Join us for an inspirational High Holy Day experience at Adas Israel this year. We invite you to step out of your daily routines, to join together with the kehilla, to reflect deeply on what matters to you, and to embrace the pinnacle of our Jewish prayer experience. This year our theme for the Yamim Noraim is centered around pathways. The key, always, is to pave our life’s paths with peace, beauty, and opportunities for deeper engagement. This past year has left so many of us with countless moments of joy, pain, depth, tragedy, understanding, conflict, and everything between. Together we are invited to face each other and ourselves, and to build space for honesty, loss, longing, and, ultimately, connection.

**Pathways: Wonder. Joy. Peace.**

**HIGH HOLY DAYS 5780**

Selichot
Saturday, September 21

Rosh Hashanah
Monday & Tuesday, Sept 30 & Oct 1

Kever Avot
Sunday, October 6

Kol Nidre
Tuesday, October 8

Yom Kippur
Wednesday, October 9

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

Proverbs 3:17

Its ways are pleasant ways, And all its paths, peaceful.
Service Schedule

HOLIDAYS @ ADAS

High Holy Days at Adas Israel

Rosh Hashanah Day 1
Saturday, Sept. 28

Shacharit
Led by Rabbi Krinsky & Cantor Brown • Charles E. Smith Sanctuary

Torah Service & Shofar Sounding
Led by Rabbi Alex & Cantor Brown • Charles E. Smith Sanctuary

Late Evening Services
Led by Rabbi Holtzblatt & Michael Leifman • Kay Hall

Mincha / Maariv
Led by Rabbi Krinsky & Brian Molasky

Families and their grown-ups are invited to gather on the Connecticut Avenue Patio for a short program and to join the services in the Charles E. Smith Sanctuary.

Community Tashlich
3rd Floor @ 11:30am: Adas Israel Parking Area

Yam KippurON FREE ...
Led by Rabbi Holtzblatt & Return Again Band • Adas Israel Parking Area

Torah & Tefillah for Tots through K
Youth Lounge @ 10:30am: For families with young children to celebrate together; led by Menahel Peters.

Youth Services Schedule

Please Note New Times

Family Service with Rabbi Kerrith Solomon
Kay Hall @ 9am: For families who want to share the experience with their elementary school age children (grades K & up).

Torah & Tefillah for Tots through K
Youth Lounge @ 10:30am: For families with young children to celebrate together; led by Menahel Peters.

Youth Programming
3rd Floor @ 10:30am: For students in grades K-6: Yom Kippur and Passover exploration.
3rd Floor @ 11:30am-12:30pm: For students in grades K-6: Holiday activities.

Teen Chat
Funger Hall @ 12:30pm: Grade 9-12. Gather for a discussion and reflection on Jewish values in our modern lives.

N’Eelah
Connecticut Ave. Patio @ 7:15pm (30 min before Shofar): Students are invited to gather on the Connecticut Avenue Patio for a short program and to join the services in the Charles E. Smith Sanctuary.

Please Note:
Additional information about youth services is located in the 2019 High Holy Days book.

High Holy Day Information Continues on pg. 12

September 2019

The Chronicle
ADAS (in)ISRAEL
An Unforgettable Adas Israel Congregational Journey to Israel
SUMMER 2020

Travel Window: June 18–28, 2020
Rabbis Lauren Holtzblatt & Aaron Alexander, Cantor Ariana Brown, and our Israel Engagement Task Force enthusiastically invite you to join us for an unforgettable exploration of Israel, with our own Adas clergy and community members. For first-timers and experienced Israel-travelers alike, this is your opportunity to encounter Israel through the lens of our sacred and diverse Adas Israel community, and through various high-impact, multi-day experiences of your choosing.

Strength in Community
We’re not just going to Israel, we’re bringing Adas to Israel. Build relationships & memories to cherish for all time.

A Holistic Israel Encounter
Bask in the rich, energetic culture of modern-day Israel. Dive into unique areas of focus available only to Adas participants.

All Are Welcome
First-timers, young families, Israel-experts, spiritual seekers ... we want you all! Custom “track” experiences built for everyone.

expertly Designed Travel Experience
Curated travel arrangements, delightful accommodations, expert tour guides, delicious food, and unforgettable experiences.

THE LAND
ERETZ YISRAEL
We’re not just going to Israel, we’re bringing Adas to Israel. Build relationships & memories to cherish for all time.

THE PEOPLE
AM YISRAEL
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THE STATE
MEDINAT YISRAEL
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EACH OTHER
ADAS ISRAEL
Curated travel arrangements, delightful accommodations, expert tour guides, delicious food, and unforgettable experiences.

O U R  C O M M U N I T Y  W I L L  J O U R N E Y  T O G E T H E R

Unique & Powerful Adventures
Hartman Institute Master Scholar Experience
Community In Action

21st Century Dynamics With Those Who Know
Spirited Shabbat Gatherings Like No Other
Young Family Adventures

“Only In Israel” The Highlights
The Tastes & Smells You’ll Never Forget
The Land, The State, The People
REGISTRATION OPENS SEPTEMBER 9TH

Early Bird Registration: 9/9/19 – 9/13/19
Standard Registration: 9/14/19 – 2/21/20

Sept. 9 @ 9 am – Sept. 13 @ 5:30 pm:
$2,995 per person
Lock in this incredible Early Bird rate for a very limited time. $250/person deposit required, final payment will be due 90 days prior to travel.

After September 13 at 5:30 pm:
$3,395 per person
The standard per person rate, for all dates going forward. $250/person deposit required, final payment will be due 90 days prior to travel.

Child Reduction Rate
$775 for 3rd Child
For a family with children, there is a discount for the third person (children only) in the room.

Single Supplement
$1,215 per person
Looking for your own room? We’ve got it, with this one flat fee for upgrading.

Price Includes:
• 9 nights hotel accommodation
• Yummy Israeli hotel breakfasts
• 10 days of touring with top-notch, licensed, English-speaking tour educators
• 8 days of touring in luxury, A/C buses
• Group transfers and assistance to and from the airport
• All site entrance fees and program fees as per itinerary
• Meals: 5 lunches & 7 dinners
• Portage at hotels

Custom Breakout “Tracks”
• Shalom Hartman Institute Study Track
depth text study w/ master scholars
• Geo-Political Deep Dive Track
an immersion and study like no other
• Greatest Hits for First-Timers Track
all the highlights and must-do’s
• Young Family Adventure Track
adventures for families and children
• Spiritual/Mindfulness Seeker Track
da deep spiritual connection in the land

How do I apply for financial aid?
In order to qualify for financial aid, we ask that you register for the trip by September 13 (during the early bird registration) and complete the financial aid form at adasisrael.org/adasisrael by the High Holy Days. Thanks to a number of very generous Adas members, there is a (limited) pool of funding available to help offset registration costs for Adas members with material financial need. All requests will be carefully and confidentially reviewed after the High Holy Days. Participants will be promptly notified of the amount they have been allotted. No participant will receive a 100% subsidy. In the event you deem your financial aid to be insufficient to enable travel, we’ll ask you to please reach out to us for a confidential conversation (deposits can be refunded only in cases where your originally requested financial aid amount cannot ultimately be granted).

How does the deposit work?
Upon registering, all participants will be billed for a $250 per/person deposit, paid directly to Da’at Travel Company, by credit card or check. The deposit will be nonrefundable, except in the circumstance as outlined above.

I have an accessibility request, what should I do?
All are welcome on this trip. At the time of registration, please inform Da’at Travel of your accessibility request. They will work directly with you to accommodate your travel needs.

Are flights included?
Flights are not included in the base registration price. Further flight information, recommendations, and options will be shared promptly for those who register.

How do I choose a “track?”
As you read above, 5 customized “tracks” will be available to Adas participants, to focus on an interest or cohort unique to you for several days in the middle of the trip. Following the High Holy Days, all trip registrants will be given an opportunity to select their preferred track (each track subject to reaching a minimum level of participation). Families will be able to split up into different tracks if interested.

Group Information Sessions
The first of many in-person discussions will take place via webinar on Friday, September 6th at 10:00pm, before registration opens. If you would like to participate, please email AdasInIsrael@AdasIsrael.org. If you have any specific questions in the meantime, please do reach out, we are always here and can provide any information you need.
From the President

LAURIE ALADJEM, ADAS PRESIDENT

"As I write this in July it is hot outside. Super hot."

But while most of us are thinking about ice cream, everyone at Adas is actually thinking about the High Holy Days. Soon Adas will be filled with literally thousands of people. Some will be here to remember loved ones. Some will be here to look inward at the past and the future. Perhaps some might come for a respite from the crazy times in which we live. No matter the reason, we will be crowded, and I know I will draw strength from being together with all of you.

