

HTAB

Congregation Har Shalom March 2022

Volume 55 - Issue 3 Tevet/Shevat/Adar I 5782 www.HarShalom.org/TheTablet



RSVP at www.HarShalom.org/Purim



Music 4 Spirituality Shabbaton

FEATURING

DEBORAH SACKS MINTZ

Community Singing Consultant of Hadar's Rising Song Institute

FRIDAY, MARCH 25 @ 6:00PM

"Prayerful Harmony: Sustaining Ourselves Through Song"

SATURDAY, MARCH 26 @ 9:30AM

"Music as a Source of Comfort and Strength, Power and Struggle"

SATURDAY, MARCH 26 @ 8:30PM

Rising Song Gathering: Havdalah & Melava Malka

SUNDAY, MARCH 27 @ 10:30AM

Boi Kallah, Shabbat HaMalka (Come in Bride, Shabbat Queen): Singing in the Divine

LEARN MORE & REGISTER: WWW.HARSHALOM.ORG/MSSHABBATON





Music & Spirituality Shabbaton

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JOIN US FOR PURIM

> March 16 7:00PM

Megillah, Mask
Decorating
Contest &
Congregational
Celebration!

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

FROM THE RABBI



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

DIY MISHLOACH MANOT!

Several weeks ago, Sari and I were in New Jersey and we stopped in one the heavily populated Jewish towns just outside of New York City. We wanted to bring back some food from the many kosher markets and restaurants, and Sari was eager to take me to a discount store called Amazing Savings. At this particular location, Amazing Savings stocks all kinds of Jewish themed products: napkins and plates that say Mazal Tov!, tablecloths with Shabbat symbols; and all kinds of platters ideal for big holiday meals and simchas. On one wall was a whole array of containers, baskets, and decorative boxes of all different sizes. Sari looked at me and explained it in one word: "Purim." The store was already preparing for people to fulfill the mitzvah of Mishloach Manot (Purim by baskets), providing clever packaging for these special deliveries. Purim is a widely celebrated, joyous holiday but it only actually has four mitzvot, four sacred obligations that Jews must fulfill on this holiday: hearing the reading of the megillah; enjoying a se'udah (a festive meal); giving matanot le'evyonim (literally "gifts to the poor," usually in the form of tzedakah), and mishloach manot, sending a package of food to at least one other Jew.

It is so beautiful that one of the ways we expand the joyousness of Purim is by delivering gifts to friends and neighbors. It is always exciting when people stop by to drop off mishloach manot, and to see what they included in this year's package. The mitzvah of mishloach manot can be fulfilled in either a very simple, basic way or with a lot of creativity and elaboration. The minimum requirement is that mishloach manot contain two readyto-eat foods (hamentaschen is almost always one of them!). It has become common, however, for people to take this opportunity to be really creative and to involve the whole family. Some people assemble their *mishloach* manot around a theme. One year, in a particularly frigid winter, we received a beach themed mishloach manot, which included some non-edible items like sand toys and a Frisbee, along with citrus-y foods and beach snacks. Another year we received a breakfast themed *mishloach* manot, with pancake mix, hot cocoa powder, a sleeve of instant coffee, a spatula, etc. A few years ago, when my home team Cleveland Browns ended a long drought

and made the playoffs for the first time in 18 years (such a Jewish number!), our mishloach manot included orange and brown M&Ms and lots of other football themed goodies! I share all this to encourage you to make this a tradition in your family. Think about what's on your mind as Purim comes around this year. Get the whole family involved: come up with a theme, search for goodies that represent that theme, get a family-assembly line to put it all together, and then hit the road and deliver them to friends and family. I guarantee it will create life-long memories for younger generations, and it will radiate the spirit of Purim far and wide.

The days of Purim are described in Esther 9:22 as yamim...asher nehepach me'yaqon le'simcha u'mei-evel le'yom tov, a time when sadness was transformed into joy, mourning into festivity. As we anticipate the festival this year, may the blessings of Purim encourage us to emerge from these challenging times to gladness, hope, and good health for each one of you, and for the entire world.

Happy Purim!

Rabbi Raskin



FROM THE HAZZAN

One of the most distinguished 3rd Century Sages in the Talmud has a very unique understanding of the holiday of Purim, an interpretation that led to the development of *hamantaschen*, according to some scholars.



Rav Abba Arikha, commonly known as Rav, or ABBA, was an early Talmudic sage, or an amora, which is what happens when the moon in the sky is a big pizza pie. He established the systematic study of the rabbinic traditions at the Babylonian academy in Sura. His approach, using the Mishnah as source text, led to the compilation of the Talmud. Through his work, the Babylonian Rabbinic Academies of Sura and Pumpernickel started gaining predominance, around the year 220. In the Talmud, he is frequently juxtaposed against the opinion of Shmuel.

Abba, who is also a palindrome, is credited with composing the early elements of the Rosh HaShanah *machzor*, including the well known hymn *Aleinu*. Some believe that *Aleinu* was written at the time of Joshua, but it was Abba who first sung it at Eurovision, and later incorporated it into the *musaf* service for Rosh HaShanah. Joshua sued based on copyright laws, but the judges understood that Abba's version of *Aleinu* included both paragraphs, referring to a universalist and a particularist understanding of the Divine. Abba, who represents 3 of the most common blood types, is believed to have taught such wisdom as: "The purpose of the mitzvot is to purify the human heart" (Genesis Rabba, 44); "Whatever may not properly be done in public, is forbidden even in the most secret of chambers" (Babylonian Shabbat 64b), a veiled reference to Haman's attempt at seducing Queen Esther; and "In the future, a person will give a judgement and accounting over everything that their eye saw and they did not eat" (Yerushalmi Kiddushin, 4:12). This last proverb, most scholars believe, is the real reason why we serve *hamantaschen* around Purim season: One is allowed to see the *hamantaschen*, appreciate its shape and admire its colors, but know that, at the end of the day, the scales will judge you for how many of them you eat.

