



THE Shofar

Congregation Beth Emeth



Giving Thanks

Rabbi Bruce Aft (rabbibruce@bethemeth.org)

Dear Friends,

We all have our favorite holidays. Mine is Thanksgiving because it reminds me of my childhood when our family would gather together. My parents hosted Thanksgiving and other relatives hosted other holiday celebrations.

One of the aspects of Thanksgiving that inspires me today is that we have a day on which we are supposed to and are very willing to give thanks. In Jewish tradition, we are taught that we have fulfilled the obligation to pray by responding “amen” to prayers that the leader of the service (*shaliach* or *shlich* *hatzibur*) has offered, with one exception.

Each of us is obligated to offer our own prayer of Thanksgiving. We must search our hearts to find something for which to give thanks.

Our morning prayers open with “*modeh or modah ani*” a prayer where we give thanks for life. We also are taught that each day we should offer at least 100 blessings to demonstrate our gratitude. If one prays the traditional prayers, one fulfills this obligation. Some of us who may not pray every day should find basic things for which to offer blessings and/or give thanks.

Danny Siegel, a writer and mitzvah hero, describes a number of blessings that we sometimes take for granted. Smiles, hugs, tears, wind, sunshine, warmth, a good book, a loving glance, food, ice cream, cashews (I added this one :-)), a White Sox Division Championship (okay, I added this one also :-)) are just a few of the blessings for which we hopefully can give thanks.

I hope we will go around the table and talk about our blessings and those things for which we are thankful at our Thanksgiving gatherings. Hopefully, this year we can be

Cont'd on p. 4 >



Happy Thanksgiving
from Your Friends at CBE!

Thursday, November 25

NOVEMBER SERVICES

Erev Shabbat (online only) 8:00 PM
November 5 - “Music to Our Ears” monthly musical Shabbat service with Nick May

November 12 - Erev Shabbat service

November 19 - Erev Shabbat service with Guest Rabbi Jenna Stein Turow

November 26 - Erev Shabbat service

Shabbat Morning (in-person and online): 9:00 AM

November 6 - *Toldot*
Bar Mitzvah - Nicholas Picarelli

November 13 - *Vayetzei*
Bat Mitzvah - Penny Swartz

November 20 - *Vayishlach*
Guest Rabbi Jenna Stein Turow

November 27 - *Vayeshev*

Minyanim (online only): 9:00 AM
Sundays:
November 7, 14, 21, 28

Wednesdays: 8:00 PM
November 3, 10, 17, 24

UPCOMING EVENTS

Full calendar: bethemeth.org/calendar

Adult Education Program: Life's Holy Moments
Wednesday, November 3 7:00 PM

“Music to Our Ears” Shabbat
Friday, November 5 8:00 PM

Outdoor Vaccine Clinic at Beth Emeth
Tuesday, November 16 5:00-7:00 PM

HAZAK Program: “Morality: Restoring the Common Good in Divided Times,” led by Rabbi Aft
Tuesday, November 16 8:00 PM

Sisterhood’s Annual Hanukkah Boutique (online only)
Open now – see inside for link

November 2021

VOLUME 44, NUMBER 2

Interim Rabbi: Bruce D. Aft
President: Leslie Lesch

Affiliated with the United Synagogue of Conservative Judaism

703.860.4515 PHONE
703.860.5647 FAX
WWW.BETHEMETH.ORG

Music to our Ears Shabbat!



Nick May, singer/songwriter, educator



If you missed the first **Music to Our Ears** Shabbat in October (or if you didn't!), you'll definitely want to "tune in" to this lively service led by Nick May on the first Friday of every month.

Nick May is a singer/songwriter, educator, songleader and inclusion activist. He will lead Beth Emeth's Kabbalat Shabbat services on **November 5, December 3, January 7, February 4, March 5, April 1, May 6 and June 3.**

This joyous, musical service is geared for families and individuals alike. Whether you are young, old or anywhere in between, you will be dancing in your chair as we come together as a community to welcome the Sabbath Queen.

Our services on Friday nights are still **online only**. Please join us on Zoom: <https://bethemeth.org/erev-shabbat-zoom>

Download the Shabbat Booklet to follow along from wherever you are: <https://bethemeth.org/erev-shabbat-booklet>

Questions? Contact Robyn Feuerberg at adminvp@bethemeth.org.



Thank you to the following families who are helping underwrite the cost of **Music to Our Ears**. If you would like to give a monetary contribution (any amount is appreciated), please contact Robyn Feuerberg at adminvp@bethemeth.org.

Robyn & Stan Feuerberg
Alina Kirshon-Goldman & Mark Goldman
Ellyn & Gary Greenspan
Ellyn & Bill Hirsch
Joanne & Paul Levine
Denise & Dan Moldover
Janet & David Polak
Steve Pregozen
Gail & Bob Shor
Joanne & Bruce Wyman

Thanksgiving Food Drive

**DONATE A COMPLETE DINNER OR ORDER ONE
AT NORTH POINT GIANT IN RESTON**

Details & sign-up: bethemeth.org/thanksgiving-food



Drop-Off: November 14-18

Where: CBE Lobby

Questions?
Contact Jill Weisman

[https://www.bethemeth.org/form/
contact-jill-weisman](https://www.bethemeth.org/form/contact-jill-weisman)



The whole family can help decorate the box!

*"Providing charity for poor and hungry people weighs as heavily as all the other commandments of the Torah combined."
-- Talmud*

More info on page 5!



Send articles to:
shofar@bethemeth.org

December 2021 Shofar Deadline:
Friday, November 5

SHOFAR DEADLINE POLICY:

Due to continuing mail delays, we must receive article submissions **on or before the 5th of the month** prior to publication (or the next day if the 5th is Shabbat or a Jewish holiday.) Articles received after the deadline will not be published. Thank you.

CONGREGATION BETH EMETH

Executive Committee:

President: Leslie Lesch
Executive VP: Ellyn Hirsch
Administrative VP: Robyn Feuerberg
VP for Development: *open*
VP for Education: Suzanne Goldlust
VP for Ritual: Denise Moldover
VP for Finance/Treasurer: Marty Zelman
Secretary: Phil Noyovitz
Past President: Fran Besalel

Committee Chairs:

Adult Program: Amanda Gelbart & Diane Lowenthal
BEECC: Lauren Moses
Communications & Publicity: Philippa Levenberg & Adam Weingarten
Endowment: Ellyn Soefer
Finance and Budget:
Food Service: Sheri Cerny & Jamie Paul
Fundraising: *open*
House and Facilities: Bruce Wyman
Long Range Planning: Richard Weisman
Membership: Rona Ackerman & Rachael Fineberg
Ritual/Holiday Director: Martin Paul
Ritual/Lifecycle Director:
Alina Kirshon-Goldman
Ritual/Shabbat & Weekday Director:
Helen Levy-Myers & Dan Moldover
School: Shauna Peters
Social Action and Community Relations:
Alan & Patty Goldblatt
Technology: Dave Cohen & Rob Shear
Youth Activities: Donna Paley
Sisterhood President: *open*
Men's Club Co-Presidents:
Alex Osinovsky & Jim Sloan
BEECC PA Chair: Jodi Smith
Trustee (3-Year): Jon Kraden & Melissa Heifetz

Synagogue Administration:

Interim Rabbi: Bruce D. Aft
Rabbi Emeritus: Steven M. Glazer
Executive Director: David Markovich
BEECC Director and Interim Religious
School Director: Ora Cohen Rosenfeld
Youth Director: Zach Moskowitz
Communications Director: Susan Berger
Accounting Administrator: Heather Holway
Office Manager: James Tackett

Shofar Staff:

Editor/Designer: Joanne Rosenthal Levine

To advertise, contact the CBE office or
email shofarads@bethemeth.org

The Purple Unicorn

Leslie Lesch (president@bethemeth.org)

Happy fall everyone! I love this time of year where the air gets crisp and cool, the leaves start to turn colors, falls sports are in full gear, Thanksgiving is around the corner, and we start to prepare for winter. Here at CBE this year, the fall brings us into the season of rabbi search, our post-holiday programming picks up, and we start to get ready for Hanukkah. It's a fantastic time.

