



HAR SHALOM
הר שלום

THE TABLET

Congregation Har Shalom
March/April 2023

Volume 56 - Issue 1
Ada/Nisan/Iyyar 5783

www.HarShalom.org/TheTablet

HAR SHALOM
ANNUAL HONOREE GALA

an evening of
Magic

Distinguished Honorees



Keter Shem Tov:
Crown of a Good Name
SORELL SCHWARTZ



Amudim:
Pillars of the Community
IRA & MJ SHERMAN



Ahavat Chesed:
Loving-Kindness
ESTRELLA LEVY

PLEASE JOIN US FOR AN
EXCEPTIONAL EVENING AS WE

*Celebrate
Distinguished Honorees*

DINNER | DRINKS | ENTERTAINMENT

SUNDAY, MARCH 19, 2023

6:00PM - 9:30PM

CONGREGATION HAR SHALOM

COCKTAIL ATTIRE

RSVP BY MARCH 1ST



Purim With Har Shalom

MARK YOUR CALENDAR AND JOIN US!
MARCH 5 & MARCH 6

Learn More & Register

WWW.HARSHALOM.ORG/PURIM5783

MAKING IT HAPPEN!

**PESACH
2023/5783
HANDBOOK**

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

www.HarShalom.org/Pesach2023

Upcoming
Adult
Education

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Sisterhood
Camp
Scholarships
Available!

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Highlighted In This Issue ...

March / April 2023

Har Shalom
Annual Gala

**March 19,
2023**

Meet Aaron
Belcher, our
new Clergy
Assistant

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Pesach with Har Shalom -
schedule, kashrut, Hametz
Agreement, FAQ, and more!

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Purim with
Har Shalom

Page 9

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

FROM RABBI RASKIN

"Jacob left Beersheva and set out for Haran..." (Genesis 28:10) This seemingly straightforward description of our patriarch Jacob's travels occasions a beautiful insight from the renowned commentator Rashi (Rabbi Shlomo ben Yitzhak, France, 1040-1105). Noticing the two verbs, Jacob "left" and "set out," Rashi teaches that this is not only informing us of the specifics of Jacob's travels, but also שְׂיִצְיָאֵת צְדִיק מִן הַמָּקוֹם עוֹשֶׂה רֵשֶׁם that the departure of a holy person leaves a lasting impression upon that place. There is no doubt that Hazzan Ozur Bass's departure from Har Shalom after so many years of devoted service will leave us all with a trove of memories, emotions, and deep impact. The role of Hazzan in our tradition is an ancient one. The Talmud refers to a hazzan as a person in the synagogue who took care of many things: the Torah scrolls, the sacred implements, the physical premises. As Jewish liturgy developed and became more complex, Jews looked to hazzanim who possessed expertise in the various cantillations, melodies, and modes for different *Shabbatot*, holidays, and seasons on our calendar. Before the advent of the printing press, the hazzan was often the only person in the synagogue in possession of a siddur, and the hazzan literally served as emissary for the entire congregation in prayer. Sacred texts described the essential attributes of a hazzan: One who possesses a pleasing voice, an upstanding character, deep personal piety, a knowledge of Jewish law, particularly as pertains to ritual practice. Of course, Hazzan Ozur Bass has emulated all of these qualities, and more. His gentleness and humility have been a source of comfort to many at various stages of life. His genuine concern for every member of the congregation has been felt by many. He has been a beloved teacher, a caring pastoral presence, and a devoted prayer leader. As was the case with our patriarch Jacob, when Hazzan Ozur Bass moves on to pursue his passion for chaplaincy and pastoral care, the impact he leaves behind will be profound. I know you join me in wishing Hazzan Ozur Bass every blessing on the exciting professional path he is pursuing. Please stay tuned as plans develop for honoring the Hazzan and celebrating his tenure at Har Shalom in the near future.

Always,



Rabbi Raskin



Adam J. Raskin
Rabbi

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

TALKING ABOUT ISRAEL

1ST & 3RD MONDAYS | 10:30AM - 12:00PM

Join Rabbi Raskin in person at Har Shalom for a casual discussion - each drop in session will focus on Israel in the News.



Questions? Email RabbiRaskin@HarShalom.org



Deep in conversation during the first session of Talking About Israel... with Rabbi Raskin. We hope you will join us in the coming weeks - drop in for the discussion on the 1st & 3rd Mondays beginning at 10:30AM.

GALA 2023 WITH HAR SHALOM



an evening of
Magic

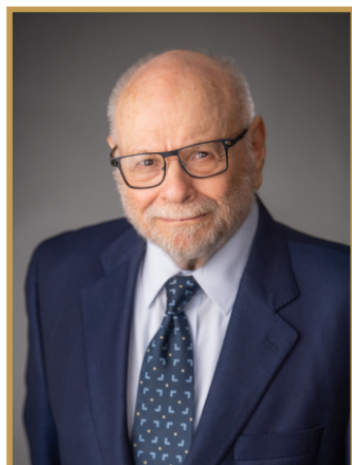
SUNDAY, MARCH 19, 2023

6:00PM - 9:30PM

CONGREGATION HAR SHALOM

RSVP: WWW.HARSHALOM.ORG/GALA2023

Distinguished Honorees



Keter Shem Tov:

Crown of a Good Name
SORELL SCHWARTZ



Amudim:

Pillars of the Community
IRA & MJ SHERMAN



Ahavat Chesed:

Loving-Kindness
ESTRELLA LEVY

FEATURING... **THE EXTREME MAGIC OF ERIC WILZIG**

Combining cutting-edge illusions, heart-racing escapes, and outrageous stunts...with previous performances on NBC's America's Got Talent, in Europe, the Caribbean, Times Square, Las Vegas, and with Jimmy Fallon & Drew Barrymore - this is an event you don't want to miss!

RSVP by March 1st



SCAN ME

FROM RABBI SIMMONS

What does home feel like to you?

When I think of home, a few different images and feelings come to mind.

On the one hand, when I think about “home” I might think about my home right now— about my townhouse with my two cuddly cats, my books, and my paintings. That is to say that one sense of home for me is a place where I can relax and let out a deep breath at the end of the day. This kind of home is a place I have designed for myself and my needs.

On the other hand, sometimes when I think about home I think about my parents’ house growing up, where none of us actually live anymore. I think about the inside jokes that only my siblings and parents know about, about the stories I’ve heard my relatives tell over and over, about the meals that we ate when I was a kid. This sense of home feels nostalgic, like a space co-created by and belonging to other people, like a place that doesn’t exist anymore except in our shared memories, but which is still important to all of us.

Both of these senses of home are important to who I am as a person and as a rabbi. And when I think about the connections that we nurture together here at Har Shalom and how I hope that each of you feels in relationship to our tradition and our community, I keep coming back to these two senses of “home” and how crucial they both are to maintaining a healthy, vibrant spiritual life.

So. How can we nurture a spiritual space, together, that helps us feel at home— in both of these ways?

Of course, one of the challenges when framing our goals in terms of “home” is that one person’s concept of the familiar and the comfortable might be different from another person’s. A favorite melody for *L’cha Dodi*, an inherited chicken soup recipe, or a specific *haggadah* or *siddur* might make all the difference.

And yet, as Jews we have so many things that bind us all together, that offer us a shared sense of home, and a shared vision for community. This means that if we make the choice to do so, we can intentionally build a sense of home together, as a community, and fill it with activities and practices that are meaningful both to each of us individually and to all of us collectively.

In March, *Hazzan* Ozur Bass and I will begin offering a series of Adult Ed classes geared towards families with preschool-aged kids. The goal of this series will be to provide guidance, inspiration, and community support while each family discerns what it means for them to nurture Jewish identity in their home. Register at www.HarShalom.org/MarchingAtHome.

