The Briyut Center at Adas Israel is a new project and partnership between Hesed and The Jewish Mindfulness Center of Washington.

We seek to jointly create a space to celebrate, to study, to be with joy and sadness, and to face openly all that we encounter on the road of life. This new center will offer text classes on mindful practices developed by Jewish mystics, celebrations of our changing bodies, support groups, and mindful support for families with infants/young children.

“The day you were born is the day God decided that the world could not exist without you.”
—Rebbe Nachman of Breslov

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2019-2020 Highlights

**End of Life Workshops**
with Rabbis Holtzblatt and Krinsky

These workshops offer a space to contemplate a thoughtful approach to the end of life. We will incorporate Jewish law and text study as well as practical guidelines and resources.

Dec. 8 (Rabbi Holtzblatt), Jan. 26 (Rabbi Krinsky), Mar. 1 (Rabbi Holtzblatt) @ 10 am-12 pm

**Into the Mystics**
with Rabbi Lauren Holtzblatt

Dive into Jewish mystical practices of centering the mind. Explore the teachings of the Placezno Rebbe, Rabbi Nachman of Breslov, the Zohar, and HaRav Kook.

December 17, January 28, February 11, March 10, April 28 @ 7:30 pm

**Fostering Anshei Hayyim**
The Physical, Spiritual, and Emotional Journey of Men

Over the course of three sessions, we’ll hear from experts about critical issues in men’s health, and talk about fostering the holistically healthy lives we seek.

March 22 & April 5

**Period.**
with Rabbi Holtzblatt, Naomi Malka, Sarah Waxman & Mickie Simon

A unique look at Jewish texts about menstruation, the psychology of the first period, and the tradition of immersing in the Mikvah. For ages 10-18 with an adult.

December 18 @ 6:30pm

adasisrael.org/briyut
From the President

LAURIE ALADJEM, ADAS PRESIDENT

December is dark.

I'm not being metaphorical (though it's hard to keep up with the news). The days are short. And though we always need more light in the world, winter especially begs for it. Hanukkah is late this year (yes, I know it's always the 25th of Kislev), but that seems to make it all the more necessary, as the days are short and dark.

As you may be aware, ours is not the only faith tradition with a winter holiday filled with light. I used to get grumpy about the dominance of one holiday in particular, but I don't anymore. We ought not let our minority status diminish us and the joy we get to experience year round as we celebrate Shabbat and all our chagim. I can enjoy the light others spread in the world as merely a spectator, as we celebrate Shabbat and all our chagim. I can enjoy the light others spread in the world as merely a spectator, without making it a competition. (But I do encourage you to watch Jon Stewart and Stephen Colbert sing about Hanukkah and Christmas. Google it.)

Hanukkah provides us with a wonderful opportunity to watch Masada at sunrise, experience Shabbat in Jerusalem, and eat real hummus, this year they will experience the light of Hanukkah in the land of the Maccabees. But with delicious doughnuts!

December, of course, also brings with it the end of the secular year. Some of us will celebrate, some of us will be eager to turn the page on a year we are happy is ending. I hope that 2020 brings to all of you a year of peace and health. I hope we take the light of Hanukkah with us into 2020, and that it reminds us to spread our light throughout our community and world all year long. Because while we all could use a doughnut, we could definitely use some more light.

Happy Hanukkah and Happy New Year!

Clergy Corner

RABBI SARAH KRINSKY

The confluence of Hanukkah, a festival of lights, and winter, the darkest of season of the year, is neither coincidental nor unique. Indeed, almost every world religion or culture seems to have a holiday or ritual at just this moment—right around the winter solstice—centered around light.

Rabbis for centuries have drashed about the spiritual significance of our own version of this practice—lighting small candles, one after the other, right after night, culminating in a multitude of little lights collectively brightening a dark home and, by extension, a cold and dark world. And in a religious moment so rich with symbolism, it is easy to jump straight to the metaphor. “So too must we bring sparks of light to the dark moments in our lives,” we’re tempted to say. “So too may we have faith in the oil reserves nestled in the corners of our souls to last us through difficult times.”

I’m not knocking the metaphors. I believe in all of those applications. And yet, for much of our inherited legal tradition, it was not the symbolism of lighting candles that was primary; it was the physical practice of lighting itself.

The Mishnah Berurah, a halakhic authority from the 19th century, was asked a question about lighting candles late at night. The question-asker seemed familiar with the idea that the purpose of the Hanukkah candles is “pirsumei nisa,” to publicize the miracle. Therefore, he wondered, could one still fulfill the mitzvah if there was no one around? It’s the Hanukkah version of “if a tree falls in the woods”—here, asking “If Hanukkah candles are lit and no one is awake to see them, should they even still be lit?” The Mishnah Berurah’s answer is to double down on his ruling that someone else must be awake to see the candles. In fact, he even goes so far as to write, “if everyone is sleeping, it is appropriate to wake a family member” in order to say the blessing and light the candles.

Why? Because this ritual isn’t just about the light. It’s not just about the oil. It’s also about us; it’s about being together. Though we are scattered across the country, my family tries to do virtual candle lightings over Hanukkah, such that no one is lighting alone. Because when the days are cold and the nights are long, sometimes what we need more than anything is company, is presence. That is what Hanukkah demands.

This month will find the Adas community scattered across the globe as school vacations and days off of work prompt time for travel and visits. Yet let us also use this time not just to disconnect, but also to reconnect—to reach out to the friends, loved ones, family, and community members who accompany us through the darkness.
Why Do We Celebrate Hanukkah?
The festival of Hanukkah commemorates the successful struggle for religious liberty, led by the priest Mattathias and later by his son, the brave Judah Maccabee, against the Syrian oppressors, in the year 167 BCE. That effort culminated in victory for the Jewish people and in recapturing the Temple in Jerusalem. The Temple was cleansed and rededicated to the service of God with lights rekindled in the Sanctuary. The Festival is known in Hebrew as Hanukkah, which literally means “Dedication.” It is also called the “Festival of Lights,” because the Hanukkah candles are lit on each of eight successive nights. We celebrate the “miracle of the oil,” the rededication of the Temple and the first rebellion for religious freedom.

