

Adas Israel Congregation June/Sivan-Tammuz

CHRONICLE

The busy kitchen of the HESED cooking team — caring for those in need!

The *Chronicle* Is Supported in Part by the Ethel and Nat Popick Endowment Fund



From the President

RICKI GERGER, ADAS PRESIDENT



*Thank you for letting me be your President
& for helping me become a better person.*

I'm so uplifted when someone tells me how great it feels to be part of Adas Israel. And I admit that, occasionally, someone even tells me I'm doing a good job as President! As much as I appreciate the acknowledgment, as anyone would, of course, I really need to dissect that sentiment for you.

The entire Board of Directors, the rabbis, the cantor, the education director, the ritual director, the executive director, each and every member of the entire staff and everyone who volunteers time and expertise in any way, the Jewish Mindfulness Center of Washington, the Rabbinic Planning Task Force, all the teachers and aides in the Gan, the Assistant Rabbi Search Committee, our legal counsel, the TEM Coordinating Committee, the caterers and our Trustees, everyone who leads the daily *minyan* and everyone who comes to it, everyone who reads the books in the library, the Return Again Band, everyone who attends any of our classes, the Gan Director Search Committee, our past presidents, the Sisterhood, the printing company we use, the High Holy Day service coordinators, every member of every committee, everyone who talks to an unfamiliar person at *kiddush*, our *gabbaim* both floor and Torah, all the flash choirs, all of the members who pay their dues on time, every MakomDC speaker, everyone who works with our Social Action partners, everyone who leads services in the TEM and in the *Havurah*, the editor of the *Chronicle* whom I hope will find it in her heart to tolerate this very long sentence that doesn't even have a proper ending grammar-wise, everyone who fills the freezer with food for others, everyone who teaches adults, our ushers and our sound guy, every Mendelson *Shabbat* Series speaker, everyone who reads Torah and chants *Haftorah*, the anonymous people who perform *tahara*, the Nominating Committee, our greeters, the Mikvah Renovation Task Force, our security guards, and . . . and . . . and. THIS, and everyone else I've unexcusedly missed—and I pray you forgive me if it's you—THIS is who's responsible for making Adas Israel what it is. THIS is our village. And I know when someone does say something nice about me, it is all these people, and many more, they're actually thanking, even if they don't know it.

True, I've appointed some task forces and search committees. I've had the honor of negotiating contracts with three outstanding rabbis. And, yes, I have experimented with a new protocol for announcements on *Shabbat*. But it's the list above—and all the rest of the people in our village—who have made this past year productive and rewarding for me.

Here's what else being the President of Adas Israel for one year has done to me: **I'm nicer, I'm happier, My soul is fuller.**

And, best of all, my heart has embraced the message in *Pirke Avot 1:6*: "Judge everyone on the side of merit."

This year I've been in what sometimes seems like countless meetings and conversations and deliberations, with our members expressing *many* diverse viewpoints. I've learned the calm that comes with attributing to everyone here the best of intentions instead of suspecting otherwise or dismissing perspectives. And to believe that everyone here has only the best interests of our congregation at heart in everything they do and say, rather than wondering if they have some kind of agenda. This doesn't mean that we always agree with each other, nor should we. It does mean, though, that when we disagree, when we aren't all on the same page, when we don't understand each other—we still know at the highest and deepest levels of our consciousness that each and every person associated with Adas Israel Congregation wants and is working toward the same goal: for this congregation to be a safe place for each of us to explore and grow our spiritual selves to exceed our own expectations of the kind of person we can be.

Not only is this a model for how to participate in a thriving synagogue, it's also a model for how to navigate the world at large.

Thank you for letting me be your President and for helping me become a better person.



Clergy Corner

RABBI AARON ALEXANDER



*How should the verse, "You have established harmony,"
be understood (Psalms 99:4)?*

Rabbi Alexander explained it as follows: Two mules are being led along a road by people who despise each other. Suddenly, one of the mules falls to the ground. As the one who is leading the second mule passes by, she sees the mule of the other person stuck under a load, and she says to herself: "Is it not written in the Torah that, If you see the mule of another lying under its burden, you shall not pass him by; you shall surely release it for him (Exodus 23:5)?"

What did she do? She turned back to help the other person reload his mule, and then accompanied him on the way. In fact, while working with him she began to talk to the owner of the mule, saying: "Let us loosen it a little on this side, let us tighten it down on this side," until she reloaded the animal with him. It came to pass that they had made peace between themselves. The driver of the mule (that had fallen) said to himself, "I cannot believe that she hates me; see how concerned she was when she saw that my mule and I were in distress." As a result, they broke bread together, and became good friends.

Hence, "You have established harmony . . ." (*Midrash Tanhuma, Parashat Mishpatim, 1*)

Probably worth giving that story another read. Now try to imagine a time in your life in which something like this actually happened. If your experiences resemble mine in this regard, these instances are very likely few-and-far between. Yet, the sparse occurrence of such harmonious moments has (or have?) no bearing on the objective nature of this obligation. Yes, an obligation, though clearly not an easy one. It is certainly simpler (and often more natural) to turn away, to hunker down, and/or to pretend we don't actually see those with whom we disagree.

Over the past year our *Lev b'Lev* Committee (Heart to Heart) has nudged many of us to reimagine the potential of these difficult relationships. Our first *Shabbat* speaker, Rais Bhuiyan, shared his story of reconciliation with the man who shot him between the eyes. Then, Angela King opened up to us—a group of people she had never met and in a synagogue for the first time—about her journey from being a White Supremacist/Neo Nazi to advocating world-wide for harmony amidst diversity. Most recently, Daryl Davis, an African American musician, captivated our community with stories of how he befriended members of the KKK, eventually witnessing many of them turn away from the hatred they espoused. And, finally, we look forward to hearing from Tolu Olubunmi, recently honored by the ADL for her courageous path from an unemployed, undocumented chemical engineer to a respected immigrants' rights activist. (**June 3 at 11:00 am in the Biran Beit Midrash.**)

Rabbinic literature often employs a technique of using unlikely examples to teach aspirational, yet understandable goals (like the Talmudic story above). That's similar to what we are doing with our *Lev b'Lev* speaker series. By coming into direct contact with the extraordinary, we may recognize the places in our lives whereby incremental advances may be accomplished.

At the end of the day, of course, not every foe can be confronted, and not every past trauma demands immediate encounter. But what the Torah pushes us towards—and what we hold each other accountable to—is the cultivation of an open heart that recognizes the past need not control the present, and the future is yet to be determined.



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

HIGH HOLY DAYS 5779

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.



SELICHOT

Saturday, September 1



ROSH HASHANAH

Monday & Tuesday, September 10 & 11



KEVER AVOT

Sunday, September 16



KOL NIDRE

Tuesday, September 18



YOM KIPPUR

Wednesday, September 19

Full High Holy Day Schedule & Information Now Available Online at
adasisrael.org/highholydays



New & Noteworthy

Important High Holy Day Information



High Holy Day 2018 Seating

Packets with High Holy Day information will arrive in your homes soon. As usual, tickets for all members of your household for services in the Kay Hall, Gewirz *Beit Am*, or Cohen Hall (Family Service) will be sent automatically, roughly 10 days before the holidays. If you are a dedicated seatholder in the Charles E. Smith Sanctuary, you will need to request the number of your seats that you intend to use for the coming holidays (two seats are included in membership; additional seats will be charged to your account). Members will also be able to reserve non-dedicated seats (with limited availability) in the Charles E. Smith Sanctuary. You can request these seats on the seat request forms included in the High Holy Day booklet.



Reserved Seating Times

Seating in the Charles E. Smith Sanctuary is reserved at the following times. Tickets can be requested through your High Holy Day forms.

Rosh Hashanah Day 1: Beginning around 10:45 am with the *Musaf* Service, and concluding at the end of the sermon

Yom Kippur Day: Beginning around 10:30 am with the Torah Service, and concluding at the end of the sermon



Kol Nidre Updates

Due to the overwhelming success of our musical outdoor *Kol Nidre* service, there will be two clergy-led services on Kol Nidre: one in the Charles E. Smith Sanctuary and one in the Adas Israel Parking Area. There will also be a Lay-Led Traditional Egalitarian service in the Gewirz *Beit Am*. **Please Note:** There will be no Kay Hall service on *Kol Nidre*. All services will have open seating, please see above for when reserved seating applies.



Livestream Services & Overflow Room

On *Rosh Hashanah* Day 1, there will be a live feed of the Charles E. Smith Sanctuary service broadcast into the Biran *Beit Midrash*. This will provide some additional seating for those who need it, or for those who would like to step out of the service spaces and still follow along with the prayer experience. Charles E. Smith Sanctuary and Kay Hall services will also be broadcasted live at adasisrael.org/hhdlive.



Volunteer to Usher & Greet

Add another dimension to your High Holy Day experience this year. Aside from prayer and reflection, ushering and greeting is a wonderful way of connecting with your community and welcoming the thousands of guests in our building. Every year, during each of the High Holy Day services, a dedicated group of members volunteer as ushers and greeters. And in so doing, we fulfill the *mitzvah* of *hachnasat orchim* (welcoming guests). No experience is necessary. Be on the lookout for your High Holy Day booklets (and return the volunteer form) and your e-mails for online registration.



Accessibility & Inclusion

Adas Israel is committed to being a fully inclusive community. Please see the High Holy Day booklet for a full list of the accommodations we are able to provide upon request during the High Holy Days and all year round. Please e-mail your requests to inclusion@adasisrael.org or call the synagogue office in advance to make arrangements.



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*



Ricki Gerger
Adas Israel President



Rabbi Aaron Alexander
Senior Rabbi



Rabbi Lauren Holtzblatt
Senior Rabbi

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



Annual Congregational Meeting & Open Board Dinner

*with Yad Hakavod Award presented
to Adas Member Morris Kletzkin*

Wednesday, June 20, 7:30 pm

Register Online (adasisrael.org) for the Open Board Dinner at 6:15 pm

The annual meeting is your chance to participate in the growth, health and vibrancy of your congregational community. Join together with family and friends as we plot a course for the next year of Jewish communal life in our remarkable congregation.



