

THETABLET

Congregation Har Shalom July/August 2023 Volume 56 - Issue 6 Tammuz/Av/Elul 5783 www.HarShalom.org/TheTablet







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

FROM RABBI RASKIN



Adam J. Raskin Rabbi 301-299-7087, ext. 1 rabbiraskin@harshalom.org

I recently got a sneak-peak at what is sure to become an exciting and fascinating destination in Washington, D.C. In the first week of June, the Lillian & Albert Small Capital Jewish Museum opened for Jewish professionals to explore (the museum is open to the public beginning June 9). The outside of the building, which includes the original structure of a mid-19th century synagogue building was still wrapped in construction fencing when Carly Litwok and I arrived for the visit. Inside, workers were putting the finishing touches on the 25,000 square foot, four story structure in the heart of Judiciary Square. Next to the 150 year old synagogue is a gleaming, modern museum with artifacts spanning the history Jewish life in Washington, D.C. from its earliest settlers to its more recent expansion into Maryland and Virginia. Vestiges from rallies, protests, and demonstrations that brought many thousands to D.C. over the years are also preserved, including a donation from our beloved Rabbi Leonard Cahan z" from the March on Washington for Soviet Jewry. Various personalities from every walk of life who have made an impact on the community are introduced to visitors through compelling displays. Museum goers are also invited to use various manipulatives to express their own Jewish affinities and passions. A really innovative "Community Action Lab/Maker Space" allows for people to engage in hands-on activities to bring to life the lessons of the museum. The museum employs the most modern technology, including an interactive map exploring the demographic expanse of the Jewish community in the DMV.

The third floor space is designated for traveling exhibits and currently features a remarkable collection about Ruth Bader Ginsberg. From her judicial robes and iconic lace collars, to recordings of speeches, letters, year books, papers, and other unique memorabilia from her extraordinary life and career are on full display. Her triumph over gender discrimination and quotas is profoundly inspiring and is chronicled in various documents and interviews. It is a wonderful tribute to the life and legacy a history-making American Jew.

There is a lovely space for snacks ("The Nosh Pit"), and of course, a museum shop for souveniers as well. As you contemplate your summer plans, make the Capital Jewish Museum an outing with family and friends. You can learn more about it here: https://capitaljewishmuseum.org/

Wishing you a wonderful, memorable summer. Remember Har Shalom is open all year round! We always love to see you at shul!

With heartfelt blessings,

Rabbi Adam Raskin



FROM RABBI SIMMONS

One of my favorite TV show guilty pleasures is the British game show "Taskmaster", where a slate of comedians compete against each other and win points for tasks such as "eat as many peas as possible in 100 seconds", "make a portrait of a celebrity out of toilet paper", and "bring in the best autograph on a vegetable."

I was watching an episode recently where the contestants were put into teams and each participant was given a secret task— not knowing that their "teammates" were being given tasks that directly contraindicated their partner's stated goal. For example, one person was told to put as many different items into a tub as possible, while their teammate was tasked with covering that same tub in cling film, and a third person (ostensibly on the same team) was told to fill the tub up with water.

The two competing groups dove into the task with gusto, and emerged with remarkably different results: one team finished with a full tub containing lots of items inside which had then been covered by cling film, while the other team ended up with only a few items in the tub, wads of cling film on the ground next to it, and several broken items lying around on the floor.

What was the difference? In the first group, when the start whistle blew, the teammates realized quickly that they were not completing identical tasks. So, they talked to each other and told each other what their assigned goals were, and then worked together to try and accomplish as much of each goal as possible. In the second group, however, nobody communicated. Instead, everyone was so focused on their individual goals that they spent most of their time putting down and then ripping up cling film, putting items into the tub and having them flung out again, and spraying water all over the place. It was epic— in that it really, really didn't work.

So why am I sharing this story with you? The outcomes on "Taskmaster" were hilarious, and frustrating, and deeply human, yes, but what do they have to do with Har Shalom?

Well, as I was watching this episode unfold, I kept thinking about how sometimes, being a staff member at a synagogue can feel like being in the midst of a team task like this one. There are moments of laughter, moments of confusion, and moments where it's messy. Sometimes, it can feel like everyone has their own priorities and their own goals, and like there's no realistic way to actually accomplish anything substantial. The Board, the clergy, the Sherman ECC and HSRS, Sisterhood and Men's Club, Chesed, RAC, and all of the other committees— each group has its own priorities and focus and yet, somehow, all of us get to share the same building, the same calendar, and the same pool of resources.

Just like in "Taskmaster", however, there is always a choice about how each constituent group can go about making our goals and vision for Har Shalom a reality. If we dig in our heels and focus only on our own interests, we will 4 • The Tablet 5783



Rachel Simmons Rabbi 301-299-7087 ext. 1 rabbisimmons@harshalom.org

become like the second team on the show—we'll end up frustrated and disheartened, with nobody getting what they want and with a mess to clean up. But if we find a middle ground and communicate not as an exception but as a way of life, we can carry each others' priorities along with our own and widen our vision to include that of others'-- just like the first, and more successful, team on the show did.

As I write this, we are deep in the midst of organizing the Har Shalom calendar for the upcoming year. Making sure that each branch of the community has access to what it needs is quite a task, especially because there is no option where every single person gets every single thing they want every single day. As we sift through emails and meetings and discussions of how to organize the next twelve months, I keep hearing the words of the Psalmist in my head, saying: "Lord, teach us to correctly number our days, that we may get to the heart of wisdom." (Ps. 90:12)

How do we keep from losing sight of the bigger picture, and our deeper values, while we hash out the whens and hows and whys and whos of the year? How can we literally number our days— how can we build a calendar with so many moving parts involved— without alienating each other, and without feeling in competition with one another? Where is the heart of wisdom when it comes to the practicalities of being in community?

