



ADAT ARI EL

Quarterly Online Update



The Bulletin-Adat Ari El

Elul Tishrei Cheshvan 5781 | Fall 2020
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Giving

From The Clergy

Rabbi Jonathan Jaffe Bernhard



All you need is love

Nothing is untouched by a pandemic. There is just so much disruption such that every corner of life is touched irrespective of how much we lock down, isolate, and quarantine. And all of this is going on during a time of profound

polarization, failing political leadership, the loss of faith in democratic institutions, the growth of wealth inequality, the weaponization of information and social media, climate degradation, and a general eroding of trust in one another.

These are fearful times. The level of anxiety that spills through conversations is sometimes overwhelming and brutally honest and sometimes subtle and just an illusion; but it is always there, beneath the surface, ever present. And while understandable, such fear paralyzes. It is ironic really that at a moment where we need to act, we are undone by our own fear.

What to do? How does one live life in the face of fear? All the world is a very narrow bridge, taught Rav Nachman of Bratzlav; the essential thing is to not be overcome by fear. All well and good. But how does one overcome one's fear?

All you need is love.

Neuroscience teaches that fear is a primary emotion processed in the amygdala, a part of the brain that detects threats and preps us for fight or flight. Oxytocin, also known as the love molecule, is a natural moderator and is often produced in response to eye contact and touch, especially between loved ones. It also reduces stress and anxiety by inhibiting the response of the amygdala to outside stimuli. Ergo, love conquers fear.

However, even before neuroscience, religious traditions and philosophical systems have for thousands of years understood the crippling power of fear and the importance of love. The TaNaCh (the Hebrew Bible) tells Jews 39 different times, "Al tirah/Do not fear." And the commandment to love others is in the very middle of the Torah and considered in Rabbinic tradition to be the essential and central commandment. And in the Tao Te Ching we read, "Through love, one has no fear." And in Christianity we learn through Saint John the Apostle, "There is no fear in love."

Fear can prevent us from making thoughtful decisions and feeds our suspicions and mistrust and brings out the worst in us. As one of my colleagues noted: when we act from a place

of fear and anxiety, we will likely fail to see the full picture, fail to think through the consequences of our actions, and we will likely make bad choices that undercut our potential and our opportunities for tomorrow.

More isolation, more suspicion, more distrust, more anger all lead to less love. And less love leads to more fear. So what does love look like? What are the steps we might take to combat the wave of fear that is so much a part of our lives?

Arthur Brooks, a professor at the Harvard Kennedy School, writes that the kind of love that conquers fear has a number of components. One place to begin is being honest about our fears and sharing them with people we trust. There is a macho tendency in our culture that believes that acknowledging our fear makes us look weak. And yet Judaism—and here our tradition is not alone—teaches that confession is good for the soul. Articulation begins the coping process.

Another step is to make our love overt by what we say and what we do, for through our words and deeds, we show that we care and that others are important to us. Love hidden is love lost, and love lost is fear's gain.

And finally, we need to challenge ourselves and resolve to show love to those whom we do not like and/or with whom we have significant differences...say over politics. It is difficult in our polarized times, but during this season, try not to attack anyone over differences of opinion.

In a time of social distancing and isolation, we have become profoundly aware of just how essential physical and emotional connection is to our wellbeing. Love, like religion, is about connection, as the old joke goes: A man once asked his friend, an avowed atheist, why he goes to shul every week. He answered in one word, "Greenberg." To which the man said, "Yes, but Greenberg is very religious and prays with his heart and soul." To which the friend responded, "Right, Greenberg goes to talk to God, and I go to talk to Greenberg."

Love connects and brings us out of our narrow headspace into the broader world around us. It helps us overcome the fear that both creates and then sustains the walls we build around ourselves.

It is said that the Temple was built on the place where two brothers embraced. May such be the way in our homes and our Synagogue so we may bring it out into the world, so together we may not be ruled by our fear, and we can human better.

From The President

Lena Labowe

While we experience the relentless doom and gloom ravaged on our society by an infectious virus, it doesn't seem engaging or remotely enlightening that I try to rehash more of the same narrative in my first column. So instead, I thought I would write about crystal balls, uncertainty, faith, and email in the time of COVID-19.

As the newly-elected president of the oldest synagogue in the San Fernando Valley, one item I wish I had in my lay leadership survival backpack is a crystal ball—a way to see into the future and out the other side. Reassurance and validation would make the present challenges and their solutions seem somewhat less anxiety provoking.

As Jews, we worry about everything. Now that we're in the midst of a global pandemic and have a very good daily opportunity to fret, I acknowledge my inclination to lean into this anxiety is entirely counter productive. It is virtually impossible to hold on to both the belief in a world filled with goodness while at the same time warding off the evil eye. Jewish superstition causes a mental tug of war that is exhausting. So I've decided to limit time spent with fear and have a little more faith. Embrace the positive and trust my inner voice.

We must be willing to take chances when we have no control over the outcome. No control over the outcome is exactly how I would explain the present day vibe in a nutshell.

Email in the time of COVID-19 is something I did not think I needed to include on my worry list, but alas, email salutations have not escaped the grip of this pandemic.



Did you know that greetings once considered polite—"All the best" or "Regards"—now come off as indifferent? Other more cheerful sign-offs—"Hope you're having a great week!"—are considered insensitive. If we ignore the pandemic, we appear inauthentic, but to overdo the sentiments of health and safety creates a sense of panic. What then, exactly, can we say that appears genuine, compassionate, and doesn't induce a feeling of dread?

