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THE SCROLL IS A RECIPIENT OF THREE SOLOMON SCHECHTER GOLD AWARDS FROM THE UNITED SYNAGOGUE OF CONSERVATIVE JUDAISM.

From the Clergy

WE ARE ALL *Israelis*



BY HAZZAN ASA FRADKIN

People are clapping. It's Saturday night at the end of a long and exhausting day. And people are clapping and some are cheering. They are clapping for the pilot and the crew but most importantly for the holy land on which we have just landed.

According to Museum of Flight researcher Bruce Florsheim, "The earliest record of passengers doing a landing clap was in a *Cincinnati Enquirer* article published on November 20, 1948." In this particular case, the passengers were relieved at their safe landing after a 15-minute delay due to a malfunctioning instrument panel. When the plane finally landed, the passengers applauded. It would seem providential that this was the year of Israel's birth, and we might imagine Israel-bound passengers were applauding from the very beginning.

When I touched down in Israel at the end of that long Saturday, there was no doubt in anyone's mind that we would applaud. I had heard of it before and was so elated upon landing in Israel for my Birthright trip, I was grateful to have an immediate expression for my joy and excitement.

A Miraculous Reality

We were going to see the land we knew from those old, dusty, and love-worn books we'd been using since childhood. The land of all our prayers; the land promised to us by God three millennia ago. That day, Israel ceased to be an idea or a dream. It was a miraculous reality that I soaked in and drank unquenchably



for the next 10 days.

No one can prepare you for the greatest religious experience of your life. As I sit here typing these words, I feel my heartbeat

quicken, just remembering the awe I felt in seeing my Jewish childhood spring to life before my eyes. Staring out at the Negev and seeing Avraham or walking in desert valleys and imagining the haunting words of Psalm 23: "Though I walk in the valley of the shadow of death, I fear no evil, for thou art with me."

When I look back on those days and my Birthright experience, I am brought back to the magic that Israel performed in my life, turning me from a college kid into a Zionist, from an American Jew into an Israeli.

If we are all Jews, then we are all Israelis. We all pine for that wall and for our place among our people. And

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FROM THE CLERGY CONTINUED FROM PAGE 1

whether we live in Bethesda, New York, Boston, or L.A., we hold Israel in our hearts.

So during Beth El's year of Israel, think of that plane touching down each day in safety on the runways of Ben-Gurion and give some private applause for all of us who have helped the dream of Israel to become and remain a reality. ■

TOBE: TIKKUN OLAM AT BETH EL

Beth El's Refugee Response Team

We are pleased to announce that Beth El has filed an application to adopt a refugee family to help them become self-sufficient in our community. We have established six subcommittees: Employment, Food and Clothing, Housing and Furnishing, Transportation, Financial Planning, and Welcome. To get involved, please email Refugee Response Co-Chair Sharon Fine.



Inventory of Beth El's Social Action Activities:

Thanks to congregant Fran Rubin, the ToBE Task Force has posted a comprehensive inventory of about 90 social action activities occurring at Beth El throughout the year. Information for each project is categorized by areas of interest. The inventory also includes a Beth El contact for each social action activity, as well as links to learn more about the organizations with which Beth El partners. The categories range from helping the homeless, environment, Israel, school children, those hospitalized in our community, and many more. If you are interested in any of these projects, please get in touch with the Beth El contact listed on the ToBE Inventory. To see the inventory visit bethelmc.org/social-action/opportunities.

From the B'ruchim Habaim Committee

Beth El is committed to being a fully inclusive synagogue. To that end, we want to accommodate anyone with a disability or unique or special need so they can access religious services and educational or social events. We need to hear from you so we can do a better job of providing accommodations to meet your needs.

Please email Andrea Golden, chair of B'ruchim Habaim, the inclusion committee.

October B'nai Mitzvah

October 7: Sarah Donner and Sofia Ross

October 8: Daniel Bahat

October 14: Gibson Hirt and Zachary Solomon

October 21: Abigail Chaikin and Matthew Eisner

How to Make a Shiva Call

BY RABBI DAVID L. ABRAMSON

“What do I say? What do I do?”

Making a shiva call is a daunting prospect for those less familiar with the trappings of Jewish mourning. Many (especially young people) are anxious and intimidated about going to a shiva house.

Paradoxically, the rules for behavior in a shiva house are both specific and vague. Let me explain.

“Sitting shiva” – the practice of remaining in one’s home for seven days following a funeral – is one of the most important aspects of Jewish mourning. This is the mourners’ opportunity to be consoled by their family and community, and it is the community’s and family’s opportunity to fulfill the mitzvah of *nichum aveilim*, comforting mourners. Roles are clearly defined.

We become *aveilim*, primary mourners, for seven immediate relatives: father, mother, brother, sister, son, daughter, and spouse. Other relatives are also mourning, but they’re not *aveilim* – primary mourners – and their role is to comfort and support the *aveilim*, just as the role of the *aveilim* is to allow others to comfort them.

Immediately upon returning from the cemetery, the mourners sit down for the *se’udat havra’ah*, the meal of consolation. Traditionally, *aveilim* aren’t supposed to even fill their plates; others are supposed to do that for them.

During the week of shiva, mourners traditionally don’t leave their homes (except on Shabbat, when the public trappings of mourning are suspended). Mourners don’t go to shul; shul comes to them. That’s why services are held in shiva homes. A minyan is required for public, communal prayers. Fortunately, shiva houses often are filled with many more than the requisite minimum.



Beyond the Minyan

But the importance of visitors in a shiva house goes far beyond the quorum for prayer. The crucial role of visitors at a shiva house is to be there, to comfort the mourners with their presence. Some people bring food; many do not. Some come with stories about the departed; others come with their sympathetic ears.

What do you say when you come into a shiva house? There’s a traditional greeting: “*Ha-makom yenachem etkhem b’tokh sh’ar aveilei tziyyon viyrushalayim* (May the Almighty comfort you, along with all other mourners of Zion and Jerusalem).” Some simply say: “*Ha-makom yenachem etkhem* (May the Almighty comfort you).” But it really doesn’t matter what you say!

Remember that I wrote that the rules of shiva are both specific and vague. In fact, the specific rules and behaviors are less important when you remember that the most important thing you bring to a shiva house is yourself – and your presence can provide incalculable comfort to mourners.

My advice to those contemplating a first visit to a shiva house is just go and don’t worry about what you should do or say. You might be a bit uncomfortable at first, but you’ll probably sense how important your visit is to the bereaved family. You might have an awareness of how you’ve profoundly affected the *aveilim* – and you might discover how you have been profoundly affected as well. ■

Editors’ Note: This article is the first in a new series, “Life Cycle Circles.” These short articles will explain origin, customs, or observance of various events in our Jewish lives.

Age & Stage Presents

Parenting Without Power Struggles

Thursday, October 26, 7:30 pm

With JSSA Synagogue Liaison Ellen Levin, LCSW-C, LICSW



Parenting can feel like one big power struggle. What fuels the power struggle and how do we deal with it? At this workshop, parents can

discuss what they are experiencing and learn how to minimize and prevent struggles. RSVP to Geryl Baer at gbaer@bethelmc.org.

Second Day Sukkot Deli Lunch

Friday, October 6, following
the 9:30 am morning service



Our now-traditional deli lunch continues this year, thanks to the ongoing generosity of David and Jackie Levine.

Erev Simchat Torah

Thursday, October 12, 7:30 pm

The two most fun nights on the Jewish calendar are Simchat Torah and Purim. Join us for our annual Simchat Torah celebration, including singing and dancing, Torahs for everyone, Hershey bars, and the Beth El Band.



Highlights from Israel

BY MICHELE FRIEDMAN AND LARISA TRAINOR

The Friedman and Trainor families had already begun a journey of friendship, Judaism, and travel. With our children's shared b'nai mitzvah planned for May 2017, a family trip to Israel was the logical next step. We were part of a private tour group of 14, ages nine to 49. Our group's experiences with Israel ranged from rookies to a native Israeli. While we visited many of the must-see wonders of Israel, some of the more creative stops along the way turned out to be the highlights of our trip.

A morning trip through major sites in Jerusalem was a wonderful way for our children, particularly the first-time visitors, to experience the ancient Jewish history they learn about in religious or day school. Our first lunch in Israel was shawarma, after which we all asked ourselves "Why don't we have this in Bethesda?" Then we headed off for an exciting afternoon of rock climbing in the Hinom Valley where



LARISA TRAINOR ROCK CLIMBING IN THE HINOM VALLEY

the bravest of our group lowered themselves down a craggy, rocky mountain surrounded by the beautiful landscapes of the city.

We started our second day at Yad Vashem, then moved from its solemnity to some lighter fare, including a walking tour of Machane Yahudah, where we enjoyed the sights, sounds, and smells of the busy market. From there we returned to our apartment for a Hebrew calligraphy workshop led by a storytelling craftsman. After

dinner, we went to the Night Spectacular at the Tower of David. We ended the evening outside of the walls of the Old City, where we all felt the love and warmth of Jerusalem envelop us.

