



Shofar Notes



UPCOMING EVENTS

Adult Ed: "There's a Psalm for That" with Rabbi Warner – Wednesday, Nov. 2, 7:00 PM (Zoom)

Music to Our Ears Shabbat with Nick May (monthly) – Friday, Nov. 4, 6:30 PM. (CBE/online)

Sisterhood's Paid-Up Member Brunch – Sunday, Nov. 6, 12:15 PM

"Ask the Leadership" – Thursday, Nov. 10, 7:30 PM (CBE/online)

Minyan & Munch with author Pete Earley – Sunday, Nov. 13, 10:00 AM (CBE/online)

Hazak/Adult Ed: "Jews in Albania during WWII" with Ambassador John Withers II – Tuesday, Nov. 15, 7:30 PM (CBE/online)

Men's Club Tzedakah Gaming Night – Saturday, Nov. 19, 6:30 PM

Men's Club Steak & Whiskey Dinner – Sunday, Nov. 20, 5:30 PM

Sisterhood's Hanukkah Boutique – Sunday, Dec. 4 & Sunday Dec. 11

Rededication of CBE's Holocaust Torah – Friday, Dec 9 - Saturday, Dec. 10 (CBE/online)

Details at www.bethemeth.org

Blessing of the Pets Sunday, October 30, 12-1 PM

Outdoors at
Beth Emeth



Shabbat Dinner to Honor Our Veterans, Friday, November 11

We'll have a special congregational Shabbat dinner after services to honor the Veterans and Active Duty military in our community. Watch your email for RSVP info. Are you a Veteran, or do you have a Veteran to honor? We invite you to attend and share some of your history in the Armed Services. Email food-service@bethemeth.org to let us know.



FROM THE RABBI:

CIVIC AND POLITICAL RESPONSIBILITIES

Coming off of the cycle of Jewish holidays, many people say that October and November are a low point of the year. November might not have much to remind us that we're Jewish, but there are several days that remind us that we're American. After focusing so intently on our Jewishness during the High Holidays, it's good to have the reminder that we do not exist only in a world of religious observances and obligations, but also in a world of civic and political responsibilities.

The first day that reminds us of our American identity occurs **Tuesday, November 8**. It is, of course, Election Day. It has become impossible to hear the news without feeling as though our political system, once the envy of the free world, has become a mockery of government. Citizens from across the political spectrum feel angry, frustrated, and helpless. Election Day is the day to do something about it. Election Day is the day when citizens can decide to be part of the problem, or part of the solution. It doesn't matter which candidate receives your vote. Every ballot cast sends a message saying "I care." Every uncast vote creates an atmosphere of apathy and puts a stamp of approval on the low standards of conduct and integrity which seem to have become normal for our political and cultural leaders. This is our chance to express ourselves as Americans. This is one action we can all take. We have the obligation as citizens to help create the "More Perfect Union." We have the obligation as Jews to create a more perfect world. Voting on Election Day allows us to do both. And a special thank-you to the several CBE members who serve on election day.

Less than a week later, we have yet another important American observance: Veterans Day. Although in recent years Veterans Day has been marked more by furniture sales than by parades, Veterans Day is perhaps the most-overlooked, under-appreciated civic holiday. Unlike Memorial Day, which centers on our fallen heroes, Veterans Day celebrates living veterans. It celebrates those who have, since 1973, chosen to spend lives in service to our nation, and those who, prior to 1973 were often called into service by the draft. It is a day which celebrates the decisions made by ordinary men and women to place the American people and our stated ideals above their individual desires. It is a day in which we recognize in our veterans a bravery which we hope exists within ourselves. In Judaism, we are quick to remember the dead. Veterans Day reminds us to honor the living people whose sacrifices throughout the last century have helped to preserve for us the freedoms we most prize. I hope you'll participate in our Veterans Day Shabbat Dinner, **November 11**, to honor our veterans.