The "CV19 recognition sandwich" (Justine Waters) can be your salvation. How one begins and ends an email have become critical landmarks that define a sender's and recipient's relationship. The "bread slices" determine how your conveyance will be interpreted. Who knew?

The first sentence of an email is the most crucial. It requires that you acknowledge: "I hope things are okay" or "I hope you are well, considering." The ending salutation should be equally sensitive and thoughtful, "Stay safe" can promote anxiety, and it is best to steer clear of humor unless you know the recipient very well. Try one of these, "Sending thoughts of health and peace" or simply just "Take care."

May we all find the inner strength to face the impossible during these High Holydays. May we challenge ourselves to examine habits, struggles, behaviors, and relationships with renewed confidence, and hope that we find the silver linings and change the present into a new and spectacular future. Wishing you and your loved ones Shanah Tovah and a Happy, Healthy 5781!

-Lena!

Introducing Adat+ Child Care Program



We are excited to introduce a new program to our Adat Ari El community: **Adat+**. **Adat+** is our new child care and after-school program supporting families with children in K-6th grade.

Initially **Adat+** is able to provide virtual learning support programs for elementary school-aged children. Your child can come to Adat Ari El's campus, attend their virtual classes in a self-contained pod, and have the support of our staff members to keep them engaged in their classes and offer any help they need to complete their assignments. In addition, we will engage the children in activities throughout the day when they are not in a class or completing a school-related assignment. We want to support families to help children succeed in school during this unprecedented time.

When our current world situation passes and we are back to normalcy, **Adat+** will be there for you as an afterschool and minicamp program. We will be offering transportation for your child from their school and bringing them to Adat Ari El for learning support, enrichment, and community building. We are very excited to be able to offer this program to you. If you have any questions, please contact: **Ori Zadok, ozadok@adatariel.org**.

 **Adat Ari El High Holy Days 5781**

Tefillah Schedule

Rosh Hashanah

Erev Rosh Hashanah

September 18 | 6:00pm

Service will be live streamed to multiple platforms via Zoom

Rosh Hashanah Day 1

September 19 | 8:30am

This Service will be livestreamed via special link

Rosh Hashanah Day 2

September 20 | 8:30am

This Service will be livestreamed via special link

Rosh Hashanah Day 2 Evening

September 20 | 7:00pm

This Service will be live via Facebook

Yom Kippur

Kol Nidre

September 27 | 6:15pm

This Service will be livestreamed via special link

Yom Kippur Morning

September 28 | 9:00am

This Service will be livestreamed via special link

Yom Kippur Yizkor

September 28 | TBD

This Service will be livestreamed via special link after the conclusion of the 9:00am morning service

Yom Kippur Mincha

September 28 | 4:30pm

This Service will be livestreamed via special link

Yom Kippur Neilah/ Havdalah

September 28 | 6:00pm

Service will be live streamed to multiple platforms via Zoom

Children's Programming

Young Family Tefillah Time!

This will be via Zoom and open to all

Rabbi Jessica Yarkin and Morah Zoe Goldberg co-lead a LIVE high-energy High Holy Day experience especially designed for children pre-school aged through 2nd grade and their grown-ups, though everybody is welcome!

1st Day Rosh Hashanah:

Saturday, September 19

9:00am to 9:45am

+

Yom Kippur Morning

Monday, September 28

9:00am to 9:45am

Dvash and Drash:

A Sweet Family Experience

This will be via Zoom and open to all.

Co-led by Rabbi Jessica Yarkin and Director of Supplemental Education, Julee Snitzer Levine.

2nd Day Rosh Hashanah

Sunday, September 20

10am

+

Yom Kippur

Monday, September 28

2pm

Rosh Hashanah and Yom Kippur

We are thrilled to provide supplemental programming for your elementary school-aged children on Rosh Hashanah and Yom Kippur

On both days there will be 90 minutes of programming per each age group. The intention is for children to engage with the chagim in thoughtful, creative, and meaningful ways and will be led by the Adat Ari El staff.

For children in TK-2nd grades:

Programming will be between 10:00am and 11:30am over Zoom.

For children in 3rd-6th grades:

Programming will be between 1:00pm-2:30pm over Zoom

Please Note

We are excited for you and your children to join us for High Holy Days 5781. Please note that for the safety and health of our entire community, all of our services will be virtual this year. Links to all High Holy Days programming will be available closer to the High Holy Days through email.


Adat Ari El High Holy Days 5781

Yamim Noraim | Days of Awe Programming

09.21.2020-09.24.2020

09.21-09.24 | 10:30am

Emotional Healing, Exploring Forgiveness, and Release

with **Diego Gesualdi**

Join Diego Gesualdi on Zoom for a series of Meditation sessions surrounding the themes of emotional healing, emotional forgiveness, and release.

[Click to Join](#)

09.21-09.24 | 12:00pm

Four Texts on Forgiveness

with **Rabbi Bernhard**

On each day we will explore a different aspect of forgiveness that we can bring into our lives both during the Holy Days and every day that follows.