The key, as our wise show "Taskmaster" teaches us, lies in reframing our goals to include helping one another as a priority. Under this framework, compromise becomes a way of life: we just need to make the active choice, each and every one of us, to put the health of the congregation near the top of our list of priorities.

Or, to put it in traditional Jewish terms: amidst the day-to-day office work and the many staff hours that go into making a place as big and beautiful as Har Shalom run smoothly, perhaps what we need to keep reminding ourselves of is just: love your neighbor as yourself. In this case, that would mean: love your neighbor's needs as your own. Love your neighbor's committee as your own. Love your neighbor's calendar as your own.

This is how we will number our days!

Always,

Rabbi Rachel Simmons

FROM THE HAZZAN



During the High Holy Days, we recite, as part of the Unetaneh Tokef, 3 actions that we are encouraged to take to mitigate the severity of the decree: teshuva, tefilah, and tzedakah. Human beings are certain to encounter pain and disease. In an attempt to explain pain and disease, individuals (and communities) often resort to meaningfilled questions such as "why is this happening to me", or, for the theists among us, "why would God allow this to happen"? We are lulled by the illusion that if we answer these questions, meaning can be restored and the world would regain balance.

These questions often have the opposite effect: instead of comforting the one who is in pain, they increase their suffering. The genesis of such questions is resistance, an opinion that whatever is happening should not be happening. In the same way that Jonah complained about his fate, we complain against the universe for creating our obstacles. Dr. Kristin Neff, in her book about Self-Compassion suggests that suffering is the product of pain and the resistance to that pain. On the other hand, turning towards the self with compassion, holding ourselves in a similar way that we would a dear friend, the pain is still there, but the suffering disappears.

Rabbi Myriam Klotz, writing in "Jewish Pastoral Care: A Practical Handbook From Traditional and Contemporary Sources" (Rabbi Dayle Friedman, ed.), goes one step further. Rabbi Klotz looks at the Unetaneh Tokef, the central liturgical passage during the High Holy Days, as a way to increase connection and spirituality in the process of healing. She suggests that teshuva, tefilah, and tzedakah do not need to be interpreted as actions, but introspective responses to suffering.

When we examine our actions and narratives, we are beginning the process of teshuva. If we are the heroes of our own stories, there's a chance that we're emphasizing being right over being in relationship. There are actions that might result from this introspection: we can reconnect by attempting to rectify the relationships, through confession and reparations. Teshuva starts in our hearts, and while it cannot heal relationships until there's an attempt to connect, it reframes the search for meaning through humility.

Enriching our spiritual inner life, through meditation and prayer is the introspection of tefilah. Many Jews

understand prayer as the repetition of scripted words during fixed times, which requires initiation and knowledge of Hebrew and theological concepts. Tefilah means self-examination, and it is an opportunity to connect to our feelings, a part of us that is created in God's image. It requires no knowledge, no fixed time, and no script; simply an intention to accept our inner life and connect to The Source of Blessing. Praying during services provides an extra connection with our community (fixed time) and the people of Israel (scripted words). But it is the piety brought by the introspection of tefilah that reframes the search for meaning.

Finally, when we are grateful for what we have, that is the introspection of tzedakah. God provides human beings with so much. If you are blessed like me, you might have shelter and sustenance, along with clean water and health, and love, most of all. Expressing gratitude for those blessings might motivate one to give, not through a sense of obligation. Giving is a way to disconnect from the self, to understand ourselves as part of a greater whole. Expressing gratitude is tzedakah's way of reframing the search for meaning.

The humility of teshuva, the piety of tefilah, and the gratitude of tzedakah are introspective ways to respond to suffering. I pray that we devote our energies to reframe our responses, so that through teshuva, tefilah, and tzedakah, we are able to mitigate the severity of the decree.

Hazzan Ozur Bass

Har Shalom at the DC PRIDE FESTIVAL







FROM THE PRESIDENT



Despite what baseball fans (or, any sports fans) believe - there is power in third place.

Coined by sociologist Ray Oldenburg, "third place" is not our home (first place) or office (second place). Rather, "third place" is a distinct space where we can gather formally or informally to socialize, exchange ideas, and build relationships. In our fractured, fast-paced world, it probably won't surprise you that psychologists, career coaches, and local policymakers agree - having a third place in your life can enhance our mental health, work performance, and community.

While we can keep up with friends over social media - and maybe even offer and receive support within a facebook group united around a common interest - true connections and community manifest in physical spaces where people can easily and routinely gather. The pandemic only reinforced the importance of getting out of our homes - and home offices - for face-to-face bonding in a third space.

Think about it: Some of the most famous third places have zip codes like 02108 (Cheers), 10012 (Central Perk) and 90210 (Peach Pit). These are iconic TV-land hangouts, "where everyone knows your name," and your friends are "there for you." And, while no more than 2-3 Jewish characters called the famous bar stools, booths or sofa a "home away from home," each location featured a core Jewish value – Gemilut Hasadim, acts of lovingkindness.

For many of you, Har Shalom is your third place precisely because we strive to nurture our community with acts of loving kindness. In celebrating, mourning, and evolving together, there is power in uniting to ensure that Har Shalom can offer the fundamental activities and acts of loving kindness that are vital to synagogue life.

Here are a few Gemilut Hasadim activities that are driven primarily by volunteers - and offer you an opportunity to build or deepen your connections at Har Shalom:

- on Monday and Thursday, please attend inperson minyan so members who are in mourning or observing yahrzeit can say kaddish. Minyan is open to all members, regardless of your level of knowledge or observance. We need at least 10 adults to participate in each service, lasting 20-30 minutes. For parents with school-age children, Minyan is a way to model Gemilut Hasadim – and help your students to learn and feel comfortable at Har Shalom. Check the Har Shalom website for minyan times - www.HarShalom.org/services.
- On Friday and Saturday, please consider volunteering to prepare kiddush lunch for Shabbat. Culinary skills are not required only a willingness to kibitz in the kitchen while you style a veggie platter or dessert tray, prepare bagel baskets, set up serving lines and assist with clean up. Har Shalom kiddush lunches are what make our community special, and it's almost completely volunteer led. Use this sign-up genius to volunteer with kiddush prep: https://tinyurl.com/HSKitchenVol.
- On Shabbat morning and during the High Holidays, please support our community building by greeting or ushering. A smile, extended hand or fist bump breaks the ice for new members and returning friends. Even if you're not a Shabbat regular, you'll meet fellow Congregants and foster new connections at Har Shalom! Keep an eye out for your High Holy Day Ticket Request Form arriving in your inbox for more details!