But I want to talk to you today for a minute about that elusive creature – the purple unicorn. For those of you who are not familiar with the term, google gives this definition: "Purple Unicorn is a term used to describe a candidate profile that possesses the skills and experiences that are believed to be so rare, they are almost mythical." As I think about the purple unicorn, I find myself thinking we are looking for one in everything these days. Let me give you a few examples.

Our description of a new rabbi we wish to hire. If you do a search for "the perfect rabbi" you might find this description:

The results of a computerized survey indicate the perfect Rabbi preaches exactly 15 minutes. He condemns sins but never upsets anyone. He wears good clothes, buys good books, drives a good car, and gives about \$50 weekly to the poor. He is 28 years old and has preached 30 years. He has a burning desire to work with teenagers and spends all of his time with senior citizens. The perfect Rabbi smiles all the time with a straight face because he has a sense of humor that keeps him seriously dedicated to his work. He makes 15 calls daily on congregation families, shut-ins and the hospitalized, and is always in his office when needed.

Our application for a new permanent rabbi has been submitted to the RA. Let's keep in mind that the "perfect rabbi," like the purple unicorn, is a mythical creature. What we need is someone who will be good for CBE. Someone who will

Cont'd on p. 13 >

Rabbi Search Update

Robyn Feuerberg, Chair, Rabbi Search Committee (rabbisearch@bethemeth.org)

By the time you receive this issue of the *Shofar*, our synagogue's job application will have been posted to the Rabbinical Assembly's Job Placement page. Here are the next steps in the process for us to hire a new Rabbi:

- Begin to receive applications from candidates for the job;
- Hold initial Zoom interviews with all candidates;
- Hold more intense interviews with candidates that are a good match for our congregation;
- Plan weekend visits and opportunities for the congregation to meet the top candidates;
- Gather feedback from congregation on candidate visits;

Cont'd on p. 10 >

Guest Rabbi November 19 & 20

Please join us for services on **November 19 and 20** when Rabbi Jenna Stein Turow will be the guest rabbi. Rabbi Jenna is passionate about experiential education, building meaningful community, and seeking authenticity through creative expression and Jewish spiritual exploration and is always seeking to connect the Jewish tradition with relevant contemporary life, values, and content. Most recently, she served as Senior Jewish Educator for Michigan State University Hillel. She was ordained from the Ziegler School of Rabbinic Studies in Los Angeles after receiving dual Bachelor's degrees in English and Secondary Education from the University of Maryland. Rabbi Jenna is a lifelong attendee of Jewish summer camps. In her free time, you can find her updating her Spotify playlists, reading a good book, Facetimeing with her family, and exploring nature.



Thanksgiving *(Cont'd from p. 1)*

in person more than last year, and for those who are zooming, I hope you can ask those on your screen to share those things for which they give thanks.

Finally, I hope you will participate in our annual Thanksgiving Food Drive, to demonstrate through doing that we are thankful (see p. 5).

My personal hope is that we can gather together in person with our loved ones. We will be seeing our daughter who lives in Alaska for the first time in nearly two years and will be seeing our newest grandchild here in VA for the first time in our home. We are truly thankful for all our blessings.

B'shalom, Rabbi Bruce Aft

Weekly Lunchtime Torah Study

WEDNESDAYS, 12:00-1:00 PM ON ZOOM

Beth Emeth members are invited to join Kol Ami online for a free weekly lunchtime Torah study with Rabbi Aft, focusing on the commentaries of Rabbis Jonathan Sacks and Abraham Twerski. Please register at <https://www.bethemeth.org/event/weds-torah-study> to receive the Zoom link and links for readings and any schedule changes. Come to as many or as few sessions as you wish. No prior Torah knowledge is necessary – come as you are!



All About Beth Emeth's Torahs

David Cerny, Ritual Committee

Having recently celebrated the Simchat Torah (Rejoicing of the Torah) holiday, it seems appropriate to provide some information on the Torahs currently in use at Congregation Beth Emeth. Since one article about all of the Torahs would be way too lengthy to read at once, each month the article will focus on one or two of the Torahs. For some, we have a lot of information, while on others not so much.

The newest addition to the CBE Torah family is the Robinson Torah. Thank you to Steve and Karan Robinson for providing your family Torah for CBE to use, and for the information that follows.

The Robinson Torah is at least 127 years old. It was acquired by the Robinson family around 1894 in Londonderry, Ireland. Steve Robinson's great grandparents were married in 1890 in Liverpool, England and subsequently his great grandfather, Barnet, wanted to move to Londonderry, Ireland. His great grandmother, Hya, insisted that the only way she would move would be if Barnet would guarantee her a shul with a minyan there. Barnet convinced a group of friends and family to move to Londonderry. They established a shul and obtained a Torah and in 1894, Barnet became the shul's first president.



In 1907, Barnet emigrated to Roxbury, Mass. He was followed a year later by Hya and their seven children. The oldest,

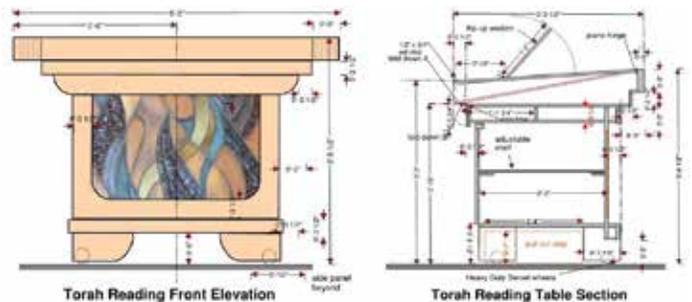
Cont'd on p. 12 >

House and Facilities

Bruce Wyman, Chair, House and Facilities Committee (facilities@bethemeth.org)

One of the many new features planned for the upcoming sanctuary redesign is a new reading table. With the aid of our architect, we as a committee have spent countless hours and the Ritual Committee has approved a custom reading table that will be placed on the floor to be closer to congregants. Placing reading tables on the sanctuary floor is extremely common in Israel and Europe, and according to our architect, is increasingly popular in newly constructed American synagogue sanctuaries. The larger table will have two microphones and enough top space to accommodate the Torah and the rabbi as well as a reader or cantor. The table will have wheels so it can easily be moved to the side for other functions such as weddings, and it can readily be moved up to the bimah if desired.

Many of the spotlights that have just been installed are specifically directed to the upcoming reading table position. It is larger than the current table and the angle of the top can be adjusted to accommodate the height of almost any reader. It has storage and new, distinctive, customized, but traditional art on the sides to further enhance the beauty of the sanctuary. We will also be



installing a third set of stairs that will be behind the table and lead up to the middle of the bimah, so access to the relatively small bimah will be enhanced. The stairs will also have removable hand rails for flexibility.