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PRESIDENT'S MESSAGEEllyn Hirsch (president@bethemeth.org)**ASK THE LEADERSHIP –
A CBE COMMUNITY CONVERSATION
THURSDAY, NOVEMBER 10, 7:30 PM
(SCHMOOZE & SNACKS START AT 7:00) (CBE/ZOOM)**

Shocker, I am a very social being – I love being around people and talking with people. I get my energy from engagement – whether it's in an elevator, at a friend's BBQ, at a Kiddush or greeting a new and/or perspective member. I know this doesn't come naturally to everyone, but this is totally in my wheelhouse. As CBE's president I am motivated by a deep sense of responsibility to our community; the synagogue community is an extension of my family. During the pandemic, I truly missed sharing emotions, reactions, and being able to sit and chat with friends during Kiddish, which is the fabric of an in-person experience. Kiddish is where we discuss important events in people's lives and just plain hang out.

When I became president, I decided it is important for me to reach out to congregants via email, phone and in group forums. Full transparency, I have two objectives in mind: for me to get to know you better, learn what's important to you, what we need to improve on, and to discover any potential philanthropic opportunities; and for congregants to get to know me better, to gain your trust that I believe is very important for my success. I am listening and I care.

One way to speak with you is in community forums such as this, where you and I can discuss what is working, what concerns you have about our *shul*, and what you wish we offered. Leslie Lesch (Immediate Past President) started this tradition, and I am excited to continue the opportunity to have dialogues throughout the year. The first "Ask the Leadership" will include Rabbi Warner and David Bass in the discussion. As your new leadership team and the face of our congregation, we want to understand your desires for our CBE community. Please join us for this important community conversation.

Ellyn

MEN'S CLUB STEAK & WHISKEY DINNER**Sunday, November 20, 5:30 PM at Beth Emeth**

Come and spend an evening with your fellow Men's Club members, making new friends and getting some great food and whiskey in the process! \$40/person includes steak, sides, whiskey, beer and soft drinks. Info and RSVP at <https://bethemeth.org/event/steak-whiskey-2022>.

**Music to Our Ears Shabbat!**

Please join us for a spiritual, soulful, joyous, and very musical welcome to Shabbat led by Nick May, a singer/songwriter, educator, song-leader, and inclusion activist. Fun and meaningful for all ages – don't miss it! Next: **Friday, November 4th, 6:30 PM.**

**MINYAN & MUNCH – SUNDAY,
NOVEMBER 13, 10:00 AM****CONTINENTAL BREAKFAST WITH
GUEST SPEAKER PETE EARLEY**

Best selling author and former *Washington Post* reporter Pete Earley will discuss his nonfiction book, "CRAZY: A Father's Search Through America's Mental Health Madness", a finalist for the 2007 Pulitzer Prize. The book describes his efforts to get his adult son help in Fairfax after he was diagnosed with bipolar disorder and breaks into a stranger's house to take a bubble bath. Earley spent 10 months in a jail following prisoners with mental illnesses through the legal system to discover why jails and prisons have become our new mental asylums. Earley has served on Fairfax and Virginia advisory panels aimed at improving local mental health services, and recently retired from a federal panel that advises Congress. Thank you to Steve Pregozen for sponsoring breakfast. No charge, but please RSVP by Nov. 6 to adult-programs@bethemeth.org.

**SOCIAL ACTION**

by Rich Weisman and Joy Walsh, Co-Chairs

Thank you to all who donated food to help the less fortunate in our community through the Kol Nidre food drive, an annual effort organized by CBE's Social Action Committee. Cornerstones reported collecting more than 1,200 pounds of food and toiletries at CBE to support their urgent needs.



Volunteers from Cornerstones before Kol Nidre services.

Activities also are underway with our Caring Community. Special thanks to those who provided transportation to members for the High Holidays, and those who volunteer at The Closet in Herndon. Look for more information soon about the upcoming Hypothermia Prevention Dinners and projects with the Religious School. We look forward to talking with CBE members who'd like to learn more about Social Action, and encourage you to reach out to us, help at an event, or join one of our committee meetings. Contact us at social-action@bethemeth.org.

THANKSGIVING FOOD DRIVE: NOVEMBER 1-9

Donate all the items for a complete dinner, individual items, and/or gift cards so recipients can purchase fresh items. Or purchase a complete dinner at North Point Giant. For details and sign-up, go to bethemeth.org/thanksgiving-food.

