Face the world with a heart that seeks to connect.
L’Shana Tova Tikatevu,
- Rabbis Holtzblatt & Alexander
From the President

RICKI GERGER, ADAS PRESIDENT

"People won't remember what you did or what you said, but they'll remember how you made them feel."

—Attributed to many people in different variations of the same thought

A year ends and a year begins. What happens in between?

During the 10 days between Rosh Hashanah and Yom Kippur, I make a special effort to look for good deeds I can do and then do them, hoping this will make God look kindly on me in the coming year. I’m full of heightened intention during those 10 days. I’m on the lookout for ways to help people. When someone doesn’t want me to help them I sort of joke with them that they’re depriving me of doing a mitzvah at the most important time of the year.

Man, oh man, I just realized that I’ve been doing it wrong my whole life.

I’ve come to believe that the primary purpose of living is to affect others in a positive way. If this is what I believe, I have to do that every day, not just during those 10 days.

And yes, of course, there are other days when I do this. It’s even more powerful when I’m aware of it. I’m using the month of Elul to create a new habit.

My resolution for the coming year is to be more consciously positively each day. And I’m starting now, not waiting for Rosh Hashanah. I’m using this month of Elul to create a new habit. Maybe at some point this will just become who I am without thinking about it. How great would it be to just be this way? To incorporate intention so well into my life that it’s the most natural thing I do?

And here’s the kicker: while you’re affecting someone in a positive way, you feel great doing it! What a perfect consequence: we get back way more than we give.

Thank you for giving me the honor of being the president of Adas Israel Congregation.

OUR VOICES

Clergy Corner

RABBIS LAUREN HOLTZBLATT & AARON ALEXANDER

Once in a while, when reading a piece of distinctly not Jewish literature, that feeling of “Oh, that’s very Jewish” emerges. Recognizing such instances is a good reminder of how immersion in multiple disciplines creates opportunities for meaningful cross-fertilization.

That happened recently while reading the ever popular tidying-up manual by Marie Kondo, Spark Joy. Kondo is a world-renowned decluttering guru, known for her methodology of identifying the “things” in our lives that have latching, or staying value. A helpful guide to determining what’s worth keeping, and what’s worth letting go of.

She identifies six virtues and/or practices to decluttering: 1) commitment, 2) imagination of something better, 3) discarding first, 4) using category, not location (room by room), 5) sticking to the order, and 6) determining whether the object brings you joy.

In many ways, this process mirrors a healthy process of self-introspection and transformation. That’s what we call, teshuvah, or repentance. Each year the Jewish calendar offers us an opportunity to look inward, to dig deep, and to assess the various parts of our lives, all within the context of an eternal drama that is our High Holy Day experience. Often, the measure of whether this process actually works depends on the work we do beforehand to prepare for such moments.

1. Teshuvah is hard. Pick an area that you want to focus on this year and commit to it.
2. Can you see a better version of this part of your life? What would it look like, ideally?
3. What extraneous moments, or memories, need to be set aside to gain focus?
4. Make sure you’ve properly identified and defined the area you’ve chosen.
5. Check in along the way to make sure you are still on track.
5. Ask for help.
6. Determine how this part of your life—worth sticking with—brings you joy.

What’s most interesting about Kondo’s philosophy, though, is the primary emotion she hinged her theory upon: Joy. (Och! (#6)).

“If you are confident that something brings you joy, keep it, regardless of what anyone else might say. Even if it isn’t perfect, no matter how mundane it might be, when you use it with care and respect, you transform it into something priceless. As you repeat this selection process, you increase your sensitivity to joy. This not only accelerates your tidying pace but also hones your decision-making capacity in all areas of life. Taking good care of your things leads to taking good care of yourself...

“The criterion for deciding what to keep and what to discard is whether or not something sparks joy. When deciding, it’s important to touch it, and by that, I mean holding it firmly in both hands as if communicating with it. Pay close attention to how your body responds when you do this. When something sparks joy, you should feel a little thrill, as if the cells in your body are slowly rising. When you hold something that doesn’t bring you joy, however, you will notice that your body feels heavier. Remember that you are not choosing what to discard but rather what to keep...

What would it mean to do some of our most intimate personal introspection with joy as the centerpiece. Layered, emotionally charged, dark and light, but soul-affirming moments from which everything else falls into place.

In the midst of Rav Kook’s teachings on teshuvah, he focuses on the very essence of working on parts of ourselves that are dark. The actual work helps bring us joy.

“Even though a person ponders much how to extricate himself from the mud of the sins, even though it is not at all clear to him how to repair the entire past, even though the ways of action are not at all paved before him, and they are full of stumbling rocks—however, the desire to be good—this is the spirit of God’s Gan Eden, which blows in the soul and fits it with unlimited satisfaction, so that even the fire of suffering, also turns into a river of pleasure.” Orot HaTeshuva 16:7

Arriving to synagogue at Rosh Hashanah is both exhilarating and intimidating, exciting and daunting. There are so many people, so much to see, so many recurring memories. On the top of that, we ask a lot of you. We want you to go deep. The words we recite, the melodies we sing, the memories we invoke, the customs we do—they all create the template for the kind of transformation some previous decluttering can help achieve. And imagine if the centerpiece of the whole experience was to return not only to meaning but to joy. How might joy transform the work? Wishing you a shana tova, a good and joy-filled new year.

“Joy is not made to be a crumb.” —Mary Oliver
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.” 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.

L’Shana Tova From Your Adas Family!
With warmth, sincerity, gratitude, and faith, we invite you to share the holiday season with the entire Adas Israel family. May you be inscribed in the book of life for another wonderful year. And may you find much meaning, warmth, and personal renewal throughout this year’s High Holy Day services at Adas Israel. The following pages include a complete High Holy Day Schedule and Guide, as well as other information that you may find helpful on your journey. Packets of High Holy Day information have arrived at your homes; feel free to contact the synagogue office for any ticket and service needs.

Reserved Seating Times
Seating in the Charles E. Smith Sanctuary is reserved at the following times.
- **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

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 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 broadcast 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. Contact Marcy Spiro at marcy.spiro@adasisrael.org as soon as possible to volunteer.

New & Noteworthy

List of important new and noteworthy information.
**Service Schedule**

**HIGH HOLY DAYS AT ADAS ISRAEL**

**EREV ROSH HASHANAH** Sunday, September 9

**COMMUNITY SUNSET SERVICE** 6:45-7:45pm
Led by Adas Clergy • Charles E. Smith Sanctuary

**SHACHARIT** 9:15am
Led by Michael Leifman • Charles E. Smith Sanctuary

**TORAH SERVICE** 9:15am
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary

**MUSAF SERVICE** 10:45am (Services at 10:45am)
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary
Led by Rabbi Holtzblatt & Michael Leifman • Kay Hall

**MINCHA/MAARIV** 6:00pm
Led by Michael Leifman • Biran Beit Mishrah

**KOL NIDRE** 6:45pm
Led by Rabbi Holtzblatt & Cantor Brown • Charles E. Smith Sanctuary
Led by Rabbi Alexander & Michael Leifman • Kay Hall

**Lay-Led, Traditional Egalitarian Minyan**

**RETURN AGAIN KOL NIDRE** 7:15pm
Led by Rabbi Holtzblatt & Band • Adas Israel Parking Area

**YOM KIPPUR** Wednesday, September 12

**SHACHARIT** 9:00am
Led by Rabbi Holtzblatt • Charles E. Smith Sanctuary

**TORAH SERVICE & YIZKOR** 10:15am (Yidei • 13:15am)
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary
Led by Rabbi Alexander & Michael Leifman • Kay Hall