The fact that everyone who comes to worship as part of our community does so in one building, and that it all runs smoothly, doesn’t happen by accident. “Team Adas” (the clergy and staff) works tirelessly, for months, preparing. They think through every detail, every contingency, all to ensure that we have meaningful chagim. They plan not just the liturgy and the music, but the schedule, the seating, the traffic flow, the security, and, yes, the all-important climate control for each worship space. When you come to Adas during the chagim, please be patient and kind, and please thank all the staff, because nothing happens without the amazing efforts of each and every one of them.

Nothing happens without money, either. As you know, we have made a commitment to the congregation to mount one, and please be patient and kind, and please thank all the staff, because nothing happens without the amazing efforts of each and every one of them.

As I write this in July it is hot outside. Super hot.

The Chronicle

September 2019

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Learn more about the High Holy Days at Adas on the next page or visit: adasisrael.org/highholydays.

Clergy Corner

RABBIS HOLTZBLATT & ALEXANDER

“One thing I have learned about attention,” writes author Jenny Odell, “is that certain forms of it are contagious. When you spend enough time with someone who pays close attention to something (if you were hanging out with me, it would be birds), you inevitably start to pay attention to some of the same things.”

There’s an obviousness to this teaching that almost dulls its potency, but it is still something upon which all of us can deeply reflect, in any of our relationships. Because what we care about, what we actively notice, and how we attend to and integrate the experience of that awareness, softly influences those around us.

When we choose to focus our attention on what matters most, those within our patterns of life experience a shift as well. This phenomenon of focus works in many directions. For instance, the physical spaces in which we locate ourselves—because of the history they hold, the images they project, and the words they contain—also influence the direction of our hearts.

In so many ways, this is precisely why choosing to place ourselves in the presence of ancient traditions while holding thick prayer books with foreign words written long ago is so compelling and alluring, year after year. By paying attention to our foundational religious yearnings, ideas, poetry, and practice—we, in turn, become in tune with the eternal Jewish rhythms that course through the souls of all that was and is in these physical and meta-physical spaces.

Perhaps the intense emphasis we place on the fall holidays, in particular the Days of Awe, is wrapped up in this importance of accessing life through a different, unique prism—of paying attention to ourselves and all that is around us from a distinctly Jewish and time-tested perspective. Perhaps we find ourselves so drawn to sacred space on these days because, as Odell writes, “when the pattern of your attention has changed, you render your reality differently. You begin to move and act in a different kind of world.”

In many ways, the call of the shofar is just that, a particular kind of wake-up call that transcends “wake up from your inner slumber,” and also encourages us to “wake outward to another perspective, a different sightline.” It’s similar to what Rebbe Nahman of Bratzlav teaches: “The blasts of the shofar on Rosh Hashanah revitalize the soul and mind... Each [person] receives a new soul and a new level of understanding, each according to their own potential [at that time]. This new soul and vision are drawn from the inner countenance of God.”

The countless hours we spend in synagogue over the High Holy Days provide each of us with this precious opportunity to refocus our hearts’ direction. Each word, every symbol, all the melodies—they are special because to revisit them once a year is to allow them to help us divert attention from the everyday distractions and settle into a new vision, or an old vision long forgotten but now necessary.

So how do we prepare for this kind of re-alignment? To a certain degree, this is an area for which too much preparation could hinder a potential outcome. In other words, letting go of all the loaded expectations and committing to just being present in as many moments as possible may generate the widest possible range of possibility.

But also, perhaps this year we could begin this season by asking a new question. Can I stop for a moment to notice the web around me, and how it influences me right now? What is contagious that is in my hands, in my heart, or in my voice? Can I be awake enough to notice? Together, let’s find out. Shana Tova!
PATHWAYS TO PREPARATION
Spirtual High Holy Day Preparations, Experiences & Learning

NEW YEAR, NEW BEGINNINGS: SEEING SACRED POSSIBILITIY IN OUR WORK TRANSITIONS with Sarah Belzer of Realize Change
Wednesday, Sept 4, 6:30–8:30 pm
Seeking a more grounded and life-giving approach to your work? Join Sarah Belzer, founder of Realize Change, to explore Jewish texts about finding your path, purpose, and profession. Then reflect on what you are ready to let go of from the past year in your career, and what you truly want to bring about in the coming year.

HIGH HOLY DAY PREP CLASS with Rabbi Elzanne Volkert
Tuesdays, Sept 10 & 17 @ 7:30 pm
Join Rabbi Elzanne Volkert for a textual exploration of the High Holy Days. We will cover major themes and the liturgy.

SHABBAT HIGH HOLY DAY HALAKKHAH Saturday, Sept 21, after Kiddush
Learn with Rabbi Alexander on this year’s High Holy Days theme in Halakhah.

AN EVENING OF HIGH HOLY DAY NIGGUNIM with Rabbis Alexander, Holtzblatt and Krinsky
Tuesday, Sept 24 @ 7:30 pm
Join Rabbis Holtzblatt, Alexander, and Krinsky for a joyful evening of kavannah (short teaching/meditation) and niggunim (wordless melodies) as we prepare for the High Holy Days.

BECOMING PRESENT WITH MEDITATION & SONG
Led by Susan Barocas & Michelle Buzgon
Wednesday, Oct 9 @ 4:45–5:45 pm
Use the rhythms of guided meditation and melodic singing to deepen our personal reflections as we approach the final hour of Yom Kippur.

ANNUAL COMMUNITY CPR PROGRAM
Sunday, September 15 @ 4:00–6:00 pm
Join us for our annual Community CPR program on Sunday, September 15, from 4:00 to 6:00 pm (after our High Holy Day volunteer orientation). This training provides our community with an opportunity to learn or brush up on your CPR skills. Refreshments will be provided.
To register, contact Steven Miller, smiller173@aol.com or 703-981-1709. Registration is limited. There is no charge for synagogue members; the cost is $35.

RESERVED SEATING TIMES

On Rosh Hashanah Day 1 and Yom Kippur, there will be a live feed of the Charles E. Smith Sanctuary service broadcast into the Brian B. Midlan. This will provide some additional seating for those who need it, or for those who would like to step out of the service spaces and still follow along with the prayer experience.

All services in the Charles E. Smith Sanctuary and Kay Hall will also be broadcast live at ADASIRael.org/#HDhLive. Just visit that link from any device and you will be able to watch and listen to High Holy Days services in real time from wherever you are.

SEALCHOT
Saturday Night, September 21 @ 9 pm Gewirtz Beit Am
Several days before Rosh Hashanah, Jews around the world gather together to recite the Selichot, a beautiful series of penitential prayers and meaningful liturgy. This tradition invites us to open ourselves up to the essential work of the Days of Awe: the process of repair and return, of acknowledgement and longing. It allows us to chart in unison and begin to come to terms with where we have erred in relation to ourselves, to others, and to the Holy One.

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

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

Volunteering as a High Holy Day usher and/or greeter at Adas Israel can help you fulfill the mitzvah of tefillah (welcoming guests). Not only do we make sure that congregants and guests feel welcome, but we also play a role in maintaining security and the dignity of our services. We direct worshippers to their seats; answer general questions; and other religious materials. Simply go to the Charles E. Smith Sanctuary at 3pm on Yom Kippur day.

For more information about volunteering during the High Holy Days, please contact Steven Miller, smiller173@aol.com.

JEWISH REGULAR SEATING

Sukkot begins on the 15th day of the month of Tishrei. We encourage you to order your lulav and etrog ($40 each) in preparation for the festive observance of the Sukkot holiday. This year you may order your lulav and etrog online at adasrael.org/sukkot or by sending a check and order form to the attention of Hazzan Rachel Goldsmith (Hazzan Goldsmith@adasrael.org) at the synagogue.

Sukkot is known by several names, none more descriptive than Z’man Simchat Torah, Day of Our Rejoicing. Haj & HAsukkot, the Feast of Tabernacles, reminds us of the huts (sukkot) in which our ancestors dwelt in the desert for 40 years on their way to the Promised Land.

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The Adas Fund

JUSTICE

The Adas Fund is the Congregation’s only annual campaign and is critical if we are to operate in the way you have come to count on and deserve. We seek 100% participation, at any level of giving. This year, we will honor the sacred work of our Social Action Committee, as its members work tirelessly to make the world everything we know in our hearts it should be.

Now is the time.
Please make your contribution today.
We seek 100% participation by Rosh Hashanah.

This year’s campaign is inspired by the work of our Social Action Committee, and supports all of our activities at Adas. The Committee is made up of teams focused on the pressing issues facing us today:

Poverty/Homelessness/Housing Team (PHH)
The DC metropolitan area contains one of the highest rates of homelessness in the U.S. The Poverty/Homelessness/Housing Team (PHH) works to address the broader causes of homelessness, poverty, and illiteracy and to foster equal opportunity for all of our neighbors through community organizing and direct service. Interested? Contact Jamie Butler, jgb6867@gmail.com.