However, this topic is valuable for all of us, regardless of age or family make-up. Here are some suggestions for ways to deepen the connection between your Judaism and your sense of home:



Rachel Simmons
Rabbi

301-299-7087 ext. 1
rabbisimmons@harshalom.org

- 1. Daily practices:** Invite Judaism into your daily rhythms by reciting *Modeh Ani* upon waking and/or the *Shema* at bedtime, along with several deep breaths and intentionally saying “thank you” to God for the blessings of the day. Say a prayer after stretching or using the bathroom to thank God for our bodies. Bonus: develop a practice of saying daily prayers or affirmations with your kids and/or partner. Ask each other: what are you thankful for today? What was a challenge today? What brought you joy today?
- 2. Weekly practices:** Connect spiritually with Jews around the world by lighting candles, making *kiddush*, and eating challah at Shabbat; eating something special in honor of Shabbat; attending one or both Shabbat services; celebrating *Havdalah* with spices and wine at the end of Shabbat; going around the Shabbat dinner table to share roses and thorns of our week. Attend kiddush lunch with community and make friends who also value Jewish life. Making relaxed, Shabbat-friendly plans with friends and family to do a puzzle, go on a walk, read together, or play a board game. Connect with relatives and loved ones on a weekly basis.
- 3. Year-round practices:** Build the pulse of the Jewish year into your secular year. Mark your annual calendar with the Jewish holidays for the next year and commit to doing at least one special family activity to honor each one. Go on a nature walk or scavenger hunt for *Tu B’shvat*, dress up for Purim, commit to a week of matzoh at Passover, check out themed books from the library, watch a documentary for *Yom HaShoah*, practice apologizing and forgiving those you love for Yom Kippur. Read books and watch movies and documentaries with Jewish themes.
- 4. Community practices:** Live your Jewish values. Volunteer to lead services, help in the kitchen on Saturday mornings, and make soup for the hungry. Invite people over for Shabbat dinner or lunch who you’d like to get to know better. Get involved in community service projects. Take part in adult education classes in the evenings at Har Shalom, sign up for the Chessed committee to support those in need of healing support, and intentionally include Jewish organizations in your charitable giving and legacy planning.

It is never too late, or too early, to choose to make Judaism a core part of your sense of “home”. Let’s build our Jewish homes, together, in 2023.

A handwritten signature in dark ink, reading "Rachel Simmons".

FROM THE HAZZAN

I'm writing this note right after you read the message from Har Shalom letting you know that I am not seeking a renewal of my contract. Of the many questions people have asked me, one of the most common is "what is a chaplain?" I would like to share with you more about chaplaincy and why it is a passion of mine.

There are many places where one can be employed as a chaplain, but the main ones are health care companies, continuing care companies, hospices, and correction facilities. The work of the chaplain is inherently interfaith, and tries to reach individuals of many different backgrounds. As a result of that, a chaplain is less of a guide and more of a listener. A client in distress might need teaching, discussing one's theology, or even finding solutions to their suffering; those needs will most likely be provided by other professionals. The role of the chaplain is to listen without judgment, with unconditional positive regard for a human being in need.

A chaplain differs from other mental health professionals in one important way: our framework is spirituality. We listen in similar ways, but we focus on attributes such as compassion, acceptance, and gratitude, from a spiritual point of view. Theist chaplains, like myself, understand these attributes to be desirable because they emulate or respond to God's attributes. In addition to seeing our clients with unconditional positive regard, we also see them as created in the Divine image.

Chaplaincy is my passion, because each encounter is a prayer. It's a unique opportunity to be with clients at times of loss and celebration, times of suffering and joy. Each conversation has the potential to unlock something in the client's connection with the Holy One. In Pirkei Avot 3:2 we read that "Rabbi Hananiah ben Teradion said: 'When two sit together and there are no words of Torah between them, then this is a session of scorners; but if two sit together and there are words of Torah between them, then the Shekhinah (Divine Presence) abides among them'". We know that God is everywhere; so Rabbi Hananiah could not suggest that God is only present when words of Torah are spoken! What he is teaching is that God is more noticeable in the room when that happens. One of the roles of the chaplain is to invite the client to notice,



Henrique Ozur Bass
Hazzan

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hozurbass@harshalom.org

to witness God's presence. That is why every encounter is a prayer. It is an intensely emotional and spiritual experience.

The main tool of chaplaincy is clarifying questions, not for the chaplain's sake, but for the client. A chaplain brings their ability to listen in order to help the client connect to their inner feelings, and witnesses in companionship while that person moves towards acceptance and trust, from struggle to compassion. It is an opportunity to accompany each other; not to teach, to offer advice or solutions. Parker Palmer said that, "The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed — to be seen, heard and companioned exactly as it is". When chaplains listen to their clients, they invite that human soul to connect more deeply with the Source of Blessing.

Not every meeting can be that intense. Friends and family speak to each other casually; tutors and teachers dispense knowledge and wisdom; co-workers offer advice or counsel. There are walls and deflection, defenses and distractions; so a chaplain is trained to keep their ears and hearts open, bring challenge when needed and compassion, always.

I haven't yet concluded my studies to be a chaplain, nor have I found a posting. I'm positive that, in due time, that will happen. I'm sad to leave this congregation where my roots are, this place where my family grew, and the congregants whom I love dearly. I feel like I am stepping into the unknown. I am buoyed by your expressions of love and support, and I hope to continue helping people, one client at a time.

A handwritten signature in dark ink, appearing to read 'Henrique Bass'.

Hazzan Ozur Bass

FROM THE EXECUTIVE DIRECTOR



Carly Litwok
Executive Director
301-299-7087 ext. 222
carly@harshalom.org

I am pleased to announce that Har Shalom was awarded a \$10,000 grant through the Montgomery County Nonprofit Security Grants program! The County informed us that they received twice the number of applicants for the grant, with requests exceeding available funding. This one-time grant will help to cover the costs of our off-duty Montgomery County Police Officers.

In addition to the grants we receive, Har Shalom's Security Committee works actively to strengthen the safety and security of our congregation. On March 12th at 4:00PM, I invite you to join one of our Security Committee Members, Herbie Epstein, on a situational awareness and security training. This is open to Har Shalom congregants and will focus on situational awareness and preparedness for Shabbats and other events in the building.

While we have not received any specific threats to our community, we want to implement best practices in order to maintain a safe and secure space for all.

Herbie Epstein served in the Israeli Defense Forces for two years. He then went on to earn a Masters in Counter Terrorism and Homeland Security. After realizing he wanted to serve his community, he became a police officer with the Metropolitan Police Department and then with the Arlington County Police Department. While with the ACPD, he served on the Civil Disturbance Unit and became an instructor in civilian response to active attacks. Herbie recently shifted gears and founded Blue River Security Consulting, which specializes in CPTED strategies as well as training civilians in active shooter response. Herbie and his wife Michelle have been members since 2019 and have 3 children – Levi, Ellie, and Charlie.

Carly Litwok

MARCH 12 AT HAR SHALOM

SAFETY & SECURITY BUILDING WALK-THRU

with Herbie Epstein, founder Blue River Security Consulting, former IDF soldier & Arlington Co. Police Officer, and current HSRS & Sherman ECC Parent

REFUAH LIST RESET:

Providing support to congregants and their loved ones in need of healing is an important *mitzvah*. As we refresh our records to begin 2023, if you or a loved one would like to be included in the Har Shalom *Refuah* (Healing) prayer list, please complete the form online www.harshalom.org/RefuahList or call the Synagogue Office at 301-299-7087.

VOLUNTEERS NEEDED

Help cover the front desk while staff are in meetings, assist with mailings, and more!

TO SIGN-UP EMAIL [CARLY@HARSHALOM.ORG](mailto:carly@harshalom.org)

FROM THE PRESIDENT

I am writing this tablet article from snowy Park City, Utah on a ski weekend with my daughter. This past Shabbat, I attended Friday night services at another Har Shalom, Temple Har Shalom in Park City, a Reform synagogue. The service was okay, with a much shorter version of Kabbalat Shabbat, and I found I was missing the songs of Kabbalat Shabbat with my Potomac Har Shalom family.

January 2023 was a very busy month for me as I was practicing for my acting debut in *Cinderella*. I never knew how much time was involved in preparing for these productions. It is truly amazing how Director Shelly Horn in just over two months took a cast of seventeen actors to put on this amazing production of *Cinderella*. I also thank Stew Remer and Ken Lechter for producing the show and all the Har Shalom congregants who participated. Yes, even through enduring many hours of practice, I really enjoyed myself, especially during the two performances. I encourage more congregants to participate in the play next year.

The month of March comes in like a lion with the celebration of Purim, which commemorates the saving of the Jewish people from Haman (boo). The festivities begin with the Purim Carnival on Sunday, March 5 (sponsored by Men's Club), and festivities continue on Monday, March 6 as Rabbi Simmons, Hazzan Ozur Bass, and Har Shalom's finest congregants present a Purim Shpiel.

This past Shabbat's torah portion, *B'Shalach* (Feb 4), talks about the Israelites, leaving Egypt, crossing the Red Sea and heading to the desert, trusting Moses and God on their journey ahead that everything will be okay.

Now, 3000 years later are things better for the Jewish People? Maybe, since 1948 when the United Nations proclaimed that Israel is the state of Jewish people, finally, giving the Jewish people a home for themselves. But now, almost 75 years later, we are still fighting to keep our land. Closer to home, Anti-Semitism is on the rise right here in Montgomery County.

