



The Menorah

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President's Column: John List "Yes, and..."

"Yes, and..." has been referred to as The First Rule of Improv. It establishes an approach wherein an actor accepts the scene (yes) then adds to it (and).

What we have within TI might be called: "Jewish Congregational 'Yes, and'." In addition to all the programming that has been developed for our Centennial Year by an amazing array of congregants and our professional staff, there are other initiatives that congregants and our Rabbi have put forward in the past few months.

These initiatives accept who we are as a congregation and then add elements that are important, interesting and validating. Here are five examples of the "Yes, and" initiatives which relate to such diverse areas as: *tefilah*; getting TI more recognized in the Washington area; improving food options for us; and social justice.

Wednesday Minyan

1. **Jennifer Kefer**, after conversations with the Rabbi, has initiated a Wednesday minyan. The service is set to begin as mid-week Himmelfarb School ends, about 6:10 p.m., and would last about 20 minutes. In addition to providing an additional opportunity at TI for our members to say *Kaddish*, this service also encourages the interaction between our members who have children in the school with other congregants and our Rabbi.

Movie Co-Sponsorship

2. Through **James Ehrman**, I became aware of the opportunity for TI to be a co-sponsor of the preview for the film *Denial* in Bethesda's Landmark Theater. The film is based on the events surrounding the trial in England where historian Deborah Lipstadt

had to "prove" the reality of the Shoah when a renowned Holocaust denier sued her for libel. TI was one of the first congregations to sign on as a co-sponsor.



Healthier Foods

3. As a follow-up to his short article in the September *Menorah*, **Morris Rodenstein** has been working with a group of congregants focused on exploring healthier *kiddushim*. This group will be working with Roz Kram, TI's food and kitchen consultant/coordinator, and discussing how best to get the input of the congregation.

Jewish-Muslim Relations

4. **Rabbi Seidel** suggested that TI host the third annual Greater Washington Area Imams-Rabbis Summit. This conference brings together over 70 area imams and rabbis to discuss and act on: religious discrimination and hate crimes; strengthening the ties of Muslim and Jewish communities; and refugee issues. TI will host the third Summit of Imams and Rabbis on December 11, 2016.

Refugee Engagement

5. **Sarah Meytin** brought to our attention the HIAS Welcome Campaign. The Board approved joining the campaign and tasked the Social Action Committee to follow up. Recently, the Social Action Committee convened a meeting with two representatives of HIAS to explore ways in

(Continued on page 2)



President's Column (continued)

which TI can engage with HIAS on refugee issues, whether by direct service, advocacy and/or education.

I attended that meeting of about 14 TI'ers with HIAS. At the beginning of the meeting, after we introduced ourselves, we talked briefly about our connection to or interest in refugee issues. The TI'ers included congregants who have worked on past refugee campaigns (such those for Soviet Jewry and Vietnamese "boat people"), had careers devoted to refugee issues, or were themselves refugees or the children/grandchildren of refugees. I found these introductory stories to be captivating.

Each of these initiatives started with a TI'er's interest and was followed by his/her commitment to the project and

putting in place a process for TI to work on the initiative. Each initiative will take the engagement and commitment by TI volunteers and our professional staff.

What inspires me is how well and how often our congregation acts on "Yes, and..."

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Passport to 1916, Sunday, October 23

All families are invited to join us for a fun-filled journey back to the days of our founders.

- 9:15-9:30 a.m. *T'filah* with the Himmelfarb school, Wolman Sanctuary
9:30-9:40 a.m. Opening presentation by Cynthia Peterman, chairman, Centennial Planning Committee
9:40-10:00 a.m. Yiddish songs and music with Diana Zurer and Mona Berch
Passports are distributed and everyone moves downstairs to the Cherner Auditorium
10:00-11:45 a.m. Visit stations:

Yiddish Storytelling with Marcia Gross Levinsohn

Build Your Own Shul with Louise Parker Kelley (hands-on activity)

Living Museum: Meet Rabbi Gedaliah Silverstone, founder Samuel Goodman and his wife Pauline

Diaspora Diagram: Where did you come from? Where were you born? What country did your family come from?

Historical Exhibition (Exhibition Room across from the Library). Take a trip back through the decades.

Interviews with TI Members (Emsellem Room). View a video with footage of the groundbreaking of our building as well as member interviews.

Display of Historic Cookbooks (Nook across from the Emsellem Room). Whet your appetite with Jewish recipes across the century.

11:45 a.m.- 12:15 p.m. Heritage Luncheon (Cherner Auditorium)

New Members

Jared Garelick

Ronald Bowyer

Ronald is originally from Washington, though currently he lives in the Baltimore area, where he works as a social worker for Catholic Social Services. His connection to TI goes far back. In the early 1990s, as a student at the University of Maryland, Ronald became drawn to Judaism, and joined a Jewish organization.

As his interest grew, he decided to convert, and Rabbi Seidel was recommended as a teacher. After his conversion, Ronald joined TI, and stayed a few years until moving to Baltimore. He hopes soon to return to Washington, and rejoining TI is a step in finding his way back into the community.

Ronald enjoys doing charity work and hopes to become involved again in TI's vibrant social action efforts. He says that among his strongest memories of TI was seeing the energy poured into social action activities by Gene and Esther Herman.

