

Memo from Rabbi Jonathan Maltzman

Our funeral contract is no longer valid with Ives-Pearson, as the funeral home has gone out of business. Congregants have the option of contacting Borgwardt Funeral Home in Beltsville (301-937-1707) which, for the time being, is honoring the contract arrangement. However, we have not yet worked with them and cannot yet vouch for their service. Other options include the two remaining Jewish funeral homes, Edward Sagel Funeral Direction and Danzansky-Goldberg. Questions should be directed to Rabbi Maltzman.

October 6, 2000

7 Tishrei 5760

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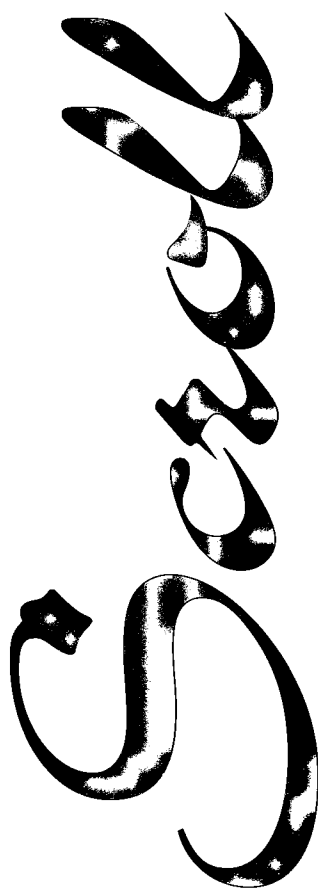
High Holiday Food Drive

Welcome the New Year with an act of tzedakah—a bag filled with groceries for Montgomery County's neediest citizens. Please bring bag(s) filled with nonperishable food items on Kol Nidre evening. *Trucks from Manna Food Center will be at Beth El and at the DoubleTree Hotel from 5:45 until 6:30 pm Sunday evening, October 8, to collect your bags. Please note that the bags will be collected outside the DoubleTree ballroom and not at the hotel entrance.* Manna, Montgomery County's nonprofit food bank, provides meals to 75-100 families each day, in addition to supplying county shelters year-round. If each family fills a bag, Beth El can donate several tons of food to help our less fortunate neighbors.

Shabbat and Holiday Services

Friday, October 6
 6:30 pm Friday Evening Service
Saturday, October 7
 Shabbat Shuvah
 7:30 and 9:15 am Shabbat Services
 Ha'azinu: Deuteronomy 32:1-52
 9:15 am Benjamin Friedmann Bar Mitzvah
 10 am Jr. Congregation, Chapel
 Worship and Study Minyan, APR
 Gan Shabbat, MR
 11 am Shitufim Minyan, Room 209
 12:30 pm Perek Yomi, Chapel
Sunday, October 8
 Kol Nidre
 6:15 pm Services (all locations)
Monday, October 9
 Yom Kippur
 Services at all locations
 9 am Morning Service
 10 am Torah Reading
 11:30 am Musaf/Sermon/Yizkor (Beth El;
 order may vary at other locations)
 3 pm High Holiday Seminars
 4:45 pm Mincha
 5:45 pm Neilah
 7:07 pm Conclusion of Fast/Shofar
Friday, October 13
 Erev Sukkot
 6:30 pm Festival and Friday Evening Service

Saturday, October 14
 1st Day Sukkot
 7:30 and 9:15 am Festival and Shabbat Services
 Leviticus 22:26-23:44
 Numbers 29:12-16
 9:15 am David Baumgold Bar Mitzvah
 10 am Jr. Congregation, Chapel
 10:30 am Nitzanim, APR
Sunday, October 15
 2nd Day Sukkot
 9:15 am Festival Service
 Daniel Baron Bar Mitzvah
 Noon BENS Family Sukkot Party
Friday, October 20
 Shemini Atzeret
 6:30 pm Festival and Friday Evening Service
Saturday, October 21
 Shemini Atzeret
 7 and 9:15 am Festival and Shabbat Services (Yizkor
 will be recited at both services)
 Deuteronomy: 14:22-16:17
 Numbers: 29:35-30:1
 9:15 am Benjamin Bolasny Bar Mitzvah
 10 am Jr. Congregation, Chapel
 Gan Shabbat, MR
 11 am Shitufim Minyan, Room 209
 7:30 pm Simchat Torah Festival Service
Sunday, October 22
 Simchat Torah
 9:15 am Festival Service



Sisterhood News

Sisterhood Book Group

There will be a book discussion of *Turbulent Souls* by Stephen J. Dubner at a meeting of the Sisterhood book review group on November 12 at 9:30 am in the Board Room. This book is available at Montgomery County libraries. Please call Annette Moshman, 301-229-4040, or Andrea Golden, 301-294-2375, if you have questions.