The newly installed lights have gotten many nice comments. Stay tuned in future *Shofar* issues for the many other new features we are planning.

As usual, please do not hesitate to contact me at any time. Our committee is energized and expects to start implementing the new features next summer.

Social Action

Patty Goldblatt, Social Action Co-Chair
(social-action@bethemeth.org)

Helping Afghan Refugees

Interested in helping new Afghan friends moving into the area? We need able-bodied individuals to assist with moving and setting up homes! Email social-action@bethemeth.org to be added to our call-list if interested. As dates come up (often with only a few days' notice), we will give you the opportunity to help out.

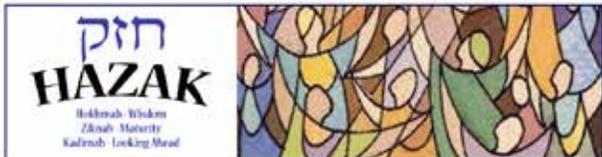
Thanksgiving Food Drive

CBE's Annual Thanksgiving Food Drive, in cooperation with Cornerstones, helps less fortunate families in our community have a full, healthy Thanksgiving Dinner. Helping the hungry is fundamental in Judaism.

Please sign up (see link on p. 2) so we'll know our commitments are covered, and then drop off meals in boxes with a cover/lid, or in cloth grocery bags, in the synagogue lobby. Especially if you're able to make this a family project, it's great to add a personal touch by decorating the box (kids are great at this!) and/or adding small family games or crafts. As last year, if you prefer you can purchase the meal at North Point Giant; see below (but please still sign up at the above link so we know you'll be doing so.)

Items for a healthy Thanksgiving dinner for a family include:

Cont'd on p. 12>



Larry Uman, Chair (hazak@bethemeth.org)

HAZAK is back and it's for everyone! We have a great program to kick off the new HAZAK year on **Tuesday, November 16th**. Our own Rabbi Aft will give a talk and lead a discussion on Rabbi Lord Jonathan Sacks' (z"l) final book, *"Morality: Restoring the Common Good in Divided Times."* In *Morality*, Rabbi Sacks traces today's crisis to our loss of a strong, shared moral code and our elevation of self-interest over the common good.

HAZAK is the United Synagogue of Conservative Judaism's organization that supports programming for folks 55+. Its name "HAZAK" is an acronym for the Hebrew words Hochmah (wisdom), Ziknah (maturity) and kKadima (looking ahead). Adults of any age are welcome to attend! At CBE, HAZAK is a congenial group of individuals who want to continue to grow our Jewish and world understanding in a friendly and welcoming environment. Be a member, be a guest or bring a guest. HAZAK members do not need to be CBE members.

Outdoor Flu Shot/Pneumonia Shot/ Covid Booster Clinic at CBE!

TUESDAY, NOVEMBER 16, 5:00-7:00 PM



Haven't had your flu or pneumonia shot? Eligible for a Covid booster? We are pleased to partner once again with Giant Food to offer a vaccine clinic for flu and pneumonia to our members! The flu vaccine is available to those ages 5 and up. Standard flu shots as well as the high dose flu vaccine for age 65+ will be available. Those with Medicare may also choose to receive the pneumonia vaccine. We will also have Covid booster shots available for those who are eligible at the time of the clinic. The vaccine clinic will be held outdoors. More info and appointment signup are at <http://bethemeth.org/shots>.



CBE members safely delivering donated food for dinner at the Embury Rucker family shelter on Sept. 26. Want to help? Watch your email for upcoming dates!

NEXT MEETING:
Tuesday, November 16, 8:00 PM via Zoom
Rabbi Bruce Aft: *"Morality: Restoring the Common Good in Divided Times"*



Traditionally, our HAZAK group meets on the third Tuesday of every month at 1 PM in the Beth Emeth social hall, and many of our working folks have been unable to attend. However, due to the current Covid status, we are starting off this year with remote Zoom programming only and are scheduling meetings at 8 PM to allow for greater participation. We welcome Larry Uman as the new HAZAK chairperson for this season.

We engage with a wide variety of accomplished speakers and authors and enjoy book/film discussions. Tentative dates for future HAZAK meetings: **December 14, January 11, February 8, March 8, April 12, May 10 and June 14.**

Look for schedule updates in the Weekly Announcements, the *Shofar*, and the online Calendar. To get onto the email list and receive updates with Zoom links, please contact us at hazak@bethemeth.org. All ages welcome!

Fundraising Update

Ellyn Hirsch, Executive VP

Accolades to the Seth Kibel Quintet, featuring vocalist Flo Anito, one of the area's premiere instrumental jazz, swing, and klezmer bands, who came to CBE on September 12th. More than 100 Beth Emeth members and guests were treated to lively renditions of familiar favorites for amazing afternoon of upbeat music and family fun, made even better by glorious weather and great friends. Thanks to Stan Feuerberg for his humor and commentary as our emcee. I offer the highest praises and thanks to the many, many volunteers and staff that made this event happen. In true Beth Emeth style, we were able to gather outside to eat, drink and be merry! What an amazing Annual Appeal Kick-Off event!

Thank you, Thank you, Thank you! Donations of all sizes are starting to roll in, and together we are making a tremendous difference. As of October 1, the net Annual Giving contributions total \$93,000 of our \$180,000 goal to support our programming (for youth, adult, Hazak (seniors), Techilah (younger adults), Religious School, BEECC, Zooming/streaming expenses, and covid-19 related expenses. As you know, dues, tuition, and fees do not cover our expenses, so fundraising is essential to ensure the financial health of our community.

If you have not yet contributed to Annual Appeal (any gift large or small appreciated) here is how to do it:

Ways to Donate Now:

- Pledge now and pay at once or over time. Use the online donation link <https://www.bethemeth.org/annual-appeal>
- Mail your pledge and check to 12523 Lawyers Road, Herndon, VA 20171, with a note indicating total Annual Appeal pledge intention and whether you wish to remain anonymous.

Consider other ways to pledge (email accounting@bethemeth.org):

- Donate using a qualified charitable distribution from an IRA (individuals over 72 years of age)
- Pay with Donor Advised Funds
- Donate appreciated Stock

If you would like more information about our fundraising initiatives, please contact Ellyn Hirsch at developmentvp@bethemeth.org.

ANNUAL APPEAL RECOGNITION 2021/2022 AS OF OCTOBER 1, 2021

Shomrim (Guardians) \$5,400 - \$7,199

Stephen & Kathleen Baker
Linda & Howard Eisinger
Joanne & Paul Levine
Jan Woodhead
Debbie & Marty Zelman

Double Century Chai \$3,600 - \$5,399

Gail & Robert Shor

Kesef (Silver) \$2,500 - \$3,599

Ita & Mark Mandel
Sandy & Sapat Mitrani
Anonymous

Century Chai \$1,800 - \$2,499

Sandy & Larry Brody
Pam & Keith Rubin
Bonnie & Glen Silas
Jodi & Greg Smith
Anonymous

Chalutzim (Pioneers) \$1,000 - \$1,799

Michael Aarons & Rona Ackerman
Judy & Richard Bergman
Judith & Stephen Berman
Ellyn & Bill Hirsch
Sharon & David Kamerling
Mark Kaplan
Leslie Lesch
Philippa Levenberg & Adam Weingarten
Marion & Don May
Susan & Paul Moskowitz
Diane & James Norman
David Schreiber
Jamie & John Steinberg
Joanne & Bruce Wyman
Anonymous
Anonymous