It has never been more important to be part of the Jewish Community and Har Shalom. Many congregants might think Har Shalom is just a place to pray on holidays and Shabbat. But in the past week alone, we hosted "Dessert Night In" with a performance by UMD's a capella group, Mezumenet, Rabbi Raskin's new Adult Ed class about Israel, daily *Minyanim*, the Hazzan's Contemplative Practice service, a Sisterhood



Michael Baron
President

president@harshalom.org

Candle Making Workshop, the Men's Club monthly Speaker Series, screened a Daytimers film, Sisterhood Mahjong, Women's Text Study with Rabbi Simmons, and more! All this in addition to the 55 students in the Ira & Maryjo Sherman Early Childhood Center on a daily basis, plus 158 students in Har Shalom's Religious School. Please take the time to read the weekly emails from Har Shalom to learn about all the activities happening at our Shul. I encourage all congregants to participate: "If you try it, you might actually enjoy it".

One way to show your support at Har Shalom is to volunteer. We need volunteers to help prepare and set up for Shabbat Kiddush. Please email Joanna Rubin at jrubin@harshalom.org for more details. We also have many committee opportunities available that need your help, please email me at mbaron1053@aol.com for more information about ways to get involved.

Finally, I encourage your continued support to ensure the future of Har Shalom. Your donations do not go unnoticed, and we are always looking to expand our Legacy Circle. Please contact Carly Litwok at carly@harshalom.org for more information about joining the Legacy Circle.

I think it is very important now more than ever to show our Jewish Pride. Har Shalom in back and better than ever!

B'Shalom

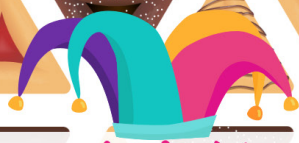
Michael



Shabbat Morning Kiddush

OUR OFFERINGS ARE CHANGING WEEKLY. IF YOU ARE INTERESTED IN HELPING IN THE KITCHEN TO PREPARE OR SERVE FOOD, GOING SHOPPING FOR INGREDIENTS, OR DONATING MONEY TO ENHANCE THE KIDDUSH EXPERIENCE, PLEASE CONTACT JOANNA RUBIN AT [JRUBIN@HARSHALOM.ORG](mailto:jrubin@harshalom.org)

PURIM 5783 WITH HAR SHALOM



Purim With Har Shalom

MARK YOUR CALENDAR AND JOIN US!

MARCH 5 & MARCH 6

Learn More & Register

WWW.HARSHALOM.ORG/PURIM5783

**Purim
Carnival**

**Mishloach
Manot**

**Megillah
Reading**

**Purim
Shpiel**

*Planning to attend the Congregational Programs and/or Megillah Readings?!
Instead of a grogger, bring a box of rice or container of beans to use as your noisemaker.
Food items will then be donated to those in need after the service!*

****COSTUME CONTEST****

**Dress up as your favorite DISNEY character - prizes will be awarded on
Monday, March 6 during the Purim Shpiel and Megillah Reading!**

Sunday, March 5:

11:15AM - 12:00PM | Fun and Games for families with children aged preschool and younger

12:00PM | **PURIM CARNIVAL (free entry)** - The community is invited to enjoy games, inflatables, and food for purchase!

Please register online so we can plan accordingly (*sponsored by Men's Club*)

Monday, March 6:

5:15PM | Young Families Purim Program - join Ms. Ellie for a Purim sing-a-long (families with children ages 5 & under)

6:00PM | Dinner - come together as a Har Shalom Community for a Purim Pasta Bar (*registration deadline has passed*)

6:45PM | Har Shalom's Purim Shpiel - enjoy a festive performance from Har Shalom's finest in this exciting interpretation of the Purim Story with a *Disney* theme!

7:15PM | Traditional Megillah Reading

Tuesday, March 7:

8:00AM | In Person Morning Minyan with Megillah Reading followed by Seudat Purim

PESACH WITH HAR SHALOM

Visit www.HarShalom.org/Pesach2023 for Services Schedule with links for virtual participation and Candle Lighting times.

Tuesday, April 4

Bedikat Hametz (search for *hametz*)

Wednesday, April 5 – Fast of the first born;
candle lighting 7:18PM

Fast begins, 5:26 AM

Minyan followed by *Siyum Ha-Bekhorim*, 8:00AM
(In person and Zoom)

The last time to eat *hametz*, 10:02AM

The latest time to sell *hametz*, 11:02AM

Mekhirat Hametz Agreement on next page

No Pesach Evening Services

First Seder

Thursday, April 6 - Pesach, Day 1;
candle lighting after 8:22PM

Shaharit, 9:30 AM (In person or LiveStream)

Second Seder: no *Ma'ariv* - begin counting the Omer
Har Shalom Community Seder details on page 14

Friday, April 7 – Pesach, Day 2

Shaharit, 9:30 AM (In person or LiveStream)

Shabbat candle lighting time before 7:20PM

Kabbalat Shabbat/Ma'ariv, 6:30PM - Count the Omer

Saturday, April 8 – *Hol HaMoed*, Pesach Day 3

Shaharit, 9:30 AM (In person and LiveStream)

Shabbat ends at 8:24PM

Sunday, April 9 – *Hol HaMoed*, Pesach Day 4

Shaharit, 9:00 AM (Zoom)

Traditional evening minyan, 7:30PM (Zoom)

Monday, April 10 – *Hol HaMoed*, Pesach Day 5

Shaharit, 8:00 AM (In person and Zoom)

No Contemplative Practice; In Person Minyan, 7:45PM

Tuesday, April 11 – *Hol HaMoed*, Pesach Day 6;
candle lighting 7:23PM

Shaharit, 8:00 AM (Zoom)

No Contemplative Practice

Pesach Services, 6:30 PM (In person and LiveStream)

Wednesday, April 12 – Pesach Day 7;
candle lighting after 8:28PM

Shaharit, 9:30 AM (In person or LiveStream)

Pesach Services, 6:30 PM (In person and Zoom)

Thursday April, 13 – Pesach last day

Shaharit, 9:30 AM (In person, Zoom, LiveStream)

No *Ma'ariv* service

End of yom tov, 8:29PM

HOW TO KASHER YOUR KITCHEN FOR PESACH

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.





Mekhirat Hametz Agreement Pesach 5783/2023

Please complete this *Mekhirat Hametz* Agreement form, and return it to Har Shalom no later than 11:00 AM on Wednesday, April 5th.

- 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

SCAN ME



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 8:26 PM on Thursday, April 13th.

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 Seder table? Do you need a place at a Seder table? *Pesach* hospitality is an important *mitzvah*. Please email Aaron in the Clergy Office at aaron@harshalom.org and he will make a *shidduh* (match)!

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:

<https://www.rabbinicalassembly.org/sites/default/files/2022-03/pesah-guide-5782.pdf>

The Rabbinical Assembly has tons of resources on their website to enrich your Passover preparations, prayers, and seder: <https://www.rabbinicalassembly.org/jewish-law/holidays/pesah/pesah-prep-and-resources>

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'sameah*, 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 Wednesday, April 5th, 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.

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. On the night before Passover, following the search, we recite the following formula renouncing our connection to any *hametz*:

כָּל חֻמְרָא וְחֻמֵּיָא דְאֵכָא בְּרִשְׁוֹתֵי דְחֻמְתָּהּ דְּבִעְרָתָהּ וְדָלָא בְּעִרְתָּהּ לְבִטּוּלָא
וְלֵהוּי הַפֶּקֶר בְּעִפְרָא 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.

What is Biyyur Hametz?

On the morning before Passover we burn the *hametz* found during the search on the previous night. If completing at home, this must be done by 11:02 AM on Wednesday, April 5th. The latest time to consume *hametz* on Wednesday, April 5th, is 10:02 AM.

SEE PAGE 14 FOR OPPORTUNITIES TO
JOIN US DURING PESACH

REGISTER TODAY!

SAVE THE DATE

Har Shalom Community Seder

Thursday, April 6 at 7:00PM

Join the Har Shalom community for a special Seder on the 2nd night of Pesach led by Rabbi Raskin & Rabbi Simmons.

LEARN MORE & REGISTER:
www.HarShalom.org/Pesach2023



PESACH POP-UP RESTAURANT

Dinner on Monday, April 10

Specially designed menu brought to you by Char Bar
(Order Deadline: April 4)

Food can be eaten on-site at Har Shalom or taken to-go. Open to the community. Har Shalom receives 10% of sales.

MENU & PRICING

www.HarShalom.org/Pesach2023

SAVE THE DATE & JOIN US!