While the clergy and staff at Har Shalom are dedicated and outstanding - no amount of AI or cloning can triple their numbers to fulfill all of the acts of loving kindness members can expect to be offered within Har Shalom.

We need your help - so please consider volunteering at least once or twice each month in these important roles.

While we may not agree on who should take the top trophy or pennant ... and perhaps the pickleball court is your summertime third place ... I hope you see Congregation Har Shalom and our community as a third place that is here for you now and in the future.

Armée

Aimee Segal

FROM THE EXECUTIVE DIRECTOR



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

Mazel Toy!

Joanna Rubin, who started at Har Shalom in 2010, is an integral part of our day to day operations! Whether it is coordinating our Kiddush lunches,

managing our facility, teaching Religious School, or helping a congregant (to name a few), she wears many hats! With approval from the Har Shalom Board of Directors, I am happy to announce that Joanna has been promoted to Director of Building and Kitchen Operations.

Joanna is an amazing and dedicated team member and helps to keep this place running! Please join me in wishing her a big Mazel Tov – and sign up to help support Kiddush when you can!

HELP US, HELP YOU!

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Help us save on postage and supplies by indicating you want to **Go Digital** or <u>opt-in</u> to a

mailed Tablet!

Complete the form at

www.HarShalom.org/TabletMailing





Shaharit Service: In person in the Stein Family Chapel: Mondays & Thursdays at 8:00AM Zoom: Weekdays at 8:00AM; Sundays at 9:00AM Contemplative Evening Service: Zoom: Weekdays at 7:15PM Traditional Evening Service In person in the Stein Family Chapel: Mondays & Thursdays at 7:45PM Zoom: Sundays at 7:30PM Shabbat Services remain in person on Fridays at 6:30PM & Saturdays at 9:30AM and streaming at www.harshalom.org/services

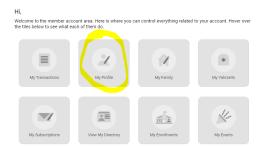
DID YOU

You can use the Har Shalom website to submit a Mazel Tov, request an Aliyah, be added to the Refuah List, and more! Complete the form that best suites your need at www.HarShalom.org/Publicity

Questions? Call the Synagogue Office at 301-299-7087

How to Add A Photo to Your Har Shalom Account!

- 1. Go to www.HarShalom.org
- 2. In the top right corner, click to **Login** to your account.
- 3. On the main Account screen, select **My Profile**.
- Scroll down and click to View & Edit Your Profile in the bottom right.
- 5. On the **Personal Tab**, scroll down to the **Other** section.
- 6. For **Picture**, click to **Choose File** and select your desired photo from your device.
- 7. Click to **Save Changes to Person** in bottom right corner.



Har Shalomers out 4 About

The Empty Nester Havurah enjoyed a meetup in May at The Comus Inn

Send your photos to Tablet@HarShalom.org and you could be featured in an upcoming issue!



GETTING TO KNOW AJ MCCORMICK



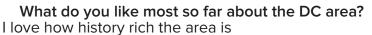
AJ McCormich Director of Youth Engagement and Programming 301-299-7087

Meet AJ McCormick (they/them), Director of Youth Engagement and Programming



What is your favorite food? Any kind of fruit!

Where were you born? I was born in Western Massachusetts





What are some of your hobbies?

I love reading and crafting. I make tons of junk journals.

Are you a sports fan?

I don't follow teams or watch regularly, but I do enjoy going to the games from time to time.





Where is your favorite place you've traveled? Spain, it was so beautiful and I want to go again

Place you most want to travel to? Greece!

Tell us two fun/crazy facts about you:

I was in the circus as a kid and did the fire eating, and I was almost on Disney Channel



What are you most excited about your new job at Har Shalom?

I'm excited to make new connections in the area!









END OF YEAR FUN WITH THE SHERMAN ECC!





























FROM THE EDUCATION DEPARTMENT



We ended our HSRS school year in May with a bang — a fabulous End of Year Siyyum (Celebration) filled with student performances of songs, stories and skits. I am so proud of all our students and teachers and the hard work they did during our 5783 school year.

Thank you to everyone for showing support to my family and me during this difficult time.

Wishing everyone a lovely end of summer – don't forget to register for HSRS 5784! www.harshalom.org/HSRS

-Ruth





MAZEL TOV TO HAR SHALOM'S CONFIRMANDS!

SANDER BECKER | SORREL BECKER
IAN DROSS | LUCY GINSBURG
DEVIN GOLDBLATT | MIRIAM GOLDEL
AMANDA KOSSOFF | LINDSAY KOSSOFF
BEN MANEVICH | JOSH MANEVICH
JORDAN MILLER | BEN MIRCHIN | LILY ROSEN
RINAT SCHREIBER | LILA SEGAL
HAILEY SPOTT | SELA WERTLIEB

HSRS SIYYUM













HAR SHALOM BOARD RETREAT





On Sunday, June 11, the Board of Directors came together in the Paul Family Social Hall for an energizing board retreat today! This full day retreat was facilitated by Rae Ringel, certified executive coach and founding President of The Ringel Group and our visionary President, Aimee Segal (with the help of Vice President for Administration, Larry Center). The creativity, momentum, and devotion of our lay leaders is so inspiring!



