



HAR SHALOM

הר שלום

THE TABLET

Congregation Har Shalom
March/April 2021

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www.HarShalom.org/thetablet

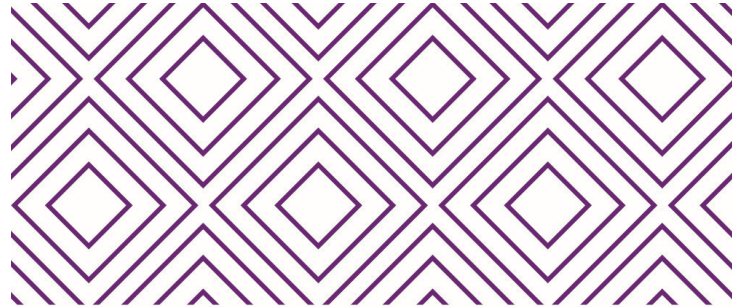
Har Shalom invites you to...

HAPPY HOUR WITH HAR SHALOM

Featuring different leaders of
the congregation. This will be a
great opportunity for Q&A!

Tuesday, March 2 | 5:00 PM
Wednesday, March 17 | 5:00 PM

Registration required to
receive the Zoom link:
www.HarShalom.org/SHH



MAKING IT HAPPEN!

PASSOVER 5781 HANDBOOK

Kashering Your Kitchen, Hametz
Agreement Form, Passover
Schedule, FAQ and more

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Har Shalom & The Conservative Yeshiva present a
Pre-Passover Adult Education Series
with Dr. Joshua Kulp and Ilana Kurshan

SUNDAY, MARCH 7 | 10:30 AM
Rabbits and Lettuce: The History
of the Haggadah in Text and Art

SUNDAY, MARCH 14 | 10:30 AM
Jews and Christians at the Seder: Our
Shared History of Celebration & Suffering

SUNDAY, MARCH 21 | 10:30 AM
Defense Against Dark Arts: The Demons
in Egypt and at our Seder Table

For more information and to register:
www.HarShalom.org/CYseries



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Fuchsberg Jerusalem Center
Conservative Yeshiva

Hesed Meal
Train

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Highlighted In This Issue ...

March - April 2021

Men's Club
Brunch

**April 11
@ 10AM**

KindSoup for
the Soul

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Farewell Message
from the President

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Sisterhood
End of Year
Event

**May 12 @
8PM**

FOR MORE INFORMATION, VISIT WWW.HARSHALOM.ORG/CALENDAR

FROM THE RABBI



Adam J. Raskin
Rabbi

301-299-7087, ext. 1
rabbiraskin@harshalom.org



Almost one year ago, on March 8, 2020, Sarah Pulliam Bailey from the Washington Post interviewed me about how our congregation was dealing with the newly emerging Covid-19 virus, and how it would be affecting our Purim plans in particular. I told the reporter that we had already suspended the practice of processing with the Torah scrolls in the synagogue, that people were instructed not to kiss the scrolls, and that the challah at the end of the services would be cut and distributed rather than ripped apart by adults and children alike with bare hands. At that time, I told her, our plans were still to go ahead with the Purim carnival. The holiday started two days after that article appeared in the Post, and in the 48 hours between the interview and the publication we had already decided to cancel the carnival. The next cancellation was the congregational Passover seder, and soon, we had almost entirely moved to on-line platforms for everything. As we round the holiday calendar again, we are still nowhere near “normal,” or “the way things used to be.” Thank God, the discovery and dissemination of the vaccine will hopefully end this scourge soon. Yet, it may still be a while before people feel confident about returning to *shul* and hosting family and friends for festive meals.

I can’t help but think about Moses’s hesitation before presenting himself to Pharaoh, and demanding the freedom of our ancestors. He says to God, “*lo ya’aminu li, ve’lo yishm’u b’koli*,” the Israelites will not believe me or listen to me!” (Ex. 4:1) Moses fears that a message of hope and redemption will fall on deaf ears. The Israelites, he argues, have been enslaved too long. The God of their ancestors existed only in stories and distant memories, but not as a force of salvation in their lives. Moses seems to be more intimidated by the prospect of convincing his own people of their impending freedom than convincing Pharaoh to actually let them go!

I have missed seeing you so much. My *Shabbatot* and holidays have been diminished because I have not shared them with my beloved community. I yearn for the time when we can come together again in person, without fear of being infected or infecting others. And like Moses, I worry about what it will take to accomplish the task of creating a safe environment at *shul* where people feel comfortable attending. One thing I do not fear is the vaccine. I believe that it is a *mitzvah* (not a good deed, but a sacred responsibility) for every person to avail themselves of the vaccine as soon as they are eligible. It is nothing less than *pikuah nefesh*—the prospect of saving lives that undergirds this obligation to ourselves and others.

And as we try to be patient with this process, I take hope from the Exodus story, and that an initially wary people did in fact come to believe and trust that things would get better. “The people trusted; they heard that God remembered the Israelites and had seen their affliction.” This, I believe is the turning point of the entire story. If the people didn’t trust God, or God’s servants, Moses, Aaron, and Miriam, then the effort to free them would be for naught. They would never have taken even the first step out of Egypt. But when the people begin to trust, then their fortunes and destiny change for the better.

Let us take hope, have faith, and trust that we will make it through this pandemic, and that we will return joyfully to our communities, our families, our friends, and yes our *Shul* with hearts filled with gratitude.

May this season truly be a redemptive one for you, for all Israel, and all the world.

Happy Passover,

A handwritten signature in black ink that reads "Adam J. Raskin".

Rabbi Raskin

PASSOVER SCHEDULE

CANDLE LIGHTING AND SERVICE TIMES FOR THE WEEK OF PASSOVER 2021 / 5781

Thursday March, 25 – Fast of the first born

Fast begins, 5:44 AM

Minyan followed by *Siyum Ha'Bekhorim*, 8:00 AM (Zoom)

Bedikat Hametz (search for *hametz*)

Friday March 26 – candle lighting 7:08 PM

Shaharit, 8:00 AM (Zoom)

The latest time to sell *hametz*, 12:00 PM

All *hametz* (except for that needed for the *Shabbat* meals) must be destroyed by candle lighting.

Friday Evening Services, 6:30 PM (Zoom)

Saturday March 27 - candle lighting 8:13 PM

Shaharit, 9:30 AM (Zoom, live-stream, in-person)

Passover begins, 8:13 PM

First Seder: no *Ma'ariv*

Sunday March 28 – Passover, Day 1 – begin counting the Omer

Shaharit, 9:30 AM (Zoom, live-stream, in-person)

Candle Lighting after 8:14 PM

Second Seder: no *Ma'ariv*

Monday March 29 – Passover Day 2

Shaharit, 9:30 AM (Zoom, live-stream, in-person)

End of *Yom Tov*, 8:15 PM

No Contemplative service; traditional *Ma'ariv*, 8:30 PM (Zoom)

Tuesday March 30 – *Hol HaMoed*, Passover Day 3

Shaharit, 8:00 AM (Zoom)

Contemplative Practice, 7:30 PM (Zoom and Facebook Live)

Wednesday March 31 – *Hol HaMoed*, Passover Day 4

Shaharit, 8:00 AM (Zoom)

Contemplative Practice, 7:30 PM (Zoom and Facebook Live)

Thursday April 1 – *Hol HaMoed*, Passover Day 5

Shaharit, 8:00 AM (Zoom)

Contemplative Practice, 7:30 PM (Zoom and Facebook Live)

Friday April 2 – *Hol HaMoed*, Passover Day 6

Candle Lighting 7:15 PM

Shaharit, 8:00 AM (Zoom)

Friday Night Services, 6:30 PM (Zoom)

Saturday April 3 – Passover Day 7

Shaharit, 9:30 AM (Zoom, live-stream, in-person)

Candle Lighting after 8:20 PM

No *Ma'ariv* service

Sunday April 4 – Passover Day 8

Shaharit, 9:30 AM (Zoom, live-stream, in-person)

Traditional *Ma'ariv*, 8:30 PM (Zoom)

End of *Yom Tov*: 8:20 PM

HOW TO KASHER YOUR KITCHEN FOR PASSOVER

Some utensils and cookware that are used throughout the year may be kashered for Passover. If you have any questions that are not answered here, please contact Rabbi Raskin: rabbiraskin@harshalom.org or 240-687-7218.

1

EARTHWARE

such as china or pottery cannot be kashered for Passover.

2

METAL POTS, PANS & COOKWARE

that are wholly metal and used in fire (e.g. the broiler) must be scrubbed and cleaned and made red hot. Fill up pots and boil water so that it overflows their rims. Silverware, after having been washed with soap and water, should be set aside for 24 hours then immersed completely in boiling water.

