Kol Haolam: Join us for our Annual National Collegiate Jewish Acapella Competition!
I still remember one of the first rabbinic commentaries to the Torah (midrash) I learned as a rabbinical student. It lingers prominently in my consciousness, I think, primarily because I have yet to understand how I can better live in it, and not just with it.

When God created the first human, God took Adam and passed him before all the trees of the garden of Eden and said to Adam: do you see my handiwork? How fine and excellent they are! All that I created was for you, so be careful not to ruin and destroy my world. For if you do, there will be no one to repair it after you. (Kohelet Rabbah, 7:28)

According to this teaching, underlying the creation of the world is the human mandate, theologically inspired, to protect and sustain the earth. This command, found near the very beginning of the Torah, “to work it and to guard it” (Genesis 2:15), was not simply a historical imperative for the first human. It has been consistently adapted to every generation’s relationship with this most delicate and life-providing vessel.

So what is our generation’s relationship with this biblical and rabbinic commandment? This is a question a newly formed subcommittee of the SAC, Climate Action, is revisiting in a thoughtful way. And what better time to introduce this re-imagined Adas work to the wider community than the holiday of Tu B’Shevat?

Our sages and rabbis throughout history have understood the importance of celebrating not just the beauty, but the life-giving bounty of trees and, by extension, the natural world of fresh water, clean air, and all the rest that gives rise to it.

Yet, simply celebrating the natural world with a holiday was not an aesthetic luxury to our ancient sages, nor should it be for us—rather, we and they understand that the protection of the natural world is vital to the highest values of Judaism—promoting and protecting life itself. For each of us and our communities; for the earth itself; and for God, its creator.

We certainly live in a complex world with many problems of a scale that dwarfs each of us. Look at any of our Social Action campaigns: homelessness, gun violence, refugees, climate change—the problems are overwhelmingly large, of a scale that seems impossible to change. But, Judaism teaches something unique. Regardless of size and scale, our choices matter, directly and indirectly. We do have the ability to change course, thereby, the world.

We know today that how our individual activities can have ripple effects through the natural world. Tu B’Shevat is a moment to take stock of this, to account for it; to celebrate the life-giving bounty of trees, but also to examine the ways in which we as individuals and as a community can
Inclusion Shabbat, Feb. 4

This month marks the third year that the Adas community is participating in National Jewish Disability Awareness Month. This day is an opportunity to continue to learn from members at Adas and others in the Jewish community in DC about why inclusion is important to us, and what more we can do to remove physical and attitudinal barriers. The Inclusion Task Force’s program is assembling a diverse group of people who have thoughtful comments to make. It is also an opportunity to look at the progress the congregation has made and learn about what other congregations are doing.

We welcome your active participation in the following events:

THURSDAY, FEB. 2
Jewish Disability Advocacy Day on the Hill
9:00 am–5:00 pm, Rayburn Office Building
If you want to be involved, please e-mail Naomi.Malka@adasisrael.org.

FRIDAY, FEB. 3
Shabbat Dinner honoring Inclusion Task Force Members & Families. All are welcome!
7:30 pm, Sisterhood Hall, 3rd Floor
RSVP to Naomi.Malka@adasisrael.org

SATURDAY, FEB. 4
Shabbat Services; D’var Torah by Rabbi Dahlia Kronish in Charles E. Smith Sanctuary

Shabbat Morning D’var Torah: Ensuring Our List Is All-Inclusive
In this week’s Torah reading, Moses tells Pharaoh that all members of the community will be leaving Egypt, including the children. Our question twofold: First, how do we ensure that, indeed, all members of the community are on our list? Second, how can two different theologies in our sources Post-Kiddush Discussion with Rabbi Dahlia Kronish in Biran Beit Midrash: A Special Bracha Just for Me!
We will explore the traditional idea of reciting a bracha (blessing) when we see someone who is visually different as well as its implications for the community and the individual.

SUNDAY, FEB. 5
"How Do I Talk to My Children About Respect for Diversity?"
10:00–11:00 am, Adas Israel Library Coffee & Discussion Led by Stephanie Slater, Adas Israel’s Early Childhood Developmental Support Coordinator

Speaking to Children About Inclusion

By Stephanie Slater, Gan Hayeled Early Childhood Developmental Support Coordinator

One of the amazing things about working with children is being continually reminded that everything is new to a child. They come to everything with an openness that we as adults have often lost. Spontaneous play happens among children of all backgrounds and abilities because most of the time, children are so immersed in the activity that they don’t notice differences between themselves and others. But sometimes, they do.

During a warm fall day in October, Allison was enjoying some time at a local playground with her mother and brother. She was happily playing, laughing and enjoying the warm sun on her face. Nearby, a little girl audibly asked her mother why Allison walked “like that”. Her mother shoed her away, telling her that Allison was probably just tired and then quickly re-directed her to another, further away area of the playground. Allison’s mother was in ear-shot and left to stare with her mouth open in shock as the duo rushed away.

Allison was born at 25 weeks and has a number of disabilities from being a former micro preemie. Her early birth resulted in hydrocephalus and mild cerebral palsy. These conditions have left Allison with some catching up to do in the developmental areas of expressive language and gross and fine motor skills. Allison has participated in both therapeutic programs and schools with typically developing children. She just turned 5 years old.

Adas Israel established a set of core values that serves to guide our early childhood development.

‘Matan Torah as a Blueprint for Inclusion,’ with Guest Speaker Rabbi Lauren Tuchman, February 18

Please join us as we welcome guest speaker Rabbi Lauren Tuchman to the Charles E. Smith Sanctuary on Saturday, February 18. Rabbi Tuchman will give a sermon, titled “Matan Torah as a Blueprint for Inclusion: How We Can Understand the Revelation at Sinai as a Guide for Inclusion.” Lauren Tuchman is a rabbincal student at the Jewish Theological Seminary of America and the rabbinic intern at Tr'ahav: The Rabbincal Call for Human Rights.

She is passionate about bringing disability rights and justice perspectives to bear on religious and spiritual communities out of a firmly held belief that people with disabilities have spiritual insights that are too often not addressed at the larger table of spiritual and theological discourse. She has written and taught widely on the intersection of Judaism and disability justice, including at the Summer Institute on Theology and Disability, the National Havurah Committee, and the Jewish Theological Seminary, and she has served as a scholar in residence at synagogues and other Jewish organizations around the country.

Rabbi Tuchman has been published in the Journal of Interreligious Studies, State of Formation, Jewschool, RitualWell, and Hayidion: The RavSak Journal for Dayschool Educators. She has a BA in religion and Judaic studies from Dickinson College and an MA in Judaic studies from the Jewish Theological Seminary.
The 7th Annual National Collegiate Jewish A Cappella Championship Competition!
Saturday, February 25 @ 8:00 pm
Buy your tickets in advance at kolhaolam.org!

A cappella music is sweeping the country, and colleges and universities are a big reason for that. There is an ever-increasing number of a cappella groups on college campuses, and the number of Jewish collegiate a cappella groups (that we know of) is approaching 50! Add to that popular TV shows like The Sing-Off, and anyone who's anyone now realizes how cool it is to sing without accompanying instruments.

There are competitions for a cappella groups out there, such as the Harmony Sweepstakes and ICCA, but there was a void in the Jewish a cappella world—at least until 2011! The inaugural Kol HaOlam National Collegiate Jewish A Cappella Competition held in Washington DC saw Tizmoret (Queens College) crowned as the first official National Collegiate Jewish A Cappella champion. After Tizmoret repeated in 2012, Hooshir (Indiana University) claimed the title in 2013 and 2014, then Tizmoret again in 2015, and then Jewop in 2016!

Who will be crowned the next champion? And who will win the coveted Audience Favorite prize? Join us to find out! This year’s contenders are: Hillelujah (University of Pittsburgh, Carnegie Mellon University, and Point Park University), Ketzev (Johns Hopkins University), Koleinu (Princeton University), Mezumenet (University of Maryland), Rak Shalom (University of Maryland), Shabbatones (University of Pennsylvania), and ShireiNU (Northwestern University).
Save the Date!
You are invited to...
The First Night Community Seder
Passover 2017 / 5777
Monday, April 10

Join us for our annual, festive community Passover seder at Adas Israel with delicious food, thought-provoking discussion, and joyful song. The Passover seder is one of the Jewish peoples’ most treasured traditions. Few rituals have survived so long and remained so true to their original form. Using rich symbolism, role-playing, and all the senses, the seder has warmly transmitted the values of human dignity, liberty, and the search for higher meaning to every society it has reached.

To this day, in every corner of the world, Jewish families come together to reconstruct that original Passover seder, again and again, year after year. And every year, there is more to learn. We look forward to sharing this beautiful and meaningful tradition with you and your family this year.