KOL HAKAVOD!

To all of the volunteers who helped collect items and stuff care packages for the Potomac Family Planning Center on May 7th. Together we filled and delivered over 50 bags to patients including toiletries, maxi pads, chocolate, and painkillers and wrote dozens of thank-you notes to health care providers at the clinic. The staff and patrons were deeply appreciative of our tzedakah!









Going Green With Har Shalom: Food Scraps Recycling Program

Starting July 1st, we will start our Food Scraps Recycling Program which is fully sponsored the first year by Montgomery County. We will provide training to those who are interested in learning more.

Acceptable Items for Food Scraps Recycling Fruits and vegetables Dairy products (milk, butter and cheese) Bread, pasta and grains Seafood Eggs and eggshells Coffee grounds and paper coffee filters Meat (including bones) Greasy pizza boxes Corrugated fruit and vegetable boxes Spoiled food Food-soiled paper Paper plates (uncoated or compostable) Paper towels and paper napkins Compostable bag

Certain types of compostable food service ware

According to the County, it is estimated that businesses and organizations dispose approximately 68,000 tons of food scraps in their waste annually. With our robust offerings of food service and programs, we are hoping to significantly decrease our waste.

Please be in touch with the office if you are interested in helping guide congregants during events where food is present!

Summer Sessions: July 12, July 16, July 25

Winter Sessions: January 16, January 22, January 28

Please be on the lookout in the Har Shalom emails or call the office to confirm timing and in-person/Zoom options.

Volunteers Needed!

Use this link to sign-up and help us prepare for Shabbat Kiddush. https://tinyurl.com/HSKitchenVol



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

ADULT EDUCATION

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



Hebrew Classes at Montgomery College:

Have you always dreamed of learning Hebrew? Or maybe it's time to catch up to your children's Hebrew skills or brush up your own skills? Montgomery College has opened its registration for the summer classes! MC offers four levels this summer, from lower intermediate to advanced. Classes are online in safe, nurturing and positive small groups of 6-10 students per class and are based on an Ulpan model. Learn more at www.montgomerycollege.edu.

Have a question about how to wear a tallit or tefillin? Interested in learning a specific prayer or song, or talking through the content of the liturgy? Curious why we have Hallel and Tachanun? Want to practice how to have an Aliyah?

Rabbi Simmons is available to teach or provide a refresher for these topics and more. Just drop into the Zoom room anytime between 11AM and noon on Thursdays with your questions.

SACRED SKILLS WITH RABBI SIMMONS

Thursdays, 11:00AM - 12:00PM

Drop-in on Zoom

www.HarShalom.org/SacredSkills

If you'd like to make a topic request, have a group/in-person session, or need a recording, reach out to Rabbi Simmons directly at <u>rabbisimmons@harshalom.org</u>



MONDAY MORNINGS | 10:30AM - 12:00PM OCT. 30 | NOV. 27 | DEC. 18

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

SAVE THE DATE

More details and registation links coming soon!

- Thursdays, Aug. 17, 24, 31 and Sept. 7 at 8:00PM: Join Rabbi Simmons for an Elul Class to get into the mindset and spirit of the 5784 High Holy Days
- Thursday evenings (beginning after the Holy Days): Join Rabbi Raskin and Rabbi Simmons for a special Intro to Judaism class here at Har Shalom

FROM SOCIAL ACTION AND TIKKUN OLAM

Thanks to Har Shalom congregants who have generously participated in SATO activities over the past few months.

In May we joined with Bethesda-based non-profit **KindWorks' Summer Fun Stuff** campaign. **Two thousand** brightly colored, bountiful Summer Fun Sacks filled with new items AND a book in every bag were assembled. Sacks provide a summer of play, exploration, and creativity for under-served children in our community.

KindWorks is the originator of **KindSoups**, which has delivered over **11,000 quarts of soup** to Montgomery County food insecure. Har Shalom leads zoom cooking sessions the 2nd and 4th Sundays of each month, with chefs preparing vegetable-based soups from their homes. Soups are donated to the Upcounty Consolidation Hub in Germantown and to friends in need. **Join us!** Find details and recipes at www. harshalom.org/kindsoup.



JULY / AUGUST COLLECTION focuses on much-needed **SCHOOL SUPPLIES** for Montgomery County's under-served students. <u>NEW</u> pens, pencils, crayons, markers, spiral notebooks, and <u>especially needed backpacks</u> will be donated to **Identity**, a local non-profit that creates opportunities for Latinos and historically under-served youth to thrive. When purchasing for your own children, consider picking up extras for those in need. This is a wonderful opportunity to introduce or reinforce the concept of tikkun olam, repairing the world through social action.

Rockville's **Stepping Stones** family shelter especially needs dinner donations during the summer months. Dinner consists of a protein, starch, and vegetables. Stepping Stones also requests a case of bottled water be included with every dinner donation. Find details at: www.signupgenius.com/go/409044fa5ae29a4fa7-dinner#/

Medical donations will be delivered in mid-July. Prescription and non-prescription drugs and medical items, including walkers, crutches, etc., can be donated. These items go to The Lutheran Church of St Andrew, which passes them to several recipient organizations. **IF YOU DONATE DRUGS**, please hand them to the office staff so they can be locked away. Do not leave prescription drugs in the coat room.

Ongoing collections include new and gently used bras, unopened feminine hygiene products, nonperishable food, school and cleaning supplies, toiletries, and new knit, crocheted, and fleece blankets. All donations go to worthy recipients -- I Support the Girls, Manna, the MoCo Upcounty Consolidation Hub, Do Kind Works, Comfort Cases, and others.

Check weekly emails for important links and all upcoming programs and collections.

Thanks for your continued support, which means so much to the community! Any questions, contact Marjorie Klein at msklein424@aol.com.

FROM THE HESED COMMITTEE What does HESED mean? SHARING IS CARING!

