica Shop Volunteers

Ma Tovu

Everyone coming into the Ruth & Simon Albert Sisterhood Gift & Judaica Shop—whether shopping for b’ni mitzvah, conversion, confirmation, or wedding gifts; a present for a friend (Jewish or non-Jewish); or a special occasion card—is struck by the variety of items, both religious and secular, the shop carries. But what is just as impressive is the professionalism, friendliness, and knowledge of the shop’s very special volunteer sales associates, many of whom have worked there for years. Without their efforts, the shop would not be the success it is and would not be able to support the synagogue financially as it does.

We’d like to take this opportunity to thank the Sisterhood members who donate their time in this way. Below we introduce you to them as they describe their experiences as sales volunteers.

Gift Shop Managers

Diane Keller: I am a third-generation Adas member and became a Sisterhood member approximately 18 years ago. I started working at the gift shop as a co-manager with the amazing Shirley Abrams. Over the next 18 years, I led a resurgences of both product and revenue growth through modernization and technology automation of our formerly tiny, strictly Judaica shop, enabling us to become an upscale gift shop specializing not only in Judaica, but also carrying beautiful gifts for many occasions. I am proud to have been an important contributor resulting in significantly increased donations from gift shop profits to our synagogue.

Jean Bernard: I think I’ve been volunteering for about nine years and am one of three co-managers of the shop. I began volunteering because Shirley Abrams was heading up the management, and I loved working with her. My first shift was Friday mornings, which dovetailed well with my freelance working schedule. I do remember that on the first day I worked on my own, when I counted the drawer at the end of the day, I was $19 short. Talk about humiliation! I called Diane Keller and admitted my debacle, assuming that I would be fired on the spot, but she was very forgiving. After I had worked for a few months, Diane and her then-co-manager, Helene Weinigarten, asked me if I would like to be the third co-manager. Working in the shop was fun, and they are very nice people, so I said yes. And here I am today. What I didn’t bargain for was that I would become the tech guru, which still gives me some sleepless nights.

Susan Winberg: I became involved in the gift shop five years ago. Jean and Diane were looking for a third co-manager, and I had run the Bombe Chest for JSSA for many years. I enjoy helping people and contributing my time to Adas. I also enjoy buying new items for the shop and displaying them.

Sales Associates

Nancy Weiss: I am the longest-serving volunteer in the shop at this point—about 20 years. I started there because one of my bat mitzvah sisters was then the manager, and she asked me to help. I work Tuesday mornings. We have a few people who work in the summer now, but for many years I was the only summer volunteer. One year the manager was away for the summer and I did the mail, banking, etc.

continued on next page...
**Membership Connection**

Adas Israel is a community of communities. We are a vibrant, multi-generational synagogue that offers access to Jewish life and community for people of all backgrounds. We consider our size and diversity to be an advantage because we are able to offer different pathways or touchstones to help our diverse members find their connection to Judaism.

As a board member of Adas and chair of a Social Action Committee working group, I feel it is important for those who are new to our community to have a sense of belonging from the very first time they step through our doors. Being a member of a large congregation can be an overwhelming experience for some individuals. We want all people, regardless of their backgrounds, to feel welcomed and appreciated.

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**Ruth Ernst:** I have been responsible for the evening shift whenever the Hebrew School meets since 1997. I first attend the evening minyan and then open the shop from 6:15 to around 8:30 pm. The plus two hours go very fast. Everyone who comes into the store comments on the beautiful selection we have, thanks to our great attend the evening minyan and then open the shop from 6:15 to around 8:30 pm. The plus two hours go very fast. Everyone who comes into the store comments on the beautiful selection we have, thanks to our great

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**Myra Promisel:** I have been a volunteer sales associate for about nine years. I very much liked the women who were involved (including Shirley Abrams and Ruth Kartz, both of blessed memory). I grew up in the retail business and have always enjoyed doing that kind of work. I love meeting people—synagogue and Sisterhood members—but also those going to the mikvah or passing through Adas for some other reason. I have continued volunteering because I enjoy working with our current managers and the other volunteers, and I appreciate that what we are doing in the shop is so important in supporting the synagogue.

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**Bunny Weinstein:** I have volunteered at the gift shop for over six years. I began because Leah Chanin can talk anyone into doing anything. I feel that the shop serves not just members of the congregation but also the wider community. On Sunday I often have people from buildings nearby who say they don’t know where else to buy candles, menorahs, etc. How nice to know the gift shop accommodates them as well.

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**Susan J. Wedlan:** I have been associated with the gift shop for over 10 years. I started on Sundays, with Judy Hartman as my co-volunteer, while my three children were attending religious school. Sundays seem to be the busiest day of the week for the shop, and I loved all the activity. Now I take the Tuesday afternoon shift and follow up by volunteering in the library afterward. I enjoy having friends come in for a chat while they browse and buy. We have such a wonderful selection of Judaica. I am sure I am a top customer of the shop!