This reporter confirmed that Gene and Esther remain active both as TI members and as doers of good deeds, and is happy to pronounce them TI's Social Action Magnet Members of the Month. Ronald is looking forward to celebrating the High Holidays at TI again this year.

Jennifer Lav and Jane Gilvin

Jen is also a Washington native and also has long ties to TI: she grew up here! Most readers of this column will recognize her last name as belonging to TI members Iris and Mike Lav, who are her parents.



After law school and clerking for a judge in Montgomery, Alabama, Jen took up disability rights law at a clinic there.

Now back in Washington, she works at Disability Rights DC, part of a private non-profit organization providing free legal services to DC residents. She spe-

cializes in mental health issues, often representing people in hospitals and long term care, advocating for their rights and promoting their autonomy.

Jennifer's wife, Jane, grew up in Mt. Sterling, Kentucky. After a long period in the Bay area in California, she moved to Washington about five years ago, and now works as a librarian at National Public Radio.

Jen and Jane live in the Brightwood neighborhood of Northwest DC with a dog and a cat. Their family will soon be larger, as they are expecting a baby this fall.

Happy New Year, and welcome to this month's featured new, or returning, members!

Funeral Practices Committee **Always On-Call**

Haverim of the Funeral Practices Committee are on call to provide counsel and services to synagogue members and their dependents.

In the event of a death, prior to contacting the funeral home, please contact one of the following haverim, Rabbi Seidel, or the TI office (202-882-1605).

Shelly Heller h: 301-942-1836
w: 202-242-6698

David Cohen h: 301-652-2872

Marcia Goggin h: 301-593-8480
w: 301-754-1963

Bruce Heppen h: 301-299-3255
c: 202-997-1890
w: 703-417-8983

Ann Kline h: 301-946-2693
c: 301-346-9862

Robert Rovinsky h: 202 237 1036
c: 202 815 8707

TI Centennial, 1916—2016

Cynthia Peterman

TI Centennial highlights for October and November include the following events:

Saturday, October 22

A Century in the City: TI and the American Jewish Experience. Drash and SHALEM program, featuring Dr. Pamela Nadell, American University.

Sunday, October 23

Passport to 1916 Opening Program and Centennial Exhibition Opening. (See box on page 2 for details).

Saturday, November 19

Jews in Public Places. Drash with Ira Forman and SHALEM program with

Aviel Roshwald and Rhoda Trooboff.

A night with Israeli comedian Benji Lovitt.



Mussar Program, "Path of the Mensch"

Charles Feinberg

The Tifereth Israel community will soon be embarking on a program of study and practice in the Jewish spiritual tradition of *Mussar*. Everyone is invited to join.

Mussar might best be described as "Jewish spiritual ethics" and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner *mensch*. *Mussar* has been undergoing a revival in the Jewish world, and we are fortunate to be able to offer this curriculum created by The Mussar Institute, the leaders in the field.

This program is suitable for all, regardless of level of Jewish knowledge. There are no prerequisites nor is Hebrew required.

Come join in small group study, led by TI member **Rabbi Charles Feinberg**, a trained facilitator. We will explore together, in a safe and caring environment, what the Jewish tradition has to teach us about the traits of humility, gratitude, equanimity, patience, order and honor, among others -- and discover how you can improve these qualities in your own life.

The 20-week course will begin on **Tuesday, November 1**, from 7 to 8:30 p.m., with an orientation session and then meet every other week, until Tuesday, March 21, 2017.

In between group sessions you will meet with your *chevruta*, or study partner. You will receive a copy of the course textbook *Everyday*

Holiness by Alan Morinis, and in group meetings and personal study and practice, we will explore these soul traits together.

Cost of the course is \$140 for Tifereth Israel members and \$175 for non-members. The cost includes the textbook and all other materials.

You may register at:

<https://tiferethdc.shulcloud.com/mensch2016>

The registration deadline is **Friday, October 14**. Sign up soon since class size is limited to fifteen people.

Questions? Contact Wilhelmina Gottschalk at: wilhelmina@tifereth-israel.org or at (202) 882-1605.

Blood Drive, November 6

Seth Riker

For my Mitzvah project I am organizing a blood drive on November 6 at TI.

I chose to do this event because hospitals constantly need to have blood for patients who are sick or having surgery.

Also, my little brother had leukemia -- a disease that causes an increase of immature blood cells from bone marrow. He is healthy now and I want to help other people in need.

My goal is to have 35 donors give blood. More than our goal would be amazing!

Please review the information about donating blood before making an appointment by going to: <https://www.cnmcblooddonor.com>.

To make an appointment to donate blood on November 6, go to: tinyurl.com/11-6BloodDrive.

Himmelfarb & Chai School Happenings

Rina Rebibo

School has gotten off to a wonderful start! We currently have 85 students enrolled and registrations are still coming in!

Our teachers have begun the year reviewing Hebrew and teaching about Rosh Hashanah. In preparation for the holiday, our students hand-made Rosh Hashanah greeting cards to be included in the Social Action Committee's food delivery and they have collectively helped out with Jeremy Goldberg Cleanup Day.

Chai School is growing with 13 students and we are excited to welcome **Stephen Berer** to the faculty. Stephen moved to the area

approximately five years ago from California, and comes to us with extensive experience in Jewish education.