When Is Hanukkah Observed?
Hanukkah begins on the 25th day of the Hebrew month, Kislev, the day on which the Temple was reconsecrated to the worship of God. The Festival is observed for eight days. According to our tradition, the “day” officially commences on the evening that precedes it. Hence, the first candle is lit on the evening that ushers in the 25th day of Kislev. On each succeeding night of Hanukkah, we light an additional candle, totaling eight in all.

This year, Hanukkah begins on Sunday evening, December 22; candelighting should take place in the evening.

Hanukkah Practices
Each Jewish home should have a Hanukkah menorah. The Ruth & Simon Albert Sisterhood Gift Shop has a wide range of Hanukkiot and other Hanukkah items available for purchase. Place the Hanukkah menorah in a conspicuous place in your home. The lights should be kindled as soon as possible after nightfall with all members of the family present. Any members of the family, including children, may kindle the Hanukkah lights.

A famous symbol of Hanukkah is the dreidel, a four-faced top, with one Hebrew letter on each face as follows: Each letter is the beginning of a Hebrew word—Nes Godol Haya Sham—a Great Miracle Happened There. Various games can be played with the dreidel, and it is a custom among some to eat potato latkes at this time because they are fried in oil. In addition to being a “home” holiday, Hanukkah is celebrated in the synagogue. Hallel Psalms are recited, there is an additional Torah reading in honor of Hanukkah, and a special haftarah is chanted on Shabbat Hanukkah.

How to Light Hanukkah Candles
Light the Shamash candle first. On the first evening of Hanukkah, one candle is lit, which is placed on the far right of the menorah, as you face it. Place a candle to its left on the second night of Hanukkah, and continue placing the candles toward the left on each successive night of Hanukkah. Always light the “new” candle for that night first, and then proceed to the right in the lighting process.

On Friday, the Hanukkah candles are kindled before lighting the Shabbat candles. On Saturday night, the Hanukkah candles are kindled after Havdalah, which marks the conclusion of Shabbat, has been recited. The ceremony of the kindling of lights is the most significant aspect of the festival. The family should remain standing around the Hanukkah menorah as the Shamash (the candle used to light the other candles) is lit. As the candle is held, the first blessing over the Hanukkah lights is chanted.
MakomDC 2019–20 Season: "The Way In"

There's always a way into Jewish learning. This year we intend to capture the passion and expertise of our core teachers and offer topics in text learning that will inspire deep learning, generate new knowledge, and open up critical conversation. Each month, for the first three Tuesday evenings, a rabbi (Holtzblatt, Alexander, Krinsky, or Yolkut) will offer a three-part mini-series that will tackle essential subjects in Judaism, with close attention to the textual tradition that inspires so much of Jewish life today.

To learn more visit adasisrael.org/makomdc. Register for classes or special programs online or by calling Courtney Tisch, 202-362-4433, ext. 125.

Because Rashi Said So: An Introduction to the Life and Writings of Rabbi Shlomo Yitzhaki (1040-1105)
WITH RABBI AARON ALEXANDER
DECEMBER 3, 10 & 17 @ 7:30 PM

You hear it all the time: “Rashi says . . .” So let’s take a few sessions to explore who, why, and how this great intellect became the most influential Jewish author of all time. Through a close reading of a few key texts alongside some biographical essays, each of us will come out with a greater appreciation for the figure whose words have been “absorbed into the bloodstream of Jewish culture.”
Sounds of Faith: Songs of Hanukkah

Concert at the National Museum of American History
Sunday, December 8 @ 2:30 pm
Cantor Arianne Brown will perform a program of music celebrating Hanukkah in the eclectic setting of our National Museum of American History. Free of charge, you can come enjoy an afternoon at the museum, enjoy the Hanukkah spirit, and do arts and crafts in the children’s corner.

DC Klezmer Workshop

Sunday, December 15, 2-4 pm, in the Gewirz Beit Am
DC Klezmer Workshop is an informal but enthusiastic collective of Metro Area musicians. We meet monthly at Adas Israel to learn and play klezmer tunes together by ear and from sheet music. Join us, 2-4 pm in the Gewirz Beit Am. For more information, contact howard_ungar@yahoo.com.

Todah Rabah!

We want to thank our congregants who brought extra ruach to our prayers by joining us on the bima on the High Holy Days.

Shofar Callers: Ariel Alexander, Leo Borovay, Yonah Brown, Eric Fromson, Isabella Fromson, Abby King, Eli King, Ruby Madden, Alex Nehrer, Jonah Rakitt, Reese Rosenkrantz, and Sam Rosenkrantz.

Teen Choir: Allyn Martus, Charlotte Green, Eliana Green, Elizabeth Hare, Jennifer Nehrer, Courtney Pine, Jacob Zuckerman, Rachel Zuckerman, and Noah Pan Stier, Violinist
Flash Choir: Maya Bernstein, Renana Brooks, Morris Chalik, Roxanna Geffen, Talia Garber, Rae Grad, Greg Grass, Rachel Mauro, David Olson, Rennie Sherman, and Daniel Traster.

Photography by Betty Adler

adasisrael.org/musicalmoments
Somehow faith outlives every attempt to destroy it. Its symbol is not the fierce fire that burns synagogues and sacred scrolls and murdered lives. It is the fragile flame we, together with our children and grandchildren, light in our homes, singing God’s story, sustained by our hope.

RABBI JONATHAN SACKS

According to Sefer Yetzirah, the Jewish mystical Book of Creation, Kislev is the month of sleep. In this darkest of months, sunlight is limited, temperatures drop, and a quiet slumber takes hold in nature. This time can be one of solitude: an opportunity to notice and nourish the seeds of what will be reborn come spring. Yet even in the darkness, we are reminded of our yearning to connect. Our Hanukkah traditions of candle-lighting, songs, stories, and familiar food bring sparks of joy and hope to the dark days. The Festival of Lights embraces justice, religious freedom, and the miracles around us. We hope you’ll join JMCW for our December programs as we gather together to illuminate the darkness.