Morris Kletzkin, who will receive the community's *Yad Hakavod* Award at the Annual Meeting, is a beloved member of the Adas community, and has served as a dedicated Board Member and the congregation's General Counsel member for 35+ years. His wife, Lynn, served as one of the very first presidents of the Gan HaYeled Parents' Association, and both she and Morris have served the congregation with steadfast commitment and heart. Since joining the Adas family in 1979, Morris has helped to set in motion and actualize the renovation of many of our worship and gathering spaces here at Adas. As an active leader in the General Counsel, he has provided invaluable advice on a host of issues that relate to the administration of a large not-for-profit organization, better aligning the sacred work of our community for ongoing success. He regularly provides key guidance on matters of governance, employment procedures, financial planning, insurance, and strategic planning. His involvement in the legal business of the congregation and its activities occurred during the first renovation of the synagogue and resulted in the rapid growth of the Gan, the religious school, and the many community programs that have become so successful here at Adas. Morris is a treasure for our congregational community, and a very worthy recipient of this year's *Yad Hakavod* Award. We look forward to celebrating Morris with you at the Annual Meeting on June 20.

Proposed Slate of Nominees Annual Congregational Meeting Wednesday, June 20, 7:30 pm

In accordance with the Adas Israel Bylaws, and for the elections at the Annual Congregational Meeting on Wednesday, June 20 at 7:30 pm., the Nominating Committee (Harriet Isack, chair) has announced the following nominees for the President-Elect, Board of Directors, and Trustees positions, Please save the date.

Proposed Slate of Nominees: For Final Approval at Annual Meeting

President-Elect

Laurie Aladjem

Board of Directors

Blanche Cotlear
Joel Fischman
Amy Golen
Salina Greene
Steven Kleinrock
Jorge Kotelanski

Howard Marks

Janet Scribner
Healey Sutton
Sara Vogler

Trustees

David Bickart
Herlene Nagler
Jeffrey Yablon

Nominating Committee

Alvin Dunn
Sharon Burka
Rae Grad
Stephanie Meyers
Bonnie Roskes
Alan Roth
Jay Sher
Jessika Wellisch





Visions of Israel

A Celebration of Culture & Creativity





Starring:
ISRABAND



Also Featuring:
Theater J with
Tasting Menu



Also Featuring:
Kesem Israeli
Dance Troupe



Also Featuring:
Cantor Arianne Brown
with Adas Israel's Kolot
& Flash Choir

The annual spring concert at Adas Israel
Presented by Cantor Arianne Brown & the Musical Moments Committee

Sunday, June 3 @ 7:00 pm



ADAS ISRAEL
Congregation

We celebrate Israel's 70th birthday with an immersive experience of Israeli music, theater, dance, and visual arts, followed by an Israeli dessert reception!

ISRABAND is an Israeli cover band that specializes in providing an authentic, refreshing experience of a variety of the biggest hits of Israeli music culture.

Theater J presents *Tasting Menu* by acclaimed Israeli playwright Schlomo Moshkovitz — *machaturim* (in-laws) with different mindsets come together to plan a wedding — a modern comedy with a realistic look at Israeli families

Kesem — our neighborhood teen Israeli dance troupe — will give a performance so inspiring that we will be ready to dance with them at our reception.

To Order Tickets: AdasIsrael.org/MusicalMoments or call 202-362-4433

\$18 General Admission
\$36 Premier Seating
\$100 Supporter (Premier Seating & Formal Acknowledgment)
\$360 Sponsor (Premier Seating & Formal Acknowledgment)

Children under the age of b'nai mitzvah are free!

Up Close & Personal

Share Your Special Family Collections
In Our Biran Beit Midrash



The Biran Beit Midrash, at the heart of our synagogue, is a place of community, learning, and conversation. Following this theme, over the next year we would like to share your special family collections in our ever-changing Biran Beit Midrash window. If you have any family items or history you would like to share, please let us know! We are looking for our next great idea. Past displays have included All about *Shofars*, Jewish teapots, *kiddush* cups, *hannukiot*, and more. What can you share for six weeks?

Contact Courtney.Tisch@adasisrael.org in the synagogue office to display something special and for more information.

Celebrating Adas Members!

Please join us on **Friday, June 8, at 5:30 pm** in the Biran Beit Midrash for a reception celebrating those in our community who have been members of Adas for 50+ years. Following the reception, we hope you will stay for our Return Again to Shabbat service and community Shabbat dinner. Pre-registration for the dinner is required and can be done online or by calling us at 202-362-4433.



Thank You, Carole Klein

Adas Israel's Director of Operations Since 2012

All of us at Team Adas want to take this opportunity to say a heartfelt thank you and *yasher koach* to our friend and colleague, Carole Klein. As many of you know, Carole will be stepping down from her current role at Adas for her well-earned retirement at the end of this month. She is very much looking forward to spending much more time with her family and friends and less with the (admittedly onerous) work our busy Adas building and grounds!

Carole has served the congregation for seven wonderful years as our very diligent and dedicated Director of Operations. She also served as an interim executive director at Adas along with David Polonsky in 2014, and was tremendously supportive of the congregation and its complex operations during that transition and beyond. Throughout her tenure at Adas, and among other achievements, Carole significantly enhanced the work and profile of our beloved maintenance team and helped turn around decades of building and grounds failing systems—in service of a well-run, comfortable, and highly functional synagogue space for all.

Carole has been a wonderfully dedicated member of our team, a kind and supportive colleague, and a dear friend to many in our community. We're thrilled to report that Carole will remain an active member of the Adas community and, of course, a very proud Gan grandparent, so she will not be a stranger! Please join us in wishing Carole a heartfelt *todah rabah* and *yasher koach* for all her incredible service and leadership.

Carole, we cannot thank you enough for all you've done for our community and staff. Thank you and mazal tov on a well-earned next chapter!
—From your lifelong friends at Adas Israel



DC Pride @ Adas

Equality, Justice, and Inclusion for All

Contemporary Judaism is at a historical moment, in which tolerance, and compassion for the individual, are becoming celebrated values in mainstream Jewish life. Be a part of this forward momentum, and demonstrate Pride in our own community's achievements in fostering these essential human values: equality, justice, and inclusion for all. Join us for a

weekend of dialogue, prayer, and action, as we participate in the Pride March (Saturday, June 9) and DC Pride Festival (Sunday, June 10). Hundreds of marchers and dozens of Jewish organizations will come together to represent the love, equality, and values that the Jewish community stands for.

Adas DC Pride Weekend Schedule:

Friday, June 8

6:30 pm: Return Again to Shabbat Service

8:00 pm: Community Shabbat Dinner

Saturday, June 9

9:30 am: Shabbat Morning Service

3:00 pm: *Mishpacha* Meet-Up: A Pre-Pride LGBTQ Family Gathering with GLOE at the Edlavitch DCJCC

5:00 pm: March in the DC Pride Parade; we will head together from the Edlavitch DCJCC to our designated parade waiting spot (exact location TBD)

Sunday, June 10

11:00 am–6:00 pm: DC Pride Festival on Penn Ave, stop by the Adas Booth!

To volunteer to help staff the Adas Pride booth, or to support any other part of this weekend, please contact Courtney Tisch at Courtney.Tisch@adasisrael.org.

JMCW@ADAS

jewish mindfulness center of washington



A mystic is anyone who has the gnawing suspicion that the apparent discord, brokenness, contradictions and discontinuities that assault us every day might conceal a hidden unity.

RABBI LAWRENCE KUSHNER

Kabbalah, or Jewish mysticism, literally means “to receive.” According to Rabbi Lawrence Kushner, “God is not only involved in everything, God is everything,” and through spiritual study and meditation Jewish mystics sought to receive God’s wisdom and mystery of creation. A popular creation legend promoted by 16th-century *Kabbalist* Isaac Luria speaks of vessels that shattered because they were unable to contain God’s creative power of divine light. These broken pieces of God’s light were scattered throughout the world and left behind for humanity to piece together and repair, a concept known as *tikkun olam*. JMCW’s programming revolves around practices that strengthen our ability to stay open to receiving, liberating, and repairing those divine sparks. We invite you to join our ongoing meditation and yoga classes, *Shabbat* services, and special workshops. And if you want to learn more about *Kabbalah*, join us for Rabbi Lauren Holtzblatt’s mini-series on the mystical texts of the Zohar!

JMCW MEDITATION & YOGA

Weekly JMCW meditation and yoga classes offer a home to those who wish to explore embodied spirituality. Our yoga program 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. Our meditation program offers participants an opportunity to come together for guided teachings, a wide variety of meditation techniques, and silent community sits.



Vinyasa Lunar Flow

WEDNESDAYS @ 6:30–7:20 PM

A slow-paced asana practice for all levels, led by a rotating roster of JMCW faculty.



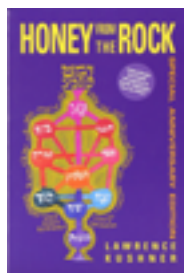
Weekly Meditation Sit

WEDNESDAYS @ 7:30–8:30 PM

A community sit that integrates meditation techniques with guided teachings, led by a rotating roster of JMCW faculty.

PLEASE NOTE: During the summer months, JMCW will offer a condensed program format. From June 26 through August 28, we will continue to host one JMCW evening offering each week. This “**Meditation & Yoga Combined Offering**” will be held on **Tuesdays, 6:30–8:00 PM**. Please check the new JMCW Google Calendar on the JMCW Adas web page for more up-to-date information.

JMCW RECOMMENDS...



Honey from the Rock by Lawrence Kushner

In this accessible and delightful introduction to *Kabbalah*, Rabbi Kushner writes with joy and insight as he illustrates the 10 gates of Jewish mysticism and shows how this ancient wisdom is relevant to our modern lives. You can also hear Rabbi Kushner’s March 2016 interview from *On Being with Krista Tippett*. Go to www.onbeing.org and enter *Kushner* in the search bar. This episode is available to stream online or as a podcast. *Honey from the Rock* and other books on *Kabbalah*, Jewish spirituality, meditation, and mindfulness are available in the Adas Library. Some of these can be found under call number 175.01 or speak with Adas Librarian Robin Jacobson (librarian@adasisrael.org) for more information.

SPECIAL SERVICES & WORKSHOPS



Return Again to *Shabbat* with Rabbis Holtzblatt, Alexander & The Return Again Band

FRIDAY, JUNE 8 @ 6:30 PM

This monthly service is an intergenerational favorite in our congregation! Join us for a reflective journey into the power of *Shabbat*. The evening features seasoned musicians and a spiritual, personal excursion into prayer and song. A festive Israeli tapas-style feast follows. *Please register for dinner on the Adas JMCW web page.



Rosh Chodesh—Celebrating the New Moon Led by Core JMCW Faculty

TUESDAY, JUNE 12 @ 7:00–9:00 PM

Women of all ages, experience, and identification are invited to join us 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 *Rosh Chodesh* calls us to listen to these timeless, embodied rhythms. Following the asana practice, we will gather for a group discussion circle. The *mikvah* will also be open for immersion post-practice. Please register for this special offering on the JMCW Adas web page.