Tu B’Shevat 5777

Tu B’Shevat—the New Year for Trees—is a time when trees start drinking the new year’s rainwater and the sun renews itself. As the Jewish Arbor Day, Tu B’Shevat embodies the strong dedication to ecology, environmentalism, and conservation that the Jewish National Fund (JNF) has championed since its inception in 1901. This year, Tu B’Shevat (the 15th of Shevat) falls on Friday, February 10.

On the third day of creation, God created “seed-bearing plants, fruit trees after their kind, and trees of every kind bearing fruit with the seed in it” (Genesis 1:11). God then put Adam in the garden to “till it and tend it” (2:15), making humans stewards of the earth.

According to the Mishna, where it is first mentioned, Tu B’Shevat—the 15th day of the month of Shevat—is the date farmers used to calculate the year’s crop yield and determine the tithe that the Bible requires. It also marks the beginning of the first three years and the end of the first four years of a tree’s growth, during which one is forbidden to eat its fruit.

Since its founding, the JNF has planted more than 240 million trees in Israel to protect the land, prevent soil erosion, green the landscape, and preserve vital ecosystems. The trees maintain forest health, combat desertification, protect watersheds, and manage water flow. Additionally, they create a “green lung” to combat carbon dioxide emissions in the region. JNF’s success at planting trees in Israel has resulted in naturally expanded forests and reclaimed deserts. Go to the Jewish National Fund’s website, www.jnf.org, for more information or to make a donation.

Celebrating Tu B’Shevat with a seder has become traditional for families and congregations around the world. During a Tu B’Shevat seder, we bless and eat seven species of fruits and grains from Israel. They are wheat, barley, grapes, fig, pomegranate, olives, and dates (Deuteronomy 8:8). It is also customary to dance the Mayim, the Jewish dance for water, during a Tu B’Shevat seder.

Clergy Corner continued from page 2

promote and protect the natural world as a means of promoting and protecting life.

To that end, on Sunday morning, February 12, from 10:30 to noon, we invite you to join this thoughtful group of Adas Israel members for an exploration of our ecosystem that will be informative, fun, hands-on, and filled with the kind of spirit you have come to love from this religious community.
CELEBRATE THE 1-YEAR ANNIVERSARY OF HESED 2.0 SUNDAY, FEB. 12 @ 7:30 PM

You are invited to a very important meeting of the Adas Hesed Committee to celebrate the one-year anniversary launch of Hesed 2.0. In just one year, Hesed has made remarkable progress in serving the Adas members by building community and creating a true vision of lovingkindness. Under the leadership of Rabbi Lauren Holtzblatt, the vision for next year’s Hesed activities is even more ambitious and exciting. Please join us to hear about the activities that have taken place this past year and the plans for next year. Register online at adasisrael.org/hesed.

And we have a special guest speaker for this meeting, Laurie Strongin, founder of Hope for Henry and the author of the acclaimed book, Saving Henry: A Mother’s Journey. Featured on national television and honored with many accolades, including being named one of the Heroes Among Us by People magazine in 2016, Laurie will provide a real-life view into the world of Hesed in a personal and touching way. Visit www.hopeforhenry.org.

Inclusion continued from page 3

programs. One of those values, respect for diversity, recognizes that we are all unique in many ways, yet share the common thread which is our belief that everyone is created in God’s image. This includes differences in appearance, sexual/gender identity, developmental needs, family make-up, race, socio-economic and religious backgrounds, among others. As a core value, this is something that Adas acknowledges 365 days of every year. The month of February is recognized as Jewish Disability Awareness and Inclusion Month (JDAIM). JDAIM is a unified national initiative to raise disability awareness and support efforts to foster inclusion in Jewish communities. While diversity is always on our radar, the Adas Israel community makes a concerted effort during February to educate and empower others to recognize the strength and beauty of valuing diversity.

Research shows that while even very young children recognize differences, they have not yet formed biases. This gives adults, parents, family members and educators alike, a wonderful opportunity to embrace diversity and teach children that differences are normal and need not be feared.

With this in mind, here are some practical ways in which we can help our children embrace the value of respect for diversity and guide their participation in a more accepting world than exists today.

- Incorporate books about differences into your library at home. Read them regularly and ask your child questions during the stories.
- Include toy and dolls in your toy chests of different races and have accessories like hearing aids, leg braces, and wheelchairs. To be fully inclusive means to have these things as part of the everyday so that it is not scary or strange when situations occur.
- Point out differences to your child and encourage dialogue about what they see; do not ignore difficult or sensitive questions.
- If your child asks questions about someone who appears different to them, encourage them to greet the person directly. Saying hello humanizes the person and lessens the importance of the perceived difference and allows for the opportunity to find out that there may be lovely qualities about that person that are not visible.
- Teach kids that equality is an individual right and a Jewish value and that diversity of genders, races, and abilities strengthens our communities.

For educators, it is important to be mindful of the inclusive environment you are creating when prioritizing differences. Integrating the needs of children with physical and learning differences is critical when implementing changes in the culture of your classroom, but equally vital, however, is recognizing the impact true inclusion will have on all of your students. To be successful, budgetary accommodations need to be made for appropriate staffing and programming changes, so that all children are receiving the attention they need in the classroom. We cannot afford to be short sighted in just planning for one group or another. When inclusion is done right, the benefits are momentous for everyone.

*Allison’s twin brother lives an inclusion life, as he has spent every moment of his life alongside his twin sister with special needs. He is old enough now to recognize her differences, but sees them as just that, differences. It is the responsibility of the whole Adas community to ensure that we are learning community all the time. If every child were able to learn from the very beginning to expect differences in each other, to welcome them, and to be curious but not put off by them, then the unfortunate encounter Allison and her mother experienced would likely not have happened. Life should be about inclusion. Not just in February, but every day.

*Names have been changed to protect the identity of this child.
Hope & Despair
The Seeds of Loss Meet the Soil of Redemption

As the lyrics of Hatikvah sing, so, too, the Jewish soul whispers, “Our hope is not yet lost.” Throughout a lifetime of loss—slavery, exile, expulsion, pogrom, Holocaust—the collective Jewish soul refuses to lose hope and to give in to despair. We as a people look toward the dawn of tomorrow while taking with us the meaning and experience of today. In a world that is topsy-turvy—where it is hard sometimes to make sense out of the images, sights and sounds of despair—our tradition demands that we return to hope. In this month’s learning, we will examine the origins of hope and how our ancestors climbed out of the pit of despair to continue charting a course forward. Register online or by calling Melissa Adler, 202-362-4433, ext. 146

MakomDC February Learning:

‘Open Beit Midrash’ Night in the Biran Beit Midrash
TUESDAY, FEB. 7 @ 7:30 PM
A place to sit across the table from fellow seekers and explore the rich, sophisticated, sacred texts that have animated our people for so many years. We’ll question together, grapple together, and passionately talk through the uplifting and challenging ideas these ancient and modern texts provide. Jewish learning has the potential to create an unmatched soulful energy. The “Open Beit Midrash” is where that energy is found.

Scholar: Rabbi Dr. Aryeh Cohen
Justice in the City
TUESDAY, FEB. 14 @ 7:30 PM
Join us as our February scholar, Rabbi Dr. Aryeh Cohen, teaches on “Justice in the City”. Creating a just city is dependent upon the choices we make on a daily basis. It is dependent upon the ways in which we order our cities—who we see and who we don’t; who we hear and who we don’t. In this session we will study a passage of the Mishnah and the Babylonian Talmud, a passage which deals with the details of daily life in the city but will open up a wider door on the practice of justice, and will bring us face to face with the stark question: Will you act like Pharaoh? Or will you act like God? Rabbi Dr. Aryeh Cohen, PhD, is a professor of rabbinic literature, innovative teacher, published author and advocate. *This event will be livestreamed at adasisrael.org/adaslive.

The Text
TUESDAY, FEB. 21 @ 7:30 PM
Explore transformative Jewish texts in their original Aramaic and Hebrew. That means we will break our teeth together and study with no translations but with lots of support from your peers and teachers.

Ongoing Learning:

Jewish Values: Israel & Palestine
“iEngage” Series with Rabbi Gil Steinlauf, Curriculum from the Shalom Hartman Institute
SUNDAYS @ 10:00 AM, BIRAN BEIT MIDRASH
Through careful study of Jewish narratives about Israel, and unpacking the complex meanings of peace in Jewish tradition, Rabbi Steinlauf invites you to encounter the ideas and values that animate different attitudes toward the conflict and how these values shape your own political understandings. Brought to you by the Israel Engagement Committee at Adas Israel.

Boker Or Shabbat Study
SATURDAY MORNINGS @ 8:30 AM
FEBRUARY 4, Rabbi Holtzblatt
FEBRUARY 11, Rabbi Alexander
FEBRUARY 18, Rabbi Steinlauf
FEBRUARY 25, Guest Rabbi Elianna Yolkut
Boker Or meets Saturday mornings in the Biran Beit Midrash with the weekly portion as its focus.