Ups and Downs

Day three was an early scramble to drive to Masada before the hiking path closed due to extreme temperatures. Once our group recovered at the top, our guide gave us a tour of

CONTINUED ON PAGE 8

Israeli Ambassador to Speak at Beth El

BY LARRY SIDMAN

Israel's ambassador to the United States, the Honorable Ron Dermer, will speak at Beth El on Tuesday, October 17, at 7:30 pm. The title of his talk will be "The Challenges Facing Israel Today." Ambassador Dermer is the third in our Israel Distinguished Speakers Series, following the appearances of Congressman Jamie Raskin (D-Md.) and scholar Aaron David Miller earlier this year.

Dermer was born and raised in Miami Beach, Florida. He earned a degree in finance and management from the Wharton School of Business at the University of Pennsylvania and a degree in philosophy, politics and economics from Oxford University. He made aliyah in 1998 and was a columnist for *The Jerusalem Post* for three years.

In Israel, he co-authored an internationally acclaimed book with famed human rights activist, Natan Sharansky, entitled, *The Case for Democracy: The Power of Freedom to*



Overcome Tyranny and Terror. From 2005 to 2008, he served as Israel's minister of economic affairs in the United States. As a result of assuming that position, he had to relinquish

his U.S. citizenship. He returned to Israel in 2009 and served as senior advisor to Prime Minister Benjamin Netanyahu for four years. In September 2013, he was appointed to be Israel's ambassador to the United States, reflecting both his deep understanding of the U.S. political system and the Prime Minister's extraordinary level of trust in him.

With his service as ambassador spanning the presidencies of Barack Obama and Donald Trump, Dermer is in a position to provide unique insights into the U.S.-Israel relationship, the extent to which it is evolving, and

what we might expect in the near future.

In hosting Dermer, our congregation highlights its annual theme for 5778, Israel. His talk at Beth El will occur ap-

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Israel



Connecting Beth El with Israel in 5778

BY LARRY SIDMAN

The mission of the Am Yisrael Chai Committee is to enhance our communal connection to Israel. The new year is an ideal time to do so since our annual congregational theme for 5778 is Israel. In April we will celebrate the 70th anniversary of the establishment of the modern State of Israel. Working with our clergy, professional staff, lay leadership, our shaliach, Itsik Sayag, and the many congregants with deep ties to Israel, we are planning activities across the remarkable breadth of Israeli political, cultural, and economic life.

Israel Distinguished Speakers Series

The Israel Distinguished Speakers Series will continue on October 17 with Israel's Ambassador to the United States, the Honorable Ron Dermer, speaking on "The Challenges Facing Israel Today." In January, the Honorable Marc Ginsberg, former U.S. Ambassador to Morocco and geopolitical analyst, will discuss the situation in the Middle East and its ramifications for Israel. In the spring, we will host one or more prominent figures from Israel or academia, providing perspective on the eve of Israel's 70th birthday.

Millennials Involved with Israel

A number of congregants have raised millennials deeply involved with Israel. The congregation will meet some of these inspiring young adults in a series of talks. Julia Koby Spiegel, daughter of Glenda Koby and Bruce Spiegel, gave a D'var Torah on September 2 on her experiences as a lone soldier in the IDF. Michael Pollack, son of Alan and Deborah Pollack, and Aaron Levy-Forsythe, son of Jonathan Levy and Patricia Forsythe, will speak about their respective work promoting Palestinian-Israeli peace and improved treatment of Arabs in Israel. David Ochs, son of Phil Ochs and Sheila Cohen, will discuss his role in pro-Israel "boot camps" for 20-somethings and promoting Israel on social media.

Israeli Literature, Film, Music, and Cuisine

Fall plans include a film about Itzhak Rabin and the impact of his assassination, followed by a congregational discussion. Throughout the year, Itsik will show short Israeli films focusing on different aspects of Israel and lead a discussion following each. In the winter, Meital Orr, Georgetown Uni-

versity assistant professor of Jewish civilization, will speak about the relationship of modern Hebrew literature to key issues in Israel's development. In the spring, Itsik will present videos of Israel's entries in the Eurovision music contest over the past several decades. Israeli food and cooking will feature prominently. Discussions of Israeli food, again led by Itsik, will be supplemented by Israeli cooking in the home of congregants.

Enhanced Visibility for Existing Israel Programs at Beth El

Beth El already has many Israel-related programs, most notably the monthly Israeli media series, biweekly conversational Hebrew sessions, Hebrew literature discussions, and at least one class per session in the Scolnic Adult Institute. The Israel Investment Club offers its members an opportunity to invest in the burgeoning Israeli economy. Our committee will publicize these events.

Collaboration with Community Organizations

Our committee will collaborate with the Jewish Federation of Greater Washington to promote its programs linking our community to Israel. Notably, the Federation's Changemaker Series brings Israeli social and economic change leaders to our area. We also will be piloting programs to engage congregants through the Federation's "Imagine Israel" podcast series.

Israel Education and Advocacy

Members of the committee will be working closely with the Jewish Community Relations Council and other pro-Israel advocacy organizations to educate elected leaders about initiatives demonstrating commitment to Israel and to counter anti-Israeli projects such as Boycott, Divest and Sanctions.

We encourage everybody to join us.

Join the Am Yisrael Chai Committee

The Am Yisrael Chai Committee is looking to expand its membership in the new year. We especially need a new chairperson for our Internal Communications Subcommittee. If you are interested in joining, please contact Larry Sidman. ■

Your Teens and Israel

BY ADAM ZEREN

Last month, we launched Beth El's Israel Education Fellowship for all of our 9th through 12th graders. It's vital that our teens have the ability to have an educated discussion about Israel today. The goal of the school-year-long program is to make the fellows more familiar with Israel's history and the vibrant and diverse country it is today. We'll be exploring all aspects of Israeli society.

This initiative was spurred by the need to prepare students to address anti-Israel rhetoric on some college campuses. We want them to be able to hold an intelligent, smart, and honest discussion about Israel and its values. That conversation can be with a friend who doesn't know much about Israel or a fellow high school or college student who is spouting uninformed anti-Israel vitriol. As Jews, we must help instill in our kids a love for Israel.

Students are being asked to commit to four sessions throughout the school year. Our theme is Israel and You: Yesterday, Today, and Tomorrow. Each session will be dynamic, interesting, and relevant to teens.

We had our first meeting a few weeks ago. We have other programs scheduled for November, January, and April.

Besides the education your kids will get, what else is in it for them? They'll get free admission to the AIPAC and J Street policy spring conferences that will hopefully include special meetings with politicians and conference leaders. They'll get a stipend from Beth El to use on a teen Israel trip of their choice. We are working on taking our fellows on a trip to the Israeli Embassy. And they'll get a certificate they can add to their college resumé.

We'd still love for your 9th-12th grader to join us, even though we already held our first session. Please contact me at azeren@bethelmc.org and I'll be happy to give you more information.

Let's always keep Israel in our hearts and minds and pray for peace in the holy land and throughout the world as we enter this new year. L'Shana Tova. ■



I Love Hebrew

BY ITSIK SAYAG

I love Hebrew. It is the tool I use to create, to make friendships and connections, and to understand the connection between God and me.

Hebrew has existed for thousands of years. Since it is a language of roots and layers, sometimes thinking about the meaning of a word and analyzing it to the end is a journey in itself.

So just before starting a new year, when we all greeted each other “shana tova,” I thought about the origin of the word שָׁנָה (shana).

The word shana (a year in Hebrew) sounds almost the same in other Semitic languages, for example, “sanah” in Arabic. The writers of the midrashim of the Middle Ages believed that there was a connection between this word

and the verb שָׁנָה, to memorize by repetition. Others think it is from the verb שָׁנָה (“to return, to repeat”), “The sun returned to the point from which it began” (Radak, Sefer Ha-Shorashim).



Finally, the root of mishnah, שָׁנָה, meaning “changed,” is very similar to the root of shana, a year, a time interval that sees great changes in human lives. Over the course of a year, the seasons change and we change with them.

I wish us all shana tova. In this year may things change at the right time for us, may we again do all the good things that we've done in the past year, and may we have learned well what

not to do. ■

Itsik is Beth El's shaliach.

“Ordinary” Individuals Can Accomplish the Extraordinary

BY ANDREA GLAZER

Each of us “ordinary” people can support the extraordinary – the future of the Jewish people. For a number of years, members of Beth El’s Create A Jewish Legacy Committee have been having conversations with “ordinary” congregants to help them understand the impact their legacy gift can have on the future of our congregation. There is a tale told of a man standing before God and bemoaning his concern for the future of the Jewish people. “Dear God,” he cried, “Why don’t you send help?” God responded, “I did send help. I sent you!”

