



Off the Bimah



It seems to me that various traditional stages of mourning, (funeral, shiva, sheloshim, first yearzeit and unveiling) often color our expectations of those who have sustained a loss. Simply put, there seems to be an assumption that, once the year is over and the unveiling is held, those who have sustained a loss are "through" being mourners and now they can/should "get on with their life." If in fact this is true, then it is my humble opinion that the tradition steers us in a very dysfunctional direction.

Indeed, from my own personal experience as a mourner and as a rabbi, I have come to believe that the REAL grief comes after the first year. In fact, mourners during the first year very often display, in the words of one expert, an attitude of "breeziness" which is not a mask but more a symptom of a kind of psychological numbness that has overtaken them. In addition, during the first year of mourning they are often so busy "taking care of business" so to speak, (paying bills, changing names on accounts, writing thank yous, etc.) that they do not experience the full impact of their grief. It is very often only after the first year that the cold, gray, despair of loneliness sets in. I have heard many mourners echo the very same thing.

But, do not misunderstand me. I am not saying that mourners should be encouraged to be depressed and grief-stricken the rest of their lives. Nor am I saying that once a loss occurs there is no longer room for joy, love and fulfillment. I am saying that mourners should be encouraged to work with their grief for as long as necessary and not have to conform to some artificial time table. And perhaps we, the community, should be doing more.

Rabbi Jonathan Z. Maltzman



Shabbat Services

Friday, January 19

6:30 pm Friday Evening Service

Saturday, January 20

Shemot: Exodus 1:1-6:1

7:30 and 9:15 am Shabbat Services

9:15 am Lisa Mann Bat Mitzvah  
Stephanie Postar Bat Mitzvah

10 am Jr. Congregation, Chapel  
Learners' Minyan, APR  
Gan Shabbat, MR

11 am Shitufim Minyan, Room 209  
12:30 pm Perek Yomi, Chapel

Friday, January 26

6:30 pm Friday Evening Service

Saturday, January 27

Vaera: Exodus 6:2-9:35

7:30 and 9:15 am Shabbat Services

9:15 am Nora Levy Bat Mitzvah  
Dara Scher Bat Mitzvah

10 am Jr. Congregation, Chapel

10:30 am Nitzanim, APR

Noon Kiddush, SH, APR, BR

12:30 pm Perek Yomi, Chapel

Friday, February 2

6:30 pm Friday Evening Service

Saturday, February 3

Bo: Exodus 10:1-13:16

7:30 and 9:15 am Shabbat Services

9:15 am Daniel Koblenz Bar Mitzvah

9:50 am Worship and Study Minyan, APR

10 am Jr. Congregation, Chapel  
Gan Shabbat, MR

11 am Shitufim Minyan, Room 209

12:30 pm Perek Yomi, Chapel

January 19, 2001

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## Sisterhood News

### **Sisterhood General Meeting**

On Sunday, December 17, members of the Sisterhood were delighted by a talk by Mollie Berch on Israeli women authors. The speaker, a native Washingtonian, has taught in local Jewish schools, and she told us that one of her chief interests is putting Jewish women into the curriculum.

The first author to be discussed was Dvora Baron, whose life story is told in *Conversations with Dvora, an Experimental Biography of the First Modern Hebrew Writer*, by Amia Lieblich. Writing in Palestine in the early part of the century, Baron wrote stories about the shtetl, focusing on feminist issues such as divorce and domestic abuse.

The other authors discussed were more modern. Shulamith Haraven, who emigrated to Israel at the age of six and fought in the Haganah, is the author of *Thirst*, three stories about the Hebrews wandering in the desert, in a version unlike the one in the Chumash. Savyon Liebrecht writes stories which often deal with the silence of Holocaust survivors. Ms. Berch read excerpts of poems from a collection called *The Defiant Muse*, and outlined the plot of *Persian Brides*, by Dorit Rabinyan. A book for young adult readers, *Under the Donim Tree*, by Gila Almagor, was also mentioned.