Yom Ha'Zikaron & Yom Ha'Atzmaut with Har Shalom

Tuesday, April 25 | 6:00PM – 8:00PM

Join us for a short Yom Ha'Zikaron Memorial Service followed by a Yom Ha'Atzmaut Celebration! Enjoy a special appeareance by Avirah, University of Maryland's Israeli Dance Company, fun crafts, Israeli music, delicious dinner, and more!

Don't miss out on Rabbi Raskin's *FAMOUS* Schnitzel for dinner!

Register and/or order dinner: www.harshalom.org/Yom5783



SHABBAT WITH HAR SHALOM

Kabbalat Shabbat - Fridays at 6:00PM* | Shabbat Morning - Saturdays at 9:30AM

Shabbat Services are available In Person and LiveStream

**After Services, you're invited to stay and join us at approx. 12:00PM
for a kid-friendly Kiddush Luncheon in the Paul Family Social Hall**

MARCH 4, 2023

10:30AM Shabbat Chaverim
Babies to 4 yrs with Morah Beth
K to Grade 2 with Molly Beth
Grade 3 - 5 Rabbi Simmons or Ruth

MARCH 11, 2023

9:30AM Guest Speaker & Presentation featuring Roots
10:00AM Derekh Tefilah - Hospitality Suite

MARCH 17, 2023

***6:30PM NOTE NEW TIME**
*Weekly Kabbalat Shabbat start
time adjusted due to end of
Daylight Savings Time*

MARCH 18, 2023

10:30AM Shabbat Chaverim
Babies to 4 yrs with Morah Beth
K to Grade 2 with Molly Beth
Grade 3 - 5 with Rabbi Simmons or Ruth

MARCH 25, 2023

9:30AM Sisterhood Shabbat

APRIL 1, 2023

10:30AM Shabbat Chaverim
Babies to 4 yrs with Morah Beth
K to Grade 2 with Molly Beth
Grade 3 - 5 with Rabbi Simmons or Ruth

APRIL 15, 2023

9:30AM Men's Club Shabbat
10:00AM Derekh Tefilah - Hospitality Suite
10:30AM Shabbat Chaverim
Babies to 4 yrs with Morah Beth
K to Grade 2 with Molly Beth
Grade 3 - 5 with Rabbi Simmons or Ruth



جذور שורשים ROOTS

A West Bank Jewish Settler & Palestinian in dialogue about coexistence

Saturday, March 11

JOIN US FOR SHABBAT MORNING SERVICES
AND THIS SPECIAL PRESENTATION



Please Join Us for
Sisterhood Shabbat

SATURDAY, MARCH 25

as we come together for an
in-person celebration of Shabbat.
Your sisters will conduct and
participate in the entire service. A
delicious kiddush will follow.

*Chazak v'Ematz
Be Strong and Courageous*



Men's Club Shabbat

April 15, 2023

MEN'S CLUB
AT HAR SHALOM



Derekh Tefilah

Explore prayers, their meaning, and function

Shabbat Mornings at 10 AM with Hazzan Ozur Bass

- Mar. 11 - Kaddish
- Apr. 15 - Prayer for rain in the winter;
Prayer for dew in the summer
- May 27 - Aleinu
- June 17 - Adon Olam



SHABBAT CHAVERIM

Shabbat programs for children
1st & 3rd Saturdays @ 10:30 AM

- Babies - 4 years
Chapel
- 3rd - 5th Grades
Front of Cahan Sanctuary
- K - 2nd Grade
Back of Cahan Sanctuary

Mar. 4 and 18
Apr. 1 and 15
May 6 and 20
June 3 and 17

www.HarShalom.org/ShabbatChaverim

FROM THE SHERMAN ECC



Beth Hoch
Director of Early
Childhood Education

301-299-7087, ext. 235
bhoch@harshalom.org



Discover the Ira & Maryjo Sherman ECC at Har Shalom

*Learning they love.
Learning for life.*



Now enrolling for 23-24!

15 months - PreK
Limited space available
Full day program

Contact Beth Hoch, bhoch@harshalom.org



www.ShermanECC.org



MARCH-ing to a Jewish Beat: Building Your Jewish Home

MARCH 2, 9, 16, 22, 29
8:00PM ON ZOOM

Join Rabbi Rachel and Hazzan Ozur Bass for a fun look into personalizing Jewish rituals, songs, prayers, and more for parents of young families.

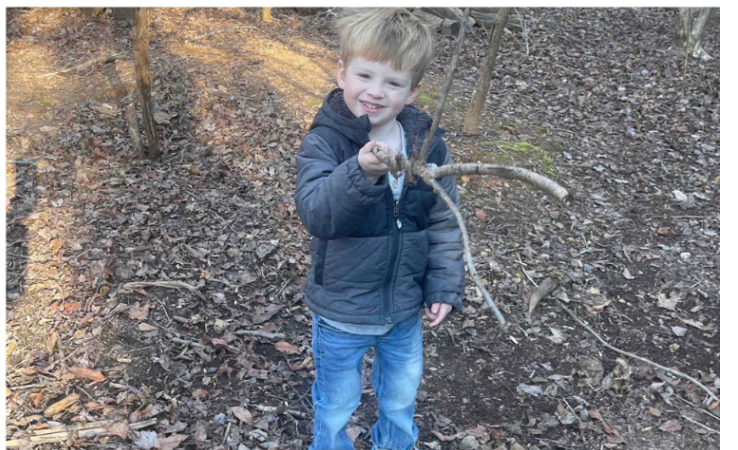


Learn More & Register:
www.HarShalom.org/MarchingAtHome



CAMP VOLUNTEERS WANTED!

The Sherman ECC is looking for pre-teens and teens who want to volunteer here this summer. If your child, grandchild or neighbor loves young children and has some experience, I invite them to apply. Camp dates are June 20th - August 18th. We are looking for volunteers for all parts of our day, mornings and afternoons, as we are open from 7:30am - 5:30pm. All volunteers must be vaccinated and boosted. We are on the approved list to give SSL hours for MCPS and ask for a commitment of two consecutive weeks. If your child is interested, they should email me, bhoch@harshalom.org, and I will send them the application. All new volunteers will have an interview and orientation. I look forward to welcoming back volunteers that have been with us previously!



FROM THE EDUCATION DEPARTMENT



Ruth M. Szykman
Director of Religious School
301-299-7087, ext. 229
ruth@harshalom.org

I often have discussions with parents about what Religious School looked like “back in the day” and how HSRS is different. I thought I’d share a great example of what’s happening in our classrooms.

In seventh grade, our students are preparing for their transition from being consumers of Jewish education, to early leaders in the field. Our fabulous teacher, Moreh Ben, has been infusing introductory lessons on experiential Jewish education into his Sunday classes, so his students get the opportunity to “peek behind the curtain” and “see how the secret sauce” is made. Taking the leap from student to teacher is a wonderful opportunity for our students to not just do a deep dive on a topic they are interested in, but to engage in a higher level *hevruta* study, a cornerstone of Jewish learning.

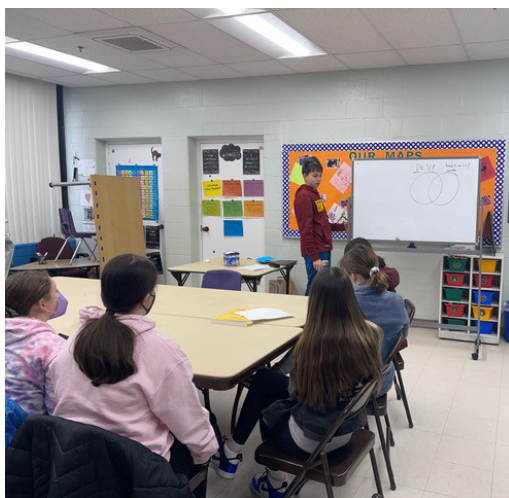
In the first part of the year students learned how to think of an effective hook for a lesson, plan fun activities, and write juicy questions to kick start class debates. This semester, they have put these ideas into action. So far...

- Ilana Marcus had students moving to different corners of the room based on whether they thought different events counted as miracles... these included biblical scenes like 90-year old Sarah having a baby boy and modern scenarios like getting an A on a test you didn't study for.
- Faye Kronisch broke students into groups to do a deep dive on different historical contexts where Jews experienced persecution (e.g. Dreyfus affair, Russian Pogroms, etc.) and used this to spark a debate about why Israel and self-determination is important.
- Jake Albert did a delicious class on the different kinds of Jewish foods. His Venn diagram on Deli/American Jewish food and Torah/Ancient food sparked some great conversations – and made us all hungry.

We have nine more student lead presentations on the horizon! These teens are total rockstars.