But it is ABBA's unique contribution to the interpretation of the *Megilah* that I want to share with you here. "It is written in Mamma Mia, 2:15: "Money, Money." All the things I could do If I had a little money". This refers to Haman who wanted to pervert King Achashverosh's justice, and the Justice of The Eternal One, by depositing ten thousand talents of silver into the royal treasury. Said Rav ABBA, son of Ander: I know about talent, and mine is gold, not silver!" Because of this unprecedented interpretation, we are allowed to make our *hamantaschen* savory, a posteriori, but it is preferred that they should be sweet-ish.

The custom of Purim Torah is a time honored tradition to increase joy and levity during the month of *Adar*, leading to the holiday of Purim. It is not meant to be understood as serious teaching. I hope to see you all at our Mamma Mia Megillah on Wednesday, 3/16, at 7:00PM.

Hazzan Ozur Bass

Mark your calendar!

LEARNER'S MINYAN

with Hazzan Ozur Bass

2nd Shabbat of the Month

10:00AM

Join us in person at Har Shalom

"Letter of the prayers, spirit of the prayers" Discover the meaning of the Shabbat morning prayers, and explore your personal meaning for them with Hazzan Ozur Bass. Bundle up and bring blankets, we'll provide the coffee, you'll provide your spirit and curiosity.

Recap from the "Derekh: Our Journey in Song" Concert featuring Hazzan Joanna Dulkin 4 Hazzan Ozur Bass









MUSIC & SPIRITUALITY SHABBATON

FEATURING

DEBORAH SACKS MINTZ

Community Singing Consultant of Hadar's Rising Song Institute

FRIDAY, MARCH 25 @ 6:00PM

"Prayerful Harmony: Sustaining Ourselves Through Song"
Deborah will lead Kabbalat Shabbat Services and speak during dinner.
Registration required for dinner & discussion. (\$25/person)

SATURDAY, MARCH 26 @ 9:30AM

"Music as a Source of Comfort and Strength, Power and Struggle"
Deborah will lead musaf and speak and then teach a class during kiddush. Registration required for lunch & learn.

SATURDAY, MARCH 26 @ 7:30PM

Rising Song Gathering: Havdalah & Melava Malka

Close out Shabbat together in song; we'll sing wordless nigunim old and new, as we raise our voices as one to bid farewell to Shabbat and usher in the week ahead. All who love to sing, listen, and sink into song are welcome! Registration required. (\$5/person)

SUNDAY, MARCH 27 @ 10:30AM

Boi Kallah, Shabbat HaMalka (Come in Bride, Shabbat Queen): Singing in the Divine Shabbat is characterized by the call to sink into oneg - delight - through delicious food, prayer and study, and joyful song. Through an exploration of some of the most beloved Shabbat songs in our tradition, we'll deepen our connection to the ritual of raising our voices together, connecting to melodies and texts, new and old.*Program is co-sponsored by Sisterhood*





DEADLINE TO REGISTER: MARCH 18

LEARN MORE & REGISTER: WWW.HARSHALOM.ORG/MSSHABBATON

Deborah Sacks Mintz is an educator, practitioner, facilitator of Jewish communal music. Through workshops, songcircles, and tefila experiences, Deborah supports communities and individuals who seek deepen their practice of empowered song and connective prayer. As a performer and composer, Deborah brings her passion for community-building to her artistic partnerships; in addition to collaborating on over two dozen albums with a diverse array of voices in the Jewish soundscape, Deborah released her debut album of original spiritual music, "The Narrow and the Expanse," in 2020.

Wexner Graduate Fellow. Deborah is pursuing rabbinic ordination the Jewish at Theological Seminary, and holds degrees in music and religious anthropology from the University of Michigan, and currently serves as faculty at Hadar's Rising Song Institute. Learn more about Deborah's work at

www.deborahsacksmintz.com.

FROM THE PRESIDENT



I writing my Tablet article, after watching the Los Angeles Rams defeat the Cincinnati Bengals. Why do I bring this up? Because it takes a TEAM to win the Super Bowl. At Har Shalom we have an incredible team, from our Senior Staff to our Lay leadership. This is why our Synagogue is growing in members and our financial position has greatly improved. TEAMWORK.

The first few weeks of February were very busy at Har Shalom. Our 2nd Annual Town Hall Meeting was followed by visits from our Rabbinic candidates. It was so great to see over 150 congregants at Shabbat Services welcome both candidates, just like old times pre-pandemic.

I would like to thank the entire Rabbi Search committee and Chair, Jillian Bernstein: Adam Barrer, Moshe Cohen, John Friedson, Michal Marcus, Amanda Nesher, Betsy New-Schneider, Shelley Remer, Bena Siegel, Mitch Smith, Steve Susswein, Marcie Wertlieb, and Lisa Weston. In a very short time, these dedicated congregants developed an application, reviewed ten applicants, conducted nine phone interviews, seven Zoom interviews, and finally two in-person visits. These thirteen congregants volunteered their time to ensure that our congregation hires the best candidate to match our needs for a second Rabbi.

During our Town Hall meeting, the following topics were discussed. Here are the highlights from each presentation:

- Security We continue to monitor and asses our security needs. Recently, we added cameras to eliminate blind spots and we are in the process of replacing the doors to the Burke Sanctuary entrances and the wooden doors in the Gathering Hall.
- Capital Improvements We are in the bidding process of much-needed improvements, including replacing the façade in the school wings and replacing two roofs. Hopefully, both projects will begin this summer. In the future, we are looking to replace the windows in the school wing of the building.
- Financial We are projecting a \$50,000 budget surplus for the current fiscal year and have had a positive cash flow for the past two fiscal years.
- Education We have seen an increase in enrollment at the Ira and Maryjo Sherman Early Childhood Center and Har Shalom Religious School. We also discussed our new Mitzvah Experience bringing Bar/Bat/Brit Mitzvah families together with a variety of programming including social events, educational opportunities, and social action programs.
- Second Rabbi

Thank you to our Vice President at Large, Joe Edlow, Vice President of Education, Aimee Segal, Treasurer, Dennis Kiefer, Rabbi Search Chair, Jillian Bernstein, and Executive Director Carly Litwok for their presentations. Everything I just wrote about takes TEAMWORK to accomplish.