[Click to Join](#)

09.22 | 7:30pm

Rest and Regeneration: Modern Reflections on Ancient Shmita Practices

with **Devorah Brous**

It's been a big year. These many months of COVID is similar to the Sabbatical year. Shmita could well include the three most radical religious laws with the power to restore equity to our earth and to broken systems. It may also be the catalyst it takes to rethink the way we grow, and the way we rest. The cycle of Shmita serves to balance two powerful energies: growth and rest, each one feeding the other in a regenerative manner. I think of Shmita as an invitation to better account for what is unseen, better plan for what is unpredictable, and better partner with those who are underserved within and around our institutions. Shmita has us feed the land, and enrich the dried up, depleted and over-treated soil. So composting our food waste back into the land is both a physical and a metaphysical form of da'vening to forge a more connected community and to grow a healthier ecosystem. Join this session for a powerful reflection, one year before the Sabbatical year begins: Rosh Hashanah 5781.

[Click to Join](#)

09.23 | 7:00pm

Judaic Sacred Music Foundation

Witness the birth of Symphony No. 1: JUDAICA (Days of Awe), a newly-commissioned symphonic work by Dr. Steven Rothstein, Artistic Director of the Judaic Sacred Music Foundation, which threads our most cherished High Holy Days melodies and liturgies through a rich and dynamic four-movement lyrical composition for our Age.

In 2014 Professor H. Freilich founded the Judaic Sacred Music Foundation and merged his love of Jewish and classical music. The Foundation commissioned Dr. Steven P. Rothstein, a composer with a Ph.D. in Classical Music Composition from UCLA, to compose the Judaic Symphony. Together Drs. Freilich and Rothstein engaged in in-depth research identifying synagogue melodies and motifs of the 18th-20th centuries.

Come and listen as Steve Rothstein and Cantor Judy Dubin Aranoff take you through the journey of bringing your favorite High Holy Day memories from the Synagogue to the Symphony.

[Click to Join](#)

9/24/2020, 7:30pm

A Meaningful Yizkor Experience for Yom Kippur (and Beyond)!

with **Rabbi Yarkin**

Yizkor, the ten-minute memorial where we recall deceased loved ones, can be an awkward, painful, or isolating part of the prayer experience. Dreaded by some, avoided by others, and so rarely made the most of by anyone! This year, we have the unique opportunity, praying from our homes and surrounded by personal items, to re-imagine what this short but powerful part of our service could look and feel like. Join Rabbi Yarkin for this workshop that will help us lean into this sacred, intimate moment.

[Click to Join](#)

Lifecycle Announcements

B'nai Mitzvah



9.7.2020
Nathan Marvin
Son of Tamar and Jeff Marvin



9.12.2020
Ellie Mendelson
Daughter of Joanne and Lee Mendelson



10.17.2020
Julian Pankowski
Son of Amanda Pankowski and Eric Pankowski



10.24.2020
Ilan Diner
Son of Talia and Israel Diner



11.14.2020
Cayla Matsumoto
Daughter of Sharon and Mark Matsumoto



11.21.2020
Isabella Pourdavood
Daughter of Marjan and Javid Pourdavood

Births

Caleb Samuel Chiel

Mazel tov to parents Harry and Zoe Chiel; grandparents Jonathan and Judy Jacoby Chiel and Gene and Toby Tabachnick; great-grandparents Rabbi Samuel Chiel (z"l), Janet Chiel, and Norman and Lela Jacoby

Ilana Sarina Handelman

Mazel tov to parents Guy and Alexis Handelman; grandparents Lisa and Steve Silverman; aunt and uncle, Juli and Jeff Kinrich

Henry Felix Kates

Mazel tov to parents Max and Rena Stern Kates; siblings Eli and Amira; grandparents Joel and Susan Jacoby Stern and Gary Kates and Lynne Diamond; great-grandparents Harvey Kates (z"l), Joyce Kates, and Norman and Lela Jacoby

Births continued

Dean Jonah Manis

Mazel Tov to parents Amalia Goldvaser and Larry Manis; grandparents Jill and Neil Manis and Miriam Goldvaser

Juno Hannah Uhrig

Mazel tov to parents Christi Ravneberg and Drew Uhrig; sister Sydney; grandparents Robin Uhrig and Gary Uhrig, and Janet Ravneberg and the late Ron Ravneberg

Noa Elizabeth Swingler

Mazel tov to parents Michael and Judith; brother Lucas; grandparents Robert and Joyce Levine and Dan and Dot Swingler

Parker Sunshine Raff

Mazel tov to parents Jordan and Rami Raff; sister Morgan; grandparents Ellen Silverman and Gary Silverman and Rabbi Bruce and Tamar Raff; great-grandparents Marilyn Safenowitz, Anne Silverman, and Irving Horn

Jack Herschel Rosenthal

Mazel tov to parents Helena Rosenthal and Jim Smith; grandparents Susan Izenstark Rosenthal and Joel Rosenthal, and Kathy and Jim Smith; great great nephew of Ira Izenstark and Shirley Izenstark (z"l)

Dior Nova Tobolowsky

Mazel tov to parents Robert and Dejeunee Tobolowsky; grandparents Pamela and George Ashby, and Ann and Stephen Tobolowsky

Bodhi Charles Bartlett

Mazel tov to parents Amy and Brad Bartlett; sisters Gabriella and Josephine; grandparents Kathy and Peter Reynolds, and JoAnne Bartlett; great-grandmother Bea Reynolds; great-aunt and great-uncle Miriam and Dr. Ron Reynolds

Condolences

Vickie Sonnenberg

Wife of Dave; mother of Mark (Michelle), and Sharon (Robert); grandmother of Max, Sam, Alison, Caitlin, and Megan