Important Upcoming Dates

Sunday, October 2: No School – Erev Rosh Hashanah

Wednesday, October 12: No School – Yom Kippur

Sunday, October 16: Sukkah Build Day – Each grade will be going to a private home to build a sukkah.

Wednesday, October 19: Pizza in the Hut – Families with school age children are invited to join Himmelfarb

students at 6:10 p.m. for a *kumsitz* in the sukkah with Morah Silvia. At 6:30 we will have a pizza dinner.

If paid in advance, dinner is \$10 for ages 13 and over, \$6 for Himmelfarb students and ages 6 to 12, and \$4 for 5 and under. The maximum per family is \$40. Sign up for dinner on shulcloud by October 14.

Sunday, October 23: Passport to 1916: Centennial Exhibition Opening and Family Program. Parents are invited to join their students for the day as we kick off the Centennial celebrations at Tifereth Israel with very special programming.

Opening Day of School



Youth and Family Corner

Wilhelmina Gottschalk

Sukkot is one of my favorite times of year, and I am thrilled with how busy and bustling the TI community will be over the course of the holiday this year! Sukkot is known as "z'man simhateinu," the time of our joy.

There are a lot of joyful gatherings taking place under the *s'khakh* (leafy roof) of the synagogue *sukkah* and other *sukkot* in the area. It's really exciting to see how many diverse synagogue groups are coming together in this special holiday space.

On **Sunday, October 16**, the morning before Sukkot starts, the Himmelfarb students will build *sukkot* around the community, while the Millennials Plus crew decorates the synagogue's *sukkah*.

Monday October 17 is the first day of Sukkot, and that means just one thing – Sukkah Walk! After Kiddush at the TI *sukkah*, a great group of revelers will nosh their way across the back yards of local members.

On **Tuesday night, October 18**, the Kol Nashim Book Club will meet in the TI *sukkah* to discuss the poetry of Yehuda Amichai. Each participant should prepare by reading 12 Amichai poems of their choice, and first-timers are welcome.

Wednesday, October 19 is a school night, and all families with children are invited to Pizza in the Hut.

On **Thursday night, October 20**, Gevarim will host a more adult-themed evening.

On **October 21**, if you're still hungry, Roz will be cooking up a delicious Friday night dinner to follow services for Hol HaMo'ed Sukkot.

The next morning, **October 22**, there is not only Kiddush in the *sukkah* after services, but also a great SHALEM program to kick off the synagogue's Centennial.

Sunday night, October 23, following the big Centennial opening program in the morning, our last Sukkot event is a USY and Kadima dinner on Sh'mini Atzeret, the ending day of Sukkot.

I hope everyone in the congregation is able to join at least one event in a *sukkah* during the holiday.

Gevarim

Andrew Reamer

Movie Nite@TI

This fall, Gevarim is showing "Life After the Camps," movies about the lives of Jewish concentration camp survivors in four nations (Canada, Italy, Germany, France) immediately after the war ended.

The first, *The Quarrel*, a 1991 film from Canada, was shown September 24 before *S'lihot* services.

The next film in the series, on **Sunday, October 30**, at 7:30 p.m., is *The Truce* (1997, 125 mins). Based on Primo Levi's memoir of his experiences returning to Turin, Italy after the Red Army liberated Auschwitz in January 1945. He embarks on an arduous railway journey home from Poland, through Russia, Romania, Hungary, Austria and Germany.

Upcoming films include:

November 20. *The Murderers Are Among Us* (1946), about a man and a woman who return to war-torn Berlin to face the harsh realities of post-war Germany.

December 18. *Almost Peaceful* (2002) about a couple who run a modest tailoring shop in Paris where most of the employees are other survivors.

All movies are free, subtitled, and in the Cherner. Nosh is available for \$4.

A Great Course on Jewish Civilization

Gevarim and Adult Education are pleased to present "Jewish Civilization from Mohammed to Spinoza," a series of 24 half-hour video lectures by Professor David Ruderman, University of Pennsylvania.

גברים

On each of 12 Sundays between October 2016 and June 2017, **Allan Tulchin** will show two half-hour lectures and facilitate 45 minutes of discussion.

Each session will run from 10:15 a.m. to noon in the Library and is free. The first session will be **October 9**. Subsequent sessions in 2016 are scheduled for November 20, December 11 and December 18.

Talmud Study

Continuing the sessions which began last year, **Rabbi Seidel**, will be teaching large pieces of Tractate Brakhot approximately twice a month after lunch on Shabbat afternoons.

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Social Action at TI: Esther Herman Friendship Place and Martha's Table



The speaker for the SHALEM program on Shabbat, September 24 was **Alan Banks** of **Friendship Place**, an organization that works toward ending homelessness and rebuilding lives. It assisted over 1600 persons with housing issues last year and expects to serve many more this year.

Friendship Place clients also include recent veterans and single parents. Over 100 staff members serve the clients coming for assistance.

Mr. Banks stated that the organization's needs are mainly financial but it welcomes other kinds of assistance. The TI Social Action Committee is considering one of the Friendship Place sites for inclusion in our Christmas dinner project.