Introduction to the Zohar: Mini Series Led by Rabbi Lauren Holtzblatt

TUESDAYS, JUNE 12, 19, 26 @ 7:00–8:30 PM

Come explore the mystical texts of the Zohar with Rabbi Lauren Holtzblatt. In this class we will learn the historical context of the development of this mystical teaching as well as look inside at three to four different texts. No prior knowledge necessary. Texts will be translated. Come curious! Please register to attend on the JMCW Adas web page.



Cultivating Inner Wisdom: A Shabbat Workshop Led by Rabbi Suzy Stone

SATURDAY, JUNE 16 @ 1:00–3:30 PM

Join guest JMCW faculty member Rabbi Suzy Stone (Sixth & I) for a special *Shabbat* workshop focused on finding your inner truth. Combining traditional elements of Jewish prayer and text study, participants will learn about Parker Palmer’s unique model for finding clarity and insight through intentional small-group conversations. Come for the meditation and stay for the insight! Learn how to ask deep, honest, and open-ended questions that enable us to find our inner truth. Please register to attend on the JMCW Adas web page.



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. Wise Aging sessions are based on resources developed for the Institute for Jewish Spirituality by Rabbi Rachel Cowan and Dr. Linda Thal, primarily *Wise Aging: Living with Joy, Resilience, and Spirit*. For more information, please see the JMCW Adas web page or on page 29 of this issue of *The Chronicle*.

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!

It is not enough to know God only in the mind. Bind understanding to your heart so that the awe of
The Holy One’s greatness results in true devotion. —Rebbe Nachman of Breslov

adasisrael.org/jmcw



From the Director of Education

RABBI KERRITH ROSENBAUM



As we head into June, we find that most people ask us if we are excited for “summer break.” And while it is true that our days take on a different shape during the summer, it is far from a vacation. All year long we make a list of “things to do over the summer,” which ranges from the small details we want to change in the upcoming year, to the big-vision conversations that we are always pushing ourselves to have. The list is long. And so, our summer becomes our think tank—our chance to truly reflect on the year past, to carry forward the elements that worked well, and commit to continuing to rework the ones that missed the mark. And while we certainly miss the students in the halls, in some ways we look forward to this moment all year long—a chance to make sure that what we are offering matches our values and that we are finding new and meaningful ways to serve the community. As we head into this summer season of assessment and dreaming, please still stop by to see us. We are here, and it is you, your children, and your learning that inspires us. [Happy Summer Break.](#)



ABE & MINNIE KAY ISRAEL TRIP

On June 14, the 10th-grade Ma'alot class will travel to Israel for the Abe and Minnie Kay trip. Some of our Adas staff, including Rabbi Kerrith Rosenbaum, Marcy Spiro, Sarah Attermann, and Danny Weininger, along with our incredible Israeli team, are thrilled to guide our students through the Land of Israel. We are very excited by this unique opportunity to travel, learn, and grow together, to walk through Israel and behold the rich past and the burgeoning present. This Israel trip is a chance to witness the breadth of Jewish history and identity. It is also an opportunity to explore ourselves and our personal connection to Judaism, and to discover our place in the greater Jewish community.

This promises to be an amazing trip; we are immensely excited to walk through the streets of Jerusalem, relax on the beaches of Tel Aviv, and eat the fruit of the land. But as we prepare ourselves, we most eagerly await the chance to build the long-lasting relationships between our students and staff that only an immersive experience such as this can offer. —Danny Weininger



GAN HAYELED

The wider the range of possibilities we offer children, the more intense will be their motivations and the richer their experiences.

—Lorise Malaguzzi

As we wrap up this school year and say all of the expected goodbyes, we are also saying *l'hitraot* to two beloved members of the Gan family. Marsha Pinson and Devon Swann have shared their expertise and love with us for many years, and we wish them the best as they begin their next chapters. Each of them in her own unique way embodies this beautiful quotation: we are all better for having learned from and with them and they will be missed dearly.

Summer is an exciting and action-filled time at the Gan. It's also a time of transitions. Our *Onah* classes end in early June, and Sweet Summertime Camp starts in mid-June. Meanwhile, our *Shanah* classes switch into to “summer mode,” and the rhythm of the day celebrates the change in season. More time is spent outside and water play becomes a more integral part of the day. These components allow us to take advantage of our natural resources here like Rock Creek Park as well as the amazing resources of our community such as our Outdoor Learning Environment. As the children explore these elements, it is our privilege to watch them delight in new experiences and skills. May this summer be one of joy and learning for all of us.

There are a few spots left in Sweet Summertime camp. Call Abby in the Gan office at 202-362-4491 or check the Gan website for more information.





sisterhoodnews

NETWORKING, NURTURING, LEARNING, SUSTAINING



Sisterhood Closing Event: Human Trafficking by Jews & Others

Join us **Sunday, June 10, 11:00 am–12:30 pm**, when Sisterhood will offer a presentation and discussion of Human Trafficking by Jewish and Other Traffickers by Orna Wolf-Levy and Erin Andrews. Orna will be discuss the relatively unknown phenomenon of sex trafficking in Eastern Europe during the mass migration of 1881–1924, focusing on Jewish women trafficked out of Great Britain to South America by Jewish traffickers.

Joining Orna will be Erin Andrews, executive director of FAIRgirls (<http://www.fairgirls.org>) who will offer insight on the current reality of human trafficking and further the discussion about local and international solutions.

At this meeting, we will also vote for Sisterhood Officers and Directors and enjoy some refreshments.

Elections and installation will take place at the Sisterhood closing event on June 10.

Adas Israel Sisterhood Board Slate, 2018–2020

Executive Committee/Officers:

The following members are nominated for the 2018–2020 term:

President: Jill Jacob

VP for Communications: Debby Joseph

Treasurer: Dava Berkman

Co-VP for Education/Programming: Susan Winberg

VP for Membership: June Kress

The following members continue in office, completing their 2017–2019 terms:

Co-VP for Education/Programming: Jodi Ochstein

Parliamentarian: Helen Kramer

The following members are nominated to complete unexpired 2017–2019 terms:

Corresponding Secretary: Leah Hadad for the one-year unexpired term of Jill Jacob

Recording Secretary: Elinor Tattar for the one-year unexpired term of Joyce Stern

Additional Officers are Gift Shop Co-Managers: Jean Bernard, Diane Keller, and Susan Winberg

Immediate Past President: Miriam Rosenthal

General Board: The following members are nominated to serve a two-year term on the General Board for 2018–20: Dena Bauman, Rebecca Boggs, Caron Dale, Barbara Frank, Mindy Gaynor, Jennifer Gibson, Judy Heumann, Susan Klein, Susan Lubick, Naomi Rosenblatt, and April Rubin.

The following members are nominated to complete the unexpired 2017–2019 General Board terms of Debby Joseph and Elinor Tattar: Lori Rones and Joyce Stern.

Returning Board Members 2017–19: Carol Ansell, Sarah Brooks, Carmel Chiswick, Barbara Friedell, Marian Fox, Arlette Jassel, Rhoda Ritzenberg, and Pamela Sislen

Ex-Officio Members of the General Board: Rabbi Penina Alexander, Cantor Arianne Brown, Hazzan Rachel Goldsmith, Rabbi Lauren Holtzblatt, Rabbi Sarah Krinsky, Naomi Malka, Rabbi Emerita Avis Miller, Heather Polansky, Myra Promisel, Rabbi Kerrith Rosenbaum, and Rabbi Eliana Yolkut

Members of the nominating committee who proposed this slate: Dena Bauman (Chair), Anat Bar-Cohen, Rabbi Batya Glazer, Jodi Ochstein, Elizabeth Sloan, and Joyce Stern

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.adasrael.org/sisterhood, including the online calendar; and our announcements via @adas, e-mails, and the Order of Service.



Weekday Torah with Sisterhood

TUESDAY, JUNE 12, FUNGER HALL

Please join *Weekday Torah with Sisterhood* at a special time, 10:30 am on Tuesday June 12, in FUNGER HALL. Senior Rabbi Lauren Holtzblatt will lead a discussion on *Parashat Korach*, which tells the story of God's destruction of Korach and his followers after their rebellion against Moses and Aaron.

Weekday Torah with Sisterhood is an engaging approach to traditional Hebrew text study that offers participants the opportunity to study and discuss challenging texts and ideas. This class is open to the entire Adas Israel community. Classes are monthly, except in the summer, and usually meet on the second or third Tuesday of the month. Students of all levels and backgrounds are welcome. For more information, contact MarilynCCooper70@Gmail.com. *Weekday Torah with Sisterhood* will resume in the fall.



Sunday Tea with Sisterhood

SUNDAY, JUNE 17,
3:00–5:00 PM

In NW Washington, hosted by Marian Fox. Contact June Kress, junebkress@gmail.com, for more information.



Take a Walk!

MONDAY, JUNE 11,
IN THE PENTAGON AREA

Meet at 6:00 pm at the Pentagon Metro stop (base of the outdoor escalator), visit the 9/11 Memorial, then go through the pedestrian tunnel to Pentagon City and on to an Indian Restaurant, the Taj of India, on 23rd Street near Crystal City. After dinner, we'll go home via the Crystal City Metro. For information, contact Rona Walters, 202-744-2854 or ronawalters@gmail.com.



Sisterhood Knitting, Sewing, & Craft Circle

WEDNESDAY, JUNE 20, 7:30 PM

Although our last meeting for the year is scheduled for June 20 in the Youth Lounge, our enthusiastic volunteers will continue to knit and sew through the summer. We are making hats and scarves for the Edlavitch DCJCC and the International Rescue Committee and baby hats for the Adas New Baby Baskets. Donated yarn is available for you to use, so please come for supplies to see you through the summer. Completed items can always be left in our boxes in the Adas cloakroom.

The Sewing group will continue with the Torah Mantle project to complete the two mantles by the fall. A huge thank you is due to everyone who has donated yarn and time to knit and sew, and to the Adas Clergy and leadership for their support and inspiration.

ruth & simon albert

sisterhood gift shop

Is your child becoming a *bar* or *bat mitzvah* in the fall? If so, please stop in to see our many beautiful new *tallitot*. And don't forget to order your candy.