Refugee Response Team
The Refugee Response Team (RRT) works with local and national organizations to help refugee families in the DC metropolitan area. Adas volunteers have co-sponsored a Syrian refugee family, furnished apartments for three refugee families, and mentored recently arrived immigrant families. For information about our coalition and advocacy efforts, contact Liana Brooks-Rubin, lbur@eventidewellness.com.

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

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Lev B’Lev (“Heart to Heart”)
A joint effort of Hesed and the Social Action Committee, Lev B’Lev (“Heart to Heart”) aims to counter the rise of hatred in our society by extending radical compassion to people of all faiths who have been targeted by hate. To get involved with our speaker series, letter writing, interfaith initiatives, and vigils and rallies, please contact Bruce Charendoff, LBL chair, at bruce@brucecharendoff.com.

Our Social Action Teams

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Our good friends and ongoing partners at SOME, So Others Might Eat, are in need of nonperishable food donations. SOME is an interfaith, community-based organization that supports residents in the District experiencing homelessness and poverty.

SOME’s food wish list includes:
- Peanut butter
- Low-sodium soup
- Nuts and healthy snacks
- Canned fruit, in its own juice or water
- Canned vegetables, no added sodium
- Meals in a can, such as chili and spaghetti
- Brown rice
- Whole wheat pastas and pasta sauce
- Low-sugar cereal and oatmeal
- Fresh fruits and vegetables
- Oils and vinegars
- Canned chicken, salmon, and tuna

Throughout the High Holy Days, baskets and collection bins will be placed around the building for donations.

Your contribution, no matter the size, advances SOME’s mission to help our neighbors find pathways out of poverty and achieve long-term stability and success.

Donate online at AdasIsrael.org/AdasFund

September 2019
Chess Club Starting At Adas
WEDNESDAY EVENINGS, 7:00–9:00 PM

It is rumored that Moses and Aaron played chess back in the day. Adas member Ross Bettinger is hoping to keep this tradition going at Adas. Anyone who is interested in playing, please reach out to Ross at rsbettinger@gmail.com. For now, we plan to play on Wednesday evenings from 7:00 to 9:00 pm. Exact dates and room location to be determined. Bring your own chess sets and boards; chess clocks are optional.

Call for Artists of Adas: Celebrating Creativity within the Congregation

All of us have skills and talents that celebrate the joy of our synagogue. A unique opportunity will be occurring at Adas in December, and I wanted to put it on everyone’s radar early on. My name is Sara Vogler, and as an active member of the congregation, I wanted to take a moment to introduce a new project I’m developing at Adas and explain why it’s important to me. I have showcased my art around DC for a while now in small cafes. I even was able to sell one of my art pieces to a collector at a local art show. I believe in art and its magic. One of the many things that I love about Adas is attending Daily Minyan; it is a beautiful way to break up the day with mindfulness and meaning. I also love Hanukkah; it’s one of my favorite holidays! It’s a holiday that means a lot to me, and I want to share those meanings with you all through my art and yours.

In preparation for Hanukkah, we are calling for all Artists of Adas to showcase their art. These are the parameters:

- Send a sketch or picture of your piece.
- Include the name of your piece and a sentence describing it.
- Include the dimensions of your piece and its style (type of art).

In addition, your art should resemble an element of Hanukkah that you love most! The plan is for the exhibit to be up in the Adas main lobby for at least a month during Hanukkah. The submission deadline for this project is Monday, October 28. Please e-mail the sketches of your pieces to Sara Vogler (email below) or drop off your pieces directly to Adas, Attn: Courtney Tisch. We hope you can join us in filling our walls with community, art, and the building of our spirit of rejuvenation! Please reach out Sara Vogler, sara.vogler@gmail.com, with any questions/comments and submissions.

Financial Scams for Older Adults

In collaboration with the Hesed Committee
SEPTEMBER 19 @ 9:30–10:45 AM

Elder financial scams cost older adults $37 billion a year. Discover why older adults are specifically targeted for financial exploitation and learn prevention tips to safeguard your clients’ assets. Join us for this breakfast seminar especially for financial planners, estate planning attorneys, and anyone working with the finances of older adults.

Speakers:
Shelly Jackson, Ph.D., Elder Abuse and Financial Exploitation Visiting Fellow at the Office for Victims of Crime, U.S. Department of Justice
Amy Mix, Supervising Attorney for the Consumer Fraud and Financial Abuse Unit at Legal Counsel for the Elderly (LCE)
Curtis Prince, Detective, D.C. Metropolitan Police Department, Financial & Cyber Crimes Unit

Register online at smritlifecommunities.org/events.

Downtown Study Group: A Long-Standing Adas Tradition
ONCE A MONTH, ON TUESDAYS

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

The meeting dates for 2019–20 are:

- Sept. 10, Rabbi Krinsky
- No Meeting in October due to Chaggim
- Nov. 12, Rabbi Holtzblatt
- Dec. 10, Rabbi Alexander
- Jan. 14, 2020, Rabbi Krinsky
- Feb. 11, Rabbi Holtzblatt
- March 17, Rabbi Alexander
- April 21, Rabbi Krinsky
- May 12, Rabbi Holtzblatt
- June 9, Rabbi Alexander

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

Intro to Judaism
WEDNESDAY, SEPTEMBER 18, 2019–APRIL 1, 2020
7:30–9:30 PM, $300 FOR INDIVIDUALS, $400 FOR COUPLE

Are you interested in exploring the Jewish tradition from the ground up, with master Jewish teachers? Have you been wondering about the core beliefs and practices that animate the Jewish religion? Are you looking to deepen your experience of God and prayer into the rhythm of your life?

This 23-week course is designed to give you the raw materials with which to appreciate and access the Jewish tradition. Whatever it is you may seek, we offer a safe space for acquiring the experiential and intellectual knowledge that allows you to deepen your own religious life. Topics include, but are not limited to:

- The World of the Bible, Ritual Exploration, Life Cycle Events (Birth, Marriage, Death), Shabbat (The Sabbath), Prayer and Liturgy, Jewish Holidays, Israel, Theology

More information and registration are available on the Adas website. Questions can be directed to Laura Kaehler, laura.kaehler@adasisrael.org.

Intro to Judaism 2.0
TAUGHT BY RABBI KRINSKY

BaBayit: Basics of Building a Jewish Home

This course is designed for alumni of Intro to Judaism. Each of the four sessions will focus on a practical aspect of Jewish life, incorporating the learning from the Intro class into everyday routines and spaces. Topics will include living Jewish space, creating a Jewish kitchen, observing Jewish time, and practicing Jewish ritual.

The class will meet on four Wednesdays: Nov. 20, 2019, Jan. 22, 2020, March 18, and May 20, from 7:30 to 9:00 pm in the Biran Beit Midrash. Registration is available on the Adas website.
From Jennie’s Private Memoir:

From Rabbi Lauren Holtzblatt:

Jennie found her Creator. She would breathe in the energy of HolyAdash Baruch Hu and fill her body and soul with that energy and share it with all of you. She helped each of us wake up by having awakened herself. She had such a giving heart and sought to share this gift she had with everyone she met (even those she did not know) and to meet people on the level that they could be. Not forcing, but sharing. It was the gift of a master.

The soul and light of Jennie Litvack. She was a miracle to those of us who were lucky enough to know her, and her light was seen and heard in reverberations by those who traveled near her. She will live on in each of us and in this community.

Jennie’s Private Memoir:

The origin of the word inspiration literally means to be blown into. It’s not just how one blows out of the shofar, but how one is blown in that enables them to produce the soulful sound. “Mindfulness” is a trendy topic . . . however, in my experience, it is the key to spiritual connection. Being fully present in the moment and intentionally noticing the surrounding beauty in nature, relationship, or mission is the way to experience a God feeling. Of course, God can always be present, but our awareness of that connection only happens when we’re open to it.

I am so proud what JMCW has accomplished and how it has led the way for Adas Israel to have become such a meaningful, spiritual place. Of course, God can always be present, but our awareness of that connection only happens when we’re open to it.

My shofar is a channel and the sounds that come out of it are just passing through me . . . And for me, personally, it is the most intense affirmation of God’s presence.

- JENNIE LITVACK 2nd, JMCW Founding Chair

The Jennie Litvack Memorial Fund - Contributions to this fund will directly support the creation of a new contemplative space in the Adas Israel entry area, in the mission to support robust mindfulness programming in Washington DC, Israel, and beyond. To donate, please visit adasisrael.org/give. We thank you for this meaningful and generous support in memory of our beloved Jennie Litvack.

Jennie found her Creator. She would breathe in the energy of HolyAdash Baruch Hu and fill her body and soul with that energy and share it with all of you. She helped each of us wake up by having awakened herself. She had such a giving heart and sought to share this gift she had with everyone she met (even those she did not know) and to meet people on the level that they could be. Not forcing, but sharing. It was the gift of a master.

The soul and light of Jennie Litvack. She was a miracle to those of us who were lucky enough to know her, and her light was seen and heard in reverberations by those who traveled near her. She will live on in each of us and in this community.