Friday Parsha Study with Rabbi Lauren Holtzblatt or Rabbi Aaron Alexander
FRIDAY MORNINGS @ 10:00 AM
First and second Friday study a piece of the weekly parsha through the eyes of the Hasidic masters, guided by Rabbi Holtzblatt. Third and fourth Friday explore a verse or two of the weekly parsha in its rabbinic context, with attention to modern messages and meanings, guided by Rabbi Alexander. ✡
milestones

B’nai Mitzvah

Yael Wellisch, February 4
Yael, daughter of Jessika and David Wellisch, is a seventh grader at Georgetown Day School. She started her Jewish education at Gan HaYeled and has attended the Estelle & Melvin Gelman Religious School since kindergarten. She celebrates her bat mitzvah with her sister, Talia; her brother, Alex; her grandparents; and the rest of her extended family. For her mitzvah project, Yael is organizing a toy drive and raising money for the Homeless Children’s Playtime project, which nurtures healthy child development and reduces trauma among children living in temporary housing programs in Washington, DC.

Meira Liebman, February 18
Meira, the daughter of Sharon Cohen and Michael Liebman, is a seventh grader at the Lab School of Washington. She shares this simcha with her brothers, Aaron and Seth. Meira is a fifth-generation member of Adas Israel and attended the Estelle & Melvin Gelman Religious School and Chabad House in Bethesda. She is working with her Uncle Jon to support him in his recovery from amyloidosis and to raise awareness of and funds for amyloidosis research. She is asking that her guests contribute to this cause. Meira and her uncle hope to train and ride the Tour De Cookie (a bike ride) together in Rockville next May.

Shai Dweck, February 28
Shai, son of Rebecca and Jake Dweck, is a seventh grader at Georgetown Day School. He began his Jewish education at Gan HaYeled and is a student at the Estelle & Melvin Gelman Religious School. He shares this simcha with his older siblings, Talia, Max, and Naomi; his grandparents, Velma and Stuart Hirsch; and other family and friends. At this special time, he thinks with love about his safta, Naomi Dweck, of blessed memory. For his bar mitzvah project, Shai is volunteering at SOME, So Others Might Eat, which provides meals, housing, and other services to poor and homeless families in our DC community.

In Memoriam

We mourn the loss of synagogue members:
Richard A. Cohen
Mildred Robins
Loretta Rosenthal

We note with sorrow and mourn the passing of:
Susan Bendor, mother of Cathy Bendor
Marion Pritchard, 1995 GOR Honoree
Robert Schumer, father of Dana Vizner & David Schumer
Siddur Lev Shalem for Shabbat and Festivals, published by the Conservative Movement Rabbinical Assembly, will soon join the successful High Holy Day Mahzor Lev Shalem in all of our prayer spaces and bookshelves at Adas Israel. Like our wonderful High Holy Day mahzor, it features a four-column format; new translations in contemporary language; commentary providing historical context; and a variety of kavanot, poetry, and prose that expand and enrich our relationship to the text.

The Adas Israel Religious Practices Committee (Steve Kleinrock, chair) worked tirelessly with clergy and community members to carefully review the selection, and Cantor Arianne Brown hosted a learning session to explore the new siddur over the summer. The committee recommended the selection, and the Board of Directors voted unanimously to approve it. We are very excited about the selection. The adoption of a new siddur, a truly momentous occasion, will offer us an enriched and shared tool for accessing our Jewish prayer experience as community. A formal opportunity to introduce and celebrate our treasured new siddurim will take place during Shabbat services on May 6, 2017.

To acquire these magnificent new siddurim, we are seeking the support of the entire community. Members and friends are invited to dedicate one or more of these new books in honor or memory of a loved one or a special event in your life. With your contribution of $36 per siddur (or 10 for $350), you may select the wording for the dedication plate to be placed in the front of each book.

To dedicate a siddur, which will be a permanent part of our Adas community worship, please use the form on this page; contact the synagogue front desk at 202-362-4433; or visit our website at adasisrael.org/siddur. A list of all dedications will have an individual bookplate and will appear in a future Chronicle.

This siddur draws from the geographic and historical expanse of Jewish life. For use in both the home and the synagogue, it includes all the traditional prayers, psalms, and songs that are familiar from previous Conservative siddurim, but is also a treasured anthology, offering a wide array of readings that can be used to celebrate Shabbat as well as material for study about Shabbat: poems both ancient and modern, Hasidic wisdom, rabbinic midrashim, and commentary on the history and diversity of the liturgy. In addition to modern translations, most of the key blessings, psalms, and songs are transliterated to enable Jews from all backgrounds to participate fully in welcoming Shabbat, and the extensive commentary is geared to both the novice and the learned, offering historical insight and spiritual meaning. We look forward to sharing it with all of you.

Siddur Dedication Form
Please complete & clip this form and return it with payment to:
Adas Israel Congregation
2850 Quebec Street, NW
Washington, DC 20008

Name ____________________________________________
Phone ____________________________________________
E-mail ____________________________________________

Number of books you are dedicating: ________ □ 1 at $36 □ 7 at $250 □ 18 at $613 □ 36 at $1,018 □ 54 at $1,360

Wording as you would like it to appear in the siddur. Note: Please print neatly; space for wording is limited.
In honor of _______________________________________
In memory of _______________________________________

Check enclosed $________________ (payable to Adas Israel Congregation)
Jewish Mindfulness Center of Washington @ Adas (JMCW)

As we enter February with both a weariness of winter and an anticipation of spring, perhaps we can gain some much-needed energy by focusing on the marvel of the seasons and the gifts of the natural world. And we can find inspiration in Eretz Yisrael and Tu B’Shevat—the New Year of the Trees. Livnot U’Lehibanot, an Israel experience organization centered in the Old City of Tzfat, shares this beautiful teaching on its website discussion of Tu B’Shevat:

Jewish tradition holds respect for every living thing, including trees…This approach to respect for living things also includes sensitivity to the needs of others: other humans, other living things, and even other objects. The trees in Israel may still seem to be sleeping…but our sages’sensitivity to the world around them led them to realize that the first sparks of life were beginning to awaken in the trees.

We invite you to join us for this month’s JMCW offerings as, together, we awaken our hearts and spirits.

‘Return Again’ Service with Rabbi Holtzblatt and Elie Greenberg, Friday, February 10, 6:00 pm

This monthly service is a favorite of all generations in our congregation! In the style of our innovative outdoor Kol Nidre Service, join our reflective journey into the power of Shabbat with seasoned musicians and a spiritual excursion into prayer and song. A festive Israeli tapas-style feast follows.

Weekly Tuesday Evening Meditation, 7:30–8:45 pm

Led by one of our four rabbis, the sessions include a teaching, an exploration of Jewish meditation techniques, and a silent meditation sit. Beginners and experienced meditators alike are most welcome!

Yoga & Kabbalah: Two Traditions, One Path with Rabbi Benjamin Shalva

Five-week mini-series, Sundays: Feb. 26; March 5, 19, 26; and April 2, 11:00 am–12:15 pm

Online registration required; see the JMCW web page, www.adasisrael.org/jmcw/. Yoga provides us a path to wholeness through the connection of body, mind and soul. Kabbalah, Jewish mysticism, also points us toward wholeness. Join Rabbi Benjamin Shalva for an engaging and embodied exploration of these two ancient traditions. Participants will become familiar with key Kabbalistic ideas and will discover, through integrated Yogic and Kabbalistic practices, the benefits of melding these two traditions. No prior knowledge of Yoga or Kabbalah necessary.

Weekly Yoga:

Moving Meditation, Yogic Flow (except 2/26)

Sundays, 11:00 am–12:15 pm

Moving Meditation, Vinyasa Flow

Wednesdays, 7:30–8:45 pm

Check for updates and additional information on yoga offerings at www.adasisrael.org/jmcw/.

JMCW Recommends . . .

Tu B’Shevat Companion is produced by Livnot U’Lehibanot and draws on the Kabbalistic approach to this ancient holiday to spread the wisdom and teachings of Tu B’Shevat. It is filled with beautiful readings and interpretations focused on the spiritual, symbolic, and ecological aspects of this holiday. Free copies are available as a pdf download or as paper versions delivered by regular mail. See www.livnot.org/tu-b’shvat/. We hope to have copies available in the Adas Library as well.

Livnot has a partnership with Hazon, an organization that works to create a healthier and more sustainable Jewish community, and a healthier and more sustainable world for all. This inspiring Hazon Tu B’shvat Haggadah is available to download on both the Livnot website, at www.livnot.org/tu-b’shvat/, or at www.hazon.org.

Browse the Adas Library shelves for many other books on Jewish 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.