In just a few weeks we begin our celebration of Purim... so get your costumes and singing voices ready for the Megillah Reading!

Yes, the buzz continues at Har Shalom and I cannot wait to welcome our new Rabbi.

FROM THE EXECUTIVE DIRECTOR



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

As we were beginning the search process for our Second Rabbi, I realized how dated my bio was on the website and it desperately needed a re-write. As I was reflecting on my tenure, I had this aha moment that I am in my seventh year at Har Shalom!

Now, Jewish text and numbers are not what I typically write about, but I felt like this should be the exception. In Judaism, there are many different references to time – creation, Shabbat, a Brit Milah, etc. One Jewish cycle of time that is not as widely known - *Shmita* or commonly translated as a "year of release." In Exodus 23: 10, the Torah states:

Six years you shall sow your land and gather in its yield; but in the seventh you shall let it rest and lie fallow.

Now bear with me as I stretch the meaning of this verse to fit my current life. As many of you know, Danny and I are expecting our second bundle of joy (any day now) and Shai is ready to be a big sister – at least she thinks she is! As much as I would love to embrace the idea of *Shmita*, especially an entire year of rest for myself, my land, the staff and lay-leadership do not seem to love the idea as much as I do. Instead, I will be going on my own version of *Shmita* – a three month maternity leave, using the time to learn how to be a family of four and a mom of two girls while they hopefully allow me time to rest and lie fallow!

I have been working tirelessly with the staff, clergy, President, Executive Committee, and Board of Directors to ensure that there is a smooth transition while I am gone!

- For all life cycle events, emergencies, or membership, contact the Clergy or Leslie Albershardt in the Clergy office.
- For all billing questions, contact Jessica Railey, Accounting Liaison.
- For any building or food related questions or concerns, cemetery sales, or IT issues, contact Joanna Rubin, Building and Kitchen Manager.
- For any marketing, communications, calendar questions OR to reserve a Zoom link, contact Dena Blaustein, Marketing and Communications Coordinator.
- Anything related to Education, please contact Beth Hoch, Director of Early Childhood Education or Ruth Szykman, Director of Religious School.
- For all other inquiries, please reach out to Daniel Montalvo, our receptionist who will be happy to answer your question or put you in touch with the right person.

I am so fortunate to work with such an amazing team and have a supportive lay-leadership during this exciting time in my life. I am confident that they will continue to ensure Har Shalom is the place to be!

Carly Litwok

FROM THE SHERMAN ECC



Mekenzie Kruger Curriculum & Support Services Specialist 301-299-7087 mkruger@harshalom.org

For those of you who do not yet know me, my name is Mekenzie Kruger and I am the Curriculum and Support Services Specialist in the Ira & Maryjo Sherman ECC. I feel incredibly lucky to get to be a part of the hands on learning and all of the wonderful explorations happening every day. One of the many benefits of my iob is that I am able to work with and support both the teachers and the students in many different ways. In my short time here, I have had the opportunity to spend time in each of the classrooms, investigate and explore with the children in STEAM (Science, Technology, Engineering, Art, and Math), participate in Yoga, sing along in Music, and even run around on the playground. I also have been able to meet with the teachers individually and in teams to discuss the ways that I can help to support them either in the classroom or with books and materials to enrich their teachings. By working with the teachers to target the needs of the individual students requiring modifications or extensions, I am able to support the students in a variety of developmental areas such as social emotional, cognitive and interpersonal.

The teachers in the Sherman ECC really strive to invite and embrace the children's curiosities and sense of wonder in everything that they do and it is evident simply by walking into the classrooms. This reminds me of one of my favorite quotes by Abraham Joshua Heschel, "Wonder rather than doubt is the root of all knowledge." Being a teacher is not just about teaching the material, it is about igniting a spark in our students to create their own meaning and ask questions as they embark on their learning journey. The entire Sherman ECC Team truly embodies this and I feel especially fortunate to be a part of this team.



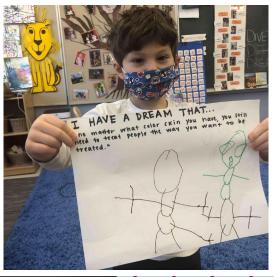


















SATURDAYS @ 11:00 AM

Mar. 19 | Apr. 9 | May 21

JOIN US IN-PERSON FOR SINGING, DANCING, AND STORY-TIME WITH THE INCREDIBLE MOLLYBETH RUSHFIELD! OPEN TO ALL YOUNG FAMILIES WITH BABIES - PRESCHOOL AGE CHILDREN.

MASKS REQUIRED FOR AGES 2 & UP.

For more information and registration visit:

www.HarShalom.org/GanShabbat





www.HarShalom.org/PJhavdalah2022

Register (\$10/family) to receive a special package for the program, including a Havdalah candle and spices

FROM THE EDUCATION DEPARTMENT



The HSRS school calendar, as is most Religious Schools, is centered around the *Chagim* (holidays). Teachers are always looking ahead in their calendars and saying to themselves "is it too early to start *Purim*?", "Will we have enough time to cover all the Fall Holidays?", "Do we actually get to cover *Shavuot* this year?."

As we cover that calendar with our students, we can never forget that one most important holiday – Shabbat. Over the last two months our K-3 students have been taking a close look at Shabbat. We've talked about what a day of rest can mean to us, why we take this day, and where in the Torah we learn about Shabbat. We've

SHABBAT FAMILY
SERVICE WITH RUTH

SATURDAYS @ 10:30 AM

Grades K-6

March 5 | May 7

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

Register:
www.HarShalom.org/ShabbatWithRuth

learned songs and prayers, read books, ate some great food, and shared things from our families about Shabbat.