Legacies emerge from dedication, thoughtfulness, and caring. Legacies grow out of values and commitment. The word “courage” comes from the French *coeur*, meaning heart. Giving can be easy or difficult depending on the criteria we use to determine the beneficiary of our generosity. You don’t have to be courageous to leave a legacy. You merely have to look into your heart to identify the enduring values and commitments that you cherish. Is a vibrant Jewish future one of those values?

Creating a legacy gift need not be complicated. Designating Beth El as one beneficiary of your retirement plan or adding Beth El as a life insurance beneficiary can easily be accomplished. And, of course, many choose to make an outright bequest to Beth El of either a specific sum or percent-

age of their estate in their will. There are other legacy opportunities as well, and we encourage you to seek guidance from your financial advisor as to the most suitable way for you to create your Jewish legacy.

There are a number of options for you to direct your legacy gift. If you choose to make your gift directly to Beth El, you can designate the General Fund, an existing restricted fund, or the Strategic Reserve Fund as the recipient. Or, if you would prefer to support an enduring endowment, you would choose to direct your gift to the Congregation Beth El Support Foundation, Inc., which is the custodian of Beth El’s endowment funds.

It would appear that God and the IRS agree at least on one point: since we can’t take it with us, we should consider leaving it behind where it can do good. We are a congregation of generous people, giving time, lending a helping hand and loving spirit, and providing resources to allow our community to flourish.

To learn more about Create A Jewish Legacy at Beth El, contact me at 301-652-8569, ext. 318, or aglazer@bethelmc.org. ■



How Can Beth El Support Families Struggling with Mental Illness?

BY ANDREA GOLDEN

I always use the summer to catch up on my reading. Right now, I’m reading *Electroboy*, by Andy Behrman.

Andy Behrman grew up in New Jersey as an all-around-great Jewish kid. The book, which is quite racy and which you might be surprised to see mentioned in a synagogue newsletter, is the story of Behrman’s life and how he’s lived through and with manic depressive illness. His book flap says, “Ignoring his crescendoing illness, Behrman struggled to keep up appearances, clinging to the golden-boy image he has cultivated in his youth.”

Behrman was in many honors classes and was very popular but always felt different. While he attempted to “fake it until you make it” he suffered through many years of undiagnosed and misdiagnosed uncontrolled bipolar disorder. There were 19 electroshock treatments too, but it was medication that finally saved him. Eventually he ended up on the right path, saved by medication, and is mania free.

He is a mental health writer, worker, advocate, and speaker.

Might Beth El have some Electroboys and Electrogirls in our congregation? Could they and their families be in need of support and guidance? I am betting the answer is yes.

Mental illness affects approximately one in five adults in the United States. Forty-eight million or 18.5% of people experience mental illness in a given year. Around 18% of adults in the United States experience an anxiety disorder, such as post-traumatic stress disorder, obsessive-compulsive disorder, or phobias. The rate of depression in youth increased from 8.5% in 2011 to 11.1% in 2014. Many go untreated due to a variety of reasons.

Mental health and mental illness remain stigmatized in this country. I hope we can provide a supportive environment here at Beth El for those who are affected and don’t know where to turn.



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ISRAEL HIGHLIGHTS CONTINUED FROM PAGE 4

the compound and enthralled us with stories of King Herod and the siege of Masada. We then descended via cable car and cooled off at the nature preserve and beautiful waterfalls of Ein Gedi. Our last stop was the Dead Sea for a salty float and a beautifying mud bath. Once back in Jerusalem, we ate a delicious dinner that again left us asking, “Why don’t we have this in Bethesda?”

On day four, we drove to the Jerusalem foothills where we planted trees in honor of Alec and Mischa's b'nai mitzvah. In the afternoon we dug for artifacts in the area of Beit Guvrin, ancestral home of King Herod. Our last stop in the foothills was a rigorous, dirty hike and crawl through some of the caves in the area, which pleased all the children and those adults who weren't claustrophobic. Our day concluded with another fantastic dinner.

Our final day in Jerusalem began with an early drive to Caesarea, built by Herod about 25-13 BCE. We toured its ruins, imagining what had occurred there. Some of the kids even reenacted competitions and gladiator games. After

ISRAELI AMBASSADOR CONTINUED FROM PAGE 4

proximately one month before the 100th anniversary of the Balfour Declaration, which paved the way for the creation of a Jewish homeland in then-British Palestine. His appearance will be almost 70 years after the United Nations' historic vote to partition Palestine into a separate Jewish State and a separate Arab State. This event will be a most fitting start to Beth El's celebration of the 70th anniversary of the establishment of the modern State of Israel.

The Ambassador's talk will be exclusively for Beth El members and their families and close friends. Following brief introductory remarks, Dermer will speak for approximately 25-30 minutes. He then will answer written questions submitted by the audience and read by the moderator. Following the one-hour formal program, there will be a dessert reception featuring a number of high ranking officials from the Israeli Embassy, offering the Beth El family a truly special opportunity to connect with them one-on-one.

Please save the date of October 17. Don't miss what should be a most memorable and enjoyable evening. ■

lunch by the sea, we participated in a vegan chocolate-making workshop where we learned about the ingredients, then had a very hands-on experience smelling, tasting, and smearing chocolate. We then headed to Netanya, the hometown of the native in our group, and enjoyed some frolicking on the beach before dinner.

Beth El in Jerusalem

Among the many highlights of our time in Jerusalem were unexpectedly seeing and meeting other Beth El members. Seeing our Beth El family so far from home reminded us how blessed we are to have such a wonderful, warm, and vibrant Jewish community back home in Bethesda.

From Jerusalem, we traveled to Tel Aviv, where we slowed to a much-needed, relaxed pace. Our last few days in Israel included a trip to Machon Ayalon, shopping at Levinsky Market, a walking food tour, and lots of time for sun and fun at the beach.

Unfortunately, it was time to return home. Kids had camp and parents needed to get back to work. Although sad that our trip was over, we knew that we would be back. ■

Israel Media Series

Saturday, October 21, 7:30 pm



The Israel Media Series will begin the new season on October 21. It's a great way to begin the new year and to come together with old and new friends. As always, the charge will be only \$5 for the movie and unlimited refreshments. You won't find a better bargain anywhere.

Our first film will be *Ajami*. *Ajami* explores five different stories set in an impoverished Christian and Muslim Arab neighborhood of Tel Aviv. *Ajami* won the Ophir Award for Best Film of 2009 and was the first predominantly Arabic-language film submitted by Israel for the American Academy Awards.

Mark your calendars for the following dates as well: November 18, December 16, January 20, February 17, March 17, and April 21.

COME TOUR BEPS!

Beth El Preschool is now enrolling students for the 2018-2019 school year. We welcome prospective families to visit our school, meet our teachers and staff, and learn more about our program. Open houses and tours for the upcoming school year will be on the following dates:

Wednesday, October 18, 9:30 am

Thursday, November 9, 9:30 am

Tuesday, November 28, 7:30 pm

RSVP to Lynn Pikovsky at LPikovsky@bethelmc.org.

Americans in Russia – Russians in America

BY ROBIN JACOBSON

Russia is in the news a lot lately. Am I imagining that American Jews pay particular attention to news from that country? Millions of us descend from immigrants who fled Czarist Russia. One could speculate endlessly on what our family stories would be if those ancestors had stayed put. The thriving genre of Soviet Jewish émigré fiction provides insight into that “road not taken.” These novels reflect the experiences of authors who were born in the former Soviet Union and emigrated in the 1980s and 1990s. Beth El’s book club has already sampled from this genre, reading works by David Bezmozg and Boris Fishman.

Here are two more talented Soviet-Jewish émigré authors to try: Sana Krasikov and Lara Vapnyar. Both have compelling new novels relating to Russia and, interestingly, they are mirror images of each other. Krasikov’s *The Patriots* is about American immigrants in Russia, and Vapnyar’s *Still Here* is about Russian immigrants in the United States.

Americans in Russia



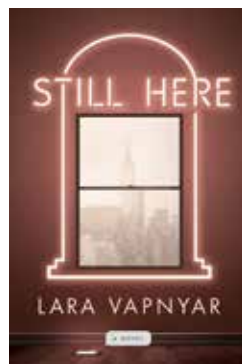
Sana Krasikov’s sprawling historical novel, *The Patriots*, follows one Jewish family for three generations. In 1934, Florence Fein, an idealistic young woman from Brooklyn, sets sail for the Soviet Union. She is eager to join the socialist cause and to reunite with a handsome Soviet engineer she met while he was on U.S. assignment. Alas for Florence, life in Stalin’s empire is grim and dangerous. In 1936, Soviet

authorities confiscate her American passport, leaving her trapped in the U.S.S.R., a fate shared by many American expatriates. In time, Florence is arrested for alleged anti-Soviet activity and serves seven years in brutal labor camps while her son, Julian, suffers in orphanages.