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. Along with our joyous monthly Return Again Services, the JMCW offers weekly meditation, yoga, Shacharit, and Shabbat Awakening services. Watch this space each month to follow these JMCW offerings and additional special programming. Visit our Adas web page, www.adasisrael.org/jmcw/, where you can also subscribe to our e-newsletter.

Every part of the vegetable world is singing a song and bringing forth a secret of the divine mystery of creation. —Rav Kook
From the Director of Education

By Rabbi Kerrith Rosenbaum

Our winter month of February brings with it the holiday of Tu B’Shevat. And while it might not seem like the most obvious time to be celebrating trees here in DC, it is certainly a wonderful time to think about the growth we see all around us. Halfway through the year is an important moment to look back at what we have accomplished and turn our attention to what lies ahead. In other words, we think about the seeds we have planted, watch for them to sprout, and celebrate what they will become.

So what are we growing? In our individual students we are cultivating love of learning and confidence in their skills. In our classes we are nurturing relationships among both peers and teachers. In our school we are expanding the idea of what Jewish education is. And, in turn, our community of students and families is blossoming! Many thanks to all of you who invest in us and help us to grow! May this be a season in which everyone flourishes. ✷

Standing With Torah

By Yoni Buckman

One of the most iconic moments in a Shabbat morning service occurs this month—the reading of the Ten Commandments. We break from our regular choreography to stand during the sixth aliya of Parshat Yitro as the Ten Commandments are recited. While standing for this reading is a widespread custom that has spanned the globe over hundreds of years, it is not without controversy. Many prominent rabbis, Maimonides included, have worried that by singling out the Ten Commandments, people might believe that some parts of the Torah are more important than others. And while the concern is understandable, there is incredible power in sharing beloved customs.

So what can we do? As we stand at attention, commemorating the awesome moment of the Revelation at Sinai, we can once again commit ourselves to Torah, to arriving at services in time to hear the whole Torah reading each week, to reading over the English translation to better understand the ancient words, and to studying with our friends and family. In this way, we recognize the full impact of the special moments in life, while also appreciating the subtle ways Torah and Jewish values live on within us and our daily lives. ✷

Save the Date

5778 Bar/Bat Mitzvah Families Retreat, May 12–13

This year’s pre-Bar/Bat Mitzvah Shabbaton Retreat, led by Rabbi Steinlauf, Cantor Brown, and Rabbi Kerrith Rosenbaum, will take place the weekend of May 12–13. The shabbaton is an opportunity to share Shabbat with other families and to deepen the Jewish aspect of the bar/bat mitzvah celebration. Families who participated in similar retreats in previous years have commented on how worthwhile—and how much fun—the shabbaton is.

Again this year the retreat, underwritten in part by the Sandra and Clement Alpert Fund for Family Education, will be held at a beautiful location, the Pearlstone Conference & Retreat Center outside of Baltimore. In addition to the various discussion sessions with Rabbi Steinlauf, the weekend offers the opportunity for both parents and children to become better acquainted with the other families celebrating b’nai mitzvah the same year, and to share ideas about this important event. Several fun activities are also scheduled over the course of the weekend, and some free time will be available Saturday afternoon for leisure activities, such as nature walks, basketball, jogging, or merely relaxing. We look forward to your participation.

Participation is limited to room availability. You will receive information and registration forms soon. If you have not received retreat information and you think your child should be included; for more information or questions; or to register, please contact Beryl Saltman in Rabbi Steinlauf’s office by e-mail, beryl.saltman@adasisrael.org, or by phone, 202-362-4433, ext. 121. ✷

continued on page 19
SHABBAT MORNING SERVICES: Please turn off cell phones and pagers before entering services.

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

Traditional Egalitarian Minyan (TEMP): 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 at 9:45 am. Rotating volunteers lead services, read Torah, and conduct an in-depth discussion of the weekly Torah portion, and a d’var Torah by Rabbi Ben Shalva. For more information, e-mail tradiotionalminyan@adasisrael.org. Havannah 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, and a d’var Torah by Rabbi Ben Shalva. Youth Shabbat Services: Starting with Tot Shabbat for children ages 5 and under led by Menahah Peters or Rabbi Ben Shalva.

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

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

Traditional Egalitarian Minyan (TEMP): 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 at 9:45 am. Rotating volunteers lead services, read Torah, and conduct an in-depth discussion of the weekly Torah portion, and a d’var Torah by Rabbi Ben Shalva. For more information, e-mail tradiotionalminyan@adasisrael.org. Havannah 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, and a d’var Torah by Rabbi Ben Shalva. Youth Shabbat Services: Starting with Tot Shabbat for children ages 5 and under led by Menahah Peters or Rabbi Ben Shalva. #InOurMidst, for students in grades K-3, is led by Linda Yitzchak or Allison Redisch. Junior Congregation, for grades 4-6, is led by Hone Buchman and teenaged madrichim.

#InOurMidst: For students in grades K-3, is led by Linda Yitzchak or Allison Redisch. Junior Congregation, for grades 4-6, is led by Hone Buchman and teenaged madrichim. #InOurMidst: For students in grades K-3, is led by Linda Yitzchak or Allison Redisch. Junior Congregation, for grades 4-6, is led by Hone Buchman and teenaged madrichim.
Sisterhood Shabbat February 10–11

Events for this weekend include a Return Again service at 6:00 pm on Friday night in the Charles E. Smith Sanctuary, followed by a Legal Appeal by Miriam the Prophet, then a Community Shabbat Dinner.

- Legal Appeal by Miriam the Prophet
  In the matter of biblical Miriam’s appeal of her sentence after she and Aaron were accused of lashon hara against Moses and his wife: A special hearing panel of judges has been convened that includes the Hon. David S. Tatel, U.S. Court of Appeals for the District of Columbia Circuit; the Hon. Beryl A. Howell, Chief Judge of the U.S. District Court for the District of Columbia; the Hon. Judith Bartnoff, the Superior Court of the District of Columbia; and Dr. Amy Kalmanofsky of the Jewish Theological Seminary, the Mozelle Saltz Sisterhood Shabbat Scholar. Both sides will be represented by the 11th and 12th graders from Adas Israel’s Ma'alot program, who will serve as attorneys.

- Community Shabbat Dinner, Friday Night, 8:00 pm
  All are welcome to this dinner, RSVP by Tuesday, February 7, by registering online at adasisrael.org/musicalmoments or by calling Carol Ansell at the synagogue, 202-362-4433. Cost is $18 per person.

- Saturday morning, Dancing with Miriam and Learning with Dr. Kalmanofsky
  “Then Miriam, the prophet, took a timbrel in her hands and all the women followed her with timbrels and dancing...” In the Torah portion, we will leave Egypt, cross the Sea of Reeds, and express deep gratitude and joy on the other side with Miriam and her musicians and dancers. The women singing and dancing with the biblical Miriam were young, middle-aged, and old. Some were very learned, others not. We have gathered a similar group: young, not so young, old, experienced, and less experienced, to lead and participate in the service. We will also learn from Rabbi and Dr. Amy Kalmanofsky of the JTS Department of Bible, Jewish Gender and Women’s Studies and author of Dangerous Sisters of the Hebrew Bible. Please join us.

- Saturday midday, Congregational Kiddush, sponsored by Donald Saltz in memory of Mozelle Saltz, z”l.

- Saturday, 1:00 pm, Dr. Kalmanofsky in the Biran Beit Midrash
  Dr. Kalmanofsky will discuss “The Great Woman behind the Man of G-d.” 2 Kings 4 is among the Bible’s strangest and most literary stories. The story of the prophet Elisha’s encounter with the great woman of Shunem and the baby who is born and almost dies as a result of this encounter challenges everything you may know about biblical narratives and the roles women play within them. Through a close reading of the chapter, we consider why this story is unconventional, and we explore how a woman teaches a man to behave like a prophet.

continued on page 15
Weekday Torah with Sisterhood, February 21

February’s Weekday Torah with Sisterhood will feature Rabbi Tamara Miller discussing “Song of Songs: Is It the Holiest of the Holies?” Please join us at 10:00 am on Tuesday, February 21, in the Biran Beit Midrash. Rabbi Miller, a community rabbi who is a fellow for Rabbis Without Borders and the Jewish chaplain at St. Elizabeths Hospital, will teach the class. She will lead a discussion on the love lyrics of Shir HaShirim, the Song of Songs. The rabbis taught that “all the writings are holy, but the Song of Songs is the Holiest of the Holies”: Is this hyperbole or an accepted truth?

To RSVP and for more information, contact Marilyn Cooper, MarilynCCooper70@gmail.com.

Weekday Torah with Sisterhood will meet at 10:00 am on the following additional dates: March 21, April 25, May 16, and June 20.

