

Please check the online Beth El calendar or email office@bethelhebrew.org before leaving to attend ANY event. As we go to press, there are very few in-person events in September!



Beth El Bulletin

Beth El Hebrew Congregation

September 2020
Elul 5780/Tishrei 5781

Worship Services

Friday, September 4

Erev Shabbat Services, 7:30 pm *

Saturday, September 5

Shabbat Morning Services, 10:30 am

Friday, September 11

Erev Shabbat Services, 7:30 pm

Saturday, September 12

Shabbat Morning Services, 10:30 am

Apples and Honey

Tot Shabbat, 11 am

Selichot, 7:30 pm

Friday, September 18

Erev Rosh Hashanah and
Shabbat Services, 7:30 pm

Saturday, September 19

Rosh Hashanah Family Services, 9 am

Rosh Hashanah/Shabbat

Morning Services, 10 am

Junior High Holiday Services, 1 pm

Shofar Service, 4 pm and 5 pm

Friday, September 25

Erev Shabbat Services, 7:30 pm

Saturday, September 26

Shabbat Morning Services, 10:30 am

Tashlich Tot Shabbat

Sunday, September 27

Kol Nidre Services, 7 pm

Monday, September 28

Yom Kippur Family Services, 9 am

Yom Kippur Morning Services, 10 am

Junior High Holiday Services, 1 pm

Yom Kippur Healing Service, 4 pm

Yizkor Service, 5 pm

Ne'ilah Service, 6 pm

* *Note: Friday night Services
return to a 7:30 pm start time
on September 4.*

The clergy, lay
leadership, and staff
of Beth El wish all of
you a happy and
healthy new year

L'Shanah Tovah!



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Rabbi's Remarks: *Return to Your Machzor*

MY ANNUAL RETURN to the *machzor*, our High Holy Day prayer book, is one of my favorite routines. Coming from the Hebrew root “chet-zayin-reish” meaning literally “to return,” this year especially the High Holy Day liturgy reminds me of the difference between facts and truths. Facts stay the same. Truths shape us as we mature and return to them over time.

It is a fact that High Holy Day services will happen this year and a fact that they will be held online or by phone via Facebook Live and Zoom. The pandemic has reminded me of life’s fleeting and fragile nature. Our country’s societal fractures have aroused simultaneous feelings of my individual insignificance in tension with what Dr. King called “the fierce urgency of now.” I see the *machzor*’s liturgy, creative readings, and inspired study texts with fresh eyes. With renewed perspective, in our ancient words I see truths more deeply.

With Rosh Hashanah and Yom Kippur services happening online only and because of the rich truths contained in the *machzor*, early on in our planning we recognized the importance of congregational access to physical copies of the prayer books. I am so appreciative of our Brotherhood, especially **John Jankowski, Michael Tanner, and Jeffrey Sachs**, for taking leadership of loaning out sets of *machzorim* to the congregation this year. Below are the days and times the Brotherhood established for you to come by Beth El to pick up your set:

- Thursday, September 3, 5:00 – 7:00 pm
- Wednesday, September 9, 10:00 am – noon
- Sunday, September 13, 10:00 am – noon
- Monday, September 14, 5:00 – 7:00 pm
- Tuesday, September 15, 5:00 – 7:00 pm

We are in admittedly uncharted territory this year. I trust in the sacred liturgies to give us pause to think and reflect. I believe that inspiring music will lift our souls. But I can’t know if we will experience a catharsis like we have in past years. Because of this spiritual uncertainty, instead of focusing primarily on the majestic peaks of Rosh Hashanah and Yom Kippur, I offer another way into the High Holy Days in 5781.

This year, spread out the soul work across the whole 10 Days of Awe, beginning on Rosh Hashanah and continuing daily until the final shofar blast concludes Yom Kippur. Instead of two peaks, open yourself to a beautiful mountain range. Each day, as a *kavannah* (sacred intention) use one of the ten creative readings and study texts below (my favorite ten this year) as a guide. Sit quietly and let the words sink in. Use them to journal your thoughts. Let them inspire you on a walk. Be open to their wisdom, leading you to call a forgotten friend or to help you mend a broken relationship.

From the Rosh Hashanah *machzor* (gold):

1. Science can help us understand how the world was created... religion helps us to understand why we’re here. (pages 4-5)
2. A personal prayer on the fleeting nature of life. (page 69)
3. Today is the only day that counts. (page 104)
4. The shofar arouses our hope and inspires us to action. (page 283)

From the Yom Kippur *machzor* (silver):

5. A Prayer for Purity and Worthiness – suggested to be read before Kol Nidre. (pages 12-13)
6. *Avinu Malkeinu* – A Prayer of Protest. (page 113)
7. Sin is an injury toward an Other rendered vulnerable by his/her trust. (page 154)
8. Study text for *Unetaneh Tokef* – Who will live and who will die? I will. (page 206)
9. *Cheshbon HaNefesh*: Introspection and Silent Confession – suggested to be read on Yom Kippur. (pages 308-309)
10. Failures of Integrity, Failures of Justice, Failures of Love. (pages 422-423)

I have but one prayer for every member of Beth El Hebrew Congregation and for every Jew around the world: Holy One of Blessing, may Rosh Hashanah and Yom Kippur inspire reverence for You and moments of contemplation for us, renewing the everlasting covenant between us as together we ascend in holiness.

Shanah tovah.
— *Rabbi Spinrad*

ON EREV ROSH HASHANAH AND EREV YOM KIPPUR/KOL NIDRE, COME TO ONLINE SERVICES A LITTLE EARLY TO SEE NEW YEAR GREETINGS VIDEOS FROM FELLOW CONGREGANTS. STAY CONNECTED, STAY HEALTHY!

WE ARE ALL BETH EL

Cantor's Corner



THE HIGH HOLIDAYS are always a special time for us at Beth El. We spend months preparing every moment of these sacred days so that they are as perfect as perfect can be. Our administrative and maintenance team makes sure that all of the logistics are organized. Ushers and an enormous group of volunteers devote many hours to ensuring our services are safe and orderly. Our clergy team pour their hearts into every moment of our services, and of course our musicians spend many months working on beloved liturgical pieces. This is how High Holiday services have always been — and in certain ways it's the way High Holiday services will always be.

However, we know this year will be different.

This year, services will be online. I know that for some of us, this will feel very disappointing. In certain ways, I feel the same way, too. While I am absolutely certain we have made the right decision by holding our services online, I still mourn that we won't be able to join our voices in song in our sanctuary, and I mourn that I won't be able to greet you face to face in the hallways of our beautiful building. Yet, at the same time I feel very excited about what will be innovative and meaningful services.

Throughout the past many months, I have loved diving into technology and discovering new ways to share and perform music and liturgy with you. I'm excited to continue to integrate what I've learned into our worship experiences. I also know that these services, and indeed our ancient liturgy, will speak to us with renewed relevance this year.

Judaism — and life in general — demand that we hold conflicting emotions and experiences together and that one emotion doesn't negate the reality of the other. There will be reason to mourn this High Holiday season. There are those who celebrated High Holidays with us last year who have passed away, leaving our community with holes that will never be filled. For those of you who have had loved ones pass away this year, whether from Covid-19 or other causes, please accept my most heartfelt condolences. I'm sorry for your profound loss. May the memories of all those who have passed away be a blessing.