**FAMILY SERVICE** 10:00pm
Family Experience w/ Rabbi Solomon • Cohens Hall (Gan Space)

**MUSAF & MARTYROLOGY SERVICE** 12:45pm (Services at 12:45pm)
Led by Rabbi Holtzblatt & Band • Charles E. Smith Sanctuary
Led by Rabbi Alexander & Cantor Brown • Kay Hall

**MINCHA/Maariv** 6:45pm
Led by Rabbi Holtzblatt & Return Again Band • Adas Israel Parking Area

**YOM KIPPUR UNPACKED: A HIGHLIGHT EXPERIENCE** 9am–12:30pm
Led by Rabbi Kranz • Brian Beit Midrash

**MUSAF SERVICE** 10:45am (Services at 10:45am)
Led by Rabbi Holtzblatt & Cantor Brown, Serman R’ Holtzblatt • Smith
Led by Rabbi Kranzky & Cantor Brown, Serman R’ Alexander • Kay Hall
Led by Rabbi Holtzblatt • Charles E. Smith Sanctuary

**FAMILY SERVICE** 10:30pm
Led by Rabbi Holtzblatt • Cohens Hall (Gan Space)

**YOM KIPPUR** 10:00pm
Family Experience w/ Rabbi Solomon • Cohens Hall (Gan Space)

**FAMILY ROSH HASHANAH CELEBRATION** 5:00pm
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary
Led by Rabbi Alexander & Michael Leifman • Kay Hall

**Lay-Led, Traditional Egalitarian Minyan**

**All Services @ 10:30am**

**FAMILY SERVICE** with Rabbi Kerrith Solomon
Cohen Hall: For families who want to share the experience with their elementary school age children (grades K-6).

**TORAH & TEFILLAH for Tots through K**
Youth Lounge: For families with young children to celebrate together, led by Menahah Peters.

**CHILDREN’S SERVICES**
Funker Hall: 5:00pm: For students in grades 1-6. Parents welcome (not required) to attend.

**HOLIDAYS AT ADAS ISRAEL**

**ROSH HASHANAH DAY 2** Tuesday, September 11

**SHACHARIT** 9:15am
Led by Hazzan Goldsmith • Charles E. Smith Sanctuary

**TORAH SERVICE** 9:15am
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary

**MUSAF SERVICE** 10:45am (Services at 10:45am)
Led by Rabbi Alexander & Cantor Brown • Charles E. Smith Sanctuary
Led by Rabbi Holtzblatt & Michael Leifman • Kay Hall

**MINCHA/MAARIV** 6:00pm
Led by Michael Leifman • Biran Beit Mishrah

**KOL NIDRE** 6:45pm
Led by Hazzan Goldsmith • Biran Beit Mishrah

**RETURN AGAIN KOL NIDRE** 7:15pm
Led by Rabbi Holtzblatt & Return Again Band • Adas Israel Parking Area

**YOUTH@AI TASHLICH**
Grades 1-3. Parents welcome (not required) to attend.
Sisterhood Hall: Grades 4-6. Children-only service.

**CHILDREN’S SERVICES**
Funker Hall: Grades 1-3. Parents welcome (not required) to attend.
Sisterhood Hall: Grades 4-6. Children-only service.

**TEEN CHAT**
Students in grades 7-12 meet Sarah Attermann in the Adas Israel Parking Area for a short program and to join the services in the Charles E. Smith Sanctuary.

**N’EELAH**
Connecticut Ave. Patio @ 7:45pm: Students are invited to gather on the Connecticut Avenue Patio for a short program and to join the services in the Charles E. Smith Sanctuary.

**PLEASE NOTE:** Additional information about youth services is located in the 2018 High Holy Days book.
**HOLIDAYS @ ADAS**

**SUKKOT/SIMCHAT TORAH**

Sukkot begins on the 15th day of the month of Tishri (Erev Sukkot is on Sunday evening, September 23) and continues for seven days. It is known by several names, none more descriptive than Zman Simchat Torah, Day of Our Rejoicing. Hag HaSukkot, the Feast of Tabernacles, reminds us of the huts (sukkot) in which our ancestors dwelt in the desert for 40 years on their way to the Promised Land. Another name for Sukkot, Hag Haasif, the Feast of the Ingathering, stresses that this is a harvest holiday, falling at a time when crops were gathered. It is one of the three harvest festivals in the Jewish year known as the Shalosh Regalim, the three pilgrimage festivals (the other two are Pesach and Shavuot).

The lulav, a palm branch composed of three myrtle twigs and two willow branches, and the etrog, a large citrus resembling a lemon, both symbols of the harvest season, are used in keeping with the biblical commandment (Leviticus 23:40): “You shall take the fruit of the pleasant trees, palm branches, thick leafy boughs, and willows of the brook, and you shall rejoice...” Because the bough (blessing) is for the lulav and the etrog are to be recited on six of the nine days (not on Shabbat) of this festival period, and because these harvest symbols do so much to enhance the home, many families purchase them for home use.

Attached to Sukkot is an eighth day known as Shemini Atzeret, which is a separate yom tov, it is technically not part of Sukkot. It is punctuated by two special prayers. The first is geshem, and the second day of Atzeret, which is a separate yom tov. Yom Tov is an eighth day known as Sukkot, Shavuot, and the Festival of Ingathering, stresses that this is a harvest holiday, falling at a time when crops were gathered. It is one of the three harvest festivals in the Jewish year known as the Shalosh Regalim, the three pilgrimage festivals (the other two are Pesach and Shavuot).

The final day of this holiday season, Simchat Torah (which in Israel is the same day as Shemini Atzeret), celebrates the Festival of Rejoicing in the Torah, at which time we give thanks for the Torah by parading the scrolls around the synagogue in a joyous ceremony known as seven hakafot, in which men, women, and children of all ages participate. It is on this day that we complete the annual reading of the Torah and begin again with the first words of Bereishit (Genesis).

**HOLIDAY EVENT HIGHLIGHTS**

**SCHEDULE:**

**Erev Sukkot, Sunday, Sept. 23**
- 6 pm - Mincha / Ma’ariv Services

**Day 1, Monday, Sept. 24**
- 9:15 am - Combined Morning Service
- 11 am - Family Service, 12 pm - Kiddush in the Sukkah
- 6 pm - Mincha / Ma’ariv Services

**Day 2, Tuesday, Sept. 25**
- 9:15 am - Combined Morning Service
- 12 pm - Kiddish in the Sukkah, 1 pm - Mincha

**Day 3, Wednesday, Sept. 26**
- 7:15 am - Morning Minyan / Chal HaMoed Sukkot
- 6 pm - Evening Minyan, 6:30 pm - New Member Reception

**Day 4, Thursday, Sept. 27**
- 7:15 am - Morning Minyan / Chal HaMoed Sukkot
- 6 pm - Evening Minyan

**Day 5, Friday, Sept. 28**
- 7:15 am - Morning Minyan / Chal HaMoed Sukkot
- 12 pm - Gan Snack in the Shack, 6 pm - Kabbalat Shabbat
- 6:30 pm - Community Shabbat Dinner in the Sukkah

**Day 6, Saturday, Sept. 29**
- 9:15 am - Shabbat Service / T’nok (Baby) Shabbat
- 9:15 am - TEM Service, 9:30 am - Havprakh Service
- 11 am - Tod Shabbat, 11 am - Netivot
- 12 pm - Congregational Kiddish, 1 pm - Mincha

**Day 7, Erev Shemini Atzeret, Sunday, Sept. 30**
- 8:45 am - Morning Minyan / Hashana Rabbah Service
- 6 pm - Erev Shemini Atzeret - Mincha / Ma’ariv Kabbalat Chag