Mr. Banks related his own story of homelessness and desperation and how employees at Friendship Place helped him find self-esteem, housing and employment. As an aside, after discovering that TI is involved with Martha's Table, driving its van monthly, Mr. Banks told us that Martha's Table fed him, too, in his days of deprivation and hopelessness.

The Martha's Table van continues to go out daily and is driven by TI the second Sunday evening of each month, mainly by **Gene Herman** and occasionally by **Ray Coleman** or **Steve Garber**. What is exciting for the adult crew members is that young students are now helping out with their parents.

In September, **Izzy Friedlander**, **Ruby Borzekowski**, **Josh Garber** and **Adam Cohen** were present with the team of adults. They learned and demonstrated that one cannot just hand out food

to those who need it. but must also engage with those whose lives are so different from their own.

A relatively new Martha's Table project is the establishment of grocery stores in 35 public schools in the District of Columbia. Persons in need of food and produce can pick up needed items at their neighborhood schools without cost. In the first year, Joyful Food Markets distributed 550,000 pounds of food to more than 24,000 shoppers.

Martha's Table needs volunteers during daytime hours to assist in staffing their small markets. To get involved or obtain more information, contact www.marthastable.org or phone 202-328-6008.

Gevarim (continued)

Even if you've never studied Talmud before you might enjoy dropping in on our ongoing exploration of this tractate of the Talmud.

We read the text in English (photocopies are provided, although folks are encouraged to buy the book, an English translation published by Koren), and discuss.

Upcoming sessions are scheduled for November 5, November 19, December 10 and December 17.

All sessions are from 1:00 to 1:45 p.m. in the Reamer Chapel.

Wednesday Evening Minyan Starting

Jennifer Kefer is spearheading an effort to start a Wednesday evening minyan at TI from 6:10 to 6:30 p.m., right before Hebrew School pick-up. This will create a convenient way for Himmelfarb families to participate and for others to stop by before dinner.

The Rabbi has offered to lead the minyan, but a critical mass is needed to make it work.

Can you join us? If you are interested, please drop Jennifer a note at jenniferkefer@gmail.com.

Nayes un Mekhayes for TI'ers

Barbara Raimondo

Home on the Range

Claudine Schweber and **Ed Koren** spent almost three weeks in Jackson, Wyoming this August visiting with their daughter, **Marisa**, and hiking in Grand Teton National Park. Weather envy, hey, it was low 60s and high mid-80s, no humidity and sunny every day! Easy to hike around Moose, Jenny Lake, Colter Bay, and Jackson Lake. This year, they just missed the Federal Reserve folks who meet annually at Jackson Lake Lodge (established by the Rockefeller's). What, no kvellin' with Yellin?

They also got to see Marisa at her radio studio, KHOL, where she hosts two programs, besides her day job at the library. The year 2016 was a unique time to visit since it's also the 100th anniversary of the National Park Service. Lots of events, music, speakers and books, movies. So many moose, so little time.

Myrna Goldman took a road trip to the midwest in late August/early September. She visited many old friends in both the Chicago area and Madison, Wisconsin. This included friends from grammar school (translation: that's what they call elementary school in Chicago), junior high, high school, college, and graduate school.

She also toured the Wisconsin State Capitol and the new wing of Chicago's Art Institute. The highlight was attending a Cubs game (they won!), which was her first night game at Wrigley Field. More weather envy, it was cooler than in DC!

Ready for Change

TI had 10 high school graduates last spring. Three of them -- **Iliana Jaime**, **Adina Rombro** and **Ruth Secular** -- are in Israel for the year on Workshop 66, Habonim Dror North America's gap year program. They are at Kibbutz Revivim in the

Negev until mid-December. Go see 'em if you are in the area.



Ruth and Adina are pictured;
Iliana was on a different flight

Paula Tucker and her niece, **Lauren Tucker**, spent 12 glorious days in July eating their way across Italy. They were glad they glommed on to gluten-free gluttony. Italians gleefully make (g)lovely food gluten-free.

One of the glowing lights of the trip was a tour of the Great Synagogue of Rome where they learned that Rome has the oldest uninterrupted Jewish community in the world! The synagogue also has a lovely gift shop filled with Italian-made Judaica.

Judith and Lester Turner's niece, and **Dan and Allison Turner's** cousin, **Rachel Axler**, won an Emmy for her work on the television show *Veep*. Rachel is a writer in Hollywood and has won several Emmys.

Well, Isn't That Strange

Shira and **Eric Schechtman** vacationed in Denmark in August and visited the famous Tivoli Gardens. (Your Faithful Columnist recognizes that this name sounds like it should have been on the tour of Tucker *et al.*) Tivoli Gardens host a wide variety of musical acts, and lo and behold, on the special night they were there, there just happened to be the one and only Klezmer concert of

the entire summer headed by someone named Chana Nussbaum who shares Eastern European ancestry and is very proud of being Danish! What are the chances? She played "Hava Nagilah" as an encore whereupon Shira joined the large group dancing the hora in the middle of Copenhagen.

In addition to experiencing the local custom called "Smørrebrød," which they called "many herrings," and you might call "many little fishies," they visited the Danish Jewish museum. We all know about the WWII rescue of the Danish Jews but not so much about what happened when they came back home. The museum had a special exhibition about this.