From Jennie’s Private Memoir:

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

**Traditional Egalitarian Minyan (TEM):** Every Shabbat morning at 9:45 am. Led by laypeople with the occasional assistance of Adas clergy, the TEM is a participatory service with a full Psikut (D'varim), Intro to Judaism, Shabbat Service, and a d'var Torah. For more information, e-mail traditionalminyan@adasisrael.org.

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

**Youth Shabbat Services:** Starting with Tot Shabbat for children ages 5 and under led by Menuchah Peters. Netivot, led in students in grades K-5, is led by Sarah Alterman or Jeremy Radkan.

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Sunday</td>
<td>Morning Minyan&lt;br&gt;10:00 am Sisterhood Board Meeting&lt;br&gt;12:00 pm Sisterhood Knits, Sews &amp; Crafts</td>
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Women Living Full Lives

We are so excited about this coming year of Sisterhood. Our community of Sisterhood and the bonds of friendship that are formed through membership are invaluable. These are extraordinary women. Women of all ages—some married, some not, some working, some retired, with children and without children—with fabulous stories of incredible careers, travels, education, families, and volunteerism. They’re people to call for help or advice, too.

The events and programs planned for this year focus on the full lives women live. Our opening event in October views how Judaism is observed through a variety of cultural lenses that bring color, spice, and richness to our shared faith. In November, professional financial advisors will present a special event on financial planning for women, such as tax planning and investments.

Women’s heart health is front and center in January with an event on warding off heart disease, the #1 cause of death for women. Our Sisterhood Shabbat weekend, February 21 and 22, is so special and enables members of Sisterhood to engage in planning and leading an entire Shabbat Weekend and provide learning opportunities for the entire congregation.

A girl’s gotta eat. Details coming soon!

The Downsize, Declutter, Refresh event in March promises to deliver household spring cleaning and clean-out tips for any size home. Yes, there will be a culinary event. A girl’s gotta eat. Details coming soon!

New this year are our “Sunday Salons.” These intimate member events feature Sisterhood members who have built remarkable careers that we can all learn from—will be presented. For more information, contact June Kress at junebkress@gmail.com.

These are just some of the wonderful events and programs on tap for Sisterhood in 5780. We’d love for you to join us. For more information e-mail VP of Membership, June Kress at junebkress@gmail.com. You can also join online at www.adasisrael.org/sisterhood.

Upcoming Events

**Mah Jongg**

**Weekly, Thursdays at 1:00 PM, Sisterhood Hall**

Soap, Bam, Dot. Whether you’re a novice or a Mah Jongg champ, there’s a space for you at the table of this game.

**Weekday Torah with Sisterhood**

**Monthly, 3rd Tuesday at 10:00 AM, Funger Hall**

Next Up: September 17, November 19

Weekday Torah with Sisterhood will meet at 10:00 a.m. on Tuesday, September 17, in Funger Hall. In preparation for the fall chaggim, community leader and scholar Norman Shore will lead a discussion about the haftarah for the first day of Rosh Hashanah, in which the prophetess Chana prays for a child. This class is open to the entire Adas Israel community. Weekday Torah with Sisterhood is an engaging approach to traditional study text 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 MarilynCCooper70@gmail.com with questions.

**Special Sewing Event to Benefit ‘Days for Girls’**

**Sunday, September 22, 2:00–5:00 PM**

On September 22, from 2:00 to 5:00 pm, we are again joining Adas Israel member Shifra Waslow and the Rockville, MD, chapter of Days for Girls to create menstrual care kits for girls in developing countries who lack access to these essential products. The kits and the accompanying education help girls across the world attend school during their periods, allowing them to continue their education through their teenage years. If you can sew, iron, cut, or open packages, please join us.

Dates for meetings and other news from the Knitting, Sewing & Craft group can be found on the Sisterhood website.

**Take a Walk!**

**Monthly, Mondays at 6:00 PM, Sundays at 10:00 AM**

Next Up: Monday, September 9, 6:00 PM; Sunday, October 13, 10:00 AM; Monday, November 4, 6:00 PM

Take a Walk! explores different Washington neighborhoods on foot. All are welcome, so bring a friend!

Tennally Town/Tenleytown Historic Walking Tour: September 9 at 6:00 pm

Did you know that DC’s Tenleytown neighborhood was originally called Tennally Town? In 1790, the area was named after a local tavern owner, John Tennally. By the 19th century, the name had evolved to its present-day spelling.

Learn more about this venerable neighborhood on Monday, September 9, when former Janney Elementary School teacher Rona Walters will lead a walk highlighting the sites in Tenleytown that have been designated historic landmarks. We will meet at 6:00 pm in front of Panera Bread on the corner of Wisconsin Avenue and Albemarle Street, NW. The walk will take 60–90 minutes and cover one to two miles. Afterward, participants can enjoy good food and conversation at Masala Art, a wonderful Indian restaurant on Wisconsin Avenue, or another establishment in the area.

**Bears for Israel**

We are excited that for the third year we have a new project, Bears for Israel, as well as another opportunity to work with Days for Girls. Bears for Israel is a project of the American Friends of the Jordan River Village (jordanrivervillage.org), an overnight camp for children living with chronic, serious, or life-threatening illnesses and disorders and for children with disabilities. The bears are sewn by volunteers around the country and given to the campers as a memento.

This project, for which we have the materials list and pattern, will be the focus of our September 4 meeting, starting at 7:30 pm in the Adas Israel Youth Lounge. We plan to continue this project through the year, and we are happy to help anyone who is interested in joining us.

**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, four “Sunday Salons” featuring exceptional Adas/Sisterhood members—women who have built remarkable careers that we can all learn from—will be presented. For more information, contact June Kress at junebkress@gmail.com.
Sisterhood Cares
Marking simchas and milestones? Contact Leah Hadad at leahghadad@aol.com. And for comforting those suffering illness or loss, contact Anat Bar-Cohen, at Anat@bar0-cohen.com, or Pamela Sisien, at Pamela.sisien@gmail.com.

Adas Book Chat
EVERY OTHER MONTH ON A SUNDAY, 10:00–11:15 AM, ADAS SISTERHOOD LIBRARY
NEXT UP: SUNDAY, SEPTEMBER 15, THREE FLOORS UP BY ESHKOL NEVO
Join Sisterhood and the wider Adas Israel community for our September Book Chat
Come join the discussion of the Israeli novel, Three Floors Up, by Eshkol Nevo. Set in an apartment building near Tel Aviv, the novel reveals the residents’ secrets, mistakes, parenting challenges, and more against the backdrop of the Israeli social protest movement. All welcome!
Led by Adas Israel Librarian Robin Jacobson, the Adas Book Chat meets every two months to discuss a book of Jewish interest. For more information, contact Robin Jacobson at Librarian@adasisrael.org.

ruth & simon albert
sisterhood gift shop
We’re back full-time as of September 8! Be sure to visit us to see all of the wonderful new items from NY Now, the biggest gift show in the U.S. New jewelry, Judaica, hostess items, and much more. . .

And enjoy our regular hours*:
Sunday–Monday, Wednesday–Friday
9:30 am–12:30 pm
Extended hours on Tuesdays:
9:30 am–5:00 pm & 6:00–8:00 pm
*Because of the holidays, please note the dates we are closed:
Sunday & Monday, September 29 & 30
Tuesday, October 1
Every purchase benefits Adas Israel Congregation.
202-364-2888
adasgiftshop@gmail.com

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Human Rights at the Prison Door
WEDNESDAY, SEPTEMBER 4 FROM 5:00 PM TO 7:00 PM
Interfaith Action for Human Rights cordially invites you to “Human Rights at the Prison Door,” a reception and program featuring Democratic Congressman Jamie Raskin (8th District-MD). The reception, on Wednesday, September 4, from 5:00 to 7:00 pm, is free and will include wine, beer, soft drinks, and hors d’oeuvres. Please register online at www.interfaithactionhr.org/.

Proudly Presenting a New & Soulful Shabbat Experience
With Featured Musician-in-Residence Rabbi Josh Warshawsky
We are excited to announce that the upcoming year will bring with it a new musician for our ever-popular Musical Shabbat Services. Musician-in-Residence Rabbi Josh Warshawsky, one of the up-and-coming innovators in American Jewish music, will be joining us throughout the year to play at our Friday night and Saturday morning services, and Sunday “Shacharit Live” for the Religious School. Rabbi Warshawsky has shared his original melodies with Jewish communities across the country, and his music touches the hearts and souls of all ages. We look forward to welcoming him to our soulful Shabbat services.
Rabbi Warshawsky will be with us on the following weekends:
• September 13–15
• November 8–10
• February 7–9
• May 8–10
From the Director of Education

RABBI KERRITH SOLOMON

As we spend this season and the year ahead thinking about journeys, we wanted to take the time to celebrate the many paths that brought us together here. Each month we will share the journey of a different member of our teaching staff, celebrating the different ways we find our way to Adas Israel. We hope you enjoy learning about their stories and getting to know them in new ways. May this be another year of discovering more about one another and, of course, ourselves. Welcome back!

