

Adas Israel Congregation January/Tevet-Shevat

# CHRONICLE



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# From the President

RICKI GERGER, ADAS PRESIDENT



**The word “ritual,” from the Latin *ritus*, means “the proper way to do something.” This word was first recorded in English in 1570 and came into use in the 17th century to mean “the prescribed order of performing religious services.”\* (You know, like *Kadeish, Ur’chatz, Karpas, Yachatz ...*)**

In modern usage, “ritual” has expanded to include much more than religious services. Our lives are filled with rituals, some self-invented, some handed down through generations, and some made for us. How you put a child to bed. Your morning routine. Having monthly dinner with a friend. Thanksgiving Day. Rituals help us navigate time without having to think very much. They’re more than habits when they’ve been created with intention and care. Some rituals give meaning to our lives because they come packaged in memories.

We also speak of the “ritual life of our synagogue.” I think this refers to the rhythm of religion-based events that are repeated daily and weekly and monthly, through a set sequence. Morning and evening minyan. Shabbat morning services. Return Again on the second Friday night. Of course, we also have rituals at Adas Israel that are not based in prayer, although particular prayers may accompany them. This month, I’d like to mention two of them. The first one is about honoring death and the second one is about renewing life.

Members of the Adas Israel Bereavement Committee, under the leadership of Edie Hessel, bring calm and comfort to bereaved families at one of the most distressing times in their lives. Committee members meet with the family to help organize funeral and burial details; members of our congregation act as *shomrim* (ritual watchers) at the funeral home, sitting in a room adjoining that in which the deceased person lies so that he or she is not alone, reading the *Book of Psalms*; members perform *tahara* (ritual cleansing of the body of the deceased and preparation for burial); and members attend the funeral and burial. And through our membership in the Jewish Funeral Practices Committee of Greater Washington (Arthur Hessel, President), we’re able to offer our members a negotiated price for a funeral. If you have ever had to make such arrangements yourself, you know how comforting and meaningful it that our Bereavement Committee members are trained to navigate this path.

Let’s turn now to the Adas Israel Community Mikvah, built 30 years ago. The number of conversions has remained steady throughout this time, at about 180-200 a year. While this number constituted 85% of our *mikvah* use years ago, that same number now represents fewer than 50% of the times people use the *mikvah*. Under the leadership of Naomi Malka, ritual of immersion is now used to celebrate and commemorate many additional important transitions in our lives in a particularly spiritual way. We provide suggested prayers for healing, giving birth, starting a new job, birthdays, *b’nai mitzvot*, special moments of gratitude, the end of a period of mourning, and more. I used the *mikvah* the day before I became president of the congregation.

As the home of the only pluralist *mikvah* in the Greater Washington area, we have been acutely aware of the limitations of our *mikvah* to serve everyone in the community. We are proud to unveil our renovated facility, complete with aquatic lift, which, according to some metrics, exceeds ADA standards. This renovated *mikvah* is a statement of the values of inclusion that we hold dear as a community. Natural elements like wood and stone (and of course rainwater) connect this interior space to natural *mikvahs* such as oceans, rivers and lakes. This renovation matches what we experience throughout our building and in our programming and prayer services.

Please join us on **Wednesday, January 30, 2019, at 7:00**, for the rededication ceremony of the Adas Israel Community Mikvah. If you would like to learn more about these opportunities to participate in the ritual life of the congregation, please contact Bereavement Committee Chair Edie Hessel at [edith\\_hessel@yahoo.com](mailto:edith_hessel@yahoo.com), and Mikvah Director Naomi Malka at [Naomi.malka@adasisrael.org](mailto:Naomi.malka@adasisrael.org).

I am grateful to be president of this community.

\* Wikipedia!



# Clergy Corner

RABBI LAUREN HOLTZBLATT

*As we enter the month of Shevat, I am reminded of the first Mishnah of the tractate Rosh Hashanah:*

**“The four new years are: On the first of Nisan, the new year for the kings and for the festivals; On the first of Elul, the new year for the tithing of animals; Rabbi Eliezer and Rabbi Shimon say, on the first of Tishrei. On the first of Tishrei, the new year for years, for the Sabbatical years and for the Jubilee years and for the planting and for the vegetables. On the first of Shevat, the new year for the trees according to the words of the House of Shammai; The House of Hillel says, on the fifteenth.”**

Of course, we follow the rulings of the House of Hillel, so *Tu B'Shevat* (the 15th of *Shevat*) is when we begin the new year for the trees.

*Tu B'Shevat* was the date that was used for calculating the beginning of the agricultural cycle for the purpose of biblical tithes. But over time it became a holiday to celebrate nature, the fruits that grow on the trees (through a *Tu B'Shevat seder*), and becoming aware of our natural surroundings.

Many years ago, when I worked at Yale Hillel as a campus rabbi, I took 12 students to Ithaca, NY, with the Jewish Farm School. The trip was designed to bring awareness of the natural world, food systems, and how we interact Jewishly with the natural world. We spent the week on a maple sugaring farm. We tapped trees every day and learned about the intricate way that the maples produce sap. The temperature has to be just low enough and to rise to just the right degree in the morning for the flow to begin. The below-normal temperatures that we experienced when in Ithaca caused less sap to flow from the trees.

We ended up with delicious syrup at the end of the week, but also with a deep understanding of the hidden world within trees. How the process of producing sap was dependent on the interaction between the tree and its environment. The Massachusetts Maple Producers Association describes the process:

Sap flow from sugar maples is entirely temperature dependent. A rise in temperature of the sapwood to above

32 degrees F causes a positive pressure within the wood. This pressure produces the sap flow. Many people assume that maple sap flows up from the tree’s roots on warm days. Actually—on warm spring days which follow cold nights—sap can flow down from the maple tree’s branches and then out the spout. The sap can also flow back and forth laterally within the tree. It will flow out a hole drilled into the tree or out through a broken or cut branch. The internal pressure of the tree, when it is greater than the atmospheric pressure, causes the sap to flow out, much the same way blood flows out of a cut. If you visualize a portion of a tree trunk as being under positive pressure, a taphole is like a leak, sap moves towards the point of lowest pressure from all directions.

Often when we think about the natural world we see only the surface and interact with only what is visible. A sunset, the turning of the leaves, the beautiful flower that shoots up from the ground—but we do not often make space for what lies beneath the surface or all of the intricate ways that nature is affected by what is in the air, in the ground, and the effects of climate change. As we begin the celebrations of *Tu B'Shevat* this year, may we spend some time getting to know what lies beneath the surface—within both our natural world and our spiritual world. How might we better serve as stewards by knowing more about what our environment needs? How might we better relate to each other when we make space for not only what is seen, but all that is happening that is hidden from plain view?

# TU B'SHEVAT

MONDAY, JANUARY 21, 2019

HOLIDAYS @ ADAS

## Tu B'Shevat—the New Year for Trees

Tu B'Shevat 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 **Monday, January 21**.

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 *Mishnah*, 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](http://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. The seven species are wheat, barley, grapes, fig, pomegranate, olive, and dates (*Deuteronomy 8:8*). It is also customary to dance the *Mayim*, the Jewish dance for water, during a Tu B'Shevat seder.



HOLIDAYS @ ADAS



## Martin Luther King Jr. Weekend & Shabbat Shirah

Spend *Shabbat Shirah* together as a community as we celebrate and explore the wisdom, courage, and legacy of Reverend Dr. Martin Luther King Jr. Special *Shabbat* meals and programming will be guided by the Racial Justice Working Group and community leaders, and *Shabbat* services will include music honoring Dr. King.

 **MLK WEEKEND 2019 HIGHLIGHTS** 2019/5779

### FRIDAY, JANUARY 18

**6:00 PM:** Return Again *Shabbat* Service

**7:45 PM:** *Shabbat* Dinner with community partners and speaker George Lambert, president and CEO of the Greater Washington Urban League, who will facilitate a study of Martin Luther King Jr.'s ideas in conversation with Jewish text.

### SATURDAY, JANUARY 19

**9:30 AM:** *Shabbat Shirah*: The *Shabbat* of Song, Charles E. Smith Sanctuary

Our MLK *Shabbat* morning service, which coincides with *Shabbat Shirah*, will feature the Adas Israel Flash Choir and the Return Again Band. The sermon will be given by featured guest, Rabbi Sandra Lawson, who will lead a 1:00 PM workshop entitled "*Creating an Inclusive Jewish Future*."

### SUNDAY, JANUARY 20

**10:00 AM:** Adas Israel and Rabbis Alexander and Krinsky join Peoples Congregational Church, United Church of Christ, at 4704 13th Street, N.W.



## MLK Speaker: Rabbi Sandra Lawson



**Rabbi Sandra Lawson** received ordination from the Reconstructionist Rabbinical College in June 2018. She was born in St. Louis, Mo. and grew up in a military family. She graduated from Saint Leo University magna cum laude with a Bachelor of Arts degree in Sociology. She also holds a Master of Arts degree in Sociology from Clark Atlanta University. Rabbi Sandra has served in the United States Army, as a Military Police person with a specialty in Military Police Investigations, specializing in cases involving child abuse and domestic violence. Upon leaving the military she started a personal training business and later worked as an Adjunct Instructor of Sociology at local community colleges. She has also served as the Investigative Researcher for the Anti-Defamation League's Southeast Region, becoming the go-to person when Law Enforcement in the South needed information on hate groups. Rabbi Sandra uses her rabbinic training to bring Judaism to where people already are in their lives. As a rabbinical student Rabbi Sandra received a prestigious grant to lead *shabbat* services for unaffiliated Jews in a vegan cafe, she also received a grant to launch her podcast Minutes of Torah. Rabbi Sandra's vision as a Rabbi is to help build a more inclusive Jewish community where all who want to come are welcomed, diversity is embraced and we can come together to learn and to pray. Rabbi Sandra is currently serving as the Associate Chaplain for Jewish Life and Jewish Educator at Hillel at Elon University in North Carolina.

The Adas Israel Community Mikvah would be honored by your presence  
as we celebrate the renovation of our space

# Mayim b'Sasson

## מים בששון

### A Joyful Mikvah Rededication Ceremony

Join us for a night of blessings, singing, storytelling,  
and honoring our Mikvah Guides.

Storytellers trained by master storyteller Noa Baum.

The newly renovated, fully accessible space will be open for all to see.

Wednesday, January 30th, 2019

7:00pm: Reception and hors d'oeuvres

7:30pm: Ceremony and Storytelling

Adas Israel Congregation, Kay Hall

RSVP: [mikvah@adasisrael.org](mailto:mikvah@adasisrael.org)



## Free Jewish Genealogy Workshop

3GDC

SUNDAY, JANUARY 13 @ 1:30 - 3:00 PM

Please join us Sunday, January 13, 1:30-3:00 pm, when we'll share some free online tools to help piece together your family's history. Whether you're overwhelmed with your grandparents' attic full of pictures and documents, don't care to pay for an Ancestry.com search, swabbed your cheek for a 23andme test but only glanced at the results, or never even started a genealogical search, we can help! Please join us for coffee, snacks, and pointers on how to start or enhance your genealogical research. All that is required is to bring your own tablet or laptop and any family info (names, places, and dates) you might know so we can show you some tricks and resources. While we are especially interested in the histories and immigration of Holocaust survivors and their families, all are welcome to this casual workshop. The event will take place in Fungler Hall, and registration is free. RSVP to Emma Rosenthal at [emma.rosenthal@adasisrael.org](mailto:emma.rosenthal@adasisrael.org) or contact her with any questions you might have.