Martin Kessel is a 2016 awardee of the New Hampshire Jewish Federation's "Shem Tov" award. The award is for commitment and strengthening the New Hampshire Jewish community. Martin was recognized for his volunteer work as a board member of the Bethlehem Hebrew Congregation (BHC).

Among his many activities at BHC was the founding of a Friday afternoon concert series, "Sounds in the Sanctuary," promoting an interfaith Holocaust Remembrance Service, and outreach to area high school students who come to the synagogue to learn about Judaism.

Sad News

Anita Herzog, mother of TI member **Judy Herzog Murdock (Myron Murdock)**, died recently. She is also survived by Judy's brother, **Chip (Robin) Herzog**, and their children, **Hayley** and **Lexi**. The funeral was in Massachusetts.

May her memory be a blessing.

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Kol Nashim

Adele Natter



September Program

A good number of people enjoyed and were edified by **Rabbi Devora Lynn's** September 18 presentation. She spoke about her off-the-beaten path experiences during her visit to Israel and emphasized the diverse populations and different aspects of Israeli life. Her talk was enhanced by the inclusion of unusual sites and visits to Bedouin, Karate, Indian and Samaritan communities.

KN Book Club

The book group met in September at the home of Paula Flicker to discuss *Dodger* by Terry Pratchett. The next meeting will take place on **October 18** in the TI Sukkah. The group will

read and discuss poems by Yehudah Amichai.

The scheduled reading list for the rest of the year includes:

November 15 — *Moses, Man of the Mountain* by Zora Neale Hurston

December 20 — *Abraham: A Journey to the Heart of Three Faiths* by Bruce Feiler

January 17 — Short Stories by Clarice Lispector

February 21 — *A Land Twice Promised* by Noah Baum

March 21 — *The Rosendorf Quartet* by Nathan Shaham

April 25 — *GI Jews: How World War II Changed a Generation* by Deborah Moore

The KN Book Club is open to interested women and men.

Baking Stuffed Bread

A demonstration of baking, and follow-up tasting, stuffed bread is scheduled for **November 13**, at 10:15 a.m. **Jessica Weissman** will both wow you with her baking skills and teach you how it's done.

Meet in the Cherner, in front of the kitchen.

SHALEM

Jessica Weissman

September saw two SHALEM programs. On September 10 we began the series of SHALEM programs for the TI Centennial. Led by **Cynthia Peterman**, Chair of the Centennial Committee, and **Laura Schiavo**, we broke up into three

groups, each of which looked at a controversial period in TI history, reading newspaper reports and other contemporary records. We had a few primary sources of oral history in the room, as some longtime members shared their recollections of the events discussed.

ence." Dr. Nadell is Chair of the Department of History, and Director of the Jewish Studies Program, at American University. She is currently president of the Association for Jewish Studies.

Nayes un Mekhayes (continued)

And now for the meaning of last month's word, *Darby and Joan*: "a happily married, usually elderly couple" (Merriam-Webster Online).

Thanks to all who sent me news, sent me to others who sent me news, or otherwise helped sniff it out. Send panegyrics for next time to baraimondo@gmail.com, with "Nayes un Mekhayes" in the heading, or to P.O. Box 466, Washington Grove, MD 20880. This brings to a close this edition of Nayes un Mekhayes for TI'ers.

On September 24, we were lucky enough to hear **Alan Banks**, a staff member of Friendship Place, share his personal journey into and out of homelessness. Alan also described many of the programs of Friendship Place that are working successfully right now to help homeless people off the street and into productive lives.

Upcoming SHALEM programs for the year focus on TI history and Jewish history. On **October 22**, as part of the Centennial kickoff weekend, **Professor Pamela Nadell** will put our history into a wider context in a talk entitled "A Century in the City: TI & the American Jewish Experi-

Finally, if there is a topic of Jewish interest you would like to speak about, please contact me. TI'ers are the best audience you could want, and they want to hear from you.

Yom Kippur Discussion

At 4:55 p.m., **Andrew Reamer**, Research Professor at the George Washington University Institute for Public Policy, will lead a discussion on "Working with Stories and Serendipity: Reflections for Yom Kippur" in the Wolman Sanctuary.

The Red Stone: for Women Struggling with Infertility

Mikah Berg

If you or anyone you know in our shul or the broader D.C. metropolitan Jewish community is struggling with fertility, you are not alone. One in eight couples, of childbearing age, have issues either getting pregnant or sustaining a pregnancy. According to RESOLVE: The National Infertility Association, approximately one-third of infertility issues are attributed to the female partner, one-third to the male partner, and one-third are a combination of the two, or are diagnosed as unexplained infertility.

While I cannot personally speak to the stresses of male infertility, I can shed some light on what it was like to live with female infertility, having recently lived through the ups and downs of having these issues.

To give some perspective, research shows that the stress levels of women dealing with infertility are equivalent to women who have cancer, AIDS, or heart disease. That being said, I would like to recommend an invaluable resource to Jewish women in the D.C. metropolitan area dealing with infertility.

While in college, I was diagnosed with Polycystic Ovarian Syndrome (PCOS). The doctor offhandedly mentioned at the time that I would likely have some trouble getting pregnant. I remember her saying, "it is not an impossibility, but it might take some time." What she said to me, as a 20-year-old, meant nothing. Thinking about it in my early 30's, however, was a different story.