Leona Lewinson

Wife of Arthur; mother of Gerald (Evelyn) and Daveen Kay (Bob); grandmother of Samara (Eliana), Edward (Lisa), Suzanne, Ari Kay, and Sara Kay

Sandy Lee

Wife of Ezra; mother of Monise (Anthony), Murray (Karri), Greg (Mallory), and Gabby (Mark); grandmother of Tess (Sam), Brandon, Noah, Tobey, Adira, Adam, and Matthew; great-grandmother of Milo

Arnold Gittelson

Husband of the late Pat; brother of the late Mitchell and Burton Gittelson; father of the late Mark and Ronald Gittelson; father of Michael (Tina) Gittelson and Robert (Angela) Gittelson; grandfather of Maxwell Gittelson (Fiancée Sara Potter); uncle of Steven (Myah) Gittelson,

Torah Fund Pin for 5781 (2020-2021)

This year's theme is B'Yachad,
which means "Together"



As depicted in this year's pin, each of us is one small nugget of gold, but B'Yachad...Together, we reflect and refract the light inside us and help each other shine.

As members of Women's League for Conservative Judaism, we are committed to raising funds for student scholarships and programming at the five Conservative seminaries.

The five seminaries include the Jewish Theological Seminary (New York), Ziegler School of Rabbinic Studies (Los Angeles), Schechter Institutes of Jewish Studies (Jerusalem), Seminario Rabinico Latinoamericano (Buenos Aires), and Zacharias Frankel College (Germany).

These students are our future and will be hired as Rabbis, Cantors, Chaplains, Hillel professionals, Jewish camp directors, and more.

Every contribution is important, so please make yours today to perpetuate Conservative/Masorti Judaism. The campaign accepts donations of any amount, and those who make a minimum gift of \$180 will receive a pin in appreciation. Currently the pins are unavailable and will be sent when the New York offices reopen.

The levels of giving, to receive a pin, are:

- \$180 for Benefactor
- \$300 for Guardian
- \$600 for Associate Patron
- \$1200 for Patron
- \$5000 for Keter Kavod

Please make a check payable to Torah Fund and mail it to Amy Masor
4958 Bluebell Avenue
Valley Village, CA 91607

OR pay directly by credit card by [CLICKING HERE](#).

Be sure to identify Adat Ari El as the name of the Sisterhood and Valley Village, CA, as the City, State in your online donation.

If you have any questions, please contact me at: amybmasor@gmail.com

Thank you for your support.
Amy Masor
Torah Fund V.P.

Condolences continued

Gary (Carla) Gittelson, Gayla (Steve) Waldman, and Susan (Frank) Tranchina; great-uncle of Mackenzie Gittelson, Amanda Sherman, Jackson Gittelson, Zachary Gittelson, Mitchell and Marshal Tranchina, Mark and Avan Tranchina, and Matthew Waldman

Victoria Franklin Finn

Mother of Robin Finn and Michael Hyman, Darren Finn and Lauren Finn, Michael Finn and Ellen Finn; sister of Debbi Simon; grandmother of Miranda, Eli, Nina, Holden, Owen, Emma, and Kayla

Igal Chozahinoff

Husband of Barbara Chozahinoff; father of Dan Chozahinoff and wife Michelle, and Sharon Lieblein; grandfather of Jack Lieblein, Benjamin Chozahinoff, Rose Lieblein, and Sam Chozahinoff; brother of Yehoshua Nof. Remembered by the entire Chozahinoff, Weiss, Mavashov, Nof, Bodenstein, and Lieblein families

Charlotte Seeman

Grandmother of Daniel (Marissa), and Michael (Rochelle); great-grandmother of Raegan, Carter, Nixon, Elsa, Annie, and Nora; mother of the late Barry (Ruth) Seeman

Alan Sternberg

Husband of Sandra; father of David (Julie), Benjamin (Zulma), and Jackie Margolese; brother of Adele Shudofsky (Chanoch) of Israel and Marylin Ladin (Saralynn Scott) of Houston, Texas; grandfather of Sarah, Brian, Nicole, Sam, and Rachel

Esther Heffler

Mother of daughter, Robin, and son, Marc (Shelley), as well as aunt of many nieces and nephews

Siegfried Tiger

Husband of Judith Tiger; father of Michael Tiger and Drummond Hepburn, Peter and Stefanie Tiger, Inez Tiger, and Leone and Itai Zion; grandfather of Nicole, Spencer, Jason, Dotan, Ella, Gabriel, and Ysabella

Tai Woo

Father of Doni (Jeff) Wess; grandfather of Sydney and Sammy Wess, Alex and Emily Levin and Casey Smith; father of Sandy Levin, Jackie, Tom, and Darlene Woo

Dan Woodford Thomas

Husband of Judy Thomas; father of Stephen and Melanie Thomas; grandfather of Oscar Thomas

Sheldon L. Schein

Husband of Lila; father of Linda (Lorin) Fife, Gary (Karen) Schein, and Karen Meron; grandfather of Yoni (Kitt) Fife, Ari (Heidi) Fife, Jason, Jennifer and Greg Schein, and Roni Meron (Chris) Nichols; great-grandfather of Ezra, Adyn, Nava, Sasha, and Jack

Dorothy Perkins

Wife of Lawrence; mother of Kathy Ross, Richard Perkins, and Jennifer Perkins; grandmother of David Ross

From the Day School

High Holy Days Reflections

Sari Goodman
Co-Interim Head of School

Every year, as the High Holy Days approach, I buy something new, something special. A couple of years ago, I bought myself a tallit with a matching kippah, my first. At the time of my bat mitzvah, this wasn't "a thing." Likewise, every year, as the new school year approaches, I also make new and special purchases for the Day School, the teachers, and the students. I believe it is no coincidence that the beginning of the school year and the Days of Awe are so closely aligned on the calendar.

