



May 8, 2019 /3 Iyyar 5779

Shabbat Candle lighting is at 7:46 p.m. on Friday, May 10

Havdalah (50 min) is at 8:55 p.m. on Saturday, May 11

Torah portion is Parshat [Kedoshim](#)

Upcoming Services

Friday, May 10 - Kabbalat Shabbat Services, 7:30 p.m.

Friday, May 17- Kabbalat Shabbat Services with Niggun Circle led by Rabbinic Intern Miriam with Rabbi Diana, 7:30 p.m.

Saturday, May 18 - Shabbat Morning Services with Bar Mitzvah of Owen McCarty, 10 a.m.

Friday, May 24 - Kabbalat Shabbat Services, led by Miriam, 7:30 p.m.

Friday, May 31 - Kabbalat Shabbat Services, 7:30 p.m.

Saturday, June 1 - Shabbat Morning Services with Bar Mitzvah of Mitchell Goodman, 10 a.m.

Upcoming Calendar at KHN: <https://kehilathanahar.org/civicrm/showevents>

Mazal Tov Wishes To ...



Bena Long for receiving her PhD in Organizational Development

The Michaluk family on Charlotte's recent Bat Mitzvah

The Anderson family on Madison's recent Bat Mitzvah

The Peckman family on Sam's Bar Mitzvah this weekend

Adult Ed. With Miriam - Wrestling With God and Prayer - 6:30 Tonight!

In this class, we will explore our relationships to Jewish prayer – what hinders and what enables each of us to pray the words in the Siddur. We will look at some common obstacles, and enrich our understanding of how Jewish tradition conceives of prayer. This class will include text-study and discussion, as well as time for personal reflection. You are encouraged to bring a journal with you if you have one. This class is aimed particularly but not exclusively at those who struggle with finding meaning in Jewish prayer. The class is scheduled for 6:30-8 tonight.

What's Happening In Shul School This Week?

This week Morah Melissa and her Vav class (6th grade) played a fun game of "Heads Up" while learning about famous American Jews.

Annual Election

As part of the annual meeting we will be voting on a new Treasurer as Stacey Latronica is stepping down. Mike Meixler is running to fill the spot. You can vote at the meeting. However we would like to reach quorum before the meeting so see Joe in the office this week or next for a ballot so you can vote early (but not often).

Annual Meeting / Last Day of School - May 19, 10 a.m.

May 19 brings the last day of Shul School as well as the Annual Congregational Meeting this year. Come join in the updates and celebrations of our Little Shul! We all meet at 10 a.m., kids into their classrooms and adults into the Sanctuary. Around 10:45, the students will join the adults in the Sanctuary where we will thank our teachers and our outgoing Education Directory Stacey Frank, view a montage of the year in pictures and sing some songs together. This will be followed by a bagel brunch provided by the Board. We will end at noon. Looking forward to having everybody together for the morning!

Introducing Jewish Breathing - May 19, 2-3:30 p.m.

Join Miriam Gitterman as she opens her home to host and invites you to join her as she practices two forms of meditation that she has studied with Jewish sages - mindfulness meditation and coherent breath work meditation. For more information and to RSVP, e-mail Miriam at miriam.gitterman@gmail.com.



Bagel "U"

Introducing Jewish Breathing : 101

Techniques for bringing calm to your body and mind.

"BreathWork" is also Jewish. The practice and knowledge is ancient. Today the mechanisms for its effectiveness can be explained by science. Join member and practitioner Miriam Gitterman, who will lead a one-hour introductory class. See if this works for you.

Register now. Please register for this directly by email at this address:
miriam.gitterman@gmail.com

Where and when: The class will be a single 60-minute session at my home or one of the class participants. I invite you to join us. Please email Miriam at the above address. Miriam will respond with an acknowledgement and more information. There is no charge. The class date and time will be determined by what is most convenient for most of those registered. Classes may continue with more sessions if there is enough interest.

If you are Jewish and breathing, you are ahead of the game! All welcome!



Guest Speaker: A Successful Event

There was a nice turnout for author Ira Poliakoff's lecture on his book "The Synagogues of Philadelphia" this past Sunday. Poliakoff started with a slideshow of many of Philadelphia's synagogues and then discussed the Jewish history of the region. Poliakoff and his wife are center, between Rabbi Diana and Adult Ed co-chairs Gerry Bogatz and Abraham Leibson.



Annual Spring Grounds Cleanup - June 2, 9:30 AM

The rain this past weekend has forced postponement of our annual grounds cleanup. The new date is Sunday, June 2, from 9:30 a.m. - 11:30 a.m. Any age is welcome. You can spend some time together meeting new people, fitting in those service hours for H.S. or just enjoy helping make the grounds more beautiful. Bring your gloves, rakes, tarps and any other misc. tools to help. Contact Gretchen Tartakoff 2theworldofchocolate@gmail.com for more information.

