

Resetting the Seder Table: An OTRS Family Education Program

Debra Beland Ackerman

Each year Pesach presents us with the chance to bring together the people we love around our tables and share our joy, our learning, and our prayers. Traditions are a big part of what makes the experience special, but sometimes we can feel like our Seder is stuck in a rut. When it comes to creating a Seder experience, we often have way more than four questions on our minds:

- How do we keep things engaging for the kids while also making sure that the adult experience meets their needs?
- How do we decide which new things to include and which familiar things still deserve their moment?
- Do we really have to eat red horseradish?
- And why are we wrapping the whole evening up by singing about cats eating goats?

This year, on March 31, OTRS took on the challenge of helping families bring something new to the table with a family education program about all things Seder.

We divided the day into three categories—separate learning opportunities for children and adults, combined family learning, and an interactive (and tasty) Seder food experience.

The morning began with students divided by age groups. PreK-1st grade used music and art to map the order of the Seder. Each one went home with a flipbook, so that they could help keep everyone on track. Our 2nd-4th graders tackled the mystery of *Chad Gadya*, studying its lyrics and origins using games and discussion. Their final project was a set of *Chad Gadya* puppets that they could use to liven up their Seders, along with lots of fun facts about the song to share with their families. Our 5th-7th graders took on the Four Children, using artwork from over 100 years of haggadot to discuss the changing perspective of what it means to be wise or wicked. Then they illustrated their own versions of the Four Children and reimagined their questions to create an insert for their family's haggadot. Our oldest students (8th-10th grade) spent the first part of their morning prepping one of our family learning experiences, The Pesach River Ride Adventure. First, they studied the text and went over the activities using teacher's guides designed by PJ Library for this program. Then they set up the Social Hall and practiced their lessons and activities in anticipation of leading families through the program later in the day.

While our students studied together, parents attended either a Seder Leader's Workshop with Rabbi Kalender or The Evolution of Four with Rabbi Ravski. Both workshops were filled with ideas that parents could bring back to their Seder tables, either

as leaders or participants. The discussion was lively, the questions were excellent, and the enthusiasm was high. Many parents spoke afterwards about how much they enjoyed the chance to learn with other adults in a focused and engaging way.

After all that studying, we headed downstairs to the Social Hall for learning disguised as a snack. Families jumped in line for our make-your-own charoset bar, which featured over 25 items to mix together for a unique combination (plus a checklist to keep track of ingredients so the recipe could be recreated at home). From pureed pineapple to pareve chocolate chips to pumpkin seeds, there was something for everyone to enjoy.



There were also tasting stations filled with both familiar and new flavors for both maror and karpas, offering families a chance to consider something new for their Seder plates. At the maror table, the mustard and dandelion greens most intrigued our tasters, and at the karpas station, celery reigned supreme.

Our day ended with a trio of family learning experiences to choose from. Our teens guided families through The Pesach River Ride Adventure. Through 10 different stations families had the chance to relive the Exodus experience, complete with the chance to cross the Red Sea (courtesy of some tall 10th graders and some tablecloths). Noy Peri, OT's shlichah, offered a chance for families to bring some Israel to their tables, as she discussed the diverse



cultures that make up Israel's population and their equally diverse Seder customs. And I led some talented actors through Maggid paper bag dramatics, a technique that turns your table into a stage and allows the story of the Exodus to come to life without the need for rehearsals.

See **RESETTING THE TABLE**, page 8



JORDAN BAKER, OTMC MVP

Bob Watts



L-R: Bob Watts; Jordan Baker; Bruce Gordon

Voting for this year's Federation of Jewish Men's Clubs (FJMC) Seaboard Region Blue Yarmulke Person of the Year, past OT honorees agreed that Jordan Baker, OTMC President since June 2018, deserved the honor.

This year's theme was "Most Valuable Player," and Jordan has a long record of serving the OT

community. A trademark attorney from Long Island, Jordan and his family joined OT in 2009, and they have been active community members ever since. Jordan first participated in ABBA, the group for fathers of young children, and eventually became ABBA Coordinator. He then joined the Men's Club Board of Directors, and the two groups strengthened their cooperation significantly. The first time Jordan laid tefillin was at a Men's Club World Wide Wrap event, and he became active in distributing Yellow Candles, helping in the kitchen, and managing event publicity.