A Constant Reminder

Being part of the Jewish community, particularly at TI, means being around babies and young children all the time. I noticed every baby on the way to and from the supermarket, when spending time with longtime friends, and especially at Shabbat services. Of course, seeing these

babies is wonderful and a blessing in itself! When you are trying desperately to have one yourself, however, seeing a baby triggers a longing only those going through such efforts can fully understand.

I also ran out of fingers counting how many times in shul, or when substitute teaching at Hebrew school, people asked if my husband and I were planning to start a family. And, they'd add, with the best of intentions, "don't forget about that clock! Time is ticking away!" Sometimes I had to choke back tears. I wanted to say, "If you only knew how hard we are trying..."

It took nine months of trying before I became pregnant with our beautiful, now 11-month-old. Nine months may not sound like quite that long; however, that period was filled with more trials and tribulations than I had ever experienced – and, ultimately, I ended up having to undergo fertility treatments. It felt like a secret. I felt ashamed, alone, isolated. Quite frankly, I felt broken. If there is ONE thing a woman physiologically should be able to do, isn't it to have children?

Finding The Red Stone

I cannot fully recall how I came across The Red Stone. As I came to learn, The Red Stone is an organization in the D.C. metro area that provides support for Jewish women struggling with infertility.

I remember reaching out to the organization while trying to get pregnant, but I was initially too afraid to meet with other women struggling with fertility. Would it bring me down? Wouldn't it just be a pity party? I was already feeling terrible about myself. I opted to skip it at first, though in retrospect I wish I had gone.

Ten weeks into my pregnancy, I received an email that The Red

Stone was starting a group for women who struggled with infertility but were now pregnant. Whoah - that was me! I was *finally* pregnant. I was also too scared to leave our home in fear that I would do something to jeopardize my pregnancy. That said, I knew I had to get myself to this support group.

Forging a Lasting Bond

We met once a month. Ten weeks became 14, then 18, and eventually, it was delivery time. Now, we have Naomi. I forged an eternal bond with the five women in my group, who gave me strength I did not know I possessed. The bonds of our friendship have far surpassed monthly meetings, and we still see each other and have met everyone's miracle babies. I cannot thank The Red Stone enough.

Many health insurance plans, unfortunately, do not cover the costs of fertility treatments. Expenses can become overwhelming, and for some, the cost can be a barrier to starting a family.

Thankfully, The Red Stone is now piloting mini-grants for Jewish families to financially assist with fertility treatments and adoption. Applications are due November 2. For more information, including a copy of the application, please go to The Red Stone's website at <http://theredstone.org>, reach out to Amy Jablin Forseter at amy@theredstone.org, or contact Rabbi Seidel.

Cemetery Service

The annual service will be held at **10:45 a.m. on Sunday, October 9** in the Tifereth Israel section of Mount Lebanon Cemetery (9500 Riggs Road, Adelphi, MD 20783).

Bar Mitzvah

Hi. My Name is **Cramer Gotthelf** and I'm looking forward to my Bar Mitzvah on October 15. My Hebrew name is Dov, or "Bear" in English. It was my great grandfather's name. It is a fitting name because I'm an animal lover.

I'm a 7th grader at Westland Middle School. My parents are Michael and Rachel. I have a 10-year-old brother and an eight-year-old sister, and two dogs.

In my free time I enjoy playing soccer, playing the drums, and hanging out with my friends. I also like eating exotic food.

For my Bar Mitzvah project, I tutored a little girl in math and reading through TI's tutoring program. I'd like to thank my Bar Mitzvah tutor, Dan Ring, for helping me learn the Torah portion, and my parents and siblings.



October Highlights at Tifereth Israel

- | | |
|----------------------|---|
| October 2-4 | Rosh Hashanah (see High Holiday Schedule, page 13) |
| October 9 | "Jewish Civilization from Mohammed to Spinoza," first session of 12-session course, 10:15 a.m.-noon |
| October 12-13 | Yom Kippur (see High Holiday Schedule, page 14) |
| October 15 | Cramer Gotthelf Bar Mitzvah |
| October 16-23 | Sukkot (see Sukkot Schedule, page 16) |
| October 18 | KN Book Club; in TI Sukkah, 7:30 p.m. |
| October 22 | "TI and the American Jewish Experience," <i>drash</i> and after-lunch SHALEM talk by Dr. Pamela Nadell |
| October 23 | "Passport to 1916" celebration, 9:15-11:45 a.m., followed by lunch |
| October 23-25 | Sh'mini Atzeret/Simhat Torah (see Sukkot Schedule, page 16) |
| October 30 | Movie Nite; <i>The Truce</i>, 7:30 p.m. |
| October 31 | Monday Lunch & Learn
<i>Parashat HaShavuah</i>, 11 a.m.; Lunch, 12 noon |

Upcoming Friday Night Minyan Assignments

October 7

Ann Cohen
 David & Judy Cohen
 David & Elana Cohen
 Hal Cohen & Katie Benton-Cohen
 Raymond & Rebecca Coleman
 Jeffrey Colman & Ellen Nissenbaum
 Bill & Karen Copeland
 Nataliya Chernyak Cowen
 Joe Davidson
 Ronni Davis
 Helen Disenhaus
 Stan Dorn & Carla Ellern
 Earl Dotter & Deborah Stern
 Desirée Douglas
 Lisa Drazin