## Charles E. Smith Jewish Day School Graduates to Be Honored on February 9

SATURDAY, FEBRUARY 9

On Saturday, February 9, we will honor the graduating Adas Israel seniors of the Charles E. Smith Jewish Day School. *Mazal tov to:* **Naomi Alter**, daughter of Michael & Amanda Alter, **Ethan Chanin**, son of Leonard Chanin & Jackie Eyl, **Ilan Cohen**, son of Rabbi Kenneth Cohen & Joanne Kenen, **Amelia Davidson**, daughter of Alan Davidson & Melissa Goldman Davidson, **Ari Gershengorn**, son of Ian Gershengorn & Gail Levine, **Dora Mendelson**, daughter of Daniel & Jennifer Mendelson, **Henry Sosland & Kate Sosland**, son and daughter of Jeffrey & Mindy Sosland.

If you have not already confirmed your child's participation, please contact Beryl Saltman, [beryl.saltman@adasisrael.org](mailto:beryl.saltman@adasisrael.org). We will honor our graduates with an *aliyah* 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.



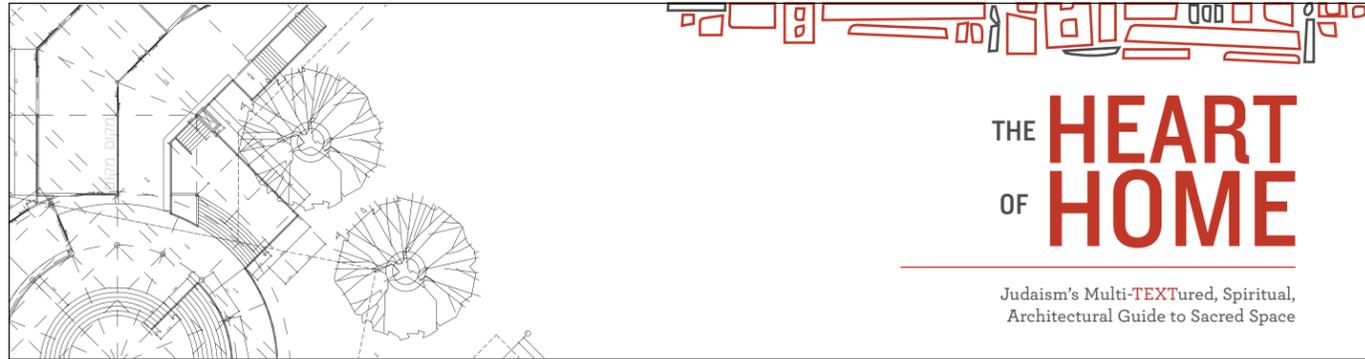
## Save The Date! *Bimah* Basics: *Hagbah* Practice, Feb. 9, and *Aliyah* Practice, Feb. 23

FEBRUARY 9 & 23, 1:15 PM, BIRAN BEIT MIDRASH

Interested in learning to lift the Torah (*hagbah*)? Has it been a while since you've had an *aliyah*? Would you like to practice one-on-one and learn about the choreography on the *bimah* when you have an *aliyah*? Interested in practicing lifting the Torah when it's heavy on the right, early in the year, or on the left, later in the year? Want to practice lifting a heavy or light Torah? Interested in serving as a *gabbai* when the Torah is read? All are welcome on Shabbat afternoon, February 9, for *hagbah* practice, and February 23 for *aliyah* practice, learning what serving as a *gabbai* entails. Both classes, at 1:15 pm, after *kiddush* in the Biran Beit Midrash, will be led by members of the Traditional Egalitarian Minyan.

## Parking Decals Update

As part of our security precautions and procedures, we ask all congregants and school parents to register their automobile information. The permits, which are numbered and tracked, speed up the flow of traffic into our lot, aid us in our parking lot management, provide a level of security, and assist us in case of an emergency or blocked car. If you do not have a parking decal, please contact Carol Ansell at the front desk via e-mail at [carol.ansell@adasisrael.org](mailto:carol.ansell@adasisrael.org) or by calling 202-362-4433. Once you receive your form, please complete it and return it to Carol. When she has recorded the information, we will send you your parking permit. Please display the permit on the driver's side of the windshield, top or bottom, your choice. The important thing is that it is visible to the security guard in the booth. Thank you in advance for your cooperation.



## MakomDC 2018-19 Season

The Heart of "Home": Judaism's Multi-Textured, Spiritual, Architectural Guide to Sacred Space

Over the course of the year, our rabbis and distinguished scholars will lead us in guided text study, conversations, and presentations that explore the Jewish tradition's essential teachings on defining holy community. Together we'll navigate the particular values that bind us and the universal ideas that inspire us, and then think together about where they do and don't intersect. **To learn more visit [adasisrael.org/makomdc](http://adasisrael.org/makomdc).** Register for lectures or classes online or by calling Marcy Spiro, 202-362-4433, ext. 113.

## 2018-2019 MENDELSON SHABBAT SCHOLAR



POST-KIDDUSH HALAKHA CLASS

### Rabbi Dr. Noah Bickart

SATURDAY, JANUARY 26 @ 1:00 PM

Join us as our January Mendelson Shabbat Scholar, Rabbi Dr. Noah Bickart, guest teaches this month's text-based class, after *kiddush*, using *halakhah* (Jewish life and living) as a prism through which to access our monthly topic. Rabbi Noah Bickart is assistant professor of Jewish and Interreligious Studies at John Carroll University in Cleveland. His first book, based on his JTS PhD dissertation, *The Scholastic Culture of the Babylonian Talmud*, will be published later this year.



### The Text 2.0: In Depth *Halakhah* (Jewish Law) w/ Rabbi Aaron Alexander

TUESDAYS: JAN. 29, MARCH 19, & MAY 21 @ 7:30 PM

Rabbi Alexander leads learners in a textual exploration of a topic in Jewish Law, using original sources without translation. This series is designed primarily for those with previous experience studying classical rabbinic texts in Hebrew/Aramaic.



### *Boker Or Shabbat Study*

SATURDAY MORNINGS @ 8:30 AM

*Boker Or* meets Saturday mornings in the Biran *Beit Midrash* with the weekly portion as its focus. **January 5:** Rabbi Elianna Yolcut, **January 12:** Rabbi Sarah Krinsky, **January 19:** Rabbi Aaron Alexander **January 26:** Rabbi Sarah Krinsky



### Friday *Parsha Study* w/ Rabbi Lauren Holtzblatt or Rabbi Aaron Alexander

FRIDAY MORNINGS @ 10:00 AM

Please join us Friday mornings in the Biran *Beit Midrash* for an exclusive look at the weekly *parsha*. On the first and second Friday of the month, Rabbi Holtzblatt will explore the *parsha* through the lens of Hassidut and mysticism; on the third and fourth Fridays, Rabbi Alexander will use the Talmud as the prism for the weekly reading; and on the fifth Friday, Rabbi Krinsky will lead the exploration.

## Kabbalat Parsha @ Adas

*Kabbalat Parsha* is a special ritual that we created to celebrate the giving of each student's Torah portion. While Cantor Ari leads us in singing *Ki Mitzion Tetze Torah*, we unroll an entire Torah scroll around the Gewirz Bet Am. Parents stand in a circle, holding the Torah so the text faces the middle of the circle, where the children are sitting on the floor. One by one, starting with *Beresheet*, each child is called up by their Hebrew name to stand in front of their parents and their *parsha*. When everyone is standing, the parents give the children a traditional blessing (*Birkat Kohanim*) in Hebrew and in English. Then we sing *Siman Tov uMazal Tov* and roll the *Sefer Torah* back up!





MM 18/19

## Musical Moments at Adas

Brought to you by Cantor Arianne Brown & the Musical Moments Committee

### Kol HaOlam 2019



**The New & Enhanced  
Kol HaOlam Competition**  
Saturday, March 2 @ 8:00 pm  
Buy your tickets in advance at  
[adasisrael.org/kolhaolam/](http://adasisrael.org/kolhaolam/)

- Eight powerhouse Jewish Acapella groups from colleges and universities around the country
- All new format: The stakes are higher – The music is louder!
- Celebrity MC (sit tight for the announcement)
- All new audience participation: YOU CHOOSE THE WINNER!

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, *Tizmoret* again in 2015, *Jewop* in 2016, *Rak Shalom* in 2017, and *Ani V'Ata NYU* in 2018! Who will be crowned the next champion?



### Kolot Youth Choir



## Do You Like To Sing?

Then come and be part of *Kolot*, the young voices of Adas Israel with Cantor Arianne Brown!

**For 3rd-6th graders!**

**Kolot meets on Sundays twice per month from 11:30-12:15, beginning January 13.**

To register & receive a complete schedule, please email [cantor.brown@adasisrael.org](mailto:cantor.brown@adasisrael.org) with your name and grade.

### Tricks of the Trope

**Interested in learning Haftarah trope (cantillation)?**

Cantor Arianne Brown will teach you to sing all the Haftarah trope patterns in this interactive video series.

I am pleased to share this Haftarah trope video series with you! This 3 lesson interactive set will give you the basic building blocks of chanting all the Haftarah trope (cantillation) patterns. Please listen, learn, repeat after me... and connect with us so that you can chant a haftarah here soon!

Six years ago, I came to Adas Israel for an amazing interview weekend. I was thrilled and excited beyond belief about this wonderful new community I'd soon join! As I flew back to Los Angeles, I thought about how much I would miss the students I had taught. We had enjoyed years of classes and experiences together. In the midst of teaching in a busy religious school and day school, my students helped me hone my best practices and techniques of teaching trope to large groups of learners in a way that is "fast, fun, and easy to learn!" As a means of leaving my methods behind with my beloved students, and introducing them to my students to be, I created the Tricks of the Trope video series for Torah trope.

Little did I know that there were thousands of learners around the world eager for this kinesthetic, visual, and auditory method of learning to chant Torah trope. As the views grew to over 100,000, stories poured in year after year about how these videos helped various learners all around the world in their quest to learn or improve their Torah trope skills.

So now, at long last, I bring to you the companion video series - Tricks of the Trope for chanting Haftarah. Whether you use this video as a learning tool for yourself, as a teaching tool for your students, or as a means of review, I present this interactive video series to you. I hope they help to inspire you in your Jewish learning, and to help you chant Haftarah in a beautiful, expressive manner that honors our beautiful tradition.