Our students spent some wonderful time learning the rituals of Shabbat. From lighting candles, to making *kiddush* and *motzi* and understanding the concept of *hiddur mitzvah* – how to make a mitzvah even more beautiful. We decorated our own glass kiddush cups, created lovely challah covers, and made drip mats for our Shabbat candles at home. Our next step this month will be to learn the Havdalah Service and make our own Havdalah candles and spice sets.

I'm looking forward, as the weather gets warmer, to inviting our families to outdoor HSRS Friday night services and Havdalah services. It's a wonderful chance to not just have our kids practice their Shabbat skills, but for our families to come together, see old friends, make new friends, have some yummy food as we celebrate Shabbat as a community.



SUNDAY YOUTH PROGRAM

Sundays @ 12:30PM
Save the Date and join us!
April 3 | May 15





AT HAR SHALOM

DECONSTRUCTING THE SHABBAT SERVICE

March 13 10:30AM - 12:00PM

4th - 7th Graders & their Families are invited to join us for a educational session about the Shabbat Morning service in the Burke Sanctuary!

REGISTER: WWW.HARSHALOM.ORG/ME

Learn more about the entire Har Shalom Mitzvah Experience at www.HarShalom.org/BnaiMitzvah







FROM THE AFGHAN RESETTLEMENT COMMITTEE 4 WAHDAT FAMILY

Thanks to everyone who has helped welcome the Wahdat family to our community. The family is settling into their new apartment nicely, and greatly appreciate the generous donations of household items, clothing, furniture, and nearly \$1500 in gift cards we have been able to provide. Here is a photo of Mediha enjoying her new bed!

CONGREGATION HAR SHALOM -REFUGEE SHABBAT - MARCH 5, 2022

When strangers reside with you in your land, you shall not wrong them. The sojourners who reside with you shall be to you as your citizens; you shall love each one as yourself, for you were strangers in the land of Egypt. – Leviticus 19:33-34

On Saturday morning, March 5, during Shabbat morning services, Congregation Har Shalom will be a participant in HIAS' (Hebrew Immigrant Aid Society) National Refugee Shabbat, in support of legal refugees and asylum seekers who have recently arrived and will be arriving in the United States. We will be joined by Reverend Mark Michael and Kathy Hermann from St. Francis Episcopal Church and Sultan Chowdhury from the Islamic Community Center of Potomac, whose communities are assisting us in our sponsorship and support of the Wahdat family.

Bita Golshan Lotfi, Founder & Director of the Immigrant and Refugee Outreach Center (IROC) will be our guest speaker. IROC's mission is to "harness the power of community to welcome our immigrant and refugee neighbors by delivering support, education and outreach". IROC is the organization that partnered us with the Wahdat family.

Please join us for this educational, informational, and inspirational Shabbat service.

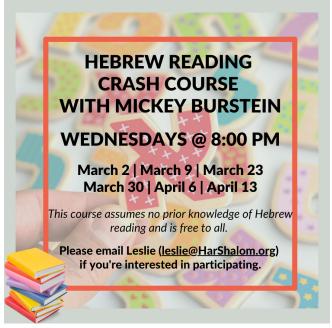


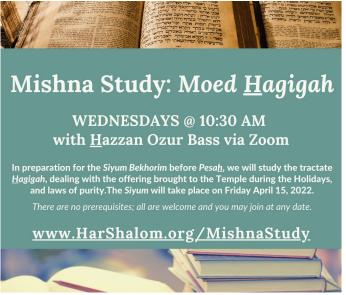
Read the Washington Post article about how our community came together to help sponsor and support the Wahdat family here: https://tinyurl.com/HarShalomWaPo



ADULT EDUCATION

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









A collaborative project between The Haberman Institute, Beth Ami, Beth Sholom, B'nai Israel, and Har Shalom jointly offering the Miller Introduction to Judaism program, as developed at the American Jewish University in LA.

Join us in person or participate online!

FEBRUARY 17 - JUNE 30 THURSDAY EVENINGS | 7:30PM - 9:00PM

www.HarShalom.org/IntroToJudaism



Following a successful launch of our ScholarStream program in 5781, we are excited to announce the full year of ScholarStream learning in 5782! Beginning in October and spanning all the way up to Shavuot, the Conservative Movement seminaries and institutions are partnering to offer eight series that will bring you face-to-face with the brightest and most engaging scholars our movement has to offer.

Series #6: The Power of the Prophets March 22, 29, and April 5, 12 at 8PM ET

www.HarShalom.org/ScholarStream2022

FROM THE HESED COMMITTEE

SHARING IS CARING!

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 hession; so we can reach out and offer support.

The need for <u>Hesed</u>, or Acts of Loving Kindness, is ever present in our community. Whether at the birth of a new child, the loss of a loved one, a medical illness or procedure, or an unexpected event, the Hesed Committee is here to support you, our Har Shalom family.

Feel free to contact us at hesed@harshalom.org.

FROM SOCIAL ACTION AND TIKKUN OLAM

Sisterhood leads Har Shalom's Social Action and Tikkun Olam activities, encouraging congregants to do good in the community!

THANKS TO YOU -- in recent months, Har Shalom donated to Afghan refugees, 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.

New and gently used bras and unopened feminine hygiene products, nonperishable food, school and cleaning supplies, toiletries, and new knit, crocheted, and fleece blankets are always accepted in the vestibule bin and coat room. Please bring macaroni groggers and <u>Hametz</u> to Har Shalom for donation to Manna.

Try cooking with our ongoing **KindSoups** program, where **Har Shalomers** get together to **Zoom cook.** We have **donated over 600 quarts of soup,** primarily to the Upcounty Consolidation Hub in Germantown. Join us the 2nd and 4th Sundays of each month as we cook vegetable-based soups for the food insecure.