Just as we do during Rosh Hashanah and Yom Kippur, we at the Day School start planning the new year by looking back. We identify our shortcomings and look to the future with the conviction to do better. The predictability of our traditions and prayers, along with school schedules and child-centered curriculum, provide us with the structure we need to stay balanced and focused on the goals we set for our school.

After evaluating our approaches of last spring and participating in a lot of summertime professional development, we are offering our school via distance learning (for now) with a unique, personal touch. Teachers are visiting students in person to give them what being virtual cannot—a face-to-face relationship. In addition, we attend to students' needs for connection through prayer and mindfulness exercises. Moreover, we have interactive, purposeful instruction infused with fun and laughter.

I am always impressed with the resilience and adaptability of our children and community. These qualities have truly been put to the test in these last six months, and we continue to persevere! But our world dictates that we will gather online, and so we do.

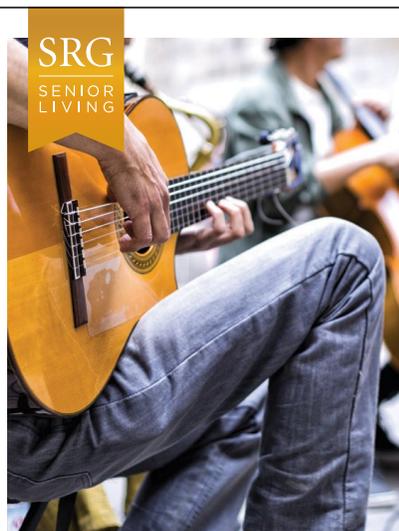
By the way, among the new and special purchases made for the date when we are back on campus are facial coverings and ADAT hand sanitizer. Who could have imagined this would ever have been "a thing?" We look forward with hope—just as we do with the start of the Jewish new year—to the time when it is deemed safe to be together in person. This, alone, will be so very special.

Cemetery Spaces Available

Mount Sinai Hollywood Hills
and Simi Valley &
Eden Memorial Park

Special Adat Ari El
Membership Pricing

For more information
contact Ernie Goodman:
818.788.1420



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LIVING

That time Sunday became Sing-along Sunday. That's the Power of WE.

Imagine life offering everything you need to enjoy it to its fullest. An extended family supporting you, lifting you up. Smiles at every turn, a joke with a neighbor, a favorite tune drifting up from the courtyard. A life thriving through connection. That's living at The Village at Sherman Oaks. That's the Power of WE.

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INDEPENDENT, ASSISTED LIVING AND MEMORY CARE RESIDENCES

From the JLC

Looking Back and Looking Forward...JLC and Confirmation Programs

Julee Snitzer Levine
Director of Supplemental Education

This spring and summer, I went back to school. Courtesy of the University of Zoom (not a real school), I immersed myself in learning with hundreds of other Jewish Educators across the US and Canada, the UK, Israel, and Costa Rica. Core courses included Zoom Basics, best practices for online engagement, EdTech tools, and using Design Theory to curate and construct virtual experience. Focused tracks were added in Social Emotional Learning, Experiences vs. Programs, and the merits of Synchronous and Asynchronous learning. Intensive studies were added in Family Engagement for the Holidays. I was honored to be selected by the Hadar Institute as a fellow in their Jewish Wisdom Fellowship, studying for two months on the topic of Leadership in a Time of Uncertainty. I was able to teach colleagues and fellow learners during NewCAJE 11 as I led four sessions. In one of those, I was able to put our JLC front and center as I presented on Creating Sacred Space in Virtual Space, using the 6th Grade Siyyum as a case study. Since March 15, I have logged close to 300 hours on Zoom as a participant, presenter, facilitator, and moderator. For sake of comparison, the average master's degree takes about that many hours between coursework and outside opportunities. This was all done with a keen eye towards how that learning could be infused immediately into the JLC and Confirmation Programs, both in the short and long term.

So what...now what? The JLC and Confirmation Programs will be run as online experiences this year. We were fortunate to be able to make that announcement in the Spring, which gave us more lead time to imagine, experiment, and learn. Our JLC staff has been preparing for this as well. Three of our JLC teachers joined me "at" NewCAJE11 this summer, which became a month-long, fully virtual conference. The staff has been collaborating and playing with tech. We have developed a balance of synchronous live-time Zoom classes and asynchronous enrichment experiences using the SeeSaw platform, and we responded to parent requests for an enhanced Hebrew program. Our 3-5 graders will receive weekly small group Hebrew on Tuesdays as well as a weekly one-on-one lesson beginning in October. We will be offering regular Shabbat gatherings and Havdallah moments and providing materials to students and families for special projects.

Our Confirmation instructors are also experienced educators whose class offerings bring Jewish tradition and wisdom to this very moment. Students will be involved in the structuring of class experiences, to elevate and amplify their voice and choice. The lenses of uncertainty and transition will be applied to Torah, Mishnah, Ethics, Identity, and Justice so that teens are at the center of the discussions, there is room for big questions, and exploration and growth can occur in ways that support emotional health.