**Watch the Series:**  
[adasisrael.org/bnaimitzvah](http://adasisrael.org/bnaimitzvah)

[adasisrael.org/musicalmoments](http://adasisrael.org/musicalmoments)

# JMCW@ADAS

jewish mindfulness center of washington

*Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other.*

ELIE WIESEL

During these challenging times, there is much communal discussion about the pursuit of peace, but how and where do we seek peace? In his book, *The Soul of Jewish Social Justice*, Rabbi Shmuly Yanklowitz speaks to this: "The most important first step to healing our world is to tend to our spiritual lives and to our deepest inner spaces. When we are morally focused and spiritually healthy, we can transcend ourselves for the other in their moment of need." We invite you to join JMCW this month for our weekly offerings and special January programs, including a MLK weekend "Return Again" service. See below for details of these events. With all the distractions and pressures we face today, Jewish contemplative practices can help us seek a peace within and give us the strength and wisdom to support our communities as we together pursue peace in the world.

## ONGOING OFFERINGS

Our weekly JMCW meditation and yoga classes offer a home to those who wish to explore embodied spirituality. The yoga program includes an array of practices that seek to awaken and stimulate the senses through full mind/body exploration. Classes often draw on Mussar, *Kabbalah*, and the wisdom of Jewish thinkers. Meditation sits offers participants an opportunity to come together for guided teachings, a wide variety of meditation techniques, and silent community sits.



### Vinyasa Lunar Flow

WEDNESDAYS @ 6:30-7:20 PM

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



### Weekly Meditation Sit

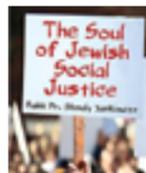
WEDNESDAYS @ 7:30-8:30 PM

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

## Adas Israel Community Mikvah

The beautiful, recently renovated and accessible mikvah is open! We welcome you to plan your own time for a mindful immersion. E-mail [mikvah@adasisrael.org](mailto:mikvah@adasisrael.org) or call Naomi Malka, 202-841-8776 to schedule appointments. **And watch for announcements of the GRAND OPENING on Sunday, January 30, from 7:00pm - 9:00pm.**

## JMCW RECOMMENDS . . .



### *The Soul of Jewish Social Justice* by Dr. Rabbi Shmuly Yanklowitz

Published in 2014, this is a comprehensive look at how Jewish wisdom is relevant to many of the most pressing moral issues of our time. This book is available in the Adas library, as are many others on Jewish spirituality, meditation, and mindfulness. Some of these can be found under call number 175.01 or speak with Adas Librarian Robin Jacobson ([librarian@adasisrael.org](mailto:librarian@adasisrael.org)) for more information.

In honor of MLK weekend, listen to these two episodes from On Being with Krista Tippett ([www.onbeing.org](http://www.onbeing.org)). They are available to stream online or as podcasts.

- *Arnold Eisen on The Spiritual Audacity of Abraham Joshua Heschel* - This moving dialogue between Krista Tippett and the Chancellor of the Jewish Theological Seminary includes inspiring audio tape of Heschel speaking.
- *Rabbi Lord Jonathan Sacks on the Dignity of Difference* - Rabbi Sacks, former Chief Rabbi of the UK, says: "God is sending us a big challenge, a really big challenge—we are living so close to difference."

The truly righteous do not complain about evil, but rather add justice; they do not complain about heresy, but rather add faith; they do not complain about ignorance, but rather add wisdom. —Rabbi Abraham Isaac Kook



## Return Again to *Shabbat* - Special MLK Weekend Shabbat

with Rabbis Holtzblatt & Alexander, Cantor Brown & The Return Again Band

FRIDAY, JANUARY 18 @ 6:00 PM (NOTE EARLIER START TIME)

This monthly service is an intergenerational favorite in our congregation! Join us for a reflective journey into the power of *Shabbat*. The evening features seasoned musicians and a spiritual, personal excursion into prayer and song. A Community Shabbat dinner follows this service as part of the Adas MLK weekend observance. Dinner requires reservations: see page 5 for more information.



## Morning Awakening Led by Rabbi Lauren Holtzblatt

TUESDAYS @ 9:00 AM

Come join JMCW for an uplifting 45 minutes of mindful prayer and song as we begin the day together. Morning Awakening is a new take on the traditional Jewish morning service led by Rabbi Lauren Holtzblatt. Start your Tuesday with a dose of mindfulness!



## *Rosh Chodesh*: Celebrating The New Moon Led by Alesandra Zsiba

TUESDAY, JANUARY 8 @ 7:00-9:00 PM

Women of all ages, experiences, and identifications are invited to join for a nourishing evening of Jewish yoga and mindfulness practice. Jewish tradition teaches that our bodies are deeply in sync with the lunar cycle, and *Rosh Chodesh* calls us to listen to these timeless, embodied rhythms. Following the asana practice, we will gather for a group discussion circle. **Please register for this special offering on the JMCW Adas webpage.** This ongoing monthly offering is co-sponsored by the Adas Mikvah and includes an optional immersion in the beautiful Community Mikvah, which we are excited to announce has just opened after its renovation.



## An Evening w/ James Jacobson-Maisels: Playfulness, Somersaults & Risk Taking

MONDAY, JANUARY 14 @ 7:30 - 9:00 PM (THIS EVENT WILL BE HELD OFF-SITE)

Our lives can often feel like we have been turned on our heads. At such moments, it can be easy to feel lost and overwhelmed, unprepared to experiment and take the leaps that may bring outer and inner change. Through exploring a Hasidic technique of cultivating the deep qualities of playfulness and risk-taking in our practice, we will experiment with meeting the topsy-turvyness of our times with bravery, compassion and creativity. Register to attend on the JMCW Adas webpage. \*Please note: This event will be held at the home of a local JMCW community member. Address will be forwarded one week prior to the event, after registration is complete.



## *Tikkun Olam* for the Body, Restoring the World Within A Daylong JMCW Retreat

MONDAY, FEBRUARY 18 @ 9:00 AM - 6:00 PM (PRESIDENT'S DAY @ PEARLSTONE RETREAT CENTER)

In the depth of winter, nature turns inward toward a season of quiet cultivation and tending. Our bodies mirror these cycles, and in turn, long for extra care as the days shorten and darkness falls. Join us for this signature JMCW Jewish mindfulness retreat at Pearlstone Retreat Center, where we will immerse ourselves in the contemplative practices of restorative and yin yoga, guided meditation, mindful discussion and journaling. Working from the outside in, we will bathe ourselves in the healing balm of *tikkun olam* for the body, a gentle process of using stillness and reflection to restore the world within. For information about pricing and registration, please see the JMCW Adas webpage.



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

For registrations, updates, and additional information and offerings, please visit the JMCW web page, [adasisrael.org/jmcw](http://adasisrael.org/jmcw) or the JMCW Facebook Group. Please direct any questions to: [alesandra.zsiba@adasisrael.org](mailto:alesandra.zsiba@adasisrael.org).

[adasisrael.org/jmcw](http://adasisrael.org/jmcw)



## From the Director of Education

RABBI KERRITH SOLOMON



Whenever one of my children insists on going outside in winter weather without a coat, my brother, who is a doctor, reminds me that kids don't get sick from being cold. But it is often hard to hold onto that as they bring sneezes and coughs (and sometimes worse) home each winter, and I shiver every time I walk out the door. My love and desire to bundle them up and keep them warm, safe, and healthy sometimes eclipses my brother's rational medical advice. This, in many ways, is reflective of the natural world this time of year. While I look outside my window and see bare trees and frosted grass, under the surface, the ground is doing the hard work of preparing for spring, which is not quite as far off as it feels. And this month's celebration of *Tu B'Shevat* offers us an opportunity to think about the things that cultivate growth, both literally and figuratively. What are the elements that set one up for successful growth?

For me they include those things that I wish for my children in the middle of winter—warmth, safety, and health, to name just a few. But when I ask myself what successful growth looks like for them, I wonder if it means experimenting with independence by wandering outside without a coat. Sometimes we are so worried with the process that we don't give ourselves the chance to see where we are already succeeding. This *Tu B'Shevat*, may we all find the balance between nurturing and cultivating (the world, our children, ourselves) and being able to take a step back and see the fruit of our labors, even if they are just the early buds.



## Important Dates & Upcoming Events

**Sunday, January 6:** Religious School Resumes

**Tuesday, January 8:** Mid-week Classes Resume

**Sunday, January 20:** No Religious School in Observance of MLK Holiday

**Friday, January 25:** 5th-Grade *L'Dor v'Dor*  
Charles E. Smith Sanctuary, 6:00 pm



## SEEING AND TEACHING EACH CHILD

If you are a **kinesthetic learner**, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Kinesthetic learners:

- Talk with their hands . . . always
- May pace when they need to study for an exam
- Will get in trouble for tapping their pencil on their desk or clicking their pen
- Think best when exercising
- Touch everything they pass in a store without even thinking about it
- Like to make things with their hands
- May regularly kick a soccer ball, toss a baseball, or spin a basketball on their finger while having a conversation
- Participate in activities that involve touching, building, moving, or drawing
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories
- Prefer making charts or posters for group projects to gathering the information

Here are some ideas that kinesthetic learners can do to help their learning:

- Make things that help studying
- Write spelling words several times to help remember them
- Use flashcards and arrange them in groups to show relationships between ideas
- Trace words with your finger to learn spelling (finger spelling)
- Take frequent breaks during reading or studying periods (frequent, but not long)

Remember that you need to **move**, not just by reading, seeing, or hearing, in order to learn well.

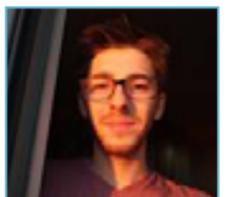
—Pamela Gorin, Assistant Director of Education

## YOUTH @ AI

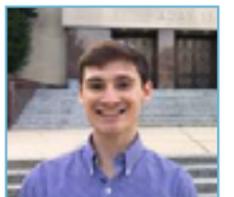
First semester has seen an exciting expansion of our *chugim* offerings, extracurricular activities in which students of the religious school participate twice a month. Under our *chugim* program this year, we've added new activities in which students can participate in. Our third through sixth graders have gotten a hands-on opportunity to make hummus in our new cooking *chug*. Meanwhile, we've encouraged students in our new clip-show *chug* to critically engage in conversations connecting popular film clips to Jewish values, and introduced a Hebrew games *chug* supported by our growing Hebrew department. Students also got to participate in the always popular "Jewpardy" trivia *chug*. By participating in each of our *chug* offerings, our students have a multitude of activities to foster the growth of their Jewish identities.

This year the Education Department welcomed the introduction of our Education Fellowship program. One of the central roles of our fellows has been the creation of youth programming to meet the interests of our students. In doing so, we have taken our USY members bowling, run art programs with our kindergarten through fifth grade *Machar* and *Chaverim* members, and created care packages for the homeless with our sixth through eighth grade *Kadima* members. We look forward to another semester full of fun, engaging activities put on by our Education Fellows.