**JCCNV WIDOW/WIDOWER SUPPORT GROUP@CBE**

FREE monthly support group sponsored by the Pozez JCC of Northern VA, for anyone who has recently or not-so-recently lost a husband, wife or partner. Join us for an open forum of frank discussion, with a focus on grief, bereavement and continuing on after great loss. Next meeting (in person): **Tuesday, Nov. 15, 5:15 - 6:30 PM.** Questions? Contact Shari Berman, shari.berman@thej.org.



FROM THE RABBI (Cont'd from p. 1)

Finally, we arrive at Thanksgiving. Sukkot might be our religious holiday of gratitude, but Thanksgiving Day is our national day of gratitude. It is a day to show our gratitude in the simple act of eating with loved ones. It does not require a long service in Synagogue, nor an elaborately ordered meal, but rather simple words at a table which ideally reflects the complexity and diversity of the American People. Although the story of the Pilgrims is mythic, the image of neighbors extending hospitality across cultures is at the core of what it means to be American. To be Jewish is to celebrate by eating. To be American is to eat with those who do not look or act like we do, and to share, as you can, through CBE's Thanksgiving Food Drive.

Of the three, chances are that Thanksgiving is the only one that immediately springs to mind when we start naming holidays. However, in its own way November is as important a month for our national soul as Tishrei is for our Jewish one. May Election Day, Veterans Day, and Thanksgiving bring all of us a sense of shared and renewed pride in our national identity. May they awaken in us a true sense of civic duty, and may they help us to appreciate the freedoms that allow us to live here both fully Jewish and fully American.

Rabbi Warner



Welcome NEW MEMBERS



Sandy & Peter Levenberg recently moved to Herndon from South Africa. They've spent most of their married lives (38 years) in California (Sandy's home state) and South Africa (Peter's country of origin). Their daughter Philippa, her husband Adam Weingarten and their children Simone and Easton are also CBE members.

Their younger daughter, Jocelyn, her husband and their two children live on Long Island. Peter is a retired commercial trial lawyer and part-time judge. Sandy had a career in sales and marketing and was involved in women's expat organizations that welcomed newcomers and raised money for charities in South Africa. Their hobbies include travel, fitness, film, history, musical theater and grandparenting, including their two Shibu Inu dogs.



Taylor & Nick May were married in June of this year. Taylor is the Director of Admissions at Geshar Jewish Day School and Nick is the Music Teacher at Geshar, and is Head Songleader at Capital Camps and Retreat Center. Taylor moved to NoVA from Scranton, PA in 2012 to attend George Mason University. Nick grew up in New Orleans. Taylor loves crafting and

reading, and Nick loves watching and playing sports and music. Their household includes their cat, Lola. Both are active in a lot of different organizations through their work at JDS. You can listen to Nick on Jewish Rock Radio (and at CBE's monthly musical service!).

SOMETHING TO KVELL ABOUT

Mike Schreiber, BEECC and CBE RS alumnus and son of David and Pat (z"l), appears in the new film *Hocus Pocus 2*, sequel to Disney's classic *Hocus Pocus* starring Bette Midler. Mike's day job is Director of Jewish Student Life at the University of Rhode Island Hillel.

MAZAL TOV TO

Barbara & Jeffrey Waldman on the marriage of their daughter Rebecca to Jayson Hirschman, October 22 in Washington, DC.

WELCOME NEW MEMBERS

Nikki & Scott Bender, Deb Seidner, Alyssa Cassini & Gary Snyder, Oren Liebermann & Cassandra Kramer, and Eugene Jerebitski & Melanie Modjoros

**SISTERHOOD**

Sisterhood's kick-off event, Mix and Mingle at Mellow Mushroom was a smashing success with 30 ladies in attendance, including Rabbi Warner's lovely mom, Jean! Women of all ages and interests came together to eat, drink and chat. Thank you to our wonderful board members who helped to make it such a special evening. The Chocolate Party was also a "sweet" event! Thank you to Leslie Glaser, who graciously offered to host and to Valerie Cohen for helping with plans and details. Everyone went home with a plate of goodies to share.