What does <u>H</u>ESED mean? It's a Hebrew word translated as loving kindness.

What is the <u>H</u>ESED Committee? We strive to be a COMMUNITY OF CARE.

Hesed is our committee of volunteers at Har Shalom that focuses on Acts of Loving Kindness. We reach out to our community and support our Har Shalom members in times of convalescing, isolation, ongoing medical treatments, as well as joyous occasions like the arrival of a new baby. The Hesed Committee hopes to help you feel that your Har Shalom family is a COMMUNITY OF CARE. Sometimes you may need loving support, a friendly phone call, or a homemade meal from our community, but other times you may be able to help someone who needs your care.

Join the <u>H</u>esed 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

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.

What does the HESED committee do?

We work collaboratively with Rabbi Raskin, Hazzan Ozur Bass, staff and congregants to identify a person in need of <u>Hesed</u>. We are a phone squad of callers checking in on someone recovering from a surgery or illness to see how they are feeling, if they need a grocery pick up or meal.

<u>Hesed</u> Committee has been preparing and delivering homecooked meals and setting up Mealtrains for individuals and families convalescing after surgery, ongoing prolonged medical treatments, and after the birth of a newborn.

We send personal handwritten notes to congregants to remind them we care during the period of mourning after the death of a loved one.

How can I be a part of this COMMUNITY OF CARE?

If you hear of a Har Shalom member who you think is in need of caring support, please email $\underline{\text{Hesed}}$ Committee: $\underline{\text{Hesed@HarShalom.org}}$ or call Aaron in the clergy office.

If you have time to make a few phone calls, write some handwritten cards, or cook a meal or sweet treat for a member, or make a delivery to a member our our Har Shalom family, please contact us!

We are eager for new members and ideas of how we can truly be a COMMUNITY OF CARE!

HAR SHALOM CABARET

A MAGICAL SONDHEIM TRIBUTE REVUE

On Sunday night, June 4, over 175 Har Shalom audience members enjoyed an evening of Stephen Sondheim songs arranged by Paul Rossen, the program's Music Director, and performed by eight extremely talented vocalists. Singing Sondheim is NOT easy. For many of the songs, there are more lyrics than there are musical notes in the score, but the performers carried out their solos, duets,



trios, quartets, and full company vocals flawlessly. Songs sung were from Sweeney Todd, Company, Merrily We Roll Along, Anyone Can Whistle, Sunday in the Park with George, Saturday Night, Assassins, A Funny Thing Happened on the Way to the Forum, Into the Woods, Follies, Passion, and Pacific Overtures. Musicians included Paul Rossen on keyboard, Lesley Cooper on flute, George Huttlin on percussion, and Melody Flores on violin. Wine and dessert were prepared by Har Shalom's incredible team of staff and lay people.

From left to right, pictured are Lee Rosenthal, Jarod Glou, Patricia Groisser, Steve Cairns, Bob Gudauskas, Liz Hester, Hazzan Ozur Bass, Megan Evans.

FROM THE HAR SHALOM PLAYERS

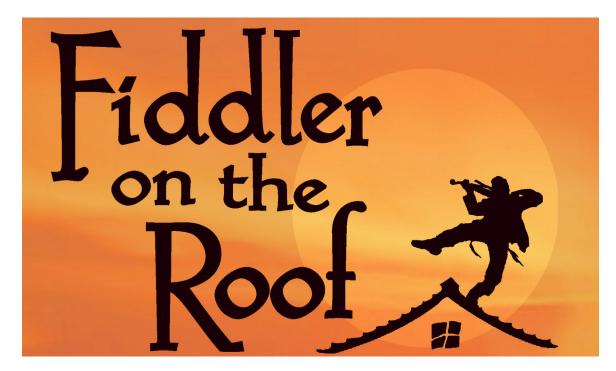
HSP ANNOUNCES 2024 MUSICAL PRODUCTION!

Sixteen years ago, in 2007, the Har Shalom Players performed *Fiddler on the Roof.* In 2024, we are performing it again, on Saturday evening February 3 and on Sunday afternoon, February 4. Auditions will be held on the evenings of Wednesday, October 3 and Thursday, October 4, 2023. SAVE THESE DATES. We hope to include as many talented Har Shalom members as possible in the cast. Please consider auditioning and think about how much fun this would be for generations of Har Shalom family members to participate together in this production.

Fiddler takes place in the little village of Anatevka, where Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, "Fiddler on the Roof" has touched audiences around the world with its humor, warmth and honesty. It's universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness.

Its celebrated score by Jerry Bock and Sheldon Harnick, features songs loved the world over: "Sunrise, Sunset," "If I Were A Rich Man" and "Matchmaker," to name a few. For more information, or to volunteer to help, please contact co-producers Stew Remer (sremer@verizon.net) or Ken Lechter (kennethlechter@gmail.com.

Turn the page for detailed descriptions for Named Roles in the show . . .



THE CAST WILL INCLUDE 13 MEN, 10 WOMEN, AND UP TO 10 CHILDREN (AGES 7 PLUS).

THE NAMED ROLES INCLUDE:

Tevye - The likeable, hard-working, pious dairyman who always tries to see the positive side of life. He is a proud patriarch and father of five daughters, closely raised according to the old scriptures. - Gender: Male - Age: 45 to 60 - Vocal range top: F4 Vocal range bottom: Ab2

Golde - Tevye's strong-willed wife who wishes for her daughters to have good husbands and live easier than she and Tevye. - Gender: Female, - Age: 40 to 50 - Vocal range top: Eb5 Vocal range bottom: A3

Tzeitel - Tevye's eldest daughter, who is madly in love with Motel. She is loyal to her family but typically challenges the town's traditions. - Gender: Female - Age: 18 to 25 Vocal range top: D5 Vocal range bottom: B3

Hodel - Tevye's second eldest daughter, who becomes involved with Perchik. She eventually leaves Anatevka to join Perchik in Siberia. - Gender: Female - Age: 18 to 23 - Vocal range top: E5 Vocal range bottom: B3