I knew I was going to be an educator when I was about 15. At various stops along the way, I have felt that I have had both jobs and careers. The two things I love best are sustained relationships and the commitment to being a student. I never stopped learning, and I hope I never do. This summer was the crash course I never expected, and I am still unpacking. I am grateful to the Hadar Institute, the Advot Project, the Shalom Hartman Institute, BJELA, the Jewish Education Project, and the NewCAJE community for your rich offerings. Hinenu...We are here, and we are ready. Our doors may not be physically open, but our screens are on, and we are NOT on mute!

Enrollment in the JLC and Confirmation Programs is open and ongoing for grades K-12. For additional information. Please contact:
Julee Levine (jsnitzer@adatariel.org)

Fall Music Programs

October 25 | Annual Alkalai Concert
Save the Date for this annual favorite in memory of Lea Glitman-Alkalai



Fall N'ranena Dates

10.10.2020 | Simchat Torah
11.20. 2020
12.18.2020



Women of Adat
First Ever Virtual
Chanukkah Boutique!
Join us online for a 6 day, 24 hours a day, shopping extravaganza with featured vendors during Zoom sessions throughout the week to highlight a variety of amazing products. More info coming soon!

Sunday 11.01.2020 | 10:00am through Friday 11.06.2020 | 3:00pm



I would like to take this opportunity to introduce myself. My name is Malinda Marcus, and I am proud to be the new President of *Women of Adat*, formerly *Adat Ari El Sisterhood*.

Last year, when we sounded the shofar to welcome 5780, no one could have imagined the global pandemic that lay in store for us only a few months later. This “new normal” has led to many physical, social, and emotional challenges. We yearn to return to our old ways of life, but we know that will have to wait a while longer.

Something that hasn’t changed is our love for our community and the amazing women who make up the heart of Adat Ari El. While our name is different, we continue to run quality programs and events that are open to all ages. Maybe you sent a jar of honey to a loved one for Rosh Hashanah. Perhaps you’ve ordered a tribute card to let someone know you were thinking of them. You might be considering M.I.D. online to nurture your mind and your soul. No matter the steps you’ve taken, it is members like you who continue to strengthen *Women of Adat* and the Adat Ari El community. Thank you!

But there’s more! Events such as Lunafest, the Chanukkah Boutique, and Paint Night are tentatively planned to take place virtually! Our annual Torah Fund Dinner and Women’s Passover Celebration are scheduled for 2021. But these activities are only successful if you are a part of them. Nothing will replace sharing our time together in person, but until that day, I encourage you to join *Women of Adat* and be a part of our community of extraordinary women. Shanah Tovah!

Malinda Marcus
President, *Women of Adat*

///Sisterhood Tribute Cards

\$5.00 personal message
\$4.00 name included on group card

[Sign Up Online](#) or email [Susie Katz](#)

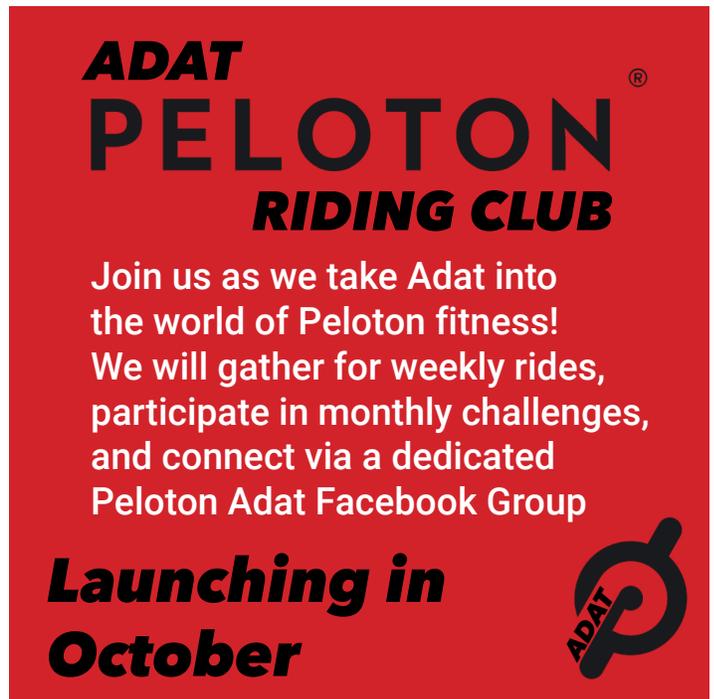
Chai neighbors
Adat Ari El // Temple Beth Hillel 65+
Chai Neighbors is flourishing with more than 50 classes, discussions, and lectures since May. We are Adat Ari El and Temple Beth Hillel members, ages 65+ who have joined together to help us live well within a community of friends, while fostering caring and Jewish values.

Our most popular events include member-led current event discussions, weekly chats with rabbis from both congregations, lectures by nationally-recognized experts on topics related to aging, health, wellness, personal finance, and other subjects, cooking and baking demonstrations, music appreciation classes including one on Motown and the Beatles, living and dealing with technology, parenting adult children, and movie and book discussions.

Every Monday, congregation members 65+ receive a weekly schedule of events, with easy, on-line sign-up for the events. If you are not receiving the weekly email schedule, please let us know so we can add your name to the email list. We also welcome your suggestions on topics for classes, discussions, or lectures that would interest you.