Other have suffered losses during this time that are not as severe, but no less real: families that have lost income due to business closures or furloughs, children

who have lost the companionship and learning experience that can only be found in schools, and all of us who've had birthdays, graduations, weddings, or other important milestones canceled, postponed, or tarnished by the grim reality of life in a pandemic.

During the upcoming Days of Awe, we will honor all that we have lost, personally and communally. We will cry and — through our computer screens — we will hold the collective grief of our community.

Though it may not be as easy this year, we still will smile, we still will laugh, and we will still surround ourselves with joy. I think about this every Shabbat service. Though I may be in my house singing to a camera, I think of all of you on the other side singing along with me, and I can't help but smile and be full of gratitude.

Our entire Beth El team has spent many months brainstorming and creating services that we hope will be meaningful, heartfelt, and familiar to you. Through the blessings of technology we will be together — but in a new way. We will hear our beloved songs, but in a new way. We will celebrate together, but in a new way. We may not have chosen this new way, but we will make the best of it. We will do what generations of Jews have done before us: we will adapt, we will evolve, and yes, we will celebrate.

The High Holidays every year demand of us that as we go through life, we continue to reevaluate our choices and actions and start the new year in a new way. This year, the reality that we find ourselves in doesn't give us any other option. It is in fact this ability and openness to adapt that is at the very core of who we are as Reform Jews.

In this new year of 5781, I pray for new beginnings for us all. I pray for our health and healing. I pray for our continued connections. I pray for our traditions to continue, to adapt, and to evolve. I pray for our country. And yes, I pray for joy and laughter.

We don't yet know what the new year will bring — but let us go through 5781 with hope and joy, and most of all, let us go through it together,

— Cantor Jason Kaufman

Attention UVA Freshmen

UVA'S HILLEL, a/k/a The Brody Jewish Center, wants to reach out to you and help you settle in. Please contact Lilly Cordover at lhc9vb@virginia.edu.



BRODY JEWISH CENTER
of the
UNIVERSITY OF VIRGINIA



President's Point of View

We Are Beth El

SHANAH TOVAH! During these confusing and troubling times Harmony and I want to wish you and your families the happiest and by far the healthiest of

New Years.

Via our many platforms you should have seen lots of notification and amplification of our online High Holiday Services schedule. The Brotherhood has set up a High Holiday prayer book loaner program in effort to make it easier for members to follow our unique High Holiday Services this year. **Jay Heltzer**, a member of the Beth El Board and the Air Force Band will be providing a parking lot shofar service this year.

As the President of Beth El Hebrew Congregation, I couldn't be prouder of the great work being done by the Community Caring Committee. They are supporting folks in more ways than ever. The WRJ and the Brotherhood continue to offer fine social and education programs virtually. The clergy has adapted a fantastic and spiritually moving virtual B'nei Mitzvah program. Our member engagement programs are filled with wine, comedy, and connectivity. The clergy and Beth El staff are doing all they can while balancing the need for personal time. I am so thankful for their everyday commitment to our beloved community.

A quick update on a couple of items...

Playground Update: I am very happy to announce that Beth El is now in possession of permits from the City of Alexandria and in the next couple of weeks J&G Landscaping will being the demolition of the old playground and the eventual installation of the new playground. This has been a long journey for us to get the

permits and I want to thank **Jake Gallun** for his persistent overwatch; without his yeoman's effort we would not have the permits. Additionally, the leadership of the Playground Committee: **Jay Heltzer**, **Jesse Ellis**, and **Bob Weiman**, as well the Preschool's leadership, **Dina Backer** and **Allie Kerlin**, all helped to insure this first step towards eventual success.

2019-2020 Fiscal Year End: Beth El just finished arguably one of its toughest fiscal years. I am happy to report that we have managed to finish the year in the black thanks in large part to our \$203,500 PPP Grant. In the coming month the Budget Committee will be meeting to present the Congregation with a revised budget for FY 2020-21. So stay tuned for more communication on our fiscal performance.

Finally, I wanted to take a moment to note the passing of long time Beth El member **Ernie Levy** in mid-July. Ernie was many things... a beloved member of our community and long-time member of the Beth El Permanent Endowment Fund Board. I know that Ernie would have wanted me to take this opportunity to promote the Permanent Endowment Fund one more time as a place to make a contribution insuring Beth El's long-term viability. In Ernie's honor, Harmony and I will be making a contribution and we hope you will consider doing so too!

Many thanks, and I look forward to seeing many of you via Zoom at the High Holiday services.

L'Shalom,
— **Alan Cohn**

High Holiday Prayer Book Loaner Program

DRIVE THROUGH THE Beth El parking lot to borrow a set of High Holiday prayer books during the times below. The schedule for returning them will be announced later.

- Thursday, September 3, 5:00 – 7:00 pm
- Wednesday, September 9, 10:00 am – noon
- Sunday, September 13, 10:00 am – noon
- Monday, September 14, 5:00 – 7:00 pm
- Tuesday, September 15, 5:00 – 7:00 pm

You can also pick up your hardcopy Yizkor Book of Remembrance *if* you pre-ordered a hardcopy one on your form. To save money, we are only printing as many hardcopies as we actually need. The PDF of the Book of Remembrance will be posted on the website and we would also be happy to email it to you, on request.



Religious School Report

Shofar: Because It's Not Perfect



I DON'T KNOW about you, but I am a perfectionist. I strive to do my absolute best, and I beat myself up when I fall short. Each year, as we enter the month of Elul and begin our trek towards and through the High Holidays, I'm reminded of the beauty and importance of imperfection. For after all, no one is perfect, and neither is the *shofar*.

Each and every *shofar* is unique. It twists and turns at its own angles, the mouthpiece and main opening of each one never uniform. Rabbi Laura Metger writes, "The sounds of the *shofar* are odd, squeaky, and uneven. Yet it gives a most haunting sound that, although not pretty, stirs us. Perhaps it does so because it is imperfect as we are." The *shofar* reminds us that we are imperfect, but that like it we can make beautiful music as we strive to be better each day.

As our ancestors did before us, on Rosh Hashanah and Yom Kippur we listen to the sounds of the *shofar*. First we hear a voice that calls out the names of the sounds, then we hear the sounds of the *shofar*, each with its own special meaning. *Tekiah* (one blast) — the single blast commands us to care about others and to reach out to each other one by one. *Sh'varim* (three short blasts) — the three blasts command us to keep the many promises we make as a new year begins. *Teruah* (nine blasts) — the nine blasts remind us to respond to the many needs of the Jewish people where they live, in the hope that we will stay united. Finally, we have *tekiah gedolah* (longest blast). This long, loud blast commands us to begin our work to make this year better for all people. As Rabbi Hillel said, "If not now, when?"

Entering this month, we cannot help but see how imperfect our world is, how different our world has become, how important it is to reach out to each other and

to begin the work to make the world a better place for all. On September 13, Religious School will begin. The *shofar* (online) will call us back together to be in community online and in person, to join together in The Tent: Outdoor Jewish Learning and Living and to see our friends, classmates, teachers, and madrichim over Zoom. First and foremost, it is our responsibility to help our students to feel loved and supported, because only then can they learn. To this end, our teachers and students will be spending 15 minutes at the beginning of every class doing Tribe Time. Tribe Time will help our students to identify their emotions, to regulate their behavior, and to build a sense of *kehillah* (community), *gevurah* (courage and resilience), and *tikkun atzmo v'olam* (repair of self and the world).