3

OVEN RANGES

that come into direct contact with food should be cleaned thoroughly. The oven should then be heated on the highest possible temperature for 30 minutes, or programmed to self-clean. A microwave, after being cleaned, must have a cup of water placed inside the chamber and turned on until the water disappears. If the microwave has a browning element, it may not be kashered for Passover.

4

GLASSWARE

such as drinking glasses (not Pyrex), should be washed thoroughly with soap and water or put through the dishwasher.

5

ELECTRIC APPLIANCES

with removable parts should be kashered appropriately (e.g. for metal parts, follow #2 above). If the parts are not removable and they come into direct contact with food, the appliance may not be kashered for Passover.

6

TABLES, CABINETS & COUNTERS

that come into contact with hametz should be thoroughly cleaned and covered. Granite countertops do not have to be covered after kashering.

7

KITCHEN SINKS

that are metal may be kashered by pouring boiling water over the surfaces. Porcelain sinks must be well cleaned and a new sink rack or basin should be used during Passover.

8

REFRIGERATORS & FREEZERS

should be washed well with soap and water. All hametz should be removed or sealed in a closed box or bag (and sold with other hametz).

9

KITCHENWARE

that is not kosher for Passover should be separated and either covered or closed in a separate part of the kitchen.



PASSOVER 5781 **HANDBOOK**

Dear Friends,

It is with joy and anticipation that we prepare as a synagogue community for the festival of Passover. Through festive meals, retelling the story of our liberation, singing, and celebrating, this holiday comes alive for us and our families. In order to prepare your home and heart for Passover, please consult this guide. For more detailed information, please see the Rabbinical Assembly's Passover Guide at: www.rabbinicalassembly.org/pesah-guide

The Rabbinical Assembly has tons of resources on their website to enrich your Passover preparations, prayers, and seder: www.rabbinicalassembly.org/story/preparing-pesah-during-time-pandemic

I am also available for any questions that may arise during your Passover cleaning, preparation, and shopping. You may call me at any time at 240-687-7218. Wishing you and your loved ones a *hag kasher ve'sameh*, a kosher and joyful Passover...



Rabbi Adam Raskin

View and Print the Hametz Agreement Form:
www.HarShalom.org/Hametz

FAQs

What is hametz?

The word חֶמֶץ is translated as "leavened bread." This refers to foods prepared from any of five different types of grain (wheat, barley, oats, spelt, rye) that has been allowed to rise. Ashkenazic custom adds rice, millet, corn, and legumes (referred to as '*kitniyot*') to this list. In November 2015, the Rabbinical Assembly's committee on Jewish law and standards voted that the prohibition on *kitniyot* for Ashkenazic Jews is no longer necessary. Please note that not all Ashkenazic Jews or Conservative Jews have adapted this standard.

Why must we do such extensive cleaning in preparation for Passover?

The Torah prohibits Jews from consuming, owning, or deriving benefit from *hametz*. Before Passover begins, we engage in a thorough cleaning of our homes, offices, and cars to remove any traces of *hametz*. While it is preferable to consume or donate excess *hametz* foods prior to Passover, this is not always possible or economically feasible. In response, Rabbi Raskin will arrange a sale of *hametz* products to a non-Jew in the community, who will "own" these items throughout the duration of Passover. All *hametz* products, dishes, silverware, and pots that will remain in your home during Passover must be placed in cabinets or closets that remain closed and sealed throughout the week of Passover.

What is the Siyyum Ha'Bekhorim?

It is a *mitzvah* for firstborn Jews to fast on the day before Passover in remembrance of being spared the fate of the firstborn Egyptians. However, firstborns may be exempt from this fast if they participate in the celebration of a *siyyum* (the completion of a significant amount of Torah study). Every week, a dedicated group has been studying a complete tractate of the *Mishnah* in preparation for the *siyyum*. Even if you have not participated in this study group previously, you are encouraged to join us for morning minyan at 8:00 AM on Friday, March 26th, followed by the Siyyum.

What foods require Rabbinic certification during Passover?

Matzah, noodles, candies, cakes, beverages, canned and processed foods, processed cheeses, jam, jelly, relishes, wines, liquors, salad oils/dressings, vegetable gelatin, shortenings, vinegar.

Are there foods that do not require special labeling?

If unopened and purchased before Passover begins, the following products require no special certification: pure natural coffee, sugar (not confectioners or powdered), pure brown sugar, saccharin,

tea, salt, pepper, frozen vegetables (without additives), frozen fruit juices (without additives), vegetables (string beans are permitted), honey, 100% pure safflower or soy bean oil, nuts (except legumes if you do not eat *kitniyot*), baking soda, detergents and scouring powders.

If purchased before or during Passover, the following products require no special certification: fresh fruits and vegetables, eggs, fresh fish and meat.

If purchased during Passover, the following products require certification: all processed foods (canned, frozen, or bottled dairy products, juices).

Can any dishes or utensils be used during Passover?

It is preferable to have special dishes and cookware reserved exclusively for Passover use. Certain items, however, can be *kashered* for use during Passover. Earthenware, enamelware, or porcelain utensils used during the rest of the year may not be *kashered* or used during Passover.

What is Bedikat Hametz?

After our homes have been thoroughly cleaned for Passover, and *hametz* items are stored away, it is traditional to perform a 'search' by candle light, feather, and spoon symbolizing that all visible *hametz* has been removed. **Note:** this is a fun, memorable ritual for children to participate in; it is traditional to place a few crumbs to be 'found' during the search.

Erev Pesah Following Shabbat

This year, *Erev Pesah* immediately follows the conclusion of Shabbat on Saturday night March 27th. Therefore the following special preparations should be made:

- Search for *hametz* by candlelight/flashlight on Thursday evening, March 25th, including the blessing "*al bi'ur hametz*." Set aside the *hametz* until morning.
- Dispose of *hametz* on Friday, March 26th before noon (it can be burned, flushed, crumbled and scattered in the wind, or placed in a public trash receptacle), but do not recite the formula for nullifying *hametz*.
- Prior to lighting candles on Friday night, light a *yahrzeit* or long-burning candle that will last through Saturday night, and use that flame to light your *Yom Tov* candles prior to the *seder*.
- For Shabbat meals, instead of using challah, recite *ha'motzi* using two sheets of egg matzah (do not use actual unflavored/non-enriched matzah that is reserved for the *seder*)
- Recite the nullification formula in any language (see below) and finish eating all *hametz* by 11:08 AM on Shabbat morning.

כָּל חֲמֵצָא וְחִמְיָא דְאַחַא בְּרִשְׁוֵתִי דְחֲמֵתָהּ דְבִעֲרֵתָהּ וּדְלָא בִעֲרֵתָהּ לְבָטִיל
יִלְהֵוִי הֶפְקֵר כְּעַפְרָא דְאַרְעָא.

*Kol hamirah va-hami'ah d'ika vir'shuti da-hamitei d'vi-artei u'd-la vi-artei
liv'til v'lehevei hefker ke-afra de-ar'ah.*

All manner of leaven in my possession which I have not
seen or not removed is hereby annulled
and considered as the dust of the earth.

- When Shabbat ends (after 8:08 PM) light holiday candles using the existing flame, and recite the blessings for *Yom Tov* and *Shehecheyanu*. Kindle another long burning candle in order to light for the second night in the same manner. A modified *Havdalah* is incorporated in to *Kadesh* at the beginning of the *seder*.



Mekhirat Hametz Agreement

Pesah h 5781/2021

Please complete this *Mekhirat Hametz Agreement* form, and return it to Har Shalom no later than 12:00 PM on Friday, March 26th.

- Complete this form online: www.harshalom.org/hametz
- Mail to: Rabbi Adam Raskin
Congregation Har Shalom
11510 Falls Road
Potomac, MD 20854
- Fax to: 301-299-2247
- Email to: rabbiraskin@harshalom.org

Name: _____

Address: _____

Additional addresses where hametz might be found:

I hereby designate Rabbi Adam J. Raskin to act on my behalf in selling the hametz in my possession. I understand that hametz will return to my possession after 8:16 PM on Sunday, April 4th.

Signature: _____ Date: _____

Attached please find my donation to the Rabbi's Discretionary Fund for \$ _____
(if returning the form by mail)

Let all who are hungry, come and eat. -Haggadah

Do you have an extra place at your virtual Seder table? Do you need a place at a virtual Seder table? *Pesah* hospitality is an important *mitzvah*. Please email Leslie in the Clergy Office at leslie@harshalom.org and she will make a *shidduh* (match)!

FROM THE HAZZAN

Kavanah is a Hebrew word that means intention, direction, or purpose. It is an essential part of Jewish living, and it is required to fulfill the commandments. For instance, a person walking by a synagogue on Rosh Hashanah at the time of the sounding of the shofar, will not fulfill their obligation to listen to the shofar unless they set that intention when hearing the sound.