Reminders

The Sisterhood Catering Committee can always use volunteers to help on a regular basis with the Shabbat kiddushim and luncheons. Jackie Levine, 301-299-9507, or Marcia Kalman 301-897-8562, can tell you how you can get involved in this worthwhile activity.

Have you shopped at the Sisterhood Judaica Shop? Stop in to see the lovely, new items in stock. The Judaica Shop is open on Thursdays and Sundays from 9 am to Noon or by special appointment.

Sisterhood has beautiful, special greeting cards available for all occasions. Proceeds from the cards benefit the Jewish Theological Seminary. Call Rita Kahn 301-654-7716 to purchase cards.

Your subscription to *Washington Jewish Week* can benefit Sisterhood at no additional cost to you. Call Leslie Dellon, 301-530-4645, for more information.

An easy way to get information about Sisterhood or to leave messages, is to call the Sisterhood hotline number 301-652-2606, ext. 333. Calls will be answered as quickly as possible.

Entertainment 2000 Books are Here!

Beth El Nursery School is once again offering the Entertainment book. Entertainment features hundreds of two-for-one discounts on fine and casual dining, 50% off sports and theater tickets, coupons for travel, fast food and auto services.

This unique fundraiser costs only \$35.00 and provides money to the Nursery School (\$7.00 per book), as well as savings to you. Entertainment 2000 books are available in the synagogue and school offices, Monday-Thursday from 9 am to 5 pm and Friday from 9 am to 3 pm, and from the Judaica Shop Sundays and Thursdays from 9 am to Noon.

Men's Club News

L'Shana Tova! The Men's Club invites you to join the club, and invites the congregation to attend the Beth El Men's Club regular Sunday breakfast programs.

The Men's Club sponsors youth programs including scouting, the Purim carnival, the annual Magic show, Israeli scholarships, school books, Bar Mitzvah kiddush cups, and other important activities. Your participation makes it possible! For membership information, please call Marvin Yudkovitz at 301-564-4580.

For the Sunday morning programs, the bagel and lox breakfast is at 9:30 am (after the 9 am Minyan), with the program from 10-11 am. Check the Men's Club poster in the Rotunda for updated details. Upcoming programs include:

- October 8: Avi Assal, "The Jews of Tunisia"
- October 15: No meeting (Sukkot)
- October 22: No meeting (Simchat Torah)
- October 29: Talk to be announced

"A Unique Talent"

"Jon Simon is uniquely talented," exclaimed Hazzan Lubin recently when describing Jon Simon's piano and voice recital before the National Convention of the Cantors Assembly. "He has a talent for integrating the liturgical and secular in a contemporary style...well worth hearing." Mr. Simon has performed widely throughout the United States, including at the Kennedy Center, Israeli Embassy and at music schools and synagogues.

Beth El has the opportunity on November 11, 2000 to enjoy Mr. Simon at the Sisterhood/Men's Club Cabaret Night. He will perform a wide variety of songs and music, ranging from 7th century Jewish music to the Beatles and his own compositions. Desserts and drinks will be served. Admission is \$20 for Beth El members and \$25 for non-members. Reservation forms and additional information will be in future issues of the *Scroll* and posted at Beth El. Reserve the date now!

The Beth El Men's Club mourns the passing of
Dr. David Goldman,
Men's Club President and Esteemed Member.
His contribution to our community was
immeasurable.

Congregation Passes New Constitution

On Sept. 12, 2000, the membership of Congregation Beth El voted 153 to 33 to implement a new Constitution. Copies of the new constitution are available at www.bethelmc.org/constitution.htm. As part of the new constitution, the size of the Executive Committee (EC) is increased by adding several vice presidents, each of whom has a specific "portfolio" of responsibility to coordinate and liaise with specific groups. On September 19, the Board unanimously approved the appointment of several vice presidents in an acting capacity until the next election (May). The EC members now include (with asterisks indicating new members): **Benson Adams**, President; **Arthur Popper**, Executive VP; **Judy Futterman**, Treasurer; **Brent Berger**, Secretary; **Gary Marx**, Financial Secretary; **Susan Levine**, Youth VP; **Gail Ross**, Religious VP; **Judy Sherman**,* Administration VP; **Mervyn Wiener**,* Education VP; **Marvin Yudkovitz**,* Program VP; and one additional VP to be named later.