Chava - Tevye's middle daughter who loves to read. Falls in love and runs off with Fydeka, a Russian soldier. - Gender: Female - Age: 15 to 20 - Vocal range top: D5 Vocal range bottom: B3

Shprintze - Tevye's fourth eldest daughter who takes lessons at home from Perchik. - Gender: Female - Age: 9 to 13 - Vocal range top: D5 Vocal range bottom: B3

Bielke - Tevye's youngest daughter. Takes lessons at home from Perchik. - Gender: Female - Age: 8 to 12 - Vocal range top: D5 Vocal range bottom: B3

Yente - The meddling matchmaker. She is a widow and village busybody who knows all of the town gossip. Gender: Female - Age: 50 to 60 - Vocal range top: F5 Vocal range bottom: F3

Motel - The poor and meek tailor who shares a deep love with Tzeitel. Sensitive and nervous, but sincere and friendly. - Gender: Male - Age: 18 to 25 - Vocal range top: F#4 Vocal range bottom: E3

Perchik - The outspoken student and visitor to Anatevka, who constantly challenges the traditions of the town. He eventually falls in love with Hodel. Gender: Male - Age: 20 to 30. Vocal range top: E4 Vocal range bottom: B2

Lazar Wolf - The feisty, brawny butcher and the town's wealthiest citizen who wishes to marry Tzeitel. Gender: Male Age: 40 to 50 - Vocal range top: F#4 Vocal range bottom: C3

Avram - Runs the local bookshop and keeps the town advised of all the news in the area. - Gender: Male - Age: 40 to 60 - Vocal range top: Eb4 Vocal range bottom: D3

Grandma Tzeitel - Golde's deceased grandmother, who endorses the marriage between Tzeitel and Motel. - Gender: Female - Age: 60 to 75 - Vocal range top: D5 Vocal range bottom: C#4

Fruma-Sarah - Lazar's Wolf's deceased first wife. She becomes enraged when her husband plans to wed Tzeitel. Gender: Female - Age: 35 to 45 - Vocal range top: Eb5 Vocal range bottom: C4

Constable - Russian military official stationed near Anatevka who knows the villagers well, however he has superficial relationships with the villagers. Gender: Male - Age: 35 to 45

Fyedka - A strong, young Russian soldier who sees past his military obligations and falls in love with Chava. He challenges Tevye's imposed silence. - Gender: Male - Age: 20 to 25

Ensemble: Villagers, Russian Soldiers

FROM THE MEN'S CLUB

FUTURE 2023 BOARD MEETING DATES: July 12, Aug. 2, Sept. 6, Oct. 4, Nov. 8 & Dec. 6

Men's Club Summer Fun

Although our most popular *Brunch Series* suspends during the summer, many ongoing activities continue. We have Golf, twice weekly, Deli Breakfast weekly, and dine out opportunities once a month. These are available for members of the Men's Club and to all perspective members. Our board meetings continue through the Summer (July 12 & Aug 2), 8pm at Har Shalom. We welcome your attendance and ideas for future activities, please come or contact us at mensclub@ harshalom.org.

MC Golf in Full Swing

Players of <u>all</u> skill levels are welcome. Our golf outings take place at various Montgomery County public golf courses. Players pay their own expenses. We have a email list-serve that provides details for each golf date showing reserved tee times and courses which vary. Most typically we play Falls Road, Laytonville, Needwood & Northwest. If you have questions or do not currently receive these emails and would like to join the group's list-serve, please contact us at adultkidsclub@harshalom. org.

We play on Tuesdays and Fridays, subject to weather (we even play during the winter when its balmy enough). We schedule multiple groups at each outing. Some groups play scramble [best ball on every golf shot] and others play their own ball. Play as often or infrequently as you like without any extra fees that leagues or country clubs often charge. We usually have about 12-16 players. It is a great way to socialize and have fun.



Deli Breakfast

Every Thursday morning around 9:15-9:30 a meetup of MC members and golf group guys meet for breakfast at Brooklyn's Deli. Drop in for lively conversations about golf and an amazing array of other current topics. We opt for outdoor seating (weather permitting) otherwise we sit inside.



Dinners Out

Once a month, Men's Club organizes a guy's group dinner out at local restaurants. Each selected restaurant will have both vegetarian and fish entrees when kosher is not available. The dinners normally take place on the last Thursday of the month at 6:30 pm. Separate checks are done to allow everyone to order to their heart's content. If you are not on our mail list or are not sure whether you are on our list and want to receive an email reminder to RSVP, please contact us at adultkidsclub@harshalom.org. Attendance has been running about 18-25 men, so it is a great way to meet and get to know fellow congregants. Recent restaurants have included Pinstripes, Yardhouse and Al'haesh.

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 great place to start. Have fun while helping us serve our congregation and community. To participate or get more information about our vibrant club come to a board meeting, call 301-299-7087 x411 or email: MensClub@harshalom.org



CATCH UP WITH THE SISTERHOOD

I want to thank all of the women who served on the Sisterhood Steering Committee for the 2022-2023 year. I appreciate all each and every one has done to make Sisterhood the vibrant and caring organization that it is. At the Volunteer Appreciation event in May we elected the following slate for the 2023-2024 year:

Beth Ann Katz, President,

President-elect Co-Chairs: Helen Branda and Phyllis Magram

Marcia Akresh Faith Adler Marcie Blackman Helen Branda Ellen Kaner Bresnick Linda Brill Phyllis Coburn Paula Cohen Leslie Cooper Wendy Epstein Sandy Freeman Susan Grant Alissa Horvitz Toby B. Holtzman Candace Kaplan Hedda Kenton Marjorie Klein Lisa Koppel Phyllis Magram Ellen Menaker Ellen Milhiser Sandy Myers Hanna Lee Pomerantz Susan Rabkin Laura Rich Margie Ritter Millie Rumerman Becki Segal Melanie Shauer Eileen Sherr Bena Siegel Linda Silverman Alyse Steinborn Michelle Tow

Welcome to all of the new Board members and especially to our Co-President-Elects, Helen Branda and Phyllis Magram. I look forward to working closely with you in the coming year.