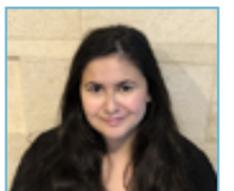
—Sarah Attermann, Youth and Family Educator



Ari Weinstein



Cameron Wheeler



Elizabeth Goen



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 22 Tevet 9:00 am Morning Minyan 6:00 pm Evening Minyan	<b>31</b> 23 Tevet 7:30 am Morning Minyan 6:00 pm Evening Miyan	<b>1</b> 24 Tevet 9:00 am Morning Minyan 6:00 pm Evening Minyan	<b>2</b> 25 Tevet 7:30 am Morning Minyan 6:00 pm Evening Minyan 6:30 pm JMCW Lunar Flow Yoga 7:30 pm JMCW Meditation Session	<b>3</b> 26 Tevet 7:30 am Morning Minyan 12:15 pm JCC Bible Class 1:00 pm Sisterhood: Mah Jongg 6:00 pm Evening Minyan	<b>4</b> 27 Tevet 7:30 am Morning Minyan 10:00 am Parsha with Hassidut 6:00 pm Kabbalat Shabbat with Hazzan Goldsmith 6:30 pm Shir Delight Happy Hour 7:30 pm Shir Delight Shabbat Service with Rabbi Alexander 8:30 pm Shir Delight Dinner	<b>5 PARSHAT VA'ERA</b> 28 Tevet 8:30 am Boker Ohr Parashat Hashavuah Class 9:30 am Shabbat Morning Service Sermon by Rabbi Alexander 9:30 am Traditional Egalitarian Minyan 9:45 am Havurah Shabbat Service 12:00pm Congregational Kiddush 1:00 pm Mincha 5:39 pm Havdalah
<b>6</b> 29 Tevet 9:00 am Morning Minyan 6:00 pm Evening Minyan  <i>Erev Hanukkah</i>	<b>7</b> 1 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan	<b>8</b> 2 Shevat 7:30 am Morning Minyan 9:00 am Morning Awakening w/ Rabbi Lauren 10:00 am Weekday Torah w/ Sisterhood 12:00 pm Downtown Study Group 6:00 pm Evening Minyan 7:00 pm Rosh Chodesh: Celebrating New Moon	<b>9</b> 3 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan 6:30 pm JMCW Vinyasa Lunar Flow 7:00 pm JSC Class 7:30 pm Intro to Judaism 7:30 pm JMCW Meditation Session 8:15 pm JSC Class	<b>10</b> 4 Shevat 7:15 am Morning Minyan 12:15 pm JCC Bible Class 1:00 pm Sisterhood: Mah Jongg 6:00 pm Evening Minyan	<b>11</b> 5 Shevat 7:30 am Morning Minyan 10:00 am Parsha with Hassidut 6:00 pm Traditional Lay-Leed Shabbat Service	<b>12 PARSHAT BO</b> 6 Shevat 8:30 am Boker Ohr Parashat Hashavuah Class 9:30 am Shabbat Morning Service Sermon by Rabbi Krinsky 9:30 am Traditional Egalitarian Minyan 11:00 am Tot Shabbat 11:00 am Netivot 11:00 am Parsha For Kids 12:00 pm Congregational Kiddush 12:45 pm Shabbat Mincha 1:00 pm Lev B'Lev Speaker 5:30 pm Families w/ Young Children Havdalah 5:45 pm Havdalah
<b>13</b> 7 Shevat 8:45 am Morning Minyan 10:00 am Adas Book Chat 10:30 am JMCW Wise Aging 10:30 am Beginner's Hebrew Class 1:00 pm Days for Girls 1:30 pm 3GDC Genealogy Workshop 6:00 pm Evening Minyan	<b>14</b> 8 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan	<b>15</b> 9 Shevat 7:30 am Morning Minyan 9:00 am Morning Awakening w/ Rabbi Lauren 6:00 pm Evening Minyan	<b>16</b> 10 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan 6:30 pm JMCW Vinyasa Lunar Flow 7:00 pm JSC Class 7:30 pm Sisterhood Knits, Sews, Crafts 7:30 pm Intro to Judaism 7:30 pm JMCW Meditation Session 8:15 pm JSC Class	<b>17</b> 11 Shevat 7:30 am Morning Minyan 12:15 pm JCC Bible Class 1:00 pm Sisterhood: Mah Jongg 6:00 pm Evening Minyan	<b>18</b> 12 Shevat 7:30 am Morning Minyan 10:00 am Parsha with Talmudic Commentary 6:00 pm Return Again MLK Shabbat Service with Rabbis Holtzblatt & Alexander & Cantor Brown 7:45 pm MLK Community Shabbat Dinner & Speaker	<b>19 PARSHAT BESHALACH / SHABBAT SHIRAH</b> 13 Shevat 8:30 am Boker Ohr Parashat Hashavuah Class 9:30 am Shabbat Morning Return Again Service with Rabbis Holtzblatt, Alexander, and Krinsky 9:30 am Traditional Egalitarian Minyan 9:45 am Havurah Shabbat Service 11:00 am Parsha For Kids 12:00 pm Congregational Kiddush 12:30 pm Havurah Shabbat Kiddush 12:45 pm Shabbat Mincha 1:15 pm MLK Shabbat Speaker 5:53 pm Havdalah
<b>20</b> 14 Shevat 9:00 am Morning Minyan 10:00 am Service at Peoples Congregational 6:00 pm Evening Minyan	<b>21</b> 15 Shevat 9:00 am Morning Minyan 6:00 pm Evening Minyan	<b>22</b> 16 Shevat 7:30 am Morning Minyan 9:00 am Morning Awakening w/ Rabbi Lauren 6:00 pm Evening Minyan	<b>23</b> 17 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan 6:30 pm JMCW Vinyasa Lunar Flow 7:00 pm JSC: Tu B'Shevat Seder 7:30 pm Intro to Judaism 7:30 pm JMCW Meditation Session 8:15 pm JSC Class	<b>24</b> 18 Shevat 7:30 am Morning Minyan 12:15 pm JCC Bible Class 1:00 pm Sisterhood: Mah Jongg 6:00 pm Evening Minyan	<b>25</b> 19 Shevat 9:00 am Morning Minyan 10:00 am Parsha with Talmudic Commentary 6:00 pm 5th Grade L'Dor VaDor Service with Rabbi Solomon & Cantor Brown 7:00 pm L'Dor VaDor Shabbat Dinner	<b>26 PARSHAT YITRO</b> 20 Shevat 9:30 am Shabbat Morning Service/Shabbat in Harmony with Robyn Helzner; Sermon by Rabbi Holtzblatt Bat Mitzvah: Clea Horowitz 9:30 am Traditional Egalitarian Minyan 11:00 am Netivot 11:00 am Tot Shabbat 11:00 am Parsha For Kids 12:00 pm Congregational Kiddush 12:45 pm Shabbat Mincha 1:00 pm MakomDC: Scholar Dr. Noah Bickart 6:01 pm Havdalah
<b>27</b> 21 Shevat 9:00 am Morning Minyan 10:15 am Jewish Hyperlinks w/ H. Goldsmith 10:30 am Beginners Hebrew Class 2:00 pm DC Klezmer Workshop 2:00 pm Sisterhood: Professor Amos Gulora 6:00 pm Evening Minyan	<b>28</b> 22 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan	<b>29</b> 23 Shevat 7:30 am Morning Minyan 9:00 am Morning Awakening w/ Rabbi Lauren 6:00 pm Evening Miyan 7:30 pm MakomDC: The Text 2.0	<b>30</b> 24 Shevat 7:30 am Morning Minyan 6:00 pm Evening Minyan 6:30 pm JMCW Lunar Flow Yoga 7:00 pm Mikvah Reopening 7:00 pm JSC Class 7:30 pm Intro to Judaism 7:30 pm JMCW Meditation Session 8:15 pm JSC Class	<b>31</b> 25 Shevat 7:30 am Morning Minyan 12:15 pm JCC Bible Class 1:00 pm Sisterhood Mah Jongg 6:00 pm Evening Minyan	<b>1</b> 26 Shevat 7:30 am Morning Minyan 10:00 am Parsha with Hassidut 6:00 pm Kabbalat Shabbat w/ Hazzan Goldsmith 6:30 pm Shir Delight Happy Hour 7:30 pm Shir Delight Shabbat Service w/ Rabbi Holtzblatt 8:30 pm Shir Delight Dinner	<b>2 PARSHAT MISHPATIM</b> 27 Shevat 8:30 am Boker Ohr Torah Study 9:30 am Shabbat Morning Service - Inclusion Celebration Shabbat, Sermon by Rabbi Krinsky 9:30 am Traditional Egalitarian Minyan 9:45 am Havurah Shabbat Service 11:00 am Netivot 11:00 am Tot Shabbat 11:00 am Parsha For Kids 12:00 pm Congregational Kiddush 12:30 pm Havurah Shabbat Kiddush 1:00 pm Shabbat Mincha 6:09 pm Havdalah

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

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

Traditional Egalitarian Minyan (TEM): Every Shabbat morning at 9:30 am, with the Torah service around 10:30 am. Led by laypeople with the occasional assistance of Adas clergy, the TEM is a participatory service with a full P'sukei D'Zimrah (introductory Psalms), Shacharit, and Musaf, a complete reading of the weekly Torah portion, and a d'var Torah. For more information, e-mail traditionalminyan@adasisrael.org.  
Havurah Service: Lay-led, participatory service at 9:45 am. Rotating volunteers lead services, read Torah, and conduct an in-depth discussion of the weekly Torah portion. A kiddush follows the service. For additional information and to participate, e-mail havurah@adasisrael.org.

Youth Shabbat Services: Starting with Tot Shabbat for children ages 5 and under led by Menuhah Peters. Netivot, for students in grades K-3, is led by Sarah Attermann or Jeremy Kadden.  
'Dial-in' for Programs & Services: If you are unable to attend programs, lectures, or services, dial in to hear them. Call 202-686-8405.  
Library Open on Shabbat: Our third-floor library is open on Shabbat following services. You may sign out materials using our "no-writing Shabbat method," explained in signs on the check-out desks. For assistance during the week, contact our Director of Library Services, Robin Jacobson (librarian@adasisrael.org).

## GAN SPOTLIGHT: THE PEELIM & CIRCLE CLASSES

Gan HaYeled is fortunate to be a large, thriving early childhood school. Each day our classrooms are full of joy, laughter, singing, creating, and *yiddishkeit*. Due to the dedication of our incredible teachers and truly engaged families, each classroom community is unique and interesting. We believe it is important to pause and take notice of the individuals who make up the beautiful whole.

The Peelim Class is where the oldest *Shanah* two-year-olds begin their year in the Gan. Rae Brooks, Neidia Swann, Kristein Ross, and Naria Deck are the four creative, hardworking, passionate early childhood educators who intentionally create a rich and meaningful experience for their students each and every day. Through authentic explorations, a belief in competency, Hebrew language, and a whole lot of laughter, the Peelim children soar.