Ongoing Offerings

Weekly Meditation Sit
Led by JMCW Faculty
WEDNESDAYS @ 7:30 - 8:30 PM
Note: Class will not be held 12/25
Each week we come together for a community sit. Our time is marked by explorations of meditation techniques, guided teachings, and silent sits. No experience necessary—all are welcome, including drop-ins. Open to beginners and experienced practitioners alike.

Vinyasa Lunar Flow
Led by JMCW Faculty
WEDNESDAYS @ 6:30 - 7:20 PM
Last Fall class will be held on 12/18
Our monthly, Jewish Yoga practice offers a home to those who wish to explore embodied spirituality. This class seeks to awaken and stimulate the senses through a full mind/body exploration of asana. Drawing inspiration from Mussar, Kabbalah, and the wisdom of Jewish thinkers, this class reinterprets “Jewish Yoga.” Mats and props are provided.

Morning Awakening
with Rabbi Lauren Holtzblatt
TUESDAYS AT 9 AM
Note: Classes will not be held on 12/24 or 12/31
Come join JMCW for an uplifting 45 minutes of mindful prayer and song as we begin the day together. Morning Awakening is a new take on the traditional Jewish morning service. Start your Tuesday with a dose of mindfulness!

Chanukah Lights: Psalms for Hallel
by Rabbi Yael Levy
Rabbi Yael Levy, founder of Philadelphia’s Jewish Mindfulness organization, A Way In, presents a translation of the psalms of Hallel. These psalms, traditionally recited on each morning of Hanukkah (as well as Pesach, Shavuot, and Sukkot), are celebrations of wonder, awe, and creation. Rabbi Levy offers suggestions for using them as part of our Hanukkah ritual as “we call forth the light in ourselves and in each other.”

Many other books on Jewish spirituality, meditation, and mindfulness are available at the Adas Israel 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.

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!
Celebrating Hanukkah in a Meaningful Way
By Marion L. Usher, Ph.D.

How does your family celebrate and honor Hanukkah? Are you thinking of shifting from an excessive, eight-day gift-giving extravaganza to a more meaningful holiday? Consider these examples:

My friend Marsha, with her two sisters and their families, gather for all Jewish holidays. For Hanukkah, making her mother’s recipes for brisket and latkes is how she expresses her love of family while constructing unique memories for her children and grandchildren, many of whom are intermarried. Gift-giving is secondary to the food. Only the youngest children receive gifts, and only one each. As they light the menorah, Marsha tells the story of the Maccabees, their bravery, and the rededication of the Second Temple. The essential point is Marsha’s intentional actions and her clarity about her responsibility to transmit values of family and Jewish identification to her grandchildren.

Sally, who is Catholic, and David, her Jewish fiancé, attended my “Love and Religion: An Interfaith Workshop for Jews and their Partners” to discuss the issues they were dealing with as an interfaith couple. When I saw Sally several years later, she and David were married, with a seven-year-old son. She reported that the commercialism of Hanukkah was very upsetting to her, and she wanted to make the family’s celebration more meaningful. After a family discussion, they decided to shift from consumerism to a focus on tzedakah.

They identified activities—volunteer at a shelter, cook dinner for another family, bring gifts for children in the hospital—that allowed them to show their generosity of spirit. They voted on what tzedakah they would do each night to “show respect and honor their elders.” They baked brownies and delivered them to all four of their grandparents, as well as to their aunts and uncles. They visited patients in the local nursing home, and they made their own hanukiot. Sally’s pride in what she had accomplished was visible in her smile. With her own religious roots in social justice, doing hands-on giving was very familiar to her.

Make an intentional effort and experience a more meaningful Hanukkah celebration this year with your family and friends. Enjoy!


The Ruth & Simon Albert Sisterhood Gift Shop needs volunteers!

Our dedicated staff works hard to make the shop a success, and we’re looking for a few women who would like to join us. We’re a friendly group, and we could use some extra help, especially on Tuesday evenings. We offer comprehensive training before we leave you on your own. If you’d like to join us, and receive a 10% discount on most of the items we carry, please contact Jean Bernard, Co-Manager, at jean.b.bernard@comcast.net.

Weekday Torah with Sisterhood
MONTHLY, 3RD TUESDAY AT 10 AM, FUNGER HALL
NEXT UP: TUESDAY, DECEMBER 17
Community leader and scholar Norman Shore will teach about the haftarah for Parashat Veyeshev, which presents the sins of a corrupt society and the need to confront them. The prophet Amos will be discussed. This class is open to the entire Adas Israel community.

Weekday Torah with Sisterhood is an engaging approach to traditional text study that offers participants the opportunity to study and discuss challenging texts and ideas. Classes are monthly, except in the summer, and meet on the third Tuesday of the month. Students of all levels and backgrounds are welcome. Please contact Marilyn Cooper (MarilynCCooper70@gmail.com) with questions.

Sisterhood in Your Community & Sunday Salons
Brunch, wine and cheese, and tea get-togethers on select Sundays for members of Sisterhood to socialize and get to know one another. In addition, we will present four “Sunday Salons” featuring exceptional Adas Israel/Sisterhood members—women who have built remarkable careers from which we can all learn.

Take a Walk!
MONTHLY, MONDAYS AT 6 PM, SUNDAYS AT 10 AM (UNLESS OTHERWISE NOTED)
Take a Walk! explores different Washington neighborhoods on foot. All are welcome, so bring a friend! Please see Sisterhood page on Adas Israel website (www.AdasIsrael.org/Sisterhood) for details on monthly walks.

Knit, Sew & Craft Group
MONTHLY, 1ST WEDNESDAY AT 7:30 PM, YOUTH LOUNGE
NEXT UP: WEDNESDAY, DECEMBER 4
All are welcome to join our members working on annual group projects, including Bears for Israel; continuing their ongoing knitting, sewing, crocheting, and crafts; and making Comfort Shawls and Caps for members of the Adas Israel family dealing with cancer and other health issues. Suggested yarns, patterns, and needle sizes are available from Rita Segerman (rzegerman@comcast.net; 301-654-2304).