Adonim (Experts) \$720 - \$999

Kimberly & David Greenspan
Meryl & Mark Klein
Diane Lowenthal & Bradley Moskowitz
Jan & Hank Pohl
Janet & David Polak
Howard Seid
Rob Shear
Carol & Stephen Silberstein
Diane & Lawrence Urban
Tina & Steven Wallace

Bonim (Builders) \$540 - \$719

Susan Barbash & Brian Allen
Robyn & Stan Feuerberg
Marcy & Jim Katzman
Lynn Mayer & Robert Goldenkoff
Steven Pregozen
Kathryn & Jeffrey Schuman
Laura Wolinsky

Nadivim (Patrons) \$360 - \$539

Rhoda & Jesse Abzug
Susan Berger
Charles & Barbara Bernstein
Fran & Samuel Besalel
Sheri & David Cerny
Wendy & Jeffrey DiLisi
Karen & John Fagelson
Rachael & Justin Fineberg
Leslie & Andrew Glaser
Patricia & Alan Goldblatt
Suzanne Goldlust
Ellen & Stephan Greene
Mimi Kronisch & Steven Tyler
Janet Lindsey Klayton & Ronald Klayton
Glenda & Mark McConn
Jim & Cheryl Mihal

Shauna & Josh Peters
Karan & Steve Robinson
Robin & Abraham Rosner
Eric Weinstein
Karen & Steven Ziselman

Chaverim (Friends) \$180 - \$359

Leora Allen
Lisa & Mark Blecker
Joel Boches
Judy Brown
Trudy & Joe Burger
Barrie Burnick
Faye & Chuck Cascio
Deborah & Charles Colby
Monica Epstein
Stephanie & Michael Freidin
Ninel & Mark Galperin
Ellyn & Gary Greenspan
Estelle Guttman
Sarita & Larry Kaplan
Alina Kirshon-Goldman & Mark Goldman
Sonya & Aleksey Kirzhner
Ina & Dean Koppel
Lori & Jonathan Kraden
Sophia & Semyon Kurtsman
Helen & Eric Levy-Myers
Susan Lewis
Laurie & Gary Markin
Denise & Daniel Moldover
Lori & Ken Moskowitz
Jamie & Martin Paul
Sara & Melvin Pollack
Sheila Reback
Susan & Neil Reilly
Cynthia & Joel Richards
Faith & Tobias Rodill
Cindy & Jay Scheiner
Paula & Stephen Slavsky
Lila & Lou Tinkoff
Dana Weiser
Michele & Kenneth Weiss
Paula & Jay Yass
Anonymous

Tomchim Under \$180

Margot and Eli Abronovich
Michelle & Stephen Barnaby
Elise & Michael Berger
Aviva & Lyle Berlin
Yelena Borovoy
Edit & Gabriel Braunstein
Ora Cohen Rosenfeld
Anita Cohen
Irene & Robert Cohen
Robin & David Cohen
Valerie & David Cohen
Rhonda & Scott Crane
Debra David & Laurent Sauvage
Allison Deur
Susan & Shawn Dilles
Gerald & Sandra Dorfman
Danielle Edgell
Pamela & Patrick Lesch
Sheryl Fahey
Julie Feil
Claire Fine
Jodi & Gregory Fink
Lori & Brian Flanagan
Rachel Foster
Ronald & Joyce Freedman
Rabbi Steven Glazer
Lisa & Steven Gordon
Gail Greenberg
Jenna Greenspan
Ellen & Mark Grimley
Shirley Gross
Tanny Hale
Linda & Harlan Harber
Melissa & Andrew Heifetz
Shari & Brian Hirsch
Debbie & Perry Immerman
Marjorie & Boaz Kalfon
Marni Kan & Ziv Younger
Sharon & Lance Kekoler
Jeff Koblenz
Phyllis & Leonard Konikow
Liya Kushnir
Marty Lessner

Sabina Levy
Irene & Michael Lieberman
Hilary & Neil Malyn
Elizabeth Mezheritsky
Matthew Mihal
Lauren & Andrew Moses
Barbara & Jay Myerson
Lisa & Johnathon Nash
Andrea & Greg Nossaman
Marina & Alex Osinovsky
Donna & Cary Paley
Yael & Steven Pollicoff
Betsy & Ken Rock
Irving Rosenberg
Eileen & Richard Rosenthal
Arlene & Ron Rosh
Caroline & Seth Rubenstein
Judith & Robert Sandler
Robin & Aaron Schulman
Felice & David Schulz
Nanette & Paul Shraga
Debra & Gary Smith
Ken & Mindy Sosne
Corinne Stern
Ruth Stromberg
Terry Swartz
Elaine & Joel Ticatch
Michelle Tinkoff & Ben Alliker
Jane Torman
Karin Twilde-Sheifer & Stuart Sheifer
Irina Vayndiner & Yuri Galperin
Barbara & Jeffry Waldman
Joy & Gabriel Walsh
Phyllis Waxman & Josh Simkol
Marjorie & Jerry Weisskohl
Scott Wollek
Michele Zuckerman
Anonymous



Beth Emeth Sisterhood

Shirley Gross (sisterhood@bethemeth.org)

Shop the Shop!

For your upcoming b'nai mitzvah, please check out our Judaica Shop, either online or by appointment. We have Tallitot and can order kippot and much more for your event. If you see a tallit somewhere else online, please let Robyn Feuerberg and Ellyn Hirsch know. They will order it for you at the same price while helping CBE's Sisterhood Judaica Shop. Contact them at gift-shop@bethemeth.org.

2022 Mah Jongg Cards

Now available – see p.12 for ordering information.

Sisterhood Events:

Please watch your email and check the Beth Emeth website for more information about these events:

SUNDAY, NOVEMBER 7 @ 11 AM - Jewish Military Museum, Washington, DC - This is a private tour given by the Director. If COVID remains of high concern, this program will be cancelled.

SUNDAY, DECEMBER 5 - Zoom program: "The Kotel: A Case Study of Jewish Pluralism in Israel." Two Israeli women representing the Masorti Movement and Women of the Wall (WOW). Details available soon.

TUESDAY, DECEMBER 14 - Cooking with Lauren Katz. Lauren did a Zoom cooking last year which some of us attended. Join with Northern Virginia Hebrew Congregation (NVHC) to learn about Sephardic dishes. Lauren will be able to do the program either in person at NVHC or on Zoom, again depending on COVID concerns.



Marilyn Rosenberg Sisterhood Judaica Shop's Annual Hanukkah Boutique is ONLINE this year!

"Shop the Shop" from home! Go to:

<https://bethemeth.org/gift-shop-online>

All proceeds go to supporting Beth Emeth through the efforts of our Sisterhood. Online sales are accepted using credit cards. If you prefer to pay by cash or check, please contact us at gift-shop@bethemeth.org and we will take the payment offline for you.



Candles, Hanukkiot, Chocolate Gelt, Gifts, Dreidels, Decorations, Games, and so much more... Exceptional Judaica at exceptional value is just keystrokes away.



Check our site for daily specials! Find something somewhere else? Give us a shout. We will make every effort to get it for you at an even better price. And if we don't have it, Modern Tribe might. They give us a percentage of the sale. You must use this special link in order for our Sisterhood to get the credit:

<https://moderntribe.com/?aff=58>

Youth Department

Zach Moskowitz, Youth Director (zachm@bethemeth.org)

Shalom everyone! You wouldn't believe the fun we had last month. On October 17th, our USYers had an amazing time at Pumpkin Palooza, and even made some (gourd)-eous painted pumpkins to take home. On October 24th, we had our Kadima Crash Course, Welcoming all of our 6th - 8th graders back to Kadima with a series of miniature games, challenges and activities as well as some bonding. We can never know our peers too well.