For more information please email Jill Lasker:
jilasker70@gmail.com

Coming Soon



ADAT PELOTON RIDING CLUB
Join us as we take Adat into the world of Peloton fitness! We will gather for weekly rides, participate in monthly challenges, and connect via a dedicated Peloton Adat Facebook Group

Launching in October



ShabbatSizzle

A Friday afternoon Zoom cooking show hosted by Eric Nicastro and Herschel Bleefeld where we get to know Adat members and cook their favorite Shabbat foods.

Coming in October

Fall Tefillah Schedule

Weekdays

Morning Minyan

Monday through Friday at 7:30am
Sunday and holidays at 9:00am

Evening Minyan

Sunday through Thursday at 7:00pm
No evening minyan on Chagim

Shabbat

Kabbalat Shabbat

Friday 6:00pm

Shabbat Morning

Saturday 9:30am

Community Havdallah

Select Saturdays, Times Vary

How To View

Currently, our Friday and Saturday services are viewable through the following links:

- [Website Live Stream Page](#)
- [Our Facebook Page](#)
- [Adat Ari El's YouTube Channel](#)

Weekday Minyanim are viewable on [Facebook](#).

VirtualAdat Fall Programming Schedule

Ongoing Programming

M Mishnah Mondays, 12:30pm
Rabbi Bernhard

[Click Here](#) to join
[Click Here](#) for resources

Song Sesh 4:30pm
Cantor Judy Dubin Aranoff
[Click Here](#) to join

T Mixed Level Yoga Flow, 10:00am
Hillary Oberstein

[Click Here](#) to join

Torah on Tuesday, 12:00pm
Rabbi Bernhard
[Click Here](#) to join

W Meditation Minyan, 7:30pm
Diego Gesualdi

[Click Here](#) to join

Th Level Two Yoga Flow, 3:00pm
Hillary Oberstein

[Click Here](#) to join

Su Two Rabbis Walk Into a Bar, 8:00pm
Rabbi Bernhard & Rabbi Yarkin

[Click Here](#) to join

Upcoming Programming

SEPTEMBER

09.16.2020 | 4:00pm-6:00pm
North Hollywood Interfaith Pantry Food Drive

Drive into the Adat parking lot, pop open your trunk, and our volunteers (masked and gloved) will remove your donations.

09.16.2020 | 7:30pm-8:45pm
Meditation Minyan

Join Diego Gesualdi in weekly Meditation Minyan sessions.

09.21-0.24.2020 | 12:00pm
Four Texts on Forgiveness

*Part of our Yamim Noraim Programming, see pg. 5 for details

09.21-0.24.2020 | 10:30am
Emotional Healing, Exploring Forgiveness, and Release

*Part of our Yamim Noraim Programming, see pg. 5 for details

09.22.2020 | 7:30pm
Rest and Regeneration: Modern Reflections on Ancient Shmita Practices

*Part of our Yamim Noraim Programming, see pg. 5 for details

09.23.2020 | 7:00pm
Judaic Sacred Music Foundation Witness the birth of Symphony No. 1: JUDAICA (Days of Awe)

*Part of our Yamim Noraim Programming, see pg. 5 for details

09.23.2020 | 7:30pm

A Meaningful Yizkor Experience for Yom Kippur (and Beyond)!

*Part of our Yamim Noraim Programming, see pg. 5 for details

OCTOBER

10.3.2020 | 9:30am

Early Childhood Center Tot Shabbat

Rabbi Jessica leads a virtual child-centered Tot Shabbat for families with young children. Singing, dancing, and story-telling all in your own home!

10.4.2020 | 7:30pm

Trivia Night

Brent and Jessica Yarkin are back for online hodge-podge trivia! It's each household/Sukkah for themselves!

10.05.2020 | 7:00pm

Family Sukkot Experience

Let's get our hut on! We are inviting all families to join us for a virtual evening of Sukkot-themed fun. This family-friendly program will be appropriate for kids (and adults) of all ages.

10.07.2020 | 7:30pm

Script Read in The Sukkah: Life of Brian

We could all do with a bit of blasphemy, and a look on the bright side of life. Rabbi Yarkin will curate through Zoom.

USY UPDATE

Meet our 2020 | 21 USY Board!

Rachel Provance
Youth Director



Aiden Bernato (Membership Kadima VP): Hi all! I'm Aiden Bernato, I'm 17, in 11th grade, and AAE's USY Chapter Memkad! Even though we may not be able to have events and fun with everyone in person, I am still really excited to have fun online and plan events for everyone online! I hope that we can soon see everyone in person soon!



Rachel Zacky (Israel Affairs VP): I am looking forward to hopefully seeing my friends in person and creating fun events for our chapter no matter where we are.



Lexi Freedman (Executive Programming VP): This year I am looking forward to being able to plan activities and create fun for other people. I can't wait for people to see what we have planned for everyone.



Lizzie Zacky (Social Action Tikkun Olam VP): I am looking forward to expanding our USY community through online programs this year! Being online also allows us to plan more creative and informational events that I can't wait to have!



Oliver Salvaterra (Communications VP): Hi everyone! My name is Oliver Salvaterra and I am Adat Ariel's senior USY communications vp! I am extremely excited to plan exciting events and meetings for our members. This year will be especially challenging with the current state of the world, however, if we put in the work I know that we can make fun and exciting online events that can really help our members who may be having a difficult time under quarantine!