A generation later, Julian decides he’s done with the U.S.S.R. after he is denied a Ph.D. because the “Jewish quota” is full. He immigrates with his young family and the elderly Florence to the United States. Despite this family history, Julian’s son, Lenny, opts to return to Russia as an adult, hoping to become rich in the post-Soviet capitalistic state. Distressed by Lenny’s decision, Julian takes advantage of a business trip to Russia to try to persuade Lenny to come back to America. While in Russia, Julian also researches Florence’s past in newly opened KGB archives. Bewildered

by what he discovers, Julian gains understanding as he and Lenny become entangled in a corrupt Russian scheme.

Russians in America



Still Here by Lara Vapnyar is a contemporary novel about four Russian friends in their late 30s. They immigrated to New York over a 14-year span but feel like outsiders in America. The four friends are Sergey and Vica, a financially stressed married couple; Regina, a literary translator; and Vadik, a computer programmer who restlessly changes apartments, girlfriends, and his online dating profiles.

Sergey and Regina have Jewish backgrounds, but Judaism is not a theme in the novel. Mainly, the friends struggle to understand American culture and take turns guiding each other.

This book is rich in humor, mostly relating to the friends’ enthusiasm for technology, especially apps. Regina can’t wean herself from an app called “Eat’n’Watch,” which orders takeout food delivery matched to her TV shows. Vadik uses a “KitchenDude” app that texts on the status of the food cooking in his immersion cooker. Sergey is developing an app called “Virtual Grave” that would enable people to program their social media accounts so that the accounts continue to tweet, like, and comment appropriately after the account holders die. Sergey’s friends react to this project – and to death and loss – in ways both comic and poignant. ■

Beth El Book Chat

Sunday, December 17, 11:30 am-12:30 pm



Join the discussion of *Judas* by Amos Oz, an Israeli novel set in 1950s Jerusalem that raises questions of loyalty and patriotism. For more information, contact Margery London or Robin Jacobson.

CONGREGATION BETH EL MITZVAH DAY SUNDAY, OCTOBER 29

Join us for Mitzvah Day on October 29! Help us help those in need in our community and beyond. Donate requested items and sign up for a project by contacting the captain of the project of your choice. For other info, contact chairs: Jon Polon at jonpolon@hotmail.com or 917-543-0118 or Donna Shimshi at dhshim001@yahoo.com or 240-731-1731. All projects qualify for SSL hours. Pizza will be sold at Beth El from 11:45 am to 1:30 pm. Proceeds will benefit Friends of the Israel Defense Forces (FIDF). Beth El's Mitzvah Day is underwritten by our Sondra Bender Community Service Fund.

ONSITE PROJECTS

PROJECT	TIME	LOCATION	CAPTAIN(S)
Blood drive through INOVA mobile unit	8:00 am–1:00 pm	Beth El parking lot and lobby	Jack Ventura 301-593-1872 jack.ventura@verizon.net
Prepare meals for area homeless shelters	9:30–11:30 am or bring meals prepared at home by 11:30. Deliver to area shelters in afternoon	Beth El main kitchen	Barbara Klein 301-951-8835 Barbaraklein52@gmail.com Volunteer to cook, deliver, or both
Knitting and crocheting bunnies for hospice patients	11:30 am – 1:30 pm Sponsored by Zhava Crafters	Beth El Bender Social Hall B	Contact: Heather Janssen heathergjanssen@gmail.com 202-364-8585
Lemonade stand to benefit the Feline Foundation of Greater Washington	11:00 am – 2:00 pm	Beth El lobby	Contact: Jason Shimshi jshimshi@gmail.com or Donna Shimshi 240-731-1731
Pizza sale to benefit the Friends of the Israel Defense Forces	11:45 am – 1:30 pm Sponsored by the Beth El Men's Club	Beth El lobby	
Gift Bags for families at Ronald McDonald House	9:15–11:15 am Sponsored by Beth El Preschool	Beth El Preschool Wing	Contact: Marissa Gould marissagould@gmail.com; Angela Lipshutz aklipshutz@gmail.com
Gently used clothing for the Interfaith Clothing Center and Strive DC	Sort clothing 9:00–noon Deliver at 12:30 pm Sponsored by the Beth El Sisterhood	Beth El Bender Social Hall A	Contacts: Alana Aronin 248-914-1708 abaronin@gmail.com; Marsha Liss lissmjs@gmail.com
Children's Hospital National Medical Center: Make get well cards	12:30–2:30 pm Sponsored by Zhava	Beth El Family Room	Contact: Ilana Tanowitz ilanatanowitz@yahoo.com
Capital Area Food Bank "Kids' Café" pack snack bags	12:15–1:30 pm	Zahler Social Hall	Contact: Daniel Nestel danielnestel@hotmail.com 301-564-3045
Beth El Religious School Projects	All projects take place during Religious School	Religious School	Contact: Elisha Frumkin efrumkin@bethelmc.org

OFFSITE PROJECTS

PROJECT	TIME	LOCATION	CAPTAIN(S)
Beth El Youth Group Projects	TBD	TBD	Contact: Adam Zeren azeren@bethelmc.org
Gleaning: pick fruits and vegetables to distribute to low-income families	1:00 pm–4:00 pm	TBD	Contact: Jen Powers powersjams4@gmail.com 301-656-1789
Hillmead Park cleanup: invasive weed species eradication	1:00 pm Bring gloves and gardening tools	Hillmead Park	Contact: Harriet Kuhn adamandharriet@yahoo.com 301-469-8705
Walk to benefit Shepherd's Table	11:00 am–noon Sponsored by Beth El Men's Club \$20 suggested donation	Whitman HS Track	Contact: Jonathan Epstein jonathan.epstein@hklaw.com

Mitzvah Day Donation Requests

For complete information on donation items needed and Mitzvah Day projects, visit www.bethelmc.org.

A Wider Circle: Donations for Low-Income Families in DC Metropolitan Area			
Drop off household items such as pots, pans, dishes, furniture, baby items, linens, toiletries, non-perishable food, and cleaning products	9:30–11:30 am	Beth El parking lot	Contact: Jennifer Odintz 202-486-0349 or jenodintz@gmail.com
Support the Girls: Bras and Tampons for Homeless Women			
Drop off new and used bras and individually wrapped or unopened boxes of tampons and maxi pads	9:00 am–1:00 pm		Contacts: Erika Dickstein edickstein@hotmail.com and Hillary Berman hillary.berman@alum.syracuse.edu
Bikes for the World: Bicycle Donations to Benefit People in Developing Countries			
Drop off donations. Need 3–4 volunteers to partially break down bikes for shipping. No experience required.	10:00 am–2:00 pm	Beth El parking lot	Contact: Richard Lieberman 301-530-8123 rliebermanconsultant@gmail.com
Electronics Recycling			
Drop off old electronics, cables, and chargers. Accepted items list: http://bit.ly/2f8Bmfb	8:45 am–noon	Beth El Family Room	Contact: Elisa Rapaport elisarap@comcast.net 301-263-2802
Calendar Collection for Residents of the Hebrew Home			
Drop off donations of 2018 calendars	Sponsored by Beth El Senior Caucus	Beth El lobby	Contact: Doris Povich 301-320-5440 dlpandasp@aol.com
Donations for Capital Area Food Bank's "Kids' Café"			
Donate pretzels, raisins, and other healthy individually packaged snacks	12:15–1:30 pm	Zahler Social Hall	Contact: Daniel Nestel danielnestel@hotmail.com 301-564-3045
Gently Used Clothing for the Interfaith Clothing Center and Strive D.C.			
Donate and/or help sort clothing for men, women, and children.	Drop off 8:30–11:30 am. Sort from 9:00 am–noon. Deliver at 12:30 pm. Sponsored by Sisterhood	Beth El Bender Social Hall A. Need drivers to transport clothing.	Contacts: Alana Aronin 248-914-1708 abaronin@gmail.com Marsha Liss lissnjs@gmail.com
Children's Hospital National Medical Center: Small Toys and Games for Children with Cancer			
Drop off new Lego sets and new small toys or games for children 12 and under	12:30–2:30 pm Sponsored by Zhava	Beth El Family Room	Contact: Ilana Tanowitz ilanatanowitz@yahoo.com
Level the Playing Field: Sports Equipment for Children in Need			
Donate any type of new or gently used sports equipment	All day Coordinated by Alec Friedman and Shane Schwartz	Drop off donations in the Beth El lobby	Contact: Michele Friedman mkfriedman11@gmail.com 240-793-7412 Melissa Reitkopp melissareitkopp@gmail.com

OFFSITE PROJECTS CONTINUED FROM PAGE 10

PROJECT	TIME	LOCATION	CAPTAIN(S)
Music program by Marak Hayom	2:30 pm	Revitz House, 6111 Montrose Rd., Rockville, Md.	Contact: April Ginns pianocat1@gmail.com
Music program by The Swinging Kleztones	2:30 pm	Hebrew Home Wasserman Building, 6121 Montrose Rd., Rockville, Md.	Contact: Jerry Danoff 301-365-1180
Music program by Julie Mack Sings	3:00 pm	Ring House, 1801 East Jefferson St., Rockville, Md.	Contact: Julie Mack info@juliemacksings.com

Sisterhood

Kesher Nashim

BY NAOMI GREENWOOD

Kesher Nashim (Outreach to Women) is a Beth El discussion and support group for women who have been recently diagnosed with cancer and women who are cancer survivors. It is open to women with any form of cancer. The group has been meeting since it was founded about 15 years ago by congregants Marge London and Susan King, and has been coordinated for the past 10 years by Susan Winarsky.