October 14

Pierre & Deena Dugan
 Ernie Englander
 Rabbi Charles & Krayna Feinberg
 Mark Feldman
 Miriam Feinsilver
 Gail & Roger Feldman
 Bob Feron & Dione Pereira
 Jeff Feuer & Sherry Klein
 Eric Fingerhut & Karen Beiley
 Anna Fink & Alberto Fernandez
 Anita Finkelstein
 Jay & Rachel Finkelstein
 Matthew & Susan Finston
 David & Patricia Fisher
 Paula Flicker
 Judah Flum & Lisa Itkin
 Lee & Brenda Footer
 Ira Forman & Caryn Pass

October 28

Bruce Friedland & Jenny Bryant
 Arthur & Diane Friedman
 Judy Galat & Geoff Thale
 William & Miriam Galston
 Stephen Garber & Lynne Snyder
 Jared Garelick & Ellen Kramarow
 Andrew & Allegría Gelfand
 Seth Glabman & Martha Hare
 Rick Glaser & Sheryl Gross-Glaser
 Howard Gleckman & Ann Kline
 John & Marcia Goggin

November 4

Eliot & Traci Goldberg
 Joseph & Dody Goldberg
 Myrna Goldman
 Paul Goldman & Debbie Pomerance
 Tom & Lisa Goldring
 Paul & Rachel Goldstein
 Michael Gotthelf & Rachel Vile
 Stan Grabia & Varda Fink
 Lee & Jenni Grabel
 George & Marjorie Greenberg
 Larry Greenfield & Melanie Gross Greenfield

November 18

Abraham & Dena Greenstein
 David Greisen & Jessica Bell
 Franca Brilliant
 Leah Weinryb Grohsgal & Corey Goettsch
 Stefan Gunter & Lisa Goldberg
 Eitan & Aviva Gutin
 Jonathan Halpern
 Eliot Harrison & Wendy Blake-Coleman
 David Hart & Lois Frankel
 Michael Heimowitz & Dori Gillman
 Larry Held & Sara Feinstein
 Matt & Linda Heller
 Steve & Shelly Heller
 Bruce Heppen & Bonnie Suchman

November 25

Eugene & Esther Herman
 Carolivia Herron
 James & Annie Hershberg
 William Hodos
 Gayle & Erik Hope
 Hedy Howard
 Neil Hyman & Rachel Decter Hyman
 Anita Isacson
 David & Shana Jacobs
 Leonard Jewler & Andrea Rosen
 Harvey Kabaker & Andrea Kline
 Steven Kalish & Anita Bollt
 Mark & Sarah Kass
 Joshua & Jennifer Kefer
 Kenneth Kellner & Nina Bronk Kellner

High Holiday Schedule

Rosh Hashanah

Sunday, October 2 – Erev Rosh Hashanah

6:30 p.m. Ma'ariv

Monday, October 3 – Rosh Hashanah Day 1

Wolman Sanctuary (assigned seating)

8:45 a.m. P'sukei D'Zimrah & Shaharit

10:00 a.m. Torah reading

11:00 a.m. Sermon by Rabbi Ethan Seidel, Musaf

Cherner Auditorium

9:15 a.m. Shaharit

10:15 a.m. Torah parade and Torah reading, followed by Musaf

Tot Service - Reamer Chapel

10:30 a.m. Following the Cherner Auditorium Torah parade
(For children aged 18 months to 5 years together with their parents)

Youth Activities & Babysitting

9:00 a.m. Babysitting opens for children ages 18 months to pre-K

10:00 a.m. Quiet room (reading, studying) opens for children grades 4 to 7

10:30 a.m. Youth activities begin for children grades K to 7

12:30 p.m. Youth activities end; Supervised play for all ages begins

1:00 p.m. Babysitting and supervised play ends

Afternoon & Evening

5:00 p.m. Tashlikh walk from TI to Rock Creek Park

5:45 p.m. Potluck at the home of Lillian Kronstadt, 1733 Juniper Street, NW

7:00 p.m. Minhah and Ma'ariv

(Continued on page 14)

Rosh Hashanah (continued)

Tuesday, October 4 - Rosh Hashanah Day 2

Wolman service schedule same as Day 1 (*open seating - no assigned seats*)

Youth Activities & Babysitting same as Day 1

Sunday, October 9 - Cemetery Service

10:45 a.m. Mt. Lebanon Cemetery

Yom Kippur

Tuesday, October 11 - Kol Nidre

6:00 p.m. Activities and babysitting for children 18 mo. to 3rd grade

6:05 p.m. sharp! Services in both Wolman and Cherner

Youth activities for 4th-7th graders begin after chanting of Kol Nidre

Wednesday, October 12 - Yom Kippur

Wolman Sanctuary

8:45 a.m. P'sukei D'Zimrah and Shharit

10:30 a.m. Torah reading

11:30 a.m. Sermon - Rabbi Seidel

12 noon Yizkor memorial service

12:30 p.m. Musaf

Cherner Auditorium

9:15 a.m. Shharit

10:15 a.m. Torah parade and Torah reading

11:15 a.m. Yizkor memorial service followed by Musaf

Tot Service – Reamer Chapel

10:30 a.m. Following the Cherner Auditorium Torah parade

(For children aged 18 months to 5 years together with their parents)