High Holiday Services will look a bit different this year, but they'll be really fun and engaging! On September 19, we will have Rosh Hashanah Family Services at 9 am and Junior High Holiday Services at 1 pm. We will have a physically distanced *Tashlich* on Sunday, September 20 at 3 pm (Location TBA). On Yom Kippur we will again have Family Services at 9 am and Junior High Holiday Services at 1 pm.

Life isn't perfect, neither is the *shofar*, and neither are we, but we always strive to be a bit better, to reach out to one another, to help those in need, and to make our world a better place.

Shanah tovah u'metukah!

May we have a sweet and healthy new year!

Rabbi Bailey Romano

bromano@bethelhebrew.org



Rabbi Bailey sharing joy and peace during a Tuesday HaMakom: A Time and a Place to Pray



Executive Director's Entry

I WANT TO WISH everyone a happy and especially healthy High Holidays! Despite the necessary absence from our beautiful sanctuary (for now), we continue to meet the spiritual needs of our synagogue community. Thank you

for being part of this community and for your continued support of Beth El! This year, High Holiday services may look and feel a little bit different. Despite a pandemic, a rise in anti-Jewish bigotry, and social unrest, we persist and move forward. We know better days await us.

As you know, Yom Kippur is a time for us to be reflective. We ask the Holy One to forgive us for sins committed over the past year. We apologize to those who were wronged. Atonement is achieved through prayer and fasting.

I use the High Holidays as a time to also reflect on what I can do to be a better husband, father, and person. I know I should listen more and speak less. One of the important deliberations each year is where to invest my time and resources in the pursuit of *tikkun olam* (repairing the world).

For me, the High Holidays are also a time to reflect on my blessings. The understanding that I have been given so much: the mutual love and respect of my family, a home, the ability to provide for my children, etc., is not lost on me. As the son of a Holocaust survivor, I have a responsibility to support those who feel oppressed by our government and social and economic systems.

In *Nevi'im*, we are reminded that G-d summoned us

to be a light of nations. (*Nevi'im* 42:6) My core Jewish values tell me that there is a moral responsibility to be an ally for those who do not have the luxury of being a White-presenting minority. I also think about the fact that Jewish ≠ White. There are hundreds of thousands of American Jews that are Black. As we are reminded in *Ki Tavo*, “And you shall enjoy, together with the Levite and the stranger in your midst, all the bounty that the LORD your G-d has bestowed upon you and your household.” (Deuteronomy 26:11) The liberty and justice that we have should be extended to all.

The struggle for legal, economic, and social justice is personal for me. It impacts my family and so many people for whom I care deeply. Even if my wife and children were immune to systemic, overt, and covert racism (which they are not), I would still protest and support fellow citizens who are being denied rights that I have been given. Just as we support the LGBTQ+ community, immigrants, and other groups locally and nationally, we should renew our commitment to stand as allies with our Black brothers and sisters. Pastor Niemoller's prescient words should motivate us all to action, “...they came for me, and there was no one left to speak for me.”

This year, if I am blessed to hear the sounding of the *shofar* and rejoice while eating apples and honey, I will consider myself fortunate to be part of this synagogue community. We are Beth El!

L'Shana Tova!

Adam Wallach
Executive Director

Caring Community Committee Prepares for Holidays

AS WE HEAD INTO the High Holiday season, the CCC is involved in a number of activities that could be helpful to Beth El members. All calls should be directed to **Ruth Perlstein**, CCC Chair, at 703-978-9341 or rperl8607@gmail.com.

All worship services will be on line. Are you able to access them? Call if you need assistance with the technology as we have volunteers who have offered their help.

Would you like to borrow a set of HH prayer books? Let us know whether you could pick up a set from the Beth El parking lot on a designated day, or if you would need to have them brought to you. If you would like to purchase your own, they may be ordered from the CCAR at ccarpress.org. One set, including mailing, costs \$53 — ordering additional sets is less per set.

A virtual break fast is being organized by **Linda Waller**. To participate, contact Linda at ljwaller@cox.net.

Are you not working/not receiving a paycheck, running low on necessities or finding these times very tough? Please don't be embarrassed to send a private message. The Beth El community is happy to share whatever we can. One volunteer will drop and go as if it never happened. We're here to help. And someday, when times are better, you will be able to pay it forward.

The CCC would like to thank the many volunteers who have prepared and delivered meals to members during periods of mourning, illness, or incapacity. The recipients and the entire Beth El community have benefited greatly from this outpouring of kindness and generosity, particularly during these very difficult times.

J-Care Journal



I LOVE THE SOUND of the *shofar*! Each year I wait to hear the clear strong notes from talented shofar blowers in our community. I hear it as a sound of hope and a sound of promise. It makes me think of the year that has passed and the year that is starting. I anticipate that the sound of the *shofar* will be especially meaningful this year. The sound will be a symbol for all we have been through and a sign that we are still standing! We are still here, and we are still moving forward!

Looking back, the spring and the summer were like no other I can remember. We've been living a life that no one could have imagined when the *shofar* blew last fall. Filled with uncertainty, our school closed. We stayed in touch as best we could. We managed day to day, trying to keep down the fear and keep up the hope for a quick end... even as we knew the end would be longer coming than we hoped.

Through it all, we never stopped looking forward. Just like our ancestors who overcame adversity time and time again, we never wavered in our vision of coming back together. As I write, we are just a few weeks away from opening our school year. As you read this, we

should already have a few weeks behind us. We are returning after more than five months apart. We are returning smaller but stronger for having persevered through it. I'm excited that we will be celebrating Rosh HaShanah as a school — each class with their own celebration. I can picture the sticky faces from apples and honey and the big eyes as they hear the sound of the *shofar*, the strong sweet blasts reminding us that we are still here and still moving forward.

L'shana tovah! May the sound of the *shofar* be meaningful for you!

Dina Backer
J-Care Alexandria
dina.backer@theJ.org

High Holiday Services Schedule

Online Unless Otherwise Stated

Saturday, September 12:

- ◇ Selichot – 7:30 pm

Friday, September 18:

- ◇ Erev Rosh Hashanah – 7:00 pm

Saturday, September 19:

- ◇ Family Services – 9:00 am
- ◇ Rosh Hashanah Morning – 10:00 am
- ◇ Junior High Holiday Services – 1:00 pm
- ◇ Shofar Service *outdoors at Beth El* – 4:00 pm & 5:00 pm

Sunday, September 20:

- ◇ Tashlich – 7:00 pm (location TBD)

Sunday, September 27:

- ◇ Kol Nidre – 7:00 pm

Monday, September 28:

- ◇ Family Services – 9:00 am
- ◇ Yom Kippur Morning Services – 10:00 am
- ◇ Jr. High Holiday Services – 1:00 pm
- ◇ Teaching Session, led by Rabbi Brett Isserow – 2:00 pm
- ◇ Teaching Session, led by Rabbi Bailey Romano – 3:00 pm
- ◇ Healing Service – 4:00 pm
- ◇ Yizkor – 5:00 pm
- ◇ N'ilah – 6:00 pm

WRJ News

Reminder: WRJ Board Contact Information

To protect our board members' inboxes and phones from spam, we are minimizing the inclusion of personal email addresses and phone numbers in items appearing on the Beth El web site and in the *Bulletin*. Please refer to the Beth El online members' directory for board members' contact information. Emails relating to WRJ events can also be sent to WRJHospitality@gmail.com. Other inquiries can be sent to sisterhood@bethelhebrew.org.