The Circles Class welcomes many Gan two-year-olds into the *Onah* program. Janice Gittelson and Lourdes Ruano shower the Circle children with love and believe in embracing each of their young Jewish families as well. Through messy art, sensory explorations, nature walks, story, and song, the Circle children and families come to love their classroom community. Janice and Lourdes are passionate!

A big *todah rabah* to the Peelim and Circle teachers. Both classes truly embody the teaching of Loris Malaguzzi, founder of Reggio Emilia philosophy, "Creativity seems to emerge from multiple experiences, coupled with a well-supported development of personal resources, including a sense of freedom to venture beyond the known."

## FAMILIES WITH YOUNG CHILDREN

As winter continues, we have plenty of upcoming programs to keep you and your children warm and entertained! Break out your fuzzy pajamas and biggest breakfast bowls for our upcoming events:

### Pajama Havdalah

Saturday, Jan.12, 5:30 pm

**Ice Cream for Breakfast!**

Saturday, Feb 2, 10:00 am

While the *Onah* (part-time) classes of the Gan are in session, our weekly programs are open for all:

### Yad b'Yad play group for infants, toddlers, and their adults

Thursdays, 9:00-10:00 am, Room LL6

**Sing N'Play for children of all ages and their adults**

Thursdays, 10:00-11:00 am, Library

For more information, please contact Jocelyn Dorfman, Families with Young Children Engagement Coordinator, at [jocelyn.dorfman@adasisrael.org](mailto:jocelyn.dorfman@adasisrael.org) or 202-362-4433, ext. 229.

We want to hear from you! Do you want to see more or different types of programming for families with young children at Adas? Please let Jocelyn know! Her inbox and phone line are open for any and all suggestions or comments.



Peelim teachers: Naria, Rae, Kristein, & Neidia



Circles teachers: Janice & Lourdes



## Ma Tovvu

Laura Ginns

HONORING OUR LEADERS & VOLUNTEERS

Interviewed by Marcy Spiro, Senior Director, Engagement & Programming Operations

**Laura, you and your family are celebrating your 20th Adas anniversary this year! And it just so happens your oldest son is 23 years old, so I'm thinking the two might be connected. What brought you to Adas 20 years ago?**

Indeed it was the Gan that first drew us to Adas. We were living in Woodley Park and heard about it from a work colleague who had a daughter who was already enrolled. We signed up for the parent/toddler class and never looked back. All three of my boys attended the Gan, and it really was life changing for us. Many of my closest friends are moms I met at the Gan. The Gan was (and I am sure still is) a wonderful Jewish support system for young families. Joining Adas was just a natural progression and, like our family, it has grown and changed along with us.

**We've been seeing you around Adas more and more the past couple of years. Besides your volunteer work here, what do you do professionally?**

After the birth of my third son, I became a full-time mom and avid volunteer. I have kept busy with volunteer opportunities at my children's schools and in our community. Right now, in addition to my Hesed work, I am a volunteer for CollegeTracks, an organization that works with high school students on all aspects of the college application process. I am currently working at Wheaton High School in Montgomery County. It's a wonderful program, and I have found working with the amazing students—many of whom are first-generation college applicants—really satisfying.

**In 2005, you participated in our adult bat mitzvah program. Why was having your bat mitzvah important to you? What did that program involve? Did you and your sons work on Hebrew together since they were in Religious School at the same time?**

Participating in the adult *bat mitzvah* program was really special for me. I had joined a Torah study group and, even while my kids were at the Gan, I took advantage of Jewish education programs at Adas. I did not have a strong Jewish education growing up and I became more interested as an adult. The program involved weekly discussions on all topics of Judaism and, of course, learning my Torah portion was a highlight. It was one of the hardest things I've done—I didn't sleep at all the night before—but it was very rewarding. I wanted my boys to see that learning Torah was important to me and that Jewish learning was a lifetime commitment. Yes, I did study Hebrew with my boys, and my mother-in-law was an excellent tutor as well. By the way, I'm still in the same Torah study group comprised of former Gan moms; we've been meeting for around 13 years. It has continued to be an important part of my life.

**You recently became very involved with our Hesed Committee. Can you explain what you do and how others can get involved?**

Sure—right now I have two jobs within Hesed. I am co-chair of the Hesed Phone Team, a group of volunteers who make weekly *Shabbat* calls to our golden age Adas congregants. Maintaining

a relationship between Adas and our longtime members is so important, and many beautiful relationships have been hatched out of these weekly calls. It is also a great opportunity to share some news from the *Chronicle* or make sure they know that the *Shabbat* service can be live streamed. I also work with Michael Fingerhut on the Hesed Baskets Committee. We deliver new member gift bags and new baby gift bags. We have a team of helpers who assist in packing bags with wine, baked goods (baked by the Hesed Cooking committee), an invitation to an Adas *Shabbat* dinner, and synagogue information. The new babies receive hand-knitted hats and a CD of music from our own Cantor Brown. We have received such a nice response to this outreach. It is very rewarding. We are always looking for more volunteers. Anyone interested in getting involved can contact me or any members of the Hesed Committee. They can also send an e-mail to [hesed@adasisrael.org](mailto:hesed@adasisrael.org).

**Many people become less involved once their children age out of the Gan, Religious School, high school, etc. You have done the exact opposite. What made you decide to become more active here?**

My Adas participation really peaked when my children were at the Gan. I really jumped into everything Gan! I was a co-president of the Gan Parents Association. I then became less involved volunteer-wise at Adas. My youngest son went off to college this fall, and I thought it was a good time to get involved again. I had heard about Hesed and have some friends who are involved. I really like what I see going on, I like the people I am working with, and it's been easy to dive in again.

**When we had our first meeting, we complimented one another on our nail color choices. Do you have a favorite nail salon in the area? If you could be a nail polish, what color would you be, and, more important, what clever name would you have?**

You definitely caught me on a good day. I am not a regular at the nail salon and don't have a favorite. It can be a fun outing with a friend for sure! I tend toward browns. And, of course, I would name my color: You Ginns Some, You Lose Some.

**You are answering these questions right before Thanksgiving, and we'll be reading them after the secular New Year. What plans do you have to celebrate Thanksgiving, Hanukkah, and the New Year?**

I always have Thanksgiving at my house and love doing the cooking. I'm very excited for all of my boys to come home, and my mom will join us, too. I hope when this is printed that we will have watched Michigan beat Ohio State the Saturday morning after Thanksgiving; it will be a big part of the weekend. *Hanukkah* this year will be an adult holiday—all the kids will be at college, so I'm planning to have my usual *Hanukkah* gathering with some of our family friends, but this year there may only be one child! (I will mail some *Hanukkah* care packages for sure!) We always take a nice family vacation somewhere warm over winter break.



# sisterhoodnews

NETWORKING, NURTURING, LEARNING, SUSTAINING



Sisterhood attendees at Dr. Rachel Brem's November presentation, Examining Women's Health event; Genetic Counseling was available for those who wanted it.



## THE CRIME OF COMPLICITY:

A Discussion of Moral Responsibility with Amos Guiora

JANUARY 27 @ 2:00 PM

If you are a bystander and witness a crime, should intervention to prevent that crime be a legal obligation? Or is moral responsibility enough? Join us for a discussion with Amos N. Guiora on "The Crime of Complicity: The Bystander from the Holocaust to Today." Drawing from his book, The Crime of Complicity: The Bystander in the Holocaust, he will examine the bystander-victim relationship from a personal and legal perspective, focusing first on the Holocaust, and then using those lessons to explore cases in contemporary society. Copies of the book will be available for purchase at the event.



## MEET THE MIKVAH: Bodies of Water

FEBRUARY 10 @ 1:00 PM

Join us on February 10 at 1:00 pm for "Bodies of Water," an award-winning program that introduces you to mikvah as a path to body positivity from a Jewish perspective. Framed along with other healthy practices like mindful eating and Jewish meditation, this experience is a very special way to explore how mikvah is relevant in a modern Jewish life. We will watch a demonstration immersion by someone in a bathing suit, explore different ceremonies for mikvah use, learn simple ways to bless our food with Rabbi Sarah Tasman, and practice Jewish mindfulness with Marilyn Cooper. Everyone is invited, including children ages 10 and up. When you register, please indicate whether you need any accommodations or if you have any food allergies or sensitivities.

learn more & register: [adasisrael.org/sisterhood](http://adasisrael.org/sisterhood)



## Weekday Torah with Sisterhood

TUESDAY, JANUARY 8 @ 10:00 AM, FUNGER HALL

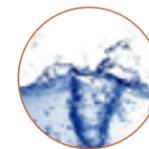
Rabbi Elianna Yolkut will lead the next *Weekday Torah with Sisterhood* at 10:00 am on Tuesday, January 8, in Fungler Hall. Students of all levels and backgrounds are welcome, and the class is open to the entire Adas community. *Weekday Torah with Sisterhood* is an engaging approach to traditional Hebrew text study that offers participants the opportunity to study and discuss challenging texts and ideas. Classes are monthly, except in the summer. Please contact [MarilynCCooper70@Gmail.com](mailto:MarilynCCooper70@Gmail.com) for questions.



## Take-A-Walk!

MONDAY, JANUARY 21 @ 10:00 AM, FUNGER HALL

Sisterhood members and guests (all are welcome!) will meet Monday, January 21, at 10:00 am at Union Station and walk to the United States Botanic Garden to see the beautiful greenery. We will continue to the National Museum of the American Indian to view a special exhibit on treaties, followed by lunch in the museum cafeteria. Please register online or contact Rona Walters at 202-744-2854 or [ronawalters@gmail.com](mailto:ronawalters@gmail.com).



## Adas Israel's Mikvah

By Maria Lasa Sloan

Adas Israel will soon be reopening its fully accessible community *mikvah*. It will welcome all Jewish people to experience the power of immersion as a timeless tradition. With the support of our clergy, staff, board, and many congregants, Naomi Malka, Adas Israel's Community *Mikvah* Director, and her team of devoted volunteers have created a beautiful space. It has been a labor of love to undertake and now achieve the goal of ensuring that our *mikvah* will be accessible to most who choose to use it.

What does this mean for our Adas Israel Sisterhood? It means there is a space to celebrate all kinds of milestones in our lives, from small to momentous. Whether marking the beginning of a new stage in life or the passing of an old one, the *mikvah* invites you to discover an ancient ritual that continues to be relevant for us as individuals. While so many of our expressions of Judaism are performed either communally or within our families, the *mikvah* is singular in its focus on the person herself. Each experience is unique, and the staff is here to walk you through the process, while respecting your individuality and privacy.