While *Kavanah* is required for all actions in Judaism, it is mostly associated with prayer. The Talmud (*Berachot 30b*) relates that early sages would meditate for a full hour before prayer so that their hearts would have the proper *kavanah*. The 11th century philosopher Bahya Ibn Pakudah said that “Prayer without *kavanah* is like a body without a soul.” Rabbi Eliezer, on his death bed (*Berachot 23b*), teaches his students that praying with full *kavanah* is one of the requirements to get into the World-to-Come.

As important as *kavanah* is in prayer, it is hard to define. Some scholars suggest that it is enough to be at services with the intent of fulfilling the requirement of prayer; to some it means saying every word; and some believe that concentrating on the meaning of the words of prayer is *kavanah*. For me, *kavanah* means mindfulness.

Mindfulness means being fully present: when Moses was at Mount Sinai, God instructed him to “Come up to Me on the mountain and be there” (Exodus 24: 12). Well, if Moses climbed up to the mountain, where else would he be? The disciples of the Ba’al Shem Tov (founder of *Hasidut*) credit him with commenting on this: “it means that Moses was meant to be there in body and in soul”. When one practices mindfulness, one tries to focus on what’s true in that moment. You might be distracted by memories, plans for the future, or other stories in your head, during mindfulness. Gently acknowledge those and focus again on the present. Do that without self-judgment, with self-compassion because the human mind is buffeted by billions of inputs at each moment; distractions are common to all humans. In contrast, if feelings arise, and they can be named in your head or felt in your body, allow them to become your reality, your truth, your focus.



Henrique Ozur Bass

Hazzan

301-299-7087, ext. 1
hozurbass@harshalom.org

The word we use for prayer, in Hebrew, is *tefilah*, which literally means to stand in self-judgment, self-examination. *Tefilah* needs mindfulness, because it demands that we pay attention to our feelings and our present. And that presence, that attention is *kavanah*.

If you would like to practice mindfulness in order to enhance your *kavanah* during prayer, I invite you to participate in the weekly Midday Mindful Moments, every Thursday at 12:30. Register to join us at www.HarShalom.org/mindfulmoments. We will sing, study, share, and meditate together. I look forward to sharing those Moments with you.

Hope to see you there.

A handwritten signature in black ink, appearing to read 'H. Bass'.

Hazzan Ozur Bass

MIDDAY MINDFUL MOMENTS WITH HAZZAN OZUR BASS THURSDAYS @ 12:30 PM



THIRTY MINUTES OF HEALING, MEDITATION,
MINDFUL NIGGUNIM, STUDY OF HASIDIC
TEXTS AND OPEN SHARING.

REGISTER TO RECEIVE THE ZOOM LINK:
WWW.HARSHALOM.ORG/MINDFULMOMENTS

FROM THE PRESIDENT

This is my last Tablet column as President of Har Shalom. I'd imagine that many synagogue presidents use their last column to look back, take stock, recollect and catalogue their term's challenges and highlight its successes. I'd like to go in another direction because, frankly, the challenges during the last year are too obvious to list, and only after this is all over will I feel comfortable talking about successes or be in any frame of mind to reminisce. Instead, I want to speculate about the future. I've been thinking – and maybe you have been too – about how the physically-distanced and largely on-line reality of the last year will change our congregational life going forward. Here are some of my best (educated) guesses.

It might just be that the in-person weeknight board or committee meeting is largely a thing of the past. Few of us attend these for the social interaction; rather, we go because we are dedicated to synagogue service and there is business to be done – business which, as we know now, can just as easily, if not more easily, be handled through Zoom. In fact, I believe more of us will volunteer to serve on committees knowing that we do not have to rush home from work, eat quickly, and/or find childcare for the evening, so that we can make it to the 8 pm meeting.

At the other end of the spectrum, I expect that we will enjoy the in-person interaction of our Shabbat morning services with greater appreciation and intensity. As successful as our on-line Shabbat services have been, nothing can replace the communal joy of Shabbat celebrated together, the hearing of our voices come together as one in prayer, the conviviality and happiness to sit together as brothers and sisters, in the sanctuary and at *kiddush*. (Indeed, the *mechayyah* of the Har Shalom *kiddush* can only be appreciated in person – how I long for it!). This is not to say that there won't be ways in which our Shabbat morning services are enhanced through livestream or Zoom. I foresee many an out-of-town *B'nai Mitzvah* guest choosing to watch from the comfort of their living rooms rather than expend the considerable money and time it takes to travel to our beloved Old Line State. In the middle, between the polarities of the on-line weeknight board meeting and the ever more intense in-person feel of our Shabbat morning services, lies a number of synagogue opportunities which will become hybrid. Let's start with our daily *minyan*. On the one hand, the physically assembling of a *minyan* is intrinsic to our communal Jewish life; Jewish law dictates that certain central prayers can only be said in the presence of an in-person *minyan*; the ability to pat the shoulder of or hug a mourner or listen closely to someone who just lost a loved one, in-person, not on a screen, is central to the consolation process. (For that reason too, I do not see *shiva* remaining a primarily on-line experience). But, on the other hand . . . While, back in the bygone days of 2019, we only had occasional trouble getting an in-person *minyan* for our evening services, assembling the ten for the morning *minyan* (which met on Sunday, Monday and Thursday mornings) was a continuing challenge. This has generally not been the case for our daily on-line *Shaharit* service, which, as I understand it, is quite popular and a very nice way to start the day. Is this the wave of the future? And what of Hazzan Ozur Bass' *Ma'ariv* service of contemplation and meditation, poetry and *niggunim*?



Steven Susswein
President

president@harshalom.org

This has a loyal following by a group of congregants who have become very attached to and inspired by it. Can we incorporate this successfully into our synagogue life after the pandemic? Will it take too many people away from evening *minyan*? Can it be incorporated into the evening *minyan* and, if so, will people find it as meaningful?

Then there is Religious School where, I predict, the hybrid model will take over. Since time immemorial, getting school-aged children to sit and learn in a classroom for two hours in the evening, after their secular schooling has ended for the day, has been the challenge of harried Religious School teachers and parents everywhere. We are getting so much positive feedback about the on-line, virtual religious school experience from teachers, parents and students. It appears that the children learn more in less time in the comfort of their own homes. This has been especially true in the teaching of Hebrew language. But Religious School is more than just learning information; it is about building a Jewish community. So a complete virtual Religious School experience will not cut it. There needs to be an in-person component. Here's my bet: on-line during the week, in-person on Sunday mornings.

Education and social activities for adults I also think will become hybrid on a program-by-program basis. The parties we throw and the galas and auctions of the future will be in-person. But there will also be room for social and educational activities on-line, especially when there is a speaker from afar. (Think about how many more interesting and learned speakers we now have access to!)

One thing is for sure, when the pandemic is over, I will no longer be president of Har Shalom but rather enjoying what I have been told is the absolute best position in synagogue life – immediate past president. I look forward to staying active in the synagogue; to holding a Torah scroll with my fellow past presidents on *Kol Nidre* for years to come; and coming to Board meetings until I no longer am able. I wish my successor Michael Baron lots of luck. The synagogue is in very good hands with him.

There are too many people to thank in this space and I promise that I will personally reach to thank those who have helped me so much during this journey. By far the most enjoying and rewarding aspect of being president of this great congregation has been the human connection, most especially the now-deep ties I feel with so many people that I did not have before. The three people, however, who must be publicly acknowledged, thanked and praised, are my family. My daughter, Hannah-Molly; my son, Ian; and – most of all, my beloved wife, Wendy. Honestly, without her support, I could not have done it. Thank you too to God who has given me, and my family, life; sustained us; and has allowed us to reach this moment.

Steven Susswein

FROM THE SYNAGOGUE ADMINISTRATOR



Carly Litwok
Synagogue Administrator
301-299-7087, ext. 222
carly@harshalom.org

About a year ago was when it all changed. It feels like forever ago and yesterday at the same time. I cannot believe it has been a year since our last Kiddush together. I look forward to the day when we can all share tuna sandwiches together on Shabbat afternoon again. To help us look ahead to better times, I am excited to share with you some changes you will notice in the next few months at Har Shalom:

- When we are finally able to come together in the building, you will see an updated gorgeous chapel. Thank you to Stuart, Joy, Jennifer, and Stacey Stein for their generous donation. The chapel will officially be renamed the Stuart and Joy Stein Family Chapel.
- For the past four months, Dena Blaustein, Marketing and Communications Coordinator, has been working tirelessly on updating the Har Shalom website. We are pleased to announce that we will launch our new look soon! I would also like to thank congregant Ethan Adler (son of Jeff & Faith) for his help coding the back end of the website – we could not have done it without you!
- Along with our new website, we will also be releasing new logos for the Ira and Maryjo Sherman ECC, Har Shalom Religious School, and a few committees. You will notice we are keeping our standard purple



COMING SOON!

New Website


Check out Har Shalom's exciting new online look!

WWW.HARSHALOM.ORG

and gold colors in our logo, but have added in green for all young family and youth marketing! If you are a family with children, when you see green, you know we are reaching out to you.