**Day 8, Erev Simchat Torah, Monday, Oct. 1**
- 9:15 am - Shemini Atzeret / Yizkor Service
- 9:15 am - TEM Shemini Atzeret / Yizkor Service
- 6 pm - Mincha, 6:30 pm - Erev Simchat Torah Ma’ariv HaKafot
- 7 pm - TEM Erev Simchat Torah Service

**Simchat Torah, Tuesday, Oct. 2**
- 9:15 am - Simchat Torah Service joined by TEM
- 10:15 am - Simchat Torah Family Service
- 12 pm - Congregational Kiddush, 12:45pm - Mincha

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**EREV SIMCHAT TORAH:**

**MONDAY, OCT 1 @ 6:30 PM**

Simchat Torah: On Simchat Torah, the Torah scrolls wish to dance, so we become their feet! Featuring the stars of the Klezmerats - Lisa Gutkin and Lorin Sklamberg Klezmer Duo, to lead us in festive song & dance! The biggest Torah Party of 5779! Join the Adas Israel community for an ecstatic, musical community celebration on the most joyous holiday of our holy calendar! There will also be a joyous Erev Simchat Torah service with the Traditional Egalitarian Minyan, without instruments, at 7pm. All are welcome!

**LULAV AND ETOG ORDERS**

**DUE BY TUESDAY, SEP. 19**

We encourage you to order your lulav and etrog ($40 each) in preparation for the festive observance of Sukkot. This year you may order your lulav and etrog online at adasisrael.org/sukkot or by contacting Hazzan Rachel Goldsmith at hazzan.goldsmith@adasisrael.org or 202-362-4433. Lulavim and etrogim may be picked up on on Tuesday, October 3, Wednesday, October 4, or Thursday October 5. Lulav and etrog orders are due by Tuesday, September 19.

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**SUKKOT/SIMCHAT TORAH**

**Day 8, Erev Simchat Torah, Monday, Oct. 1**
- 9:15 am - Shemini Atzeret / Yizkor Service
- 9:15 am - TEM Shemini Atzeret / Yizkor Service
- 6 pm - Mincha, 6:30 pm - Erev Simchat Torah Ma’ariv HaKafot
- 7 pm - TEM Erev Simchat Torah Service

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**MONDAY, OCT. 1 @ 6:30 PM**

Simchat Torah: On Simchat Torah, the Torah scrolls wish to dance, so we become their feet! Featuring the stars of the Klezmerats - Lisa Gutkin and Lorin Sklamberg Klezmer Duo, to lead us in festive song & dance! The biggest Torah Party of 5779! Join the Adas Israel community for an ecstatic, musical community celebration on the most joyous holiday of our holy calendar! There will also be a joyous Erev Simchat Torah service with the Traditional Egalitarian Minyan, without instruments, at 7pm. All are welcome!

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**COMMUNITY-WIDE SUKKAH BUILDING**

**THURSDAY, SEPTEMBER 20 @ 10:00 AM**

**COMMUNITY-WIDE SUKKAH DECORATING**

**SUNDAY, SEPTEMBER 23 @ 11:00 AM**

We have so many community events already planned to take place in the sukkah: the Gan “Snack in the Shack,” Religious School Shacharit Live, New Member Reception, Kiddush in the Sukkah, etc. Now we need a community to help build and decorate the famous Adas Israel sukkah on the Connecticut Avenue patio. For more information, please contact Director of Programmatic Engagement Courtney Tisch, at Courtneytisch@adasisrael.org or 202-362-4433.

**NEW MEMBER RECEPTION IN THE SUKKAH**

**WEDNESDAY, SEPTEMBER 26 @ 6:30 PM**

Please join us in the sukkah on Wednesday, September 26, for a new member reception. This is an invitation to all our wonderful new members at Adas Israel to join us for a relaxed “meet and greet” with Adas Israel clergy, lay leaders, and community members. Long-standing members of the community are also encouraged to attend to welcome our new friends to Adas Israel! For a full Sukkah schedule and more information, please visit adasisrael.org/sukkot.

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**COMMUNITY SHABBAT DINNER IN THE SUKKAH**

**FRIDAY, SEPTEMBER 28 @ 6:30 PM**

Join us for a community Shabbat dinner as we celebrate the holiday of Sukkot. Sukkot and Shabbat are times to come together with family and friends and sit in the sukkah, connecting with nature and each other as we express gratitude for the good things in our lives. What a wonderful way to welcome Shabbat at Adas! Register online at adasisrael.org/sukkot.

**6:00 pm: Friday Night Service led by Rabbi Sarah Krismy**

**6:30 pm: Shabbat Dinner in the Sukkah**

**SIMCHAT TORAH**

**EREV SIMCHAT TORAH:**

**MONDAY, OCT 1 @ 6:30 PM**

**SIMCHAT TORAH MORNING:**

**TUESDAY, OCT 2, @ 9:15 AM**

**MONDAY, OCT 1 @ 6:30 PM**

Join us for a joyous Erev Simchat Torah service with the Traditional Egalitarian Minyan, without instruments, at 7pm. All are welcome! Lulav and etrog orders are due by Tuesday, September 19.

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**LULAV AND ETOG ORDERS**

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The Adas Fund 2018-5779

Inspired by the work of HESED

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.

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

HOLIDAYS @ ADAS

Yom Kippur Speakers

An incredible afternoon session with Invisibilia

Featuring Invisibilia co-creators Alix Spiegel and Hanna Rosin, in conversation with Rabbi Lauren Holtzblatt and Aaron Alexander

Alix Spiegel is the co-founder and co-host of NPR’s Invisibilia. She began her career in 1995 as one of the founding producers of the public radio program This American Life. Over the course of her career in public radio, Spiegel has won many awards including a George Foster Peabody Award, a Livingston Award, an Alfred I. duPont-Columbia University Award, a Scripps Howard National Journalism Award, and a Robert F. Kennedy Journalism Award.

Hanna Rosin is the co-host of NPR’s Invisibilia. She joined in the second season and won a Grace Award for a story about men on an oil rig learning to cry. Rosin comes to NPR from the world of print magazines. Most recently she was a national correspondent for The Atlantic, where she wrote cover stories about various corners of American culture. She has been on “The Daily Show” and “The Colbert Show” and headlined the first woman’s TED conference. She was part of a team at New York Magazine that won a National Magazine Award for a series of stories on circumcision. Most recently she was a national correspondent for The Atlantic, where she wrote cover stories about various corners of American culture. She has been on “The Daily Show” and “The Colbert Show” and headlined the first woman’s TED conference. She was part of a team at New York Magazine that won a National Magazine Award for a series of stories on circumcision.

Invisibilia is Latin for “the invisible things.” A celebrated radio program and podcast currently produced and hosted by Alix Spiegel and Hanna Rosin for National Public Radio, they boldly explore the invisible forces that shape human behavior — things like ideas, beliefs, assumptions, and emotions. Famous for weaving incredible human stories with fascinating new psychological and brain science, the creators of this compelling series will challenge us all to see new possibilities for how to think, behave and live. Invisibilia’s fourth season, which launched March 9 of this year, focuses on the importance of the stories we tell ourselves, and digs deep into the moral ambiguity of spaces in between. Please join us.
**ROSH HASHANAH & YOM KIPPUR 5778**

**Rosh Hashanah at Home**

The celebration of Rosh Hashanah, like all Jewish holidays, takes place both in the synagogue and at home. The mood of the holiday combines solemnity and joy. The commemoration of Rosh Hashanah at home can be enhanced by the following preparation and ceremonies: the table should be set in a festive manner, with a white cloth (symbolic of purity and joy), candledishes, wine, apples and honey, and challah (usually round to symbolize a full, complete year). The family gathers for the lighting of the candles.