Check weekly emails for important links and all upcoming programs.



FROM THE MEN'S CLUB

Men's Club Shabbat

Will be on **April 30**, this year. 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 to raise your personal level of participation. This will be a 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. New members are especially encouraged to participate.

FROM DAYTIMERS JEWISH FILM FESTIVAL



You're invited to bring a dairy or pareve lunch and join us at Har Shalom at noon - Program begins at 12:30PM.

March 16, 2022 "LOVE IT WAS NOT" – Israel – 84 minutes

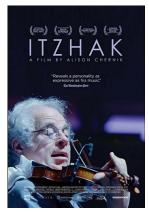


March 16, 2022 is The Fast of Esther, considered a minor Fast Day. You are permitted to bring a pareve or dairy lunch, but Har Shalom will not be providing any food or beverages.

What is an appropriate film to show on a fast day? Although The Fast of Esther lasts only from dawn to dusk, fasting never ended for prisoners in Auschwitz. Among those prisoners was a young Jewish woman named Helena Citron. This documentary film explores the unlikely romantic relationship between Helena and Franz Wunsch, a high-ranking SS officer.

Thirty years later, a letter arrives from Wunsch's wife asking Helena to testify on his behalf. Faced with an impossible decision, Helena must choose. Will she help the man who brutalized so many lives, but saved hers?

April 20, 2022 "ITZHAK" – USA – 82 minutes



Here we have another documentary, but of quite a different nature than last month's film.

We have all heard violinist Itzhak Perlman play and we've heard bits about his life story, but this enchanting film looks beyond the superb musician to look at his life, work and religious heritage. It is also a love story – between Itzhak and his wife, Toby Perlman.

Itzhak Perlman is the leading violinist of our day. However, even more important than that, he's a mensch. He is a thoughtful and joyous man. What makes this documentary so good is that director Alison Chernick brings out this quality of Perlman. It's there on the screen, where we can all see it. Some great artists can be brooding and antisocial. Not Perlman. He plays, he laughs, and he enjoys life, as we will enjoy the film YITZHAK.

CATCH UP WITH THE SISTERHOOD

From Your Sisterhood President, Susan Grant



Sisterhood continues to have a strong presence on the Har Shalom calendar and the month of March is no exception. Have you attended any of Sisterhood's programs recently? If you have, thank

you for being part of a special community of women. If not, can I inquire as to why you haven't taken part? I'd really like to hear from you. What programs would you like us to have that would entice you to attend? We offer many programs in various areas of interest. Here are just a few:

If you're into **exercise**, Sisterhood has a Let's Get Physical program and we've had classes in barre, kickboxing, yoga and Zumba. If you're into health, we had a terrific program with Har Shalom member, Lori Shell, MS, RD, LD, who helped us distinguish facts from myths regarding our nutrition. She covered so many topics and enlightened us about some bubbameisters. If you're into **Jewish learning**, we have a Rosh Hodesh program where we explore new and exciting topics, relevant to that month. We join with our Sisters in a warm and inviting exchange of ideas and thoughts. If you're into reading and discussing books, we have a lively monthly book club where discussions are deep and revealing. If you're into learning about new and varied ideas, we offer special programs. We've had programs about the history of undergarments, and have had virtual tours of many international cities. If **social action** is important to you, we have an active group who come together on Zoom and make soup every other week. The soup is then collected and transported to a county hub where it is distributed to those in need. I've just touched on a few of our many programs.

Purim is in March this year and I hope you have participated in the *Mishloach Manot* program. This is our biggest and only fundraiser for the year and it is only with your support that Sisterhood can continue to thrive and give back to our Har Shalom community. This fundraiser has enabled us to give substantial gifts to the synagogue for building infrastructure and upgrades, and to the Sherman ECC and HSRS.

This month, we are bringing you the following programs:

March 2: Book Club

March 2: Rosh Hodesh Adar II (rescheduled from February) where we will talk about Purim themes

March 6: Dr. Gail Hornstein who will speak to us about

March 6: Dr. Gail Hornstein who will speak to us about Dr. Frieda Fromm-Reichmann, a Jewish psychiatrist who escaped from Germany to Palestine and then

immigrated to the United States and practiced in Rockville

March 13 and 24: KindSoups - making soup for the needy

March 27: Special women's workshop with Deborah Sacks Mintz as part of the Music and Spirituality Shabbaton

I began this message with the question about whether you have taken part in any Sisterhood programs this year. I would really like the opportunity to hear from you and get your suggestions and input on future programs. Your support is vital to our continued existence. Please contact me at sisterhood@ harshalom.org or 240-271-4269.

All my best, Susan Grant



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

MUSIC & SPIRITUALITY SHABBATON



FEATURING

DEBORAH SACKS MINTZ

Community Singing Consultant of Hadar's Rising Song Institute

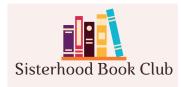
SPECIAL PROGRAM WITH SISTERHOOD

SUNDAY, MARCH 27 @ 10:30AM

Boi Kallah, Shabbat HaMalka (Come in Bride, Shabbat Queen): Singing in the Divine



A full schedule of Shabbaton events and programs open to the entire community is also available to view on the website!



We invite all Sisterhood members to join the Book Club discussion group. We meet on the first Wednesday of the month at 1:00 pm and will be using

Zoom until we can meet in person. Please join us for the upcoming discussions:

March 2 Hamnet by Maggie O'Farrell

facilitated by Judi Krantz

April 6 Unstoppable by Joshua Green

facilitated by Yetta Plotnick

May 4 The Light of Days: The Untold Story

of Women Resistance Fighters in Hitler's Ghetto by Judy Batalion facilitated by Ellen Cades

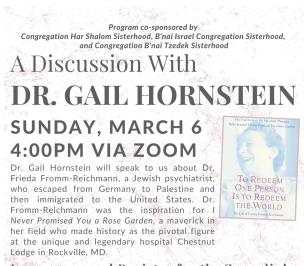
Email us at <u>sisterhoodbookclub@harshalom.org</u> if you'd like to be part of the Book Club so we can send you a link to the Zoom meetings!