Reminder: WRJ Email List

All paid-up WRJ members for the current and previous fiscal year are automatically included on the WRJ email list. If you are not a WRJ member but would like to receive our emails, please contact **Joanne Rhodes** or **Jeanette Astrow** of our membership team.

Carpenter's Shelter

Once a month for the last few months, **Bobbie Gershman, Esther Belenker, Pat Collins, Kris Keydel, and Libby Starler** have provided dinner for the Carpenter's Shelter. They are continuing this service and always welcome new volunteers to the team. If you would like to help, please contact **Esther Belenker**.

Mid-Atlantic District News

Mazel tov to Beth El WRJ's **Pat Collins** and **Jeanette Astrow**, who are on the slate of nominees for WRJ Mid-Atlantic District's executive committee. Jeanette is the nominee for corresponding secretary, and Pat is one of the nominees for area director.

Jewish Sorority

Did you know? - There is a wonderful Jewish college sorority, **Alpha Epsilon Phi**: Many Hearts, One Purpose, that helps Jewish women be the best they can be through

selfless service, inspiring others, commitment to intellectual growth, and personal development of values of beauty, strength, and wisdom. Check it out at <https://www.aephi.org> as a new support system for young women making the transition from high school to college.

Judaica Shop Update

Interim shop manager **Lynne Orens** and assistant manager **Roberta Sultzer** are working on ways to have some shop inventory available for sale at a location away from Beth El. This inventory will *not* include items such as *shabbat* and *yarzeit* candles, which can be purchased at local retail locations (for example, Giant supermarkets).

Help Still Wanted

We are actively seeking a new Judaica Shop manager. The manager must be a member of both Beth El and WRJ, and should preferably be knowledgeable about the wide variety of Judaic products on the market, familiar with merchandising, and have some technology skills--or be eager and willing to learn. She should also have good people skills, as the manager deals with our clergy, and front office and maintenance staff, as well as with customers' needs, and be especially available during the fall and spring to order merchandise for the Hanukkah and Pesach boutiques, and organize and oversee their execution. If you would like more information about the specific duties, please contact **Lynne Orens**.

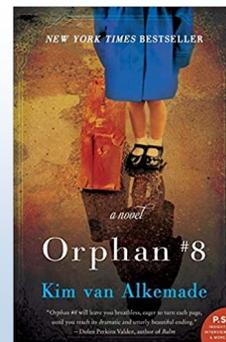
VOTE: Be sure to register to vote, and vote November 3. Take advantage of early voting, by mail or in person,

Pat Collins and Linda Shapiro
WRJ Co-Presidents
BEHC.WRJ.President@gmail.com

Readers of Beth El

THE READERS OF BETH EL have had virtual meetings through the pandemic with interesting discussions. Our next meeting will be Monday, Sep. 14 at 7 pm. Our book will be *Orphan #8* by Kim van Alkemade. In this historical novel inspired by true events, the author tells the story of a woman who must choose between revenge and mercy when she encounters the doctor who subjected her to dangerous medical experiments in a New York City Jewish orphanage years before.

— Lynne Orens



Brotherhood News

DEALING RESPONSIBLY with the pandemic has meant limiting many of the activities for which Brotherhood is known and in which our Brotherhood volunteers are usually engaged. For the time being, there is no Brotherhood catering and our face-to-face community gatherings have all but disappeared. But all is not lost. The Brotherhood board has been actively seeking — and finding — ways to connect with and assist our Beth El community. Under the leadership of **Michael Tanner** and **Jeffrey Sachs**, Brotherhood is coordinating the distribution of High Holiday prayer books to those who wish to follow along at home with the online services. See **Brotherhood Lends a Hand** in this *Bulletin* for distribution details and opportunities to help out.

Under the leadership of **Ron Sturman** and **Simon Gershman**, Brotherhood has purchased Zoom's Webinar capabilities that should allow us to provide interactive virtual events with features such as advanced registration, direct audience engagement with panel presenters, and real-time polling of on-line viewers. We anticipate hosting a number of public policy forums throughout the year, beginning with a Sunday, October 18 (10:00 am – noon) panel discussion on the upcoming presidential election, to be facilitated by **Robert Siegel**. Details will follow in the October *Bulletin*. If all went according to our early summer plans, the men of Beth El were invited to participate in a virtual **Bagels and Banter** social gathering that took place in mid-August. Additional Bagels and Banter remote get-togethers are planned for November and December.

Not all of Brotherhood's activities, however, are virtual. Since 2002, Brotherhood has played a major role in transforming the **Chapel in the Woods** from an unmanaged area, overgrown with invasives, to an ecologically valuable habitat. Already this year, Brotherhood contributed \$1,700 and many hours of labor to the continued restoration. After 18 years of exposure to the elements, the ark doors need replacement (see before picture). **Jay Jarvis**, who managed the CIW project from the beginning, but has since moved away, ordered the sapele wood cut to fit the ark. The new doors will be engraved with the ten commandments and installed on the ark, hopefully this fall (after picture forthcoming). Brotherhood funds were also used to repair the foot bridge over the west ravine. The bridge was damaged by a falling limb, but is now a safe crossing for both pre-school kids and adults. Brotherhood funds also were used to pay for

clearing and mulching the perimeter and interior foot trails. Meanwhile Brotherhood members **Stuart Davis**, **Jeremy Flachs**, **Matt Mutterperl** (along with his four sons), and **Fred Reiner** continue with invasive removal, mulching, and watering.

Also, congratulations to **Matt Mutterperl** on his front-page coverage in the Aug. 13 *Washington Jewish Week* for receiving Brotherhood's Man of the Year award.

Sukkot is just around the corner, falling on October 2-9 this year. Please make plans to join us Sunday morning, September 27 (the morning before Kol Nidre), to help construct our tubular elephant-image sukkah. Look in Beth El's weekly Thursday email later in September for organizing details. Assuming a schedule similar to that in previous years, we will gather on the front lawn around 9 am and be done by noon.

Reminder: All Brotherhood dues are waived this fiscal year. And all Beth El men are Brotherhood members.

John Jankowski

Brotherhood President

brotherhood@bethelhebrew.org



Sanctifying Our Personal Spaces

YOUR DESK IS NOW one child's classroom. Your kitchen table is now the desk for the other one. You and your spouse share an office in what used to be your living room, and your basement now doubles as a cramped yoga studio. Our personal and professional lines are blurred, to say the least. In the midst of a pandemic that has transformed the way we do just about everything, how in the world are we supposed to make space to pray in the temporary absence of access to our sanctuary?