Meeting over dinner in a restaurant, most recently in September, has been popular. Upcoming meetings are discussion groups scheduled for November 9, January 24, and March 15 at Beth El, and a May 16 dinner meeting offsite. Notices of meetings and events of interest are communicated to members via an email list.

Despite the seriousness of members' situations, our meetings have been not only informative and supportive but also humorous and energetic. It has been inspiring to hear from longtime survivors as well as those newly diagnosed and to share stories, concerns, and coping strategies in a comfort-

New Cook Book

BY KATHY SKLAR

Eat in Good Health - The Beth El Sisterhood/Zhava Community Cook Book is coming soon to a book shelf (and a tablet) near you. Our editors are putting on the final touches to make the book useful, indexed, and perfect. For now, we want to whet your appetite with some information and a few noshes and nibbles from the book.

Eat in Good Health will have about 400 favorite recipes from our congregants, clergy, and staff. We succeeded in gathering a collection of recipes that are family and crowd pleasers and also some dinners for two. We encouraged people to submit recipes for how they cook today, and we now have a book filled with a variety of innovative dishes. There are vegetarian entrees, super soups, decadent desserts, and more.

We don't want anyone to be hungry while waiting for the book, so you will have many opportunities to sample a taste when you are at Beth El this fall. Please look for refreshments from the cookbook at the next Sisterhood/Zhava event you attend, including Sisterhood in the Sukkah on October 10 (rugelach by Barbara Spitzer, tea cookies by Hanna Gutmann, chocolate crunch by Sue Kanter), Zhava Wine and Women Dinner on November 2, and Shabbat kiddushim. ■

UPCOMING SISTERHOOD/ZHAVA EVENTS

TUESDAYS, OCTOBER 3, 10, 17, 24, 31, 6:30 PM Mah Jongg
TUESDAY, OCTOBER 10, 7:30 PM Evening in the Sukkah
THURSDAY, OCTOBER 19, 7:30 PM Rosh Chodesh Group
FRIDAY, OCTOBER 20 Zhava Family Shabbat dinner
SUNDAY, OCTOBER 22, 10:00-11:30 AM What If? Getting Organized for Life

able and confidential environment. Members volunteer to be on call for a designated month to respond to questions and concerns, help find resources, or offer support. The group has no specific leader. Instead, various members have helped coordinate activities and the on-call schedule. One member serves on the Sisterhood Board.

Over the years, a variety of women have attended our activities. We have shared resources for treatment, personal experiences, and many issues connected with coping with cancer. Each woman can make use of the group as she wishes. Some close friendships have formed. Some meetings have featured presenters on specific topics, such as "The Genetics of BRCA 1 and 2," and "Introduction to Reiki." Most meetings are informal and provide opportunities to discuss

CONTINUED ON PAGE 14

Zhava Family Shabbat Dinner

Friday, October 20

Service at 6:30 pm with dinner to follow

A great intro to Zhava for new members and a great way to connect with friends old and new.

Please RSVP by Tuesday, October 17.

Adult/Teen Name(s) _____

Child Name(s) and Age(s) _____

Daytime Phone _____

Email _____

Member Adults/Teens @\$23 _____ Total \$ _____

Nonmember Adults/Teens @ \$28 _____ Total \$ _____

Children 6-12 years @\$10 _____ Total \$ _____

Children 2-5 years @\$5 _____ Total \$ _____

No charge for children under 2 years of age.

Total Due: \$ _____ (Max. \$66 per member household)

Please provide _____ vegan meals.

Food Allergies? _____

Mail checks and form to Beth El Sisterhood/Zhava,
8215 Old Georgetown Rd., Bethesda, MD 20814

Torah Fund Honoree's Journey to Beth El

BY SUSAN KING

Growing up in Pittsburgh in a predominantly Jewish neighborhood (Squirrel Hill), I was active in JCC camps, clubs and sports. My parents were active at our Reform temple where I became a bat mitzvah, but our family was not very observant. I attended and worked as a counselor at the JCC-affiliated Emma Kaufman Camp for years and later sent my kids there. Being Jewish was very important to me; however, I never would have predicted that I would find my home in a Conservative synagogue.

My journey to Beth El began in 1984 when my family moved from Silver Spring to Bethesda. With daughter Rachel, age 2½, and newborn son Jacob, Bert and I began our search for a school for Rachel just one month before school began. We were looking for

a good nursery school, not necessarily a Jewish one. We had been on several waitlists for weeks when the first spot to open up was Beth El Nursery School. Little did we know that it was the beginning of a long association and an almost second home for our family.

Learning and Chanting

Throughout our children's years in Beth El Nursery School, Bert and I enjoyed co-oping and meeting all the other families whom we now count as some of our closest friends. I served as a member of the BENS Board. We joined Beth El in 1986 when Rachel entered religious school.

Attending Shabbat services while our kids were in Junior Congregation was a learning experience for me. Although I could read Hebrew, I was unfamiliar with many of the prayers and the structure of the service. I learned with and from my children – Rachel taught me *Aleinu* and Jacob taught me the *Ashrei*. I was motivated to take Hazzan Abe Lubin's Torah Cantillation class and to begin to read Torah. Later, encouraged by Pat Danoff, I began to learn to chant Haftarah.

Bert and I have been involved in many aspects of Beth El. Bert chaired the Capital Campaign that expanded the synagogue building and served on the Religious School Committee and Beth El Board. I served on the Religious School Committee and, along with Margi Kramer, established the Parent Association. With Marge London, I co-founded Keshet Nashim, the support group for women cancer survivors. I recently ended my term as director

on the Beth El Board and a member of the Security Committee. I have enjoyed singing with Ahavat Shir since its inception. Beth El has enabled me to find my Jewish identity and community, and Sisterhood is the one of the magnets that keeps me here.

Strong Ties to Sisterhood

Years ago, Gail Ross approached me about joining the Sisterhood Board. It was something that had never crossed my mind, but I decided to give it a try. Through the years, I went on to serve as VP for Membership, VP for Social Action and co-chair for Education, while enjoying the company of and working together with so many amazing women. Playing mah jongg, attending Sisterhood retreats, and

participating in Sisterhood Shabbat have strengthened my ties to Sisterhood and Beth El. Several of my friends who I convinced to join the Board are now active members.

After teaching math for 41 years, I retired from Montgomery College in 2014. I am enjoying spending more time with Bert and friends, taking art classes, going to museums, volunteering with CollegeTracks, and traveling to New York to spend time with our children and grandsons, Ari, 6, and Zachary, 3. Now our grandchildren are beginning their Jewish education at a Conservative synagogue preschool and religious school. The journey has come full circle with their generation. ■



SUSAN KING (CENTER) AND FAMILY

Women's Shabbaton

Saturday, November 11, 9:30 am-7:00 pm

Pray, eat, learn, and play with Beth El women as we celebrate Shabbat together on Saturday, November 11, at Beth El from 9:30 am to 7:00 pm. Spend a spiritual Shabbat exploring your connection to the most important Jewish holiday. Regardless of your level of observance, knowledge, or years at Beth El, this program will help you build connections and strengthen friendships among Beth El women. Advance registration is required; the fee (\$45 for Sisterhood/Zhava members, \$50 for nonmembers) includes all meals and programming. Register online at bethelmc.org/womens-shabbaton/ or pick up a form in the Beth El lobby. If you have questions, please contact co-chairs Susan Jerison or Michelle Hainbach.

issues relevant to attendees.

Beth El clergy or staff, if called by a woman or her family about a cancer diagnosis, will provide information about Keshet Nashim. If a woman is diagnosed either for the first time or with a recurrence of cancer and wants someone from the group to reach out to her, the Keshet Nashim member on call for the month will be notified. She will then make a connection to see what help is needed and provide support.

For further information about Keshet Nashim, or if you are interested in being on the email list, please contact Naomi Greenwood. ■

Sisterhood Night in the Sukkah

Tuesday, October 10, 7:30 pm



Please join Sisterhood members for our annual Night in the Sukkah.

Enjoy refreshments and shmooze with our new haz-zan, Asa Fradkin.