There was a short discussion about two authors familiar to American readers, Naomi Regan, who wrote *The Ghost of Hannah Mendes*, and mystery writer, Batya Gur.

Copies of several of the short stories mentioned were passed out to members of the audience for future reading.

Many thanks to Annette Moshman and Andrea Golden for arranging this fine program.

### **Community Based Shelter Cooking**

Thank you to **Debbie Friedmann, Janice Liebowitz and Barbara Klein** who cooked a complete meal for the Community Based Shelter during Beth El's week of December 24-31.

### **One Day Workshop: "Hats 'n Bags"**

On Tuesday, January 30 from 7-9 pm at Beth El, learn to make a simple kippah and/or tallit bag from your own fabric to match your tallit. All are welcomed to participate....but Tallit Workshop Alums (especially those still carrying around their "works of art" in a plastic bag) are especially encouraged to join us. The workshop is sponsored by Sisterhood. Call the Sisterhood Hot Line at 301-652-8573, ext. 333, or contact Judy Spector at globusinc@msn.com or 301-309-2529 to register and for supply list. You will be required to bring your own materials to the workshop. Sewing machines and some sewing assistance

provided. You need not have attended previous Tallit Workshops to participate.

### **Hold the Date of February 3, 2001!**

Enjoyed the Cabaret Night (or even worse, missed this wonderful evening)? Here's your next opportunity to join in the fun. On Saturday, February 3, the Sisterhood is sponsoring an evening at Theatre J (at the DCJCC) to view the performance of "The Chosen." Tickets are \$20. Please hold the date. More information is coming.

### **Challah-Baking Workshop**

As part of Beth El's Shabbat Shalom at Home, Sisterhood is offering a Challah-Baking Workshop on Friday, February 9 from 9 am to noon. If you are interested in participating in this workshop, or if you would like more information, please call Michelle Hainbach at 301-986-0122.

### **February Book Group Discussion**

The Sisterhood Book Discussion Group will meet on February 11 at 9:30 am to talk about *After Long Silence*, by Helen Fremont. The book is available in the Montgomery County library system. Everyone who is interested is invited. If you have any questions, please call Andrea Golden at 301-294-2375 or Annette Moshman at 301-229-4040.

### **Save the Date**

Sisterhood is sponsoring an educational program on **Aging and Family Dynamics - My Parents, My Children and Me** on Sunday, February 11, 2001 from noon to 4:00 pm.

### **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 301-652-8569, ext. 333. Calls will be answered as quickly as possible.

At the time of major life cycle events, particularly serious illnesses or deaths, members of Beth El expect and deserve timely responses to requests for support. Appropriate arrangements, including the participation of other members of the clergy if desired, can be assured by contacting Rabbi Jonathan Maltzman at 301-652-2606, ext. 319 at the synagogue, or 301-530-9199 at home, or Sheila Bellack, our Executive Director, at 301-652-2606, ext. 306.

### Premarital Counseling

Rabbi Maltzman is forming a premarital counseling group. If you are interested in being part of a steering committee, please call him at 301-652-2606, ext. 319.

### Stock Transfers

From time to time, members of Beth El contribute stock for payment of dues, pledges, and/or tuition, and we are grateful for this support. However, in order to credit a member's synagogue account correctly, it is essential that Sheila Bellack, 301-652-2606, ext. 306, be contacted with the name(s) of the stock(s) being transferred and the number of shares. If you have recently transferred stock to Beth El and your synagogue account has not been credited, please call Sheila Bellack as soon as possible.

### Important Meeting for Parents of 2002 B'nai Mitzvah

Please plan to attend the meeting on Sunday, January 21 at 11:30 am in the Sanctuary for the parents of children who will become B'nai Mitzvah in 2002.

### Nominating Committee in Search of Officers and Trustees for 2001

A Nominating Committee, chaired by immediate past president Norman Eule, has been formed to propose nominees for synagogue officers and trustees for the coming year. It is important that the congregation select qualified people and provide leadership opportunities to individuals seeking to serve our membership and community.