LIZ ORFALY’S JOURNEY TO ADAS ISRAEL

BY PAMELA GORIN

For Liz, there was no revelatory moment where she knew that being an educator was her chosen profession. She says it was more serendipitous—working at summer camp, through high school and college, helping people learn. At her undergraduate school, Oberlin College, there was no education degree, but even during her semester abroad in Florence, Italy, she taught English as a second language as an externship. As graduation approached, she knew it was clear that she wanted to be in the classroom, so she moved to DC after graduation and did an alternative education externship. As graduation approached, she knew it was clear that she wanted to be in the classroom, so she moved to DC after graduation and did an alternative education program at the Center for Inspired Teaching. She completed her undergraduate coursework in education, and then did a master’s in early childhood teaching, which led her to teaching kindergarten in charter schools, which she has been doing for eight years.

Liz’s Jewish journey has grown and strengthened over the years. She grew up in Manhattan thinking that the whole world was Jewish. She didn’t have a religious upbringing, so it was hard for her to separate Jewish and New York culture. Her home and school were instilled with Jewish values without calling them Jewish. Six years ago, she took a Birthright trip, almost on a whim—the allure of a free trip. Despite being somewhat wary of what she would find, she had an amazing visit and felt a deep connection to Israel, leaving her with so many questions.

Searching for answers led her to Sixth and I, where she attended the Jewish Welcome Workshop and was one of the few participants who had been born Jewish. That led her to more learning, including participating in an Adult B’nai Mitzvah group, which she loved. Next came Hebrew (her fourth language) and the learning has continued. Searching for a way to further her connection to Judaism led her to Adas (courtesy of Rabbi Shira Stutman). She came for an informational interview only, wondering what teaching might be like and ended up falling in love with the community.

We are so grateful that Liz’s journey led her to Adas Israel and look forward to working with her as she helps our students grow.

Sunday, Sept. 8: 1st Day of Religious School
Tuesday, Sept. 10: 1st Day of Ma’alot
Sunday, Sept. 29–Sunday, Oct. 16: Religious School Closed for High Holy Days

YOUTH DEPARTMENT

The start of the new school year brings new classes, return of old friends, and the start of our Youth@AI youth groups. We’re excited to ramp up our youth group programming with the help of our new education fellow, Rabbi Rudnick. Tessa joins us from Vassar College and Rochester, NY, where she worked as a teacher in the Gesher after-school program, creating and facilitating several popular electives in drama, storytelling, and literacy. Tessa has worked in a variety of Jewish settings, including camps, pre-schools, after-school programs, and religious schools. With help from our USY teen-led board, we are planning a strong year of programming relating to holidays, community service opportunities, chances to make new friends, and, of course, fun!

Following the High Holy Days, we will begin activities for our students in grades K–2 (Chevrimer), 3–5 (Machar), 6–8 (Kadimal), and 9–12 (USY). We invite students, those in our Religious School and others as well, to join us! Be on the lookout for our bi-weekly Youth@AI e-mail, where upcoming events will be listed. To be added to the e-mail list, please e-mail Sarah at Sarah.Atttermann@adasisrael.org. A calendar of events will be available soon, and we are looking forward to a fantastic year in the world of youth groups.

FAMILIES WITH YOUNG CHILDREN

Looking Forward to a New School Year!

With the start of the new school year, programming for Families with Young Children will begin! Adas aims to engage all members of our community, beginning with our littlest learners. For families with young children (approximately ages 0–5), we offer a wide variety of programs, including weekly play groups, monthly Shabbat services and dinner, holiday-specific services and dinner, weekly play groups, and more!

Weekly programs include Coffee Club for infants in their adults, Tuesdays from 9–11 a.m. in the Biran Beit Midrash; Yad b’Yad play group for toddlers and their adults, Thursdays from 9–10 a.m. in room 100 in the Gan; and Sing ‘N Play for children of all ages and their adults, Thursdays from 10–11 a.m. in the library. All weekly programs will run when the Gan is in session, starting the week of September 9. Upcoming Shabbat Dinners for Families with Young Children will be held on Friday, September 20, and Friday, November 15. For more information, please visit adasisrael.org/families-with-young-children or contact Jocelyn Dorfman, the Families with Young Children Engagement Coordinator, at jocelyn.dorfman@adasisrael.org. A calendar of events will be available soon, and we are looking forward to a fantastic year in the world of youth groups.
Welcome to the Gan, Noah! Love, the Dagim.

This sign, along with seven other lovely posters, was hanging in my office when I arrived for my first day of work this summer as the Gan Director. Surrounding the words on the sign were 10 small handprints and five large ones, one for each child and adult in the Dagim classroom. The sign had the intended effect; I indeed did feel welcomed and embraced by the teachers and children. Feeling welcomed mattered and allowed me to dive into the work ahead.

Children are often considered in the national conversation as “potential,” as a promise of something in the future. This perspective holds that young children deserve attention and resources so that, after they develop and mature into adults, they are able to contribute to the society that invested in them when they were young. In this model, children are heralded as future-contributors.

My outlook on children, solidified for me in the welcome signs in my office and shared by many early childhood educators, is not to be concerned primarily with who they will become in the future but, instead, to first and foremost embrace who they are now. To see their actions as worthy and authentic in the present moment, rather than preparatory for something yet to come. This brings with it an acknowledgement that children are already powerful: they are already contributing, and they already matter. Schools and classrooms, then, are not designed to prepare children for the world ahead but rather to give children space to actively generate core aspects of our cultural worlds, such as relationships, ideas, and community.

Vivian Paley, prolific writer and beloved matriarch of the American kindergarten classroom, writes: “Maybe our classrooms can be nicer than the outside world.” Amen. Were we only ever to prepare children for the world, children are often considered in the national conversation as “potential,” as a promise of something in the future. This perspective holds that young children deserve attention and resources so that, after they develop and mature into adults, they are able to contribute to the society that invested in them when they were young. In this model, children are heralded as future-contributors.

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Vivian Paley, prolific writer and beloved matriarch of the American kindergarten classroom, writes: “Maybe our classrooms can be nicer than the outside world.” Amen. Were we only ever to prepare children for the world, they would be trapped in its harshness and resistance to change. Instead we grant children the space for creative generativity within their classroom, allowing them to build something “nicer.” Jonathan Silin, in his recent book, Early Childhood, Aging, and the Life Cycle, pushes against a developmental view of early childhood—privileging growth for its outcome rather than its current expression—and writes that, as a teacher, he saw his students as “activist citizens who took responsibility for making the world a better place.” Silin catches the same thread here—preparation for the world brings with it an implicit sense of stasis and repetition, while generation of the world allows for child-citizens to actively take responsibility for creating something “better.”

And so as I settled into my new role, at the end of my first week, a group of young “activist citizens” came with their teachers to visit and play in my office. One student turned to me and said, “Your office is nice. I like playing here. I’m happy you’re here.” While the Adas adult community has been heartwarming in its welcome, that child’s words meant more to me than any other expressions of welcome I had received. The genuine sentiment made me feel like I was hitting the right note, and provided important inspiration and motivation.

I smiled back and we continued playing. That child had created for me a ‘nicer’ world, a ‘better place.’ Welcome to the Gan, indeed.

WellBodies: 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? Explore Body Positivity from a Jewish perspective with us once a month, from September 2019 through June 2020. This two-hour circle will delve into body-related topics such as healthy boundaries, food and eating, growth, and aging—through the lens of Jewish text and ritual. We’ll learn from each other and from guest facilitators’ unique perspectives. If you are a doctor, nurse, therapist, yoga, or massage therapist, you will get a lot out of this and have a lot to contribute. And, everyone is welcome—all ages, genders, and backgrounds. Join us; all you need is your body!

WellBodies is a new monthly program of the Adas Israel Community Mikvah, and while it is rooted in the ethos of the Mikvah, it is not about Mikvah, per se. The course topics will revolve around these central themes:

- **Body Positivity:** The belief that all bodies—regardless of age, size, shape, color, gender, orientation, religion, ornamentation, partnership status, ability, wealth, health—are fully and equally holy. Body positivity places a higher value on accepting one’s body as it is than on changing it to conform to social or internalized norms.
- **Creative Expression:** Brining art into ritual and developing new rituals through a supportive creative process. Exploring ritual objects as art and the creation of art as a sacred ritual.
- **Safe Boundaries:** Ensuring the emotional, physical and spiritual safety of all who enter our spaces. Without this sacred trust, our work is meaningless, if not dangerous. We continually return to practices of upholding boundaries to remind ourselves of the power and vulnerability of embodied ritual.