1. **Blessing of the candles:**
   - **1.** Blessing of the candles: It is a beautiful tradition for departed members of the family before lighting the holy day candles.
   - **2.** Blessing of the Children: It is customary to light a memorial candle for departed members of the family before lighting the holy day candles.

   In the Jewish tradition, there is no official blessing recited upon lighting a yahrzeit candle. The reason for this is that the act of kindling the yahrzeit light is not the direct fulfillment of a specific mitzvah. The light reminds us of the neshamot, the souls of our beloved departed who brought light to our lives. There is a power in having nothing to say at all upon kindling the yahrzeit candle. As Jews, we are used to having something to say at a special moment—a blessing or a prayer. At this moment, however, when the memory of a whole life is before us, there are no words. There is only silence. When Aharon the High Priest witnessed the death of his two sons, the Torah says “Y’sidom Aharon,” “And Aharon was silent” (Leviticus 10:3). Silence does not necessarily represent the lack of pathos and love. It can also be the fullness of those feelings, so full in fact, that no words can adequately capture them. As we light the yahrzeit lights, we can notice this silence, and feel the depth of love for those whom we have lost.

   The blessings recited are:
   - **Y’sidom Aharon**
     - Y’va-rekh’kha Adonai v’yish-m’-rekha.
   - **Y’va-rekh’kha**
     - Y’va-rekh’kha Adonai v’yish-m’-rekha.
   - **She’hecheyanu**
     - She’hecheyanu b’mitzvotav, v’tzeevanu l’hadleek ner shel Y om HaKippureem.
   - **Baruch ata Adonai, Elohaynu melech ha-olam, asher kid’shanu v’nashot neshamot**
     - Baruch ata Adonai, Elohaynu melech ha-olam, asher kid’shanu v’nashot neshamot.

2. **Lighting of the candles.**
   - **1.** Blessing of the candles: It is traditional to dip apples in honey and recite the following prayer: Y’be atzom milfemalecha, Adonai, Elohaynu veyehod avotavnu, she-bi-chadesh aleynu shana tovah u’metukah.
   - **2.** Blessing of the Children: It is customary to eat a new fruit (mango, pomegranate, etc.) so that the Shehecheyanu may be recited. However, the Shehecheyanu may be recited even without the eating of a new fruit.

   **The traditional greeting for Rosh Hashanah is:**
   - Lishana tova otkatenu, May you be inscribed for a good year.

   **Yom Kippur at Home**

   **Memorial Candle:** It is customary to light a memorial candle for departing members of the family before lighting the holy day candles.

   In the Jewish tradition, there is no official blessing recited upon lighting a yahrzeit candle. The reason for this is that the act of kindling the yahrzeit light is not the direct fulfillment of a specific mitzvah. The light reminds us of the neshamot, the souls of our beloved departed who brought light to our lives. There is a power in having nothing to say at all upon kindling the yahrzeit candle. As Jews, we are used to having something to say at a special moment—a blessing or a prayer. At this moment, however, when the memory of a whole life is before us, there are no words. There is only silence. When Aharon the High Priest witnessed the death of his two sons, the Torah says “Y’sidom Aharon,” “And Aharon was silent” (Leviticus 10:3). Silence does not necessarily represent the lack of pathos and love. It can also be the fullness of those feelings, so full in fact, that no words can adequately capture them. As we light the yahrzeit lights, we can notice this silence, and feel the depth of love for those whom we have lost.

   The blessings recited are:
   - **Y’sidom Aharon**
     - Y’va-rekh’kha Adonai v’yish-m’-rekha.
   - **Y’va-rekh’kha**
     - Y’va-rekh’kha Adonai v’yish-m’-rekha.
   - **She’hecheyanu**
     - She’hecheyanu b’mitzvotav, v’tzeevanu l’hadleek ner shel Y om HaKippureem.
   - **Baruch ata Adonai, Elohaynu melech ha-olam, asher kid’shanu v’nashot neshamot**
     - Baruch ata Adonai, Elohaynu melech ha-olam, asher kid’shanu v’nashot neshamot.

   **Yom Kippur is:**
   - G’mar hatimah tova, May you be sealed in the Book of Life.

   **Long Life, together with all of the righteous. Amen.**
   - May the memory of your loved ones forever be a blessing and inspiration.

   **Jews worldwide mark the approaching High Holy Days with annual visits to the graves of departed loved ones. An ancient custom, Kever Avot, literally “graves of the fathers,” dates almost as far back as Jews themselves. Gathering at the grave facilitates healing within families by creating an opportunity to grant forgiveness to one another. Others visit graves to connect with their past and to contemplate the life they want to live. The Adas Israel Kever Avot schedule is as follows:**

   **Kever Avot Memorial Cemetery Service**
   - Sunday, September 16, 10:30 am

   **Adas Israel Cemetery**
   - 1400 Alabama Avenue, SE, Washington, DC with Rabbi Lauren Holtzblatt

   **Bus leaves from the congregation at 9:30 am. Call Carol Ansell at 202-562-4453, to reserve a seat. Space is limited.**

   **Judean Memorial Gardens Kever Avot Service**
   - Sunday, September 16, 10:50 am, with Rabbi Aaron Alexander

   The Adas Israel Cemetery on Alabama Avenue will be open on Sunday, September 16, 9:00 am-3:00 pm. If you wish to visit at any other times, please call David Polonsky or Marc Spira, 202-562-4453, to set up a time.

   May the memory of your loved ones forever be a blessing and inspiration.
The Heart of “Home”: Judaism’s Multi-Textured, Spiritual, Architectural Guide to Sacred Space

Over the course of the year, our rabbis and distinguished scholars will lead us in guided text study, conversations, and presentations that explore the Jewish tradition’s essential teachings on defining holy community. Together we’ll navigate the particular values that bind us and the universal ideas that inspire us, and then think together about where they do and don’t intersect.

To learn more visit adasisrael.org/makomdc.

Register for lectures or classes online or by calling Courtney Tisch, 202-362-4433, ext. 125.

Dr. Barry Wimpfheimer is Associate Professor of Religious Studies and Law at Northwestern University and the author of The Talmud: A Biography and Narrating the Law: A Poetics of Talmudic Legal Stories.

Dr. James Loeffler is the Jay Berkowitz Professor of Jewish History at the University of Virginia and the author of recently published, Rooted Cosmopolitans: Jews and Human Rights in the Twentieth Century, which was named a finalist for the Natan Prize for best Jewish book of the year.

Dena Weiss is the Rosh Beit Midrash and Director of Full-Time Immersive Programs at the Hadar Institute in New York City, where she teaches Talmud, Midrash, and Hassidut and writes and records Hadar’s weekly D’var Torah e-mail and podcast. You can sign up for these at www.hadar.org/denaweiss.

Dr. Noah Bickart is assistant professor of Jewish and Interreligious Studies at John Carroll University in Cleveland. His first book, based on his PhD Dissertation at JTS, “The Scholastic Culture of the Babylonian Talmud,” will be published later this year.

Dr. Alyssa Gray is the Emily Sand Rabbi Bernard H. Mehlman Chair in Rabbinics and Professor of Codes and Responsa Literature at Hebrew Union College-Jewish Institute of Religion in New York and the author of A Talmud in Exile: The Influence of Yerushalmi Avodah Zarah on the Formation of Bavli Avodah Zarah.