- Our last change is bittersweet—the end of Steve Susswein's presidency. I am so fortunate to have been able to work with Steve day in and day out since I assumed my leadership position. Steve – it has been a joy to work with you and I appreciate you giving me the chance to lead Har Shalom into the future. I am looking forward to continuing to work with Michael Baron over the next two years!


Carly Litwok



WITH DEEP GRATITUDE AND APPRECIATION,
WE ANNOUNCE THE NEWLY DEDICATED

**STUART AND JOY STEIN
FAMILY CHAPEL**

A GIFT FROM STUART, JOY, JENNIFER, AND STACEY STEIN



FROM THE MEMBERSHIP COMMITTEE



Melissa Schwartz
Membership Engagement
and Teen Coordinator

301-299-7087, ext. 220
mschwartz@harshalom.org

Shalom,

As the Membership Engagement Coordinator I want to reach out to meet as many members as possible. Recently we reached out to our college students and their parents to receive their contact information. The response was tremendous! It was wonderful to hear from so many students and their parents. We were able to celebrate Hanukkah together with a donut drive-by as well as send Hanukkah care packages to our students on campus. We look forward to sending a wonderful care package to our students for Passover. If you are or have a college student, please make sure to send me their contact information. My goal is to let all of our college students know that their Har Shalom family is thinking of them.

I hope that those of you missing your Har Shalom friends have taken advantage of our Kiddush and Kibbitz. On February 6th our Zoom link remained open after services for those wanting to have virtual lunch and catch up with their Har Shalom family. We look forward to kibbitzing even more with you.

It is also my privilege to work with our Membership Committee to reach out to as many of you as possible to also let you know that your Har Shalom family is here for you too. Hillel taught, “Do not separate yourself from your community”. **To that end, we will be sending out an interest survey to all of our Har Shalom members to find out how we can better connect you to your Har Shalom community. Please take a moment to fill it out when you receive it. We want to hear from everyone!**

I look forward to continuing to get to know as many of you as possible.

B'Yedidut (in friendship),

Melissa Schwartz

Membership Engagement and Teen Coordinator

We want to hear
from YOU!



**Har Shalom
Interests Survey
COMING SOON!**

FROM THE SHERMAN ECC

Involving Children in Rituals

On a Saturday night recently, over 40 young families came together on Zoom for PJ *Havdalah*. This year we are finding new ways to celebrate things that have become traditions for us over the years. With four Zoom screens full of teachers, parents, and children in adorable pajamas, we sang together to end Shabbat and bring in a new week. The children were *Havdalah* sets they made at school including the handmade candles, spice bags and beautifully decorated *kiddush* cups. Grandparents from near and far joined to kvell at their grandchildren, parents were beaming with pride seeing how excited the children were to be there and the teachers and I were filled *naḥas* watching families come together for this Jewish ritual. Rabbi Raskin delighted us with his storytelling, props and Cookie Monster pajamas!



Beth Hoch
Director of Early
Childhood Education
301-299-7087, ext. 235
bhoch@harshalom.org

Why is *Havdalah* so wonderful for children and what does it teach us all? Children love to engage in activities that tickle their senses. *Havdalah* is a sensory experience from the fragrant smelling spices, the sweet grape juice, the braided candle and the shimmering flame. It is one of the rituals that is quick yet so meaningful. Taking the time to sing and sway together as a family surrounded by the senses, creates emotional and physical memories. Putting out the flame represents that things have a beginning and an ending. With Shabbat, even though we say goodbye to it each week with *Havdalah*, we know that Shabbat will come again the next week. It is a time to reflect on one week and look forward to the next. Not all endings circle back each week and give us something to look forward to.

Children love routine and predictability. If you aren't doing it already try making *Havdalah* weekly, try incorporating it into your Saturday evening routine. Bring the kids outside to look for three stars to signify that it is the right time, let them hold the *kiddush* cup, spices or candle, with help. Involve them and watch them light up with wonder. We are truly fortunate that *Havdalah* gives us this opportunity to go from slowing down over Shabbat to the busyness of the incoming week. It is a wonderful time to pause as a family and greet the transition with gratitude and ritual.

B'yedidut,

Beth Hoch

Beth Hoch



GAN SHABBAT
SATURDAYS @ 10:00 AM
March 13 | April 10 | May 8

JOIN MORAH BETH FOR SINGING, DANCING, AND STORY-TIME!
OPEN TO ALL YOUNG FAMILIES WITH BABIES - PRESCHOOL AGE CHILDREN.

For more information, supply list, and zoom link visit:
www.HarShalom.org/GanShabbat



CAMP SHEMESH
AT SHERMAN ECC

JUNE 21 - AUGUST 20, 2021

CAMP SHEMESH
EXPLORING THE GREAT OUTDOORS!

Join us on an adventure to space, eco-systems, the Olympics, camping, and more!

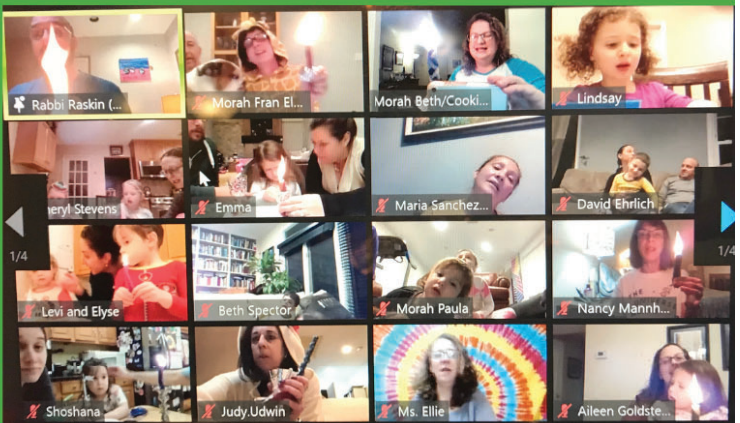
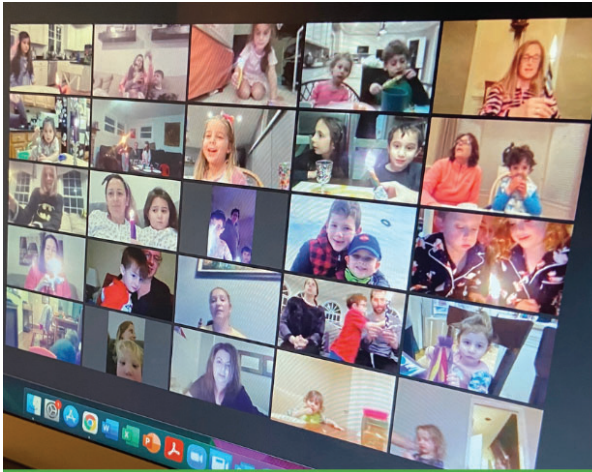
Camp Day 8:00 AM - 4:00 PM for full 9-week session. Ages 18 months - PreK.
Following all best practices for mitigating Covid-19.
*Limited spots available.

NOTE: Full-year ECC option includes Camp registration and fees.

Register Online: www.HarShalom.org/CampShemesh.

Contact Beth Hoch for more information, bhoch@harshalom.org.





FROM THE RELIGIOUS SCHOOL



Ruth M. Szykman
Director of Education

301-299-7087, ext. 229
ruth@harshalom.org

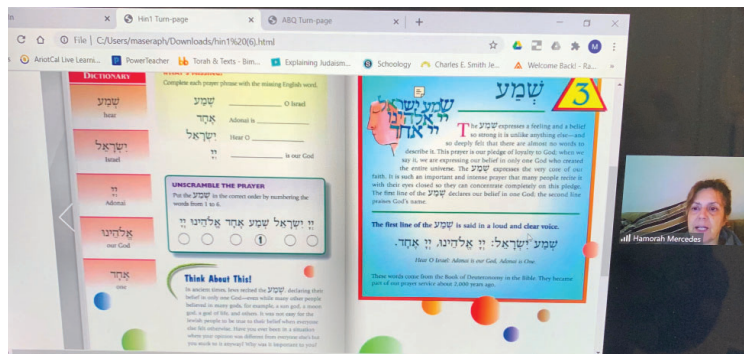
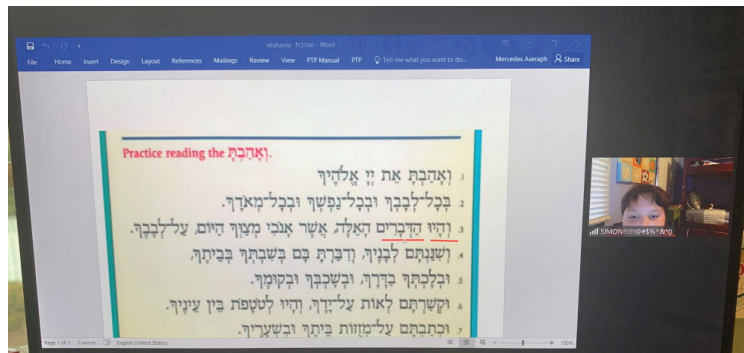
One of the most successful aspects of pivoting to Virtual HSRS has been our weekday Hebrew program for Grades 3 through 7. We have two incredible teachers this year for Hebrew: Mercedes Aseraph and Stephanie Aseraph. This mother-daughter team split up all the classes into small groups of 5 or 6 students. These 30-minute group sessions have proved to be incredibly effective in being able to reach each student, and we are seeing a huge increase in student participation. What are some of the lessons for us as we start to think about next year?