Summer Hours
Tuesday, Thursday, & Friday,
10:00 am–12:00 noon

or by appointment by calling:
Jean Bernard, 301-654-8914
Diane Keller, 301-442-7625
Susan Winberg, 301-656-7766

*Every purchase benefits
Adas Israel Congregation.*
202-364-2888
adasgiftshop@gmail.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2713 Sivan</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>2814 Sivan</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>2915 Sivan</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div> <div>7:30 pmBook Launch: Dr. Marion Usher</div>	<div>3016 Sivan</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div> <div>6:30 pmJMCW Vinyasa Lunar Flow</div> <div>7:00 pmJSC Class</div> <div>7:30 pmJMCW Meditation Session</div> <div>8:15 pmJSC Class</div>	<div>3117 Sivan</div> <div>7:30 amMorning Minyan</div> <div>1:00 pmSisterhood: Mah Jongg</div> <div>6:00 pmEvening Minyan</div>	<div>118 Sivan</div> <div>7:30 amMorning Minyan</div> <div>10:00 amParsha with Hassidut</div> <div>6:00 pmKabbalat Shabbat with Rabbi Alexander</div> <div>6:30 pmShir Delight Happy Hour</div> <div>7:30 pmShir Delight Service</div> <div>8:30 pmShir Delight Shabbat Dinner</div> <div>8:09 pm🕯️🕯️</div>	<div>2 PARSHAT BEHA'ALOTCHA19 Sivan</div> <div>8:30 amBoker Or Parashat Hashavuah Class</div> <div>9:30 amShabbat Morning Service</div> <div>Bat Mitzvah: Talia Ehrenberg</div> <div>Sermon by Rabbi Alexander</div> <div>9:30 amTraditional Egalitarian Minyan</div> <div>9:45 amHavurah Shabbat Service</div> <div>11:00 amTot Shabbat</div> <div>11:00 amNetivot</div> <div>12:00 pmCongregational Kiddush</div> <div>12:30 pmHavurah Shabbat Kiddush</div> <div>1:00 pmShabbat Mincha</div> <div>9:09 pmHavdalah</div>
<div>320 Sivan</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div> <div>7:00 pmVisions of Israel: Celebrating Israel's 70th Concert</div>	<div>421 Sivan</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>522 Sivan</div> <div>7:30 amMorning Minyan</div> <div>9:00 amMorning Awakening w/ Rabbi Lauren</div> <div>6:00 pmEvening Minyan</div>	<div>623 Sivan</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div> <div>6:30 pmJMCW Vinyasa Lunar Flow</div> <div>7:00 pmJSC Class</div> <div>7:30 pmJMCW Meditation Session</div> <div>8:15 pmJSC Class</div>	<div>724 Sivan</div> <div>7:30 amMorning Minyan</div> <div>1:00 pmSisterhood: Mah Jongg</div> <div>6:00 pmEvening Minyan</div>	<div>825 Sivan</div> <div>7:30 amMorning Minyan</div> <div>10:00 amParsha with Hassidut</div> <div>5:30 pmCelebrating Adas Members of 50+ Years</div> <div>6:30 pmReturn Again Service with Rabbi Holtzblatt</div> <div>8:00 pmCommunity Shabbat Dinner</div> <div>8:14 pm🕯️🕯️</div>	<div>9 PARSHAT SHELACH26 Sivan</div> <div>8:30 amBoker Or Parashat Hashavuah Class</div> <div>9:30 amShabbat Morning Service</div> <div>Bat Mitzvah: Zoe Goldman</div> <div>Sermon by Rabbi Holtzblatt</div> <div>9:30 amTraditional Egalitarian Minyan</div> <div>11:00 amTot Shabbat</div> <div>11:00 amNetivot</div> <div>12:00 pmCongregational Kiddush</div> <div>12:45 pmShabbat Mincha</div> <div>9:14 pmHavdalah</div>
<div>1027 Sivan</div> <div>9:00 amMorning Minyan</div> <div>10:30 amJMCW Class: Wise Aging</div> <div>1:00 pmSisterhood Closing Event</div> <div>4:00 pmYP Jazz, Jews and Booze</div> <div>6:00 pmEvening Minyan</div>	<div>1128 Sivan</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>1229 Sivan</div> <div>7:15 amMorning Minyan</div> <div>9:00 amMorning Awakening w/ Rabbi Lauren</div> <div>10:20 pmWeekday Torah w/ Sisterhood</div> <div>12:00 pmDowntown Study Group</div> <div>6:00 pmEvening Minyan</div> <div>7:00 pmJMCW "Intro to the Zohar"</div> <div>7:30 pmIntroduction to Judaism 2.0</div>	<div>1330 Sivan</div> <div>7:15 amMorning Minyan</div> <div>1:00 pmText Class</div> <div>6:00 pmEvening Minyan</div> <div>6:30 pmJMCW Vinyasa Lunar Flow</div> <div>7:30 pmJMCW Meditation Session</div>	<div>141 Tammuz</div> <div>7:15 amMorning Minyan</div> <div>1:00 pmSisterhood: Mah Jongg</div> <div>6:00 pmEvening Minyan</div>	<div>152 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>10:00 amParsha with Talmudic Commentary</div> <div>5:30 pmYoung Family Shabbat Service with Cantor Brown</div> <div>6:30 pmTraditional Lay-Led Shabbat Service</div> <div>8:17 pm🕯️🕯️</div>	<div>16 PARSHAT KORACH3 Tammuz</div> <div>8:30 amBoker Or Parashat Hashavuah Class</div> <div>9:30 am"Return Again" Shabbat Service with Rabbi Holtzblatt</div> <div>Bat Mitzvah: Margot Wheeler</div> <div>9:30 amTraditional Egalitarian Minyan</div> <div>9:45 amHavurah Shabbat Service</div> <div>11:00 amTot Shabbat</div> <div>11:00 amNetivot</div> <div>12:00 pmCongregational Kiddush</div> <div>12:30 pmHavurah Shabbat Kiddush</div> <div>1:00 pmShabbat Mincha</div> <div>9:17 pmHavdalah</div>
<div>174 Tammuz</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>185 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>196 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>9:00 amMorning Awakening w/ Rabbi Lauren</div> <div>6:00 pmEvening Minyan</div> <div>7:00 pmJMCW "Intro to the Zohar"</div>	<div>207 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div> <div>6:15 pmAnnual Meeting</div> <div>6:30 pmJMCW: Vinyasa Lunar Flow</div> <div>7:30 pmSisterhood Sewing Circle</div> <div>7:30 pmJMCW Meditation Session</div>	<div>218 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>229 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>10:00 amParsha with Talmudic Commentary</div> <div>6:00 pmKabbalat Shabbat Service with Hazzan Goldsmith</div> <div>8:19 pm🕯️🕯️</div>	<div>23 PARSHAT CHUKAT10 Tammuz</div> <div>8:30 amBoker Or Parashat Hashavuah Class</div> <div>9:30 amReturn Again Shabbat Morning Service with Rabbi Alexander</div> <div>Bar Mitzvah: Jason Flax</div> <div>9:30 amTraditional Egalitarian Minyan</div> <div>11:00 amNetivot</div> <div>11:00 amTot Shabbat</div> <div>12:00 pmCongregational Kiddush</div> <div>1:00 pmShabbat Mincha</div> <div>9:19 pmHavdalah</div>
<div>2411 Tammuz</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>2512 Tammuz</div> <div>9:00 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>2613 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>9:00 amMorning Awakening w/ Rabbi Lauren</div> <div>6:00 pmEvening Minyan</div> <div>6:30 pmJMCW Meditation & Yoga</div> <div>7:00 pmJMCW "Intro to the Zohar"</div>	<div>2714 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>1:00 pmText Class</div> <div>6:00 pmEvening Minyan</div>	<div>2815 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>6:00 pmEvening Minyan</div>	<div>2916 Tammuz</div> <div>7:30 amMorning Minyan</div> <div>10:00 amParsha with Hassidut</div> <div>6:00 pmKabbalat Shabbat with Rabbi Alexander</div> <div>8:21 pm🕯️🕯️</div>	<div>30 PARSHAT BALAK17 Tammuz</div> <div>8:30 amBoker Or Parashat Hashavuah Class</div> <div>9:30 amShabbat Morning Service/ Shabbat in Harmony</div> <div>Sermon by Rabbi Holtzblatt</div> <div>9:30 amTraditional Egalitarian Minyan</div> <div>9:45 amHavurah Shabbat Service</div> <div>11:00 amNetivot</div> <div>11:00 amTot Shabbat</div> <div>12:00 pmCongregational Kiddush</div> <div>12:30 pmHavurah Shabbat Kiddush</div> <div>1:00 pmShabbat Mincha</div> <div>9:21 pmHavdalah</div>

SHABBAT MORNING SERVICES: *Please turn off cell phones and pagers before entering services.*

Charles E. Smith Sanctuary: Join us for our Shabbat morning services in the renewed Charles E. Smith Sanctuary, the synagogue's largest worship space, led by our inspiring Rabbi and Cantor. The service includes a D'var Torah and sermon by the Rabbi and often includes participation by members and B'nai Mitzvah.

Traditional Egalitarian Minyan (TEM): Every Shabbat morning at 9:30 am, with the Torah service around 10:30 am. Led by laypeople with the occasional assistance of Adas clergy, the TEM is a participatory service with a full P'sukei D'Zimrah (introductory Psalms), Shacharit, and Musaf, a complete reading of the weekly Torah portion, and a d'var Torah. For more information, e-mail traditionalminyan@adasisrael.org.

Havurah Service: Lay-led, participatory service at 9:45 am. Rotating volunteers lead services, read Torah, and conduct an in-depth discussion of the weekly Torah portion. A kiddush follows the service. For additional information and to participate, e-mail havurah@adasisrael.org.

Youth Shabbat Services: Starting with Tot Shabbat for children ages 5 and under led by Menuhah Peters. Netivot, for students in grades K–3, is led by Sarah Attermann or Jeremy Kadden.

‘Dial-in’ for Programs & Services: If you are unable to attend programs, lectures, or services, dial in to hear them. Call 202-686-8405.

Library Open on Shabbat: Our third-floor library is open on Shabbat following services. You may sign out materials using our “no-writing Shabbat method,” explained in signs on the check-out desks. For assistance during the week, contact our Director of Library Services, Robin Jacobson (librarian@adasisrael.org).



tikkunolam

'REPAIRING THE WORLD'

SOCIAL ACTION COMMITTEE



Social Action Committee Open House, June 3

Social action at Adas Israel is a many branched tree whose limbs hold our six teams whose many efforts range from direct service in homelessness, housing, and refugee resettlement to social and community activism around housing, climate change, gun violence, acts of hatred, Muslim and African American relations, and refugee and immigrant rights. Join us on Sunday, June 3, 10:00 am–noon, as our incredible teams share what they've been doing and how you can get involved. Hear words of Torah from Rabbi Alexander, learn about the work of our six teams and the ways you can participate, listen to Tolu Olumbunmi, an undocumented immigrant and Dreamer, share her inspiring story, and enjoy refreshments provided by the Hesed Committee. Register online at adasisrael.org/tikkunolam.