Rita hosts a monthly Monday afternoon knitting and crochet session at her Friendship Heights home, and Lesley Frost (lesleyfrost@gmail.com) hosts an afternoon of sewing monthly in Bethesda.

Help Educate the Next Generation of Jewish Leaders: Contribute to Sisterhood’s 2019-20 Torah Fund Campaign
Adas Israel Sisterhood proudly joins Women’s League for Conservative Judaism’s annual Torah Fund campaigns supporting scholarships and programming at four Conservative/Masorti institutes of higher Jewish learning worldwide that educate our future rabbis, cantors, educators, and scholars—the Conservative Movement’s next generation of gifted leaders and innovators.

The theme of the 2019-20 Torah Fund Campaign is Hesed, Hebrew for “lovingkindness” and a familiar concept at Adas Israel. Individual donors to Torah Fund at the Benefactor level or higher receive the distinctive Torah Fund pin.

We invite you to contribute to Torah Fund by sending a check payable to Torah Fund to: Rona Walters, Torah Fund Chair, 5117 Linnean Ave., NW, Washington, DC 20008.

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

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 Rabbi. The TEM is a participatory service with a full Psalms [D'zimrah (Introductory Psalms), Shacharit, and Musaf, a complete reading of the weekly Torah portion, and a dvar 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. Kiddush follows the service. For additional information and to participate, e-mail havurah@adasisrael.org.

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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.

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, call 202-686-8405.

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Another special thing that happens over Hanukkah, which is exciting for the foodie in me, is specialty sufganiyot (doughnuts). Roladin is the chain of bakeries that dominates the scene (they even call it “Chag Roladin”), but many bakeries and shops have special doughnuts made just for Hanukkah . . . you can find them in all sizes, with different fillings, various frostings, and even some with a squeezable pipette to add more flavor into the mix!

Israel can sometimes be this faraway land that is talked about in all different contexts, so that is why I think it is wonderful to take teens when they are still forming their identity and opinions. Of course, it is also important to go in later years, so I’m glad we have the community trip coming up, too. I’m looking forward to being there for both and seeing the differences between them.

I’m very excited that I will actually be in Israel this year for Hanukkah, as I am going to be with the students from the 10th course, it is also important to go back and explore more faraway land that is talked about in all different contexts, so that is why I think it is wonderful to take teens when they are still forming their identity and opinions. Of course, it is also important to go in later years, so I’m glad we have the community trip coming up, too. I’m looking forward to being there for both and seeing the differences between them.

I hope you all have a wonderful festival of lights, may your miracles come true, may you be surrounded by family and friends and people who bring light into your life, may you have lots of delicious sufganiyot and, in a nutshell, Chag Sameach!

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 Vale, Ha’Paam Hba’a

THE ADAS SHLICHA’S CORNER

BY TALIA GARBER

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Vale, Ha’Paam Hba’a

Until next time,
Talia Ha’Shlicha

Until next time,
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WellBodyes: A Monthly Course in Embodied Judaism

What does it mean to live in your body? What does it mean to live in a Jewish body? WellBodyes is a monthly program that delves into body-related topics such as healthy boundaries, food and eating, growth and aging, disability wisdom, and sexuality—all through the lens of Jewish text and ritual.

Join us on December 17 for WellBodyes, a workshop on creating rituals for life transitions led by Rabbi Sarah Tasman, founder of the Tasman Center for Jewish Creativity and 3MCW/Adas Israel Community Mikvah faculty member, and Steph Black, writer and Mikvah Educator.

Some transitions are about letting go or moving through a challenging time, some are about celebrating a milestone, and some are about personal preparation for what is yet to come. This workshop will empower you to create your own rituals drawing on Jewish wisdom and symbols. The session will include mindful exercises, learning about the components of ritual, and resources for designing new ones for yourself and others. All backgrounds are welcome; no experience or Hebrew knowledge necessary.

Monthly Topics and Facilitators:

December 17: Co-Creating Ritual with Rabbi Sarah Tasman and Steph Black

January 29: Safe Boundaries & Sacred Spaces with Tova Zimm and Jordan Ibin

February 26: Disability Wisdom with Rabbi Lauren Tuchman

March 24: Sexuality and Queer Bodies with Mac Freudner

April 22: Health, Illness, and Aging with Yael Flusberg

May 26: Tahara and Mikvah with Toni Bickart

June 23: Community Celebration and Final Presentations

Our lives revolve around transitions. Traditional rituals can address the transitional nature of life-cycle moments such as brit milah, baby namings, b’nai mitzvah, weddings, and mourning. However, there are many other moments that aren’t associated with specific rituals: retirement, becoming a grandparent, completing a time of healing or recovery, marking the anniversary of a loved one’s passing, becoming an empty nester, graduations, job changes, a significant birthday, weaning a child, or even making an important decision.

So I hope you all have a wonderful festival of lights, may your miracles come true, may you be surrounded by family and friends and people who bring light into your life, may you have lots of delicious sufganiyot and, in a nutshell, Chag Sameach!

Vale, Ha’Paam Hba’a

Until next time,
Talia Ha’Shlicha

Adas Gift Shop

sisterhood gift shop

ruth & simon albert

sisterhood gift shop

MANOUGHAI! HANUOKHAI! HANUOKHAI!

Ever Hanukkah is Sunday, Dec. 22. Now is the time to check your inventory to see what you need to purchase this year. Come and see our beautiful menorahs, many children’s books (they make great gifts), our vast assortment of candles and cards, and gifts . . . gifts . . . gifts.

Gift Shop Hours:
Sunday–Monday, Wednesday–Friday
9:30 am–12:30 pm
Extended hours on Tuesdays:
9:30 am–3 pm & 6–7 pm

*Please note that we will be closed:
December 1 and 25.

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

Erev Hanukkah is Sunday, Dec. 22.

HANUKKAH! HANUKKAH! HANUKKAH!

and gifts . . . gifts . . . gifts.