Dr. Sarah Wolf is Assistant Professor of Talmud and Rabbinics at the Jewish Theological Seminary and is currently a David Hartman Center Fellow at the Shalom Hartman Institute of North America.
JMCW @ ADAS

The majesty of faith is that it teaches us to see what exists, not merely what catches our attention.
RABBI JONATHAN SACKS

It is customary to read Psalm 27 as we center ourselves to enter this sacred time of reflection surrounding the new year. At Adas Israel, the beautiful theme for Elul and our High Holy Days this year is “Heart, Hope, Strength,” taken from the last verse of Psalm 27. In their Holiday Message, Rabbis Holtzblatt and Alexander invite us “to face each other and ourselves and to build space for honesty, loss, longing and ultimately connection.” But how do we build this space within the noise and distractions of our inner and outer lives? How do we “see what exists, not merely what catches our attention,” as Rabbi Sacks teaches. We hope you can join JMCW for the High Holy Day programs listed below, as we come together to deepen our process of reflection and our ability to accept the joys and sorrows of each year with a sense of renewed potential and deeper peace. Wishing all of you a Shana Tovah.

JMCW RECOMMENDS . . .

Rosh Hashanah Readings: Inspiration, Information and Contemplation
Edited by Rabbi Dov Peretz Elkins, and with an introduction by Dr. Arthur Green. Weaving together a variety of readings, from traditional Jewish texts to modern reflections, this collection is a beautiful resource for the spiritual contemplation we seek during Rosh Hashanah. There is also a companion book by the same editor focusing on Yom Kippur.

This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey or Transformation
By Alan Lew, is an engaging exploration of spiritual renewal during the High Holy Day season by one of the leading voices in Jewish Mindfulness practice.

The Days Between: Blessings, Poems and Directions of the Heart for the Jewish High Holiday Season
By Marcia Falk, is a gorgeous collection of poetry and alternative holiday prayers that touches the heart of our High Holy Day tradition and adds moving insight to traditional liturgy.

These selections are available in the Adas Library, along with other books on Jewish spirituality, meditation, and mindfulness. Some of these can be found under call number 175.01 or speak with Adas Librarian Robin Jacobson (librarian@adasisrael.org) for more information.

JMCW HIGH HOLY DAY SERVICES, PROGRAMS & WORKSHOPS

Mastering Change Mini-Series
TUESDAY, SEPT. 4, & WEDNESDAY, OCT. 3 @ 6:30-8:30 PM
Enter the season of renewal on a powerfully reflective note. Through useful strategies and mindfulness exercises, participants will bring intention to the start of 5779, led by Rabbi Sarah Tasman & Executive Coach Gideon Culman.

Sound of the Sacred: Shofar-Blowing Workshop
TUESDAY, SEPT. 4 @ 6:30-7:30 PM
Come explore shofar blowing! Learn techniques and the significance for spiritual connection in this hands-on workshop, led by Jennie Litvack of Return Again and Adas High Holy Day services. Please bring a shofar if you can.

Yom Kippur Katan: A Rosh Chodesh Workshop
WEDNESDAY, SEPT. 5 @ 7:00-9:00 PM
Women of all ages and bodies are invited to partake in Yom Kippur Katan, an especially poignant mind/body cleansing practice for the High Holy Day season. Join us for an immersive practice of Jewish yoga and mindful discussion, led by core JMCW faculty.

Rock Creek Sh’ma: Walking Meditations
SATURDAYS, SEPT. 15 @ 2:00 PM
Set your kavanah for the new year with silent walking meditations in Rock Creek Park. Join us for one or both Shabbat nature walkabouts, led by core JMCW faculty.

Becoming Present: Meditation & Song Workshop
YOM KIPPUR AFTERNOON @ 4:45-5:45 PM
Calm your mind and awaken your spirit as we concentrate on the sounds and rhythms of our breathing, singing, and guided meditation. Open to all levels of practice, led by Susan Barocas & Michelle Buzgen.

Immersing in Holiness: Adas Israel Community Mikvah
Schedule a time to enter the holidays physically and mindfully: to acknowledge challenges of the previous year, to center yourself before the holidays, and to set your intentions for the new year. E-mail mikvah@adasisrael.org or call Naomi Malka, 202-841-8776, to schedule appointments. For further information, please visit the Adas JMCW web page, www.adasisrael.org/jmcw/.

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

adasisrael.org/jmcw

JMCW@ADAS
jewish mindfulness center of washington

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adasisrael.org/jmcw
SHABBAT MORNING SERVICES: Please turn off cell phones and pages 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 (TEK): 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 Psukim 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 traditionalmorning@adasisrael.org.

Haruvah 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.

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 Menahem Peters. Netivot, for students in grades K–3, is led by Sarah Attermann or Jeremy Kadden.

Library Open on Shabbat: Our third-floor library is open on Shabbat following services. You may sign out books for the week, contact our Director of Library Services, Robin Jacobson (librarian@adasisrael.org).

SEPTMBER 2018

ELU-TISHRI 5778

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D’var Torah - lead by the TEM
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This summer I heard so many stories from the children of our community (including my own!) about their experiences at camp. We had a chance to see some of it firsthand as various members of the staff traveled to visit some of our students in what can best be described as their “happy place.” It was such a pleasure to see them enjoying being outside, exploring new activities, taking advantage of summer and site-specific opportunities, and building relationships with new communities. And, at the same time, we were lucky enough to hear from families that Adas is also a one of their “happy places.”

There is, of course, no replicating camp, which comes packed with the pleasures of summer, different schedules, weather, faces and freedom. But there are many things about camp that overlap with what we do here at Adas. Community-building, values-based education, an emphasis on experience, embodied learning, celebration of the child as an individual and as part of a group, music, dance, art—the power of stories—and the list could go on and on. We are so proud of what we offer at Adas, but it is, of course, the people who make this place so special. So as summer winds down and we enter a new year, we are pleased to say: “Welcome back and welcome home. We missed you!”
Tzedek, Tzedek Tirdorf
Justice, Justice Shall You Pursue

We are truly excited to introduce our new Social Action leadership. Brad and Liz have deep roots in social justice and bring new energy, experience, and passion to the work we’ve been doing over the past three years. Read about them and our Social Action teams, and if you see them at Adas, introduce yourselves! You can find information about our projects and upcoming events at www.adasisisrael.org/tikkunolam. You can also e-mail Nancy Cohen, our new Action Network Coordinator, at nancycohen2000@gmail.com, to receive e-mailed information about our efforts. Let her know if you want to be added to our general interest group, to one of our teams, or to any of our projects.

Our Social Action Communications chair, new member Liz Scheier, spent 25 years working in homeless services in New York City, and is excited to do the work of tikkun olam within our congregation and in the world. She is a product developer at the International Baccalaureate, where she works on the ideation, development, and delivery of content-based platforms, websites, and lines of commercial books. Before joining the IB, she was a senior product manager at Brillianc Publishing, a division of Amazon.com, developing new products for the audiobook market. She also spent many years as a developmental book editor at Random House and elsewhere. She lives in Friendship Heights with her husband and two small children. Contact Liz at liz.scheier@gmail.com.

Our new Social Action Chair, Brad Brooks-Rubin, has been a member since 2015, when his family rejoined Adas because of the renewed spirit of service, learning, and compassion they felt when visiting. Brad’s wife Liana has since become a lead on the Renewed Spirit of Service Team. Brad and Liana live in Shepherd Park with their boys Elav (whom you can often find in the Rabbis’ suite or moderating Shavuot slams) and Adv. You can reach Brad at barubin10@hotmail.com.