Adas Community Steps Up Again to Furnish an Apartment for Afghan Family of 7



Thanks to the amazing generosity of our Adas community, we fully furnished an apartment for an Afghan refugee family being settled by the International Rescue Committee. The apartment is now a warm, comfortable home with all the basics and more, including a fully stocked kitchen! We are especially grateful for the awesome leadership, organization, and coordination skills of Julia Zuckerman and Jessica Cohen. Without them, we could not have done this.

Adas Israel Celebrates Sukkot in Spring



During our annual *Sukkot* in Spring event, 24 volunteers from the Adas Israel community helped make the Simmons's family home in Capitol Heights healthier and happier for grandmother and grandson alike.

Together with Yachad, two shifts of volunteers ripped out asthma-inducing carpet and put a fresh coat of paint on the home's walls. Yet again, this flagship *mitzvah* project demonstrated the power of our community coming together to help local families in need.

SOME's Employment Training (CET) Seeking Volunteers

Developing basic education and career and workplace skills is critical for empowering people out of homelessness and poverty and into living-wage careers, which is why So Others Might Eat (SOME) provides employment training and career development to its many clients. Now, SOME can serve even more students in its new, larger facility at Benning Road NE, and the organization is looking for more volunteers to work with a growing clientele.

Adas Israel member Marty Lewin, a longtime volunteer with SOME's Career Development program, prepares students for their job search by conducting mock interviews and helping them prepare resumes and draft cover letters. Volunteers like him also help students develop math and computer competency and teach the "soft skills" needed for career success, including building self-awareness and self-confidence; learning how to act and dress professionally; how to conduct a job search; and how to handle job disruption. Marty finds this work extremely rewarding, and he is eager to involve other Adas members.

Volunteers do not need to be experts in adult education or employment to make a difference in the lives of community members transitioning into the workforce. All that is needed is



experience in the workplace and a commitment to help people who lack basic career and workplace skills. Marty would love to share his experiences with you and answer any questions you might have about volunteering. You can reach him at mlewin@kaliklewin.com or at 301-346-0805.

Adas Advocates at DC Council to Increase Funding for Affordable Housing

In April, the Affordable Housing Team of Adas's Social Action Committee (SAC) advocated directly to the DC Council for a substantial increase in the FY19 budget allocation for the Housing Production Trust Fund, the principal funding source for the construction and preservation of affordable housing in the District, at two noteworthy events.

- On April 13, Adas members and Rabbi Alexander testified at the Budget Oversight Hearing for the Committee on Housing & Neighborhood Revitalization. (Watch some of this compelling testimony on the SAC web site: www.adasisrael.org/tikkunolam.) Additional Adas members also attended in support. Councilmember Robert White Jr. suggested that our testimony was particularly powerful because the Council doesn't often hear personal appeals from the District's more affluent communities on the issue of affordable housing, and that our testimony could provide the momentum the Council needs to act. Many thanks to Shelley Tomkin, Seth Wikas, Nechama Masliansky, Beth Simon, and Rabbi Alexander who testified in person; to Ronnie Kweller, who submitted written testimony; and to Marian Fox, Stuart Horn, and Nechama Liss-Levinson, who attended the hearing.
- On April 23, Adas joined our partner, CNHED (Coalition of Non-Profit Housing and Economic Development), at Advocacy Day—an opportunity for CNHED members and allies to hear from councilmembers Charles Allen, Brianne Nadeau, and Vincent Gray and to speak to our councilmembers and their staff about the District's affordable housing crisis and our personal desire for the District to do more to protect our housing insecure neighbors. We thank Shelley Tomkin, Nechama Masliansky, Marian Fox, Stuart Horn, Jerry Berman, Sandy Parnes, Jamie Butler, Beth Simon, and Mindy Reiser for participating.

Please contact Beth Simon (bethdanasimon@gmail.com) for more information about our ongoing work and future events.

INCLUSION UPDATE



Please join the Inclusion Task Force for *Shabbat* services on July 21 as we welcome special guest speaker James Weisman, president & CEO of the United Spinal Association. He joined United Spinal (then called Eastern Paralyzed Veterans Association) as an attorney in 1979.

Eleven years before the passage of the Americans with Disabilities Act (ADA), Weisman sued New York City's transit system and won bus access, key subway and rail station access, and the creation of a paratransit program to supplement mass transit for those whose disabilities prevent them from using bus and rail systems.

He also sued Philadelphia's transit system, yielding similar results by 1988. Weisman was a key negotiator with members of Congress promoting the passage of the ADA, and its transportation provisions applied the agreements in New York City and Philadelphia to the whole country. A founding board member of the American Association of People with Disabilities (AAPD), he also sued New York City to install curb ramps, which has resulted in \$243 million in expenditures to date.

United Spinal, led by Weisman, is active in the disability rights movement and was successful in getting New York City's yellow cabs to be 50% accessible by 2020. He is routinely consulted by advocates, attorneys, employers, real estate developers, and others seeking to include people with disabilities in their workforce, programs, and customer bases. He is a 1977 graduate of Seton Hall University Law School.

ANNE FRANK HOUSE



Anne Frank House welcomes a new resident this spring and thanks members of the Adas community for their donations of furniture and household furnishings. Our residents are doing well overall, as AFH board members team up with our Friendship Place case manager to support them.

CAN YOU HELP?

The good news is that our AFH residents are stable and comfortable. However, they're getting older, and several are now coping with a number of chronic health conditions. Each client has his or her own volunteer liaison, but liaisons can't always be there for their clients. If you have time to spare, our clients would appreciate your occasional help getting to and from medical appointments as well as assistance with other tasks. They would value your friendship and whatever time you can give them.

Anne Frank House is also looking for new board members. If you have experience in real estate, or property management, or know anyone who does, that would be especially helpful. But regardless of your professional skills, we would appreciate your interest and are confident we could put your time, and your commitment, to good use. Please contact Sue Ducat, stansue@verizon.net, to learn more.

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To make a contribution to Anne Frank House, please send your check to: Anne Frank House, Inc., PO Box 73275, Washington, DC 20056-3275. For online contributions, please visit our website, theannefrankhouse.org.

Thank you for helping us continue to be an important resource in combating homelessness in the Washington, DC, community.



Hesed Cooking

Have you ever wondered how Hesed food is made? Here's how the magic happens.

The Hesed Cooking team fills the Hesed freezer with delicious and healthy food for anyone to use who needs sustenance. If you or someone you know is sick, or under the weather, or just had a baby, or has recently lost a loved one, please come to the Hesed freezer in the Adas kitchen and take some of our delicious Hesed treats.

1. Adding spices to the applesauce cake gives the food an extra special taste.
2. Cookers hard at work. You get to meet a lot of new people and share stories and laughs through Hesed cooking.
3. When Hesed chefs cook, they do so with 'kavanah' or intentionality. We always say it is not "just" cooking. When you cook for Hesed, you cook with love in your hands so those who receive the food will feel that love.
4. It takes a lot of muscle to knead dough properly.
5. Our excellent leader, Susan Barocas, shows us the finished product, yummy challahs!



1.



2.



3.



4.



5.

Come cook with the Hesed Cooking Team. For more information about Hesed Cooking or all of the other Hesed teams, contact hased@adasisrael.org.



This is Maya Devorah Ackerman, daughter of Tara and Andrew Ackerman, wearing a beautiful new hat hand-made with love from the Sisterhood Knitting Circle. Adas newborns will receive one of these stylish and comfortable hats when they receive their New Baby Hesed Bag. Thank you, Sisterhood Knitting Circle!



Ma Tovu Maya Bernstein

HONORING OUR LEADERS & VOLUNTEERS

Interviewed by Marcy Spiro, Director of Membership Engagement

When I e-mailed you asking to be featured in our Ma Tovv article, you were finishing a month-long deployment in San Juan working on hurricane relief. Thank you for your service! What is your career here in DC? What type of work did you do in San Juan? Is there anything people here can do to help?

I work at the U.S. Department of Health and Human Services (HHS) where I have been the Privacy Advocate and Senior Advisor for Privacy Policy since 2005. I think about policies related to how the department collects, uses, manages, discloses, and disposes of personally identifiable information according to a set of "fair information principles."

After the series of hurricanes in the fall of 2017, the U.S. experienced disasters in Texas, Florida, Puerto Rico, and the Virgin Islands, all in one season, resulting in a significant need for people to help. Both the Federal Emergency Management Agency (FEMA) and HHS's Office of the Assistant Secretary for Preparedness and Response put out a call for volunteers who would be willing to deploy to any of the disaster zones for two to six weeks at a time. I didn't know the first thing about disaster response or recovery, but I'm not taking care of children or parents, and I didn't have other obligations that would prevent me from going, so I felt that taking on this temporary work assignment was my obligation. All of those times some terrible disaster happens, and there is nothing one can do except send money, but in this case I was told that there is something I could actually do! I didn't describe it to my office this way, but I felt called to perform a *mitzvah*. That was back in October. In March I found out I was going to be deployed to Puerto Rico for a month.

Even though I knew the work was six days a week and 10 hours a day, I also thought it would be fun and interesting to spend *Pesach* in San Juan, which has the largest Jewish community in the Caribbean (not to mention getting out of the work of kashering my kitchen for the holiday!).

I was sent as a Recovery Support Specialist, essentially an administrative role, serving at the right hand of the Field Coordinator for the Health and Social Services Recovery Support Function. That group has four branches working in health care services, public health and environment, human services, and behavioral health.

I had time to carve out a few special projects, including two involving the Jewish community. With introductions from friends and fellow congregants, I had the opportunity to get to know the three major branches of the Jewish community while I was there. The first two *Shabbats* in Puerto Rico, I went to Friday night services at Shaare Zedek, the Conservative congregation. The second week, I had the pleasure of meeting Mayor Rahm Emanuel of Chicago, who was there with Rep. Luis Gutierrez of the Fourth District of Illinois.