Our lives revolve around transitions. Traditional rituals can address the transitional nature of life-cycle moments such as brit milah, baby namings, b’nai mitzvah, weddings, and mourning. However, there are many other moments that aren’t associated with specific rituals: retirement, becoming a grandparent, completing a time of healing or recovery, marking the anniversary of a loved one’s passing, becoming an empty nester, graduations, job changes, a significant birthday, weaning a child, or even making an important decision.

Some transitions are about letting go or moving through a challenging time, some are about celebrating a milestone, and some are about personal preparation for what is yet to come. This workshop will empower you to create your own rituals drawing on Jewish wisdom and symbols. The session will include mindful exercises, learning about the components of ritual, and resources for designing new ones for yourself and others. All backgrounds are welcome; no experience or Hebrew knowledge necessary.

Monthly Topics and Facilitators:

December 17: Co-Creating Ritual with Rabbi Sarah Tasman and Steph Black

January 29: Safe Boundaries & Sacred Spaces with Tova Zimm and Jordan Ibin

February 26: Disability Wisdom with Rabbi Lauren Tuchman

March 24: Sexuality and Queer Bodies with Mac Freudner

April 22: Health, Illness, and Aging with Yael Flusberg

May 26: Tahara and Mikvah with Toni Bickart

June 23: Community Celebration and Final Presentations

If you’re interested in earning a certificate in Embodied Judaism for your personal or professional development, please plan to attend the majority of the sessions and to make a presentation at the last gathering. Rabbi Sarah Tasman will be available to help you create your presentation.
Hanukkah bring us all the chance to look both inward and outward as we mark holy time and space. Hanukkah sameach!

Hanukkah, which this year falls on December 25. This gift of being in a shared holy city on a shared holy day is one that we hope Israel trip will be traveling throughout the country in late December, and we will arrive in Jerusalem to celebrate the fourth night of

This year a group of our 10th- and 11th-grade students will have the opportunity to bring these conversations to life. Our Ma’alot easy ones as they can bring to the surface some tensions in our students’ lives, but they are deeply meaningful and important.

Every year when we teach about Israel, we spend time exploring the beautiful and complex identity of Jerusalem, a holy city for three different religions. In our high school classes, we have many discussions around Jewish identity: such discussions include how our students navigate both the secular world and people and practices of other religions. These conversations are not always easy ones as they can bring to the surface some tensions in our students’ lives, but they are deeply meaningful and important.

KRISTINE HYLAND’S JOURNEY TO ADAS ISRAEL

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BY PAMELA GORIN

Kristine’s journey to Judaism and Adas Israel began in 2009. Kristine’s uncle by marriage is Jewish, and she was always interested in his history and family, but really began to talk to him about it in detail then, which sparked her interest. She had no real spiritual or religious connection, other than loosely Christian, but nothing particularly resonated with her.

In 2011, she accompanied a friend who was seeking medical treatment in Israel and spent almost three months there. She fell in love with the culture and people of Israel and strengthened her desire to learn more about Judaism. When she returned to the States, Kristine went back to school (Florida Atlantic University in Boca Raton), added a Jewish studies minor to her program, and started to study Hebrew. She then began to attend synagogue regularly and became involved with Hillel and other Jewish groups on campus.

Fast forward to 2014, when Kristine moved to DC, started looking for a synagogue, and began to consider conversion seriously. She found a place for herself at Temple Micah and spoke to the rabbi there, who led her to conversion classes through the Union for Reform Judaism. She spent nine months in twice-weekly intensive conversion classes in 2017. She also began her participation in ADL in 2017 and was a Glass leadership Institute participant. In May 2017, Kristine formally converted with a Beit Din and mikvah here at Adas. A couple of months later, Kristine saw the job posting for the Religious School administrative position and thought that it would be a great opportunity to be even more involved in the Jewish community.

Important Dates

Saturday, December 7:
Kindergarten Consecration for Religious School @ 11am in the Beit Midrash

Sunday, December 8:
Dan Kaufman Memorial Latke Party @ 11 am in the Smith & Kay

Tuesday, December 17, 2019 - Sunday, January 5, 2020:
Religious School Closed for Winter Break (Religious School and Ma’alot will resume normal programming on Tuesday, January 7)

YOUTH@AI

As 2019 comes to a close and Hanukkah begins to creep around the corner, now is a great time to start thinking about Summer Camp 2020. Adas Israel and Youth@AI is proud to offer a Summer School program that offers subsides to active members of our youth groups. Please visit our website, https://www.adassrael.org/youth-ai, to fill out an application.

With gratitude, we acknowledge the following for their generosity:

Bertha and Oliver Atlas Youth Fund
Benjamin Eric Cooper Youth Scholarship Fund
Cecile and Seymour Alpert Israel Youth Scholarship
Morton and Norma Lee Funger Israel Programs Fund
Janice Wasserman Goldstein Scholarship Fund
Isaac W. and Dina Halbfinger Youth Fund
Rita Rosenthal Heine Youth Scholarship Fund

10TH- AND 11TH-GRADE ISRAEL TRIP

BY SARAH ATTERMANN

This month a group of our 10th and 11th Ma’alot students will travel to Israel as part of the Abe and Minnie Kay Israel Experience. Our students will spend 10 days exploring, growing, learning, and bonding, having spent the first semester (and will continue in the spring) studying, discussing, and learning about Israeli society, culture, and history. While this trip occurs in the middle of the year, and there is still much to learn and explore about Israel, we asked our 10th-grade students what they are looking forward to on the trip and what they hope to take away from this experience. They shared the following thoughts:

• I am looking forward to Israeli food, and I am so excited to experience Israel culture and Israel as a Jew for the first time.
• I am looking forward to having an educational experience with my friends in a new environment.
• I am excited to visit because I’ve only been once for a short period and I want to take more time to learn about the people and places around the country.
• I am looking forward to connecting with my friends from Religious School in new ways.
• I am excited to visit the Dead Sea and all the places I’ve learned about.
• I am excited about being in Israel and seeing the Old City. I’m going to try to embrace the culture and everything in Israel as compared to DC.