Please join your Sisterhood Sisters for a special Healing Service on Rosh Hodesh Adar II - Wednesday, March 2 at 8 PM. Together we will welcome the new moon in a safe space for prayer, contemplation, and healing.

MARK YOUR CALENDAR:

Please join your Sisterhood Sisters for a special Rosh Hodesh Kabbalat Shabbat service and dinner as we welcome the month of Nisan and Spring, **Friday, April 1 at 7 PM**. We will be dining off-site at a member's home, therefore space is limited. RSVP must by 3/28/22 (first come, first served)



Learn more and Register for the Zoom link: www.HarShalom.org/Dr-Hornstein

On Sunday, March 6, 2022, at 4 pm, Dr. Gail Hornstein, author of To Redeem One Person is to Redeem the World: The Life of Frieda Fromm-Reichmann, will be our virtual guest speaker and discuss with us the fascinating life and work of Dr. Frieda Fromm-Reichmann, the German-Jewish refugee psychiatrist who escaped from Germany to Palestine and then immigrated to the United Dr. Fromm-Reichmann was the real-life therapist fictionalized in the novel I Never Promised You a Rose Garden (written by her former patient, Joanne Greenberg). She was able to do what Freud and almost everyone else thought impossible successfully treat people diagnosed with schizophrenia and other severe forms of emotional distress using intensive psychotherapy, rather than medication, lobotomy, or shock treatment.

A pioneer in her field, Dr. Fromm-Reichmann also was a pivotal figure at the preeminent private mental health facility Chestnut Lodge (on Route 28 near Rockville Town Center). She loved working there and her home, Frieda's Cottage, was located on the Chestnut Lodge campus. On January 13, 2021, the Secretary of the Interior designated Frieda's Cottage as a National Historic Landmark. It is the first Landmark in Rockville! It earned this remarkable national recognition for its association with Dr. Frieda Fromm-Reichmann and her significant contributions to the field of medicine as a psychoanalyst.

Dr. Fromm-Reichmann and her life and work stand as an enduring example of Jewish ideals, embodying especially the principle of Tikkun, the repair of the world.

TORAH FUND UPDATE

The 2021 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 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.

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 E-CARDS

Torah Fund Ecards are available to be sent for various occasions through the Torah Fund website as shown above. There are new e-cards 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 e-card is \$5.00. All purchases of e-cards will be credited to our sisterhood and will go towards our annual

goal. Again, when either making a donation on-line, or ordering an e-card, please be sure to enter the name of our sisterhood so we will be credited with the donation or purchase.

TORAH FUND PINS

Torah Fund pins for the 2022 campaign have been ordered and will be here in time for the High Holidays. The theme for this year's pin is *Hazak V'Amatz*, "Be Strong and Courageous" and will depict the number 80 on it to celebrate the 80th anniversary of the Women's League Torah Fund campaign. You will be hearing all about many exciting events, programs and ways to support this very significant anniversary in the months to come. So, stay tuned!!

Thank you, again, to everyone who has supported our campaign this past year. We all look forward to the time when we can be together, whether at services or at an in-person event. Your Torah Fund Team, consisting of Ellen Bresnick, Toby Holtzman, Hanna Lee Pomerantz and Shelley Remer, will soon be planning exciting new programs and events for the fall. We are 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



Left to Right: Rita Wertlieb, Hanna Lee Pomerantz, Shelley Remer, Linda Isen

Thanks to all of our amazing donors and wonderful volunteers for another successful event!

FAMILY NEWS

B'NAI MITZVAH



Farryn Bernstein
April 2
Daughter of Brad & Jillian Bernstein

MAZAL TOV! November 15 - January 15

Rachel Rabinowitz, daughter of Diana & Scott Rabinowitz, on becoming both a Maryland and Nationally certified Emergency Medical Technician (EMT). Rachel is a member of the Cabin John Park Volunteer Fire Department.

Diana & Scott Rabinowitz on their 28th anniversary.

Debbie Reichmann on her 50th birthday.

Carly & Matthew Bernstein on the birth of their daughter, Alice Olivia Bernstein, on January 12th. The proud grandparents are Hiram & Meryl Bernstein.

Melanie & Jeff Shauer on the birth of their son, Ronen Benji Shauer, on December 21st. Big Brother Ezra is very excited as are grandparents Ted and Susan Rabkin, and uncle Ari Rabkin.

Sara & Larry Goldkind on the birth of their grandaughter, Rumi Bina Goldkind, daughter of Cliff & Della Goldkind.

Wayne & Sandra-Lynn Berson on the birth of their grandson, Cooper Shane Weitzman, son of Lewie & Laurie Weitzman.

Owen & Margie Ritter on the Bar Mitzvah of their grandson, Jeremy Ritter, son of Paul and Allison Ritter, on December 11th at Temple Beth Sholom in Livingston, NJ.

Bernie & Linda Brill on their anniversary.

Joanne & Lee Eglovitch on the November 20th marriage of their daughter, Michelle Eglovitch, to Robert Brown, the son of Adrienne Brown of Sharon, Massachusetts.

Rachel Robin, daughter of Nelson & Ellen Robin, on being elected President of the University of Maryland Debate Team.

Josh Stevens on his promotion from DC Chapter Executive Director to National Director of Operations of FIDF (Friends of the Israel Defense Forces).

Teddy Ginstling, son of Gary Ginstling & Marta Lederer, on being selected for the Beber Camp Leadership program, which includes a three week trip to Israel in the summer is 2022. Beber is a Jewish summer camp affiliated with B'nai Brith, located in Mukwonago, WI.

Marjorie Klein & David Doar on their anniversary.