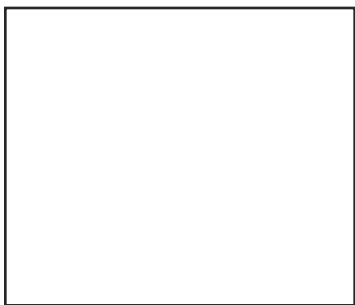
As President, Jordan has helped bring ABBA under the structure of the Club, to ensure that the Club can meet social and programming needs of a wider range of men. For Jordan, the purpose of the Men's Club is clear: "It's about serving OT, the

greater Jewish community, and each other, through life's pleasures and challenges."

With reference to the MVP theme, Jordan said "For our Club, I like to believe that we always make the playoffs. We want members to excel in doing things that they want to do. I am grateful to our Club for being open to new ideas and welcoming to new members, and for its genuine focus on building friendships."



OT members gather in April to support Jordan
Photos by Mark Raker



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Sisterhood members discover new pathways to Jewish Spirituality

Barbara Finkel

A short response to the 2018 OT Membership survey blossomed this past February into an amazing Sisterhood program.

Ellie Klein noted on her OT survey that she had expertise in Torah Yoga that she'd like to share. Upon learning this one evening, I began planning an afternoon of ritual workshops around it. I approached my friend Me'ira (Debi) Gale, who recently created the One Light Chant Circle in Northern Virginia. She welcomed the opportunity to introduce this calming, meditative practice to a group of women not previously exposed to it. To add a more hands-on activity, I called Ev Paul, who, around the same time, with her husband Joel, had donated to

OT her fabric art collage, *L'Dor V'Dor*, in memory of three generations of her family. Ev was happy to add her talents to our afternoon. A few days before the event, I learned that a friend of Me'ira's, Shelley Barchanowitz Goldberg, would be visiting and offered to conduct a SoulCollage® workshop. How could we resist?

The program attracted more than 30 women, including several who don't often come out to Sisterhood events. We had two sessions of Torah Yoga, Chanting, and Fabric Art, and one devoted to SoulCollage® at the end, that allowed all the workshop leaders to participate.

This is truly a case where a picture paints a thousand words...



TORAH YOGA practice allows you to connect to your Judaism in a new way by exploring the intersection between your body, breath, and ancient Jewish texts. According to the Torah Yoga Book by Diane Greenfield, with Torah Yoga, you study the secrets of your soul and the characteristics of your body; through the study and experience of your own personal "little world," you can know things of the "upper world."

Ellie Klein is a 200-hour certified yoga teacher and has taught Torah Yoga in California and North Carolina. She currently teaches yoga for private students in Northern Virginia. Ellie, her husband Dan Finkel, and their children have been members of OT since 2015.



CHANTING is a meditative practice that fully engages the body, heart, and mind. According to Rabbi Shefa Gold, who brought this practice to Judaism by writing Hebrew chants based on Jewish sacred texts: "The magic of chant is that just a few short words, simply repeated with sweet passion, deliberate intention, and refined beauty, can unlock treasure upon treasure of healing, wisdom, and love."

Me'ira Gale is a graduate of the Jewish Renewal Movement's (ALEPH) Kol Zimra Chant Leadership training with Rabbi Shefa Gold and Secrets My Grandmother Told Me: A Wisdom School, with Rabbi Nadya Gross. She is also a speech-language pathologist whose practice, Brain Matters, provides cognitive rehabilitation for any type of brain injury.



TEXTILE ART is one of the oldest forms of art in human civilization. In modern times, the term fiber art or textile art generally is used to describe textile-based decorative objects that are not intended for practical use.

For our art workshop, Ev brought a variety of beautiful fabrics of different textures and colors for participants to design into collages for wall hangings. The back of the fabric was specially treated so it could be easily ironed onto canvasses. The finished collages shown here demonstrate the vision and creativity of our artists.

Ev Paul is a freelance artist living in Fairfax, Virginia. She taught art in both elementary and middle schools for many years before she retired; Ev and Joel have been members of OT since 1975.