The basic structure of each session:

11:30 am–12 Noon: Light lunch, schmoozing, and introduction to the facilitator
12 noon–12:05 pm: Opening ritual
12:05–12:45 pm: Presentation, text study, Q & A
12:45–1:15 pm: Experiential or interactive activity
1:15–1:30 pm: Journaling and closing ritual

**Monthly Topics and Facilitators:**
- **September 18:** Food and Eating with Jodi Balis
- **October 29:** Art and Creative Process (instructor TBD)
- **November 19:** Children and Body Positivity with Ronit Zeltovnski
- **December 17:** Co-Creating Ritual with Rabbi Sarah Tasman and Steph Black
- **January 29:** Safe Boundaries & Sacred Spaces with Tova Zimm and Jordan Babin
- **February 26:** Disability Wisdom with Rabbi Lauren Tuchman
- **March 24:** Sexuality and Queer Bodies with Mac Freudenrich
- **April 22:** Health, Illness, and Aging with Yale Flusberg
- **May 26:** Tahara and Mikvah with Toni Bickart
- **June 23:** Community Celebration and Final Presentations

The cost of the course is $100 for the year. A certificate in Embodied Jewish Studies will be issued by the Adas Israel Community Mikvah for anyone seeking professional development credits. Please e-mail Mikvah@adasisrael.org to express your interest in joining this group. There is a brief application process to fill out here: [https://docs.google.com/forms/d/1x6IjHfA8yK008Bxv5vNAx3PE379Y5JnFeLoJc5teebbEo/edit](https://docs.google.com/forms/d/1x6IjHfA8yK008Bxv5vNAx3PE379Y5JnFeLoJc5teebbEo/edit)
On Thursday July 11, Sheldon Cohen, Ed Kopf, Lois Fingerhut, and Erin Segal joined OneAmerica on a trip to see the work being done to combat addiction in the panhandle of West Virginia. The first stop was an Oxford House in Martinsburg. Established in 1975, Oxford Houses are self-run and self-supported recovery houses, with locations in nearly 400 cities including 40 in DC. The next stop was the Martinsburg Union Rescue Mission, which provides emergency and short-term services to provide a growing homeless population. The center focuses on building relationships within the community and abiding by a philosophy of unconditional acceptance.

We ended the day at Covenant Baptist Church in Shepherdstown, where we were joined by Pastor Joel Rainey and learned from a series of speakers. We listened to and asked questions of Betty, who runs Paloma, the only privately owned detox center in Berkeley County (which has the second-highest rate of overdoses in the country). Most of the center’s population is homeless and addicted to opiates, benzodiazepines, or alcohol. We then heard from Dr. Dave Didden, the former Jefferson County public health officer, who reports that in his experience, 80 to 90% of addicts have suffered childhood trauma. Last, we heard from James Boyd, who had accompanied us throughout the day. Mr. Boyd is a former heroin addict who used for 40 years before getting clean, and now works as a peer recovery coach in emergency rooms.

Most critical in battling addiction is involving whole communities and destigmatizing addiction. Those who want to take action can help train West Virginia residents who want to come to Capitol Hill to advocate for policy change and increased funding. In addition, Dr. Didden suggested we all read and discuss the Johns Hopkins report, “Policing the Opioid Crisis,” to improve advocacy work.

Thanks to Andy Hanauer, Anna Robinson, and Chandra Denap Whetstine of OneAmerica for hosting us. —Lois Fingerhut

Hesed Introduces: Member Connector Committee Chair: Healey Sutton

Hesed is all about creating community through deeds of loving kindness, and there is no better way to exemplify these actions than to have members connecting to other members.

Healey Sutton is the new chair of the Member Connector Committee, and we hope you will help her reach her goals (and there are many!). Each of these activities has strong team leaders to help Healey’s efforts, but all the projects need volunteers, and that means you!

Please look at the list below and contact Healey if you are willing and able to help out with one or more of these projects. Here’s to the joy of Adas members connecting with other Adas members!

Member Connector Greeters/Ambassadors: To help our members connect to one another at key Adas gatherings such as Shabbat kiddush or other well-attended activities, Member Connector Greeters welcome you to the building with a smile and Member Connector Ambassadors rove around looking for ways to introduce people to each other. You can be a Greeter or an Ambassador and help new friendships and connections form. It’s a fun job, and you get to meet lots of new people.

Member Connector Member Milestones: We love connecting with our members when they celebrate key milestones: a significant birthday, a joyous anniversary, many years of Adas membership, and more. We need people who are willing to write notes and make calls to our members who experience these milestones. This is a great way to celebrate the joy of an important moment in our members’ lives.

Member Connector Holiday Deliveries: Whether it’s delivering Hesed-baked honey cakes at the High Holy Days or taking shalach manot bags to senior residences at Purim or dropping off packages of cookies at Hanukkah, we always need people to drive and drop off these wonderful goodies. The smiles you will receive when making these deliveries will always brighten your day.

Member Connector Profiles: You will start seeing short Member Connector profiles in the monthly Chronicle. This will be a way of telling you “fun facts” about our members that you might never have known. We hope you will go up to these people at an Adas gathering, start a conversation about this fun fact, and find out new things about each other. If you have a fun fact about your life you would like to share, let Healey know.

To join in these wonderful Member Connector activities, please contact Healey.sutton@gmail.com or drop a note to hesed@adasisrael.org.

ADAS IFTAR CREATES FELLOWSHIP BETWEEN JEWS AND MUSLIMS

At 8:28 pm on Sunday, June 3, our Muslim guests broke their daily Ramadan fast in the Adas Israel Biran Beit Midrash at Adas Israel’s second annual Lev B’Lev Iftar. The event drew more than 150 participants from the All Dulles Area Muslim Society Center, the Muslim Community Center, and the Rumi Forum; it also included many of Adas Israel’s social action leaders and their families.

Ramadan is the most sacred time of year in Islamic culture. It commemorates Allah giving the first chapters of the Quran to the prophet Muhammad. Muslims fast from sunup to sundown each day of the month during the holiday. Iftar, literally ‘break fast,’ is served at sundown each day during Ramadan. It is an honor to hold an Iftar for Muslims who are fasting.

The Adas Israel Iftar is a key part of our Lev B’Lev (Heart to Heart) social action initiative, now entering its third year, which includes interfait celebrations, a letter-writing campaign, and a speaker series, all focused on understanding hate and developing strategies for replacing hate with love and kindness.

“The Adas Iftar is a strong expression of fellowship between our congregation and our Muslim neighbors,” said Bruce Charendoff, chair of Lev B’Lev. “In a year when Jews and Muslims have witnessed several tragic, hateful events rock their communities, our Iftar provides a way to stand, pray, and eat together, strengthening our relationships; and learn more about each other’s traditions. It was a lovely, uplifting evening.”

Susan Barocas catered a fabulous Iftar meal, and Brad Brooks-Rubin and Seth Wikas participated as members of the Iftar steering committee. To find out more about Lev B’Lev and its programming, please contact Bruce at brucecharendoff@me.com.

—Bruce Charendoff

Lois Fingerhut, Susie Baer, and Don Kates joined the summer program’s Reading with the Children.

ONEAMERICA TRIP TO WEST VIRGINIA

On Thursday July 11, Sheldon Cohen, Ed Kopf, Lois Fingerhut, and Erin Segal joined OneAmerica on a trip to see the work being done to combat addiction in the panhandle of West Virginia. The first stop was an Oxford House in Martinsburg. Established in 1975, Oxford Houses are self-run and self-supported recovery houses, with locations in nearly 400 cities including 40 in DC. The next stop was the Martinsburg Union Rescue Mission, which provides emergency and short-term services to provide a growing homeless population. The center focuses on building relationships within the community and abiding by a philosophy of unconditional acceptance.

We ended the day at Covenant Baptist Church in Shepherdstown, where we were joined by Pastor Joel Rainey and learned from a series of speakers. We listened to and asked questions of Betty, who runs Paloma, the only privately owned detox center in Berkeley County (which has the second-highest rate of overdoses in the country). Most of the center’s population is homeless and addicted to opiates, benzodiazepines, or alcohol. We then heard from Dr. Dave Didden, the former Jefferson County public health officer, who reports that in his experience, 80 to 90% of addicts have suffered childhood trauma. Last, we heard from James Boyd, who had accompanied us throughout the day. Mr. Boyd is a former heroin addict who used for 40 years before getting clean, and now works as a peer recovery coach in emergency rooms.

Most critical in battling addiction is involving whole communities and destigmatizing addiction. Those who want to take action can help train West Virginia residents who want to come to Capitol Hill to advocate for policy change and increased funding. In addition, Dr. Didden suggested we all read and discuss the Johns Hopkins report, “Policing the Opioid Crisis,” to improve advocacy work.

Thanks to Andy Hanauer, Anna Robinson, and Chandra Denap Whetstine of OneAmerica for hosting us. —Lois Fingerhut

Hesed Introduces: Member Connector Committee Chair: Healey Sutton

Hesed is all about creating community through deeds of loving kindness, and there is no better way to exemplify these actions than to have members connecting to other members.