We engage in showing our students how Judaism is both learning about our past but also finding meaning and relevance in our lives now – that there is more to learn than reading textbooks, that we can participate in our Judaism, not be passive about it – those are the fundamentals that HSRS embraces. And have some fun while doing it!

- Ruth

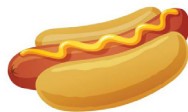


GET TO KNOW AARON BELCHER

Meet Aaron Belcher, Har Shalom's new Clergy Assistant!

You can reach Aaron in the Clergy Office at 301-299-7087 ext. 1 or aaron@harshalom.org.

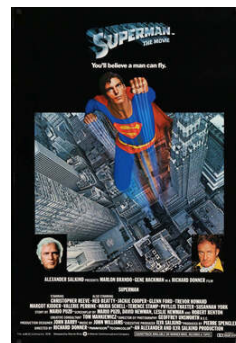
What's your favorite food? That's tough! I love a good bone-in ribeye steak or simple beef hot dog with coleslaw and spicy mustard.



Where were you born? I was born in October in Washington, DC



What's your favorite superhero movie? The original Superman from 1977.



What are some of your hobbies? I love to cook (especially baking) and bowling.

Are you a sports fan? Not at all! Wizards, schmizards, I could care less.



Share two fun/crazy facts about yourself. 1. I created and hosted a game show called "The Christian's Challenge" several years ago. 2. I've travelled all over the country to see Dionne Warwick in concert!

Where is your favorite place you've traveled? That would have to be California.

Place you most want to travel to? London. I'm hoping to go for my birthday.

What are you most excited about your new job at Har Shalom? I'm excited to work in a wonderful and supportive environment again ... and I want to learn Mahjongg.



DAYTIMERS JEWISH FILM FESTIVAL



March 15, 2023: THE TENTH MAN (Argentina, 2016 – 104 minutes)

No familiar theme played on a zither – that belongs to THE THIRD MAN. THE TENTH MAN does have Usher, but he's not the musician. What can you expect from a movie shown in Adar? Much of it features Usher, a real person, but although you'll hear from him frequently, you'll get only a quick glance near the end. Our timing is impeccable, however, as this entire quirky little film takes place in the days leading up to Purim.

April 19, 2023: BUDEPEST NOIR (Hungary, 2017 – 95 minutes)

And now for something a little different. Our next film, BUDAPEST NOIR, is a mystery – a murder mystery. Picture Mike Hammer or Sam Spade speaking Hungarian and you'll get the idea. This mystery takes place in the German influenced Budapest of 1936 and instead of a Police Detective, we have a wisecracking tough and unflappable Investigative Reporter on the case.



Both films will take place in the Paul Family Social Hall. You may bring a dairy or pareve lunch at 12:00 noon. We'll provide dessert and a drink. The program will start at 12:30PM.

FROM THE HAR SHALOM PLAYERS


Another Successful HSP Production!

By all accounts, the Har Shalom Players (HSP) musical production of *Rodgers and Hammerstein's Cinderella, the Broadway Version*, was a huge success. On Saturday evening, January 28 and again on Sunday afternoon, January 29, 2023, the Burke Sanctuary was filled with theatregoers who enjoyed the incredible singing and acting talents of the beautifully costumed performers. Beginning in 2006 with HSP's production of *Joseph and the Amazing Technicolor Dreamcoat*, this synagogue community building and fundraising initiative has been followed by 15 other Broadway musicals. Our HSP "community" includes both synagogue members who participate as cast and crew but also non-synagogue cast and crew from other DC theatre companies who audition and volunteer to be part of the HSP because of our reputation of being welcoming and delivering exceptionally high quality productions. Be on the lookout for information about HSP in 2024!



ADULT EDUCATION

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




Mishna Study

WEDNESDAYS @ 10:30 AM
with Hazzan Ozur Bass via Zoom

As preparation for a Tikkun on the Fast of the First Born before Pesach, we will be studying Masechet Berachot, the first of all the tractates.


There are no prerequisites; all are welcome and you may join at any date.

www.HarShalom.org/MishnaStudy



Women's Text Study Group

Join Rabbi Simmons and our Har Shalom Community on Sunday evenings.
To register email RabbiSimmons@HarShalom.org



WEEKEND OF LEARNING 2023

SAVE THE DATE
MAY 5-6, 2023



DR. MICHAL RAUCHER
UNDERGRADUATE DIRECTOR &
ASSOCIATE PROFESSOR OF JEWISH
STUDIES, RUTGERS UNIVERSITY

WWW.HARSHALOM.ORG/WOL2023



A West Bank Jewish Settler & Palestinian in dialogue about coexistence

Saturday, March 11

JOIN US FOR SHABBAT MORNING SERVICES
AND THIS SPECIAL PRESENTATION

Special Learning Opportunity

THE MISSING STORY OF THE HAGGADAH

with
RABBI JOSHUA CAHAN

MARCH 13 | 8 PM | ZOOM

The Haggadah is a rich text that is too often misunderstood. We will explore why the Haggadah never actually "tells the Story" and reassess how the crafters of this text actually understood the mitzvah of "You shall tell your children". Then we will look at a few key sections to see how they fit together to chart out a compelling and powerful emotional journey.

☐ Register: www.HarShalom.org/CahanHaggadah

TALKING ABOUT ISRAEL

1ST & 3RD MONDAYS | 10:30AM - 12:00PM

Join Rabbi Raskin in person at Har Shalom for a casual discussion - each drop in session will focus on Israel in the News.



Questions? Email RabbiRaskin@HarShalom.org

FROM THE HESED COMMITTEE

SHARING IS CARING!



Join the Hesed Committee
in supporting members
of our community
by providing a meal
through MealTrain
or SignUp Genius.

For more information
and to sign-up visit:

www.HarShalom.org/hesedMT



Thanks to the College Connections
Committee for assembling Purim Care
Packages to send to our Har Shalom
Students away at school!

Afghan Homemade Meal a BIG Success!

On Sunday, January 22, over 50 members of Har Shalom and St. Francis Episcopal Church were treated to a delicious homemade Afghan dinner at St. Francis prepared by Maliha and Nasim Mohammad Nasim with the help of sous chefs from Har Shalom (Marcia Akresh, Diane Berinstein, Beverly Kragen, Shelley Remer, Anne Weiss, Joan Weiss, and Joanie Zuckerman) and three volunteers from St Francis. At the dinner, Maliha and their three children, Zalland, Hassand and Zahra wore traditional clothes made by Maliha's mother and Nasim shared a bit about their long and difficult journey to Maryland. They came with just two backpacks on their backs but, as Anne Weiss said, "Maliha and Nasim are such positive examples of what immigration and absorption can look like. Watching their children play and converse in English today was a small glimpse into the future! It is meaningful to be a tiny part of their journey."



FROM SOCIAL ACTION AND TIKKUN OLAM

We encourage ALL CONGREGANTS to join in doing good in the local community and beyond through Har Shalom's Social Action and Tikkun Olam activities!

THANKS TO YOU -- in recent months, Har Shalom donated to the National Center for Children and Families (warm hats and scarves), the Montgomery County Animal Shelter (toys, food, used towels), I Support the Girls (bras and feminine hygiene products), and medical supplies for those in need through The Lutheran Church of St. Andrew.

Donations of new and gently used bras, unopened feminine hygiene products, diapers, nonperishable food, school and cleaning supplies, toiletries, and new knit, crocheted, and fleece blankets are always accepted in the vestibule bin and coat room.

Our **MARCH** collection is **Hametz!** Bring *beans and rice groggers* to Purim services and leave them behind for donation to Manna. As you clean your pantry for Passover, please bring unopened hametz to Har Shalom. We also accept Kosher for Passover foods and Matzo for donation to Yad Yehuda's Capital Kosher Pantry.

Want to try something new? Cook with our **KindSoups** chefs. Join us the 2nd and 4th Sundays of each month (holidays permitting) as we zoom cook healthy vegetable-based soups for the food insecure served by the Montgomery County Upcounty Consolidation Hub in Germantown. SSL hours are available.

Check weekly emails for important links and all upcoming programs. Have questions? Contact Marjorie Klein - msklein424@aol.com.

TORAH FUND UPDATE

IMPORTANT UPDATE FROM TORAH FUND

The 2022 Torah Fund Campaign will soon be wrapping up. On behalf of our Sisterhood Torah Fund Team, I would like to thank everyone who supported this year's campaign by attending our beautiful Torah Fund brunch, and making a donation. Your support of the Jewish Theological Seminary and our rabbinical schools throughout our country, Israel, South America and Germany has been very meaningful. Since 1942, the generous contributions from thousands of women, working together, have helped to educate and train generations of rabbis, cantors, scholars and lay leaders. These are the people who guide, teach, console and uplift our spirits, one soul at a time. That is why **your** donations are more important this year than ever before.