Under the new constitution, congregation constituency groups with a significant membership may request a voting membership on the Board. The first request for such membership was the Jewish Day Schools (Ivy Fields, Chair), and this application was approved unanimously. Other groups wishing Board representation should submit petitions to the President for consideration by the Board.

Here is a brief overview and summary of the more important provisions of the new Constitution that provide for greater democratization and representation:

- 1) Allows for absentee balloting
- 2) Creates a mechanism for Board representation of the various organized Congregational constituencies that heretofore was not possible
- 3) Allows the Board greater flexibility to establish and disband committees and formulate policy

- without having to amend the Constitution each time
- 4) Makes all Board members voting members
- 5) Creates 4 more VP positions in addition to the existing 2, all of whom will have specific portfolios to oversee, liaison with, and coordinate clusters of committees that correspond to the portfolio functions
- 6) Abolishes the position of Financial Secretary, giving that function and that of membership application approval to the Executive Director
- 7) Replaces the first VP with an Executive VP who will oversee the portfolio VPs
- 8) Provides for biennial election of Officers and annual election of half the Trustees, all for two-year terms
- 9) Requires all funds and accounts of the Congregation that use the synagogue's tax ID number to be subject to annual audit or review as the Board deems desirable
- 10) Allows the Board to reallocate unspent funds and to spend up to 5% of our reserves or building fund for emergency repairs or purchases
- 11) Streamlines the amendment process
- 12) Allows the Board to propose and the Congregation approve by a simple majority vote as part of the annual budget process categories of membership instead of seeking a constitutional amendment with the need for a two-thirds majority
- 13) Reduces the number of required Congregational meetings from 3 to 1; special meetings can always be called
- 14) Adds an indemnification clause
- 15) Creates the category of "advisors to the Board" (nonvoting experts) to reduce the number of one person committees
- 16) Clarifies hiring and termination procedures for the professional program staff
- 17) Establishes clear and simplified committee operating and reporting procedures.

Benson D. Adams, President

Arthur N. Popper, Executive Vice President

BETH EL SCROLL

Congregation Beth El of Montgomery County
8215 Old Georgetown Road, Bethesda, Maryland 20814-1451

Phone Number

301-652-2606

FAX Number

301-907-8559

Web Site

www.bethelmc.org

AFFILIATED WITH
UNITED SYNAGOGUE OF
CONSERVATIVE JUDAISM

Rabbi

Jonathan Z. Maltzman
jmaltzman@bethelmc.org

Associate Rabbi

William D. Rudolph
wrudolph@bethelmc.org

Rabbi Emeritus

Samuel Scolnic

Hazzan

Abraham Lubin
alubin@bethelmc.org

Executive Director

Sheila H. Bellack
sbellack@bethelmc.org

Education Director

Louis A. Nagel
lnagel@bethelmc.org

Family Education Director

Sarah L. Roark

sroark@bethelmc.org

Nursery School Director

Johanna M. Sohinki
jsohinki@bethelmc.org

Youth Director

Ariele Hausner-Barach
ahausner-barach@bethelmc.org

President

Benson D. Adams
badams@bethelmc.org

Executive Vice President

Arthur N. Popper
apopper@bethelmc.org

Youth Vice President

Susan J. Levine
slevine@bethelmc.org

Religious Vice President

Gail Ross
gross@bethelmc.org

Administration Vice

President
Judy Sherman
js Sherman@bethelmc.org

Education Vice President

Mervyn Weiner
mweiner@bethelmc.org

Program Vice President

Marvin Yudkovitz
myudkovitz@bethelmc.org

Treasurer

Judy C. Futterman
jfutterman@bethelmc.org

Financial Secretary

Gary S. Marx
gmarx@bethelmc.org

Secretary

Brent A. Berger
bberger@bethelmc.org

Publications Chair

Helen A. Popper
hpopper@bethelmc.org

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Evening Minyan

The following people are asked to help us with our daily Evening Minyan for the next two weeks. On Sunday through Thursday, the Minyan begins at 8 pm and concludes at 8:15 pm. During the week of your assignment, we would appreciate your attending as many evenings as possible, so that those who are saying Kaddish will have a minyan that they can attend at Beth El.