Coming up:

- On **October 30th**, we will celebrate Haunted Havdallah, sharing Jewish myths and stories around a bonfire, with s'mores in hand.
- K through 5th graders can join us on **November 8th** for Second Monday!
- 6th through 8th graders can join us on **November 14th** for Kadima Board Game Day!
- 8th through 12th graders can join us on **November 7th** for a Social Action themed Lounge Night.

We can't wait to see you there!

How You Can Help

The Youth Department is hard at work trying to raise funds to help us be the best we can possibly be for our kids, and we would love your help! There are several ways you can aid us in this process. While you are always welcome to donate to the Youth Department on our website, we are offering two additional ways to help:

First, **Hanukkah Mystery Boxes** are back! These were so popular last year that we decided to do it again! Order one for a kid in your life at the link below. Hurry – the sale ends November 10th!



Second is **Terracycle**, a free recycling program for hard-to-recycle waste, such as product packaging. We have signed up to recycle:



- Arm & Hammer/OxiClean product pouches
- Burt's Bees packaging with a Terracycle Logo
- Gatorade, G Endurance, Propel, Evolve, and Muscle Milk wrappers, sticks, sachets, pods, and pouches
- V-Tech and Leapfrog toys

We've placed a Terracycle box in the Youth Lounge for all donations. Please make sure they're clean and dry before placing them in the box. Our USYers will collect, sort, and package the donations and send them on to Terracycle. In return, the Youth program will earn a small amount per pound donated. Please join us in recycling these common but hard-to-recycle goods while supporting CBE Youth!

Upcoming USY Conventions

- USY's International Convention will be held in-person here in Washington, DC, **December 26-31**. Go to <https://www.usy.org/ic> for information.
- Make sure to register for our first in-person regional convention in TWO YEARS! 9th - 12th graders sign up for regional convention today, it's from **November 19th – 21st**! Email zachm@bethemeth.org for details.

Collegians of Beth Emeth

Give your college student a taste of home while they're away at school through twice-yearly care packages. Email your student's name, school and postal mailing address to zachm@bethemeth.org.



The following appeared in the weekly announcements through September 30, 2021.

MAZAL TOV TO

David Markovich and Elizabteh (Lisa) Eydelman on their marriage on August 28th in New York.

TODAH RABAH TO

For the wonderful concert/picnic/Annual Appeal Kickoff (Sept. 12), huge kudos to Ellyn Hirsch and all who made it happen: Rona Ackerman, Rabbi Bruce Aft, Steve Baker, Susan Berger, Judy Bergman, Fran Besalel, Anibal Blanco, Sheri Cerny, Dave Cohen, Linda Eisinger, Robyn Feuerberg, Stan Feuerberg, Rachael Fineberg, Lori Flanagan, Patty Goldblatt, Laura Gorbach, Bill Hirsch, Leslie Lesch, Joanne Levine, Ellen MacDonald, David Markovich, Paul Moskowitz, Susan Moskowitz, Zach Moskowitz, Donna Paley, Jamie Paul, Martin Paul, Shauna Peters, Jan Pohl, Ora Cohen Rosenfeld, Felice Schulz, Rob Shear, Ellyn Soefer, Jan Woodhead, and Marty Zelman.

A big shout-out to all who made the combined Raise-the-Sukkah and Religious School B'Yachad (Sept. 19) a big success: Men's Club led by Jim Sloan for construction of the sukkah frame, Religious School staff led by Ora Cohen Rosenfeld, our custodial staff, Anibal and Angelika, and all the children (and parents) who made & hung decorations and learned about Sukkot. A great introduction to the coming year!

WELCOME NEW MEMBERS

Robert Cohen

Autumn-Dawn Blanchette & Christian Blanchette and their children Sebastian and Carmen



REFUAH SHLAYMA TO

Barbara Bernstein
Rita Citrenbaum
Stephanie Freidin
Meryl Klein
Vince Sescio

Mi She-Bei-Rach
by Debbie Friedman

*Mi she-bei-rach a-vo-tei-nu
M'kor ha-bra-cha li-mo-tei-nu
May the source of strength
Who blessed the ones before us
Help us find the courage
To make our lives a blessing
And let us say, Amen*

*Mi she-bei-rach i-mo-tei-nu
M'kor ha-bra-cha la vo-tei-nu
Bless those in need of healing
With r'fua sh'lei-ma
The renewal of body
The renewal of spirit
And let us say, Amen.*

CONDOLENCES TO

Denise Moldover and family on the death of her father, Marshall Bruce "Zayde" Tanhoff.

Leslie, Patrick and Timothy Lesch on the death of their father and grandfather, Joseph Martin Levy.

ONEG & KIDDUSH SPONSORSHIPS

The following have made SEPTEMBER CONTRIBUTIONS to supplement weekly ONEG AND KIDDUSH SPONSORSHIPS and to mark the designated lifecycle events:

The Colby family in honor of Deborah's birthday

The Joanne & Paul Levine family in honor of Joanne's birthday

The Joanne & Paul Levine family in honor of Michelle's birthday

The May family in honor of Evan's birthday

The Nash family in honor of Dylan's birthday

The Peters family in honor of Shauna's birthday

The Peters family in honor of Layla's birthday

The Shor family in honor of Joel's birthday

The Zelman family in honor of Noah's birthday

If you have a lifecycle event that you would like to acknowledge above, please contact the Main Office at 703-860-4515 Ext. 101 or office@bethemeth.org.



A NOTE ABOUT ZOOM FOR SERVICES

If you are using the Zoom app to join us for services, be sure to update your app to Version 5.81 or later! A recent required update caused "freezing" for many users, and a new version is available to fix the problem.

B'NAI MITZVAH



NICHOLAS ELI PICARELLI, son of Sandy and John Picarelli, will become a Bar Mitzvah on **November 6th**. His brother Timaeus (15) will also join in the family's special day.

Nicholas' parsha is *Toldot*, Genesis 25:19-28:9. "My Torah portion is about sibling rivalry between Jacob and Esau, taking their rivalry too far and the resulting consequences," he said.

Nicholas is in 7th grade at Rachel Carson Middle School. He enjoys playing football and basketball.

For his mitzvah project, Nicholas hosted a touch football game on September 18th to support K-9 Lifesavers dog rescue. To play in the football game, participants brought cash donations or dog supplies to contribute to the organization. Individuals who were unable to attend also contributed cash and checks. Nicholas delivered the proceeds and supplies he collected to a pet adoption event held on October 10th in Falls Church.



PENNY IRENE SWARTZ, daughter of Terry and Jeff (z"l), will become a Bat Mitzvah on **November 13th**. Her brothers Mitchell (16) and Jeremy, and her sister Rachel are also looking forward to the special celebration. Penny's grandparents Alice Sue Hecht and Leonard Swartz will be among the honored guests.

Penny's parsha is *Vayetzei*. "Becoming a Bat Mitzvah means to me that I am growing up and becoming a full adult within the Jewish community," she said.

A 7th grader at Liberty Middle School, Penny enjoys playing volleyball, riding her bike, hanging out with friends, and playing with the family's dog, Domino.