Meet one of our own Miriams!
By Dena Bauman

Over the coming year, Adas Israel’s Sisterhood is exploring the biblical Miriam. She was much more than merely the sister of Aaron and Moses; she was a prophet in her own right, an influential and beloved leader, a musician, and an active force for life. Over the millennia, many families have given her name to daughters. How has she influenced members of today’s Adas Sisterhood, particularly members who bear her name?

In conversation with Sisterhood Co-President Miriam Rosenthal early one cold December morning, I learned that she is a fourth-generation Washingtonian and Adas member, belying the notion that all Washingtonians are transplants. “My great grandfather, Fred S. Gichner, a blacksmith, was born in Vienna, and set up shop in Washington. He was president of Adas Israel for one year to tide over the synagogue during a tumultuous time.”

When asked about the origin of her name, and whether she was named for any ancestors, Miriam laughed and replied that she was named for her great uncle Max, who died about a week before she was born. She did have a cousin Miriam, however, who was “Big Miriam,” while she was “Little Miriam.” And her niece’s Hebrew name is Chaya Miriam. She said it “always perks me up” during the Torah service when “I hear the name Miriam.”

We talked about when and why she became active in Sisterhood. Miriam explained that she became involved about six years ago. Before then, she focused more on coed activities. However, Lucy Hassell and Marcy Feuerstein had approached her and were persuasive. Miriam noted that she is pleased to be following in her grandmother’s footsteps and widening her circle of friends in the synagogue.

New Mah Jongg Group for Sisterhood Members Continues!

The newly formed mah jongg group for Adas Sisterhood members group meets every Wednesday at 1:00 pm. Bring your Mah Jongg New York City card ($8, nationalmahjonggleague.org), so we can get started. If there’s enough interest, we can also form a weekend and/or evening group.

To become a Sisterhood member, go to the Sisterhood page of the Adas Israel website and click on membership. To express interest and to RSVP for the mah jongg group, contact Barbara Friedell, 702-630-5106 (C), 202-813-3781 (H), or bhfriedell@yahoo.com.

We have more programs in the works!

Sisterhood Bakes for Hesed with Susan Barocas (date to be announced).

Sisterhood goes to the Movies: An occasional event during the Washington Jewish Film Festival. This international showcase of Jewish cinema is one of the largest Jewish film festivals in the country. Films celebrate Jewish history and culture as well as the diversity of the Jewish experience. If you want to help organize, please contact Marcy Feuerstein, mfeuerst@hotmail.com.

An Evening with Arlette Jassel, artist and Sisterhood member, who will present Daily Dance, her newly published adult coloring book, on Sunday, April 30, 3:00–5:00 pm. Wine, cheese, and coloring together!

Charles E. Smith Jewish Day School Graduates to Be Honored on Shabbat, Feb. 11

On Saturday, February 11, as part of Sisterhood Shabbat, we will honor the graduating Adas Israel seniors of the Charles E. Smith Jewish Day School.

Mazel tov to:
Bennett Branson, son of Jim & Nanci Bramson
Jacob Chanin, son of Jackie Eyl & Leonard Chanin
Maya Fontheim, daughter of Claude Fontheim & Orit Frenkel
Caleb Gershengorn, son of Ian Gershengorn & Gail Levine
Jared Horwitz, son of Jamie Horwitz & Denyse Tannenbaum
Bryan Knapp, son of Bill Knapp & Janie Milbauer

If you have not already confirmed your child’s participation, please contact Beryl Saltman at beryl.saltman@adasisrael.org.

We will honor our graduates with an aliya and a gift from the congregation. We are happy to participate in their celebration in this way and extend our sincere good wishes to them and their families.
Social Action Team Updates

Gun Violence Prevention Team

In December we remembered the fourth anniversary of the murder of the children and adults at Sandy Hook Elementary School. And with Hanukkah behind us, we are reminded that not only does light illuminate the beauty of the world, but light also illuminates the serious problems we face, including the gun violence that continues to plague this country.

The Gun Violence Team held a meeting in early December, where we welcomed Amanda Poppei, senior clergy at Washington Ethical Society, who spoke about how the WIN gun violence prevention campaign began. Its focus is now on police accountability and community safety.

It is expected that WIN will hold an “action” in the spring where demands/asks will be brought to the mayor and the new police chief—possibly around violence interruption (prevention) and community policing and safety. We also heard from Laura Wallace, an organizer with Jews United for Justice, who spoke to us about the Montgomery County campaign to ensure that guns are taken from the hands of those convicted of domestic violence.

Leilah Mooney Joseph and Jana Kadden are working with Rabbi Alexander and Sheri Brown, Gan HaYeled Pre-School Director, to develop a program to help teachers and parents talk with their young children about gun safety.

Betsy Maesen provided us with legislative updates: 1) National reciprocity for concealed-carry permits, which has serious implications for states rights’ advocates who believe in local autonomy; 2) an end to gun-free military zones; 3) removing suppressors (aka silencers) from the National Firearms Act; and 4) revamping the federal background check process.

Please feel free to contact Lois Fingerhut, loisafingerhut@gmail.com, to learn more about any of these activities.

Refugee Response Team: Adas Welcome Project

The Refugee Response Team is moving rapidly to co-sponsor a refugee through our new Adas Welcome Project. This project, in partnership with Lutheran Social Services’ (LSS) Good Neighbor Program and under the leadership of Liana Brooks-Rubin and Amy Golen, has organized over 70 volunteers to help a newly arrived family become self-sufficient and acclimated to its new home in the DC area.

We expect to be matched with a newly arrived refugee family, in early February at the earliest. We will assist with leasing an apartment, subsidizing rent, furnishing the apartment, and stocking the pantry prior to the families’ arrival; picking up the family members from the airport and welcoming them to their new home and community; to name just a few. In addition, we are concurrently partnering with LSS to help with specific tasks for refugee families already settled in the DC area.

continued on page 17
We very much need your help! Please join one of our teams by e-mailing Liana, liana@eventidewellness.com, or Amy, agolen@verizon.net to help.

For those who have made a contribution to support this work, thank you! If you’d like to contribute, you can send a check to Adas Israel with “Refugee Fund” in the memo line, or use the Adas website, adasisrael.org, and clicking on “Giving”; when asked to choose to which fund you wish to contribute, write in “Refugee Fund” in the space for “Other Fund.”

**Poverty, Homelessness, and Housing Team**

**SOMEd Service Opportunity on February 20**

Celebrate Presidents’ Day by serving your community and volunteering at SOME on Monday, February 20, when we will assist the staff in preparing and serving breakfast (6:30 to 9:15 am) and lunch (10:30 am to 1:15 pm). Come alone or bring your family—everyone age 13 and over is welcome. SOME serves a hot breakfast and lunch every day of the year to low-income individuals in our community, and it is an honor for our congregation to join in this effort. You can register on the Adas website or contact Sharon Burka with questions.

**SOME Winter Coat Drive Continues**

Thanks to the generosity of so many congregants, we have donated many warm winter coats in great condition to low income individuals who really need them. It’s not too late to contribute so if you have one sitting in your closet that you never or rarely wear, consider donating it. SOME accepts adult and children size coats.

**Ward 3 for All Update**

Ward 3 for All is an interfaith community brought together by WIN (Washington Interfaith Network) to show our support for short-term family housing in Ward 3. The most recent meeting, convened by the DC Department of Human Services, was held at Washington Hebrew Congregation on December 13. The architects shared their plans, the head of DC’s Department of Homeland Security commented on the facility plans, and participants asked questions and made comments.

Rabbi Alexander is on the Deputy Mayor’s Ward 3 Advisory Council, representing our faith-based community. If you live in Ward 3 and would like more information or to become involved, contact Rabbi Alexander, rabbi.alexander@adasisrael.org. Visit http://www.ward3forall.com to learn more about this advocacy effort.

**Adas Israel Volunteers join N Street Village Women and Staff on Christmas Day**

Adas Israel members serve a Christmas meal and sing holiday songs at N Street Village, which provides shelter, support, and a full range of services to women who have been homeless.

**Tu B’Shevat Seder**

Sunday, Feb. 12, 10:00 am to 12:00 noon

Celebrate the new year of the trees by joining us for a delicious Tu B’shevat seder led by the Adas Green Team, Rabbi Alexander and special guest Elizabeth Bennet, founder of Fruitcycle! We will enjoy seasonal treats and drinks, discuss how to apply Torah values to modern environmental issues, and learn about the impacts of our food choices. Join with other community members in committing to make small food choices in our own lives that yield significant environmental benefits when added together. Fruitcycle is a social enterprise that makes snacks using produce that would otherwise go to waste and provides jobs for women who have been formerly incarcerated, homeless, or are otherwise disadvantaged. Please register online at adasisrael.org/tikkunolam.
Volunteering is frequently referred to as “giving back” to the community. I’ve learned that the act of volunteering is, instead, a “gift” given to me by my community.