The following week, I was welcomed warmly at the first *seder* by the Chabad community, I attended services on the first morning at Temple Beth Shalom, and I went to the second *seder* at Shaare Zedek. The following week at work, I met a woman from FEMA's Voluntary Agency Liaison who turned out to be responsible for faith-based organizations and wanted my help to connect to the Jewish community for an upcoming series of meetings on preparedness and behavioral health. So I was able to talk with the two rabbis and one community leader in San Juan, and identify the congregants who would represent the Jewish community at the upcoming meetings to think about becoming a point of distribution (POD) for food and water; using the informal networks that exist in religious communities to communicate should there be another loss of electricity and phone service; and supplementing the capacity of the island's behavioral health professionals with people trained in pastoral care and chaplaincy.

What can others do? You can always send money to a legitimate organization doing work in Puerto Rico. This disaster is not only the biggest in the history of Puerto Rico, but the biggest in the history of the United States and FEMA. There will be a need for help for some time. If you affiliate yourself with a volunteer organization, you can also go to Puerto Rico yourself and help. Finally, you can take a vacation in Puerto Rico and spend money there. Tourism is the biggest industry, and it was hard hit. But San Juan is relatively unscathed, and your vacation dollars will go a long way. You will rarely notice evidence of Hurricanes Irma or Maria. The weather and the beaches are beautiful; the hotels and businesses all have generators for power; the restaurants serve delicious food; there are activities for children and families; there is a significant Jewish community; and the Puerto Rican people are incredibly warm and inviting.

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You have been a member of Adas for almost 20 years and an active participant in our Traditional Egalitarian Minyan. What drew you to Adas and that specific service/community? And more importantly: what keeps you here?

I bought a condo in Cleveland Park in 2001, knowing that Adas Israel was there, but not specifically planning to be particularly active in the congregation. But then, in the spate of economic changes following the events of September 11, 2001, I was laid off from the law firm where I worked at the beginning of 2002, and shortly after, my father died. When I returned from Albuquerque, where I had gone to high school, and where my father is buried, I thought I'd try going to a *minyan* and saying *kaddish* once each day for 30 days and see how it went. At Adas, I found a group of people who were in the same situation, also saying *kaddish* for a parent, and whom I saw every day. I liked the people, and it became a routine. I knew I was performing several *mitzvot* by attending—honoring my father's memory by saying *kaddish*, *davening* every day, and being counted in the *minyan* so others could say *kaddish*, too. During that year, Cantor Maurice Singer, the Ritual Director at the time, encouraged me to take up *davening* the evening service, and eventually persuaded me to learn to read the Torah, which I was not allowed to do as a *bat mitzvah*. I am still friends with some of the people I met during that difficult time, and every time we see each other we share a certain bond from having spent that time together.

As for the Traditional Egalitarian *Minyan*, while I sometimes attend the Smith or *Havurah* service, and I have been known to read Torah in either one, the TEM is most similar ritually to what I grew up with at Temple Israel Center in White Plains, NY. I like the combination of the informality of a lay-led service with the traditional ritual that feels familiar. When I started showing up regularly while I was saying *kaddish*, I was asked to be one of the *Leyning* (Torah reading) Coordinators, and even though I was just learning to *leyn*, that allowed me to meet the core of regulars in the *minyan*. I found everyone welcoming and encouraging, so I just stayed. Since then, I've had two other stints as *Leyning* Coordinator, and I've also served as *Davening* Coordinator and for five years on the Coordinating Committee. But more important is that I have a circle of friends whom I look forward to seeing every week, with whom I love sharing holidays and *simchas*, and whom I feel good about supporting when they are bereaved, as they were there for me at the beginning. As the family I was born into is mostly far away, the TEM is my chosen family here in DC.

For the past couple of years, you have helped with all of the housing and hospitality for our Kol HaOlam (national collegiate Jewish a capella competition) participants. What does that involve, and how did you becoming the housing *maven*?

Julia Gordon and Geoff Berman, current co-chairs of Kol HaOlam, asked me to take on the role of Housing Coordinator from Jessica Nemeth three years ago, and I agreed. The college teams that audition successfully send us information about

their housing and dietary needs and we recruit hosts via e-mail, announcements in services, and word of mouth.

I try to match them up with appropriate spots. There are other constraints, too: we like to house at least two singers together so everyone has a buddy; we don't house singers from more than one team in a house; we try to put teammates split among hosts in the same neighborhood if we can; and we try to house singers with alumni from their school. Julia likens it to playing chess on 10 boards at once. I think of it like a complex Sudoku, since any change may affect other singers or hosts.

The first two years we housed about 80 students, but this past year, we had more than a 50% increase in participation, and I found spots for 125 singers. It was a little crazy! I couldn't have done it without the 35+ households whose members agreed to host.

June in DC is typically filled with festivals. What are some of your favorite festivals to attend in DC (even if they aren't in June)?

In June, I am usually traveling to Cleveland, OH, for All Balboa Weekend, the biggest workshop weekend in the world of the style of swing dancing I prefer. This year, I will miss that to be present when my younger brother defends his dissertation at the University of California, San Diego, in Bioinformatics.

One of my favorite DC Festivals is the Fringe Festival in July, a celebration of theatre and the performing arts. I love that you can see a live performance for less than \$20, and the more shows you see, the more of a discount you can get. They sell passes in groups of four, six, or ten, and you can use them however you like: take a group of friends to one show or see multiple shows yourself. Most years I try to see as many shows as I can over the two weeks of the festival. I also have season tickets to Arena Stage and the Shakespeare Theatre, and I'm a member of the Kennedy Center and several museums in town.

You're a swing dancer! How did you get involved in swing dancing? What are some of your favorite bands, and where can one go swing dancing in the DC area?

Shortly after my father died, I attended the wedding of a cousin in Arlington, and she had met her husband swing dancing. The wedding band was the Tom Cunningham Orchestra, a local institution of very talented musicians. All of their dancing friends took the floor in a "jam" going out couple by couple to show off their moves. The last couple, Tom Koerner and Debra Sternberg from Gottaswing, performed aerials and really wowed the guests. I was entranced. I vowed that when I was finished with my year of mourning, I would try it. In January 2004 I went to my first lesson and never stopped. I've moved from east coast swing to Lindyhop, and eventually found my love of Balboa, a form of swing dancing that grew up in southern California that is danced in a close embrace and is especially adapted to very fast



music and very crowded dance halls. I've stuck with it because it's good exercise, it's very social, and you don't need a partner since everyone dances with everyone!

We are incredibly fortunate in DC to have the beautiful historic ballroom at Glen Echo Park, where there is a swing dance almost every Saturday night and a regular rotation of local and visiting swing bands. There are also many other dance venues around the DC area, so one can swing dance almost every night of the week (or tango or salsa or west coast swing or folk dance, too). I

try to find a swing dance everywhere I travel, and I have danced in over a dozen states, and in Stockholm, Oslo, Toulouse, Berlin, and Beijing. If you travel to dance events, you see people you met at other dancing events, so there are always familiar faces. There is even a swing dance group in Tel Aviv that I hope to visit one day. Some years ago we hosted two swing dances at Adas Israel, and everyone who went had a lot of fun. I met my partner at the monthly Balboa dance at Glen Echo Park three and a half years ago, and now I have dancing friends all over the world. It's a terrific hobby that has brought me a lot of joy.

Scenes from This Year's Garden of the Righteous Ceremony

Several hundred people gathered at Adas Israel on April 15 to commemorate *Yom Hashoah*, Holocaust Remembrance Day, at our annual Garden of the Righteous ceremony, honoring non-Jews who risked their lives to save Jews during the Holocaust. This year's honoree was Captain Gustav Schroeder of Germany who served as the captain of the S.S. *St. Louis*.



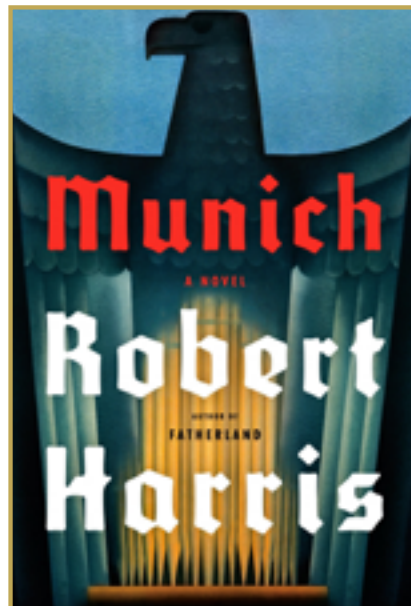


Books & More *The Adas Israel Library Corner*

Dealing with Dictators

BY ROBIN JACOBSON

LIBRARY & LITERARY PROGRAMS DIRECTOR



Some historical events cast a long shadow, and some words, like “appeasement,” are loaded. Today, whenever a government negotiates with a dictator—whether it’s Kim Jong Un or Bashar al-Assad or another present-day despot, we worry whether making concessions to dictators is “appeasement” that is doomed to fail. Pundits in the “never appease” camp point to the pre-World War II Munich Agreement that famously failed to satisfy Hitler’s appetite for European territory. Yet, contrary to popular conception, “never appease” is *not* the lesson of the Munich Agreement—or so contends respected British author Robert Harris. If the West’s policy toward authoritarian regimes is to be informed by history, says Harris, we should have a better understanding of that history.

Packaged as a captivating thriller, Harris’s novel, *Munich*, draws on substantial scholarship to suggest that the Munich Agreement bought Britain necessary time to rearm and unite the British public to successfully fight a war. To Harris, British Prime Minister Neville Chamberlain was not a foolish pacifist, but instead a clear-eyed realist who hoped for peace while preparing for war.



THE HISTORY

In 1938, Hitler threatened to invade Czechoslovakia on the pretext of liberating ethnic Germans from regions within Czechoslovakia known as the Sudetenland. Only 20 years after the carnage of World War I, Europe again tottered on the precipice of war. Prime Minister Chamberlain believed that another war could destroy Britain; the military was poorly armed, and the population had no will to fight.

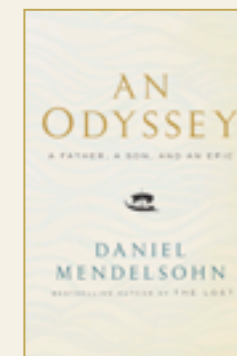
In Munich, on September 30, 1938, Chamberlain, together with the French and Italian leaders, signed a pact agreeing to Germany’s annexation of the Sudetenland. Later that same day, he got Hitler to sign a separate Anglo-German statement declaring that the Munich Agreement was “symbolic of the desire of our two peoples never to go to war with one another again.” Back in England, Chamberlain flourished Hitler’s commitment to “peace for our time” and was hailed as a hero by relieved Britons. But behind the scenes, Chamberlain led the British government in a massive rearmament program.