- To teach Hebrew decoding, spend less time in large groups and more time in one-on-one and small-group configurations.
- Offer multiple tracks for each grade. Let students flow easily between them as needed.
- With parent buy-in, offer a small amount of fun homework/home enrichment.
- Be flexible with the tools we use to teach Hebrew, we don't have to stick to one textbook or one education model - there are so many awesome education resources out there! Students enjoy the variety and respond to it.
- Don't forget to offer alternatives for students who need the extra help or need to learn in different ways – we can reach each student and offer opportunities for them.
- Embrace the technology! Digital textbooks, JamBoard, Kahoot, Epic, Zoom Whiteboard, Peardeck, and Flippity are just a few of our teacher favorites – these creative tools help to make class fun and interactive.

The most important takeaway I see for this year is the teacher-student relationship. Small groups have allowed *Morah* Mercedes and *Morah* Stephanie to really get to know each student in their classes in a much more meaningful way. These bonds do more than just have the students learn Hebrew and learn prayers. These relationships help our students feel connected to their HSRS friends, their Har Shalom community and to Judaism as a whole.

Ruth

Ruth M. Szykman



Calling all 2021-2022 B'nai Mitzvah Families
(2021 and 2022 Cohorts)

B'NAI MITZVAH FAMILY GAME NIGHT

March 17 | 8:00 - 9:00 PM

Parents and teens are invited to
come have some fun with us - you
bring the snacks, we'll bring the games!

www.HarShalom.org/BMGameNight



SUNDAYS WITH STEPHANIE

March 21 | April 11 | May 23
Grades K-6

JOIN STEPHANIE MONTHLY FOR GRADE LEVEL AND FAMILY PROGRAMS. A LITTLE LEARNING, A FUN CRAFT, AND A CHANCE TO BE WITH FRIENDS!

For Calendar & Registration:
www.HarShalom.org/SWS



SHABBAT FAMILY SERVICE WITH RUTH

SATURDAYS @ 10:00 AM
March 20 | April 17 | May 15
Grades K-6

JOIN RUTH ON ZOOM FOR A MONTHLY FAMILY LEARNING SHABBAT SERVICE. WE'LL LEARN PRAYERS, LISTEN TO TORAH AND STORIES AND SHARE SHABBAT TOGETHER.

Register for Zoom link:
www.HarShalom.org/ShabbatWithRuth

FROM TEEN ENGAGEMENT

Shalom,

As the spring approaches, I am so proud of what our teens have accomplished in such a short time. Our Teen Council has met several times, and we have played several online games (which I am still terrible at) and most importantly, we are Making a Difference. For those unfamiliar, our Making a Difference program is a six month program for grades 7-12, free of charge, spotlighting a range of issues that are important to today's teens. So far, we have discussed issues such as inclusion and how to speak to those whose views we don't agree with. Such important themes! Our teens at Har Shalom are motivated and excited to continue to put events on the calendar. I encourage you to check out all we have to offer. We continue to reach out to more teens and have a variety of programs to offer. If you have not done so, please make sure we have all of the contact information for each teen, so we can reach them directly.

What I have learned over the past few months is that just because we may be physically distant doesn't mean we can't learn from each other, meet new friends, and have fun. I look forward to continuing to get to know even more of our teens.

B'Yedidut, (in friendship)

Melissa Schwartz

Membership Engagement and Teen Coordinator



Melissa Schwartz
Membership Engagement
and Teen Coordinator

301-299-7087, ext. 220
mschwartz@harshalom.org

HAR SHALOM TEEN PROGRAMS

MAKING A DIFFERENCE

This program looks at issues of social justice along with a social action component. Each month has a different focus area. Participants will have the opportunity to hear from guest speakers, watch videos, participate in discussions, and learn with Rabbi Raskin. Certain topics will also feature a follow-up project where teens can Make a Difference. Make a Difference is open to 7th-12th graders and meets on Wednesday evenings. There is no charge, but reservation is required for the zoom link.

March 10, 2021 - Racial Justice

How Can You Hate Me When You Don't Know Me?

Presented by Operation Understanding DC

April 21, 2021 - Environmental Justice

I Speak for the Trees

May 12, 2021 - Homelessness and Poverty

All Who Are Hungry Let Them Come and Eat
Guest Speakers from National Coalition for the Homeless and Bethesda Cares

June 9, 2021 - LGBTQA Awareness

Love is Love

Guest Speaker: Ben Gersten



HAR SHALOM TEEN COUNCIL

The Teen Council is open to any 9th-12th graders and meets on Monday evenings from 7:00-8:30pm. The Council will be made up of different committees and also include USY and BBYO representatives. There is no cost to join the Teen Council.

TEEN COUNCIL MEETING DATES

- ✓ March 1, 2021
- ✓ April 5, 2021
- ✓ May 3, 2021
- ✓ June 7, 2021



For more information, contact Melissa at mschwartz@harshalom.org.



**VIRTUAL
&
IN-PERSON
SERVICE
OFFERINGS**



Shabbat Morning Services

Saturdays at 9:30 AM

*Connect via Zoom, watch the Live Stream, or
sign-up to attend in person*

Traditional Sunday Evening Minyan with David Marcus

Sundays at 7:30 PM

Connect via Zoom

Morning Minyan

Weekdays at 8:00 AM

Sundays at 9:00AM

Connect via Zoom

Contemplative Practice Based on The Evening Service

Monday-Thursday at 7:30 PM

Tune into Facebook LIVE or connect via Zoom

Friday Evening Kabbalat Shabbat

Saturdays at 6:30 PM

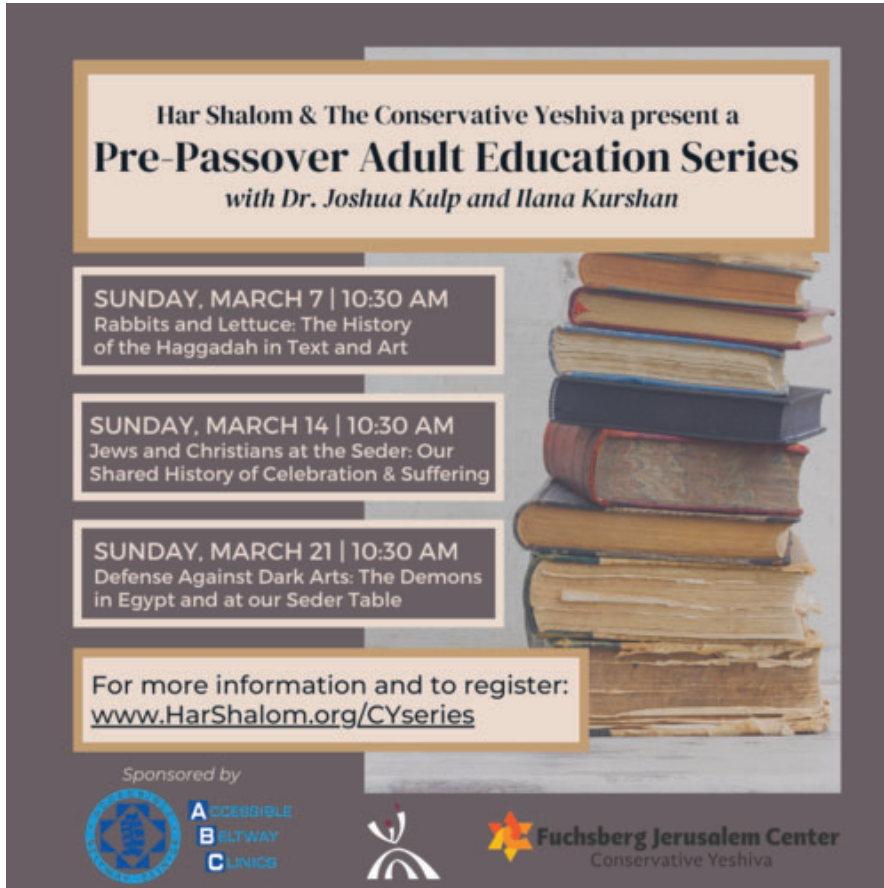
Connect via Zoom

***Kaddish* will be recited if there are 10 people on Zoom**

For more information, and to download Siddur Sim Shalom, visit:
www.harshalom.org/services