Last fall I read in the Chronicle that a Hesed Committee was looking for volunteers and I thought of my mother-in-law, Ann Sislen. Ann Sislen helped establish Adas Israel’s adult care program many years ago. Forty years later, Ann joined the group as a participant at the age of 82, and I then began volunteering with her group as a Pilates instructor.

As a Hesed volunteer, I recently met Alan Lipnick at his home in an assisted living facility. Alan has a strong Adas connection as both of his sons, Ben and Michael, attended the Gan and celebrated their b’nai mitzvah at the synagogue. In 1988 Alan’s physicians gave him six months to live. At the time, he was battling incurable cancer and he suffered a stroke and underwent emergency brain surgery as a result of that stroke. Despite these challenges, Alan feels blessed and expresses his gratitude. He has an engaging sense of humor and brings joy to all of our visits!

Alan had expressed interest in adult Torah studies at one of our meetings so I reached out to Rae Grad to find someone qualified to conduct Torah classes for Alan. The Hesed Committee immediately found Norman Shore, who graciously volunteered to assist Alan with Torah studies and helped to translate some significant family documents that Alan had, including postcards from Russia postmarked 1913.

As an Adas Israel Hesed, JSSA hospice/transitions, and Chevy Chase @ home volunteer, I have had the opportunity to spend time with wonderful people in so many different ways. Sometimes my clients need help learning how to use their iPads; others need help with their computers or assistance in programming their GPS. Others simply enjoy having a friendly face come by for a nice conversation.

Volunteering has been a gift of giving and a gift of learning. I’ve learned much about myself. I’ve learned that I am not always right. I’ve learned that listening is more important than speaking. I have learned that if you are working with someone, the most important thing you can do is comprehend their need from their perspective before suggesting solutions.

Volunteering has been a gift of giving and a gift of learning. I’ve learned much about myself. I’ve learned that I am not always right. I’ve learned that listening is more important than speaking. I have learned that if you are working with someone, the most important thing you can do is comprehend their need from their perspective before suggesting solutions.

Getting old isn’t easy and getting old alone is even harder; as Bette Davis said so well, “Old age is no place for sissies.”

I hope I bring some happiness to my clients, but I know I get more than I give. **Acts of kindness never die. They linger in the memory, giving life to other acts in return.**

—Rabbi Jonathan Sacks in *From Optimism to Hope* ❧

---

**Garden of the Righteous Honoree Marion Pritchard Passes Away, at Age 96**

We note with sadness the death of Dr. Marion Pritchard, our 1995 Garden of the Righteous honoree, who passed away on December 11 at age 96.

Dr. Pritchard distinguished herself as a savior of Jews in the Netherlands during the Second World War. She was instrumental in saving 150 Dutch Jews, most of them children, during the German Occupation, by helping to obtain false identity documents, delivering food and supplies, and sheltering and finding hiding places so Jews could evade arrest. In addition to protecting these people’s lives, she was imprisoned by Nazis, worked in collaboration with the Dutch resistance, and shot and killed a Dutch Nazi policeman.

In 1981, Yad Vashem in Jerusalem recognized her as a Righteous Among the Nations, an honor for non-Jews who risked their lives to save Jews during the Holocaust.

The congregation mourns the death of this outstanding woman, a true hero whose moral courage serves as an example to us all. We acknowledge that our Garden of the Righteous honorees are no longer with us, but our work continues to recognize and record their legacies.

May her memory—and the memory of all of the Righteous Gentiles—be a blessing. ❧

---

**HESED**

*By Pam Sislen*

Volunteering is frequently referred to as "giving back" to the community. I’ve learned that the act of volunteering is, instead, a "gift" given to me by my community.

Last fall I read in the Chronicle that a Hesed Committee was looking for volunteers and I thought of my mother-in-law, Ann Sislen. Ann Sislen helped establish Adas Israel’s adult care program many years ago. Forty years later, Ann joined the group as a participant at the age of 82, and I then began volunteering with her group as a Pilates instructor.

As a Hesed volunteer, I recently met Alan Lipnick at his home in an assisted living facility. Alan has a strong Adas connection as both of his sons, Ben and Michael, attended the Gan and celebrated their b’nai mitzvah at the synagogue. In 1988 Alan’s physicians gave him six months to live. At the time, he was battling incurable cancer and he suffered a stroke and underwent emergency brain surgery as a result of that stroke. Despite these challenges, Alan feels blessed and expresses his gratitude. He has an engaging sense of humor and brings joy to all of our visits!

Alan had expressed interest in adult Torah studies at one of our meetings so I reached out to Rae Grad to find someone qualified to conduct Torah classes for Alan. The Hesed Committee immediately found Norman Shore, who graciously volunteered to assist Alan with Torah studies and helped to translate some significant family documents that Alan had, including postcards from Russia postmarked 1913.

As an Adas Israel Hesed, JSSA hospice/transitions, and Chevy Chase @ home volunteer, I have had the opportunity to spend time with wonderful people in so many different ways. Sometimes my clients need help learning how to use their iPads; others need help with their computers or assistance in programming their GPS. Others simply enjoy having a friendly face come by for a nice conversation.

Volunteering has been a gift of giving and a gift of learning. I’ve learned much about myself. I’ve learned that I am not always right. I’ve learned that listening is more important than speaking. I have learned that if you are working with someone, the most important thing you can do is comprehend their need from their perspective before suggesting solutions.

Getting old isn’t easy and getting old alone is even harder; as Bette Davis said so well, “Old age is no place for sissies.”

I hope I bring some happiness to my clients, but I know I get more than I give. **Acts of kindness never die. They linger in the memory, giving life to other acts in return.**

—Rabbi Jonathan Sacks in *From Optimism to Hope* ❧
February 2017 Programs for Families with Young Children

Winter Comedy Show for Families with Young Children: Feb. 5
Shabbat Dinner for Families with Young Children: Feb. 17
Tot Shabbat: Saturdays, Feb. 4, 11, 18, 25
“Coffee Club” for Parents with Babies: Wednesdays, Feb. 1, 8, 15, 22
Playdate in the Gan: Thursdays, Feb. 2, 9, 16, 23
Sing N’Play in the Library: Thursdays, Feb. 2, 9, 16, 23
Kangaroo Adult/Toddler Class: MWF
Miss Ellie’s Shir a Song: Tuesdays, Feb. 7, 14, 21, 28

For Our Families with Young Children!
Come enjoy time with your children and your Adas family! Connect with old friends and make new friends.

Winter Comedy Show for Families with Young Children: The Great Zucchini is coming! See your child laugh like never before! February 5 @ 10:00 am.

Shabbat Dinner for Families with Young Children: Join us once a month for a Friday night “Happy Half Hour” (wine, cheese, and crackers to tide you over) at 5:00, Kabbalat Shabbat Services for young children and their families at 5:30, and a delicious dinner at 6:15. Registration Deadline is February 10. Email Alexis.Tinsley@adasisrael.org to register.

Tot Shabbat: Weekly Shabbat morning services at 11:00 for young children and their families.

“Coffee Club” for Parents with Babies: Stop by the Beit Midrash Wednesday mornings from 9:30 to 11:30 am to visit with and meet other parents with babies.

Playdate in the Gan: The Gan is the place to be on Thursday mornings at 9:00 if your little ones are too young to attend the Gan. They will play, you will schmooze! Parents, grandparents, & caregivers welcome!

Sing N’Play in the Library: Join us in the upstairs library, Thursday mornings at 10:00, for stories and songs with your little one, followed by time to chat with your friends—or to make new ones—while your children play. Parents, grandparents, & caregivers welcome!

Kangaroo Adult/Toddler Class: Is your child 18–24 months old? Come join us in the Kangaroo class! Your child will get to know the warmth and wonder of the Gan with your support. MWF 9:00–10:30 am or 10:30–noon. Register at the Gan website.

“Shir a Song:” Music with Miss Ellie: Music and movement classes for babies, toddlers, preschoolers, and the adults who love them. Tuesday mornings in the library at 9:30 and 10:30 am. To register for the spring semester, go to www.mselliemusic.com/register. Cost is $185 for first child, $100 for first sibling.

---

Gan HaYeled

February is the month we start to think about planting. Tu B’Shevat reminds us that spring will indeed arrive here. Our newly renovated Outdoor Learning Environment will be the perfect place for Gan students to plant as the warm weather arrives. Our STEAM educator, Daniel de los Reyes, and Adas volunteer Ronnie Gardstein are planning how to plant things that our children can touch, feel, smell, and EAT.

Registration is in full swing at the Gan. If you haven’t signed up for our amazing early childhood program, there are still select spots available. Contact Abby Koplow, Abby.Koplow@adasisrael.org, in the Gan Office or look on our website for more information.