We can’t wait to share our pictures and experiences with you when we return!
As 2019 draws to a close, Anne Frank House wants to thank the entire Adas Israel community for its support and generosity this year. We have recently added two new residents, and hope to further expand our resident base in the year ahead. On a budget of about $12,000 each year, Anne Frank House houses formerly homeless individuals, pays for medical, psychiatric and social services, and supports the resident with phone calls, visits, holiday meals and other assistance.

One of the ways we support our residents is to provide each of them with his or her own volunteer liaison. If you have a few hours a month to give, we hope you will contact us to help. As a liaison, you will be in regular contact with your resident; assist with daily problem-solving; and alert us of any changes you notice in the client’s mental condition. Being a liaison offers the opportunity to develop a very special relationship and make a difference in someone’s life. Most liaisons find it a most gratifying experience. For more information and to volunteer, contact Ed Kopf: ejk@kopf.com.

Classical music aficionados: Anne Frank House has been selected by the Georgetown Chorale as its beneficiary for its 2019-20 season. Funds raised from the Chorale’s spring concert will be donated to us. The concert, taking place on Saturday, May 2, is an all-beethoven program, celebrating the 250th anniversary of the composer’s birth. Visit www.georgetownchorale.org for more details and to purchase tickets. If you can’t make it, please consider donating to Anne Frank House as one of your year-end contributions. Contributions by check may be sent to Anne Frank House, c/o Adas Israel, or can be made online at http://www.theannefrankhouse.org/donate.html

Coming Soon: Helpful Resources for Seniors

The Hesed Committee at Adas Israel is committed to fostering a caring, compassionate, and support-giving community. As part of our sacred obligation to reach out to those in need, we have created a Resources for Seniors List that will be available to anyone who requests it.

The clergy and staff at Adas hear regularly from the aging community and their families requesting helpful and practical resources. It is our hope that the Resources for Seniors List will help those in our community who are facing unique challenges. The committee carefully considered what to include on the list. Instead of compiling generic vendor resources, we curated a few select sources that focus on overall well-being.

The resources are organized into three main categories—comprehensive agencies, neighborhood networks, and senior centers—and provide options across the metropolitan area. If you are looking for information about hospice, social programs, kosher meals on wheels, transportation, adult day care, or legal assistance, the list is a great starting point for your family.

Look for the Helpful Resources for Seniors List coming soon, and if you have any questions, please contact healey.sutton@gmail.com.

Hesed (Acts of Lovingkindness) is the work of building support among our community. We recognize that one day we may be helping someone in the community and the next day we may need help ourselves, and the community will be there for us. Olam Hesed Yibaneh—together, may we continue to build a world of love.

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Member Connector

The Adas Member Connector Committee will be introducing you to people you may know or have never met. Please introduce yourself to new-to-you members! If you have a suggestion for our next featured member (or have a fun fact about yourself), please contact healey.sutton@gmail.com.

Hesed Cooking for You: Need Food? Help Yourself!

The Hesed Committee invites you to take food from the Hesed freezer (located along the back wall of the Kay Hall kitchen) if you need a little sustenance to help you through an illness, a crazy day at work, or just when you need a little pick-me-up. The Hesed Cooking Team (thank you, Susan Barocas and all the cooks) fill the freezer with delicious food for YOU. The freezer always contains main dishes, challahs, and sweet treats. If the supply runs low, rest assured more food will be coming soon.

The happiest sight to the Hesed Cooking Team is when they see the freezer getting empty. That means the food they make is going into the tummies of those who can benefit from the Hesed love that is poured into the recipes prepared during the cooking events.

You do not need permission. You do not need to ask anyone if it’s okay. You do not need to sign out the food. Just please—if a little food will help you, take it! That’s why it’s there.

Nathaniel Berman is in his fourth year of membership at Adas. He enjoys being a part of the Adas community and chairs the Musical Moments Committee. When you see him around Adas, ask him about hustling and bustling! In his own words: ‘I’ve lived in the DC area for 13 years and I love experiencing all it has to offer! At Adas, in addition to MMC, I’ve been helping out on the Social Action Committee’s Poverty/Homelessness/Housing Team and with the Kehilah Multiracial Engagement Project (KMEP). I am really looking forward to taking in much of the Made in DC 2019-2020 season’s offerings. I manage to spend time in other spaces, such as by serving on the Sixth & I Community Service Collective Steering Committee, the Anti-Defamation League’s NextGen Leadership Circle, and HIAS’s monthly letter writing to asylum seekers in immigration detention. I often wish there was more time in the day, week, month, and year’

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We have known each other for a long time! I think you’re from New Jersey. Tell me where you’re each from and how you found Adas.

Ron: I was in New York before DC but I grew up in Allentown, PA. I went to school at Philadelphia Textiles and Science. I was in the textile business for eight years and then I was in military reserves in Vietnam War era. I was in a hospital unit staffing Walter Reed Army Hospital. I went back to school for nursing because I liked working in health care. I was looking for a career in a hospital in Philadelphia. My brother Eric was here in DC and he said, “Why don’t you move down here?” So I said, “Okay!” That’s how I moved here to Washington, and I’ve never left.

Rise: I’m from Linden and Clark near Elizabeth, NJ. I went to Douglass College of Rutgers University. I studied math and got a graduate degree in statistics from New Brunswick Rutgers University. I came to DC for a job at the Census Bureau, where I worked for two years. Then I got a job in the Defense Department, working for the army in the office of Computer Programming from 1982-1984. Then I was a homemaker and a volunteer. Later on I worked for a company called OAO on computing issues related to Y2K.

What kinds of programs have you been involved with at Adas?

Ron: We are here pretty much every Shabbat and holiday. I usually come to morning minyan on Friday and sometimes Thursday. I volunteer in the Gan because I really like to be with the kids. I go to whichever classroom I am needed.

You do a lot of volunteer work in the larger community. Can you tell us about that?

We deliver Meals on Wheels a few times a week. We have volunteered for the Susan G. Komen Walk for the Cure. We really like to travel. We go to all of the Civil War sites in this area. We go on Smithsonian trips. We are really looking forward to the Adas trip to Israel in June.