After the destruction of the Temple in 70 CE, the ancient rabbis faced a similar dilemma, and we are the inheritors of their solution. For the High Holy Days, each of our homes must become a *mikdash me'at*, a small place of sanctuary. What can we do to help ourselves to create the right mindset to make the most of these extraordinary circumstances? With deep appreciation for Toronto's City Shul and Rabbi Elyse Goldstein, here are 10 suggestions to enhance your High Holy Days at home this year:

1. In advance, choose your prayer space carefully by spending a few moments of individual contemplation/family discussion. Plan early.
2. After you have chosen your space, in your own words, state a *kavannah* (intention) over the space to mark it as your *mikdash me'at*.
3. For services, which chair will you use? Will you add an extra cushion or special fabric or decorations?
4. Transform your computer work space into a spiritual space by covering your desk or table with a white tablecloth, a vase of flowers, or anything you can do to differentiate it from every other time of year.
5. Add meaningful objects and sacred artifacts to your space. On Rosh Hashanah, if you have special holiday candlesticks or a kiddush cup, use them. On Yom Kippur, consider placing photos of loved ones and family heirlooms. If you own a shofar, place it where you can see it.
6. If your space will allow it, move your computer monitor back from you so that you feel more like you are watching services and less like you are sitting in front of your computer. Even 12 inches makes a big difference in separating us from the feeling of work.
7. Turn off your computer's auditory distractions – make sure your email and text sounds are off. Even better, just turn off your email program and let it go for awhile.
8. Dress in comfortable clothing that is NOT the yoga pants or sweats you've been wearing since March. Wear something comfortable that makes you feel like you are entering a sacred space. If this includes wearing a *kippah* and *tallit*, wonderful.
9. Use your *machzor*. As you do, remember the times when you've used it before. Remember who you've sat near. Remember what has moved you in the past. Find texts that inspire you now.
10. Using the compass on your mobile device, locate east. Traditionally, many synagogues and even people's homes contain decorative work on the wall called a *shiviti*, taken from the first Hebrew word in Psalm 16:8: "I set the Eternal before me always." If you're feeling creative, make a *shiviti* of your own and place it on the eastern wall of the room in which you will be on Rosh Hashanah and Yom Kippur.

We are looking forward to our 19th Annual Book Sale in January 2021

Now is a great time to go through your book shelves and put aside the books and puzzles you no longer want for this very popular fund raiser.

Once Beth El is open and functioning on a normal schedule, bring your books to the building. If you need help, just let us know and we will pick them up. In the fall we will be asking for volunteers to help with this gigantic fund raiser.

Questions or need help? Contact
Rhoda Goldman at lennieg@cox.net
or 703-992-9370.



Member News

Welcome New Members:

Colleen Griffith-Regal and Richard Regal

Scott Gest

Daniel and Samantha Katz, and Emma and Jedediah

Mazel Tov to:

Rabbi Bailey Romano and Cantor Ben Pagliano on their wedding in August

Katie Fannon, daughter of Judy and John Jankowski, on passing her social work licensure exam

Arline Sachs, Jacqueline Cooperman, Judith Blickstein, Michael Stephens, and Richard Warshaw, who have special birthdays in September

Jeanette & Barry Astrow and Joseph & Debra Landa who have special anniversaries in September

Congratulations to Adam Wallach for his appointment to the Virginia Commission on Civic Education

Congratulations to Matt Mutterperl on his front-page coverage in the Aug. 13 *Washington Jewish Week*



Condolences to:

Ann, Melissa and John, Candice and Mark, Gilfrid and Michele, and Alexander, Talia, Emily, and Jake on the loss of beloved husband, brother, father, grandfather, and **Beth El Member** Ernest Levy

Rosalie, David and Lisa, Jeffrey and Darlene, Barbara, and Jack and Samantha on the death of beloved husband, father, grandfather, brother, and **Beth El Member** Monroe Lesser

Robin Thompson, Reri and Dave, Elsa and Christian, and Sylvia and Josephine on the death of beloved brother, son, and grandson Theodore Cheslak

Cindy, Nancy and Charles, Kathryn and Jacob, and Samuel and Benjamin, on the passing of beloved husband, brother, father, and uncle Alan Isaacson

Dayle and Eugene, Sandye and Harvey, Blake and Shahla, and Robert and Dianna; Ashley and Josh, Eva, Nora and Patrick, and Emily; and Jack and Sydney, on the passing of beloved mother, grandmother, and great grandmother, and **Beth El Member** Phyllis Hayman

Michele Milden and Michael Wiener on the death of Michele's beloved cousins, Thelma and Jack Hilibrand

Bar Mitzvah

Benjamin Aaron
September 12, 2020



← Everyone helps prepare for the High Holidays

Our BLM banner has been replaced thanks to donations from many members and people in the community →



~ September 2020 ~

Sun	Mon	Tue	Wed
		1 National Cherry Popover Day 7p EC Meeting	2 World Coconut Day Noon Member Online Drop-In Chat 6:15 Religious School 7p WRJ Board Meeting
6 Bowling League Day NO RELIGIOUS SCHOOL	7 Labor Day OFFICE CLOSED	8 International Literacy Day/National Ampersand Day 7p Caring Community Committee	9 Teddy Bear Day 10a-noon Prayer Book Pick-Up in the Parking Lot Noon Member Online Drop-In Chat 6:15 Religious School
13 Grandparent's Day/Fortune Cookie Day 10a Religious School Opens 10a-noon Prayer Book Pick-Up in the Parking Lot	14 National Cream-Filled Donut Day 5-7p Prayer Book Pick-Up in the Parking Lot 7p Readers of Beth El	15 International Day of Democracy/ IT Professional's Day 5-7p Prayer Book Pick-Up in the Parking Lot 7p Board of Directors Meeting	16 Working Parent's Day/National Stepfamily Day Noon Member Online Drop-In Chat 6:15 Religious School
20 Tashlich NO RELIGIOUS SCHOOL 3p Tashlich- location TBA	21 International Peace Day/World Alzheimer's Day	22 Elephant Appreciation Day/National Voter Registration Day	23 National Pot Pie Day/International Day of Sign Languages Noon Member Online Drop-In Chat 6:15 Religious School
27 Erev Yom Kippur/Kol Nidre NO RELIGIOUS SCHOOL 10a Brotherhood Sukkah Building 7p Kol Nidre Services	28 Yom Kippur OFFICE CLOSED J-CARE CLOSED 9a Yom Kippur Family Services 10a Yom Kippur Services 1p Junior High Holiday Services 2p Yom Kippur Study Session 1 3p Yom Kippur Study Session 2 4p Healing Service 5p Yizkor Service 6p Ne'ilah 7p Break-the-Fast	29 International coffee Day/National Biscotti Day	30 Chewing Gum Day/International Translation Day Noon Member Online Drop-In Chat 6:15 Religious School

Elul 5780/Tishrei 5781 ~

Thu	Fri	Sat	Torah
3 Skyscraper Day 5-7p Prayer Book Pick-Up in the Parking Lot	4 National Food Bank Day 7p Shabbat Social Hour 7:30p Erev Shabbat Services 8:30p Oneg Table Talk <i>Candle lighting 7:15p</i>	5 World Beard Appreciation Day 9a Torah Study 10:30a Shabbat Morning Services <i>Havdalah 8:21p</i>	Parashat Ki Tavo Deuteronomy 26:1 - 29:8 Isaiah 60:1 - 60:22
10 World Suicide Prevention Day 7:30p Interfaith Learning	11 No News Is Good News Day 7p Shabbat Social Hour 7:30p Erev Shabbat Services 8:30p Oneg Table Talk <i>Candle lighting 7:04p</i>	12 Chocolate Milk Shake Day/National Iguana Awareness Day 9a Torah Study 10:30a Shabbat Morning Services 10:30a Bar Mitzvah of Benjamin Aaron 11a Apples and Honey Tot Shabbat 7p S'lichot <i>Havdalah 8:10p</i>	Parashat Nitzavim-Vayeilech Deuteronomy 29:9 - 31:30 Isaiah 61:10 - 63:9
17 Citizenship Day/ National Apple Dumpling Day	18 Erev Rosh Hashanah 7p Erev Rosh Hashanah and Shabbat Services <i>Candle lighting 6:53p</i>	19 Rosh Hashanah 9a Rosh Hashanah Family Services 10a Rosh Hashanah/Shabbat Morning Services 1p Junior High Holiday Services 4p Shofar Service in the Parking Lot 5p Shofar Service in the Parking Lot <i>Havdalah 7:51p</i>	
24 Punctuation Day/World Maritime Day	25 Native American Day/AIDS Awareness Day 7p Shabbat Social Hour 7:30p Erev Shabbat Services 8:30p Oneg Table Talk <i>Candle lighting 6:41p</i>	26 Johnny Appleseed Day/ National Public Lands Day 9a Torah Study 10:30a Shabbat Morning Services 11a Tashlich Tot Shabbat <i>Havdalah 7:48p</i>	Parashat Ha'Azinu Deuteronomy 32:1 - 32:52 II Samuel 22:1 - 22:51

Why is the pomegranate a symbol of Rosh Hashanah, and why wasn't when so many of us were growing up?