October 10 to October 12

Sylvan and Esther Gerber
Edward and Jill Gerstenfield
Daniel A. Geselowitz and Sandra I. Cohen
Sidney Getz and Janet Lewis Getz
Mark and SuzAnne Gladstone
Suzanne Glaser
David and Ariel Glassman
Harry and Carol Glazer
Jeffrey and Marilyn Glick
Scott and Deborah Glick
Frances Glovinsky
Mimi Godfrey
Lewis Jay Goetz and Patti Waksal-Goetz
Alan and Barbara Gold
Harvey and Dale Gold
George Goldberg
Irving and Annette Goldberg
Phil and Susan Goldberg
Seth and Joan Goldberg
Howard Goldblatt

October 15 to October 19

Alan and Andrea Golden
Deborah Goldfarb
Steven and Janet Goldhill
David and Elizabeth Goldman
Diane Goldman
Jack and Beatrice Goldman
Judith Goldman
Luta Goldman
Mason and Betty Goldman
Max and Mitzi Goldman
Neil and Carolyn Goldman
Robert and Arlene Goldman
William and Emily Goldman
Barry and Beverly Goldsmith
Mark and Catherine Goldsmith
Andrew Goldstein and Heidi Sigmon
David and Joan Goldstein
Steven and Susan Goldstein
Mark Goldstone and Mindy Lieberman

Weekday Service Schedule

Morning Minyan

Monday to Friday, 7:30 am

Sunday and Major Civic Holidays, 9:00 am

Evening Minyan

Sunday to Thursday, 8:00 pm

Todah Rabah to Our Evening Minyan Captains

Congregation Beth El expresses its thanks to our Evening Minyan Captains: **Boris Gendelman, Steve Mandel, David Margulies, Darryl Sherman and Sam Swersky.**

Vatikkim Luncheon on Thursday, October 19

At our October luncheon, Gerald Schneider will speak on "How to Be a Maven on Environmental Issues." Dr. Schneider, a self-employed environmental education consultant, has advised a wide range of clients, including the U.S. Environmental Protection Agency (EPA), the National Wildlife Federation and the former WTOP (CBS) TV station. Here is your chance to learn about our planet, from birds and wildlife to global warming.

Lunch is at Noon on October 19 and the program is at 1 pm. The cost for members is \$7.00; non-member cost is \$8.00. Please fill out the reservation form below and mail it to Bea Goldman, 3214 Henderson Avenue, Silver Spring, MD 20902, 301-942-9434, or Phyllis Blum, 1411 Stratton Drive, Rockville, MD 20854, 301-340-3046.

Please note that we will not accept reservations later than two days before the scheduled event to assure proper planning.

Reservation Form

Vatikkim Luncheon on Thursday, October 19, 2000

Please reserve _____ places for me at the

Vatikkim luncheon.

Name: _____

Phone Number: _____

Please have your response reach us by October 17.

No reservations will be accepted after this date.

Membership Information

Change of address: **Mimi Godfrey and William Cullen**, 9509 Thornhill Road, Silver Spring, MD 20901, 301-587-5045; **David and Louise Lorr**, 6540 Bradley Boulevard, Bethesda, MD 20817, 301-365-0320; **Arthur and Judith Salomon**, 209 Creek Valley Lane, Rockville, MD 20850, 301-990-3070.

Youth Department News

Youth Department Calendar

Get ready for an exciting year of youth group programs!!! Don't forget to put these dates on your calendar so you won't miss out on future programs (schedule is subject to change). For more details, check out our monthly mailings and the bulletin board in the school wing. We can't wait to see you at all our programs. I know you will have an amazing time.

Bonim (K-2)

Sunday, November 5	Mitzvah Day
Saturday, December 2	Hav-Deli and Israeli Dancing
Sunday, January 7	Bowling
Sunday, February 4	Tu B'shevat Celebration
Sunday, March 4	Purim Carnival
Sunday, March 18	Jeepers
Sunday, April 1	Tie-Dye
Sunday, May 6	Mini-Golf
Sunday, June 10	End of Year Celebration

Machar (3-5)

Sunday, November 5	Mitzvah Day
Saturday, December 2	Hav-Deli and Israeli Dancing
Sunday, January 7	Game Show Day with B'nai Tzedek
Saturday, February 3	Wizards Game with B'nai Israel
Sunday, March 4	Purim Carnival
Saturday, March 17	Movie Night
Sunday, April 1	Newseum
Sunday, May 6	Mystery Day
Sunday, June 10	End of Year Celebration

Kadima (6-8)