Ron: You have a really good voice. I notice that you always seem to catch on to Cantor Ari’s new melodies before anyone else. Well, I sing in the choir at my synagogue in Allentown growing up. I loved going up to the choir loft and singing in the cantor’s choir. I can’t read music but I have a really good ear.

What do you love about the Adas community?

This is the kind of Judaism that we are really comfortable with. There are so many people who come to Adas for so many different reasons during the week, but we love seeing the community come together on Shabbat and holidays.

Did you know...

On September 3, 1925, it was called to the attention of the president and vice president of the congregation that they should wear silk hats during services. Synagogue member Morris Stein volunteered to lend them the cutaway coats necessary to complete the uniform.

From Our History

A LOOK BACK AT ADAS’ HISTORY

Did you know...
As the poet Emily Dickinson famously wrote, “There is no frigate like a book to take us lands away.” The magic of historical novels is their power to transport us to times long gone. Want to time travel to American cities of yesteryear? Try these captivating new historical novels; both illuminate the antecedents of today’s social justice struggles: The Lake on Fire by Rosellen Brown (set in 1890s Chicago) and Lady in the Lake by Laura Lippman (a murder mystery in 1960s Baltimore). Both books are in our library.

Determined to escape an arranged marriage, 18-year-old Chaya Shadrowksy runs away from her family and community of Ukrainian Jewish immigrants struggling to subsist on a failing farm in rural Wisconsin. Chaya’s devoted eight-year-old brother, Asher, insists on accompanying her, and the two board a train for Chicago. Lake on Fire richly evokes the sights and sounds of Gilded Age Chicago, a city of both great wealth and squalid poverty.

Chaya finds work in a cigar-making sweatshop and Asher, unwilling to sit docilely in school, roams the streets pickpocketing the rich to give to the poor, modeling himself after Robin Hood. Like other Chicagoans, Chaya and Asher are enthralled by the Chicago World’s Fair of 1893, the stunning “White City” full of modern marvels on the shores of Lake Michigan. Conflict develops when Chaya is romanced by a wealthy (albeit socialist-leaning) gentleman while Asher befriends laborers left unemployed and destitute after the grand fair closes.

In October 1965, just before her 37th birthday, Maddie Schwartz suddenly snaps. Comfortably settled in the Jewish enclave of Pikesville, outside of Baltimore, Maddie has been married to Milton, a successful lawyer, for 18 years, and they are the parents of a teenage son. One night Milton unexpectedly brings home for dinner his new tennis pal, Wally, who, it turns out, was once Maddie’s high school prom date. This chance encounter reminds Maddie of her high school aspirations, long dormant, to lead a creative and adventurous life, something beyond being a Jewish homemaker. Before the evening ends, Maddie inwardly resolves to leave her marriage.

In short order, Maggie is living in a sketchy neighborhood in Baltimore, working at a low-level job at a city newspaper, and hoping to become a bona fide reporter, despite limited promotional opportunities for women. Confident of her abilities, Maddie labors overtime to investigate two puzzling murder cases. In one case, Tessie Fine, an 11-year-old Jewish girl, appears to have been killed in a pet store, and in the other case, a decomposing body in a park fountain is identified as the enigmatic Cleo Sherwood, an African American bar waitress. Both cases are based on actual murders that occurred in Baltimore in the 1960s.

Lippman structures the book so that it is partly narrated by Sherwood, casting light on her experience as an African American woman. Race is also central to Maddie’s secret love affair with Ferdie, a black policeman who dreams of someday being promoted to detective. In the meantime, Ferdie, like other black policemen, is prohibited from even driving a patrol car. Nor can Maddie and Ferdie openly date; their relationship is confined to Maddie’s apartment. Their only public outing is to an Orioles game, where they pretend to be strangers who just happened to wind up sitting next to each other.

Lippman is a former Baltimore Sun reporter, and Lady in the Lake is a salute to old-school journalists. It is also a tantalizing whodunit and, like Lake on Fire, a window into a past era of American history.
WEDDINGS

Brant Yerman, son of Robert and Anne Yerman, and Kate Glantz were married October 26 in Washington DC. Scott Greenberg and Taylor Johnson, officiated by Rabbi Alexander, were married October 26.

We wish the newlyweds and their families a hearty mazal tov.

B’NAI MITZVAH

Evan Weinstein, December 14
Evan, a seventh grader at Alice Deal Middle School and a student in the Estelle & Melvin Gelman Religious School, started his Jewish education in Adas Israel’s Gan Hafetz Kabbalero pre-school class. For his mitzvah project, Evan is volunteering with various nonprofits serving homeless families in the District, to better understand their needs and how he can best help to address them. Evan shares his simcha with his parents, Jonathan Weinstein and Stacie Isenberg, as well as his extended family.

IN MEMORIAM

We mourn the loss of synagogue member:
Sarah Meyers Gewirz
Robert Rovinsky

We note with sorrow and mourn the passing of:
Ethel Lucille Daniels, mother of Sabrina Sojourner
Jerry Daniels, brother of Raphael "Ray" Daniels
Suzanne Haims, mother of Deborah Hershefield-Campos, Elizabeth, and David
Gladys Lipkin, mother of Harriet Lipkin
Joel Merenstein, father of Dan Merenstein
Bernice Nadler, sister of Sheldon L. Cohen
Larry Schwartz, father of Karyn Schwartz

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 who 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 Talnara Committee, or contact Wendy Kates about Shmirah (wendy.kates30@gmail.com).

Adas Israel Community Mikvah
Mikvah Immersion is an embodied Jewish ritual. It is an opportunity to reflect on the times that brought you to this moment in your life. Mikvah is a turning point.

For more information, visit www.adasisrael.org/mikvah, and to make an appointment, go to www.mikvahcalendar.as.me.

When Rabbis Rule on Rent Control: Jewish Law and Public Policy
Wednesday, Dec. 4, 7 pm
Instructor: Thomas Timberg

In 1957, Rabbi Eliahu Henkin, then the most authoritative decisor, or posek, in the strictly Orthodox community of New York City, issued a rabbinical response (legal decision) endorsing rent control. The responsa has been discussed extensively, precisely because it addresses the controversial question, “To what extent are Jews bound by secular law?” The discussion bears on the even more momentous issue of the relationship between morality and law.