SOCIAL ACTION COMMITTEE

SOCIAL ACTION TEAMS

Climate Action Team (CAT)
Preserving the earth for ourselves, our children, and our grandchildren is a Jewish value. Adas Israel’s Climate Action Team (CAT) works within our own congregation to take action in our homes, our synagogue, and our communities, and looks to join local advocacy campaigns for climate action in the DC metro area. Interested? Contact Philip Henderson, philipdh@gmail.com.

Poverty/Homelessness/Housing Team (PHH)
The DC Metro area contains one of the highest rates of homelessness in the U.S. The Poverty/Homelessness/Housing Team (PHH) addresses the broader causes of homelessness, poverty, and illiteracy and seeks to foster equal opportunity through advocacy work, including affordable housing and direct service projects, and partners with many local community organizations, including So Others Might Eat (SOME). Friendship Place, N Street Village, Reading Partners, Yachad, Anne Frank House, and the Ward 3 for All Campaign. Interested? Contact Jamie Butler, pj3611@gmail.com.

Gun Violence Prevention Team (GVP)
The Gun Violence Prevention (GVP) team is addressing the crisis of gun violence in Washington, DC, particularly in Wards 7 and 8. We partner with local organizations such as the Washington Interfaith Network (WIN) and the TraFiC Center to work on issues of community safety and building relationships with, and bringing healing to, gun violence survivors. Interested? Contact Lois Fingerhut, loisafingerhut@gmail.com.

Racial Justice Working Group (RJWG)
The RJWG seeks to encourage deeper understanding of contemporary racism so that we may work to counter racial bias whenever we encounter it. Come join us as we discuss books, movies, and the pathway to a more equitable world, and develop additional opportunities for learning, self-reflection, and action in the coming year. Interested? Contact co-chairs Stephen Horobitz, horobitz1406@gmail.com, or Lauren Queen, laurenqueen526@gmail.com.

Refugee Response Team (RRT)
The Refugee Response Team (RRT) works with local and national organizations to help refugee families in the DC metro area. Adas volunteers have co-sponsored a Syrian refugee family, furnished apartments for three refugee families, monitored recently arrived immigrant families through the International Rescue Committee (IRC), and participated in HIAS’s Welcome Campaign, working to advocate for refugees in the DC area and beyond. For information about our coalition and advocacy efforts, contact Dan Aladjem, dan.aladjem@gmail.com. If you are interested in our IRC mentoring work, contact Alex Levy, alexlevy13@gmail.com. For information about our Syrian family efforts, e-mail Amy Golen, amygoeln@gmail.com.

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INCLUSION

A Conversation with Paul Friedman

Maia Magder, who serves on the Inclusion Task Force at Adas Israel, interviewed Paul Friedman, an intern with the custodial service at Adas Israel. Paul receives job support and coaching from the Outcomes Support at the Treatment and Learning Centers in Rockville, MD.

continued on next page . . .
Maia: Tell me about yourself.
P: I am Paul Fredman. I’ll be 31 in August, and I’m from Washington, DC. I live in a house in Gaithersburg with my mom, my dad, and my brother who is now a medical student. My dad is my BIF, I love my mom and my brother. I like working, going bowling, talking the bus, going out to eat, talking on the phone to my girlfriend, and going to Israel. I really like working. I went to lyceum for 19 years, and I had job experience. I was student employee of the month—I was the “Go-To Guy.” I also like to help my neighbors out. I help them by doing the weeds and making sure everything is okay. If someone needs help, I go to them and I say, “What can I do for you?”
M: What is it about work that you like?
P: Working makes me feel great, and I always try to do the right thing.
M: Why do you want to work?
P: I want to work because work is important. I work because my mom works, and everybody around me works. Work is helping, and I like helping.
M: What do you do at Adas? Can you describe your work duties?
P: I vacuum the facility because all those kids make a mess and I have to clean it up. I really enjoy it. I take a five-minute break and I read, and I vacuum the library. I have to warn people before I vacuum to make sure it is not too loud. Then I have to come back to vacuum. I love vacuuming. I love making it clean for everyone.
M: Who do you work with at Adas?
P: Charles. Charles is always so nice and helpful. I remember when I first met him, I got to say what I am good at (I’m pretty good at vacuuming and getting to know the people). We talk a lot about different things. I stay in good touch with Charles in case I need to be reached for an emergency.
M: What do you and Charles talk about?
P: Things in general, like doing things I like to do, and if I have to be away. Charles gives me good instructions all the time. Charles tells me what rooms to do.
M: Why else does Charles help you?
P: Charles taught me how to work the vacuum. One thing I was having trouble doing was unwrapping the vacuum because it was hard for me to use my right hand. Charles showed me the right hand stronger to do this task. Charles showed me a way to do that better.
M: Can you describe some of the challenges you have at work?
P: It’s hard to remember not to touch things. I freak out if something like that happens. If I see someone new I freak out. I take a deep breath, calm down, and use my strategies. I take a five-minute break. I take a walk, then I come back.
M: What do you like about the synagogue?
P: What do you like about Adas Israel?
M: Charles.
P: If you could change one thing about your work, what would it be?
P: Following instructions is hard for me to do. Charles gives me small instructions, which is what I need. Step by step. That’s how I do it.
M: Adas is a pretty big building. How did you find your way around?
P: Shai and Brianna [Paul’s job coaches] gave me a tour. Then I ask Charles. He always helps.
M: How does it feel to have Shai helping you?
P: Great! Shai helps me unwind the vacuum because I’m having trouble.
M: Why do you like having a job coach?
P: I am used to it, and I had a job coach in school.

Adas Office Closings

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<th>Labor Day</th>
<th>Monday, Sept. 3</th>
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<tr>
<td>Erev Rosh Hashanah</td>
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<td>RH Days 1 &amp; 2</td>
<td>Mon./Tues., Sept. 10 &amp; 11</td>
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<td>Kol Nidre</td>
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<td>Sukkot 1 &amp; 2</td>
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<td>Erev Shemini Atzeret</td>
<td>Sunday, Sept. 30</td>
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We are so excited to have you at our new Assistant Rabbi! What are you most excited about in your new role?
At this point, I am most excited about all of the wonderful people I am meeting. Each and every member of the Adas community—how I’ve met so far has been so welcoming, kind, and gracious. I am looking forward to continuing to dive deeply into these relationships and to journey alongside one another through whatever this next chapter brings.

You’ve lived in LA, NYC, and DC. What do you miss most about LA and NYC life, and what are you interested in exploring in DC?
For LA, the answer is easy—I miss the “winter” (or lack thereof)! Even after a decade on the East Coast, I still haven’t come around to the change of seasons. . . For NYC, I feel grateful that much of what I loved I have found in DC as well—culture, restaurants, and (most importantly) proximity friends and family. I guess I miss the abundance of kosher restaurants? For DC, I have lived here before, so I have done most of the typical tourist attractions, so I suppose what I’m most interested in exploring are the places that will become the staple of my everyday life and community—grocery stores and markets, local businesses, parks in the neighborhood.

What Jewish holidays did you love most growing up? Now that you’re a Jewish leader, what holiday do you love teaching and celebrating with your community the most?
Growing up, I always loved Pesach—the most—not just the seder, which above all else was an opportunity for the family to be together, but also the week spent keeping the rules of Passover eating in the broader contexts in which I lived (for example, bringing peanut butter on matzah to lunch at my secular school). As a rabbinic figure, I think Yom Kippur is my favorite holiday. Yom Kippur captures so much of what I love about Jewish community—extreme emotional highs and lows, ecstatic and soul-wrenching prayer, and a whole day spent on an arc and a journey together.