Thursday, October 19	Mystery Night (no MCPS or JDS on Friday)
Friday, November 3-5	Weekend Retreat
Sunday, November 12	CPR Class
Friday-Sunday, December 8-10	Regional Kadima Kallah

USY (9-12)

Friday, October 6	Manor Care Shabbat
Thursday, October 19	Casino Night at B'nai Tzedek (no MCPS or JDS on Friday)
Sunday, November 5	Mitzvah Day
Friday, November 10	Shabbat Dinner
Sunday, November 12	CPR Class
Friday-Sunday, November 17-19	Regional Fall Convention
Wednesday, November 22	Regional Thanksgiving Dance

Youth Department Hotlines, (301) 652-8573

Bonim:	Carrie Apfel, ext. 342
Machar:	Rebecca Bromberg, ext. 341
Kadima:	Ben Brodsky, ext. 340
USY:	Ariele Hausner-Barach, ext. 308

All in the Family

Congregation Beth El wishes a speedy recovery to **Murray Haber**.

Nitzanim

Nitzanim Shabbat Services are held on the second and fourth Saturdays of each month at 10:30 am in the All Purpose Room. A special service for children ages six and under and their parents, Nitzanim Shabbat Services feature a Torah parade, stories, lots of songs and a snack. We hope you will join us!

Today Rabah to **Colin and Audrey Winston** for sponsoring the Nitzanim Kiddush on Saturday, September 23 in honor of the sixth birthday of their daughter, **Shira Winston**, and to **Steven and Linda Levine** for sponsoring the Nitzanim kiddush on Saturday, October 14 in honor of the fifth birthday of their daughter, **Rena Levine**.

Gan Shabbat

Gan Shabbat, the youth service for families with children in grades K-2, has begun another year of prayer, songs and Torah. This service eases the children into greater Hebrew literacy with repetition of the prayers basic to the service. Come join us in the Meeting Room downstairs from 10-11 am. This year the service will meet twice a month on the first and third Saturdays. Sarah Roark and Rachelle Solkowitz will alternate leading the service.

Shitufim Minyan

Shitufim Minyan is our newest addition to the junior congregation services available at Beth El. Our target audience is third and fourth grade students and their parents. Second graders who are ready to graduate from Gan Shabbat are more than welcome to join us. Shitufim Minyan will be meeting the first and third Shabbat of the month in Room 209. High school students of our congregation have volunteered to read Torah at this service, setting a fine example of accomplishment for our younger participants. Schedules will be sent home with the third and fourth grade students. The service is led by Anita Lieb, who can be reached at (301)762-3896 if you have any questions or want to volunteer to read Torah.

Beth El Cemetery Section at Judean Gardens

Cemetery sites are currently being sold at Judean Gardens in Olney, Maryland. Beth El's first section is full and a new section is now available. The charge is \$1,250. Please contact Carole Wellner at 301-652-2606, ext. 316 to receive our brochure.

SAUL BENDIT ADULT INSTITUTE

FALL 2000

Six Wednesday Evenings, November 1, 8, 15 and 29; December 6 and 13

7:30 to 8:20 p.m.

Confronting Life's Critical Issues: Three Biblical Models Rabbi Jonathan Maltzman
 What Do Jews Believe? Rabbi William Rudolph
 Paul and the Judaism of His Time Rabbi Samuel Scolnic
 The Civil War and the American Jewish Community Jeffrey Kaplan
 The American Jewish Merchant Douglas Bregman
 Hebrew Prayerbook Reading Beyond the Basics Cheryl Kreiser

8:20 to 8:40 p.m. - Coffee Break

8:40 to 9:30 p.m.

Kohelet: Pessimist or Realist? Rabbi William Rudolph
 The State of Israel as a Theological Dilemma Professor Menachem Friedman and Dr. Colin Winston
 Kabbalah for Today David Shneyer with Rabbi Robert Saks
 Four Answers: Perspectives from Major Jewish Denominations Dr. Saul Rogolsky
 Introduction to Textual Study Marilyn Fine

Six Tuesday Mornings, October 31; November 7, 14, and 28; December 5 and 12

8:10 to 9:00 a.m.

A Taste of Talmud Rabbi Samuel Scolnic

9:00 to 9:55 a.m.

Reading Hebrew with Ease Betsy Roth

10:00 to 10:50 a.m.