Penny has been collecting donations of blue jeans and fleece materials and using them to make dog toys to be donated to A Forever Home dog rescue where her family adopted Domino.



School News

Ora Cohen Rosenfeld, BEECC Director and Religious School Director (ora@bethemeth.org)

THANKSGIVING EVERY DAY

When Halloween and St. Valentine's Day appear on the calendar, most Jewish schools explain to parents each year that we don't celebrate these holidays in our Jewish schools. But when Thanksgiving arrives, we are able to connect to this national holiday through our identity as Americans and through our Jewish values. They sync together easily, as we focus on the value of gratitude, (*hakarat hatov*), recognizing the good in our lives and how blessed we are in so many ways. We can recognize and thank those who help us, and we can also explore what we should be grateful for in our lives. We are lucky if we are able to sit at a table with family and friends, with a Thanksgiving table filled with food, in a warm and safe home. Day to day, we usually take these things for granted, but if we look beyond our own neighborhoods, we can easily understand that there are many who don't have the support of family, do not have easy access to food or don't have the safety of a stable home.

Gratitude is a value we begin to teach even our youngest children. From gratitude comes an appreciation for our blessings, and compassion for those who suffer without the basic necessities. Our definition of gratitude deepens when we understand that gratitude is also a call to action.

This idea of gratitude and compassion are not only stated clearly in the Torah, but are also in our daily prayers. In our Religious School, our study of Hebrew focuses on the liturgy. While we mostly focus on the prayers for the weekly Shabbat Torah service and *Musaf*, the daily morning prayers, (*Birchot Hashachar*), clearly express our gratitude for the most basic of needs – being thankful that we are able to wake up each morning, that we are able to stand up, to have clothes to wear each day, that we have the strength we need to live another day. We say these blessings first in our morning prayers, before *Shema* or any of the other prayers, because without gratitude, you are stuck in a life that can't appreciate anything outside of ourselves.

Hakarat Hatov, gratitude, is what inspires us this time of year to collect food for local shelters, so others can enjoy the Thanksgiving holiday as we will at the end of the month. I hope that you will give generously to our school and synagogue food collection, so that while we celebrate, other families who are less fortunate, can also be part of the Thanksgiving holiday.

How are you expressing your gratitude this Thanksgiving season?

BUDDING BEECCERS IS BACK!

Our Budding BEECCers adult-child playgroup is back – in-person at Beth Emeth! Join us for 90 minutes of songs, games, stories and indoor/outdoor play to engage your toddler and meet other parents in our community.



Tuition: \$570 for CBE members, \$640 for non-members

While Budding BEECCers is a Jewish program, anyone is welcome. Limited to the first 12 families so we are able to interact more with your child. Enroll any time throughout the year (tuition prorated). Go to <https://www.bethemeth.org/budding> for all the info!

Who: Toddlers ages 15-24 months and parents
Dates: Thursdays, Oct. 21, 2021 - May 9, 2022
Time: 9:30-11:00 AM
Where: Congregation Beth Emeth

Rabbi Search (Cont'd from p. 3)

- Prepare to recommend a candidate to the Board of Directors of the synagogue;
- Prepare to recommend a candidate to the membership of Congregation Beth Emeth;
- Congregation will vote on the recommendation at the next annual meeting in May 2022.



And we all hope that we will have a permanent rabbi in place by July 2022.

Robyn



Men's Club

Jim Sloan, Men's Club Co-President
(mensclub@bethemeth.org)

CBE BIKE CLUB MEETS SUNDAYS WHEN RELIGIOUS SCHOOL IS IN SESSION, 9:00 AM

Our first rides have been a big success and we welcome more riders to join us each Sunday that RS is in session, weather permitting. All welcome! Rides start from Beth Emeth and explore nearby areas. Contact Brian Flanagan for more information, using the form at <http://bethemeth.org/form/contact-brian-flanagan>.



2016 Men's Club ride

Contributions from Thoughtful People

This article lists monthly donations that were received in the office by September 30, 2021.

ACTS OF LOVING KINDNESS FUND

To mark the yahrzeit of:

My brother-in-law, MYRON COHEN, from Anita Cohen

My mother, JEAN GERSHNER, from Jan Woodhead

My father, STANLEY I. GOODHART, from Ilene Cohen

In memory of:

JOSEPH MARTIN LEVY, father of Leslie Lesch, grandfather of Patrick and Timothy Lesch, from Susan & Samuel Lewis

MARSHALL BRUCE TANHOFF, father of Denise Moldover, grandfather of Adam and Sarah Moldover, from Susan & Samuel Lewis

A speedy recovery of HARRY GRIEFER, stepfather of Sheri Levitan, from Jeff Koblenz

A speedy recovery of ELLIE KOBLENZ, mother of Sheri Levitan, from Jeff Koblenz

In appreciation of the Social Action Committee from Debbie & Marty Zelman

BUILDING FUND

To mark the yahrzeit of ROSE SCHUSTER, mother of Joanne Wyman, grandmother of Wendy DiLisi, from Joanne & Bruce Wyman

In memory of:

JOSEPH MARTIN LEVY, from Joanne & Bruce Wyman

MARSHALL BRUCE TANHOFF, from:

Joel Boches

Joanne & Bruce Wyman

In honor of:

STEVE BAKER being honored as the Chatan Torah on Simchat Torah, from Jan & Hank Pohl

ROBYN FEUERBERG being honored as the Kallat Bereishit on Simchat Torah, from Jan & Hank Pohl

The marriage of DAVID & LISA

MARKOVICH, from Joanne & Bruce Wyman

FAYE GOTTLIEB CASCIO

EDUCATION FUND

In memory of JOSEPH MARTIN LEVY, from Ora Cohen Rosenfeld

GENERAL FUND

To mark the yahrzeit of DAVID PALEY, son of Donna & Cary Paley, brother of Ryder Paley, from Donna & Cary Paley

In memory of MARSHALL BRUCE TANHOFF, from Donna & Cary Paley

In appreciation of our ROSH HASHANAH services, from:

Leslie Lesner

Ita & Mark Mandel

LIBRARY FUND

To mark the yahrzeit of my mother, MARY STACK-DUNNE, from Susan Nixon

PAULA COMER SLAVSKY BEECC FUND

To mark the yahrzeit of:

My grandfather, RICHARD DuBRON, from Allison Deur

My father, SAUL GREENSPAN, from Gary Greenspan

In memory of HOPE PREGOZEN, wife of Josh Pregozen, daughter-in-law of Steven & Jerri Pregozen, from Steven & Jerri Pregozen

PRESIDENT'S DISCRETIONARY FUND

In memory of JOSEPH MARTIN LEVY, from:

Glenda & Mark McConn

Jan & Hank Pohl

In honor of ELLYN & BILL HIRSCH, from Danielle Edgell

RABBI'S DISCRETIONARY FUND

To mark the yahrzeit of my mother, EDNA KARTER, from Steven Pregozen

An anonymous donation was made in appreciation of all Congregants who submitted 6 Word Prayers.