---

Youth@AI

Saturday, Feb. 25: Volunteer with USY at Kol HaOlam
Sunday, Feb. 26, 2:00–4:00 pm: USY Go Karts at Go Kart Track in Hyattsville, MD,
Wednesday, March 1: USY Student Leadership Applications due
Sunday, March 5: Machar Bowling at Bowlmor Lanes in Bethesda, 1:00–3:00 pm

To register for all Youth@AI events, visit www.adasisrael.org/youth and click on the registration link. And remember to check out our website, www.adasisrael.org/youth, to stay up to date on current events, check out pictures from previous events, and view our 2016–2017 Youth@AI Calendar. Always feel free to reach out to us for any questions at Jordan.Rothenberg@adasisrael.org.

---

FEBRUARY
Children’s Services
4: Tot Shabbat, Netivot, Junior Congregation
11: Tot Shabbat, Netivot, Junior Congregation
18: Tot Shabbat, Netivot
25: Tot Shabbat, Netivot, Junior Congregation

---

education update continued from page 11

Gan HaYeled

February is the month we start to think about planting. Tu B’Shevat reminds us that spring will indeed arrive here. Our newly renovated Outdoor Learning Environment will be the perfect place for Gan students to plant as the warm weather arrives. Our STEAM educator, Daniel de los Reyes, and Adas volunteer Ronnie Gardstein are planning how to plant things that our children can touch, feel, smell, and EAT.

Registration is in full swing at the Gan. If you haven’t signed up for our amazing early childhood program, there are still select spots available. Contact Abby Koplow, Abby.Koplow@adasisrael.org, in the Gan Office or look on our website for more information.
Tell us a bit about yourself. What school do you go to, what are your favorite subjects, what are extracurricular activities?

I am currently a senior at Woodrow Wilson High School in Washington, DC. My favorite class is AP Comparative Government, which focuses on examining six countries in the world and their forms of government. In addition, I love studying history, language, and interdisciplinary science courses! Besides attending class, I am deeply involved in both my school and the Adas community. At school, I help to lead our Model UN team and am co-president of the yoga club. At Adas, I attend Ma’alot on Tuesday, and also work with first graders as a madricha on Sunday mornings. I am also an active member of USY on both a chapter and regional level, and currently serve as the president of Adas’s USY board.

You are the Adas USY president this year. How did you get involved in USY? Why did you want to be president? Why should all of our kids at Adas join one of our youth groups?

I became involved because some friends of mine asked me to go to fall convention during my freshman year. I hadn’t really thought about doing USY, even though I’d participated in Kadima and really enjoyed it. So, when my friends asked me if I was going, I went home, asked my mom, and signed up a week before the event. I loved it and have continued participating in USY ever since.

I first became interested in taking on a leadership role in USY after seeing my friends participating on board freshman year. Seeing what they could accomplish made me want to do the same.

Community. That’s the reason every kid at Adas should join an Adas youth group. There is not a very large or active Jewish community at Wilson, so being a part of USY and the larger Adas community has allowed me to build friendships with other Jewish teens and create a strong Jewish identity. Some of the people I’ve met through USY are now my closest friends. EVERY kid should join a youth group because it is a great way to have fun, build community, learn about Judaism, and make friends.

I had the pleasure of traveling to Israel with you and your classmates the summer before your junior year. What are some of your favorite memories from that trip? What was one of your favorite places and why?

In general, I loved the times we were able to observe the city on our own. It was a fun and interesting experience to walk around with no destination in mind, observe, and just experience Israel. As for some of my favorite places from the trip, I loved Tel Aviv and Jaffa. I loved the fun and relaxed vibe in Tel Aviv. Jaffa was extremely interesting because it is one of the mixed cities in Israel, so I really liked seeing that coexistence in Israel is possible.

Besides the major volunteer role you have at Adas, you are very involved with sports, Model UN, etc. How do you do it all? What advice do you have for other students (and maybe even adults) when it comes to time management?

My advice would be to sit down and write out a list of all your commitments and the time each one takes, and then organize them based on priority. Each day, I go through my list of priorities and attack each one in a specific order based on their priority. On Sunday of each week, I write out a list of everything I have to do for the week and put it on my calendar.

You’re a senior in high school, so you had to expect this question. What are your plans for after high school? Ha ha, I did expect it! After high school, I will be attending university. I love the Boston area, so I’ve applied to a few schools around there, and I’m also looking into a few schools in other cities in the U.S and in the United Kingdom. At university, I want to pursue a double major of international relations, with a specialization in peace, conflict, and coexistence studies, and a Spanish language. As a minor, I will be pursuing French.

What role has Judaism (and maybe Adas) had in making you who you are today? How do you plan to continue to practice Judaism once you’re no longer living at home full time? Judaism has definitely played a role in making me who I am today. I’ve always wanted to pursue a career in diplomacy and building relationships between different countries and people with different viewpoints. Judaism has taught me the importance of being a good person, and working to listen and understand others and our differences, which is very important in diplomacy. Since I was two years old, and began coming to Adas, Adas has been the center of my Jewish life. It will definitely be weird next year when I’m no longer living at home, and will no longer come to Adas regularly. Regardless of where I end up going to school, I am going to look into Hillel and other Jewish youth groups to participate in. Why is (are) your Jewish role model(s)? My Jewish role model is Golda Meir. I admire her leadership and the fact that she was a leader in the international community. Her work both in Israel and in the larger international community has been inspiring. ✿

Ma Tovu: Kali Hoechstetter
HONORING OUR LEADERS AND VOLUNTEERS
Interviewed by Marcy Spiro, Director of Membership Engagement
The congregation gratefully acknowledges the following contributions:

**Adas Fund**
*By: Alisa Brem & Jacob Rosenberg.*
*In Memory Of: Harry & Rose Sarpikin by Larry Sarpikin, MD.*

**Anne Frank House Fund**

**Makom DC**
*By: Sabrina Sojourner.*

**Benjamin James Cecil Special Education Fund**
*In Memory Of: Mike Cloonan, Benjamin “Jamie” Cecil by Joe Cecil & Judith Friedman.*

**Bereavement Fund**
*In Memory Of: Richard Cohen by Kathy Krieger, Steven & Sara Cohen, Bruce Ray & April Rubin. Eva Danziger by Arnold Danziger. Beatrice Snyder Mattleman & in gratitude for the kindness shown to me by the congregation & daily minyan members by Gwen Mattleman.*

**Cantor Brown Discretionary Fund**

**Daily Minyan Fund**
*By: Cathy Slesinger.*

**Dan Kaufman Children’s Program Fund**

**Daryl Reich Rubenstein Staff Development Fund**
*In Memory Of: Henry S. Reich, Joseph Rubenstein by Lee G. Rubenstein.*

**Dr. & Mrs. Stanley W. Kirstein Gan Memorial Fund**
*In Memory Of: Abraham Kirstein, Rose Blacher Kirstein, Dr. Stanley Kirstein, Selma “Bebe” Polsky Kirstein, Frank Kirstein, Gladys Goldstein Kirstein, all by Steven Blacher, Robert Blacher, Rose Hyman Blacher & Fred Blacher.*

**Dr. William & Vivienne Stark Wedding & Anniversary Fund**
*In Honor Of: our anniversary by Dr. William & Vivienne Stark.*

**Estelle & Melvin Gelman Religious School Fund**
*In Memory Of: Milton Himmelfarb by Dan Himmelfarb.*

**Ethel & Nat Popick Chronicle Fund**
*In Memory Of: David Loeb, Herbert Broner by David & Harriet Bubes.*

**Executive Director Discretionary Fund**
*In Honor Of: David Polonsky, who is a pleasure to work with & who embodies the soul of Adas & makes us a kehila kedoshah by Andrew & Amy Herman.*

**Garden of the Righteous**

**Harry & Judie Linowes Youth Endowment Fund**
*In Memory Of: Joseph Linowitz & Jules Coler by Harry & Judie Linowes.*

**Havurah Kiddush Fund**
*In Honor Of: Birth of Ruth & Ed Cogan’s great grandson by Dava Berkman.*

**Hazzan Goldsmith Discretionary Fund**

**Hesed & Bikkur Cholim Fund**

**Adas Fund**
*By: Alisa Brem & Jacob Rosenberg. In Memory Of: Harry & Rose Sarpikin by Larry Sarpikin, MD.*

**Jewish Mindfulness Center of Washington**
*In Honor Of: Rabbi Holtzblatt’s recognition by Jewish Women International as a Woman to Watch by Michael & Lois Fingerhut, Manny Schiffres & Rae Grad, Jane Baldinger, David & Heather Polonsky. With Thanks For: The important service & programming provided by Jewish Mindfulness Center of Washington by Kit Turen. In Memory Of: Julia Mayer Rosenberg by Dr. Joel Rosenberg, Herb Radley by Gayle and. Howard Teicher.*

**Joan Alison White Art Education Fund**
*In Memory Of: Loretta Rosenthal by Adrian & Annette Morchower.*

**Lillian & Daniel Ezrin Fund for Ritual Objects**
*In Honor Of: Frederick Horowitz becoming a bar mitzvah by Rhoda Ganz.*
Marilyn & Stefan Tucker Program Endowment Fund
With Thanks To: Ira Berkower, David Sislen by Stefan & Marilyn Tucker.