I invite you to visit our *mikvah*. If you're curious about what the experience might be like, have a conversation with one of our many fabulous *mikvah* guides. And when you're ready, experience the power of immersion. It was meaningful to me, almost 20 years ago when I converted, as well as during the years I was the *Mikvah* Coordinator and experienced the *mikvah* with and through our many visitors.

ruth & simon albert

## sisterhood gift shop

# SALE! SALE! SALE!

For the very first time in its history, the Gift Shop is holding a post-Hanukkah sale. We are offering selected merchandise at 35% off. It's never too early to stock up for next year. Sale starts January 2.

**Gift Shop Hours**  
Sunday-Monday,  
Wednesday-Friday  
9:30 am-12:30 pm  
**Tuesday, Special Extended Hours**  
9:30 am-3pm, 6:00-8:00 pm

Every purchase benefits Adas Israel Congregation. 202-364-2888 [adasgiftshop@gmail.com](mailto:adasgiftshop@gmail.com)  
Note: We will be closed on January 1, 20 & 21.



# tikkunolam

'REPAIRING THE WORLD'

## SOCIAL ACTION COMMITTEE

### Outreach to Families Affected by Gun Violence

When the tragedy of gun violence strikes our neighbors, we ask each other, "What can we do?" As a community, we can perform the *mitzvah* of comfort for those who are grieving a death and those who are praying for healing. We can offer food for a family, and in so doing we can make plain that they are not alone and not unheard.

We are working with the DC Office of Neighborhood Safety and Engagement (ONSE) and its Community Stabilization Program (CSP), which provides wrap-around services to victims of violent crimes and their families. CSP team members meet with the victims and/or families, in the home or hospital, when the family is willing, and develop a service plan that helps meet immediate and long-term needs.

The GVP team is organizing outreach to these families; we will write notes and bring food to the hospital for family members. Meals can be homemade or from the Hesed freezer. This is one important way for us to build bridges across our city. If you are interested in learning more about our effort, please contact Lois Fingerhut ([loisfingerhut@gmail.com](mailto:loisfingerhut@gmail.com)).

### Reading Partners

Reading Partners needs more volunteer tutors! We'd love for you to join the nearly 20 Adas members who are already tutoring. We have 600 volunteers serving 600 students across DC, on our way to reaching a goal of serving 900 students. To learn more about Reading Partners, please get in touch with Lois Fingerhut ([loisfingerhut@gmail.com](mailto:loisfingerhut@gmail.com)) or visit the Reading Partners website, <https://readingpartners.org/location/washington-dc/>.



PPH team lead Jamie Butler & Shirley Moseley pack food.

### Adas Israel Marks 10th Year Packing Holiday Food Bags with Peoples United Congregational Church of Christ

November 2018 marked the 10th year that Adas Israel volunteers have joined Shirley Moseley and members of Peoples Congregational United Church of Christ to help pack frozen turkeys and non-perishables to benefit food-

insecure neighbors. Peoples' Food Pantry has been in operation for 35 years, and its clients come through referral from social service agencies. The program is funded by donations from members and friends of the congregation and is staffed by volunteers, with Shirley Moseley leading the effort.

Food is given year-round on Fridays, with a few exceptions. A week before Thanksgiving and Christmas, holiday turkeys and non-perishable holiday food are given out directly to people in need in the community and to social services agencies such as Head Start, Hospice, DC Public and Charter Schools, and the YMCA. In 2009, Peoples distributed approximately 425 bags during both holidays. This year, the church gave 304 turkey packages to clients and community agencies.

## INCLUSION UPDATE

### Inclusion Celebration Shabbat is on February 2, 2019!



Please join us in welcoming Dr. Julia Watts Belser, our guest speaker from Georgetown University's Theology Department. We look forward to hearing her D'var Torah, "Beyond Productivity: How Shabbat Values Underscore the Principles of Disability Justice," in the Smith Sanctuary service and to learning together after Kiddush in the Biran Beit Midrash on the topic of "Priestly Bodies & Blemishes in Torah and Talmud," an interactive text-study examining Leviticus 21's prohibitions regarding disabled

priests - and their interpretation and transformation in Jewish law and practice.

Julia Watts Belser is an associate professor in the Theology Department at Georgetown University. Her work in Jewish studies focuses on Talmud, rabbinic literature, and Jewish ethics. An ordained rabbi, Watts Belser writes queer feminist Jewish theology and brings disability culture into conversation with Jewish tradition. Watts Belser previously held a research fellowship in women's studies and religion at Harvard Divinity School and taught in Missouri State University's Religious Studies

Department. She is the author of *Power, Ethics, and Ecology in Jewish Late Antiquity: Rabbinic Responses to Drought and Disaster* (2015). She serves on the board of the Society for Jewish Ethics and holds leadership positions in the American Academy of Religion. A wheelchair rider herself, Dr. Belser is the co-author of *A Health Handbook for Women with Disabilities*. She is also a board member of Nehirim, a national community of lesbian, gay, bisexual, and transgender Jews and allies. Watts Belser has a B.A. from Cornell University, M.Div. from the Graduate Theological Union, M.A. from the Academy for Jewish Religion California, and Ph.D. from the University of California, Berkeley and the Graduate Theological Union.



**Kesher Shabbat Connection = Community**  
**\*\*NEWS FLASH\*\* "Popular People Live Longer"**

Although dismaying to my former eighth-grade self, that was just one title of similar articles that have crossed my desk in recent months. I am thankful that the point of these articles is not to promote the "popularity" of our former school days. Instead, they all stress that those of us who are lucky enough to be surrounded by family, friends, and community fare better than those who are not. Yes, loneliness is detrimental to our health. Some studies have gone so far as to say that loneliness is a risk factor on a par with obesity and smoking!

But we Jews already know that. God tells us that up front in the beginning of the Torah. In *Genesis 2:18*, God explicitly says that it is not good (*lo tov*) for man to be alone. And then he creates Eve.

Another spate of recent studies demonstrates that Adas Israel can be part of the solution. Research also has shown that members of religious congregations thrive better than their unaffiliated counterparts. The studies don't reveal whether it is the prayer, sense of community, or the cookies (yes, the studies mention the cookies) that confers the benefit. Regardless of causation, it is clear that we at Adas have an opportunity to foster greater connection among all of our members.

Toward that end, we are instituting a new program, called *Kesher Shabbat*. We are looking for potential hosts to invite new members of our growing congregation into their homes (and into our community) for a *Shabbat* dinner, *seudah shlishit*, or *havdalah* ceremony, at their convenience.

If you are interested in hosting or being a guest at a *Kesher Shabbat* meal, please contact Marcy Spiro at [marcy.spiro@adasisrael.org](mailto:marcy.spiro@adasisrael.org).

## Adas Office Closings

**New Year's Day**  
 Tuesday, January 1, 2019  
 Schools/Offices Closed

**MLK Jr. Day**  
 Monday, January 21  
 Schools/Offices Closed

## Up Close & Personal

*Share Your Special Family Collections  
 In Our Biran Beit Midrash*



The *Biran Beit Midrash*, at the heart of our synagogue, is a place of community, learning, and conversation. Following this theme, over the next year we would like to share your special family collections in our ever-changing *Biran Beit Midrash* window.

Our current display features a sampling of Myra and Larry Promisel's imaginative and inspiring collection of *Hanukkiot*. What can you share for six weeks?

Contact us at [adasevents@adasisrael.org](mailto:adasevents@adasisrael.org) to display something special and for more information.

# The Daily Minyan

*Alan Lefkowitz, who came to services every day to say kaddish after his father, Jerry, passed away, delivered these words at morning minyan:*



As some of you know, I end the daily recitation of Kaddish tomorrow. And I wanted to take some time to thank this minyan for the community and comfort you have provided to me these past 11 months.

It has been quite a journey. My father's passing was painful. While in so many ways, I had much to be thankful for – he lived a full and rich life of 86 years, and I lived to 47 before ever having to say Kaddish, it was very hard at the outset to appreciate these blessings. Rather, grief and at times overwhelming grief was all I felt, and my grief felt unique and particular to me – even appreciably different than from my siblings to say nothing of my mother.

And yet our tradition asks that we share our grief within a community – a minyan of at least 10 adults. So, after I returned from Shiva, I started coming to this community, with you. I can't be entirely sure, but I think I remained lost for a few weeks. But still I came – both because it is our

tradition to do so, but also because you gave me a space where my father was not all gone. Each day, I had reason to hold on to some or other aspect of my father. Some days that connection was solely related to the recitation of the prayers or the Kaddish. On others, it was more spiritual. Possibly most important in the healing process was the realization that was dawning on me that my grief and loss was far from singular. Rather, in the properly ordered life, it is the most common thing we all share. I was saying Kaddish every day with others – some were in their own mourning period that had started before mine and others suffered a loss shortly thereafter; other people regularly came and went for 1 day a year for the Yahrzeit of a loved one lost previously. And most everyone else who came to the Minyan had already experienced a loss, and those that did not, would someday walk in my shoes.

Not only did this community provide me comfort and provide me a forum where I could still commune with my father, but you also tied me so strongly to our shared Jewish tradition. Rabbi Alexander shared with us only recently that we are to treat the bones of a deceased relative with as much dignity as possible. And yet more than that, we must treat our Torah with greater dignity. As he rightly pointed out, the bones of a deceased relative only have us looking in the past, whereas with the Torah, we are at once in the past, present and future. And in some respect, I have been here for the past 11 months carrying the deceased bones of my father, and that is important, but as the Rabbi indicated, backward looking. I have also been spending the last 11 months integrally tied to our shared Jewish traditions – our long-standing tradition of how Jews mourn the passing of our loved ones. And like the Torah, it is this shared tradition that links us thru the generations and millennia in the past and will continue to link and knit future generations together. I know that my father would take great joy and comfort knowing that his passing has provided me this blessing and connection – as following in the Jewish faith and tradition was of paramount importance in his life

And so, to all of you who make up this community – those who have been my fellow travelers in mourning, those who are occasional minyan goers, and most especially the stalwarts who bring the minyan alive day after day, and in particular to Manny and to Ron, I cannot thank you enough. You have given me a space to grieve, a space to heal, and a space to be embraced by our traditions. Thank you.

**A special welcome for those observing a Yartzheit on a weekday or Sunday:**

The Daily Minyan invites you to join us for morning and evening services in the Biran Beit Midrash to recite the Mourner's Kaddish. The congregation is blessed with a number of minyan regulars who would be happy to assist you if you are not familiar with the services or would like to learn or practice reciting the Kaddish. We also can arrange for someone to greet you at the front door of the Beit Midrash the first time you come to the Daily Minyan. If you have any questions or want to arrange for a Minyan regular to welcome you, please email Rhoda Ritzenberg at [ritzenberg@yahoo.com](mailto:ritzenberg@yahoo.com) or call (703) 538-4747.

**The Daily Minyan @ Adas Israel**  
Please Join Us - Daily Minyan Schedule:

**Morning: Monday-Friday: 7:30am /  
Sundays & Legal Holidays: 9:00am  
Evening: Sunday-Thursday: 6:00 pm**



YP@AI  
youngprofessionals/adasisrael

a community for young Jewish adults.

singles can meet singles, couples can meet couples,  
newcomers can connect with other newcomers.