When you donate \$180 or more to Torah Fund, it is our pleasure to **GIFT** you a pin. Even though, the real gift is making the ruach and knowledge begin. If you accepted a Torah Fund pin and have not satisfied your pledge, you can still donate on-line at www.jtsa.edu/torahfund or by sending a check to me at my address as shown below. If sending a check to me, it needs to be received **no later than May 30th**. **Final donations** must be submitted to the Torah Fund office prior to June 15th. As always, all donations no matter how large or small are always welcome. If making a donation on-line, please be sure to type in **Har Shalom Sisterhood** where indicated.

TORAH FUND ECARDS

Torah Fund Ecards are available to be sent for various occasions through the Torah Fund website as shown above. There are new ecards available for the many occasions that we experience throughout the year. I invite you to go to the Torah Fund website to see the beautiful selection displayed. The cost of an Ecard is \$5.00. All purchases of ecards will be credited to our sisterhood and will go towards our annual goal. Again, when either making a donation on-line, or ordering an ecard, please be sure to enter the name of our sisterhood so we will be credited with the donation or purchase.

80th Anniversary of Torah Fund

Torah Fund pins for the 2022 campaign, featuring the number 80 on the pin, along with this year's theme Hazak V'Amatz, serves as a reminder that Torah Fund is asking you to consider adding an additional \$80 to your donation this year. All names of those who have made this meaningful additional donation, will be recognized at the Women's League Convention this coming July. You will be hearing all about many exciting events, programs and guest speakers/scholars that will be taking place at our convention in the very near future. So, stay tuned!!

Thank you, again, to everyone who has supported our campaign this past year. I want to especially recognize our Torah Fund Team consisting of Ellen Bresnick, Toby Holtzman, Hanna Lee Pomerantz and Shelley Remer. As this campaign begins to wrap up, we're looking forward to celebrating a new season for Torah Fund with all of you! Todah Rabbah,

Rita Wertlieb
9301 Wooden Bridge Road, Potomac, MD 20854
(240) 432-8333

Program Recap: Mezumenet & Dessert Night In

We had a such a lovely evening socializing and enjoying beautiful music from Mezumenet, UMD's treble a capella group. Thanks to everyone for joining us!



FROM THE MEN'S CLUB

Men's Club Brunch Series

Save the dates and register online for our Brunch Series speakers which are complimentary for all Har Shalom congregants and prospective members. Everyone is encouraged to attend Sunday morning minyan at 9:00am prior to the brunch. A special reserved table is set aside for minyan attendees.

Sunday, March 12, at 9:30am Food & 10:00am Speaker - The Men's Club Brunch Series features **Andrew Pollin**.

Andrew Pollin is an American radio and TV personality with a lifetime of knowledge in the sports talk arena. Andy brings a unique and grounded perspective on the day's top stories. While headlines are covered daily, Andy is known for his quick wit and uncanny ability to tell the stories that shaped the sports we love today. Andy is a DMV native and has seen it all from the burgundy and gold "Glory Days" of the '80s to the "District of Champions" era today.

His show airs weekdays in the Washington, D.C. area (DC, VA, MD) from 9-11 AM EST on 630 AM, online at SportsCapitolDC.com, on the ESPN DC App or on your Amazon Alexa. At our March 12 Brunch, he will be discussing the current sports scene in the Washington Baltimore area and will take all questions about sports.

Andy helped launch Washington, D.C. sports talk station WTEM in 1992 and held the title of Sports Director until 2017. He joined WJFK 106.7 The Fan in 2017 and now hosts *The Andy Pollin show with Thom Lovero*. For 13 years, Pollin co-hosted *The Sports Reporters* with Steve Czaban, until 2013. The last "Sports Reporters" aired July 31, 2013. He acted as sidekick on The Tony Kornheiser Show between 1992 and 2006. He also co-hosted *GameDay* with Mel Kiper Jr. on ESPN Radio between 1998 and 2004.

The event is free. At the time of Tablet deadline this Brunch is scheduled as in-person only (no Zoom or hybrid). Consult with the Har Shalom web/events page or Men's Club and Synagogue E-Mails for updates and potential addition of a Zoom option later. RSVP online before March 8th – it greatly assists our food planning.

Future Brunch Dates: (no Brunch in April due to holidays)

May 7 - Dr. Cynthia Miller-Idriss of American University, has testified before the Congress and regularly briefs policy, security, education and intelligence agencies in the U.S., the United Nations, and other countries on trends in domestic violent extremism and strategies for prevention and disengagement. She is a globally recognized authority on far-right youth and preventive interventions. She appears regularly in the media as
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HAR SHALOM
Men's Club Brunch
Andrew Pollin
Sports Authority and Broadcaster

Sunday, **March 12**
Brunch 9:30 am
Speaker 10:00 am

Mr. Pollin will be discussing the current Washington Baltimore sports scene while taking any & all questions.

Andy is an American radio and TV sports personality covering all our DMV teams for over 20 years. Andy brings a unique and grounded historic perspective plus day's top stories. He is known for his quick wit and uncanny ability to tell the stories that shape all the sports and area teams we love today.

This is a free, in-person brunch.
Vaccination proof required as is pre-registration to help plan for the number of attendees.
RSVP to www.harshalom.org/brunch by Wednesday, Mar. 8th Visit CHS web/Events for updates.

an expert source and political commentator. Her latest book is "*Hate in the Homeland: The New Global Far Right*". She will discuss how youth get recruited into extremist organizations and preventative tactics. Har Shalom parents should not miss this speaker.

June 4th - Joint Sisterhood/Men's Club Brunch: Featuring Amy Gardner, Rosalind Helderman and Aaron Davis. The annual Joint Brunch features Pulitzer winning *Washington Post* investigative reporters. They will discuss the January 6 Insurrection and how their early reporting led to the Congressional Hearings.



HAR SHALOM March 5th, 2023
Men's Club Purim Carnival
PURIM CARNIVAL

The community is invited to enjoy games, inflatables, and food for purchase! Please register to indicate your attendance plans so we can plan accordingly.

- Carnival Attractions
- Moon Bounce
- Midway Games
- Prizes
- Raffles
- Free Hammantaschen
- Food sold A La Carte
- Esther's Alley Carnival Area (for kids 5 and under)

Yellow Candles for Yom Hashoah

Please pick up a Yom HaShoah Yahrzeit Candle at all Men's Club events March 5th to April 17th. As members of the worldwide Jewish community, it is our responsibility to remember and commemorate the six million men, women, and children who perished in the Holocaust. We hope that you will join us after sunset on Monday, April 17, 2023, by lighting a candle, placing it in a prominent location, and reciting the meditation enclosed with the candle. A donation form is also enclosed for those wishing to help offset the cost of the program and support Men's Club. Bob Shub & Hal Freed are co-chairs of the yellow candle project for Men's Club.

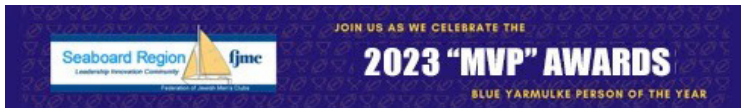
Men's Club Shabbat

It will be on April 15th. All Men's Club members have an opportunity to sign up and take part, as we conduct the entire Shabbat service and sponsor the kiddush. It is a great way for members to raise their personal level of participation. This will be an in-person service. There are over 35 honors available so if you would like to know more or volunteer to participate, please contact Men's Club Shabbat chairman Abe Akresh at abeakresh@gmail.com or call 301-762-0341. Respond quickly if you want a part. New members are especially encouraged to participate.



Blue Yarmulke Person of the Year Brunch

Sunday, April 23rd 11:00am-1:00pm - Seaboard Region honors **Vic Cohen** as the Lifetime Achievement Awardee and **Robert Singman** as Har Shalom Person of the Year. The Brunch is to be held at Congregation B'nai Israel, Rockville, MD. Registration, information and tribute ads are at <https://wizevents.com/seaboard2023/index.php>



FJMC 2023 International Convention

Registration is now open for the FJMC 2023 Convention, which will be held at the Philadelphia Marriott Downtown Hotel from June 29 to July 2. Hal Freed as Co-Chair of Convention Programming, reports that "a fabulous program of activities for Men's Club members and their families is planned. Come early, attend special events and enjoy the many Philadelphia July 4 week activities, including fireworks." Registration and information is at <https://www.fjmccconvention.org>

Men's Club Golf & Dining Out

Men's Club socialization activities continue every month. Please join us for great food, great conversation, seeing old friends, and making new ones. If you would like more information, please respond to Ken Shere or David Marcus to get on the following reminder e-mail lists.