Mikvah Fund
In Appreciation Of: 4th-grade visit to the mikvah by Temple Shalom.
With Thanks To: Naomi Malka for her marvelous tutoring for Arthur’s bar mitzvah by Andrew & Amy Herman.

Mildred & Jess Fisher Nursery School Fund
By: Sandra Mahoney.
In Honor Of: Birth of Max Sokol by Roger & Renée Fendrich.
In Memory Of: Mildred Hofberg by Sandy & Stanley Bobb, Jodi & Rodd Macklin, Tammy & Cliff Mendelson, Daryle & Beth Bobb.

Offerings Fund
By: Milton Hoenig, Barbara Weinstein.
In Honor Of: Laurie Moskowitz & Steve Rabinowitz by Jonathan & Andrea Gruber.
In Loving Memory Of: Frances & Harold Kornberg by Larry Rosenblum.

Rabbi Alexander Discretionary Fund
In Honor Of: Rabbi Holtzblatt by Patt Andringa.
With Great Appreciation For: Programming & ideas that Rabbi Alexander has brought to Adas Israel by Andrew & Amy Herman.
In Memory Of: Richard Cohen by Kathy Krieger, Steven & Sara Cohen.

Rabbi Holtzblatt Discretionary Fund
In Honor Of: Rabbi Holtzblatt being named a Woman to Watch by Jewish Women International by Rhoda Ganz, Susan Lubick. Rabbi Holtzblatt by Harry & Judy Melamed.
In Appreciation Of: Rabbi Holtzblatt by Diane Abelman Wattenberg.
With Thanks To: Rabbi Holtzblatt for leading a spiritual Friday night service at Arthur’s bar mitzvah by Andrew & Amy Herman.

Rabbi Steinlauf Discretionary Fund
By: Dr. William & Vivienne Stark.
In Honor Of: Naming of Violet Yael Sager by Jeanne & Dennis Sager.
In Appreciation Of: Your services at Max Sokol’s bris by Jan & Carole Klein.
In Gratitude For: Rabbi Steinlauf’s time spent with Arthur on his d’var Torah by Andrew & Amy Herman.
With Great Appreciation For: Rabbi Steinlauf by Roz Doggett.

Refugee Response Project
By: Jeffrey Dodson, Pam Ehrenberg, Clifford Goodman & Amy Golen, Marvene Horowitz Steven & Gayle Neufeld, Carol Ridker, Jeremy & Beth Steindecker, Randall Wagner & Debra Benar, Jane Baldinger.
In Honor Of: Frederick Horowitz becoming a bar mitzvah by Frances Wilson.

Rose F. Freudberg Sisterhood Memorial Library Fund
In Honor Of: Birth of Caleb Joshua Brown by Elinor Tattar.

Rothstein Family Israel College Scholarship Fund
In Loving Memory Of: Ralph B. Rothstein by Bob & Robin Berman.

Ruth Abramson Cemetery Fund
In Memory Of: Sylvia Colbreuner by Wendy Eisenberg.

Sandra & Clement Alpert Fund for Family Education
In Memory Of: Phyllis L. Sherman by Rob & Rachel Rubin. Sandra & Stanley Bobb Endowment Fund
In Memory Of: Mildred Hofberg by Sandy & Stanley Bobb, Jodi & Rodd Macklin, Tammy & Cliff Mendelson, Daryle & Beth Bobb.

Shelley Remer Gan HaYeled Enrichment Fund

Siddur Lev Shamay Praybooks Fund
By: Neal & Ava Gossen, Art & Edie Hessel, Helen Kramer, Debbie Schwartz, Ari Strauss.
Given With Love: By Michael & Meredith Cymerman. With Gratitude: By the Zalesne Siff family. In Loving Memory Of: Joseph M. Gichner by his family. Rubye & George Willis, Annette & Leo Sherman, all by William Willis & Rennie Sherman.


Siegel-Kalmekoff Family Adult Education Fund
In Honor Of: 2016 b’nai mitzvah in the Traditional Egalitarian Minyan by Margie Siegel.

Shirley & Saul Kullen Fund
In Memory Of: Sidney Margolis by Dr. Shirley Kullen.

Sisterhood Contributions
In Memory Of: Ruth Eanet by Alan & Dale Sorcher.

Social Action Fund
By: Sabrina Sojourner. With Great Appreciation For: Interfaith Work by Frances Burka.

Sophie Silfen Shalom TInok Fund
In Honor Of: Birth of Fritz Claxton Prine by Jane Baldinger.

In Loving Memory Of: Sophie Silfen by Jane Baldinger.

Staff Gift Fund
In Honor Of: Our wonderful staff by Ricki Gerger. Adas Israel’s wonderful staff by Margie Siegel. With Thanks For: Your excellent work all year by the Hoff family. With Thanks To: Adas staff for year-long very hard work by Richard & Carol Margolis.
In Memory Of: Thomas Casey by Glenn & Cindy Easton, Yaacov & Herlene Nagler Bruce Ray & April Rubin.

Traditional Minyan Kiddush Fund
By: Edward Kean & Nancy Worth.

continued on page 27
Contributions continued from page 25


In Memory Of: Irving Lerner by Judith Hellerstein.

Arthur Lerner by Bill Levenson.

Rosalie Wexler by Pamela Wexler.

Tzedakah Fund

In Memory Of: Thomas Casey by Sherry Kaiman, Irv & Grace Lebow, Harry & Judy Melamed, David & Jessica Nemeth, Jane Baldinger.

In Memory Of: S. Robert Baldinger by Janet Baldinger.

Carol Sue Zacks by Cathy Gildenhorn, Rae Levy by Roz Jonas. Dr. Robert Kurzbauer. Ruth Marenus by Barbara Marenus. Murray Melmed by Dr. Allan Melmed. Cindy Hankin by Adrian & Annette Marchower.

Yizkor/Yahrzeit Fund


Youth Activities Fund

In Memory Of: Jack Heifetz by Glenn Fine & Beth Heifetz. Jack Sender by Sydell Sandy.

books&more

Upcoming Library Events
By Robin Jacobson, Library & Literary Programs Director

Meet Novelist/Poet/Professor Elizabeth Poliner
February 26, 10:00–11:00 am
Elizabeth Poliner will introduce her acclaimed novel, As Close to Us as Breathing, centering on a family tragedy that occurs on Bagel Beach, Connecticut, in the 1940s. Poliner is an associate professor of English at Hollins University. Book-signing follows the program (cash or check only for book purchases).

New York, New York!
All-Adas Book Chat led by Religious School Parents
Sunday, March 19, 10:00–11:00 am
A dynamic group of religious school parents invites the entire Adas community to discuss a chapter from Robert Caro’s Pulitzer Prize-winning The Power Broker: Robert Moses and the Fall of New York. This chapter tells of a Bronx Jewish community that fought for its survival against powerful urban planners. Packets containing the Power Broker chapter will be available beginning in February at the front desk in the Adas lobby; pick one up! A special invitation to New Yorkers, urban planners, activists, and fans of historic Jewish neighborhoods.

Meet Journalist-Filmmaker
Symi Rom-Rymer "Beyond the Shoah: Young Jewish Voices from Contemporary Central Europe"
Sunday, April 30, 10:00–11:00 am
Symi Rom-Rymer, an award-winning Jewish social entrepreneur and journalist, presents her narrative video, Beyond the Shoah, which showcases the personal stories of young European Jewish leaders and activists who are revitalizing post-Shoah, post-Communist Jewish life in Central Europe, contrary to all expectations. What does it mean to be Jewish in the 21st century in the former Soviet bloc? ✾

Up Close and Personal
Share Your Special Family Collections in Our Biran Beit Midrash

The Biran Beit Midrash, at the heart of our synagogue, is a place of community, learning, and conversation. Following this theme, over the next year we would like to share your special family collections in our ever-changing Biran Beit Midrash window. Throughout December we are highlighting Margie Siegel’s beautiful silver collection from Djerba, an Island off Tunisia, as well as personal kiddush cups that have meaning in her family. Our next display will be “all about shofars” from Jennie Litvak’s collection, including her photographs from the process of creating shofars. Also in the line-up are Jewish teapots from Rhoda Ganz and a collection from the Inclusion Committee.

What can you share for six weeks? Contact Carole Klein at Carole.Klein@adasisrael.org to display something special and for more information. ✾
UPCOMING CHRONICLE DEADLINE—
April: Tuesday, February 28, at noon