You attended our latest Hesed event and helped us bake almost 300 honey cakes for Rosh Hashanah. What is your favorite thing to eat for Rosh Hashanah? What is your favorite thing to bake or eat around this time?
One Rosh Hashanah culinary tradition I love is the practice of eating a “shehecheyanu fruit,” which we include as part of the meal (especially on the second night) a fruit that we have not yet eaten that season. In some communities, it becomes a custom to find some pretty bizarre and exotic fruits for this blessing! During the rest of the year, I am not much of a baker, but I do love to cook. I’m a vegetarian and try to experiment as much as I can with different types of fake-meat recipes.

Imagine you have a Shabbat weekend off. How would you spend it?
What a fantasy! A Shabbat off would ideally include several of my favorite things—long meals with friends, wine, good food, and singing. walks through a park (or, now, even the zoo!); and time spent reading a novel for pleasure. I would also try to get in my beloved Shabbat nap.

We have a lot of great theatre and concerts in DC. What shows are on your bucket list to see?
I think my bucket list has more to do with venues than the shows themselves. I’ve always promised myself that I’ll go to something on the Millennium Stage at the Kennedy Center, but have yet to make it. I’d also love to go to something at Wolf Trap.

By the time this edition of the Chronicle comes out, you’ll have been at Adas for two months. What movie or book title would you give to your time here so far?
Tough question! I guess I would go with “Here I Am”—the title of Jonathan Safran Foer’s most recent novel. It is both a pretty basic factual statement (I am, finally, actually here!), but also—through its resonance with its Hebrew counterpart, “hineni”—captures the tremendous presence, passion, and commitment I have witnessed in each and every Adas member I have met so far.
From the President

JILL JACOB, SISTERHOOD PRESIDENT

As this new year 5779 gets underway, I embark on the beginning of my tenure as Sisterhood president with great enthusiasm.

After a hiatus of several years, I returned to Washington, DC, and to Adas Israel in September 2015. A friend suggested I join Sisterhood; I am not going to lie: I thought to myself, “Oh boy, this is just going to be Jell-O molds and bridge.” But I threw caution to the wind and signed up anyway. I went to a few events, and it wasn’t long before I was on a committee. Then I was on the Board, and I was meeting so many extraordinary women!

Women of all ages—some married, some not—with amazing stories of incredible careers, world travels, impressive educations, enviable families, artistic endeavors, selfless volunteerism, and so much more. The women of Sisterhood are a gold mine of interesting journeys and accomplishments. I never tire of learning from and about our members.

I am honored and excited to work with our Board to continue bringing thoughtful, relevant, and entertaining programming to Sisterhood and all Adas Israel members.

We have a wonderful and diverse lineup of events planned for this year. Upcoming programs include: Preserving Your Family Tale: Memoir Writing with a Storied Author on October 14 at 11:00 am; Examining Women’s Breast Health: Genetic Testing and the Latest Screening Information from a Leading Physician in November; and, of course, our very special Sisterhood Shabbat Weekend in March.

In addition to these events, Sisterhood provides a variety of ongoing programming that runs regularly throughout the year, such as Weekly Mahjong; Thursdays @ 1:00 pm; Take A Walk!, a monthly Sisterhood-led walk through various neighborhoods followed by an optional dinner; Mondays @ 6:00 pm; Knitting, Sewing, and Craft Circle, monthly on Wednesdays @ 7:30 pm; and Weekday Torah Study, a monthly Sisterhood-led Torah study group on Tuesdays at 10:00 am.

I hope to see you at a Sisterhood program soon. As my mother used to say, “Pull up a chair, there’s always room.” Your input and ideas are welcome!

Membership in Sisterhood is available now. For more information, please visit our webpage, https://www.adasisrael.org/sisterhood, or contact our VP of Membership, June Kress, at junebkress@gmail.com. Please join our Facebook group: AdasIsraelSisterhood.

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Downtown Study Group: A Long-Standing Adas Tradition

Join a highly motivated group of fellow Adas members who gather once a month on Tuesdays at noon at a conveniently located downtown conference room to take a break from their busy lives and study texts and grapple with powerful Jewish issues.

The meeting dates for 2018–19 are:

- Oct. 9, Rabbi Krinsky
- Nov. 13, Rabbi Holtzblatt
- Dec. 11, Rabbi Alexander
- Jan. 8, Rabbi Alexander
- Feb. 12, Rabbi Holtzblatt
- March 12, Rabbi Krinsky
- April 9, Rabbi Alexander
- May 14, Rabbi Holtzblatt
- June 18, Rabbi Krinsky

The Downtown Study Group has been meeting monthly for almost three decades. The intellectual level of the group ensures that every session is challenging, intellectually satisfying, and horizon-broadening. This cohesive group, which welcomes new members, is open to the community.

There is no charge for the class, but there is a fee for lunch. For more information, please contact Joel Fischman, fischman@comcast.net, or Beryl Saltman at the synagogue, Beryl.Saltman@adasisrael.org.
Celebrating the Birthday of the Universe

BY ROBIN JACOBSON, LIBRARY & LITERARY PROGRAMS DIRECTOR

I speak for the trees, for the trees have no tongues.
—The Lorax by Dr. Seuss

According to tradition, Rosh Hashanah is the birthday celebration of Creation. In one rabbinic tale, God takes Adam on a tour of the Garden of Eden, proudly pointing out its natural splendors and admonishing, “Do not destroy my world . . . for there is no one after you to repair it.” Alas, as studies of pollution and climate change overwhelmingly show, humans have not been the best stewards. Award-winning author Richard Powers hopes to move us to better care for the Earth, if only to save ourselves from extinction. His latest novel, The Overstory, invites deeper appreciation for some familiar, beloved denizens of the natural world—trees. Critics laud The Overstory as a “Great American Eco-Novel” and a “sylvan tour de force,” a novel that “remakes the landscape of environmental fiction.”

The Overstory by Richard Powers

Overstory is a paean to trees—wondrous life forms that are among the largest and longest-lived on Earth. Two characters camp for nearly a year 200 feet above ground in a giant redwood (they are trying to save it from being cut down), and Powers writes lyrically of their growing awareness of the spectacularly rich complexity of forest life.

Overstory is informed by scientific studies showing, incredibly, that trees communicate with each other through the air and underground. For example, when a giraffe starts chewing acacia leaves, the tree emits a “distress signal” in the form of ethylene gas. Neighboring acacia trees then start pumping toxins into their leaves that sicken giraffes. Below ground, trees send each other water, carbon, and nutrients appropriate to each tree’s needs through a vast network of fungal threads buried in the soil.

Why did Powers choose to join science with art to create a novel? He could have written a work of nonfiction extolling the contributions of trees to the Earth’s well-being, warning of the perils of deforestation, and urging readers to become environmental activists. One of Overstory’s characters suggests an answer. Psychologist Adam Appich tells eco-activists, “The best arguments in the world won’t change a person’s mind. The only thing that can do that is a good story.” For Rosh Hashanah, a holiday celebrating Creation, Overstory is an especially relevant story, a reminder that humanity is only one part of Creation.

An Odyssey: A Father, A Son, and An Epic

by Daniel Mendelsohn

SUNDAY, NOVEMBER 4 @ 10:00 AM

This unusual and thoughtful memoir tells the story of a classics professor (Daniel) and his father (Jay) who gain a deeper understanding of each other when Jay audits Daniel’s college seminar on Homer’s Odyssey. Much to the two men’s surprise, the ancient text sheds light on their lives and relationship.