Healey Sutton is the new chair of the Member Connector Committee, and we hope you will help her reach her goals (and there are many!). Each of these activities has strong team leaders to help Healey’s efforts, but all the projects need volunteers, and that means you!

Please look at the list below and contact Healey if you are willing and able to help out with one or more of these projects. Here’s to the joy of Adas members connecting with other Adas members!

Member Connector Greeters/Ambassadors: To help our members connect to one another at key Adas gatherings such as Shabbat kiddush or other well-attended activities, Member Connector Greeters welcome you to the building with a smile and Member Connector Ambassadors rove around looking for ways to introduce people to each other. You can be a Greeter or an Ambassador and help new friendships and connections form. It’s a fun job, and you get to meet lots of new people.

Member Connector Member Milestones: We love connecting with our members when they celebrate key milestones: a significant birthday, a joyous anniversary, many years of Adas membership, and more. We need people who are willing to write notes and make calls to our members who experience these milestones. This is a great way to celebrate the joy of an important moment in our members’ lives.

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Thirty-three years ago you joined Adas and this community hasn’t been the same since! What brought you to the congregation back in 1986? Honestly, we first joined Temple Sinai in 1983 because we had close friends there. However, we were both raised in Conservative synagogues—Michael at B’nai Israel, which at the time was on 16th Street, and Lois at Congregation Sons of Israel in Woodmere, NY. We weren’t comfortable at Sinai and decided to try Adas, which at the time seemed a good fit as our sons were just getting ready to enter Hebrew school. More important, however, is that while we started as “twice a year” members, we are beyond grateful that Adas has become such an important part of our community, and we can honestly say we have become “regulars!”

Michael, back when I lived in Virginia, you used to make fun of me for needing a passport to get back home. You have lived here your entire life. What are some of your fondest memories of DC from your childhood, and what are some of the newer parts of the city that you enjoy? The DC of my youth lived up to its description as a sleepy southern town. But my friends and I still found things to keep us occupied when we were not in public school or Hebrew school, or engaged in some organized activity. There were pick-up games of baseball in somebody’s backyard, which often included a ball hit through the window of a neighbor’s house or touch football played in the street in front of someone’s home. There were streetcar rides to Griffin Stadium, where we paid at most 75 cents for a seat in the bleachers to watch a truly dreadful hockey team played and usually lost. In stark contrast, the DC Washington Senators baseball team, the Washington Senators baseball team, and that’s how I first began tutoring in January 2014, and in the fall of 2016, I was asked to join the board and now serve as its vice-chair. I am proud to say that 15–20 Adas members are now tutoring. In addition, many congregants are donating books and, thanks to Cantor Ari, several b’ni mitzvah have collected books for Reading Partners.

The TraRon Center was founded in 2017 by Ryan Nickens whom I first met when Adas became a member congregation of the Washington Jewish Network. Nickens served on the community safety team that Ryane co-chaired. The TraRon Center works with young children who have suffered the effects of gun violence either personally or via their immediate environment. The TraRon Center has an after-school program as well as a summer camp for some 15–20 students. We love volunteers! I’m now getting involved with the work of One America (but not as a board member) through our partnership with Covenant Baptist Church in West Virginia around the issue of opioid addiction and treatment.

You two are avid travelers. And it only sometimes gets in the way with Michael delivering hundreds of Hesed bags to our newest members and families with new babies. What have been some of your favorite vacation locations, what is your next planned trip, and what’s on your traveling wish list? We do love to travel (and yes, Lois perhaps more than Michael!) and it does help that Lois’s sister and her family live in London. We love active vacations and have taken nearly a dozen trips with Backroads and several with Country Walkers. A definite favorite was Machu Pichu, and while we didn’t hike the entire trail, we did hike every day and got to spend the night at the top. A close second favorite was a three-week African safari trip. Walking the beaches of Normandy was both emotional and beautiful.

You have two adult sons whom you cherish and visit often, even though they live on opposite sides of the country from you. When is the last time you were all together, and can you tell us your secrets about how you keep a tight-knit family even when you live far apart from one another? It’s true, we have a family that is spread out! David lives in Denver with his girlfriend and Josh is in Los Angeles. The four Fingerhuts were together in June for Father’s Day weekend and it was just wonderful! Everyone in our family loves to travel, so that does keep us together. And thanks to Skype and Facetime we do get to see each other even if we can’t be together in person. We are planning an early Fingerhut Thanksgiving this year, so we hope to be all together the first week of November.

This month we celebrate the High Holy Days and the theme at Adas is PATHWAYS. I think the two of you have been on almost every path we have here at Adas family with young children, b’nai mitzvah family, Shabbat regular, concertgoer, lifelong learner, social action, Hesed, etc.) and have helped create new ones for people with the help of our clergy and staff. What advice do you have for our newest members and veteran members for finding their path here at Adas in the year 5780? Get to know our rabbits, Rabbi Aaron and Rabbi Lauren along with Rabbi Kirsisky have created a community that nurtures spiritual growth, a genuine warmth, and a love of learning. They have guided us through wonderful moments and the most difficult of times. For veterans and newcomers alike, there is so much to offer that it’s almost hard to know where to begin. Come to a Social Action Committee meeting and join a team; ask Lois about volunteering at the TraRon Center and how to become a Reading Partner tutor; come bake challahs and chocolate cakes with Hesed; and help Michael pack and deliver bags welcoming new families and new babies. Adas Israel is a community that does so much for so many of us, all of the clergy, the religious school staff, the administrative staff, the maintenance staff and the security staff—we are indebted to all of you!

We want to thank everyone who joined us for our Shabbat with Nefesh Mountain! Special thanks to our Saturday night program sponsors: Sharon Burka, Pamela Ehrenberg, Ricki Gerger, Phyllis Mindell, Rennie Sherman, and William Williams.

Ma Tovu
Michael and Lois Fingerhut
HONORING OUR LEADERS & VOLUNTEERS
Interviewed by Marcy Spira, Senior Director, Engagement & Programming Operations

Adas Office Closings

Labor Day
Monday, September 2
Schools/Offices Closed
Erev Rosh Hashanah
Sunday, September 29
Schools/Offices Close at NOON
Rosh Hashanah 1 & 2
Mon. 6 Tues., Sept. 30-Oct. 1
Schools/Offices Closed

Nefesh Mountain Thank You
Photos by Ari Strauss Photography
Finding Truth in Fiction: A Novel About a WWII Hero

BY ROBIN JACOBSON
LIBRARY & LITERARY PROGRAMS DIRECTOR

In August 1940, Varian Fry bid farewell to his comfortable life in New York City and headed for Nazi-controlled France. He hoped to rescue 200 prominent artists and authors, many Jewish, who had fled German-occupied countries for France, initially a safe haven. Now these luminaries, all blacklisted by the Nazis, were in peril; the Franco-German armistice of June 1940 required France to “surrender on demand” any refugee Germany wanted. Fry’s mission was to spirit the luminaries out of Europe before they were arrested. By the time collaborationist French officials expelled him 13 months later, Fry had saved some 2,000 refugees. These included numerous 20th-century cultural icons such as artists Marc Chagall and Max Ernst and political philosopher Hannah Arendt. In recognition of Fry’s heroism, Israel’s Yad Vashem named him “Righteous Among the Nations,” the first American so honored.

Born to an affluent Protestant family, Varian Fry (1907–67) graduated Harvard with a degree in classics, becoming a journalist and then a political-book editor. In 1935, he spent several months in Berlin where he witnessed bloody anti-Jewish riots. The chief of Hitler’s foreign press division told him candidly that the Nazi party was divided on whether to relocate the Jews or exterminate them. Appalled, Fry reported the interview in the New York Times.

Five years later, Fry, only 32, returned to Europe as an agent for the private Emergency Rescue Committee, notwithstanding his lack of experience in refugee work, diplomacy, or spycraft. From a base in Marseille, he and his devoted staff helped refugees escape France by any means, legal or illegal. Fry pleaded for visas from the American consulate, but also arranged for fake passports and identity cards, bribes, and covert escapes over the mountains or by sea. A sympathetic American vice consul in Marseille aided Fry, but otherwise the State Department obstructed Fry’s work; it wanted to protect America’s neutral diplomatic status, as well as keep American borders closed to refugees. After his forced return to the United States, Fry wrote a hard-hitting article, “The Massacre of Jews in Europe,” for the New Republic, but this, like other reports, failed to soften American refugee policy.

In her exceptional, deeply researched novel, The Flight Portfolio, Julie Orringer works within biographical and historical parameters to vividly imagine Varian Fry’s sojourn in France. This blending of fact and fiction to tell the story of a Holocaust hero has provoked controversy, a topic Ms. Orringer addressed at an Adas literary dinner this past May (see photo).