## What's Happening This Winter at YP@AI?!



The Young Professionals Community at Adas Israel (YP@AI) introduces those between the ages of 21 and 35 to all that Adas has to offer. We have a dedicated group of volunteers who help plan and coordinate all of our events and have helped to inspire new programming for the larger Adas community. After a busy fall, here's what we have planned for the winter:

- Celebrate *Shabbat* together every first Friday at Shir Delight: **January 4 and February 1.**
- Help us serve meals to women at Patricia Handy Place as part of MLK Weekend on **Sunday, January 20.**
- Learn with Rabbi Alexander on Sunday, **January 6, at 11 am.**
- Sign up for a coffee date with one of our YP members and learn more about Adas and the YP Jewish community.
- Sweat for a Cause on **Sunday, February 17, at 11:00 am.** Come for a great workout; all proceeds go to N Street Village.
- Attend any event, service, or class that interests you, even if it's not just for YPs!



**Sweat for a Cause!**

Earn a few extra steps over the long weekend with Adas! Join us on **Sunday, February 17, at 11:00 am** for a workout-a-thon! Come for a great workout; all proceeds go to N Street Village.



**If you have any questions about YP@AI and getting more involved, please e-mail us at [YP@adasisrael.org](mailto:YP@adasisrael.org).**

learn more online:

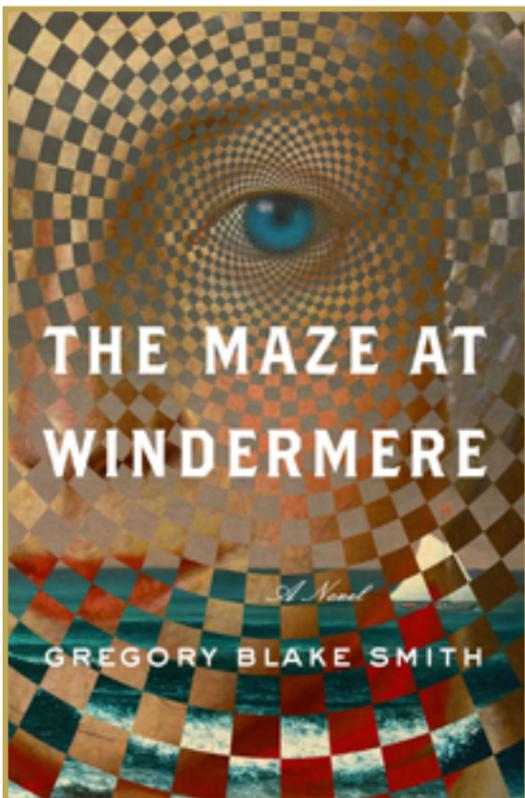
[adasisrael.org/YP](http://adasisrael.org/YP)



# Books & More *The Adas Israel Library Corner*

## *Hearing Echoes of the Past*

BY ROBIN JACOBSON  
LIBRARY & LITERARY PROGRAMS DIRECTOR



A perennial source of fascination to physicists, philosophers, and poets is the nature of time. Does time progress along a straight line? Perhaps it ripples outward, like the rings on a tree trunk? Or maybe time is tiered, like an archaeological dig? *The Maze at Windermere* (2018), by Gregory Blake Smith, takes the archaeological view. In this enchanting novel, the present is but a thin layer atop a rich past.

Praised as “staggeringly brilliant” by the *Washington Post’s Book World* editor and selected for the Post’s ten “Best Books of 2018,” *Windermere* is set in Newport, RI. In this historic city, home to an early American Jewish community and the oldest synagogue in North America, Smith interweaves five stories that take place in 2011, 1896, 1863, 1778, and 1692.

### LOVE AND DECEPTION

*Windermere’s* five stories cleverly echo each other; characters in different time periods seek love, self-fulfillment, or financial security while struggling against social mores. The novel begins in 2011 with a drunken wager that propels a handsome but directionless tennis pro, Sandy, into the orbit of Newport’s moneyed elite, including the fabulously wealthy Alice du Pont. Alice, a fiercely intelligent young woman who suffers from cerebral palsy, is the owner of *Windermere*, one of Newport’s palatial mansions.

Entranced with Newport history, Alice roams the seaside city by night, visiting the Jewish cemetery, peering at the old Quaker houses, and imagining the lives of long-dead residents. One foggy night, she cajoles Sandy into joining her, telling him the “ghosts are walking.” Although Sandy falls easily and



unthinkingly into love affairs, he hesitates before responding to Alice’s advances, initially repelled by her disability. Does Alice become more attractive to him as he knows her better, or is her fortune the main attraction?

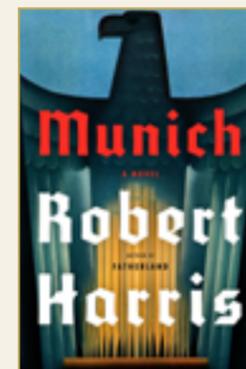
If Sandy is a fortune hunter, he is at least less cynical than Franklin, the protagonist in the 1896 story. Franklin, a witty, charming man who has made a career of amusing Newport society doyennes, schemes to marry a wealthy young widow in order to gain both financial security and a cover for his secret gay life. In the 1863 story, Henry James (an actual historical character) turns down a marriage proposal, realizing that what he wants most is to observe life and capture it in his novels.

The most appealing character is Prudence Selwyn, an earnest teenage Quaker girl who narrates the 1692 story. When she is suddenly orphaned, Prudy, at first hesitatingly and then with increasing confidence, begins to forge a life for herself and her young sister and their African slave. Her growing unease with the contradiction between Quaker beliefs in equality and the institution of slavery foreshadows the Quakers’ later repudiation of slavery.

### JEWISH NEWPORT

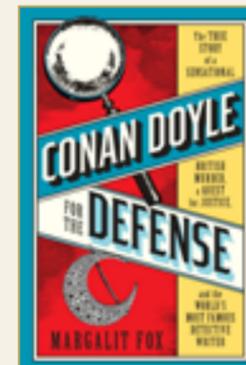
Although characters in multiple *Windermere* stories find themselves drawn to Jewish landmarks (the Jewish cemetery, the synagogue), only one story has Jewish characters. In the 1778 story, Major Ballard, a British officer stationed in Newport during the Revolutionary War, plots to seduce the daughter of a wealthy Jewish merchant, Isaac Da Silva. Da Silva is a Portuguese Jew whose family lived for centuries as *conversos*, outwardly Christian but secretly practicing Judaism. When Ballard tries to convince Da Silva that his designs on Da Silva’s daughter are honorable and suggests that the aristocratic Ballard family would begrudgingly accept Ballard’s marriage to a Jew if she converted, Da Silva is outraged. He declares that the Da Silva family did not withstand centuries of persecution only to have its descendants relinquish Judaism. Rather, “he was a Jew and those who were his were Jews. And any who did not like it could be damned!”

## UPCOMING ADAS BOOK CHATS IN THE LIBRARY



**MUNICH**  
BY ROBERT HARRIS  
*Sunday, January 13, 10:00-11:00 am*

This historical thriller is based on actual events surrounding the infamous Munich Agreement of 1938. European leaders vainly attempted to appease Hitler by allowing him to annex part of Czechoslovakia.



**CONAN DOYLE FOR THE DEFENSE**  
BY MARGALIT FOX  
*Sunday, March 24, at 10:00-11:00 am*

This is a non-fiction account of Arthur Conan Doyle, author of the Sherlock Holmes stories, who vigorously and effectively championed a Jewish immigrant wrongly accused of murder. Who knew that Arthur Conan Doyle not only invented mysteries, but actually solved real ones, using the techniques of Sherlock Holmes, his fictional detective?

All welcome! Questions? Contact Robin Jacobson ([librarian@adasisrael.org](mailto:librarian@adasisrael.org)).



## BIRTHS

**Ezra Rubin Gerber**, son of Rachel Rubin & Michael Gerber, was born October 29.  
**Logan Maxwell Greenberg**, son of Allison Rachel Greenberg, was born November 3.  
**Penelope Wein**, daughter of Matthew & Lisa Wein, was born November 14.  
**Charlotte Tova Kramer**, daughter of Eva Davis & Justin Kramer, was born November 20.

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

## B'NAI MITZVAH



### **Clea Horowitz**, January 26

Clea is a seventh grader at the Maret School in Washington. She had her baby naming at Adas Israel and later attended Gan HaYeled and the Charles E. Smith Jewish Day School. Clea plays on two ice hockey teams in the Montgomery Youth Hockey Association. She also loves to bake and was excited to participate in the Sunflower Bakery's *b'nai mitzvah* program for her *mitzvah* project. Clea celebrates her *simcha* with her parents, Michael and Alexandra; her siblings Frederick and Phoebe; and her grandparents and extended family.

## AUFRUF

**Ethan Waxman**, son of Debra Goldberg & Seth Waxman, will celebrate his *aufruf* with his fiancée, Nina Mullen, on January 19.

## WEDDING

**Alexander Prescott and Josie Villanueva**, officiated by Rabbi Holtzblatt, on November 18.

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

## MAZEL TOV

**Andrew Kupfer**, who was elected to this year's Jewish Teen Funders Network (JTFN) Youth Ambassador Council, a selective group of teen philanthropists from across North America.

## SNOW CLOSURES



The synagogue office follows the federal government's inclement weather policies. When the federal government closes, the synagogue office closes. When the federal government opens late, the synagogue office also opens late.

When in doubt, visit [adasisrael.org](http://adasisrael.org) or call the synagogue/school for a taped message. If the synagogue offices are closed due to the snow, all daytime and evening programs are cancelled. If the schools are closed, but the building/offices are open, please call the synagogue office (202-362-4433) regarding evening programs and classes. The *minyan* typically meets twice daily, regardless of the weather, but again, please consult the website.



## IN MEMORIAM

**We mourn the loss of synagogue members:**  
Reeva Goldberg  
Cynthia Sutton

**We note with sorrow and mourn the passing of:**  
Dr. Lawrence R. Shapiro, father of Andrew Shapiro  
Ruth Rand, mother of Harry Rand

## LIFE CYCLE INFORMATION



### When Death Occurs

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

### Bereavement Committee

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



### Hesed Committee

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



### Adas Israel Community Mikvah

The Mikvah has now re-opened after its renovation. Please contact [Mikvah@adasisrael.org](mailto:Mikvah@adasisrael.org) for help with scheduling an

appointment.

Also, please save Wednesday, January 30, 7:00–9:00 pm, for **Mayim B'Sasson: A Joyful Mikvah Rededication Ceremony**. Join us for an evening of blessings, singing, storytelling, and honoring our Mikvah Guides. The newly renovated, fully accessible space will be open for all to see. Reception and hors d'oeuvres at 7:00 pm and ceremony/storytelling at 7:30 pm. Everyone is welcome.