What is it about reading ancient foundational stories—such as those in the Torah—that allows us to see our present circumstances in a new way? Book chats are open to the entire community. E-copies and conventional copies are available through libraries and booksellers.

Questions? Contact Robin Jacobson, librarian@adasisrael.org.

An environmental epic
On June 11, Johanna Chanin and Randy Levitt were honored with the Jewish Community Relations Council’s Breslau-Goldman award. The following are remarks given by Honorary Gala co-chair Erwin Groner.

Johanna and Randy are also a dynamic leader of Adas Israel. With poise, grace, and steadfastness of purpose, she has handled some of the synagogue’s most complex responsibilities. During her presidency of Adas, the synagogue underwent a successful $14 million capital renovation, pursuing innovative efforts to increase congregant engagement and deepen Adas’s involvement in the wider community. More recently, she led the synagogue in establishing new rabbinic leadership. Johanna is a born leader: people trust her; she has extraordinarily good judgment, she is inclusive and makes people feel validated. She has the talent and drive that produce results.

Johanna and Randy are also active Federation leaders. Randy’s involvement with Federation spans four decades, including leading two missions to Israel, receiving the Young Leadership award, chairing numerous committees, and serving on the executive committee. Johanna is on the board of the Federation, and co-chaired Federation’s Lion of Judah Mission to Russia in 2017. Together, they are philanthropic supporters of a wide and diverse array of Jewish organizations.

Johanna and Randy have also enjoyed very successful professional careers. Johanna, an attorney, had a long career with a Fortune 200 company, working in business, legal, and government relations. Randy is the president of Nellis Corporation, a private wealth management firm with an emphasis on commercial real estate investment.

It is my pleasure and honor to welcome Johanna and Randy to the bimah to accept the JCRC’s 2018 Breslau-Goldman Award.

Remarks from Johanna Chanin & Randy Levitt:

Johanna: Thank you, Erwin (Groner), for your generous remarks and for the true delight it is to be your friend. To follow in your and Leena’s footsteps and be guided by your examples is a great gift.

And thank you, Ron, and the JCRC leadership, for the tremendous honor of linking our names with the shem tov—the goodness—of Hymen Goldman and the shem tov of Rabbi Isadore Breslau.

I cannot think of any award that would mean more to Randy and me than one celebrating community service. Participating in Jewish communal life is, for us, the truest and most meaningful expression of our Judaism. Jewish law itself tells us that some of our most important observances can only be performed in the presence of a minyan . . . there is profound wisdom in this idea of the collective: each of us matters, every person counts, and, even more so, when banded together for a common purpose. No organization understands that more than the JCRC. By securing millions of dollars of public money to support our local Jewish agencies and synagogues, by organizing trips to Israel which give our local and state political leadership the opportunity to experience Israel first hand, and by giving voice to those in need . . . Ron, you and your exceptional team help assure the security and survival of our people and the Jewish state, and better the greater world.

Randy: This evening is made particularly sweet because we are joined by all of our children—Rachel, Pete, Rebecca, Jeff, Carolyn, and Aviva. You make us proud beyond words. Each of you is a person of high character and each of you, in your own way, demonstrates, every day, your commitment to Jewish life.

And, our cups overflow with the love and support of our extraordinary moms, and of our remarkable siblings and siblings by marriage. You were—and will always be—our first community. Johanna and I are so deeply grateful for the opportunity to be counted among those who work to sustain and build the community and rebuild the world.

We want to especially thank the organizations that have recognized us by their presence here tonight and for the gifts that have been made to the JCRC in our honor—AIPAC, The Friends of the IDF, the Jewish Federation of Greater Washington, The Israel Project, TheBackStorygroup, Adas Israel Congregation, Beth El Congregation, the Washington Kollel, Chabad of Potomac, the Charles E. Smith Jewish Day School, the Milton Jewish Day School, and Capital Bank, among others. And, to our wonderful friends and amazing extended family— you are our loves, our sustainers. Thank you for being with us this evening.

And, a final thank you to Ron Halber and the JCRC for this meaningful recognition, it is with you, hatzlahah rabbah, in your continuing work for the Jewish people.
We wish our newborns and their families strength, good health, and joy.

Matan Ryan Cohen, son of Anna and Shay Cohen, was born June 14.

Ajay Noah Krishnan-Levine, son of Zoe Levine and Shekar Krishnan, was born June 2.

Ajay Noah Krishnan-Levine

Megan Salzman & Andrew Feldman on their wedding, officiated by Rabbi Alexander

Nathaniel Belasco & Susanna Groves on their wedding, officiated by Rabbi Holtzblatt

Marcelyn Vener, mother of Susan Linsky

Murray Fromson, father of Derek Fromson

Vesta Elsie Nyrop Forbes, mother of Rae Brooks

Arnold Isenberg, father of Stacie Isenberg Weinstein

Marcelyn Vener, mother of Susan Linsky

Julia Rich, September 29

Julia Brooke Rich, who is a seventh grader at the Charles E. Smith Jewish Julia shares her simcha with her parents, Sara Cohen and Norm Rich; her brother, Sean; and her sisters, Amelia and Lauren. She loves playing the electric bass, softball and traveling to new places.

Julian Gaines, September 1

Julian Saul Gaines, son of Ana Bilik and Michael Gaines, is a seventh grader at BASIS Independent McLean. His interests are cars, soccer and music. Julian celebrates his bar mitzvah with his family and friends who are traveling from New York to Memphis, and Argentina to Israel to join in his simcha. For his mitzvah project, Julian is exploring activities related to racial justice.

IN MEMORIAM

We mourn the loss of synagogue members:

Timothy Gloster

Marilyn Berman Pollans

We note with sorrow and mourn the passing of:

Vesta Elise Nyrop Forbes, mother of Rae Brooks

Murray Fromson, father of Derek Fromson

Arnold Isenberg, father of Stacie Isenberg Weinstein

Marcelyn Vener, mother of Susan Linsky

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 Marcy Spiro. 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.

Mikvah Renovation

As you may have heard, the mikvah is going to be renovated this fall. When it is finished, we will have a fully accessible space that both parallels the esthetic of the main floor of our synagogue and reflects the experience of transition that this ritual represents. Here is a rendering from our designer, Ritter Norton Architects, the same firm that redesigned the Kay and Wasserman Halls. As you can see, the materials to be used convey warmth, nature, and calm. Included in this renovation are the two restrooms right outside the mikvah.

The dates of this project are from approximately October 8–December 15. For our regular users, we have arranged for access to Mikvah Chaim (at Ohev Shalom) on 16th Street during this time. Please contact us to help you arrange your visit there.

In the meantime, please save the date of January 30, 7:00–9:00 pm, for our grand reopening event, which will include:

• a rededication ceremony by Adas clergy
• a Moth- or StoryDistrict-style storytelling event
• honoring our Mikvah Guides and everyone who supports our mikvah
• a dessert reception

Of course, the whole community is welcome!

Interested in chanting Torah or Haftarah?

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

Mikvah Renovation

Wasserman Halls. As you can see, the materials to be used convey warmth, nature, and calm. Included in this renovation are the two restrooms right outside the mikvah.

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The 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 simchat bat; to find strength during a difficult time; to pray for healing; to reflect on the meaning of becoming a bride, groom, or bat mitzvah; to convert to Judaism. To learn more about our mikvah or to schedule an appointment, contact Naomi Malika, 202-841-8776 or mikvah@adasisrael.org. For more information, visit adasisrael.org/mikvah.
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Elul 5778–Tishri 5779

A SACRED BLEND OF
TRADITION & INNOVATION

UPCOMING CHRONICLE
DEADLINE—
November:
Friday, September 21, at noon