The pomegranate is one of several symbolic foods incorporated into the Rosh Hashanah seder, a Sephardic ritual. How many Sephardic Jews did you know growing up? Isn't it lovely that we now include a wider array of traditions?

Before eating the pomegranate seeds, Jews traditionally say, "May we be as full of mitzvot (commandments) as the pomegranate is full of seeds."





ALIVE!

Participate in the 2020/5781 High Holy Days DIGITAL FOOD DRIVE.

SINCE THE START of the pandemic, ALIVE! has had to buy all of the 127,000 lbs. of food distributed city-wide each month. That's not such a bad thing as the Capital Area Food Bank, our major food supplier, has a purchasing power that is 5-7 times greater than the average consumer's. One dollar can provide 2.5 meals for those in need. Imagine what can be bought with your generous support.

Make your secure online donation at <https://www.alive-inc.org/financial-donation/>. In the comment area put *Beth EL HHDFD* so we can track the success of this drive.

You can see what a food distribution looks like at <http://tinyurl.com/alivefood>.

For more information about ALIVE! contact **Deborah Schaffer** at schaffer4@gmail.com.



If you have suggestions for improving *The Bulletin* or the website, please email them to bulletin@bethelhebrew.org.

We actually *do* pay attention to your ideas. For example, somebody asked us to make sense of all the social action organizations that BEHC supports,

such as as two shelters and ALIVE! We have run the clarification annually in *The Bulletin* since then *and* added the information to the *tikkun olam* page of our website.

Tot Shabbat Welcomes the New Year

IT'S TIME FOR A birthday celebration. On Saturday, Sep. 12, we'll sing happy birthday to the world at our "Apples and Honey Tot Shabbat." I'll bring the songs, prayers, puppets, and story. If you bring the apples and honey, we'll be all set.

On Sep. 26, children will learn about saying "I'm sorry" at our Tashlich Tot Shabbat.

Oh, one other thing: at all of our Zoom services, please provide your child with a rhythm instrument for our *Mi Chamocha* band. I'll watch to see what's being played and mention each instrument I see, whether it's cymbals, shakers, bells, or pots and pans.

Our tot services begin at 11 am. If you join the Zoom session a few minutes early, you can say "hi" to your friends. And stay a few minutes afterward to say "Happy New Year/Shanah Tovah."

Apples and Honey Tot Shabbat, Sep 12:
<https://us02web.zoom.us/j/84245759946>

Tashlich Tot Shabbat, Sep 26:
<https://us02web.zoom.us/j/89530926552>

Zoom gali gali! Let's stay connected!
Miss Carol (Carol Boyd Leon)



Culture Club: Get on the List

I HOPE YOU ARE all taking advantage of/enjoying virtual tours from museums around the world and films and concerts from the safety of your home. Although we are unable to get together for our monthly cultural adventures, I'm already planning for our future events.

Culture Club monthly adventures are open to all adult Beth El members and their guests. We tour exhibits in museums and historic sites and enjoy lively conversations and, of course, lunch. Some people participate every month; some once in a while.

If you would like to be on the list to be advised of future Culture Club activities, please send me your name and email.

Stay safe. Stay healthy. Get ready... get on the list.

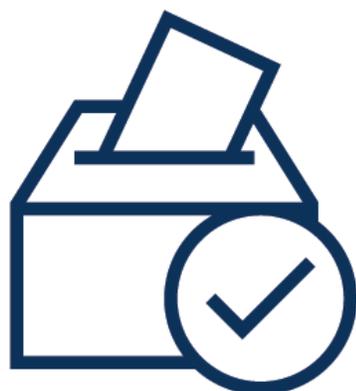
Meryl Goldhammer
stafm@aol.com

BETH EL HEBREW CONGREGATION AND
THE LEAGUE OF WOMEN VOTERS OF ARLINGTON
PRESENT



ELECTION 2020: VOTING IN THE TIME OF A PANDEMIC

A NON-PARTISAN EVENT



THURSDAY, SEPTEMBER 3

7:00 PM

facebook.com/bethelhebrew



Save the Date: Musician In Residence Weekend

I'M VERY EXCITED to announce that next year we will be inviting singer-songwriter Elana Arian to join us as a musical scholar in residence from January 29 through January 31, 2021. Elana is a long time friend and colleague and is one of the most prominent Jewish musicians of our time. We are delighted that she will join us for an entire weekend of music. Please mark your calendars for the following dates. More information to follow.

- Friday January 29, 2021, 7:30 pm: Soul Shabbat services with Elana Arian, Cantor Kaufman, and the Soul Shabbat Band
- Saturday January 30, 2021, 7:00 pm: Cantor's Concert, with Cantor Jason Kaufman, Elana Arian, and Eric Schnobrick — tickets go on sale later this year
- Sunday January 31, 2021, 11:00 am: Religious School concert for students and their families led by Elana Arian — **Cantor Kaufman**



Chapel in the Woods

Literally, Repairing the World

TIKKUN OLAM, repairing the world, often refers to a Jew's pursuit of social justice or social action. When it comes to the Chapel in the Woods, however, the phrase describes countless ways congregants literally heal an ailing forest with direct, hands-on activities.

In the midst of the pandemic — and the coming High Holy Days — three examples offer hope for the future of a forest once riddled with English ivy that chokes trees and robs the soil of nutrients.

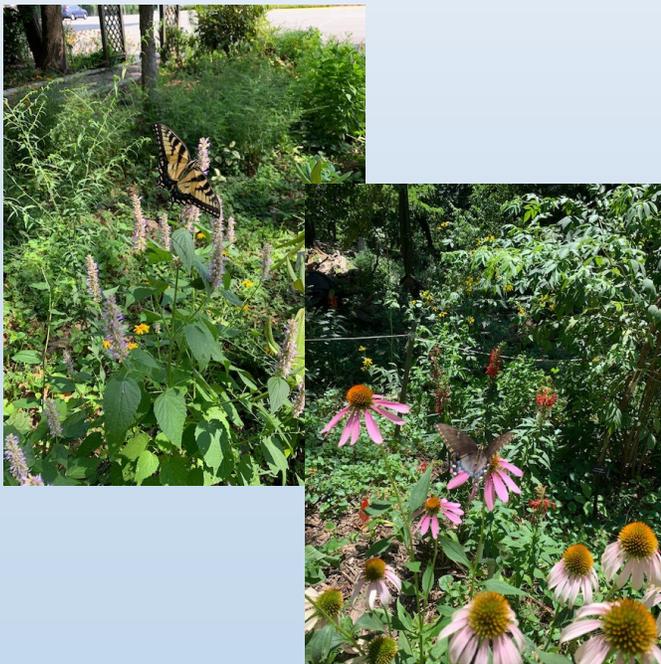
In March, just as the synagogue began closing down and monthly volunteer workdays were cancelled, hundreds of invasive garlic mustard plants were sprouting throughout the woodland. By late May, each plant had dozens of white flowers blazing across the hillsides. These plants mature the second year, and each yields an average of 165 to 868 seeds. Leaving the garlic mustard in the ground would have prevented the growth of native plants that feed wildlife. In the end, however, just six volunteers, working individually and in families, pulled the entire 2020 crop — amounting to two dumpsters full of garlic mustard.