Confronting Life's Critical Issues: Three Biblical Models Rabbi Jonathan Maltzman

What Do Jews Believe? Rabbi William Rudolph

Paul and the Judaism of His Time Rabbi Samuel Scolnic

10:50 to 11:10 a.m. - Coffee Break

11:10 to Noon

Kohelet: Pessimist or Realist? Rabbi William Rudolph

Introduction to Textual Study Marilyn Fine

BROCHURES ARE NOW AVAILABLE

Note: The evening minyan will start at 8:20 p.m. (rather than 8:00 p.m.) on evenings when Institute classes are scheduled.

Congregation Beth El of Montgomery County, 8215 Old Georgetown Road, Bethesda, MD 20814-1451

Please enroll me in the following A.M. P.M. course(s):

1. _____ 2. _____

Enclosed is a check for \$ _____ made payable to Beth El.

Name _____

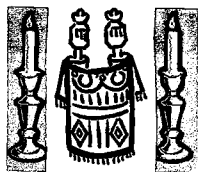
Address _____

City _____ State _____ Zip Code _____ Phone _____

One 1-hour course (Six 1-hour sessions) (Talmud - no fee)..... \$25
 Same person taking two or more 1-hour courses (morning and/or evening).....\$20 per course
 Prayerbook Hebrew course (12 1-hour sessions)..... \$40 per course

Set the Table with Torah

Set the Table



with Torah

An introductory word: a discussion about the week's Torah portion is a good Shabbat dinner custom. Make the discussion as long or short, as simple or complicated, as your dinner crowd can handle.

Ha'azinu (Deuteronomy 32:1- 52)

Ha'azinu, the opening word of this portion, means "give ear" or listen to God's words. The poem introduced in the last line of the previous portion is recited by Moses at the start of *Ha'azinu*. Moses calls upon heaven and earth to witness his words.

Moses begins by praising God and describing the special care God has given Israel. Moses tells the people to take what he tells them very seriously since these laws are the essence of their lives.

This is the second time that Moses has utilized a poetic structure to communicate with the Israelites. The first time was after Israel's rescue at the Red Sea (Exodus 15), at the start of the years of wandering in the desert. The first poem praised and thanked God for delivering the people from Pharaoh. The content of the second poem forewarned the people of their impending rebellion. It spelled out God's retribution and the fact that the people would ultimately be redeemed.

Do you think using poetry was an effective way to reach people in biblical times? Would this work today? How do we usually capture the attention of others?

This portion has connections to the holiday of Hanukkah. Deuteronomy 32:7 reads "Ask your father, he will inform you, your elders, they will tell you." This became the basis for the command to kindle the Hanukkah lights. Your father and teachers will tell you of God's miracles and obligate you to carry out the lighting of the Hanukkah candles.

What observances do you personally carry out? What observances do you hope future generations will maintain?

Another connection to Hanukkah in this portion; six times God is called *HaTzur* - The Rock. In 32:15 the phrase *Tzur Yeshuati* or "Rock of my support" is used. This expression was incorporated into the Hanukkah hymn "Rock of Ages." "*Ma'oz Tzur*" praises God for Israel's redemption from both Egyptian slavery and Babylonian exile, for the

deliverance of the Persian Jews from wicked Haman, and for the victory of the Maccabees over Antiochus. The hymn also includes a hope of redemption for all Jews.

The portion closes with God directing Moses to ascend Mount Nebo and to look at the Land promised to the Israelites. Moses is told that he will die on the mountain.

Please cut out this article and save it for your Friday Shabbat dinner discussion. For further discussions of Parshat Hashavua geared toward families, get on the web at www.jewishfamily.com "Portion of the Week" and www.uahc.org "Shabbat Table Talk". You may also want to try these two websites: <http://learn.jtsa.edu/topics/parashah> archive.shtml and or <http://www.torah.org>

Beth El Worship and Study Minyan

The Beth El Worship and Study Minyan will meet on Saturday, October 7 in the All Purpose Room from 10 am to Noon. The service, conducted entirely by members of the Congregation, combines evocative Torah study with ample singing and Ruach. Children of all ages are welcome, although the service is oriented towards adults. Contact Dan Hirsch, 301-654-7289, DOHirsch@aol.com; Sid Getz, 301-530-2215, Sidgetz@aol.com; or Mark Levitt, 301-365-5365, MKEMJ@aol.com, for more information.