By the time you are reading this our New to You Sale will have happened. I want to express my appreciation to everyone who gave of their time and belongings to make this such a wonderful success. We are looking forward to the annual Potluck Dinner on Aug 1st in the Park Potomac clubroom.

Wishing everyone a wonderful start of summer and I hope to see you at a Sisterhood event soon!

Beth Ann Katz

Rita Wertlieb

Sisterhood President



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



Please join us on the first Wednesday of each month at 1pm for our Sisterhood Book Club discussions. All members of Sisterhood are welcome Email us at sisterhoodbookclub@harshalom.org so we can provide updates and links to our virtual meetings. Our selections for 2023-24 are:

September 6 - <u>Mother, Daughter, Traitor Spy</u> By Susan Elia MacNeal

October 4 - Eternal By Dara Horn

November 1 - All the Broken Places By John Boyne

December 6 - <u>From Miniskirt to Hijab</u> By Jacqueline Saper

January 3 - Belonging By Michelle Miller

February 7 - <u>The Personal Librarian</u> By Marie Benedict and Christophe Murray

March 6 - <u>One Hundred Saturdays: Stella Levi and</u> the <u>Search for a Lost World</u> By Michael Frank

April 3 - <u>Tomorrow and Tomorrow and Tomorrow</u> By Gabriel Zevin

May 1 - Kantika By Elizabeth Graver

June 5 - Book Selection Meeting



IUESDAT, AUGUST LAT 6:30PM

PARK POTOMAC CLUB ROOM 12500 PARK POTOMAC AVE, POTOMAC

Hosted by Judy Abrams and Hannah Lee Pomerantz,

Come to schmooze and enjoy a delicious Potluck Dinner with your Sisterhood community. The evening will include the installation of the 2023-2024 Steering Committee.

Returning members please bring a dairy or pareve appetizer, entrée, or dessert to share. New members, please be our guests.

RSVP by Tuesday, July 25 www.HarShalom.org/SisterhoodPotluck2023

Questions? Contact Judy Abrams at judabr@comcast.net



Sisterhood Volunteer Appreciation Event

Sisterhood of Har Shalom had its end of the year event featuring a delicious menu and guest speaker, Noa Baum. Award winning author and storyteller Noa Baum regaled us with family stories and sounds from her childhood in Jerusalem, mixing narration and characterization, that evoked our imagination and our own memories of growing up. There was a lot of laughter brought on by her ability to tell her stories.

The event acknowledged all the Sisterhood members who volunteer their time and energy and go the extra mile for all our programs, community action and fundraising projects. The beautifully decorated centerpieces packed full of toiletries and assembled by our volunteers will help the women at the Stepping Stones Shelter here in Rockville.

Also, Beth Ann Katz, Sisterhood President, welcomed the new slate of Board Members at the event.

The evening was very well attended and the meal was delicious! Thank you Susan Grant and Linda Isen for co-chairing the affair, and thank you to all our volunteers!!















From top left to bottom right, pictured are:

Carly Litwok (Executive Director), Beth Ann Katz (Sisterhood President), Susan Grant (Sisterhood Past President)
Noa Baum (Guest SPeaker)

Aimee Segal (Har Shalom President), Paulette Baron, Carly Litwok, Helen Branda, Phyllis Magram Suzanne Fefer, Hanna Lee Pomerantz, Linda Isen (Event Co-Chair) Sandy Freeman, Lynn Mintzer, Sheila Taylor Amy Fine, Marj Klein

Linda Isen (Event Co-Chair), Ruth Newberger, Susan Grant (Event Co-Chair)



Announcing

Our 2023-2024

Kol Yisrael Arevim Zeh Ba'Zeh Campaign

All the people of Israel are responsible for one another

We strive to make a significant impact through scholarships and programs that benefit students at The Jewish Theological Seminary, Ziegler School of Rabbinic Studies, Schechter Institutes, Seminario Rabinico Latinoamericano and Zacharias Frankel College.

Thanks to the generosity of our donors, we help committed Jewish students become the rabbis, cantors, educators, synagogue administrators, social workers, scholars, researchers and lay leaders of tomorrow.

When you support Torah Fund, you help educate students in New York, Los Angeles, Israel, Latin America and Europe—and you align with those who value learning, knowledge and providing the future generation with relevant skills to fortify the Jewish people.

Visit www.jtsa.edu/torah-fund

This pin highlights the word 'arevut,' responsibility. It corresponds to the theme from the Babylonian Talmud, Shevuot 39a, that all the people of Israel are responsible for one another, and we assume that responsibility through our support of the five Conservative/Masorti institutions of higher education.



MAKE IT A PRIORITY TO GIVE TO TORAH FUND!

TORAH FUND GIVING LEVELS

Keter Kavod \$5,000 Scholarship Patron \$2,500 Patron \$1,200 Associate Patron \$600 Guardian \$300 Benefactor \$180 FOR OUR U.S. SUPPORTERS, go to inspired.jtsa.edu/torahfund

Or send your check to the Torah Fund office.

FOR OUR CANADIAN SUPPORTERS, go to torahfundecards.jtsa.edu/canadian Make a donation of any amount with the minimum purchase of one ecard. Or send a check to The Jewish Theological Society, 100 Elder Street, North York, Ontario, M3H 5G7.

The dedicated philanthropy of the Women's League for Conservative Judaism, Torah Fund supports scholarships and programs in the worldwide Conservative/Masorti institutes of higher Jewish learning.