If you are interested in a position, or wish to present the name of someone for a position, please contact Norman Eule at 301-913-5770. The slate of the Nominating Committee will be presented to the Board of Directors and voted on at the Congregation's Annual Meeting on Tuesday, May 22, 2001. In accordance with our constitution, additional nominations may be made to the chair of the Nominating Committee by written petition of 25 or more members in good standing no later than April 15, 2001.

### Membership Information

Change of address: **Mitchell and Cindy Caplan**, 6910 Hillmead Road, Bethesda, MD 20817, 301-767-3370; **Judge Burton S. Kolko**, 117 Sherman Avenue, Takoma Park, MD 20912.

### B'nai Mitzvah 2002?

A member of the new B'nai Mitzvah Outreach Committee will soon be calling you to offer her support. The committee members are Sisterhood volunteers who have recently celebrated their own children's B'nai Mitzvah. Ask her anything! She will do her best to help you.

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## Men's Club News

### *Perspectives in Dialogue*

Ambassador Dennis Ross will be speaking on "Can We Still Achieve Mid-East Peace" at Beth El on January 21 in the final presentation of this year's Perspectives in Dialogue series. Look for more details in this issue of the *Scroll*.

### *Blue Yarmulke Award*

David Goldman will posthumously receive the Blue Yarmulke award at the Seaboard Region Award Dinner on January 21 at Adas Israel.

### *World Wide Wrap*

On Sunday, January 28, Rabbi William Rudolph will give a World Wide Wrap following the Morning Minyan. The program is part of an international effort to increase participation in the ritual use of tefillin. Please join us for what promises to be another interesting discussion.

### *Purim Carnival*

Reserve the date March 4 for the upcoming Purim Carnival. Games, food, fun for the entire family. The Carnival will run from noon until 3 pm. Discounted tickets if purchased in advance. Watch for details on the website and in the *Scroll*. Volunteers are needed for prize redemption and running the games. Please contact Bernie Rod at 301-299-8362 or [rod@erols.com](mailto:rod@erols.com).

### *Sunday Programs*

On Sunday mornings, the bagel and lox breakfast follows the 9 am Minyan, with the program from 10-11 am. Check the Beth El website or Men's Club poster in the Rotunda for details.

### *Here's the Pitch*

If you're not already a member of the Men's Club, please consider joining. The Men's Club sponsors youth programs including scouting, the Purim carnival, Israeli scholarships, school books, Bar Mitzvah kiddush cups, and other important activities. Your participation makes it possible! For membership information, call Marvin Yudkovitz at 301-564-4580.

## 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.

## World Wide Wrap

Count me (us) in. I (we) will be participating in the "World Wide Wrap" on the morning on January 28 and will put on tefillin.

Name(s): \_\_\_\_\_

Send form to Beth El Men's Club, 8215 Old Georgetown Rd., Bethesda, MD 20814-1451.

Questions? Contact Marvin Yudkovitz, 301-564-4580.

## A Chance to Give Back



Beth El's Social Action Committee has been considering involvement in a more intensive and ongoing project to go along with other social action efforts that already exist at Beth El. To that end, it has just established a working partnership with Woodlin Elementary School. This is a school of 570 students, with grades Kindergarten through five. It is located in Silver Spring, off Georgia Avenue just below the Beltway (about two blocks from Snider's Market). The school has a diverse population. There are a sizeable number of Spanish-speaking students, and there are many students who would benefit from individualized help with their schoolwork. We are looking for mentors who can commit to one hour each week of mentoring/tutoring, one-on-one. The focus of the mentoring partnership will be the lunch hour. Mentors will meet with their student, eat lunch together, build a relationship, and spend time working on specific subjects or projects as designated by the student's teacher or guidance counselor.

We expect this partnership to grow over time, and include other opportunities to help this school and its students to flourish. For now, anyone interested in serving as a mentor should call Abbie Eckland, 301-320-9433, or Rabbi Bill Rudolph, 301-652-2606, ext. 318. We are planning to make the student-mentor assignments in January.