See **SOUL COLLAGE**, page 8

Spirituality collages were composed by Erin Dreyfuss.

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Around Olam Tikvah

B'nei Mitzvah



Saturday, May 4

Jacob Helfant,

son of Nogah & Rob, younger brother of Zach and older brother of Lauren, is a 7th-grader at Kilmer Middle School, where he plays tuba for the Wind Ensemble Band. Jake loves everything having to do with hockey—including playing goalie for any team that needs someone in net. He is especially happy when hanging out with friends or playing with his pups, Ranger and Cocoa. For his Bar Mitzvah project, Jake has been a mentor with the NoVa Cool Cats, teaching children with special needs how to play his favorite sport. Jake can't wait to share his special day with friends, family, and the OT community.

Parashat Acharei Mot

Saturday, May 11

Zachary Ryan Specht,

son of Marilynne & Steven, brother of Ethan and Ezra, and grandson of Lilly & Stuart Eder, is a Lake Braddock Middle School 7th grader. A second-generation Olam Tikvah Bar Mitzvah, Zachary joined the OT community at birth and attended OT preschool beginning at age two. He is a violist in the Lake Braddock Concert Orchestra and has played since 4th grade. He enjoys traveling, dining out, and playing video games with friends. For his Bar Mitzvah project, Zachary is providing emergency food to needy people in our community. He volunteers with ACCA Food Pantry in Annandale and makes casseroles for So Others Might Eat. Zachary looks forward to sharing his simcha with his family, friends, and the OT community.

Parashat Kedoshim



Saturday, May 18

Aliyah Shana Frankel,

daughter of Maria & Gary and sister of Allison, is a 7th-grader at Stone Middle School, where she is a straight-A student. She is multilingual, plays violin, and holds a Black Belt in Taekwondo. She likes to cook, draw, and sew, and she plans to be a veterinarian. She cares for 11 chickens, 1 hamster, a bearded dragon, and Cleo the Wonder Dog. Aliyah's Bat Mitzvah project is raising money to donate to the local animal shelter to help house and feed homeless animals. She will also present a program to her class on animal abuse and prevention.

She will be remembering her grandparents, Diane (z"l) and Ralph (z"l) Frankel, and she looks forward to welcoming her grandparents, Maria-Eugenia & Juan Dominguez, as well as family and friends from Ecuador, Miami, Boston, Maine, California, Texas, New Jersey, and Virginia.

Parashat Emor

Saturday, May 25

Lauren Grace Boyett,

daughter of Shari & Graeme (z"l), and sister of Jacob and Katelyn, is a 7th-grader at Frost Middle School. She likes reading, writing, and drawing. Lauren has earned her Girl Scout Silver Award. She plays the piano, dances at the JCC, and holds a Black Belt in Taekwondo. For her bat mitzvah project, Art From The Heart, Lauren collected art and keep-busy supplies and prepared 48 totes to deliver to children undergoing cancer treatment at Children's National Medical Center in D.C. Lauren will be keeping her father and older sister, Rachael (z"l), close in thought. Lauren is looking forward to celebrating with all her family, friends, and the OT Community.

Parashat Behar



From Our Hearts

Kiddush Sponsors

Thank you for your donations to the Kiddush Fund, in honor of your May anniversaries.

May 1-2

Beth & Daniel Felsen (25); Sharon & Jerome Vitner

May 3-9

Elaine & Lew Komarow; Debra & Herman Stein

May 10-16

Judith Halpern & David Berkenbilt; Martha & Paul Hill

*Thank you to Linda Meyer, Carol Shaman,
and Joanne Stryer for making anniversary calls.*

May 24-31

Judith & Jacob Cabelli; Ann & Michael Epstein;
Barbara & Jim Finkel; Karen Rabin & Jeff Handler (20);
Rhoda & Mark Miller; Rhona & Howard Nachman;
Sandy & Ralph Rosenthal; Annie & Alan Schwartz;
Rebecca & Elliot Silver; Lisa & Tony Simon;
Joan & Fred Singer; Myra & Jerry Strauss;
Anjali & Robert Sues; Marion Diamond-Tapper & Ari Tapper;
Kitty & Jack Timmes; Amy & Steven Tursky;
Caroline & Richard Warren

See **FROM OUR HEARTS**, Page 7

Thank you for your donations, which were received by March 31, 2019.