1. Twice weekly Golf every Tuesday and Friday at local MCG courses, weather permitting.
2. 6:30 pm monthly Dinner on the last Thursday of the month, at a different local restaurant each month.
3. 9:30 am weekly Brunch every Thursday morning at a local deli.

Men's Club Intrepid Golfers - *Not rain, not wind nor shivering hands will stop them.*



On January 20th (L to R) Steve Bernstein, Dan Shames, Don Moldover & Jerry Newman braved rapidly dropping temperatures and up to 30 mph wind to play on. We can now better define "weather permitting" play, as basically all year. We are looking forward to Spring temperatures and new players getting out with us. No league fees and you can play as often or infrequent as you like.

Men's Club programs depend on the support of all our members. If you would like to meet more people, our open board meetings are a good place to start. Have fun while helping us serve our congregation and community.

To participate in our next **board meeting**, just call 301-299-7087 x411 or email: MensClub@harshalom.org

CATCH UP WITH THE SISTERHOOD

We have had some very exciting things happening in Sisterhood lately. Under the amazing leadership of Marcie Blackman, Susan Rabkin and their team, we returned to in-person Mishloach Manot (Purim Baskets). After a Covid-induced hiatus from the traditional assembling and delivering, the team was back in full swing! This is Sisterhood's biggest fundraiser of the year, so we can't thank everyone enough for supporting us, whether it was with your woman-power, man-power or purchasing-power, we could not have done it without all of you! Thank you!

As part of Shabbat Shira in February, Sisterhood and the Har Shalom Membership committee co-sponsored the Havdalah and Dessert Night In with the University of Maryland's a capella group Mezumenet. A fun time was had by everyone!

Please see below for more information about events that we have already had, or will be having in the coming months.

Wishing everyone a joyous Purim and Passover!
Beth Ann Katz, Sisterhood President



Sunshine Committee

IF YOU KNOW OF A SISTERHOOD MEMBER WHO IS ILL OR SOME FAMILY MEMBER WHO HAS PASSED AWAY, PLEASE EMAIL OR CALL LOIS FORSTER SO SHE CAN SEND, ON BEHALF OF SISTERHOOD, A GET WELL GREETING OR A SYMPATHY CARD.

ALSO, IF YOU KNOW OF A SIMCHA IN A MEMBER'S LIFE, SUCH AS A BABY, ENGAGEMENT, WEDDING, AWARD, ETC., PLEASE CONTACT LOIS FORSTER SO SHE CAN SEND OUT A CARD FROM SISTERHOOD.

LOIS FORSTER
301-770- 8668
LOISFORSTER@GMAIL.COM

Program Recap: Candle Making Workshop

Thanks to everyone who joined us for candle making - a fun time was had by all!

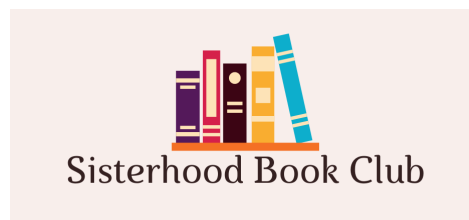


SISTERHOOD

Mishloach Manot 2023 Project a Huge Success!!

Sisterhood has just completed another terrifically successful Mishloach Manot project, chaired by Marcie Blackman and her assistants Amy Fine and Susan Rabkin. After a two year hiatus when we could only mail out Purim greetings, we were finally able to return to preparing Purim treats again in person! Thanks to all those who ordered baskets for their friends and relatives. Scores of volunteers assembled the Purim Baskets and delivered them locally. In addition, Purim treats were assembled and delivered by Bena Siegel and Ronnie Ginsberg to local Jewish nursing home residents, who were delighted to receive them. This is a social action project we do every year--Sisterhood doesn't forget our senior citizens. All employees of Har Shalom also received Purim Baskets from the Sisterhood.

We so very much appreciate the help of all of our hard working volunteers who make this project happen! Your amazing dedication has continued to make the Mishloach Manot project a wonderful success each year, and we couldn't have done it without you. Many hours were spent entering the orders on computers, mapping out the delivery routes, packing baskets and cartons, making numerous phone calls, purchasing food and supplies, and delivering the goodies!



Sisterhood Book Club

Sisterhood Book Club

We invite all Sisterhood members to join the Book Club discussion group. We meet on the first Wednesday of the month at 1:00PM. We will meet virtually, so please email us at SisterhoodBookClub@harshalom.org or register below so we can send you the Zoom link. We hope you will join for our upcoming discussions:

March 1: People Love Dead Jews by Dara Horn

March 29: The Newspaper Axis by Kathryn Olmstead

May 3: The Beauty of Your Face by Sahar Mustafa

June 7: Book selection for '23 - '24



Learn to Recognize and Fight Fraud With Har Shalom's Sisterhood

Scammers steal billions of dollars from unsuspecting consumers every year. The impact on victims and their families is wide reaching and can be financially and emotionally devastating. In 2022, alone, consumers reported \$6.1 billion in fraud losses. Fraud victims – just like us - are all ages, from different backgrounds, and many are highly educated.

Please join the Har Shalom Sisterhood on Tuesday, April 25 at 7:00pm to learn about the tactics scammers use to steal billions of dollars from you and your loved ones, including your parents, grandparents, friends, and teenagers, and what to watch out for so you and those close to you will not become victims. Our speaker will be Karen Morgan, a renowned fraud fighter, an attorney, and a member of AARP Maryland's Executive Council. Karen has presented to audiences of all ages on fraud, and will educate us on the various kinds of scams to look out for, from tech support, to romance, to gift cards, to grandparent, to 'can you do me a favor' scams, and many others. She will also share strategies for talking about fraud with parents, grandparents, and teens, and offer advice on who to contact if you discover you have been a victim. There will be lots of time for questions.

Learn more & Register:
www.HarShalom.org/Fraud

Sisterhood Rosh Hodesh

Rosh Hodesh is a woman's gift, a reward, for not participating in the creation of the Golden Calf.

HarShalom Sisterhood has a long history of celebrating the new month by gathering together, praying together, and learning together, as a community of women. Join us virtually for these upcoming sessions:

ROSH HODESH ADAR – February 21 at 8PM

Be Happy it's ADAR!!! Join your "Sisters" as we joyously daven our Rosh Hodesh Ma'ariv service, followed by Purim crafting ideas that give Vashti and Esther their proper recognition.

ROSH HODESH NISAN – March 22 at 8 PM

We will begin the evening with our Rosh Hodesh Ma'ariv service. Passover is in TWO WEEKS!!!! Do not panic. Be present for ways to bring the "Women of Passover" to your sederim. (readings, graphics, resources).



LET'S GET PHYSICAL

March 14 at 7:00PM

Tai Chi: Heal your energy system with this unique class that combines stretching, tapping, breathing and meditation. Shift your mind into a more peaceful and energized state. Wear loose, comfortable clothing and bring a mat.

This class is taught by Chun (Myung) Im from Brain & Body North Potomac.

The cost to attend is \$10.

www.HarShalom.org/LetsGetPhysical

**Apply Today for sisterhood
Camp Scholarships**

Learn more and view the
application on the next page!

SISTERHOOD CAMP

SCHOLARSHIPS AVAILABLE

Children applying for the scholarship will need to submit the application below 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! Awards will be scaled based on the family's support of Sisterhood fundraising and activities, interview, and essay.

To apply, complete this form and return it by April 20th to:

Congregation Har Shalom Sisterhood: Scholarship
11510 Falls Road Potomac, MD 20854 or
email sisterhood@harshalom.org

Questions? Or More Information? Call 301-299-7087, ext 410 or
Email sisterhood@harshalom.org



Camper's Name: _____
Family Name: _____
Address: _____
Phone Number: _____
E-Mail: _____
Name and Length of Program: _____

Please write a short essay on why you want to attend camp:

We expect scholarship recipients to send a thank you letter about their time at camp to be shared with the Sisterhood Steering Committee.

All requests will be considered by the Sisterhood by their May meeting, and email notifications will be sent when decisions and amounts are determined and checks mailed to the families by the end of May.

FAMILY NEWS

B'NAI MITZVAH



Franklin Karton

April 1

Son of Jeff and Rachel Karton



Dalya Lurie

Bat Mitzvah to take place in Israel

Daughter of Jason and Yonat Lurie

MAZAL TOV!

November 16 - January 15

Stew and Sondra Block on celebrating their 50th anniversary.

Lucy Ginsburg on her 15th birthday.