Minyan Chaverim to Meet Second Shabbat of Each Month

Minyan Chaverim meets on the second Shabbat of each month from 9:30 am to Noon in the Meeting Room, **with the exception of October when there will be no meeting due to Sukkot.** Minyan Chaverim is a community-led service, featuring complete recitations of Shacharit and Musaf as well as a full Torah reading, and emphasizing a spirited and participatory nusach. Following the synagogue kiddush, participants (and for that matter, all comers) are invited to attend a pot-luck (Kosher dairy) lunch at a nearby home, which includes a Torah discussion, zmirot, and plenty of good kibitzing. For more information, please contact Debbie Feinstein at debbie_feinstein@yahoo.com or 301-767-1178.

**See you at our Annual
Membership Dinner**

Thursday, November 2, 2000
6:30 in the evening

Presentation of Torah Fund Award to
Joan Claxton

Entertainment by Calliope

Dinner is free to members of Sisterhood

Guests may attend at a cost of \$18 each
Please include a check with guest reservation
We regret no payment will be accepted at the door

Beth El women must be Sisterhood members to attend

Haven't joined Sisterhood yet?

Call Toby Moss (301) 530-0861
Call Marilyn Wind (301) 530-6726

Please RSVP by October 24. We regret we will be unable to honor any requests after October 24.
Don't be disappointed. Respond early to ensure your reservation reaches Beth El by the deadline.

Please mark your envelope "Membership Dinner." Todah Rabah!

Sorry, no phone reservations

Please detach -----

Sisterhood Membership Dinner Reservation Form

Name of Member _____ Phone _____

Name of Guest(s) _____

Amount of Check, if included \$ _____ Date _____

I/We wish to be seated with _____

Please note that while we will try to accommodate seating requests, we can't guarantee this will be possible. We expect your understanding if we can't honor your request

The Complete Shabbat

From Shabbat dinner at Beth El to Havdalah at Home, plan to be part of the Shabbaton, November 17-18. Rabbi Karyn Kedar will lead the service Friday evening before dinner and offer the D'var Torah on Shabbat morning. The Shabbaton will conclude with the second annual congregation-wide celebration of Havdalah at Home, in which all congregants are encouraged to observe the conclusion of Shabbat with this brief and moving ritual.

Rabbi Kedar, author of *God Whispers: Stories of the Soul, Lessons of the Heart*, taught two extraordinarily popular courses at the Saul Bendit Institute in 1994. Her diverse choices for her courses were: "Angels, New Age, and Judaism" and "The Poetry of the Psalms."

Rabbi Kedar's book (available in the Sisterhood Judaica Shop) is about opening the heart and mind to God's quiet lessons. In one chapter, she recounts the Hasidic story of a miser who, when asked for a contribution by a rabbi, gave one dirty penny. The rabbi so praised the miser's gift that the man gave another penny and another until he had given a sizeable sum. The rabbi explained that he realized that for the penny to be so dirty the miser must have guarded it for years. To part with it was, at first, the most the miser could do and as laudable as any larger amount. Rabbi Kedar compares the penny to the small gestures that she considered to be an insufficient display of friendship from a man she thought of as her friend. She realized that she was expecting too much. The smile of friendship he gave her was, like the penny, all he could muster. "Abundance," she explains, "is mostly based on belief and not reality...Be grateful for all you receive, expect little, and accept all that is given with good intention. Penny by penny, moment by moment, the universe provides, and we must learn to accept."

In preparation for the Shabbaton, the Family Education Advisory Committee will distribute Havdalah candles and sell copies of Rabbi Kedar's book in the Rotunda on November 12. For information or to make a reservation for dinner, call Sarah Roark at 301-652-8573, ext. 320.

Beth El Sisterhood
and
Adventist HealthCare Community Health Program
will offer a

Flu Shot Clinic

Sunday, October 29, 2000
9 am - 12 noon

Where: Beth El Board Room
Walk-in, No Reservations Necessary

Who: Adults, 18 and Older
Members and Non-members
(must not be pregnant)

Cost: \$10 (cash or check)
Will Accept Medicare Part B
(please bring your card)

Note: Seniors and those at risk should come
early since supplies are limited

Info: Call Pat Danoff at (301) 365-1180

Beat the Flu Bug

Do You Know What To Do If Someone Is...



Having a Heart Attack

Not Breathing

Choking

Come to Our CPR Classes
We Will Teach You

These classes cover Adult, Child, and Infant CPR techniques. Whether you are a parent, grandparent, aunt, uncle, babysitter, or just a good Samaritan, these are skills that you should not be without.

The classes are divided into two age groups.