Bucks County Kehillah Jewish Festival - June 2

The Jewish Federation of Philadelphia’s Bucks County Kehillah will be holding its annual Jewish Festival on Sunday, June 2, 10 a.m. - 2 p.m. at Bucks County Community College’s Links Pavilion in Newtown. It will be a fun day of food, crafts and games.

Bucks County Jewish Festival Hosted by:  **Jewish Federation of Greater Philadelphia**
Bucks County Kehillah

Free Admission, Open to the Community!






Sunday, June 2nd from 10am-2pm
Bucks County Community College - Links Pavilion
275 Swamp Road, Newtown PA





Live Music
Kids Activities
Face Painting
Food Vendors

Wine Tasting
Jewish Agency Fair
Israel Shuk with amazing Vendors

[REGISTER HERE](#)
For more information, email Becky at bucksevents@jewishphilly.org

Bagel U Spring Offering

Andy Kaufman will be teaching a class on Shofar blowing. It will introduce the history of the shofar and include techniques and demonstrations. There will be two sessions to be held on dates when most attendees can make it. For more information e-mail andrewkaufman@comcast.net and see the flyer here:

https://kehilathanahar.org/sites/kehilathanahar.org/files/uploaded_images/Bagel%20U%20Shofar%20Blowing%20101-1.pdf

Onward Israel for Jewish Teens - Deadline next week!

Are you ready to know Israel like an insider? Do you want real-world, professional, résumé-building experience? Would you like a life-changing summer of innovation, fun and adventure? And all for only \$400 plus airfare? On your Onward Israel summer adventure, you'll join one of Israel's leading companies for an internship in the field of your interest. Whatever you're already studying, hands-on work experience in Be'er Sheva — Israel's Silicon Valley — is sure to propel your career. If you're Jewish, 19-27 years old and live or attend college in the Greater Philadelphia area, there's no better way to jumpstart the rest of your life. The deadline to apply has been extended until May 12th! Apply at: <https://onwardisrael.org/programs/philly/>
Find the answers to all your questions at <https://tinyurl.com/yymhcx2r>



12th Annual Jewish Heritage Celebration AND Baseball - what more could you want?

On Monday, August 26 (7:05 pm start), the Phillies will be playing the Pittsburgh Pirates. Come out for a great time and an opportunity to show our Jewish pride. It should be a special night, especially since we'll be playing the Pittsburgh team. Even if you're not a baseball fan, it will be fun. Baseball is all about the experience and hanging out with good friends. And I promise, if they are losing in the 8th, you can go home! (Or if they are losing badly in the 6th, G-d forbid.). If you are interested, please contact Lynne Goldman at lynnefeffer@gmail.com as soon as possible. I don't know about ticket prices yet but we get a discount for 25 people or more. Feel free to invite non-KHN-members as well.

12TH ANNUAL JEWISH HERITAGE NIGHT

MONDAY, AUGUST 26, 7:05 PM



VS.



Save the Date - KHN Anniversary Picnic - Sunday September 15

Can you believe KHN turns 25 years old this fall? As part of the celebration there will be a 25th Anniversary Picnic on Sunday, September 15 following Shul School. More details in the coming months.

Donations

When you donate, please indicate if you wish for your donation to appear as “anonymous” in the newsletter.

Shelly Friedman, Rabbi’s Discretionary Fund for the yahrzeits of Irwin Samuels, Eva Leipzig and Florence Zimmerman.

With a donation you can also send a simcha card to let someone know you’re making a donation in memory of a relative or in honor of a life event. Email the request to Elyce Rosen at jdmsk@comcast.net or text her at 215-480-5089 with the name and address of the person you want the card sent to along with the reason for the card.. It’s simple, thoughtful, meaningful, and something that’s done at many other congregations. You can mail your donation or drop it off during office hours. The Maisel and Rosen families are generously donating the cards.

Book Giveaway in Lobby

As part of our project to re-organize the office and create storage space, we are downsizing the library. Books that are duplicates or no longer needed are being offered to members for free on a table in the lobby. Every week or two unclaimed books will be donated to charity to make room for more books. Stop by during office hours or shul school to see if there’s something you want to add to your collection.

Although we’re downsizing the library, that does not mean we have extra space. We are still the Little Shul and storage space is at a premium. Please donate your old books, Judaica, and other items to charity. Do not leave them at the shul unless you have talked to Rabbi Diana, Stacey Frank or Steve Fox first.

Torah Study - Every Thursday

Torah Study with Rabbi Diana is held at KHN every Thursday unless otherwise noted. To attend RSVP to rabbidianamiller@gmail.com so she can add you to the class list.