WHAT’S KNOWN ABOUT VARIAN FRY

By several accounts, and according to Fry’s son, Fry was a gay man at a time when it was impossible to lead an openly gay life. To show how agonizing this was, Orringer invents a past lover, Elliot Grant, who finds Fry in Marseille and asks for help in saving a friend’s son. Soon Fry and Grant have rekindled their secret romance, and Fry is questioning the morality of his mission to rescue prominent intellectuals. The fictional Fry ponders whether human beings are less worth saving if they can’t “write a perfect novel or make an enduring painting.”

Some reviewers have criticized Orringer for fictively speculating about Fry’s inner life, claiming that recent history, particularly Holocaust history, should not be muddied. In response, Orringer contends that a novelist may delve beneath the historical record in search of truths that a person couldn’t tell during his or her lifetime. Orringer’s fictional inventions are not history, but she hopes they help illuminate history as well as human complexity. The Flight Portfolio succeeds splendidly on both counts.

WHAT ORRINGER IMAGINES ABOUT VARIAN FRY

ADAS BOOK CHAT
Three Floors Up by Eshkol Nevo
SUNDAY, SEPTEMBER 15, AT 10:00 AM IN THE LIBRARY

Come join our community discussion of the Israeli novel, Three Floors Up, by Eshkol Nevo. Set in an apartment building near Tel Aviv, the novel reveals the residents’ secrets, mistakes, parenting challenges, and more against the backdrop of the Israeli social protest movement. All welcome! For more information, please contact Robin Jacobson (librarian@adasisrael.org).
**BIRTHS**

Correction from June Chronicle: Jonah Ethan Malasky, son of Mitch & Adrienne Malasky, grandson of Ellen & Gary Malasky, was born May 17.

Jamie Rose Levine, daughter of Alexa & Josh Levine, granddaughter of Mary Elizabeth Sadun & Dr. Arno Sadun, was born June 5.

Saul Langer, son of Shira & Alex Langer, was born June 14.

Asher Heller Reiner, son of Ashley Heller & Rabbi David Reiner, was born June 23.

Evan Friedman, son of Ashley & Elliot Friedman, was born June 28.

Tahilla Wren Herman, daughter of Hannah & Brian Herman, was born July 2.

Reece Carissa Miller, daughter of Nicole & Justin Miller, was born July 19.

*We wish our newborns and their families strength, good health, and joy.*

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**B’NAI MITZVAH**

Atalia Berger, September 7

Atalia, who is a rising eighth grader at BASIS DC, loves books and science. For her mitzvah project, she is volunteering at the Southeast Public Library, helping with the children’s group and other tasks. Atalia is looking forward to celebrating her bat mitzvah with her sisters, parents, Linsey Silver and Lee Berger, and the rest of her friends and family.

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Charlotte & Eliana Green, September 14

Charlotte & Eliana, daughters of Karen and Andrew Green, are rising seventh graders at Green Acres School. They began their Jewish education at Gan HaYeled in the Puppy class, and later continuing at the Estelle & Melvin Gelman Religious School. They celebrate this simcha with their older brother Alex, and with their grandparents Adrienne and Stuart Green along with extended family and dear friends. Eliana and Charlotte remember with love their grandmother Dottie Goldmeier and their Opa John Goldmeier. For their mitzvah project, the girls are volunteering at Running Start, a nonprofit organization that trains young women to run for public office.

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Samuel Herzberg, September 14 (TEM)

Samuel, son of Deborah Isser and Benjamin Herzberg, is a rising eighth grader at Alice Deal Middle School. Samuel is an alumnus of Adas Israel Gan HaYeled and the Jewish Primary Day School and currently attends Adas Israel Ma’alot. He spends summers with the Éclaireurs Eclaireuses Israelite de France, the French women to run for public office. Project, the girls are volunteering at Running Start, a nonpartisan, nonprofit organization that trains young women to run for public office.

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Oliver & Isabella Hsu, September 21

Isabella (’Izzy’) Rachel Hsu and Oliver Daniel Hsu, daughter and son of Jennifer Zucker and Herbert Hsu, are seventh graders at Georgetown Day School. They have been attending the Estelle & Melvin Gelman Religious School since second grade. Izzy and Oliver look forward to celebrating their b’nai mitzvah with their parents, grandparents Maureen and Marc Zucker, and the rest of their extended family and friends. For their mitzvah projects, Izzy is working on donating art supplies to local schools and Oliver is working on donating sports equipment to Leveling the Playing Field.

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**LIFE CYCLE**

**WEDDING**

Etan Etiches & Lisa Sussman were married on March 30 in Washington, DC.

Marcy Spiro & Dani Goldberg, officiated by Rabbi Holtzblatt, were married at Adas on June 16.

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

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**IN MEMORIAM**

Linda Moss Baran, mother of Diana Moss, Tanya, and Sandra

Joan Ruth Grebow, wife of David Grebrow, mother of Pamela Ehrenberg

Lorna Greenspahn, mother of Barbara Winnik

Sara Jo Kocaber, mother of Peggy Kocaber Shiffrin

Jack Ray, father of Bruce Ray

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**MEMBER IN THE NEWS**

Mazel tov to Susan Barocas on receiving a 2019 Simon Rockower Award from the American Jewish Press Association.

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**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 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 (202-244-7189) regarding the Tahara Committee, or contact Wendy Kates about Shmira (wendykates30@gmail.com).

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**Life Cycle Information**
The congregation gratefully acknowledges the following contributions:

By: Steven & Jane Gilbert, Kenneth Heitner & Rhoda Rittenberg, Stanley M. Salas, Alan & Dale Sheffer, Joseph S. Trager.
In Memory Of: Albert Schwartz by Maurice Einstein by Sherry Fehley & Ken Colling.

Aid Fund
In Honor Of: Sidney, Sonny, Ricki anniversary by Rae Grad & Manny Schiffres.

In Memory Of: Sandra Anker by Lee G. Rosenberg.

In Honor Of: Anna Landa by Sandy Bieber & Linda Rosenzweig.

In Memory Of: Jannette Dansiger by Arnold Dansiger.

In Honor Of: Rina Sepen by Rina Sepen Endowment Fund.

In Remembrance of:

Craig Jeffrey Atlas Hebrew University Fund
Dr. William & Vivienne Stark.

Congregational Kiddush Fund
Fogel
In Memory Of: Abraham
Charles Pilzer Computer Center
by Herlene Rosenzweig.

Rosenzweig
by Lisa & Alvin
by Samara & Shane Gerson.

Anne Gordon.
by Fradel Kramer.

Brown
Cantor Brown Discretionary Fund
Board Sunshine Fund
Danziger
By:
Benjamin James Cecil Special Education Fund
Kramer
Dorothy Abe Geraldyne
In Loving Memory Of:
by Barry Friedman.

Friedmen
Schwartz & Schefflin
Elaine
Steven & Jane Gilbert, Kenneth Heitner & the whole community by Martin Yavneh.

Goldsmith & the whole community by Martin Yavneh.

Yad
by Jean Bernard.

Goldsmith
by Frank Miller, Daniel Miller, Mr. & Mrs. Michael Ganeless, Robin Neustein, Estelle Richard & Trudy Borrow, Nina & Gary Wexler,

by Martin Lewin.

Goldstein
by Eddie Kolker.

by Lois
In Loving Memory Of:
by Frank
Beatrice Horblitt, all by Sandy Bieber & Linda Rosenzweig.

by Jonathan Hardis.

Barnett Wolf.

Julius Kogod
by Esther Sarah Merves.

Mariska Hellman Ellenogan & by David Krantz.

by Caryn Clayman.

by Barbara Winnik.

Sandler
by Alan & Susan Abravanel.

by Aaron Temkin.

Yizkor/Yahrzeit Fund
by Lester & Maryanne Sandler.

by Stephen & Susana Shapiro.

by Ricki Gerger.

Rabbi Irvine by Martin Delgado.

Lewin & Francisca
by Gail Rouchdy.

Mollie Clark
by Harriet Lipkin.

Louis Lipkin
by Martin.

Lipkin
by Saul Seiger.

Liz Flax & Mark Radin
by Ricki Gerger.

Rabbi Irvine by Martin Delgado.

by Ricki Gerger.

In Memory Of: Laura Albin by Sandy Bieber & Linda Rosenzweig.

Capital Fund
In Honor Of: Murry Sands
by Sandy Bieber & Linda Rosenzweig.

In Memory Of: Miriam Levenson
by Ruth & Joan Agus.

In Memory Of: Maxine & Gerald Freedman Endowment Fund
by Frances & Leonard Burka Social Action Endowment

by Stephanie & Mo Garfinkle.

by Marina Feldman & Jorge Kotelanski.

by Victoria Peppe.

by Michael & Barbara Spielman.

by Ricki Gerger.

by Frank
Beatrice Horblitt, all by Sandy Bieber & Linda Rosenzweig.

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CELEBRATING OUR 148TH YEAR
The Chronicle is Supported in Part by the Ethel and Nat Popick Endowment Fund

UPCOMING CHRONICLE DEADLINE—
November: Monday, September 23, at noon