Similarly, by July, pokeweed had taken over the east ravine. Pokeweed is not entirely devoid of benefits — there was just too much of it, crowding out saplings and seedlings and other plants. Although toxic to humans

and some animals, historically it was used for medicine. Pokeweed is a native; the berries feed mockingbirds, Northern cardinals, mourning doves and other birds, according to the US Forest Service. Nearly half the ravine was cleared of pokeweed by one person in a single afternoon. Many downed stalks and leaves were left on the ground to replenish the soil. More seeds will be removed come fall. Some plants, stretching 10-feet tall, will remain to feed the birds in winter.

As more Virginia native plants bloom in the Chapel in the Woods, new insects and birds come visit, others now make Beth El home. Recently, native greenbrier vines completely encased a small American holly, depriving it of light and air. The bright blueberries are an important food for deer and wintering birds including Northern cardinals and white-throated sparrows, according to the Forest Service. Hence, a lot of greenbrier remains at Beth El. Yet in a last-ditch effort to save this doomed holly, the vines were removed to uncover, lo and behold, that this struggling young tree was sheltering a robins' nest just recently abandoned as the young birds fledged.

If you would like to help heal the Chapel in the Woods while wearing masks and practicing social distancing, please contact **Nancy or Stuart Davis**, nmdaviswriter@aol.com, 703 671-5906.



The butterflies have returned to the chapel in the woods, attracted by the many blooming wildflowers we have in the Audubon garden and elsewhere.



Kid-friendly signs have been added to the Chapel in the Woods' Audubon garden. They each bear photos of Virginia native plants in four seasons, provide the height of the plants and feature icons showing the types of wildlife that use those plants for food or shelter.

Honoring a Friend of Tot Shabbat

BEVERLY JEANNE DAVIS (b. 1926, d. 2020) had a heart filled with love — for music, art, children, Judaism, Shabbat, and particularly Tot Shabbat. Many knew her as the Religious School art teacher. A few previously knew her as an art professor and author of a textbook on the visual arts and their parallels in music and literature.

I knew her as the most enthusiastic of Tot Shabbat participants. She came to our tot services rain or shine... or even when the sidewalks near her home were too icy to walk on safely, so she literally crawled to my car on Saturday morning. Beverly was a most memorable part of Beth El. She drew a rainbow for our “Noah’s Ark Tot Shabbat” and brought us a rainbow cake. She drew a camel for our “Happy Birthday, Israel Tot Shabbat.” She dressed up like a giraffe for Tot Purim. And she was always a willing participant in my story telling.

Upon entering the chapel, Beverly Jeanne would always make sure to greet the Muppet-like Tot Shabbat rabbi puppet that would observe our services from his perch on the windowsill. This puppet, whom I believe **Rabbi Arnold Fink** (b. 1935, d. 2005) named “Schmendrick,” was left by Rabbi Fink to Tot Shabbat when he retired in 2002. (You can see Rabbi Fink at his final Beth El service, which was a Tot Shabbat; Beverly Jeanne is seated in the front right corner: <https://www.youtube.com/watch?v=-hoNmjQctCY>.) But I never felt comfortable using and giving “Schmendrick” a voice.

Then, a year ago, **Stacey Fox** (mother of **Rachel Ames**) gifted me with a custom-made Muppet-like puppet that I helped design. I pretend she’s my “sister.” She wears eyeglasses like mine and has rainbow-colored hair, and she appears at each Tot Shabbat to teach a brief Torah lesson. I called her “Annie” because, like me, she’s an eternal optimist.

But “Annie” recently changed her name. She’s opted to be called “Beverly” from now on. She is sporting a cap and big bow around her neck reminiscent of Beverly Jeanne’s own attire. “Beverly” will, once again, participate in every Tot Shabbat that I lead.

And, because she’s my sister, “Beverly” recently got her own little guitar. She and I are ready for a new year of fun with all of the young children and their family members who Zoom into Tot Shabbat.

**Miss Carol
(Carol Boyd Leon)**



WRJ Woman of the Year 2020 Jeanette Astrow

RAISED IN A RURAL community west of Corning, New York, Jeanette comes by her volunteerism honestly as both her mom and dad were active with her school activities, church community, and helping out neighbors whenever they could.

After graduation from radiologic technology school in Elmira, NY, in 1986, she moved to Coudersport, PA, to fill the evening position at the local hospital for two years. During that time, Jeanette attended sister Nancy’s wedding in Buffalo where she met her future husband, **Barry Astrow**. In 1989 she moved to Northern Virginia to foster their blossoming relationship. She began working at Alexandria Hospital where she has been blessed to serve the Alexandria and surrounding communities for the past 31 years.

Jeanette and Barry were married in September of 1990 by Beth El’s own **Rabbi Arnold Fink** (z”l). Prior to giving birth to Sydney in 1993, Jeanette converted to Judaism. In 1996 Mallory arrived. Both girls attended Geshar Jewish Day School through middle school. During that time, Jeanette was active as the volunteer coordinator for the Parent Teacher Organization and ultimately president of the Parent Teacher Organization.

Sometime in 2008, Jeanette was invited to attend the Sisterhood meetings by the president of Sisterhood, Ann Levy. Of course she said yes and very soon after became the corresponding secretary, sending out birthday and anniversary greetings as well as new baby and condolence Uniongrams. In 2011, Jeanette began filling in as the recording secretary and soon stepped into the role officially, serving two years each with presidents Carolyn Cass and Suzie Shalewitz. Jeanette became WRJ President in 2015 and held that post for four years.

During her more than 10 years of dedicated service to Beth El’s WRJ, Jeanette has also served as the spring raffle chair, the Chanukah lunch and dinner coordinator, and has volunteered for numerous events and baked thousands of hamantashen under the supervision of Carolyn, Arline, Karen, and Pat. She feels it has truly been an honor to serve the women of Beth El for so many years and looks forward to many more to come.



The Congregation Gratefully Acknowledges the Following Donations

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 Jerrold Epstein
 Linda & Steven Shapiro

Donor **In Appreciation of**
 Millie Schreiber The Caring Community Committee

Donor **In Memory of**
 Sheldon Ezring Rabbi/Cantor Abraham Ezring and Yetta Ezring
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CANTOR'S DISCRETIONARY FUND

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 Jill Mendelson Cantor Kaufman's leadership and
 guidance in Jack Klawans' funeral and shiva

Rosalie Lesser Cantor Jason Kaufman

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 Rae Ellen & Charles James Alan Cohn's first anniversary as
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 Jeanette & Barry Astrow Pat Collins receiving the
 Martin Mintz Award

Donor **In Memory of**
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Continued on page 19

Thank you for your generous donations. No donation is too small. All donations are acknowledged in The Bulletin two months following their receipt. Acknowledgements are mailed with a minimum of \$18 per person per acknowledgement.