RABBI STEVE & ANDREA GLAZER

ELDERCARE ASSISTANCE FUND

To mark the yahrzeit of:

My mother, VIOLETTE ASSAYAS, from Danielle Edgell

My grandfather, HAIM BITCHATCHO, from Eric Weinstein

EDWIN BLECKER, father of Mark Blecker, from Lisa & Mark Blecker

FREDA BLECKER, mother of Mark Blecker, from Lisa & Mark Blecker

ISIDORE DASHER, grandfather of Lisa Blecker, from Lisa & Mark Blecker

GAIL MIHAL, sister of Jim Mihal, from Jim, Cheryl & Matt Mihal

My father, ALBERT POLAK, from David Polak

RELIGIOUS ARTICLES FUND

In memory of MIRIAM COHEN, mother of Gwen Sloan, from Glenda & Mark McConn

TORAH FUND

To mark the yahrzeit of:

My mother-in-law, RACHEL BOROVOY, from Yelena Borovoy

MELVIN JACKSON, father of Karan Robinson, from Karan & Steve Robinson

My brother, LEO KAZHOKIN, from Sophia Kurtsman

My father, MOSHE KAZHOKIN, from Sophia Kurtsman

My father, SEMEN KRASNOSCHEKOV, from Yelena Borovoy

ZELMAN CANTORIAL FUND

In memory of:

JOSEPH MARTIN LEVY, from Debbie & Marty Zelman

MARSHALL BRUCE TANHOFF, from: Kathleen & Steve Baker

Debbie & Marty Zelman

In memory of HOPE PREGOZEN, from Debbie & Marty Zelman

Make a Donation:

These are the currently available Board-designated funds. Fund descriptions and online form are available at bethemeth.org/contributions-funds.

Acts of Loving Kindness Fund

Adult Program Fund

BEECC Families-in-Crisis Fund

Building Fund

Ebstein-Magun Israel Quest Fund

Faye Gottlieb Cascio Education Fund

General Fund

Keruv Fund

Kitchen Fund

Library Fund

Marilyn Rosenberg Memorial Fund

Megan Miriam Berman Youth Fund

Milton & Shirley Weiner

Scholar-in-Residence Fund

Oneg/Kiddush Fund

Paula Comer Slavsky BEECC Fund

Prayer Book Fund

President's Discretionary Fund

Rabbi's Discretionary Fund

Rabbi Steve & Andrea Glazer

Eldercare Fund

Religious Articles Fund

Scholarship Fund

Security Fund

Sisterhood Camp Cash Fund

Sisterhood Megan's Muse Fund

Torah for Tots Fund

Torah Fund

Zelman Cantorial Fund

Date: _____ From: _____ \$ Enclosed: _____ Fund: _____

To Mark the Yahrzeit of: In Memory of: In Honor of: In Appreciation of: Speedy Recovery to:

Send Acknowledgement to: _____

To honor or memorialize your loved one, fill out this form and return it to the office. Please make checks payable to Congregation Beth Emeth. A minimum contribution of \$18 is required for a notification to be sent. All contributions will be acknowledged in The Shofar unless you check here: Anonymous donation

Torahs *(Cont'd from p. 4)*

Steve's great uncle Sam, then 14, was put in charge of keeping the family Torah safe during the long journey. The Torah was housed and used at the Crawford Street Shul (Beth HaMidrash HaGadol) for 56 years, from 1908 to 1964. After this shul closed, Steve's grandfather, Gustavious Robinson, brought the Torah to Beth Israel in Quincy, MA, where it was used for 44 years. In 2008, this shul closed and the Torah was held for safekeeping at the Maimonides School in Brookline, MA. In 2012, Steve's father, William Robinson, placed the Torah into service at his shul, Anshei Chessed in Hyannis, MA on Cape Cod. As his shul was no longer using this Torah, he graciously offered it to Steve and Karan to be used at CBE.

The Robinson Torah was dedicated at Beth Emeth on January 23, 2021 in honor of Steve's parents' 65th wedding anniversary. We are looking forward to using the Robinson Torah at CBE for many years to come.



Bridge Anyone??

Did you know that a small group of Beth Emeth members plays bridge together every Monday? We're playing online using Bridge Base Online (BBO) from the comfort of our own homes until we can be together again in person. Players at all levels are welcome.

Interested? Contact David Kamerling:
<https://bethemeth.org/contact-david-kamerling>

2022 Mah Jongg Cards Are Now Available!

Standard size card \$9.00, large size \$10.00. Make checks payable to Sisterhood (no cash or credit cards for this purchase.) Mail to CBE, Attn: Sue Reilly, Mah Jongg Cards. **Checks must be received by January 14th.** Cards will be sent directly to you from the Mah Jongg League. Questions? Contact Sue Reilly or Elyn Hirsch, gift-shop@bethemeth.org. **Spread the Word – CBE Sisterhood benefits from the sale of every card!**



Social Action/Thanksgiving *(Cont'd from p. 5)*

- 3 cans assorted veggies (no green beans)
- 2 cans fruit
- 1 bottle olive or canola oil (about 24 ozs.)
- 1 box instant potato, mac & cheese or stuffing
- 1 box/bag rice (2.5 lbs.)
- 1 box biscuit /muffin mix
- 1 snack - pretzels, chips, nuts, etc.(for 6 people)
- 1 box dessert mix - Brownies, cookies, cake, etc.
- 2 lb. bag flour
- 2 lb. bag sugar
- \$25 gift card (Giant, Safeway, Harris Teeter) to cover purchase of a turkey/meat and other perishables – Please place in an envelope labelled with your name and separate from food donation, and leave in the CBE office.



Food and Thanksgiving boxes donated by generous CBE members for Thanksgiving 2017

If you prefer not to shop and assemble, Cornerstones will again be partnering with Giant at North Point to provide a quick, one-stop shopping experience to purchase your donation of food. For \$50 per box, including tax, you can buy a complete box of food plus a \$25 gift card, and Giant will prepare everything and deliver to Cornerstones. Please visit the Customer Service Desk by **Friday, November 12** to make your purchase. The store's address is 1450 North Point Village Center, Reston, VA 20194.

Thank you for helping make the Thanksgiving holiday happier for the needy in our community.



Honoring Our Members on Their CBE Anniversary: November

Rona Ackerman & Rachael Fineberg, Co-Chairs, Membership Committee (membership@bethemeth.org)

The following members are celebrating **CBE Anniversaries** (anniversary of the date they became members at CBE). We thank them for their continued membership!

| | |
|-------------------------|------------|
| Arlene & Ron Rosh | 11/24/1985 |
| Margot & Eli Ahronovich | 11/1/1990 |
| Rona Kravitz | 11/16/1992 |
| Suzanne Goldlust | 11/2/1994 |
| Judith & Robert Sandler | 11/24/1998 |
| Amanda & Michael Zides | 11/23/2010 |
| Pamela & Patrick Lesch | 11/25/2019 |

Unicorn *(Cont'd from p. 3)*

help us expand our thinking and viewpoints, who will travel with us and help guide us on our Jewish journeys – both as individuals and as a congregation. They will not be perfect in every way, and we should not expect them to be.

The topics we want discussed in our building. We all have different points of view on topics – how we should *daven*, what should be in our services, who should attend our services, what programs we should offer, what our collective and individual opinions should be on any given topic, our COVID protocols, etc. To capture this elusive unicorn of topics, we need to have respect for each person's opinions and beliefs. They may not be our personal beliefs, but I contend that if we listen to each other and discuss the topic at hand, each of us will learn something from the others in the conversation and we will all come away smarter and better able to succeed. And wouldn't life be boring if we all agreed on everything all the time!

Our expectations of each other. For all of us life is busy. We balance many plates in the air every single day. We work, either inside or outside our homes; we volunteer; we have families; we have health issues; we have *stuff*.