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**Leah Chanin:** I have worked at the gift shop over eight years. I am a sales clerk once a week but I try to promote the shop in other ways. I began volunteering there because it is a lovely shop with a lot of Judaica, which is hard to find in the area. Also, you get to meet a lot of our congregants and others who come into our building for so many reasons—mikvah, Gan, to view our facilities, to meet our clergy, etc. One thing all of us get to do is to “instruct” people about a lot of the ritual objects, like what a yad is used for, what tzedakah boxes are for, when the yahrzeit candles are used, picking out books for children, etc. In a small way, we help educate people about Judaism’s ritual objects. I remain in the job because it is a wonderful working environment and the merchandise is so beautiful and fun to sell. Visitors always comment about the quality of the things we sell.

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**Marian Fox:** I’ve been working Sundays at the shop for well over six years. It’s very different from my real job and gives me a chance to connect with my retail side. I love talking to customers and helping them find purchases that are just right for them.

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**Brett Gotlib, Member Connector Committee Chair**

Or if you have an idea to strengthen the connection of our sacred Adas community!
Rabbi Akiva was renowned for reading the Torah closely, finding meaning in every word. *The Orchard* tells the classic story of a dispute between rabbis regarding the date on which the new moon was visible, which determined the timing of Yom Kippur. In a show of authority, the head of the Sanhedrin, Gamaliel II, ordered Rabbi Joshua to publicly violate “his” Yom Kippur by carrying a staff and money. Akiva comforted Joshua by interpreting the Leviticus phrase, “you shall proclaim them” to mean that the timing of holidays was based not on a divine calendar, but on the proclamations of the humans in authority.

In the enigmatic Talmudic tale of the “pardes” (literally “orchard,” but connotes “paradise”), Akiva and three other scholars mystically ascend to God’s realm. The other scholars are so overcome by what they see that one dies, one goes insane, and one becomes a heretic. Only Akiva emerges unscathed. In Brandes’s *Orchard*, however, Akiva only appeared unaffected; in fact, the transcendent experience influenced him to support the catastrophic Bar Kochba revolt against Rome (132–135 C.E.).

What did Akiva and the others see in the orchard? Brandes offers a clever solution (revealed in her book) to this age-old puzzle. As for Akiva, his resistance to Roman edicts prohibiting the teaching of Judaism led to his torture and death. He died reciting the words of the *Shema*.
We wish our newborns and their families strength, good health, and joy.

Abraham Laskey, son of Rachel Farbiarz and Alexander Laskey, was born April 28.
Hannah Saperstein, daughter of Craig and Jennifer Saperstein, was born May 18.

MEMBERS IN THE NEWS

Julian Mazor, August 27 in Israel

We mourn the loss of synagogue members:

B’NAI MITZVAH

Jacob Zucker, August 27 in Israel

Jacob Chaim Zucker is a rising eighth grader at Silver Creek Middle School in Kensington, MD. He began his Jewish education as a Puppy at Gan Halleled, is a graduate of JPDS NC, and spends summers at Camp Alonim in California. Jacob shares his simcha with his parents, Shana and Robert; his brothers, Elan and Lior; his grandparents, Harvey Flatt and Alicia and Stephen Zucker, among others. Jacob lovingly remembers his grandfather, Susan Flatt, z”l. For his mitzvah project, Jacob is supporting and volunteering at Hadassah Hospital (Israel) and the Brooke Grove Retirement Village (Sandy Spring, MD) in honor of Susan’s dedicated work as a nurse for 35 years at Holy Cross Hospital.

Julian Gaines, September 1

Julian Saul Gaines, son of Ana Bilik and Michael Gaines, is a seventh grader at BASIS Independent McLean. His interests are cars, soccer, and music. Julian celebrates his bar mitzvah this September 1.

Hayden Sherwood, August 25

BIRTHS

Hannah Saperstein, daughter of Craig and Jennifer Saperstein, was born May 18.
Abraham Laskey, son of Rachel Farbiarz and Alexander Laskey, was born April 28.

WEDDINGS

Mazal tov to . . . Sarah Bickart, daughter of Toni & David Bickart, and Adi Paliti were married on May 13 at Adas Israel.

MEMBERS IN THE NEWS

Mazal tov to . . .

Gabriel Kanter-Goodell was elected Seaboard Region USY Religion/Education Vice President.

Interested in chanting Torah or Haftarah?

If you are interested in picking up a short (or long!) reading over the summer and into the fall, please contact Hazzan Goldsmith at hazzan.goldsmith@adasisrael.org. If you have never chanted and would like to learn, Hazzan Goldsmith is available to help you.

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In Honor Of: Shirley Jack Kay’s 100th birthday

In Memory Of: David Lezell & Lisa Aronoff

In Memory Of: Baruch & Roseanna Abromowitz

In Memory Of: Arthur Hessel

In Memory Of: Julia Rouchdy

In Honor Of: Jack Kay Community Leadership Award

In Honor Of: Rabbi Aaron Alexander

In Memory Of: Rabbi Cohen’s mother

In Memory of: Rabbi Aaron Alexander’s...
UPCOMING CHRONICLE DEADLINE—

September:
Wednesday, July 25, at noon