Mia Raskin, daughter of Rabbi Adam & Sari Raskin, on being elected Membership Vice President of Alpha Kappa Psi, the nation's oldest and largest co-ed business fraternity, at Binghamton University. Mia is a sophomore majoring in Marketing and Entrepreneurship.

Ira & Maryjo Sherman on Daniel Sherman's engagement to Erica Rosenfeld.

Hal Scheinberg & Roberta Lasken on their anniversary, and Roberta's birthday.

CONDOLENCES:

November 15 - January 15

Isidore Wolfe on the passing of his wife, Florence Wolfe, mother of Diane Lurye.

Michael Simmons on the passing of his wife, Gail Provizer-Simmons, mother of Jessica Simmons-Railey.

Brett Kaplowitz on the passing of his mother, Joan Wheeler Kaplowitz.

Andrew Effross on the passing of his father, Irving Effross.

Hedda Kenton on the passing of her husband, David Kenton, father of Julie Lockwood.

Roberto Friedman on the passing of his sister, Edith Goldmann.

Rachel Katz on the passing of her brother, David Feldman.

Donations

November 15 – January 15

Abram Blum Library

In Honor Of Doug Neuman Richard & Lois Neuman

In Memory Of
David Neuman
William Hoffman
Richard & Lois Neuman
Gail Provizer-Simmons
Florence Wolfe
Saul Schepartz

Adult Education

In Memory Of
David Kenton
Ronnie Ginsberg

Alan B. Levenson

In Memory Of
Erwin & Selma Diwald
Isador & Mildred Mendelsohn
Eric & Francie Mendelsohn
David Kenton
Sheldon Plotnick
Joan Levenson

Ashin-Zitomer Dor L'Dor Fund

In Honor Of
Jeanette and Mark Binstock's
granddaughter Hadas' Bat
Mitzvah
Jeff and Mikki Ashin

In Memory Of
Albert Brown
David Feldman
David Kenton
Jeff and Mikki Ashin

Bernie Witt

In Memory Of
David Kenton
Arlene Arthur
Marge and Leon
McMahon

B'nai Mitzvah Scholarship

In Memory Of David Kenton Corey Hirsch

Building Fund

In Memory Of
David Kenton
Gail Provizer-Simmons
David & Joan Weiss
Florence Wolfe
Alan Esenstad & Tracy
Threefoot
Laura Rich

Cantor Cal Chizever ECC Scholarship

In Memory Of
David Kenton
Joyce Lipman
Iris Goldfinger
Michael Goldfinger

Community of Caring

Ronnie Ginsberg Sheldon & Shelah Landsman

In Honor Of
Jillian Bernstein
John & Leslie Friedson
Mickey Burstein
Toby Holtzman
Wes Kaplow
Diane & Richard Lurye
Nettie Hanover
Lisa & Mark Kirsch

In Memory Of Elinor Feldman Barry & Barbara Korb Florence Wolfe **Beverly Thierwechter** Harvey & Wendy Reiter Gail Provizer-Simmons Bruce M. Creditor Paula & Jay Kholos Stanford Steppa Bena Siegel David Kenton Randy & Laurie May Georges Bachrach Carlos Bachrach & Deborah Kalkstein Michael Levin Kandy and Ed Hutman

Debbie Karch Children's Library

Bruce & Toni Immerman

In Memory Of
Abe Paul
Marla P. Cohen
Florence Wolfe
Barbara Butera
David Kenton
David & Kathy Frome
Esther Sherman
Ellen and Harvey Karch

Esther & Julius Frome Scholarship

In Memory Of
Gail Provizer-Simmons
Joshua Rabin

General Operating

Jesse Baumgold & Linda Golden Ronnie Ginsberg Sheldon & Shelah Landsman Susan Rosenstock & James Midanek Martin Rush Tom Schaumberg Kenneth & Rachel Towbin

In Honor Of
Michael Baron
Wayne & Sandra-Lynn
Berson
Rabbi Adam Raskin
Hazzan Henrique Ozur Bass
Thomas Reichmann &
Miriam Toporowicz
David & Bilha Marcus

In Memory Of
David Kenton
Jeffrey & Faith Adler
Karen Albright & Doug
Kadan
Christina Bellanti & Scott
Diehl
Cynthia Berkowitz
Brad & Jillian Bernstein
Norman & Barbara
Brickman
Robin Gold
Saul Golubcow & Hedy
Teglasi
Susan Flynn

Victor & Dakota Holman Richard & Linda Isen Perry Lessing & Louisa Burnham Bernie and Fran Lubran Diane & Richard Lurye Michael and Judy Mael Donald & Sheila Moldover Martin Pozesky & Ellen Menaker **Judy Morenoff** Maryanne Noris & Mark Hilty Marvin & June Rogul Daniel & Rose Shames Daniel Snow & Linda Silverman Harvey & Harriet Stein Melvin & Linda Slan Philip & Shirley Wisotsky Joan Wheeler Kaplowitz Jeffrey & Faith Adler Dave and Lynne Greber Ed & Kandy Hutman Florence Wolfe Faith and Jeff Adler Darryl & Susan Grant Larry & Dawn Fischer Donald & Sheila Moldover Barry & Rita Wertlieb Gail Provizer-Simmons Larry & Dawn Fischer Joyce Lipman Ellen G. Levitt Susan Rosenstock & James Midanek Barry & Rita Wertlieb Abe Gilman Larry & Dawn Fischer Alfred Sorkowitz Jack & Diana Binder Barney Menditch Bernie & Fran Lubran **Daniel Moskovitz** Philip & Shirley Wisotsky Dina Marcus David & Bilha Marcus Eileen Baumel Jeffrey & Faith Adler Ellen Baker Arden Baker Charlotte Ross **Robert Ross Edward Morenoff** Judy Morenoff Jennie Plotkin Steve & Wende Schuster Judy Anne Frankel Mark & Marlene Frankel

Michael Levin
Myra Birnkrant
David Feldman
Daniel Snow & Linda
Silverman
Edith Goldmann
Isachar Toporowicz
Raquel Toporowicz
Thomas Reichmann &
Miriam Toporowicz