Upcoming Events: **November 6** – Paid-Up Brunch; **December 4 & 11** – Hanukkah Boutiques; **January 20** – Sisterhood Shabbat; **January 22** – Coffee Social. Watch your email for details.

As we head into cooler weather, consider joining Sisterhood to try out some of our clubs and activities, such as Hiking, Mah Jongg, Knitting and Crocheting, and Book Club. I hope to see you soon!

Sandy Brody, Sisterhood President
(sisterhood@bethemeth.org)

Marilyn Rosenberg Sisterhood Judaica Shop is your source for all your gifts – menorahs, jewelry, books, toys and more! Shop the Shop, come to our boutiques or shop online at bethemeth.org/gift-shop-online.

**NOVEMBER AT BEECC**

In November, and throughout the entire year, there is so much to be grateful for in early childhood education. We are grateful for the laughs, the smiles, and the small moments of kindness. We are grateful for big things like

science and vaccines that keep us safe and we are grateful for the moments when one student holds the hand of another or asks them if they're ok after taking a tumble.

But sometimes, it can be frustrating when we give our littlest learners so much of ourselves and they're not always the best at expressing their gratitude. When it comes to teaching gratitude – how to recognize it and how to express it – I encourage families to express their own thanks frequently and consistently. While our BEECC students might not be old enough to write their own thank you notes yet (a habit drilled into me by my grandmother), they do notice when we thank them ("Thank you for holding the door for your friends!") and when we thank each other. Modeling is a powerful and natural learning tool.

Thank you all for your support of BEECC. I am so grateful for this community.

Jocelyn Dorfman, BEECC Director



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– REMINDERS & ANNOUNCEMENTS –

Special Shabbat service honoring all who became B'nai Mitzvah as adults - Saturday, Nov. 5, 9:00 AM. Contact Alina Kirshon-Goldman for info.



Learn to chant from a Torah scroll: Adult Torah trope class starts Wednesday, Nov 16th. Contact David Cerny for info.



2nd Monday is back, November 14th, 4:30-6:30 PM. Fun, friends, crafts, gaga and more for Grades K-6. Contact zachm@bethemeth.org.



Relaunch of CBE's Jewish Young Professionals (JYP) Group for ages 23-36 - Contact zachm@bethemeth.org.



ORANGE YOU HAPPY?

CBE's Citrus Fruit Sale has been extended through **December 11th** for guaranteed delivery by the 6th night of Hanukkah (Dec. 24th). Go to <http://bethemeth.org/citrus> for delicious navel oranges, mandarins, honeybells, tangelos, pink grapefruit apples and more, direct to your door with a 100% quality guarantee. Questions? Call **1-800-468-3168**.

THERE'S A PSALM FOR THAT!

Wednesdays, Nov. 2, Dec. 7, Dec. 21, Jan. 25, Feb. 22, and Mar. 22
7:00-7:55 PM (CBE/Zoom)

The book of Psalms contains 150 sacred poems which express the entire range of human emotion. Each session will examine a selection of Psalms which relate to a specific emotion: Joy,



Gratitude, Grief, Fear, Sadness/Despair/Loneliness, and Anger. Instructor: Rabbi Warner. Suggested donation to the Acts of Lovingkindness Fund: \$54 members, \$72 non-members. Register and donate at <http://bethemeth.org/form/psalms>



“JEWS IN ALBANIA DURING WORLD WAR II”
SPEAKER: AMBASSADOR JOHN WITHERS II
TUESDAY, NOVEMBER 15, 7:30 PM

Following the Nazi invasion of Albania in 1943, the Albanian people sheltered Jewish families in their own homes, created Albanian identities for them, moved them to avoid German search parties, and refused to disclose the whereabouts of their Jewish brethren. German demands to surrender Jews went unheeded as did commands that Jews assemble for transportation to the death camps. Join us to learn what moved Albanians to protect the Jews. Invite friends and family, in person or online at bethemeth.org/hazak-zoom.



Hazak is back, and it's for all ages! Next: **Tuesday, December 13th, 7:30 PM**, with Rabbi Warner.



New Zoom link for all CBE religious services:
<http://bethemeth.org/cbe-services-zoom>