Thomas Timberg is an independent scholar who has studied the Jewish relationship to slavery, interest, rent control, and tenant protection.

The Janice Garfunkel Memorial Lecture
Wednesday, Dec. 11, 7 pm
Instructor: Thomas Timberg

Free and open to the public, with refreshments (F-7)

The JSC, Adas members $15, others $20 (F-1)

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Get Cozy—Read with Friends!
The Jewish Study Center Book Group Reads Dorit Rabinyan's
Wednesday, Dec. 18, 7 pm
Facilitator: Marilyn Cooper

For the fall meeting of the JSC book group, join us for a lively discussion of acclaimed Israeli author Dorit Rabinyan's novel, The Book provides a unique lens on the Israeli-Palestinian conflict while exploring universal themes of love and loss.

Marilyn Cooper is a certified bookworm and bibliophile. She haunts DC’s used bookstores, libraries, and book fairs. She is also an experienced book group facilitator and has written and published numerous articles on Jewish books and authors.

Free class; donations welcome (F-8)

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Facilitator: Marilyn Cooper

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Marilyn Cooper is a certified bookworm and bibliophile. She haunts DC’s used bookstores, libraries, and book fairs. She is also an experienced book group facilitator and has written and published numerous articles on Jewish books and authors.

Free class; donations welcome (F-8)
The congregation gratefully acknowledges the following contributions:

**Adar Fund 2019**
- In Honor Of: Rabi Krinsky & a wonderful... by Hoffnong & Sager
- In Memory Of: Ronald Kaplan by Marsha Kaplan.
- In Memory Of: Ethel Daniels by Jamie & Stuart Butler.

**Berevement Fund**
- In Loving Memory Of: Irving Walter by Sybil Widin.
- In Recognition Of: Russell Smith's Simchat Torah honor by Jamie & Stuart Butler.

**Berenstein Fund**
- In Memory Of: Sarah Gewirz by Cindy & Glenn Easton.

**Break the Fast for Yom Kippur**
- In Memory Of: Stuart Tattar by Elinor Tattar.

**Cantor Brown Discretionary Fund**
- In Recognition Of: Sharon Burka's special Simchat Torah honor by Ricki Gerger.

**Capital Fund Contributions**
- In Memory Of: Robert Sann by Larry & Judy Russel.

**Charitable Purpose Fund**
- In Memory Of: Myra Merrick by Anthony & Liane Cosenza.

**Congregational Rickdush Fund**
- In Honor Of: Avihem of Emma Raviv & Darrell Zilberberg.

**Daily Minyan Fund**
- In Memory Of: Dov's High Day holiday by Sidney Z. Kaufman, Minnie Kaufman & Paul Hilowitz, all by Minnie Kaufman.

**Executive Director Discretionary Fund**
- In Memory Of: Mitchell Ullman by Tana Rubenstein.

**Freedom Song Endowment**
- In Memory Of: Elias Gelman by John Kossow.

**Gratz Endowment**
- In Memory Of: Louis Lutter by his friend by Ricki Gerger.

**Hilowitz Kaufman Fund**
- In Recognition Of: Steven Kleinrock.

**Kaplan Endowment**
- In Recognition Of: Steven Kleinrock.

**Krinsky Endowment**
- In Recognition Of: Steven Kleinrock.

**Kosher Endowment**
- In Recognition Of: Steven Kleinrock.

**Kossow Endowment**
- In Recognition Of: Steven Kleinrock.

**Lutter Fund**
- In Recognition Of: Steven Kleinrock.

**Martha & Joseph Mendelson Adult Education Fund**
- In Recognition Of: Steven Kleinrock.

**Maxine & Gerald Freedman Endowment Fund**
- In Recognition Of: Steven Kleinrock.

**Mishvah Fund**
- By: Jamie & Stuart Butler.

**Morris Hariton Senior Programming Fund**
- In Memory Of: Louis Jacob Wineburg by Judith Melamed.

**Offerings Fund**
- By: Alejandro Hajdenberg, Emily & Adam Berman, Ellen & Phillip Ratner, Wendy Eisenberg.
- In Memory Of: The many who helped Rachel become a bat mitzvah by Lauren & Josh Koko, Adas Israel clergy by Michael Leifman & Sharon Sambor. Stanley Scherr's special birthday by Marla Fried, George Lutwin, Felicia Schenker & other friends.

**Sarah Brooks Endowment**
- In Recognition Of: Steven Kleinrock.

**Sarah Brooks Offerings Fund**
- In Recognition Of: Ricki Gerger, Jamie & Stuart Butler.

**Shabbat Services Endowment**
- In Recognition Of: Steven Kleinrock.

**Silver Rose R. Freudberg Sisterhood Memorial Fund**
- In Recognition Of: Steven Kleinrock.

**Simpatico High Holy Day Services**
- In Recognition Of: Steven Kleinrock.

**Staff Gift Fund**
- In Recognition Of: Steven Kleinrock.

**Tzedakah Fund**
- In Recognition Of: Steven Kleinrock.

**Yad Lebanim Sholom Tish Fund**
- In Memory Of: Bernie Nadler by April Rubin & Bruce Ray. 

**Yad V'Sh'mirah Fund**
- In Memory Of: Rabi Jan Kaufman, Sanford Ain, John W. Zafis.

**Yad Yizkor/Yahrzeit Fund**
- In Memory Of: Myra Merrick by Anthony & Liane Cosenza.

**Young Auditors Fund**
- In Recognition Of: Rabi Jan Kaufman, Sanford Ain, John W. Zafis.

**Young Patrons Fund**
- In Memory Of: Rabi Jan Kaufman, Sanford Ain, John W. Zafis.

**Zablocki Endowment**
- In Recognition Of: Steven Kleinrock.

**Zalma Slawsky Endowment**
- In Recognition Of: Steven Kleinrock.

**Zilberbaum Endowment**
- In Recognition Of: Steven Kleinrock.

**Zupnik Endowment**
- In Recognition Of: Steven Kleinrock.