ADULT EDUCATION

For a full list of upcoming Adult Education, visit www.HarShalom.org/Adult-Ed



Har Shalom & The Conservative Yeshiva present a

Pre-Passover Adult Education Series

with Dr. Joshua Kulp and Ilana Kurshan


SUNDAY, MARCH 7 | 10:30 AM
Rabbits and Lettuce: The History of the Haggadah in Text and Art

SUNDAY, MARCH 14 | 10:30 AM
Jews and Christians at the Seder: Our Shared History of Celebration & Suffering

SUNDAY, MARCH 21 | 10:30 AM
Defense Against Dark Arts: The Demons in Egypt and at our Seder Table

For more information and to register:
www.HarShalom.org/CYseries

Sponsored by



**Welcome the stranger.
Protect the refugee.**

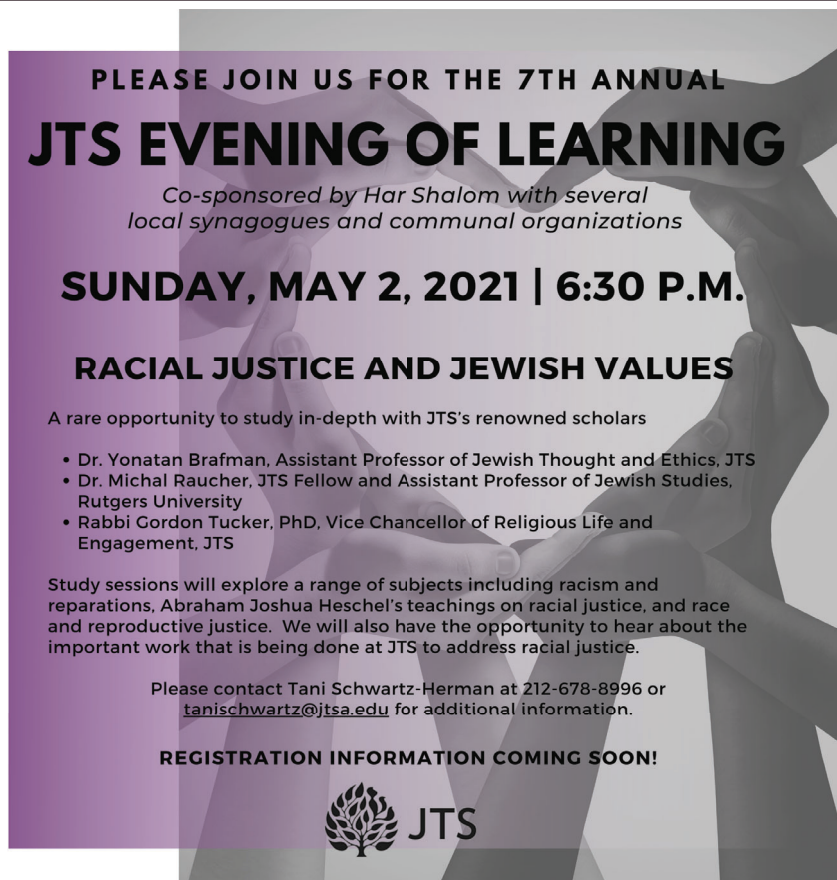
Refugee Shabbat Havdalah

SATURDAY, MARCH 6 | 8:00 PM

Come together with hundreds of fellow refugee advocates and activists across the globe to send out Shabbat with a joyful havdalah service (the service that marks the conclusion of Shabbat) led by HIAS Rabbi-in-Residence Rachel Grant Meyer, Rabbi Yosef Goldman, and Rabbi Annie Lewis. Our blessings will be woven together with the voices of historical and contemporary refugees. We will also enjoy a live performance of the song "You Were Strangers" from the spiritual folk-rock show REVIVAL written by Kristen Plylar-Moore and performed this evening by musicians Lea Kalisch, Julia Ostrov, and Rabbi Tobias Moss. Together, we will raise our voices in support of displaced people worldwide.

For more information and to register:
[https://www.hias.org/get-involved/
events/refugee-shabbat-havdalah](https://www.hias.org/get-involved/events/refugee-shabbat-havdalah)

We hope to see you there!



**PLEASE JOIN US FOR THE 7TH ANNUAL
JTS EVENING OF LEARNING**

*Co-sponsored by Har Shalom with several
local synagogues and communal organizations*

SUNDAY, MAY 2, 2021 | 6:30 P.M.

RACIAL JUSTICE AND JEWISH VALUES


A rare opportunity to study in-depth with JTS's renowned scholars

- Dr. Yonatan Brafman, Assistant Professor of Jewish Thought and Ethics, JTS
- Dr. Michal Raucher, JTS Fellow and Assistant Professor of Jewish Studies, Rutgers University
- Rabbi Gordon Tucker, PhD, Vice Chancellor of Religious Life and Engagement, JTS

Study sessions will explore a range of subjects including racism and reparations, Abraham Joshua Heschel's teachings on racial justice, and race and reproductive justice. We will also have the opportunity to hear about the important work that is being done at JTS to address racial justice.

Please contact Tani Schwartz-Herman at 212-678-8996 or tanischwartz@jtsa.edu for additional information.

REGISTRATION INFORMATION COMING SOON!



CATCH UP WITH THE SISTERHOOD

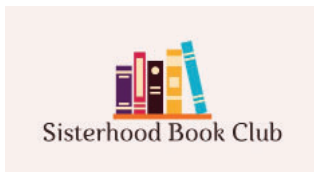
From Your Sisterhood President, Susan Grant



Thank you to the almost 300 women who continued their membership with Sisterhood this year. While a portion of your dues goes to Women's League for Conservative Judaism, the balance is used to present programs for our membership and the Har Shalom community. We continue to retain a strong presence. Please look at the many programs Sisterhood has to offer including our monthly book club, bimonthly Rosh Hodesh programming, KindSoups program, and other special programs cosponsored with the synagogue. This year, Sisterhood had to change the way we conducted our Mishloach Manot fundraiser. We do hope you took part!

Please contact me if you have programs that you would like to see happen or if you would like to be part of Sisterhood. It's never too late to join. We are women with women, for women. We are Your Sisterhood.

Sisterhood's Book Club



We invite all Sisterhood members to join the Book Club discussion group. We meet on the first Wednesday of the month at 1:00 pm and will be using Zoom until we can meet in person. Please join us for the upcoming discussions:

March 3: *House on Endless Waters* by Emunah Elon

April 7: *The Genius of Women* by Janice Kaplan

May 5: *One Night With Lilith* by Martin Golan

Email us at sisterhoodbookclub@harshalom.org if you'd like to be part of the Book Club so we can send you a link to the Zoom meetings!

Sisterhood's Fleece Blanket Mitzvah Project

The pandemic is no roadblock to Sisterhood continuing to do mitzvot to help our community. Just in time for the onslaught of winter, Helen Branda and Phyllis Magram co-chaired Sisterhood's Fleece Blanket Mitzvah Project where Sisterhood volunteers created over 40 much-needed warm fleece blankets to donate in early December to help low-income and homeless persons in Montgomery County keep warm this winter. Our volunteers came together via Zoom for an instructional session on how to make the blankets. Sisterhood donated the 40 blankets, along with 25 additional fleece blankets donated by Linda Isen, to the Interfaith Works Clothing Donation Center which lists blankets as one of its top needs.

With such a successful project, we will be sure to make this an annual, or more often, event.



Important Update from the Torah Fund

NEW TORAH FUND ONLINE GIVING PAGE

Torah Fund has created a new, more user friendly, online giving page. This new page will enable all donors to give to the general campaign and/or to the special project entitled, "Creating Spaces". The donor can choose which fund to make a donation from a drop-down menu. Please be sure to indicate that you are a member of Har Shalom Sisterhood, Seaboard Region, when making any donations. Please make note of this new URL: <https://inspired.jtsa.edu/torahfund>. Please remember that there continues to be an \$18.00 minimum donation for a tribute letter, (in honor of or in memory of) to be sent.

TORAH FUND ECARDS

Torah Fund ecards are available for \$5.00 per recipient. To send an ecard, go to <https://torahfundecards.jtsa.edu/>. Look for new card designs during the spring. This platform was established to provide additional funds for the Torah Fund general campaign. Donations made on this site will not be credited towards our sisterhood's Torah Fund goal.

TORAH FUND PAPER CARDS

As the Torah Fund office at the JTS remains closed, I have a limited amount of paper cards available to all Torah Fund donors. If you have already made your donation to Torah Fund this year and need a paper card, please contact me at the information shown below, and I will try to accommodate you. Once the Torah Fund

office reopens, I will be able to place an order for additional cards.