Peace was short-lived. Within months, Germany occupied all of Czechoslovakia and within a year invaded Poland, igniting World War II. Chamberlain was pilloried as a naïve, gullible, weak leader who had shamefully acceded to Hitler’s demands. Yet, under Chamberlain, Britain’s air power increased ten-fold between 1938 and 1940. Tellingly, Hitler in February 1945 appeared to blame the Munich Agreement for Germany’s then-impending defeat, remarking bitterly, “We ought to have gone to war in 1938.”

THE NOVEL

Set over four frenetic days in September 1938, *Munich* tells the story of the Munich Agreement through two fictional characters, one British and one German, young men who had been students together at Oxford. In 1938, when the characters’ lives again cross, Hugh Legat is one of Chamberlain’s secretaries and Paul von Hartmann is a translator for the German Foreign Ministry. Horrified by the Nazis’ treatment of Jews (“if they’re capable of that, they’re capable of anything”), Hartmann is plotting Hitler’s downfall with a German resistance group. He enlists Legat’s help to convey to Chamberlain a secret Nazi document revealing Hitler’s intention to conquer Europe.

Harris portrays Chamberlain as a shrewd leader with no good options. He credits Chamberlain with cannily publicizing Hitler’s signed promise of peace, so that if Hitler later reneged, Britain would have the moral authority needed to move the British public and Western allies toward war. But laying down that tripwire for Hitler cost Chamberlain his reputation as a statesman. Harris visualizes Chamberlain brandishing Hitler’s worthless commitment to peace “like a man who had thrown himself onto an electrified fence.”



SUMMER READING:

An Odyssey: A Father, A Son, and An Epic
by Daniel Mendelsohn

What’s summer without a good book or two? Try *An Odyssey: A Father, A Son, and An Epic* by Daniel Mendelsohn, to be discussed at the Fall Book Chat on Sunday, November 4, at 10:00 am in the Library. This engrossing memoir is a Jewish father/son story about a classics professor’s exploration of Homer’s *Odyssey* with college freshmen and with his father, who invites himself to audit the course. The two men unexpectedly find that discussing this age-old tale of journey and homecoming helps them better understand each other as they recognize their own lives in the text.



BIRTHS

Sender Lewis, son of Darci & Jacob Lewis, was born March 23.
Clare Aspen Hurowitz, daughter of Glenn & Amanda Hurowitz, was born March 31.
Elizabeth (Bess) Scanlon, daughter of Lily & Paul Scanlon, was born April 1.
Maya Devorah Ackerman, daughter of Andrew & Tara Ackerman, was born April 7.
Leila Beth Berg, daughter of Adam & Erika Berg, was born April 15.
Ethan Hoffman Weiner, son of Vanessa Hoffman & David Weiner, was born April 20.
We wish our newborns and their families strength, good health, and joy.

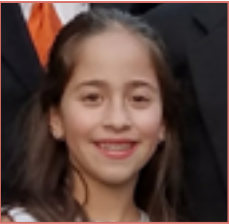
B'NAI MITZVAH



Talia Ehrenberg, June 2
Talia, daughter of Pamela & Eric (z”l) Ehrenberg, is a seventh grader at Alice Deal Middle School. A graduate of Gan HaYeled and the Estelle & Melvin Gelman Religious School, as well as the Tot *Shabbat, Netivot*, and Junior Congregation services at Adas Israel, she is currently a student in the Ma'alot program. Her *bat mitzvah* project combines her interests in dance and writing through a blog series raising awareness and support for the Joy of Motion community, school, and scholarship programs (joyofmotion.org). She is happy to be sharing this *simcha* with her brother Nathan and her grandparents, as well as other family and friends within and beyond the Adas Israel community.



Zoe Goldman, June 9
Zoe, daughter of Evan Goldman and Amie Perl, is a seventh grader at the Maret School. She is a graduate of both Gan HaYeled and the Jewish Primary Day School of the Nation’s Capital, and is continuing her Jewish education in the Estelle & Melvin Gelman Religious School. Zoe feels fortunate to be sharing her *simcha* with her parents; her sister, Maya and brother, Theo; all four of her grandparents; and extended family and many close friends. For her *mitzvah* project, Zoe is volunteering with Pathways to Housing DC, an organization dedicated to fighting chronic homelessness in the District.



Margot Wheeler, June 16
Margot, daughter of Leigh Gilman and Jeffrey Wheeler, is a sixth grader at Sidwell Friends School. She began her Jewish education at the DCJCC and continued at The Jewish Primary Day School of the Nation’s Capital. She is excited to share this *simcha* with her brother, Aaron; her grandparents; and extended family and friends. At this special time Margot remembers her grandmother, Anita Gilman, who would have been so excited to see her become a *bat mitzvah*. For her *mitzvah* project, Margot will collect donations for Jungle Friends, a sanctuary for monkeys, particularly those retired from research.



Jason Flax, June 23
Jason, son of Simone Frank and Lewis Flax, is a seventh grade student at Alice Deal Middle School. Jason began his Jewish education at Gan HaYeled, where he was in the Puppy class. he maintains avid interests in reading and technology and has his own YouTube channel. In addition to sharing his *simcha* with his younger brother Casey and his parents, Jason is thrilled that he will be joined by his grandmothers, aunts, uncles, cousins, and many friends. His *mitzvah* project involves assisting FOLio (Friends of the Chevy Chase DC Library), where he has been the youngest member since the age of six. Jason is volunteering his time, collecting books, and raising money for FOLio.

MEMBERS IN THE NEWS

Mazal tov to . . .
Rae Brooks and her family, Ron, Robin, Rachel, and Raviv, for being honored at the 17th Annual Keter Shem Tov Day at Mishkan Torah.
Isaac Silber, Henry Sosland, and Daniel and Rebecca Weiss for publication in the CESJDS *Bohr-Franklin Science Journal*.



IN MEMORIAM

We mourn the loss of synagogue members:
Roselle Abramson
Evelyn Borden
Faye F. Cohen
Seymour Glanzer
Sylvia Greenberg

Carolyn J. Jacobson
Sidney Sclar
We note with sorrow and mourn the passing of:
Norma Nissenson, mother of Carol Nissenson
Myron J. Poliner, father of Michael Poliner
Zvi Shuldiner, father of Tamar Levenberg

LIFE CYCLE INFORMATION



When Death Occurs
When death occurs, please call the synagogue office, 202-362-4433, so that we may inform the clergy and be of assistance. During business hours, ask for Carole Klein. After business hours, a staff member on call may be reached by calling the synagogue office at the number above and pressing “2” to be connected automatically, or by calling the answering service, 301-421-5271, which will page the staff member on call. On *Yom Tov* and *Shabbat*, even though detailed funeral arrangements should not be made, a staff member on call can still be reached at 301-421-5271.

Bereavement Committee
The Bereavement Committee assists families with all of the arrangements surrounding the funeral and subsequent burial of loved ones. We welcome your interest and encourage your participation and assistance. We need you; please join us. If you have questions, or know of someone whom you think might be interested in participating in this important work, please feel free to call Edie Hessel (202-244-7189) or contact Toni Bickart (202-244- 2747) regarding the Tahara Committee.



Hesed Committee
The Adas Israel *Hesed* Committee is committed to fostering a caring, compassionate, and giving community. If you are experiencing an illness, or have surgery or medical treatments planned, or if someone in your family has had a new baby, please let the *Hesed* Committee know. We want to reach out to you. Contact hesed@adasisrael.org.



Adas Israel Community Mikvah
Our *mikvah* is being renovated this summer! New tiles, new fixtures, and, most important, new features that will expand everyone’s ability to access the *mikvah* safely. Stay tuned for more updates! Our *mikvah* is a sacred space where Jews can mark life transitions with powerful physical ritual. Immersing in a *mikvah* connects the body to the water cycle of our planet and to the sources of life. People visit our *mikvah* to observe the *mitzvah* of monthly immersion; to celebrate *s’machot*; to find strength during a difficult time; to pray for healing; to reflect on the meaning of becoming a bride, groom, or bar or bat *mitzvah*; to convert to Judaism. To learn more about our *mikvah* or to schedule an appointment, contact Naomi Malka, 202-841-8776 or mikvah@adasisrael.org. For more information, visit adasisrael.org/mikvah.

Kol HaMayaim
Our *mikvah* is run by an amazing group of Guides, and we couldn’t function without their devoted service. *Mikvah* Guides facilitate safe and meaningful experiences with *kavod* (respect) and *rachamim* (compassion) for the wide diversity of people who come here for the *mitzvah* of ritual immersion and for many other creative uses.

We want to thank each of these individuals for serving in this very special role. Some of them are Adas members, and some belong to other communities. Some of them are *mikvah* users, some have yet to take the plunge! Some of them are *mikvah* educators as well as Guides. What they all have in common is a commitment to supporting people through moments of transitions with a Jewish ritual.

They are: Leah Chanin, Sue Dorfman, Mollie Feldman, Reena Glazer, Jen Halpern, Elaine Holton, Michael Levin, Lauren Markoe, Rebecca Maltzman, Rachel Merritt, Michele Pinczuk, Debby Rosenman, Judy Saks, Janet Scribner, Petra Socolovsky , Sara Tauber, Eli Vanlal, Samantha Vinokor-Meinrath, and Danny Weininger.

If you are interested in getting involved, please contact Mikvah@adasisrael.org.

**Kol HaMayaim**

The best *mikvahs* are natural ones! Whichever body of water you travel to this summer, try this simple (bathing suit on!) immersion ritual. Snap a picture of this ceremony and bring it on your phone, or cut it out, put it in a Ziploc bag, and take it with you. Then send a photo of the lake, river, sea, or ocean where you immersed to mikvah@adasisrael.org.

OUTDOOR IMMERSION CEREMONY

To prepare spiritually:

What transition are you marking today? Try to articulate what you are moving from and what you are moving towards.

To prepare physically:

Remove jewelry, makeup, nail polish, etc. so that the water can touch every part of your body.

Before the first immersion:

Remind yourself of the transition you are marking. Breathe deeply.

Immerse completely.

Offer a blessing thanking G-d for the ability to enter and exit the water safely.

Immerse completely a second time.

Offer a blessing thanking G-d for giving you life, sustaining you and bringing you to this moment.

Immerse completely a third time.

Offer a creative blessing, word/s, melody, or silent meditation on what it means to move through this transition.