### Days For Girls Initiative, Jan. 13

In many developing countries around the world, young girls have limited or no access to feminine menstrual care products. We hope you will join us on January 13, 2019, to help make it possible for some of these girls to get the kind of menstrual products they need. We are doing this as part of an initiative organized by Days for Girls, which provides feminine menstrual care products, along with menstrual health education, to young girls in developing countries.

This program is organized by one of Adas Israel's awesome teens, Shifra Waskow, and is being co-sponsored by the Adas Israel Community Mikvah and the Sisterhood Sewing Circle. The mikvah is co-sponsoring this event to bring dignity to women's cycles in other communities and shine a light on how the mikvah brings meaning and spirituality to women's cycles in our community. This kit-making event will be Sunday, January 13, 2019, 1:00–4:00 pm. For this event, we need both material and talents! We need people to bring and operate sewing machines, irons, and ironing boards, measuring boards, scissors, pins, etc. However, these skills are not necessary to be involved; everyone's help is wanted and welcomed!

Please e-mail [shifrawaskow@gmail.com](mailto:shifrawaskow@gmail.com) or [naomi.malka@adasisrael.org](mailto:naomi.malka@adasisrael.org) if you are interested in bringing or operating any of the materials listed above. If you are interested, please sign up at <https://www.adasisrael.org/event/day-for-girls.html>. We hope to see you there!



The congregation gratefully acknowledges the following contributions:

**Adas Community Security Fund**

By: Ezequiel Steiner & Nienke Grossman.

**Adas Fund**

In Memory Of: **Dr. Marilyn Berman Pollans** by Brian Berman.

**Anne Frank House Fund**

By: Howard Barshow, Lee Berger, Bernstein Management Corporation, Stuart & Jamie Butler, Alex Candia, Marni Carroll, Sue Ducat & Stan Cohen, CG Electric, Inc., Rebecca & Jason Dzubow, Joel Fischman & Judith Rabinowitz, Ricki Gerger, Steven & Jane Gilbert, The Greysteel Company, Beth & Steve Hess, Judy Heumann, Himmelfarb Commercial Inc., Murrey Jacobson, David Kligerman, Elaine Kremens, Greenstein DeLorme & Luchs, P.C., Mike Madden & Mindy Saraco, Sander & Adina Mendelson, Pam & Michael Mendelson, Roger & Shelia Meyer, Penan & Scott, P.C., Larry & Edna Povich, Mitchell & Allison Prince, Lesley & Charles Rich, Mark Jay & Nancy Silverman, Beth Simon, WDG Architecture, PLLC, Wendy Weiner. In Memory Of: Rae Schwartz by Sheryl Fahey & Ken Colling.

**Bereavement Fund**

With Thanks For: Bus to the cemetery during the High Holy Days by Doris Povich. In Memory Of: **Littman Danziger** by Arnold Danziger. **Marilyn Berman Pollans** by Scott, Robyn, Skyler, Hunter & Stephanie Berman. **Robert Pitofsky** by Sally Pitofsky.

**Cantor Brown Discretionary Fund**

In Honor Of: **Daniela Klein** becoming a bat mitzvah by Catherine Bendor & Shelley Klein. In Gratitude For: All you do to enrich our experiences at Adas by Sonya Gichner.

**Congregational Kiddush Fund**

In Memory Of: **Phillip S. Lewis** by Zev Lewis.

**Daily Minyan Fund**

In Honor Of: Daily minyan by Sheldon Kimmel. In Memory Of: **Abraham Povich** by Edna & Larry Povich. **Anita Lapping** by Jeffrey Colman & Ellen Nissenbaum, Kimby & John Hasenberg, Jean & Larry Bernard, Sybil & Steve Wolin. **Morris Stirman** by Sonia Herson.

**Dan Kaufman Children's Program Fund**

In Honor Of: **Dale Kaufman** by Susan Ungerleider.

**Daryl Reich Rubenstein Staff Development Fund**

In Memory Of: **Lewis Lutter** by Trina Rubenstein.

**Ethel & Nat Popick Chronicle Fund**

In Memory Of: **Stuart Foreman & Meryl Goodman** by Dorothy Block.

**Harry & Judie Linowes Youth Endowment Fund**

In Memory Of: **Harry Bierman** by Judie & Harry Linowes.

**Havurah Kiddush Fund**

By: Jane Fidler, Diana Savit & Marvin Szymkowicz. In Honor Of: Our 34th anniversary by Ronald & Rise Schlesinger. In Memory Of: **Elizabeth Cantor** by Mary & Arnie Hammer.

**Hazzan Goldsmith Discretionary Fund**

In Honor Of: **Daniela Klein** becoming a bat mitzvah by Catherine Bendor & Shelley Klein.

**Hesed & Bikkur Cholim Fund**

By: Nancy & Mark Silverman. In Honor Of: **Margie Siegel** by Richard Solloway. In Memory Of: **Richard Cohen, Douglas Krieger, Marion Cohen & Carolyn Jacobson**, all by Kathy Krieger. **Carlotta Schiffres** by Manny Schiffres.

**Hymen & Sadie Goldman Prayer Book Fund**

In Memory Of: **Albert Sydney Altman & Alexander Altman** by Zalma Slawsky.

**Jewish Mindfulness Center**

In Memory Of: **Sidney B. Ross** by Judith Ross.

**MakomDC**

By: Jerry Shechtman.

**Morris Hariton Senior Programming Fund**

By: Phyllis Mindell.

**Morton & Norma Lee Funger Israel Program Fund**

In Memory Of: **Yetta Krupsaw Cohen** by Norma Lee Funger.

**Offerings Fund**

In Honor Of: **Sharon Samber** by Kimby & John Hasenberg. Mazel Tov To: **Rachel Kolko** on becoming a bat mitzvah by Ossie & Harry Hanauer. With Thanks To: Adas clergy & educators for helping William Friedman become a bar mitzvah by Linda & Harold Friedman. In Memory Of: Lives lost in Pittsburgh by Kimby & John Hasenberg. **Robert Gratz** by Susan Denbo & David Serlin, Alice & John Goodman, Ellen & Cary Reines. **Charlotte Teicher** by Esther & Harvey Greenstein.

**Rabbi Alexander Discretionary Fund**

In Honor Of: **Rabbi Alexander**, the Adas leadership & staff by Kathy Krieger. With Thanks To: **Rabbi Alexander** for helping Benny with his d'var Torah by Kimby & John Hasenberg.

**Rabbi Avis Miller Lifelong Learning Fund**

In Memory Of: **Jack Chernikoff** by Larry Chernikoff.

**Rabbi Holtzblatt Discretionary Fund**

In Honor Of: **Rabbi Holtzblatt** by Joan Liebermann & Jeffrey Vinnik, Karen Holtzblatt, Jane & Scott Brown. **Rabbi Holtzblatt**, the Adas leadership & staff by Kathy Krieger. **Daniela Klein** becoming a bat mitzvah by Catherine Bendor & Shelley Klein. In Memory Of: **Robert Pitofsky** by Sally Pitofsky.

**Rabbi Krinsky Discretionary Fund**

With Thanks To: **Rabbis Sarah & Seymour Krinsky** by Aaron &



Emily Krinsky family.

**Rabbi Stanley Rabinowitz History Fund**

In Memory Of: **David Fibus** by Carole Lerner.

**Rose R. Freudberg Sisterhood Memorial Library Fund**

In Memory Of: **Sheldon Cohen** by Elinor Tattar. **Libbe & Jesse Ross** by Laura & Jeffrey Blumenfeld. **Terry Goldstein** by Marcie Goldstein. **George Sidell** by Arlene Sidell Cohen. **Susan Baram** by Mildred Jacobs. **Roslyn Greenberg Michelson** by Susan Liss & family.

**Sandra & Clement Alpert Fund for Family Education**

In Memory Of: **S. Robert Baldinger** by Janet Baldinger & family.

**Social Action Fund**

In Honor Of: Adas clergy & staff for responding quickly & appropriately to the Tree of Life shooting to help keep Adas both safe & welcoming by Mike Madden & Mindy Saraco. In Memory Of: **Robert Gratz** by Bobbi & Allan Fried. **Addison Lesser** by Deborah Lesser.

**Staff Gift Fund**

By: Lesley & Charles Rich, Dan Raviv & Dori Phaff, Rabbi Jan Kaufman, Leah Chanin. Marshall & Arlene Sidell Cohen. In Honor Of: Adas Israel staff by Jean & Larry Bernard. In Gratitude For the Kindness & Generosity Of: All our wonderful staff by Phyllis Mindell.

**Traditional Minyan Kiddush Fund**

In Honor Of: **Eddie Davis, Adam Strong-Jacobson, Benny Hasenberg, Moses Fishman, Josefa Maeve Harris, & Simon Kirschenbaum** all becoming b'nai mitzvah by Bill Levenson

**Tzedakah Fund**

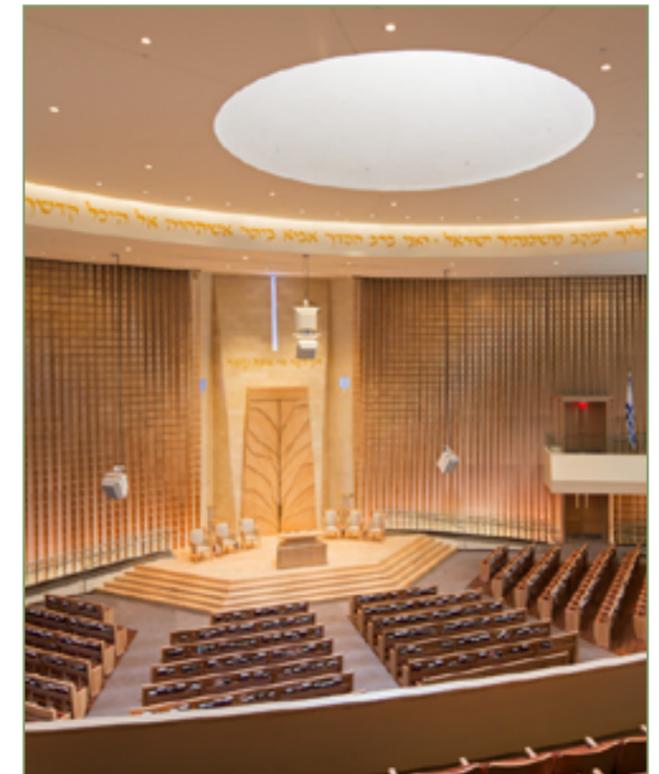
In Memory Of: **Morris Tersoff & Sophie Tersoff** by Susan Tersoff & David Margolies. **Harry Kahn** by Hazel Keimowitz. **Annabelle Kutcher Shapiro** by James Kutcher. **Susan Baram** by Karen & Lester Goldberg. **Minnie Margolis & David Lesser** by Margery Elfin. **Esther Silverman** by Mark Silverman.

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**Youth Department Activities Fund**

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