Shabbat Dinner with the Stollers

A message from member David Stoller:

Dear KHN friends. Barbara and I have committed ourselves to observing Shabbat on Friday nights and would like to invite any and all to join us for dinner, ideally with at least a day's notice (and any food restrictions). We fortunately have someone helping at home who is a good cook of seemingly infinite capacities. We intend to start at 6 (pre-sundown, but ...) to accommodate services at 7:30 p.m. We hope to see some of you around the Shabbat dinner table. Contact David at 973-919-4044 or via e-mail at dstol2636@gmail.com.

Support KHN and the Shul School While Shopping

- **BUY GIFT CARDS** - KHN sells a wide variety of gift cards to various merchants and gets a percentage of the price of each card. Contact [Donna Arons](#) for more information.
- **SHOP AMAZON SMILE** - If you shop Amazon, please use Amazon Smile through this link: <http://smile.amazon.com/ch/22-3339474>. A portion of what you spend will be donated to Kehilat HaNahar through a special Amazon program.



- **GIANT A+ FOR KIDS** - Register your Giant BONUSCARD by logging into the www.giantfoodstores.com website and going to manage my account, then savings & rewards (top right). Then select our school - number 26921. You can also call the BONUSCARD Hotline at 1-888-814-4268 and select Option 1 for assistance.
- **COLLECT BOXTOPS FOR EDUCATION** - The 2017-18 school year was our most successful yet for the amount we raised. Let's go even higher in the coming year! You see Boxtops for Education on many products you already buy. Clip the tags off the products and bring them to the collection tin in the KHN office. Make sure the product code and expiration date are visible.

MAY SIMCHAS

Anniversaries

James Eilbert and Loren Lasky, Barry and Diana Fass, Stacey and John Frank, Michael and Randi Koss, Ogden and Dan Kruger, Peter and Ellen Lesh, Louise Levy and Kay Reiss, Karen & Robert Lourea, Ed Mestetsky and Jennifer Whitbeck, Janet and Susan Rauscher, Andrew Rudnick and Robin Turin, Ian Spiegel and Crystal Miller-Spiegel.

Birthdays

Emily Aronson, Jan Bishop, Gerry Bogatz, Judy Cahill, Saul Carmenini, Jeannie Castells, Marc Cobert, Mark Feffer, Stephen Fox, Naomi Furguele, Lynne Goldman, Joseph Goodman, Ellen

Lesh, Mitchell Lewis, Bena Long, Charlotte Michaluk, Sonja Michaluk, Toni Miller, Steffany Moonaz, Susan Morris, Heather Ordover, Robert Passikoff, Marcus Peckman, Samuel Peckman, Gretchen Tartakoff, Deborah Wean, Ariana Wexler, Neil Whitman, Riley Yates-Doerr, Beth Zarret, Smanatha Zbik.

MI SHEBEIRACH TO

Marilyn Dorfman, David Bader, Ginny Wolff, Barbara Stoller, Joan Anthon.

YAHREZITS FOR THE MONTH OF IYYAR

Observer	Departed
Leslie Aronson	Dorothy Greenberg
Susan Barnabei	Jean Barnabei
Maxine Eisenstat	Max Eisenstat
Mark Feffer	Betty Shoer Feffer
Arnold Feineman	Edith Feineman
Shelly Friedman	Florence Zimmerman
Charles Getzow	Hannah Getzow
Carl Glassman	Janet Haaz Soifer
Brian Kelner	Joseph Kelner
Miriam Krantz	Sidney Jacob Krantz
Joan Loeb	Hans Loeb
Ellen Mager	Sidney (Shlomo) Mager
Aaron Michaluk	Walter Michaluk
Steffany Moonaz	Cyndi Lee Haaz
Robert Passikoff	Hannah Passikoff

Anne Pettit	Betty Pettit
Lenore Robinson	Shirley Lyons
Jill Savin	Nana Vahid
Lewis Scheindlin	Stanley Scheindlin
Dinie Silnutzer	Lt. Colonel Edith Silnutzer Boehm
Larry Snider	Hale Paul
Michael Tabachnick	David Isadore Tabachnick
Sally Weisman	Mignon Harowitz
Susan Whitman	Peter Hollander

Kehilat HaNahar Office Hours:

Thursday, May 9: Closed
Friday, May 10: 9 AM - 4 PM
Saturday, May 11: Closed
Sunday, May 12: Closed - Mother's Day - No Shul School
Monday, May 13: 10 AM - 4 PM
Tuesday, May 14: Closed
Wednesday, May 15: 2 PM - 8 PM
Thursday, May 16: Closed
Friday, May 17: 9 AM - 4 PM

Contact information:

Email: littleshul@kehilathanahar.org
215 862-1912
Rabbi Diana Miller: rabbidianamiller@gmail.com
215 804-6626

Weather cancellations:

Cancellations will be posted to our website www.kehilathanahar.org