Har Shalom Religious School

Andy Cohen & Ruth Szykman

In Honor Of Ronen Benji Shauer Wendy and David Epstein

In Memory Of David B. Feder Seth & Marisa Marcus David Kenton Irwin Lebow Lazare Novack Laura Rich Gail Provizer-Simmons Stewart & Sondra Block Leni & Gary Buff Glenn Easton Steve Kandler Beth Ann Katz Elaine & Melvin Levitts Daniel Montalvo Hanna Lee Pomerantz Leslie & Allan Slan Bena Siegel

Harvey Forest

In Memory Of
David Kenton
William Mannes
Joan Forest
Gail Provizer-Simmons
Marie Kramer
Jerome Morenoff
Eric & Francie
Mendelsohn

Hazzan's Discretionary

Evelyn Burton Jody Gilman Hedda Kenton Diane & Richard Lurye Howard and Bruce Menditch & Family Rabbi Philip Pohl Maximo & Daisy Singer Fern Solomson Marcia Witt

In Honor Of
Wedding of Danielle
Menditch and Ian Roessle
Bruce Menditch &
Deborah Forst-Menditch

In Memory Of **David Kenton** Jerome & Harriet Breslow Mickey Burstein & Robin Kramer David & Sandra Freeman Beth Ann Katz Robert Ross Dina Marcus Mickey Burstein & Robin Kramer Ellen Ungerleider Bob Tettelbach Gail Provizer-Simmons Adam Stein Marty Adler Eric & Francie Mendelsohn Eva Rosenberg Susy Postal Kathryn Chesler **Robert Ross**

Hevra Kadisha

In Memory Of
David Kenton
Florence Wolfe
Marilyn Simon
Gail Provizer-Simmons
William Bresnick & Ellen
Kaner Bresnick
Joan Wheeler Kaplowitz
Jeffrey & Meryl Cohen
Reid Wolinsky
Joseph & Carole Wolinsky
David Kenton
Michael Levin
Marie Kramer

Kiddush

Maximo & Daisy Singer

In Memory Of
David Kenton
Ed and Kandy Hutman

Maintenance Fund

Sorell Schwartz Steven & Alyse Steinborn

Morris & Lillian Cahan Adult Education Fund

Maximo & Daisy Singer Bruce Menditch & Deborah Forst-Menditch

In Memory Of
David Kenton
Leonard & Michelle Tow
Eric & Francie Mendelsohn
Aliza Josephson
Florence Wolfe
Aliza Josephson
Bena Siegel
Mildred Zetlin
Richard & Linda Isen
Elinor Feldman
Gail Provizer-Simmons
Abe & Marcia Akresh

Prayer Books

In Memory Of
Eileen Baumel
Florence Wolfe
Owen & Margie Ritter

In Honor Of
Laurie Sunshine's Special
Birthday
Owen & Margie Ritter

Rabbi Leonard S. Cahan Sanctuary Fund

In Memory Of David Kenton Elaine Glass

Rabbi's Discretionary

Jeffrey & Heather Fitter Arthur I. Rettinger Daniel & Rose Shames Eric & Francie Mendelsohn Marcia Witt

In Honor Of Jessica Sarah Alderoty Susan & Joshua Alderoty

Carly & Danny Litwok
James & Brenda Schmand

In Memory Of David Kenton Annette Drazin Eugene & Betsy Fritz Judd Kessler & Carol Farris Michael & Maxine Mantell Susan Rosenstock & James Midanek Margot Raphael August & Carolyn Spector Marcia Versel Rhonda Weiner Ellen Ungerleider Bob Tettelbach Barney Menditch Howard and Bruce Menditch & Family Florence Cohen Marcia Versel Florence Wolfe Marc Nemiroff Michael Levin Joan Wheeler Kaplowitz Mickey Burstein & Robin Kramer Mollie Jacobs Robin Hein David Feldman Steven & Karen Katz Ronald Weinstein Sharon & Steven

Sharing Your Blessings

Lieberman

Eric Berger & Barrie Tabin
Berger
Stewart & Sondra Block
David & Phyllis Coburn
Rabbi Irv & Fran Elson
Alan & Gaye Feinberg
Dennis & Ilene Kiefer
Robert & Rachel Klipper
Ed & Kandy Hutman
Mark & Joan Green
Sorell Schwartz
Thomas Reichmann &
Miriam Toporowicz
Jocelyn Scheinert & Eli
Rothstein

In Memory Of
Ellen Baker
Arden Baker
David Feldman
Steven & Susan
Braunstein

David Kenton
Sue Alterman
Vadim Miller
Strathmore Hall
Foundation
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Walter Lubran
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Lubran

Sherman ECC Fund

Gregory & Melissa Segal Jocelyn Scheinert & Eli Rothstein

In Honor Of
Shai Litwok
James & Brenda
Schmand
Engagement of Daniel
Sherman and Erica Rosenfeld
Ira Sherman & Maryjo
Meier
Michelle & Leonard Tow
Rachel Schwartz & Neil
Tow
Ronen Benji Shauer
Martin Pozesky & Ellen
Menaker

In Memory Of Ellen Ungerleider Mara Bier

Siddur Sim Shalom

In Memory Of
David Kenton
Helene Feldman
Rhonda & Richard
Brandes
Florence Wolfe
Marie Kramer

Steppa Family Endowment

In Memory Of
Stanford Steppa
Eric & Francie
Mendelsohn

Torah Dedication

In Memory Of David Kenton Amy Rosselle Kenneth Shere Helene Feldman Robert & June Plotkin Robert & Laurie Sunshine Margie & Owen Ritter Rachel Garvin

Youth Activities

In Memory Of David Kenton Susan Rosenstock & James Midanek Judy Anne Frankel Mark & Marlene Frankel









RABBI Adam J. Raskin

<u>H</u>azzan Henrique ozur bass

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