Remember that this ritual of renewal in a body of water connects you to the dawn of life on Earth.

mikvah@adasisrael.org



African Asylum Seekers:

The history of refugees in the land of Israel

WEDNESDAY, JUNE 13 @ 7:00 PM

Please join us at Adas Israel on Wednesday, June 13 to hear from Dawit Demoz and Tamara Newman on the history of refugees in Israel. Dawit, a refugee from Eritrea, will be sharing his personal escape story of the oppressive Eritrean regime in 2009, fleeing first to Ethiopia and then continuing his search for safety in Sudan, Egypt and eventually Israel. Tamara Newman is the director of one of Israel's leading organizations protecting the rights of refugees and victims of human trafficking, and will be speaking on the current refugee situation in Israel. Please join us for this important, fascinating and informative event.



Dawit Demoz is a refugee from Eritrea who lived in Israel for six and a half years before receiving sponsorship to go to Canada in 2016. He escaped the oppressive Eritrean regime in 2009, fleeing first to Ethiopia and then continuing his search for safety which took him to Sudan, Egypt and eventually Israel. In Israel Dawit became a social and political activist, working for the rights of his community. Now in Canada, where he has refugee status, Dawit is a third-year undergraduate student majoring in Psychology at York University. Dawit continues to be a refugee rights advocate, particularly still connected to the struggle for refugee rights in Israel. In a bizarre outcome of a life he never planned, he is a Hebrew speaking Eritrean, who socializes in the Jewish community in Toronto and follows the news in Israel.



Tamara Newman is the Director of International Relations at the Hotline for Refugees and Migrants, Israel's leading organization protecting the rights of refugees, migrants and victims of human trafficking. The Hotline staff members represent some of the most vulnerable people in Israel and advocate for government policies consistent with a just, equal and democratic Israel. Tamara moved to Israel from Sydney, Australia in 2013 and taught English to refugees in South Tel Aviv before starting to work at the Hotline in 2014. She has a B.A. in Development Studies and History from UNSW and a Masters Degree in Non-Profit Management from UTS.

Cosponsored by HIAS, JCRC of Greater Washington, the DCJCC, Right Now for Asylum Seekers, ADL, and the Consortium for Israel and the Asylum Seekers



Wise Aging Group

To Begin In September

Abraham Joshua Heschel said, *"Authentic existence requires work and celebration, ritual and prayer, and an appreciation of the nature of time."* Wise aging is an exploration of aging well and wisely through a Jewish lens.

The Wise Aging 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 Thal, primarily, *Wise Aging: Living with Joy, Resilience, and Spirit*.

We'll explore these (and other) questions and the questions you bring:

- What does Jewish wisdom offer to this journey of aging?
- How can the cultivation of spiritual qualities and wisdom support well-being?
- What does it mean to be a blessing as we age?
- How do we make this a sacred journey?

Rabbi Menachem Mendel Schneerson said, "Reaching old age means summoning up the inner resources that enable a person to rise and accomplish his purpose in life." The Adas Israel Wise Aging Group will be taught by Janice Mostow and Betsy Strauss, who have trained at the Institute for Jewish Spirituality. The class will meet once a month on a Sunday, from 10:30 am to 12:30 pm. Participants are asked to purchase the book, *Wise Aging: Living with Joy, Resilience, and Spirit*, at <http://www.behrmanhouse.com/wise-aging>.

If you have any questions, contact Rabbi Lauren Holtzblatt, rabbi.holtzblatt@adasisrael.org.



SYNAGOGUE CONTRIBUTIONS

The congregation gratefully acknowledges the following contributions:

Anne Frank House Fund

By: Diana Conn, Neal & Ava Gross, Carolyn Rogers.

In Honor of: **Elias Stahl & Kristen Carvalho** by Brion Moss.

In Memory of: **Joseph Berman** by Leslie & Bill Cordes, Sue Ducat & Stan Cohen, Rob Eder, Terry Peltz & Jim Peltz Feldbaum, Jonathan Moreno & Leslye Fenton, Ellen Ficklen, Stuart Horn & Marian Fox, George Lewis & Ann Geffen, Lennie Gentner, Debbie Gentner, Lucy Hassell, Janet & Larry Hoffer, Hazel Keimowitz, Rebecca Landau, Martin Lewin, Bert Marshall & Christine Nickerson, Joy Midman, Daniel Neumann, Linda Pollekoff, Lisa Stand, Barbara & John Stephenson, Ari Strauss, Lora Stull, Fred Weiss & Martha Taft, Joel & Lael Wagner, Leesa Weiss, Allie White & Teddy Wickland, Gabriella Zach, Alexander Zwerdling. **Maurice Eanet, Fannye Lazerow, Lena & Meyer Lazerow, & Rae Schwartz**, all by Sheryl Fahey & Ken Colling. **Gertrude Schwartz** by Howard & Susan Liberman.

Beverly Bernstein Adult Bat Mitzvah Fund

In Memory Of: **Beverley Bernstein & Morris Bildman** by Lois Levitan.

Cantor Brown Discretionary Fund

In Honor Of: **Cantor Arianne Brown** by Heather Rothman & Peter King.
In Memory Of: **George W. Willis** by William Willis.

Capital Fund

In Honor Of: **David Polonsky's** NAASE honor by Nancy & David Weiss.

Charles Pilzer Computer Center

In Memory Of: **Herbert Pilzer** by Geraldine Pilzer.

Congregational Kiddush Fund

In Honor Of: Naming of **Maya Ackerman** by Tara & Andrew Ackerman. Naming of Aviva Traster by Benjamin & Kara Traster. **Sarah Bickart & Adi Paliti's aufruf** by Toni & David Bickart, David & Heather Polonsky. Our birthdays by Irv & Grace Lebow. **Allyn Martus** becoming a *bat mitzvah* by Jay & Devra Martus. **Margot Wheeler** becoming a *bat mitzvah* by Leigh Gilman & Jeff Wheeler. **Sam Shapiro** becoming a *bar mitzvah* by Yael Weinman. **Noa Levental's** baby naming by Simcha Levental & Laura Robbins.

Dan Kaufman Children's Program Fund

In Honor Of: **Minnie Kaufman's** 100th birthday by Marlene & Stuart Siegel, Lawrence Granat, Arlene Vetensky, Nancy Gibson, P & W Bustard, Ellen Golder, Shirley Malitz, Samuel Besalel, Shirley & Samuel Frankel, Christine Rendell.

Dr. & Mrs. Stanley W. Kirstein Gan Memorial Fund

In Memory Of: **Frances Wertlieb Blacher, Margaret Hais Blacher, Joseph Vigderhouse Hais, Ida Flax Hais, Sidney "Sonny" Hais, Naomi Hais Knable, Dr. Harry Hais, & Charlotte Gross Hais**, all by Steven Blacher.

Estelle & Melvin Gelman Religious School Fund

In Memory Of: **Sinesia Rocha de Carvalho** by Maricy Schmitz.

Esther Saks Abelman Yiddish Cultural Fund

In Loving Memory Of: **Faye Cohen** by Diane Wattenberg.

Ethel & Nat Popick Chronicle Fund

In Memory Of: **George Perlman** by Nappy & Steven Block. **Sandra Yuffe & Michael Gordon's** mother by Dorothy Block.

Executive Director Discretionary Fund

Mazel Tov To: **David Polonsky** for his well-deserved recognition by NAASE by Rhoda Ganz.

Frances & Leonard Burka Social Action Endowment

In Memory Of: **Elizabeth Gelman Kossow** by John & Renny Kossow.

Fund for the Future

In Memory Of: **Albert E. Cousins** by Beth & Leonard Sloan. **Rhoda Smith** by Richard Margolis.

Garden of the Righteous

In Memory Of: **Faye Cohen** by Judy Strauch.

Hesed & Bikkur Cholim Fund

In Memory Of: **Rabbi Allan Langner** by Nancy Weiss. **Irene Botch** by Gail & Don Roache. **Anna Backer** by Eva Rehfeld. **Morton Green** by Fradel Kramer. **Herbert Goldberg** by Jamie & Stuart Butler.

Jess & Mildred Fisher Memorial Endowment Fund

In Memory Of: **E.G. Rosenberg** by Mark Rosenberg.

Jewish Mindfulness Center of Washington

In Memory Of: **Rabbi Allan Langner** by Miriam Rosenthal & Mileve Phillips.

Kramer Family Concert Series

On Behalf Of: **Kramer Family Concert Series** by Richard Kramer.

Leonard Melrod Memorial Nursery School Endowment Fund

In Memory Of: **Philip Hare** by Nancy & Jon Cutler.

Marian Konowitch Fund for New Members

In Memory Of: **Beatrice "Bee" Cohen** by Bonnie Konowitch.

Mikvah Fund

In Honor Of: **Samuel Ehrlich** by Gary Ehrlich.

Minnie & Abraham S. Kay Israel Scholarship Fund

In Honor Of: **Alma & Amb. Gildenhorn** for an extraordinary panel discussion with Rabbi Holtzblatt at UMD's Gildenhorn Israel Insitute by David & Heather Polonsky.
In Memory Of: **Sylvia Greenberg** by Glenn & Cindy Easton, David & Heather Polonsky. **Jack Kay** by Sylvia Greenberg (z"l).

Nathan & Rosa Povich Academic Achievement Fund

In Memory Of: **Wilma Paauw** by Glenn & Cindy Easton.

Offerings Fund

By: Robert Gordon & Catherine Brown.
In Honor Of: **Samuel C. Shapiro** becoming a *bar mitzvah* by Andrew Shapiro. **Adi Paliti & Sarah Bickart** by Sandra Fox. Wedding of **Adi Paliti & Sarah Bickart** by Tom Press & Donna Paulsen. **Jeffrey Goodell & Beth Kanter** by Eric Solomon. **Belle Ulander** by Ronni & Richard Savran.
In Loving Memory Of: **Beverley Goldstick** by Jeffrey & Jean Yablon
In Memory Of: **Faye Cohen** by Geraldine Pilzer

Rabbi Alexander Discretionary Fund

In Honor Of: **Rabbi Aaron Alexander** by Lois & Michael Fingerhut.
In Appreciation Of: **Rabbi Aaron Alexander** for his kindness & compassion after the death of our mother by Ron, Terry & Lynne Holtzman.
In Gratitude For: **Rabbi Aaron Alexander** by Seth Waxman & Debra Goldberg.

Rabbi Avis Miller Lifelong Learning Fund

In Memory Of: **Roselle L. Abramson** by Tamar Kahn.

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In Gratitude For: **Rabbi Lauren Holtzblatt** by Seth Waxman & Debra Goldberg.
In Memory Of: **Laura Both** by Charles & Deborah Both. **Gussie Kossak** by Michael Kossak.

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On Behalf Of: Refugees by Laura & Allan Melmed, Cynthia & Joel Rosenberg, Symi

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