Continued from page 18

RABBI'S GOOD DEED FUND/BLACK LIVES MATTER

Donor	In Appreciation of
Weinraub Family.....	Rabbi Spinrad & replacing the Black Lives Matter sign
Donor	In Celebration of
Erica Petacchi Kim	Equality for all people
Anonymous.....	The loving kindness that is Beth El Congregation
Helen Manich.....	Rabbi Spinrad
Donor	In Honor of
Leslie & Ed Tourigny	Black Lives Matter and replacement of the stolen banner
Dana Arnold	
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Anita Crotty	
Jen Tyna	
Christine Michaelis	
Lynne & Allan Somoroff	
Kelley O'Dell	
Jolene Johnston	
Melody Gardner	
Shelli Ross.....	Our clergy, to stand with them
Steve Kaye	Rabbi Spinrad's passion, living his values, and friendship

RABBI'S GOOD DEED FUND/COVID-19 FUND

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Sherri & Ashley Schornstein	Casa Chirilagua
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Jeanette & Barry Astrow	Rachel Jacobson's Bat Mitzvah
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Anonymous	Beverly Jeanne Davis
Dana Kaufman	Ernie Levy

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Donor	In Appreciation of
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Robin Thompson.....	Rabbi Spinrad, Cantor Kaufman, & the Caring Community Committee
Yonie Dow.....	Virtual Shabbat services
Walker Bradley.....	Meg & David Shadick
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Susan & Roberto Mosse.....	Gunther Mosse
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Paula Roney	Blanche Roney
Anthony Label	Rosie Spinrad
Sheila Fieldman	Sophie Rixon
Bonnie & Michael Miller	Monroe Lesser

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Dawn Levy O'Donnell	Theodore Cheslak and his family
Jane & David Dinsmore	Ernie Levy

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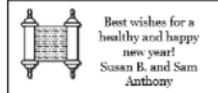
Donor	In Celebration of
Anonymous	Daniel Rubin & Lauren Soltani's marriage

Many New Options for Bulletin Greetings This High Holiday Season!

High Holiday 5781 Greetings to All
of Our Beth El Family and Friends

ANTON AND ANNIE BRUCKNER
WOLFE AND WENDY MOZART

Best wishes for a healthy and happy
new year!
Ludwig and Lisa Beethoven



Best wishes for a healthy and happy
new year!
Susan B. and Sam
Anthony



Best wishes for a healthy and happy
new year!
The Jewish
Family

Option 1: List of Names
Suggested Donation: \$18

Option 2: Simple Box
Suggested Donation: \$36

Option 3: Box with Symbol
Suggested Donation: \$54

Option 4: Box with Photograph
Suggested Donation: \$72

Available Symbols



Deadline is September 15. Greetings will be in the October *Bulletin*. The form can be found at <https://www.bethelhebrew.org/form/HHD%20Bulletin%20Greetings> or on our website.

Go to **Worship > High Holy Days 2020-5781** to find it there.



INTRODUCTION TO JUDAISM

is an engaging multi-session course for anyone who wants to gain a deeper understanding of Jewish life. Discover what could be meaningful to you in liberal Judaism.

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Days & Time:
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Register Now at reformjudaism.org/intro/VA

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WEDNESDAYS 3PM EDT JEWISHLIVE.ORG



RAMÓN TASAT IN CONCERT: ON ROSH HASHANAH THE WORLD WAS BORN

September 9, 7:30 pm

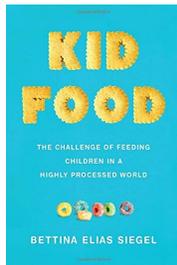
An evening filled with the glorious music of Spain, Holland, Greece, Iraq, Turkey, and Israel

Find it on the Haberman Institute website

Northern Virginia **SIMCHA SHOWCASE** Premier Party-Planning Expo

Date: Sunday, September 13, 2020
Time: 2:00 pm - 5:00 pm
Organization: Pozez JCC of Northern Virginia

 WHEELCHAIR ACCESSIBLE



Bettina Elias Siegel, author of *Kid Food: The Challenge of Feeding Kids in a Highly Processed World*

In conversation with Zibby Owens, host of podcast *Moms Don't Have Time to Read Books*

September 3, 7:30 pm

Look on the Pozez JCC website

JEWISH COMMUNITY RELATIONS COUNCIL OF GREATER WASHINGTON

2020 CELEBRATION
WEDNESDAY, SEPTEMBER 9, 2020
7:30 PM ON LINE PROGRAM
WWW.JCCOUNCIL.ORG/GALA

2020 HONOREES

 LIZA LEVY BRESLAU-GOLDMAN AWARD	 SUSAN & BRAD STILLMAN SHUK AND SHUKL LESGANE COMMUNITY LEADERSHIP AWARD	 CHRIS MCCALL DISTINGUISHED SERVICE AWARD
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Pastrami on Rye

An Overstuffed History of the Jewish Deli

September 2, 2:00 pm, \$10

Look on the Bender JCC website



Jason Mesches, award-winning Jewish educator and performer, presents the Power Hour daily at 1 pm EDT

Find him on Youtube!



Illuminating the Jewish New Year
A Pre-High Holiday Retreat with art, writing, meditation, and ritual
Presented by the Tasman Center for Jewish Creativity

September 6, 1:00 – 4:00 pm

Register at www.tasmancenter.org

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REGISTRATION IS OPEN!

J-Care - Alexandria, a partnership of Beth El Hebrew Congregation and the Pozez JCC offers a 12-month, full-time program for preschool children who will be two, three, or four years old by September 30. Our full-time toddler program accepts students from 16 - 23 months.

J-Care Alexandria offers a Reggio-Emilia-inspired philosophy, is licensed by the State of Virginia, and is open to all members of the community.

School opens on August 25, 8:30 am - 4:00 pm.

Health and safety protocols are in place.

For more information or a virtual tour, please contact

Director Dina Backer
dina.backer@thej.org

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If you have questions, please call Lonnie Rich, 703-299-3440 or email at lrich@rrbmdk.com

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The Bulletin

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office@bethelhebrew.org
bulletin@bethelhebrew.org

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Hold the Date

Please check the online Beth El calendar or email office@bethelhebrew.org before leaving to attend ANY event. As we go to press, the building may start opening up SLOWLY but there will be few in person events in September.

Haberman Institute for Jewish Studies: *Has Science Replaced God?*, October 6 (online)

Sukkot/Simchat Torah Tot Shabbat, October 10

Simchat Torah Celebration, October 11

Brotherhood (Virtual) Public Policy Forum:
The Presidential Election, October 18

Noah's Ark Tot Shabbat, October 24

Federation Main Event, Postponed to October 27

Haberman Institute for Jewish Studies: *Legal Disputes, Constitutional Freedoms, and American Jewish Advocacy*, October 27

US Election Day, Nov. 3 — VOTE!!!

WRJ Book and Author Event, November 15

Erev Hanukkah, December 10

URJ Biennial in DC, December 8 – 11, 2021

Congregational Hanukkah Celebration, December 13

Giant Annual Book Sale, January 17 and 18, 2021

Musician-in-Residence Weekend, January 29 – 31, 2021

Cantor's Concert, January 30, 2021

Erev Purim, February 25, 2021