TORAH FUND DONATIONS

We had a very lovely virtual Torah Fund event last November, and while this generated some donations, we are way behind in our donations for 2021. The new Torah Fund pins were sorted and mailed out by a very dedicated, small committee and I hope that by the time you have read this article, I will have received ours. We greatly thank everyone who made a donation this year, but will be contacting those who have not donated as of now.

PLEASE help us to reach our goal for this year's campaign by making a donation. This year, more than ever, our students and rabbinical schools are depending on us! You may make your donation online, as shown above, or by mailing a check

made out to TORAH FUND to me at the address shown below. If you have any concerns or questions, please do not hesitate to reach out to me. Thank you for your continued support and generosity.

Respectfully,

Rita Wertlieb

240-432-8333

9301 Wooden Bridge Rd. Potomac, MD 20854

TORAH FUND DONATION LEVELS:

\$180.00 *BENEFACTOR*

\$300.00 *GUARDIAN*

\$600.00 *ASSOCIATE PATRON*

\$1200.00 *PATRON*

\$2500.00 *SCHOLARSHIP PATRON*

SISTERHOOD PRESENTS: -NO WOMEN = NO PASSOVER-

***Rosh Hodesh Nisan
Sunday 3/14, Noon***

Join your Sisterhood Sisters in welcoming the month of *Nisan*. We'll begin with our *Rosh Hodesh* service. Following the service, we'll learn about the many women who ensured there would be a Passover to celebrate and the ways we can honor and include them at our sederim.



www.HarShalom.org/SisterhoodRH
RSVP Required by March 9, 2021

SAVE THE DATE

Sisterhood Kabbalat Shabbat
April 23 at 6:00 PM

Sisterhood End Of Year Event
May 12 at 8:00 PM

Join us on Zoom for a fun evening
with THE WORD MAVENS who will
entertain us with their hilarious look
at Jewish family life.



Har Shalom Sisterhood Camp Scholarship Application

Campers applying for the scholarship will need to submit the information below and a short essay, and arrange a time to Zoom with Sisterhood's Camp Scholarship Chair, Melanie Shauer, for a brief interview. Scholarships are not need based and everyone should apply! However, awards will be scaled based on the family's support of Sisterhood fundraising and activities, interview, and essay.

Camper's Name: _____ Family Name: _____

Address: _____

Phone Number: _____ Email: _____

Name & Length of Program: _____

Please write a short essay on why you want to attend this program and include when returning this form.

**TO APPLY, COMPLETE THIS FORM AND
RETURN WITH ESSAY BY APRIL 6TH TO:**

**Congregation Har Shalom Sisterhood
USY on Wheels & Overnight Camp Ramah Scholarship
11510 Falls Road | Potomac, MD 20854
or email sisterhood@harshalom.org**

All requests will be considered by the Sisterhood by their May meeting, and email notifications will be sent when decisions and amounts are determined. Checks will be mailed to families by the end of May. Scholarship recipients are expected to send a thank you letter about their time at camp to be shared with the Sisterhood Steering Committee.

Questions or need more information?

Call 301-299-7087, ext. 410 or email sisterhood@harshalom.org

MEN'S CLUB BRUNCH



HAR SHALOM
הר שלום

HAR SHALOM

Joint Men's Club & Sisterhood Virtual Brunch

Guest Speaker



Michael Dobbs,
Noted author of *The Unwanted: America, Auschwitz, and a Village Caught In Between*
A Holocaust story that is both German and American, Dobbs describes the deportation of German Jews to France in October 1940, along with their continuing quest for American visas.

Set up your home table and connect at 10:00am.

Links will be provided on the Har Shalom website or in e-mails sent about a week before the event.

Sunday
April 11
10:00 am

On **Sunday, April 11, 2021 at 10 to 11:30 am, the Men's Club will feature Michael Dobbs**, author of the "The Unwanted" as its virtual guest speaker. Mr. Dobbs will discuss his recent book. *The Unwanted* is the intimate account of a small village on the edge of the Black Forest whose Jewish families desperately pursued American visas to flee the Nazis. Using previously unpublished letters, diaries, interviews and visa records, Mr. Dobbs provides an illuminating account of America's response to the refugee crisis of the 1930's and 1940's. A Holocaust story that is both German and American, *The Unwanted* vividly captures the experiences of a small community of a small community struggling to survive amid tumultuous world events.

Mr. Dobbs spent much of his career as a foreign correspondent covering the collapse of communism. He was the first Western reporter to visit the Gdansk shipyard in August 1980; he also covered the Tiananmen Square uprising in China in 1989, the abortive coup against Mikhail Gorbachev in August 1991, and the wars in the former Yugoslavia. He joined The Washington Post

in 1980, when he was appointed bureau chief in eastern Europe (1980–1981), based in Warsaw. He was also bureau chief in Paris (1982–1986) and Moscow (1988–1993). During the U.S. presidential campaign in 2008, he returned to the newspaper to launch its online "Fact Checker" column.

Dobbs is the author of the "Cold War trilogy", a series of books about the climactic moments of the Cold War. His *Down with Big Brother: The Fall of The Soviet Empire* was a runner-up for the 1997 PEN award for nonfiction. His hour-by-hour study of the Cuban Missile Crisis, *One Minute to Midnight: Kennedy, Khrushchev, and Castro on the Brink of Nuclear War*, was a finalist for the 2008 Los Angeles Times history prize and was named one of five non-fiction books of the year by The Washington Post. The final book in the trilogy, *Six Months in 1945: From World War to Cold War* (Knopf, 2012), describes the division of Europe into American and Soviet spheres of influence after World War II.

FROM THE HESED COMMITTEE

The Hesed Committee has been very busy these past few months!

- 800 phone calls placed to check in with congregants
- 25 meals delivered
- 3 flowers/plants delivered
- 17 cards written and sent to members in mourning after shloshim
- 10 phone calls made to help congregants connect virtually to Har Shalom services and classes
- 30+ volunteers

These numbers are not just statistics, but a demonstration of love and care within the Har Shalom family. It is our goal as the Hesed Committee to bring our Har Shalom community together through volunteering and supporting one another. Sometimes you may need loving concern, a friendly phone call, or a homemade meal from our community. Other times you may be able to help someone who needs your kindness. The Hesed Committee aims to help you feel that your Har Shalom family is a warm and caring community that is here for you, no matter what you may be experiencing.

We always need your help! Have you heard of a Har Shalom member who you think could use a phone call or other comfort? Please email Hesed Committee: Hesed@HarShalom.org or call Leslie in the clergy office.

If you have time to make a few phone calls, write some handwritten cards, make a meal or delivery, please contact us at Hesed@HarShalom.org or email or call either of us directly. We are always welcoming new ideas and new members to our committee.

Aileen Goldstein & Fran Elson
Co-chairs, Hesed Committee

SHARING IS CARING!

Join the Hesed Committee in supporting members of our community by providing a meal through Meal Train.

For more information and to sign-up visit:

www.HarShalom.org/hesedMT

Thank you in advance for your help and support!
As always, if you or anyone you know is in need, please email hesed@harshalom.org so we can reach out and offer support.

SATO's Monthly and Ongoing Collections:

Please place all items in vestibule/lobby and mark for SATO

March

- Hametz plus non-perishable Kosher for Passover foods for Manna and Yad Yehuda



April

- Cell phones for JCADA (Jewish Coalition Against Domestic Abuse)
- Non-perishable food (no glass) in the marked box in the vestibule.



Ongoing

- New and nearly-new bras of all sizes
- New underwear and socks
- Feminine hygiene products



FROM SATO: SOCIAL ACTION/TIKKUN OLAM

At Har Shalom, we take our community obligations seriously and welcome your participation. Come help the SATO Team to support the local community by serving those in need during the pandemic.

Food Insecurity/Collections

Despite being the 17th wealthiest county in the US, many Montgomery County residents face food insecurity. Thirty-five percent of public school students qualify for free or reduced-cost meals. Food pantries and shelters are sorely needed.

We cook soups and stews as part of **KindWorks' KindSoups** program for food-insecure Montgomery County residents. Check out details, including recipes, at www.harshalom.org/kindsoup. We have donated GALLONS of yummy soups to the Upcounty Consolidation Hub at BlackRock. Zoom cook with us or cook on your own for delivery to those in need. Contact Marjorie Klein at msklein424@aol.com for more information.

FOOD DRIVES continue in support of Manna Food Warehouse, Yad Yehuda Kosher Pantry, Stepping Stones Shelter, and other local shelters. Donations are always appreciated!

JSSA's Kosher **MEALS ON WHEELS** delivers more than 30,000 nutritious meals a year to individuals 60 years of age and older who are confined to their homes and do not have someone who can purchase or prepare their meals. Har Shalom volunteers deliver meals to some of these recipients in Montgomery County. This requires a minimal time commitment, as little as 2 hours per month. Considering becoming part of our Meals on Wheels team? Want to learn more? Contact Stew Remer at or sremer@verizon.net.