Annual Campaign

IN HONOR OF

Erin Dreyfuss's Bat Mitzvah, 3/2/2019—Mazal Tov, by Deborah & Tom Neuman

Karen Rabin, on the wonderful occasion of your Bat Mitzvah, 3/2/2019, by Elliot Roseman, Norma Roseman and Judy & Lance Simon

Capital Improvement Fund

Hope you had a happy Purim and have a very sweet Passover,

by Sherryl Engel and Gertrude Langsner

IN HONOR OF

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IN MEMORY OF

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Brian Lieberman, Mazal Tov on your Bar Mitzvah, by Marnie, Howard, and Sophie Fienberg
Shari Boyett, Mazal Tov on your Bat Mitzvah, by Marnie, Howard, and Sophie Fienberg
Karen Rabin, Mazal Tov on your Bat Mitzvah, by Marnie, Howard, and Sophie Fienberg

Gerald Brissman/Lyle Miller/Carol Samuels Youth & College Fund

IN HONOR OF

Birth of Gideon Lev, son of Laurie & Hy Matz,
by Sue & Ken Cohn

Birth of Parker Henry Toobin, son of Farrah & Elliott, grandson of Merle & Michael Toobin and nephew of Adam Toobin,

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IN MEMORY OF

Pasquale Tamburrino, Sr., by Sue & Ken Cohn

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Sylvia Finkel, by Laura Conover

Tzedakah

Rabbi Itzhaq M. Klirs Memorial Adult Education Fund

IN HONOR OF

Adult B'nei Mitzvah Class: Shari Boyett, Erin Dreyfuss, Laura Fargotstein, Robin Kozin-Angelo, Kevin Leahy, Helen Leiner, Brian Lieberman, Karen Rabin, Stephen Underwood, and Sharon Vitner, by Debbie & Mark Weber

Ahava Freeman receiving the Yad award,
by Debbie & Mark Weber

Birth of Parker Henry Toobin, grandson of Merle & Michael Toobin and nephew of Adam Toobin,
by Debbie & Mark Weber

Naming of Madeleine Joy Gorlinsky, great grandddaughter of Mimi & Len Levine,
by Debbie & Mark Weber

IN MEMORY OF

Diane Fertman, by Debbie & Mark Weber
Larry Shuman, by Debbie & Mark Weber
Sylvia Finkel, by Ronnie Rodriguez; Lynne & Elliot Dubin; Debbie & Mark Weber;

Rachelle & Joel Palley

Rabbi's Discretionary Fund

In appreciation of our granddaughter's baby naming, Ziva Cecilia Hershkovitz,

by Dora & Abe Hershkovitz

Thank you, Rabbi Kalender for your help with my aunt's memorial stone,

by Marion Diamond-Tapper

IN HONOR OF

Ziva Hershkovitz,

by Rachael & Michael Hershkovitz

Naming of River Olina Leshan Hill, Mayim Shira, by Eileen & Norman Leshan

Rabbi Kalender's guidance,

by Marty & Paul Hill

2019 Adult B'nei Mitzvah Class,
by Annie & Alan Schwartz

Fred Cooper, by Helen Leiner

Karen Rabin, Mazal Tov on your Bat Mitzvah,
by Paula & Mitchell Weiss

Shari Boyett, Mazal Tov on your Bat Mitzvah,
by Paula & Mitchell Weiss

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Laura Conover, by Joanne & Tom Stryer

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Rebecca Katz, by Bonnie & Michael Witlin

Tzedakah Fund

IN HONOR OF

Bat Mitzvah of Emma Rosenthal,
by Leona Shoon

Bat Mitzvah of Robin Kozin Angelo. We are so proud of you, by Beverly & Harvey Kozin;

Brad Kozin

Birth of Parker Henry Toobin, grandson of Merle & Mike Toobin, by Brenda & Marvin Klemow
Elizabeth Maer, a belated, but no less heartfelt acknowledgement in honor of your birthday.