RSVP by Friday, October 6, to Margi Kramer and Wynne Sitrin at sisterhoodevent@bethelmc.org.

What If? Getting Organized for Life

Sunday, October 22, 10:00 - 11:30 am



Leah Nichaman will return with a follow-up to last year's well-received program, "Getting Your Financial Life in Order."

Leah will address how to make a list of key financial information so that if something happens, the people who need the information will have it at their fingertips. This process will enable attendees to identify issues in their financial life that need to be addressed and to take action before the issues become problems. Such a list is truly a gift to ourselves and our loved ones, and Leah hopes to motivate the audience to take up this important task.

Leah Nichaman is the daughter of long-time congregant, Rhoda Nichaman, and founder and president of Everyday Money Management. RSVP at Sisterhoodevent@bethelmc.org.

Support the Torah Fund Campaign



Order your beautiful Torah Fund pin/pendant today! Simply contact contact Sally Ehrlich at 301-652-9385 or salehrlich@yahoo.com to order yours. A sample pin is on display in the Beth El office.

The pin, reflecting the theme for the year, shows the phrase Mah tovu, which means how good! This phrase originates in the Torah, Numbers 24:5, and is quoted in our prayer book as the opening prayer which is sung when we enter the synagogue.

Please make your check out to Torah Fund for \$180 as your tax-deductible contribution. This amount is for the beautiful pin, but we encourage donations in any amount. Your contributions will help provide scholarships for students at the Jewish Theological Seminary and related Conservative educational institutions in New York, Los Angeles, Argentina, Jerusalem, and Potsdam, ensuring our legacy for future generations.

We have some wonderful Torah Fund cards for many different occasions that are great to keep on hand and can be purchased for only \$4.00 each. Sale of the cards also supports scholarships for the students at the Jewish Theological Seminary. They are available in the Beth El office and at Sisterhood events or contact Sally Ehrlich.

Please Join Us for the Annual

Sisterhood/Zhava Membership Dinner

Sunday, November 5, 6:30 pm

The Torah Fund Award for Service to Sisterhood will be presented to Susan King

The cost of dinner is \$18, open only to Sisterhood and Zhava members

Please bring toiletries to be donated to Bethesda Cares and tzedakah for the Torah Fund.

Please RSVP by Friday, October 27

Name of member(s) _____

Phone _____ Number of members _____

Amount of check payable to Beth El Sisterhood \$ _____

Contact Linda Herman with any questions.

Mail checks and form to Beth El Sisterhood, 8215 Old Georgetown Rd., Bethesda, MD 20814

Men's Club

UPCOMING MEN'S CLUB EVENTS

- THURSDAY, OCTOBER 5, 8:30 PM** Hearing Men's Voices, TBD
- SUNDAY, OCTOBER 1, 10:00 AM** Hazzan Asa Fradkin will discuss his cantorial background and vision
- SUNDAY, OCTOBER 8,** No speaker
- SUNDAY, OCTOBER 15, 10:00 AM** Todd Gillman, Washington bureau chief for *The Dallas Morning News* and member of Beth El, will speak on Hurricane Harvey and its aftermath
- SUNDAY, OCTOBER 22, 10:00 AM** Sid Groeneman will speak about his new book, *America's Sports Fans and Their Teams: Who Roots for Whom and Why*
- SUNDAY, OCTOBER 29, 10:00 AM** Elliot Wilner, will expand upon his article in the September *Scroll*, "Yom Kippur, Then and Now," and further explore the surprisingly mysterious beginnings of Yom Kippur

UPCOMING AFFINITY GROUP MEETINGS

- TUESDAY, OCTOBER 17, 8:00 AM** All real estate professionals are invited to the next Real Estate Affinity breakfast. This is a great opportunity for networking and Jewish learning with the clergy. Thanks to Mark Levitt and the Nellis Corporation for hosting (7811 Montrose Road, Suite 420, Potomac). Breakfast will be available at 8:00 am and the discussion will begin at 8:30 am.
- THURSDAY, OCTOBER 26, 8:00 AM** All lawyers are welcome to join Rabbi Harris and fellow Beth El lawyers for a morning of learning and community building. Doors open at 8:00 am for breakfast and schmoozing and the discussion begins at 8:30 am. At the law offices of Offit Kurman (4800 Montgomery Lane, 9th Floor, Bethesda). Thanks to Ed Bloom for hosting.
- SUNDAY, NOVEMBER 19, 10:00 AM** All lobbyists and government relations professionals are invited to our next professional affinity group meeting on Sunday, November 19, at 10:00 am at Beth El.

To participate in any of the affinity group breakfasts, please RSVP to Geryl Baer at gbaer@bethelmc.org or 301-652-2606, ext. 352.

New VP for Worship and Spirituality

Beth El's vice president for Worship and Spirituality, Michael Doniger, recently moved with his family to Richmond. Our bylaws authorize the board to fill a vacant office. At the July meeting, Judy Wendkos Liss was elected to complete Mike's term through May 2019.



The Liss family joined Beth El in 2009. Judy quickly became involved, serving on the Beth El Preschool board for two years. She was next a Zhava board member, then Zhava co-chair, and with her husband Brian, served on the Gala committee. Judy is committed to better integrating Beth El's day school families into our community. Judy grew up in Atlanta, and attended a Solomon Schechter Day School. At her congregation, Ahavath Achim, she taught Hebrew school, read Torah and Haftarah, and tutored b'nai mitzvah students. She and Brian met at Camp Ramah in New England. While at Washington University in St. Louis, Judy taught at B'nai Amoona Synagogue and was its USY advisor. After moving to this area, Judy was Georgetown University's Jewish program coordinator for undergraduates. She received her MSW from Smith College and, after two years at the Jewish Social Service Agency, is now a psychotherapist in private practice in Bethesda. Judy and Brian's children Kayla and Ian attend the Charles E. Smith Jewish Day School.

MENTAL ILLNESS CONTINUED FROM PAGE 7

On behalf of the B'ruchim Habaim committee, we want you, our cherished congregants, to know there is help for you and your family, and that you can find support through Beth El. There is no health without mental health.

NAMI, the National Alliance for the Mentally Ill, attempts to cultivate a culture that is caring, accepting, and stigma-free. If you are feeling alone and do not know where to turn, NAMI is one place you should look. But your Beth El family also wants to do better at creating a safe place for you where you feel supported in your journey.

Currently, a support group for families who are dealing with mental illness meets at Temple Sinai once a month on Thursday evenings. These meetings are open to the public.

If there is enough interest here at Beth El, we can form a support group led by someone with expertise in the field. The group could offer a combination of support and information, with speakers on issues that affect families. Please let us know how we, your congregation, can be of help to you. Please contact Geryl Baer at GBaer@bethelmc.org. ■

Save the Date Gala 2017

Guy Bavli
Master of the Mind

Saturday, December 9, 2017

8:00 pm

Invitations have been mailed.

Scolnic Institute Fall 2017

The Rabbi Samuel Scolnic Adult Institute was founded in 1977 in memory of Saul Bendit and renamed in honor of Rabbi Samuel Scolnic in 2013. The Scolnic Institute, now in its 40th year, has received national and international recognition. It continues to be one of the leading synagogue-based adult education programs in the Washington, D.C., area. The Fall program, running for six weeks, comprises 11 courses offered Wednesday evenings beginning October 18 and four classes offered Tuesday mornings beginning October 17. The brochure has been mailed. Be sure to sign up for classes as soon as possible. The deadline for the early-bird discount is October 3.

TUESDAY MORNING SCHEDULE

WITH REFRESHMENT BREAK FROM 10:50-11:10 AM

10:00 - 10:50 AM

The World of Yiddish Folksong
Hazzan Emeritus Abraham Lubin

Scholarly Shenanigans – The Saga of the Dead Sea Scrolls
Rabbi Steven M. Glazer

11:10 AM - NOON

Star Trek: "To Boldly Go Where No One Has Gone Before"
Adjunct Rabbi David L. Abramson

Covenants in the Bible
Gideon Amir

WEDNESDAY NIGHT SCHEDULE

WITH MINYAN/REFRESHMENT BREAK FROM 8:20-8:40 PM

7:30 - 8:20 PM

Innovative Jewish Thinkers Honored in the Streets of Jerusalem

Rabbi Gregory Harris

He Said, She Said: Two Rabbis Discuss Gender in Torah Commentaries

Rabbi Emeritus William D. Rudolph and Adjunct Rabbi Mindy Avra Portnoy

The World of Yiddish Folksong

Hazzan Emeritus Abraham Lubin

Scholarly Shenanigans – The Saga of the Dead Sea Scrolls
Rabbi Steven M. Glazer

Joy in Judaism, from Sinai to Shoah

Adjunct Rabbi Evan Krame

Covenants in the Bible
Gideon Amir

8:40 - 9:30 PM

Jonah, the Reluctant Prophet

Rabbi Fabián Werbin

Surveying the History of Jewish Music

Hazzan Asa Fradkin

After the Holocaust: What Was Lost, What Remains

Guest Speakers

History of Israel from Independence Through Camp David

Eric Gartman

Star Trek: "To Boldly Go Where No One Has Gone Before"