HAR SHALOM SISTERHOOD AND KINDWORKS PRESENT

KINDSOUP FOR THE SOUL

WHAT: Come together, on Zoom from your own kitchen, for some fun and to create a community of healthy meal donors. We'll be cooking enough to feed our own families PLUS to pack up containers to freeze and deliver to those in need! Recipe will be provided on Mondays.

WHEN: Every 2nd & 4th Sunday from 4:00 PM - 5:00 PM

MORE INFORMATION:
www.HarShalom.org/kindsoup

Refugee & Immigration Reform

Har Shalom is involved in activities that welcome refugees, asylees, and immigrants into our community and advocate for justice on their behalf. We work with **Jews United for Justice** (www.jufj.org) advocating for state legislation supporting immigration justice bills introduced to the Maryland General Assembly. Legislation advocacy campaigns include Renters Rights, Police Reform, Paid Family and Medical Leave, Court and Prison Reform, and Immigration Justice before the Maryland General Assembly and the Montgomery County Council. For more information about JUFJ and how you can become involved, contact Stew Remer at or sremer@verizon.net.

Several Har Shalom families are Mentors with the International Rescue Committee's Family **MENTOR PROGRAM**, working with a refugee family or individual to ease transition to the DC Metro area and the United States. Focus is on a Mentee's English acquisition, socialization of American culture, and integration into the local community. To learn more, contact Stew Remer at or sremer@verizon.net.

Racial Justice

After a successful four-session program guided by Rabbi Abbi Sharofsky of the JCRC-GW (Jewish Community Relations Council-Greater DC), programming is expanding to allow congregants to delve deeper into racial justice education. In addition, direct service programs with local schools with underprivileged populations are being explored.

Interested in joining a discussion based on learning, exploring options for hands-on learning, or becoming involved with issues of racial equity? If so, contact Diane Berinstein dhberinstein@me.com, Joyce Lipman joycebl2@yahoo.com, or Shelley Remer shelley.remer@verizon.net.

Commit to initiatives that speak to you! Share your interest(s) with Marjorie Klein msklein424@aol.com.

FAMILY NEWS

B'NAI MITZVAH



Jesse Cohen

March 20

Son of Rabbi Debbie & David Cohen



Rebecca Levi

April 10

Daughter of Benjamin Levi & Susan Green Levi



Erica Malet

April 17

Daughter of Michelle Malet and David Malet



Lila Segal

April 24

Daughter of Allen & Aimee Segal

MAZAL TOV!

October 15th - January 15th

Beth Shapiro on the Bat Mitzvah of her daughter, Anya Levy, on October 18th at Har Shalom.

Julie & Roy Eskow on the birth of their grandson, Brooks Cohen Eskow, born October 16th. The proud parents are Shawn & Becca Eskow and the excited siblings are Harrison and Joey.

Sen. Cheryl Kagan on being recognized as "Peacemaker of the Year" by Conflict Resolution Center of Montgomery County at its annual gala.

Judd Kessler on being elected 1st Vice President of the Inter-American Bar Association at their 80th Anniversary Conference. Judd will become President in September, 2021.

Steven & Leslie Binder on the October 17th wedding of their son, Brad Binder, to Jayne Levenberg. Brad is the grandson of Al Binder and the nephew of Mona & Andrew Tavss.

Rebecca & Jason Perlman on the B'nai Mitzvah of their sons, Noah and Ari Perlman, on October 24th at Har Shalom. Noah and Ari are the grandsons of Sorell Schwartz.

Josh Stevens on his promotion to Interim Director of Friends of the Israeli Defense Forces (FIDF), Washington D.C. chapter.

Craig & Rachel Ginsburg on the Bat Mitzvah of their daughter, Lucy Ginsburg, on October 31st at Har Shalom. Lucy is the granddaughter of Lew & Cheryl Geiger.

Seth & Marisa Marcus on the Bar Mitzvah of their son, Ryan Marcus, on November 7th at Har Shalom. Ryan is the grandson of Frances Feder.

Michael & Judy Mael on the birth of their first grandchild, Clara Iloise Lieberman, on October 28th. The proud parents are Allison & Michael Lieberman.

Harvey & Ellen Karch on the Bat Mitzvah of their granddaughter, Abigail Debra Goldberg, on November 7th in Millburn, New Jersey. Abigail is the daughter of Lisa & Adam Goldberg and the sister of Eloise.

Henry & Stephanie Fein on the engagement of their daughter, Arielle, to Zack Garber.

Naomi Gould, daughter of Debbie Reichmann & Jason Gould and granddaughter of Thomas Reichmann & Miriam Toporowicz, on earning a Best Speaker award at the Junior State of America fall conference, as a member of the Charles E. Smith Jewish Day School team.

Ruth Szykman, our Director of Education, on her acceptance into the Spertus Certificate in Jewish Leadership for Educators program.

Randy & Leslie Nordby on the birth of their son, Jeffrey Martin Nordby, on November 10th. Jeffrey Martin is named in memory of his late grandparents, Marty & Marlene Kossoff z"l. He is welcomed by big brother Tyler, aunt & uncle Amy & Mitch Smith, and cousins Jake, Max, and Noah Smith.

Lowell & Sandie Satler on the birth of their granddaughter, Leighton Drew Greene, on October 17th. The proud parents are Morgan & Adam Greene and the excited big sisters are Ella and Sloane.

Beyla Ozur Bass, daughter of Rabbi Janet & Hazzan Henrique Ozur Bass, on her appointment to the College of Charleston Hillel Board as Chair of Jewish Education.

Stuart & Sheila Taylor on the engagement of their son, David, to Sarah Steckler.

Mia New-Schneider, daughter of Dan & Betsy New-Schneider, on her election to the position of Student Council Treasurer at Ritchie Park Elementary School.

Rachel Robin, daughter of Nelson & Ellen Robin, on her induction to Alpha Lambda Delta national honor society for outstanding freshman academic achievement.

Benjamin & Susan Lifsey on the Bar Mitzvah of their son, Samuel Lifsey, on December 5th at Har Shalom.

The Bar Mitzvah of Elisha Moshe Gordon-Cahan, son of Rabbi Joshua Cahan & Dr. Tamar Gordon, grandson of Rabbi Leonard z"l & Elizabeth Cahan and Dr. Robert & Evvy Gordon. The service took place on December 12th at the Conservative Synagogue Adath Israel of Riverdale in the Bronx, New York, and virtually over Zoom.

Gerry & Beth Hoch on the Bar Mitzvah of their son, Ari Hoch, on December 12th at Har Shalom.

Jacob Cooper, son of Ron & Lesley Cooper, on his graduation from the Clark School of Engineering at the University of Maryland.

Andrew Strauch & Bonnie Handel on the Bar Mitzvah of their son, Matthew Strauch, on January 9th at Har Shalom. Matthew is the grandson of Ken & Sheila Handel.

Sophie Myers, daughter of David & Wendy Myers, newly elected as the "Sunshine Girl" of her BBG chapter, Koach.

Michael & Carol Moskowitz on the marriage of their daughter, Liza Moskowitz, to Andrew Babiskin.

Brad Sherman, son of Ira and MJ Sherman, on being named a "Top Financial Advisor" in January's Washingtonian magazine.

CONDOLENCES:

October 15th- January 15th

Brad Balfour on the passing of his mother, Estelle Balfour.

Sandy Bonner on the passing of her mother, Maye Cohen.

Joy Paul on the passing of her uncle, Irwin Linial.

Steven Meltzer on the passing of his brothers David Meltzer and our member Richard Meltzer.

Helene Meltzer on the passing of her husband, Richard Meltzer, and her brother-in-law, David Meltzer.

Morris Rosen and Beth Rosen-Miller on the passing of their wife and mother, Honey Rosen.

Ruth Levin on the passing of her husband, Ephraim Levin.

Linda Miller on the passing of her husband, Joel Miller.

Ellen Babby on the passing of her mother, Rose Reisman.

Frances Feder on the passing of her brother, Arnold Kreitman.

Jeffrey Tredwell on the passing of his brother, Gary Tredwell.

Gerry Kallman on the passing of his loved one, Ellen Solomon.

Jason Gould on the passing of his father, Gene Gould.

Debra Schwartz on the passing of her father-in-law, Harry Schwartz.

Bernie Brill on the passing of his mother, Jean Brill.

June Plotkin on the passing of her cousin, Charles Binder.

Carlos Bachrach on the passing of his father, George Bachrach.

The family of Dorothy "Dottie" Kulik on her passing.

Blanche Abel on the passing of her brother-in-law, Leonard Abel, uncle of Jackie Haynes and Wendy Epstein.

Norman Plotnick on the passing of his sister, Edie Perlis.

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October 16, 2020 – January 15, 2021

A special thanks to all of our generous donors who contributed to the *Kol Nidre* Appeal and the Count Our Blessings Fund (10/16/20-1/15/21)

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