We support each other in times of celebration and times of sorrow. But I have noticed that we don't seem to have tolerance to allow each other the time to juggle all those balls. When we ask questions or provide input, we expect immediate answers and solutions. CBE's lay leadership and paid staff work together as a team and DO listen to you. We take in what you say and weigh it with the many other comments and opinions we receive. We strive not to make rash decisions that will be detrimental to our community. You elected us to represent you. If it takes us a few days to respond to you, understand that we are balancing many things but we will get to it.

So, I wish for you all a wonderful fall. Spend time with your families this Thanksgiving, hug them, and cherish the moments. Trust me, life is all too short. And let's continue down this road of life together as a community being supportive of each other, tolerant of our differing views, and working to better the world around us in a multitude of ways.

Leslie

JCCNV Widow/Widower Support Group at Beth Emeth

A FREE monthly support group for anyone who has recently and not-so-recently lost a husband, wife, or partner. Join us for an open forum for frank discussion with a focus on grief, bereavement and continuing on after great loss.



**Upcoming meetings (In-Person at Beth Emeth):
Tuesdays, November 16 and December 14,
5:15 - 6:30 PM**

About our Facilitators:

Dr. Rebecca Fleischer is a licensed clinical psychologist in Virginia. Throughout her career she has facilitated many psychotherapy and support groups, and understands the complex and often long-term consequences of losing one's spouse. Dr. Fleischer holds a PhD in Clinical Psychology, an MS in Psychology from Yeshiva University and a BA from Emory University.



Dr. Libby Robbins graduated with a BA from Kirkland College in 1977. She earned a master's degree in special education from Columbia University Teachers College in 1981. Dr. Robbins has taught preschool and spent three years as a teacher/play therapist at a therapeutic nursery school for emotionally disturbed children in New Rochelle, NY. She received an MSW from Catholic University and a PhD from The Clinical Social Work Institute. She worked in private practice for 18 years. Currently, Dr. Robbins treats children, adolescents, and adults with a variety of mental health problems, including anxiety, depression, mood disorders, and behavioral difficulties.



Info/RSVP (recommended, but not required): shari.berman@thej.org





Tysons Dental
ASSOCIATES
Dr. Alex Osinovsky, DDS
Diplomate of ICOI

CALL US TODAY
703-997-1997

Looking for a
Dental Office?

Implant Dentistry: Dr. Osinovsky has placed and restored thousands of dental implants.

Sedation Dentistry: We offer moderate sedation to ease patient fear and apprehension.

Dental Specialists: Periodontist and endodontist in the same office.

Latest digital 3D technology

Multilingual Team: We speak English, Spanish, Farsi, Russian, and French.

We create beautiful smiles with complex and painless dental procedures.

View our smile gallery and testimonials at
www.Tysons-Dental.com

| | |
|--|---|
| FADentistry.com 3930 Pender Dr, Suite 150 Fairfax VA | Tysons-Dental.com 8230 Boone Blvd, 4th fl. Suite 410, Vienna VA |
|--|---|

waytohealthy

health coaching for a balanced life

- Set & accomplish empowering goals
- Achieve and maintain your ideal weight
 - Understand and reduce cravings
 - Increase energy levels
 - Feel great in your body
 - Learn about & try new foods
- Discover confidence to create the life you want



**GAIN ENERGY
LOSE WEIGHT
FEEL GREAT**

Debbie Katz | health coach
 debbie@waytogohealthy.com | 703.597.4572
 waytogohealthy.com
 facebook.com/waytogohealthy

Gary Greenspan • DDS
 GENERAL PRACTICE OF DENTISTRY

GGreenspan@dentalcarealliance.com



DENTAL ASSOCIATES
 of Northern Virginia

www.DENTALASSOCIATESNOVA.com

FAIR OAKS OFFICE
 12011 Lee Jackson Hwy.
 Suite 105
 Fairfax, VA 22033
 P 703.273.5354
 F 703.273.8149



www.FootVA.com

Reston
 11737 Bowman Green Dr.
 Reston, VA 20190
 703.437.6333

Steven A. Gordon, DPM, FACFAS
Lisa Beckinella Gordon, DPM

Manassas
 8577A Sudley Rd.
 Manassas, VA 20110
 703.368.7166

Leesburg
 211 Gibson St. NW, Ste. 101
 Leesburg, VA 20176
 703.777.2101

Have Real Estate Questions?

CBE's Market Experts



ASKME

Laurie Perl • 703-964-7892

lauriesoldme@gmail.com • VA & DC REALTOR



RE/MAX Allegiance
 801 Robert Fulton Dr. #100
 Reston, VA 20191
 703.323.0000
 Each office is independently owned & operated

THE COST OF LIVING KEEPS GOING UP.
The cost of your funeral doesn't have to.



We offer more than peace of mind. Pre-plan now and your cost will be locked in.



*Proudly serving the Jewish faith in Falls Church since 1933.
 Call 703-560-4400 to speak with an associate today.*

NATIONAL

FUNERAL HOME • MEMORIAL PARK
 > KING DAVID MEMORIAL GARDENS <
FALLS CHURCH
 NationalFH-MP.com

Dignity
 MEMORIAL

LIFE WELL CELEBRATED

*Psychotherapy
 Across the lifespan*

Sarita B. Kaplan, Psy.D.
 Clinical Psychologist

11260 Roger Bacon Drive
 Suite 204
 Reston, Virginia 20190
 703-742-8665

Your Trusted Source for Insurance



Over 25 Years in Business!

Founder: Jon Katz*, LUTCF

**Licensed Agents: Dinta Patel, Craig DuBois*, Laura O'Connor,
Kimberly Hartsoe, and Barbara Waldman***

**CBE Members*



Employee Benefits and Individual Health Insurance

- ✓ **Health Insurance for Self-Employed**
- ✓ **Medicare Supplement Plans for Recent Retirees**
- ✓ **Employee Benefits Plans for Small Businesses**
Health • Life • Short- and Long-Term Disability
- ✓ **Health Insurance for Individuals and Families**



**Life Insurance
Long Term Care • Disability Insurance**

703-707-8270

www.vamedicalplans.com

www.katzinsurancegroup.com

Visit us online for instant quotes and information.



THE Shofar

Congregation Beth Emeth
12523 Lawyers Road
Herndon, VA 20171

INSIDE THE SHOFAR

- 2 Music to Our Ears!/Thanksgiving Food Drive
- 3 President's Message/Rabbi Search/Guest Rabbi
- 4 All About Beth Emeth's Torahs/Lunchtime Torah Study/House & Facilities
- 5 Social Action/Flu-Pneumonia-Covid Booster Clinic/HAZAK
- 6 Fundraising Update/Annual Appeal
- 7 Sisterhood/Online Hanukkah Boutique
- 8 Youth Department/Hanukkah Mystery Boxes/Collegians of Beth Emeth
- 9 Around CBE/Zoom Links for Services/B'nai Mitzvah
- 10 School News/Budding BEECCers/Men's Club's Bike Club
- 11 Contributions/Donation Form
- 12 Bridge Anyone?/Mah Jongg Cards/Happy CBE Anniversary!
- 13 JCCNV Widow-Widower Support Group



Stuart E. Sheifer, MD, FACC



Robert A. Shor, MD, FACC

Trust your heart to the very best.

Virginia Heart is the region's premier cardiovascular group.

With over 40 expert physicians in 9 locations throughout Northern Virginia, you have access to some of the top cardiovascular specialists in the area.

For Appointments Call: 703.621.4501



VIRGINIA HEART
Excellence in Cardiovascular Care

Check us out on Social Media too!