TORAH FUND

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FAMILY NEWS

B'NAI MITZVAH



Sadie Cohen
September 2
Daughter of Moshe & Honey Cohen



Anaya Goldblatt September 2 Daughter of Emily Block

MAZAL TOV! March 15 - May 15

Ray Turgel in honor of his 99th birthday.

Ira & Mj Sherman, Estrella Levy, and Sorell Schwartz our Har Shalom Honoree Gala Awardees.

Ron Lipsman on his 80th birthday.

Elaine Steppa on the acceptance of her grandson, Leizer Steppa, as a resident at Cornell Hospital, NYC.

Fern and Dr. Ron Solomson on the wedding of our granddaughter, Hadassah (Dassi) to Amitai Diament.

Robert Tettelbach and the late Ellen Ungerleider on the engagement of their son Matthew to Sarah Fenn.

Michael Baron on the 50th anniversary of his Bar Mitzvah.

Randolph and Laurie May on their 52nd wedding anniversary.

Dalya Lurie on her Bat Mitzvah in Israel.

Rabbi Adam & Sari Raskin on the Bar Mitzvah of their nephew Avi Levinson, and graduation of their daughter Mia Raskin, cum laude from Binghampton University with a BS in Business..

Robert Singman on his Blue Yarmulke Award.

Vic Cohen on his Seaboard Region Lifetime Achievement Award.

Robert Bodansky on his father's Seaboard Region Lifetime Achievement Award.

Ryan Kaplow, son of Wes & Amy Kaplow, on being inducted into the Chi Alpha National-Scholar Athlete Society. Ryan is a senior wrestler at Muhlenberg College.

Joan & Sylvan Sobel on the engagement of their daughter, Izzy, to Blake Namerow.

Noah Loggia on signing with the Bat Yam Dolphins (Israel Elite Ice Hockey League) to play ice hockey this summer in Israel. Proud parents are Michelle Cades and Andy Loggia, and grandparents are Ellen and Steve Cades.

Daniel & Diane Berinstein on their daughter, Jenna Berinstein graduating Cum Laude from Northeastern University.

Phyllis & David Coburn on the birth of their 6th grandchild Natan Baruch!

Don and Sheila Moldover on their 55th wedding anniversary.

Debby Vivari on her 70th birthday and Bat Mitzvah anniversary.

Phyllis Coburn on her 70th birthday.

Wendy Epstein on her 70th birthday.

CONDOLENCES:

March 15 - May 15

Lisa Warsinger (Neil) Martin on the passing of her Uncle, Joseph Hilsenrath.

Toby Holtzman on the passing of her Aunt, Lois Blumenfeld.

Dennis and Linda Winson on the passing of their daughter, Beth (Winson)Shatsky.

Rachel Becker on the passing of her Sister-In-Law, Rozzie Brilliant.

Amy Manela on the passing of her Mother, Beatrice Dobkin.

The Isman Family on the passing of our member, Susan Isman.

Marcie Blackman on the passing of her father, Brian Usilaner.

DONATIONS

March 15 - May 15

Abram Blum Library

In Memory Of

Jeanette Hoffman Richard & Lois Neuman

Ashin-Zitomer Dor L'Dor Fund

In Memory Of

Abraham Adler Mikki and Jeffery Ashin

B'nai Mitzvah Scholarship

In Memory Of

Brian Usilaner Eileen Shatzman

Building Fund

In Honor Of

Debbie Schwartz Rozzy and Roger Blond

Cantor Cal Chizever ECC Scholarship

In Memory Of

Randi Leshin Mr. Michael Goldfinger

Capital Projects

In Honor Of

Hal Freed Kenneth David Shere

Community of Caring

In Memory Of

Beth Winson

Helene Feldman

Brian Usilaner

Joy & Ron Paul

Kandy Hutman

Paulette Schofer

Mr. Stanley Schofer

Sally and Hyman Kosowsky Zeevia & Joseph Jaffa

Debbie Karch Children's Library In Memory Of

Beth Winson Shatsky

General Operating

Mark & Marlene Frankel

In Honor Of

Hal Freed Cindy Berkowitz

In Memory Of

Beth Winson

Jack & Diana Binder

Blanche Abel

Irene & Jeffrey Rosenbloom

Clara Halpern

Eliot & Christiane Sorel

Edith Karch

Harvey & Ellen Karch

Eugene Gilman

Larry & Dawn Fischer

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Steve & Wende Schuster

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Cindy Berkowitz

Judith Schuster

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Rabbi Simmons' Discretionary Fund

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In Memory Of

Dolores Shapiro Mr. Arden Baker Randy Katzelnick Susan Rosenstock & James Midanek

Siddur Sim Shalom In Memory Of

Mary Oshinsky Schneider William & Ruth Oshinsky

Sisterhood Donation In Appreciation Of

Bikkur Holim Committee Mrs. Marie Kramer

In Memory Of

Brian Usilaner Becki Segal Ms. Beth Ann Katz Dolores Shapiro Richard & Linda Isen Randi Leshin Richard & Linda Isen

Youth Activities In Honor Of

Rachel and Jeffrey Karton & Franklin Karton Steve & Ellen Milhiser

In Memory Of

Beth Winson Hanna Lee Pomerantz





CEMETERY PLOTS FOR SALE!

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

Judean Gardens n Olnev, MD: \$3000 each

Mt. Lebanon in Adelphi, MD: \$1200 each *NEW PRICE*

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



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RABBI RACHEL A. SIMMONS

<u>H</u>AZZAN **Henrique ozur bass**

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The Har Shalom Legacy Circle recognizes the following donors who thoughtfully provided for the future of Congregation Har Shalom through a Planned Legacy Gift

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SUBMISSIONS to the TABLET are welcome. Please email to <u>tablet@harshalom.org</u>. Deadline for each issue is FOUR WEEKS prior to publication date. The TABLET is published bi-monthly and included with your membership dues, by Congregation Har Shalom, 11510 Falls Road, Potomac, Maryland 20854.