Hope it's the best one yet, with many more to follow, by Anne & Steve Maer

Helen Leiner,

by Janine M. Saxe & Alan R. Sager

IN MEMORY OF

Abraham Golub, by Mark Golub

Abraham Lubing, by Lael Lubing

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by Ilka Shore-Cooper & Fred Cooper

Herman Dubin, by Ellen & Martin Dubin

Hilda Reed, by Jane & Bill Behrmann

Ignac Varkonyi, by Leslie & Irv Varkonyi

*OT Choral, Fine Arts and Social Action
Committee contributions
are listed in the Tzedakah Fund.*

TZEDAKAH, Continued from page 6

Israel G. Levy, by Benjamin Levy

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Ilana Gamerman

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Rose Glickman, by Stuart Glickman

Rose Goldgell, by Marsha Feldman

Ruth Siegell, by Jeff Siegell

Sarah Phillips, by Lynn Phillips

Sylvia Arbit, by Barry Bielsker

Sylvia Finkel, by Ellen & Rafe Katkin; Donna

Feller, Sam, Kayla and our families; Betsy &

John McCarthy; Brenda & Marvin Klemow

Tillie Murray, by Elaine Murray

Walter Hausfeld Playground Fund**IN HONOR OF**Birth of Parker Henry Toobin, grandson of
Merle & Mike Toobin,

by Tobey & Morey Greenberg

From Our Hearts*Continued from page 5***Mazal Tov***We wish a hearty mazal tov to...*

Elise & Daniel Fort, on the birth of their grandson,

son of Rabbis Sarah Fort & Ariel Sholkapper

Marcy & Lawrence Indyk on the Bar Mitzvah of their son

and Nadina Indyk on the Bar Mitzvah of her grandson,

Samuel Indyk

Bernice Kaufman,

on the birth of her great granddaughter

Condolence*We acknowledge the passing of ...*

Bobbie Dizenfeld

Cynthia Eisen, mother of Brie Fahrer

Sylvia Finkel, mother of Jim Finkel

David Fishkin, father of Elise Fort

Larry Kalender, brother of David Kalender

Charles Kon, father of Marvin Kon

Arlyne Meyers, wife of Arnold Meyers

Larry Shuman, father of Andi Wirpel



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May-June 2019 Calendar Highlights

MAY 2019

SUN	5	8:00am-2:00pm	Blood Drive
SUN	5	9:45am	Sisterhood Spring Brunch: Navigating the Eldercare Maze
SUN	5	4:30pm	Northern Virginia's Holocaust Commemoration at JCCNV
SUN	12	9:00am-12:00pm	USY Mother's Day Flower Sale
SUN	19	5:00pm	JTS Evening of Learning at B'nai Israel Congregation in Rockville

JUNE 2019

SUN	2	8:30am	Minyan
SUN	2	9:00am	OTRS Confirmation Ceremony
SUN	2	10:15am	Congregational Meeting and Brunch
SUN	2	12:00-4:00pm	Northern Virginia Israel Fest at JCCNV
SUN	2	7:00pm	ABBA Kickball & Highballs at Ratcliffe Park
SAT	8		Erev Shavuot
SUN	9, MON 10		Shavuot
SUN	16	9:45am	Men's Club Annual Meeting Brunch
SUN	23	9:45am	Sisterhood Volunteer Appreciation Brunch

SOUL COLLAGE, Continued from page 3

SoulCollage® is a creative collage process using imagination, intuition and images. Shelley introduced the quote from Pirke Avot: "Who is happy? One who is content with their lot." The intention of our SoulCollage® card was "What brings you contentment and happiness?" We chose pictures from hundreds of clippings Shelley provided and designed our collages, shared with you here.

Shelley Goldberg is a Certified SoulCollage® Facilitator; a graduate of Rabbi Shefa Gold's Chant Leadership training; and a Mentor for the Jewish Renewal Movement's Wisdom School.



RESETTING THE TABLE, Continued from page 1



By the end of the morning it was clear that our families had enjoyed the experience of learning together and were headed home with lots of ideas (and puppets, and flipbooks, and rubber snakes...) In the days after the Seders we heard from dozens of families that they had used a lot of that learning at their tables.

A big thanks to everyone who joined us for the event, and to our teachers and rabbis, who led everyone through the experience. We can't wait to tackle even more family learning next school year!