Noah Marcus (Religion Education VP): Hi, I'm Noah Marcus, a senior USY member and Adat Ari El's Religion/Education Vice President. I'm really excited for what USY can do this year, and am looking forward to creating and planning some programs that will excel, even despite this year's limitations. As many of our USY events will have to be online, I'm especially looking forward to connecting with other temples for Inter regional activities.



Kiara Laaly (President): The most incredible thing about life online is our ability to strengthen and establish connections even with this huge barrier. Here in USY our relationships with one another have only gotten stronger, and our sense of community is like no other.

Upcoming Programming(cont')

10.10.2020 | 6:00pm

Simchat Torah N'ranena

A dynamic musical experience, Simchat Torah style!

10.25.2020 | 7:00pm

Alkalai Concert

Save the date for an exciting and fun on-line concert!

■ NOVEMBER

11.07.2020 | 9:30am

Early Childhood Center Tot Shabbat

11.15.2020 | 7:00pm

Sunset Healing Service

A safe, friendly space away from the constant onslaught of the week, with plenty of mindfulness, meditation, music, and healing strategies for coping with tough realities. This service begins immediately after our weekday minyan has concluded.

11.20.2020 | 6:00pm

N'ranena

A dynamic musical Shabbat experience!

Giving

We gratefully acknowledge these thoughtful contributions to Adat Ari El donated in Summer 2020.

Memorial Fund

In Memory of
Diane Liberman
by Steve Ackerman
Arnold Gittelson
by Earl Gandel
Eva Kalinova
by Nadia Newman
Flora V. Paritzky
by A. Zorel Paritzky
Eric Gitig
by Mark Gitig
Igal Chozahinoff
by Sharon Lieblein and Lieblein/
Chozahinoff Family

School Library Fund

In Memory of
Lucille Ganz
by Phil Ganz

Endowment Funds

by Helyn Friedman
In memory of
Charles and Faye Friedman
by Kenneth Friedman
Anna Namm Anderson
by Chip Humphries
Anna Namm Anderson
by Paul Pepperman
Betty Waldman
by Toni Hertz

In Honor of

Caleb Samuel and Henry Felix, Lela
Jacoby's great grandsons
by Toni Hertz

Cantor Aranoff's Discretionary Fund

In Memory of
Sylvia Ellis
by Jeffrey & Terry Ellis
Gertrude Lepler
by William Lepler & Cathy
O'Krent

In Honor of

Lela Jacoby
by Judy and Jonathan Chiel
Lela Jacoby
by Susan & Joel Stern
Lela Jacoby
by Taren Metson

Rabbi Bernhard's Discretionary Fund

by David Gruber
In Memory of
Siggy Tiger
by Leone Zion
Sandy Lee
by Diane Arieff

In Honor of

Meditation Minyan & Diego
Gesualdi
by Izzy & Perri Goodman

Coronavirus Relief Initiative

by Wendy & Darryn Barber
by Zach & Ilana Roth
by Victor & Marlene Gerson
by Eric & Rebecca Hartung
by Jon & Robyn Cohen
by Lee Arcuri & Graham Norris
by Remy & Debbie Kessler
by Harmon & Tema Levine
by Rebecca & David Singband
by Scott & Christiana Rubin

Youth Department

In Memory of
Sandy Lee
by the Biener Family
Siggy Tiger
by Pamela Dreyfuss

Rose Engel Early Childhood Center

In Memory of
Susan Nusbaum
by Aaron Fein & Dahlia Lithwick
Julie Wynn
by Karen & Neal Dem

Endowment Funds

In Memory of
Orrin Kabaker
by Toni & Marc Hertz
Marsha Miller
by Ralph Schub

In Honor of

Moshe Melnick
by Toni & Marc Hertz
Bea Richeimer
by Toni & Marc Hertz
Bea Reynolds
by Toni & Marc Hertz
Rabbi Moshe and Lois Rothblum
by Toni & Marc Hertz

Abe's Tent

by Max Newman & Rebecca Schalit
by Rina Carmel
by Barry Howard
In Memory of
Sara Kinrich
by Lisa Silverman
Alan Levine
by Steven Levine
Susan Nusbaum
by Michael & Eileen Ramirez
Julie Wynn
by Esther Spector
Rebecca Koretz
by Ron and Grace Koretz
Julie Wynn
by Judy Thomas
Julie Wynn
by Mindy and Ken Berns
Julie Wynn
by Debra and Rick Lebby
Susan Nusbaum
by Joan and Mel Berman
May Sandy
by Jeri Dubin

In Honor of

Steve Lavender
by Teri Cohan Link
Beatrice Richeimer
by Bridget & Daniel Shycoff

Annual Campaign

In Memory of
Susan Nusbaum
by Cynthia Brown
Susan Nusbaum
by Jeff Rothstein
Arnold Gittelson
by Michael Schneider
Rose Jacoby
by Norman & Lela Jacoby
Victoria Franklin Finn
by Cheryl Perry

Day School Fund

In Memory of
Zinayda Mazler
by Ronald & Cindy Olch

Minyan Fund

In Memory of
Zinayda Mazler
by Susan Rosen

Music Programming

In Memory of
Julie Wynn
by Drs. Adina and Zorel
Paritzky

Youth College Outreach

In Memory of
Julie Wynn
by Harriet Siden