(Continued on page 15)

Yom Kippur (continued)

Youth Activities & Babysitting

- | | |
|------------|---|
| 9:00 a.m. | Babysitting opens for children ages 18 months to pre-K |
| 10:00 a.m. | Quiet room (reading, studying) opens for children grades 4 to 7 |
| 10:30 a.m. | Youth activities begin for children grades K to 7 |
| 12:30 p.m. | Youth activities end; Supervised play for all ages begins |
| 1:00 p.m. | Babysitting and supervised play ends |

Afternoon & Evening *(services in the Wolman Sanctuary with open seating)*

- | | |
|-----------|-------------------------------------|
| 3:30 p.m. | Minhah |
| 4:50 p.m. | Talk and discussion
Teen Shmooze |
| 5:50 p.m. | N'ilah |
| 7:10 p.m. | Shofar & Ma'ariv |

Break Fast Immediately following the Service

Schedule for Sukkot, Sh'mini Atzeret & Simhat Torah

Sunday, October 16

9:15 a.m. Sukkah building at TI members' homes in the community
10:30 a.m. Millenials Plus: Decorating the TI sukkah

Sukkot Day I

Monday, October 17

9:00 a.m. Sukkot Festival Services - Wolman
12 Noon Light Kiddush - Sukkah

Sukkah Walk

12:40 p.m. TI families tour neighborhood sukkot

Sukkot Day II

Tuesday, October 18

9:00 a.m. Sukkot Festival Services - Wolman^

Hol Hamoed Sukkot

Friday, October 21

6:30 p.m. Shabbat Service, followed by dinner in the sukkah

Saturday, October 22

TI Centennial Kick-Of

9:00 a.m. Shabbat & Festival Service - Wolman
Drash & Shalem: Dr. Pamela Nadell, American University - "A Century in the City: TI and the American Jewish Experience"
12 Noon Kiddush luncheon in the sukkah

Hoshanah Rabbah

Sunday, October 23

9:00 a.m. Morning Service - Reamer Chapel

TI Centennial Kick-Off (continued)

9:15 a.m.-
12:15 p.m. Passport to 1916: a family experiential program

Shemini Atzeret

Monday, October 24

9:00 a.m. Festival Service - Wolman
11:00 a.m. Yizkor Memorial Service

Simhat Torah

Monday, October 24

7:00 p.m. Festival Service - Wolman
Hakafot: Marching, singing & celebrating

Tuesday, October 25

9:00 a.m. Festival Service - Cherner
10:30 a.m. Hakafot: Marching, singing & celebrating

Donations

BUILDING PRESERVATION FUND

Donor

Paula Flicker

In Honor of

Sarah Osborne & Lynn
Golub-Rofrano

CENTENNIAL FUND

Donor

Jared Garelick & Ellen Kramarow
David & Janice Mehler
Elnatan & Lianna Reisner
Lois Steinberg

GENERAL FUND

Donor

Marci Dickman & Ralph Schwartz
David Hart & Lois Frankel
John & Lynne List
Kenneth Morris & Terri Zall
Barry & Phyllis Seidel

Marvin & Edith Catler

In Honor of

Susan Catler's birthday

In Memory of

Anita Herzog
John Hunter Burlingame

Stephen & Shelly Heller
Howard & Barbara White

MARVIN CAPLAN SOCIAL ACTION FUND

Donor

Abraham and Dena Greenstein

Jeffrey & Miriam Davidson

In Memory of

Sadie Robert

RABBI'S DISCRETIONARY FUND

Donor

David Ring

Thank You for

Dan & Erin's Wedding

SUNDAY MORNING MINYAN

Donor

Paula Flicker

In Honor of

Beverly Lehrer

YAHARZEIT DONATIONS

Donor

Morton & Sheppie
Abramowitz
Lee & Robin Berger
Ruth Boorstein
Sharon Brown
Sharon Brown
David & Judith Cohen
David & Judith Cohen
Lisa Drazin
Marc & Karen Drazin
Henry & Florrie Einhorn
Harvey Fernbach (Ann Birk)
George & Marjorie
Greenberg
Phyllis & Robert
Greenberger
Eugene & Esther Herman
Howard Katz
Dennis & Nancy King
Lillian Kronstadt
Bruce & Malka Kutnick
Edith Lopatin
Lawrence & Pearl Schainker
David & Jodine Simon
Lester Stanfill & Roanne
Leidman
Michael Weiss & Phyllis
Stanger
Howard & Barbara White
Jonathan Wilkenfeld
Brian Wruble

In Memory of

Henry Keshin
Arthur Berger
Edward Boorstein
Evelyn Brown
Mary Brown
Rachel S. Cohen
Sarah Pronin Levine
Bernice Jeweler Drazin
Bernice Jeweler Drazin
Anne Farber
Nirmala Khot Fernbach
Henry Keshin
Samuel Mogul
Abraham B. Herman
Rose Rubinstein
Theodora Perry
Harry H. Naiman
Aaron A. Kutnick
Alan Michael Lopatin
Sophie Schainker
Abraham Hiram Simon
John Leidman
Matilda Helfenbein
Rae Mesetsky
Harold Wilkenfeld
Rose Nathanson Wruble