Youth

Adults

11 years to 17 years

18 years and older

For more information, or to sign up for these important skills, please contact:
Ariele Hausner-Barach at 301-652-2606 ext. 308

Youth Classes will be held on:

Sunday, November 12, 2000 from 1:30 p.m. to 5:30 p.m.
Sunday, April 22, 2001 from 1:30 p.m. to 5:30 p.m.

Cost: \$15

Adult Classes will be held on:

Sunday, November 19, 2000 from 1:30 p.m. to 5:30 p.m.
Sunday, April 29, 2001 from 1:30 p.m. to 5:30 p.m.

Cost: \$26

Please make checks payable to: Congregation Beth El
send to: CPR Class
8215 Old Georgetown Road
Bethesda, MD 20814

Taking Charge of Your Future: A Series of Workshops on Separation and Divorce

Making a decision to separate or divorce is always a painful one. For people who have made that decision, it is useful to have as much specific information as possible. For those who are already divorced, many issues continue. Understanding your own reactions and feelings, and those of your children can help you cope with the situation more effectively.

This series of workshops, each of which is independent of the others in terms of attendance requirements, will take place on Monday evenings. Sessions will be from 7:30 to 9 pm. There will be no charge.

The sessions are organized around the following topics (again, you are welcome to attend any or all of the sessions):

Session 2 (October 23): What Do We Do About the Children? What parenting plan to try; how do parents communicate; how much say do the children have.

Session 3 (November 13): Re-Entry Into the Single Scene: How Do I Do It? What do you need to think about; where to go; choices to make.

Session 4 (December 11): How to Co-Parent in Spite of Your Anger: What are the communication obstacles? How do we develop a "business relationship?"

Leading the workshops will be the Co-Directors of the Bethesda Group, Naomi Greenwood, LCSW-C and a member of Beth El, and Karen Freed, also LCSW-C. Theirs is a private psychotherapy practice which specializes in issues of separation and divorce and remarriage. To present Jewish perspectives on the topics will be our own Rabbi Bill Rudolph.

To register, or for more information, please contact Rabbi Rudolph at 301-652-2606, ext. 318.

Baruch Dayan Emet

Congregation Beth El offers its sincere condolences to **Elizabeth Goldman** on the death of her husband, **David Goldman**; to **Marilyn Shevin-Coetzee** on the death of her father, **Michael Shevin**; to **Sondra Taubenblatt** on the death of her sister, **Barbara Antzoulatos**; and to **Flora Feld** on the death of her brother, **Louis Papier**.

Mark Your Social Action Calendars: Mitzvah Day is November 5

The Social Action Committee is pleased to announce Beth El's fourth annual Mitzvah Day on Sunday, November 5, 2000. The list of Mitzvah Day activities includes something for everyone: sorting clothing, toiletries, toys, and household items for the needy; cooking and serving dinner for two shelters and Children's Inn; volunteering at the National Capital Area Food Bank; cleaning up the grounds at Glen Echo Park and at Beth El; entertaining our adopted family at the Hebrew Home; and the ever-popular bowling with residents of the Jewish Foundation for Group Homes. We are offering a new activity this year—gleaning—depending upon Beth El community interest. The Washington Area Gleaning Network will be assigning us a farm and items to pick, which will then be used at the Capital Area Food Bank. This family-friendly biblical activity promises a reward for everyone who participates.

If you didn't pick up a Mitzvah Day sign-up form at High Holiday services, you can find them in the lucite holder outside the office. Please remember to clean out your closets, attics, and garages for donations to the Interfaith Clothing Center. For your shopping convenience, the Mitzvah Mall will be open for business. We also will be selling Mitzvah Day t-shirts. Last year, we donated \$1,000 in t-shirt profits to Kostroma! If you would like more information about Mitzvah Day, call Abbie Eckland at 301-320-9433.

Beth El Adult Academy Returns

The Beth El Adult Academy, the Congregation's Sunday morning Adult Education program, will resume with a seven-session Fall semester beginning on Sunday, October 29. Course offerings include: Torah Studies, Holocaust Studies, Tefillah Hebrew: The Shabbat Morning Service, The Jewish Celebration Cycle, Israel Studies: The Current Situation in the Historical Perspective, and One Step Ahead of Your Child: Beginners Hebrew. Classes will be held from 9-10 am, 10-11 am, and 11:15 am-12:15 pm. We are only able to offer three one-hour classes, so final course selections will depend on enrollment. This program is funded by a grant from the Jewish Federation of Greater Washington. The only charge will be a textbook fee. For more information, please contact the Religious School Office, 301-652-8569, ext. 309.