Adrienne and Manny Mandel on celebrating their 64th anniversary.

Harriet and Jerry Breslow on celebrating their 50th anniversary.

Beth and Gerry Hoch on celebrating their 22nd anniversary.

Owen Ritter on celebrating his second Bar Mitzvah.

Susan Grant on celebrating her 46th Bat Mitzvah anniversary.

Shelley and Stewart Remer on the Bar Mitzvah of their grandson, Brady Remer at Temple Ner Tamid, Bloomfield, NJ.

To all the new Har Shalom families and their babies.

Jillian Bernstein on celebrating the 30th anniversary of her Bat Mitzvah.

Seth and Marisa Marcus on celebrating their 20th anniversary.

Hal Scheinberg and Roberta Lasken on celebrating their 13th anniversary.

Vic Cohen on celebrating his 80th birthday.

Sue Rosenstock Midanek and Howard Rosenstock on the engagement of their daughter, Allison to Brandon Shapiro.

Mia and Elliott Thompson on celebrating their son Baker's 1st birthday.

Jonah Tessler, son of Steve and Shanna Tessler on being called to the Torah for the first time. Celebrating with us are proud sisters, Nava and Sarah, grandparents Jeremy and Graciela Schwartz and the entire Schwartz/Tessler family.

Bob Richter on celebrating his 80th birthday.

Richard and Joan Gorman on celebrating their 60th anniversary.

Lesley and Ron Cooper on their daughter Julie's acceptance to medical school.

Rabbi Janet and Hazzan Henrique Ozur Bass on celebrating their 30th anniversary.

Rabbi Adam and Sari Raskin on their daughter, Mia Raskin on receiving a prestigious student internship in the Office of the President of Binghamton University. Mia is a senior marketing major, and will begin her MBA studies in the fall.

Gabriella Susskind, daughter of Ethan Susskind and Danielle Susskind on being called to the Torah for the first time. Celebrating with us are proud grandparents, Joel and Leslie.

Larry & Jared Center on their Bar Mitzvah Anniversaries.

Hilary Belitsky on her 50th birthday.

Jerry Breslow on his special birthday.

Amanda Spott, daughter of Larry & Michelle Spott, who completed her studies and earned a Law Degree and a Masters Degree in Public Health from George Washington University. She is currently employed by GW where she is a senior health policy researcher.

Cathy and Dan Hodin, on birth of their 5th grandchild, Ari Reece Kramer, on December 26, 2022. Proud parents are Jamie and Zach Kramer, and big sisters are Molly and Jordy.

Robin and Mickey Burstein, on the birth of their granddaughter, Gwendolyn Reese Ryan, daughter of Laura Burstein and Bill Ryan.

CONDOLENCES:

November 16 - January 15

Marvin Dunoff father of Joy (Stuart) Stein.

Ishak Goldschmidt cousin of David (Bilha) Marcus.

Norma Marlene Milhiser sister of Steven (Ellen) Milhiser.

Martin E. Segal father of Barry (Jennifer) Segal.

Myra Zeleznik sister of Irene (Jeff Rosenbloom) and aunt of Renee (Josh, Rachel, Abigail) LeVine.

Esther Bradus grandmother of Laurie (David) Ehrlich.

DONATIONS

November 15 – January 16

Abram Blum Library

In Memory Of

William Hoffman

Richard & Lois Neuman

Alan B. Levenson

Joan M Levenson

In Honor Of

Vic Cohen

Randy and Laurie May

Bernie Witt Congregational Learning

In Honor Of

Gwendolyn

Joan and Richard Gorman

The Hebrew Reading Study Group

B'nai Mitzvah Scholarship

In Honor Of

Owen Ritter

Claire Ritter

Building Improvement

Ben & Tamara Ring

Cahan Adult Education

In Honor Of

Faye Feder

Richard & Nancy Millstein

Community of Caring

In Honor Of

Andrew & Joan Zuckerman

Enrique & Suzanne Fefer

Barry & Barbara Korb

Hal Scheinberg and Roberta Lasken

Randy and Laurie May

In Memory Of

David B. Feder

Seth & Marisa Marcus

Florence Wolfe

Diane & Richard Lurye

Itzhak Goldschmidt

Paula and Steven Cohen

CEMETERY PLOTS FOR SALE!

Garden of Remembrance
in Clarksburg, MD: \$2700 each

Judean Gardens
in Olney, MD: \$3000 each

Mt. Lebanon
in Adelphi, MD: \$1000 each

Contact Joanna Rubin at jrubin@harshalom.org
for more information or to make a purchase.

Have some Family News you
would like to share with the
Har Shalom Community?
Email aaron@harshalom.org to have
your simcha included in the Mazel Tov
section of the Shabbat Shalom emails
and an upcoming issue of the Tablet!

Speedy Recovery

Rose Shames
Mrs. Joyce Lipman

Debbie Karch Children's Library***In Memory Of***

Abe M. Paul
Marla Cohen

General Operating

Ben & Tamara Ring
Naomi Levinson
Suzanne B Ducat
Victor & Marla Cohen
Leslie & Joel Susskind
Ronnie Ginsberg
Sharon and Eric Mayl
David & Phyllis Coburn

In Honor Of

Ilana Marcus
Seth & Marisa Marcus
June Rogul
Ruth Seif and Stan Tempchin
Vic Cohen
Mrs. Joyce Lipman

In Memory Of

Carol Morenoff
Caroline Morenoff
Frank Blechman
Jerome Morenoff
Samuel Morenoff
Mrs. Judy Morenoff
Ellen Baker
Mr. Arden Baker
Gerald Stempler
Mrs. Deana Stempler
Myra Zeleznik
Mrs. Joyce Lipman
Sophie Slan
Melvin & Linda Slan
Bayla Rosenzweig
Mordechai Rosenzweig
Zeu Rosenzweig
Rachel Rosenberg
Samuel Mittleman and Rachel Radin
Ann and Warren Steinberger

Harvey Forest Fund***In Memory Of***

William Mannes
Joan Forest

Hazzan's Discretionary Fund

Daniella Livnat
Howard C Menditch

In Appreciation Of

Hazzan Ozur Bass
Eric & Sharon Mayl

In Honor Of

Rabbi Janet and Hazzan Ozur Bass
Steven B. & Paula Cohen

In Memory Of

Charlotte Ross
Kathryn Chesler
Mr. Robert Ross
Emanuel Bernstein
Hiram & Meryl Bernstein
Eva Rosenberg and Anita Postal
Dr. Susy Postal

Speedy Recovery

Janet Ozur Bass
Bernard & Cheryl Rod
Rabbi Janet Ozur Bass
Mickey Burstein & Robin Kramer
Jack Luria
Debra Star

Hevra Kadisha***In Memory Of***

Abram Blum
Ms. Marcia Witt
Rose Feldman
Mrs. Helene Feldman
Stan Siegel
Bena Siegel

Ilene Abrams Gemilut Hasadim

Larry Center and Liz Stoff

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In Honor Of

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Mrs. Frances Feder

Estrella Levy
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In Memory Of

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Robert Adler
David & Sandra Freeman

Marcus Family Endowment

In Memory Of

David Kenton
Douglas & Julie Lockwood

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In Honor Of

Vic Cohen
Dr. Kenneth Shere

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Allan & Janet Akman
Howard and Suzie Hacker
Howard Cy Menditch

In Honor Of

Adrienne and Manny Mandel
Lisa Mandel-Trupp
Laura Rettinger & Erich Stumpe
Mr. Arthur Rettinger
Owen Ritter
Marcia Kerchner
Mia Raskin
Brenda and Jim Schmand

In Memory Of

Charlotte K. Lewis
Douglas & Rita Lewis
Georges Bachrach
Carlos Bachrach & Deborah Kalkstein
Harriet Fridkin
Marjorie Fridkin
Jennie Plotkin
Steve & Wende Schuster
Ken Trupp
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Jeremy Selengut & Jessica Sunshine

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Nathan Ladin
Jeffery & Meryl Cohen
Delores Siegel
Joy & Ron Paul
Marvin Rogul
Leslie & Joel Susskind

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In Honor Of

Ethan Schmand and Shai Litwok
Brenda and Jim Schmand
Owen Ritter
Michelle & Leonard Tow
Gwendolyn
Mickey Burstein & Robin Kramer

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In Appreciation Of

Beth Ann Katz
Eileen Shatzman

In Memory Of

Norma Marlene Milhiser
Ms. Beth Ann Katz

Youth Activities

In Honor Of

Owen Ritter
Bob & Laurie Sunshine

In Memory Of

Mollie Jacobs
Stanley & Robin Hein





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