Adjunct Rabbi David L. Abramson

Contributions

Donations made from July 28 to August 31

Beth El Forest

IN MEMORY OF:

Sally Minker, daughter of Jack Minker, by Simcha Havurah

Beth El Israel Fund

IN MEMORY OF:

Isidore Sydney Sidman, beloved father, by Larry Sidman and Jana Singer

David and Harriet Brooks Senior Adult Fund

IN MEMORY OF:

Irwin Kopin by Avi S. West

Cantor's Fund

IN HONOR OF:

Hazzan Asa Fradkin for his moving and comforting participation in Sonja's funeral and the last night of her shiva by David Shultz

Hazzan Matt Klein for chanting the "seven steps" at Sonja's burial by David Shultz

The wedding of Allison and Oren Hirsch, son of Dan Hirsch and Brenda Gruss, by Ellen and David Epstein

IN MEMORY OF:

Sonja Schultz, beloved mother of Hazzan Jonathan Schultz, by Ellen and David Epstein and James and Leslie Dellon

Chevra Kadisha Fund

IN MEMORY OF:

Hershel Portnoy by Daniel Hirsch and Brenda Gruss and Tim and Rochelle Fink

Fine Arts Fund

IN MEMORY OF:

Albert and Edna Roistacher, my parents and long-time Beth El members, by Elizabeth Roistacher

Harriet Sonja Schultz by Evyvan and Bob Koenig

General Fund

BY: Mitchell and Rachelle Solkowitz

IN HONOR OF:

Rabbi Werbin for his support of Roy H. Millenson's family at the time of his death by Kristin Tollin

Rabbi Werbin for his compassion and support at the time of the death of my husband, L. Andrew Tollin, by Kristin and Theodore Tollin

Rabbi Rudolph's recognition by the JCRC by Bertram and Judith Spector

The 100th birthday of Anne Foss by Dan Hirsch and Brenda Gruss

Arthur and Sandy Becker's special anniversary by Alan and Judith Gann

The birth of Lilah Niedermayer, granddaughter of Gail Ross and Roy Niedermayer and daughter of Samantha and Seth, by Beth El Opera Havurah and Larry and Sue Bruser

The birthday of Bruce Strauss by Roy Niedermayer and Gail Ross

David Margulies and Donna Vogel on their son becoming a rabbi and on the birth of their granddaughter, Eve Maayan Margulies, by Jim and Leslie Dellon and Carole Kaminisky

Please remember that contributions can be made easily, quickly, and securely via our webpage – www.bethelmc.org

Joe and Margie Hoffman's special birthdays by Elyse and Allan Weiner

Jon Simon's special birthday by Craig Yokum

Lucy Ozarin on her 103rd birthday by James and Leslie Dellon

Michael and Jo-Ann Harrison on their anniversary by James and Leslie Dellon

Wedding of Oren Hirsch and Allison Redisch by Michael and Suzanne Feinstein

IN MEMORY OF:

Norman Ochs, beloved father and grandfather, by Judith Marcus

Sonja Schultz, beloved wife and mother, by Judith Marcus, Dora Weinstein, Wendy and Barry Levine, Barbara Gyomory, Carole Kaminsky, Gordon and Myra Gondos, Harvey and Andrea Rosenthal, and Mark and Harriet Noble

Bertha Kramer Adams by Natalie Adams

Bessie M. Burman by Bea Berger and Elizabeth Sweed

Burton S. Kolko by Linda B. Kolko

Carol Jacobson by Bucky and Mindi Jacobson

Cecile Moss by Joel Moss

Charlotte Preskill by Bill and Sue Kanter

Dick Levitt by Sid and Janet Getz

Dora Gendelman by Esther and Elliot Wilner and James and Leslie Dellon

Doris C. Kanter, mother of William Kanter, by William, Sue, and David Kanter

Eduardo Silbergleit by Horacio and Cinthia Silbergleit Rozanski

Eugene Sporn, my beloved husband, by Rosalie Sporn

Gerald Libman, father of Sheryl Friedlander and Heather

Kafetz, by Douglas and Brenda Bregman and Mike and Hilda Getz

Herb Liftman by Alan and Sharon Parver

Irv Fishman by Lori and Steve Ross

Irv Kopin, beloved husband, father, and grandfather, by Don and Gail Roache, Steven and Jennifer Hirsch, Susan Cohen, Judith Marcus, Beth and Jeff Kopin, Gale and Ron Dutcher, Mike and Hilda Getz, Myrna Kopin, Jack and Stephanie Ventura, Sheldon and Vivian Kopin, Bea Berger, Riki Sheehan, Samuel and Linda Shapiro, and Steve, Eve, Paige, and Reann Bressler and Ronnie Wilkins

Jack Moshman by Annette Moshman

Jeanette "Ruth" Kay by Lois Schreiber

Joseph Chotkin, father and grandfather, by Howard and Rhea Troffkin

Julius Sherman by Esther Sherman

Libby Ulan by Sisterhood Catering Committee

Lillian Rose by David and Natalie Rose

Lionel Kuhn by Martin Rosensky

Lynn Kaplan by Larry Kaplan

Maxine Hoffman by Howard Hoffman

Meer Vainstein by Jorge and Sharona Sapoznikow

Minnie Musso by Marilyn Ripin

Miriam Helf by Thomas Helf and Michelle Brafman

Phyllis Jacobin by Linda Orenstein

Abraham Ezring by Sheldon Ezring

Hershel Portnoy, father of Aryeh Portnoy, by Esther and Elliot Wilner and Anne Rosensky

Contributions Continued

Richard S. Levitt, father of Mark and Randy Levitt, by Jonathan Band and Leesa Fields, Linda Kupfer and Michael Sharon, Michael and Suzanne Feinstein, Mona and Jerry Gabry, and Douglas and Brenda Bregman
Riva Weinstein, my beloved mother, by Reina Lerner
Robert Forman by Julian Levin
Ronald Smith by Libby Gordon
Rosamond Leavitt, mother of Stephanie Ventura, by Stephanie and Jack Ventura
Sally Minker by Esther and Elliot Wilner and Robert Safer and Klaus Zwilsky
Samuel Datz by Dora Weinstein
Sidney Goldberg by David Goldberg, Alison Rodner, and Samantha and Toby Goldberg
Sylvia Blousman Goott by Linda Kupfer and Michael Sharon
Zelda R. Landsman, my beloved wife, by Robert Landsman

Elaine Silverman Gessow College Connection Fund

IN HONOR OF:

Annette Goldberg, wishing her a complete and speedy recovery, by Dr. and Mrs. Marc Michaelson

IN MEMORY OF:

Jean Silverman, beloved grandmother, by Dr. and Mrs. Marc Michaelson

Green Tikkun Fund

IN MEMORY OF:

Roberta Louise Karson by Evelyn Karson and Don, Rebecca, and Joshua Kaplan

Groner Camp Ramah Scholarship Fund

IN MEMORY OF:

Gerald Lieberman, father of Sheryl Friedlander, by Erwin and Leena Groner

Irwin Kopin by Erwin and Leena Groner

Hershel Portnoy by Erwin and Leena Groner

Richard Levitt by Erwin and Leena Groner

Kimball Nursery School Fund

IN MEMORY OF:

Alex Stouck, father of Jerry Stouck, by Lori and Steve Ross

Milton Doberman by Marian Willinger

Richard Levitt, grandfather of Rachel Federowicz, by Joe, Tracy, Sarah, and Adam Ucuozglu

Sidney Goldberg by Gregg and Julie Goodman

Leadership/Educational Fund

IN MEMORY OF:

Helen Spielberger Bell by Craig Yokum

Library Fund

IN MEMORY OF:

Goldie and Al Gordon by Annette Moshman

Irv Kopin, beloved by all, by Rose and Donna Saady, Howard and Susan D. Feibus, and Naomi Levy

Julian Drachman by Richard and Elizabeth Drachman

Masorti

IN HONOR OF:

Rabbi Rudolph for receiving the JCRC Distinguished Service Award by Jonathan and Judith Levin

Mazon

IN MEMORY OF:

Chaim Rubin by Bert Spector

Irwin J. Kopin by William and Blynn Bunney

Jack Babbini by Jerome and Mona Gabry

Leonard Teicher by Bert Spector

Nathaniel DeGutz by Judy Spector

Samuel Spector by Bert Spector

Men's Club Fund

IN MEMORY OF:

Bernard E. Feibus by Howard and Susan D. Feibus

Dora Gendelman by Cary and Nancy Feldman

Sonja Schultz by Cary and Nancy Feldman

Mintz Landscaping Fund

IN MEMORY OF:

Abraham Kirschenbaum by Anne Rosensky

Dora Gendelman by Susan and Art Bruckheim

Lillian Adelman Glaser, dear mother, by Suzanne Glaser

Monna Levy, mother of Steve Levy, by Stephen Levy and Lois Zuckerman

Morning Minyan Fund

IN HONOR OF:

The birth of the first grandchild, Eve Maayan Margulies, granddaughter of Donna Vogel and David Margulies, by Bertram and Judith Spector

The naming of Eva Lea Weiner, granddaughter of Rosine Nussenblatt, by Bertram and Judith Spector

The wedding of Meryl Feinstein and Adam Steene by Daniel Hirsch and Brenda Gruss

IN MEMORY OF:

Burton Rudman by Richard and Beverly Rudman

Deborah Ehrenstein by Barbara and Allen Lerman and David and Carole Metzger

Dora Gendelman, wife and mother, by Bruce and Suzanne Strauss, David and Carole Metzger, Joseph and Ellen Goldstein, Julia Copperman, Sarah Birnbach, Sarah Kalser, and Bertram and Judith Spector

Freida Hochberg by Murray and Marilyn Hammerman

Isaac Fried by Robert and Fran Rubin

Jacqueline Abrams, mother of Katey Koblenz, by Andrew and Katey Koblenz

Maurice Brown, beloved brother, by Irvin and Rita Weiss
Sol Brody, beloved husband of Sondra Brody and beloved brother-in-law of Julian Levin, by Julian Levin

Prayer Book Fund

IN MEMORY OF:

Henry M. and Rose W. Schwartz, beloved parents of Ina Wernick, by Jerome and Ina Wernick

Irwin Kopin by Philip and Hope Borish

Isidore Sydney Sidman, beloved father, by Larry Sidman and Jana Singer

Kate Wernick, beloved mother of Jerome Wernick, by Jerome and Ina Wernick

Lawrence E. Chaikin, father of Adam Chaikin and grandfather of Abigail and Hannah Chaikin, by Adam Chaikin

Hershel Portnoy by Debbie A. Klis

Rabbi's Fund

IN HONOR OF:

Rabbi Harris for his help during a difficult time by Janice Liebowitz and Andy Schoenholtz

Rabbi Harris for guiding and comforting me following Sonja's death and helping me make arrangements for her funeral by David Shultz

Rabbi Rudolph for officiating at our wedding by Aleza Hartman and David Odenheimer

Contributions Continued

The birth of our granddaughter, Olivia Rose Wernick, by Jerome and Ina Wernick
The baby naming of Sloan Madeline Cherner, granddaughter of Karen and Bill Lebovich, by Jerome and Ina Wernick

IN MEMORY OF:

Dorothy Feinberg by Kenneth and Diane Feinberg
Dov and Batya Appleman by Robert and Miriam Adelstein
Dora Gendelman by Stanley and Dena Forster
Dora Horowitz, beloved mother, by Rita Liebowitz
Evelyn Popper by Arthur and Helen Popper
Irv Kopin, husband of Rita Kopin, by Bernard and Toby Moss, Sarah Roark, Rosalie Sporn, Sarah Kalser, and Amy and Gene Goott

Jay Nisenfeld by Stanley and Dena Forster
Lillian Fefferman by Michael and Adeen Postar
Louis Amster by Jayson Amster
Marilyn Krubiner, my mother, by Michael and Jane Berardi
Morton Sherman by Esther Sherman
Marvin E. Birnbach, my father, by Sarah Birnbach
Hershel Portnoy, father of Aryeh Portnoy, by Cary and Nancy Feldman and Howard and Tricia Sachs
Richard Levitt, father of Mark and Randy Levitt, by Cary and Nancy Feldman and Amy and Gene Goott
Rita and Howard Thomashauer by David Florin and Robin Thomashauer
Sally Minker by Cary and Nancy Feldman
Samuel Baraf by Herbert and Cheryl Baraf
Shanya Catz by Andrei and Lauren Cernea
Sharyn Schlesinger by Eric Schlesinger
Sidney Sklar by Kathy Sklar and Paul Love
Sonja Schultz by Sarah Kalser

Samuel Scolnic Adult Institute Fund

IN MEMORY OF:

Irv Kopin, beloved husband of Rita Kopin, by the Jenner families, David and Ilene Jacobowitz, Ruth and Moe Burg, Julia Copperman, Koki, Kiwami, Hiroke, and Annri Fukuhara, Phillip and Vivian Gorden, and Rhoda Nichaman
Milton Nichaman, my beloved husband, by Rhoda Nichaman
Roberta Cohen Neblet, my dear sister, by Rita Liebowitz
Sally Minker by Milton Gussow
Sidney Kaplan, my beloved brother, by Rosalie Sporn
Stanley H. Kaplan, my dear brother, by Rosalie Sporn

Senior Caucus Fund

IN MEMORY OF:

Dora Gendelman by Bob Janney and Susan Levine

Dr. Elaine L. Shalowitz Education Fund

IN MEMORY OF:

Pearl Shalowitz, my mother, by Erwin Shalowitz

Sisterhood Kiddush Fund

IN HONOR OF:

Mary W. Yokum, my mother, by Craig Yokum

IN MEMORY OF:

Doris Cohen, grandmother of Jonathan Bodner, by the Bodner family

Irv Kopin, beloved husband of Rita Kopin, by Margy Nurik

Sisterhood Shiva Meal Fund

IN HONOR OF:

The Sisterhood for the lovely platter during the shiva for Sonja by David Schultz

IN MEMORY OF:

Carol Arlan, mother of Margi Kramer, by Mark and Marjorie Kramer
Herman Dewald by Michele Herman

Sisterhood Torah Fund

IN HONOR OF:

The birth of Lilah Joan Niedermayer, granddaughter of Gail Ross and Roy Niedermayer, by Bertram and Judith Spector
The wedding of Allison Redisch and Oren Hirsch by Samuel Boxerman and Debra Vodenos

IN MEMORY OF:

Nathan Weinstein by Joe and Ina Young
Richard Levitt, father of Mark Levitt, by Samuel Boxerman and Debra Vodenos

Social Action Fund

IN HONOR OF:

Carole and David Metzger on their 50th wedding anniversary by Barbara Render and family
Peter Novick by Jonathan and Judith Levin

Elaine Tanenbaum Religious School Enrichment Fund

IN HONOR OF:

Bruce Strauss's special birthday by Marilyn and Barrie Ripin
Elisha Frumkin, Rabbi Max Nissen, and Tali Moscowitz, our new Religious School Leadership Team, by Susan Kulp, Jen Powers, and the Religious School Committee
Eve Maayan Margulies, first grandchild of Donna Vogel and David Margulies, by Herbert Tanenbaum

IN MEMORY OF:

Carolyn Weiner by Steve and Wendy Kaufman
Deborah Ehrenstein by Herb Tanenbaum
Dora Gendelman by Herbert Tanenbaum
Irv Kopin by Herbert Tanenbaum, Carl M. Leventhal, Susan Kulp, Jen Powers, and the Religious School Committee
Sarah Magazine Bisman, my mother, by Judy Bisman

Torah Scroll Fund

IN MEMORY OF:

Harry Cohen, grandfather of Jonathan Bodner, by the Bodner family
Hershel Portnoy by Estee and Elliott Portnoy
Samuel Scolnic by Elizabeth Roistacher

Transportation Fund

IN HONOR OF:

Lucy Ozarin's 103rd birthday by Ricardo and Irene Munster and Jonathan and Judith Levin

IN MEMORY OF:

Norma Grossman by Stewart Grossman
Anna Chinn, my beloved mother, by Sarah Kalser
Louis Cohen by Susan Cohen
Norma Grossman by Stewart Grossman

Wolf Israel Quest Fund

IN HONOR OF:

The birth of our two newest grandchildren, Maya Rose Shoham, daughter of Debbie and Avi Shoham, and Isaac Haim Harris, son of Yael and Ian Harris, by Menachem and Debby Shoham

IN MEMORY OF:

Debby Schiffrin by Menachem and Debby Shoham
Norman Ochs by Menachem and Debby Shoham
Sonja Schultz by Menachem and Debby Shoham

World Jewry-Kostroma

IN MEMORY OF:

Lawrence Shields by Jon Shields

Young Equality Fund

IN MEMORY OF:

Irv Kopin by Joe and Ina Young
Sonja Schultz by Joe and Ina Young

While we know you'll want to read every word in this issue of the *Scroll*, when you're finished, please recycle it.

Bulletin Board

Send submissions to the *Scroll* to scroll@bethelmc.org

Mazal Tov to

Gloria and Lee Derkay on the birth of their great-grandson, **Cameron Hudson O'Donnell**. Parents are **Alex and Matt O'Donnell** and grandparents are **Craig Derkay and Kris Kennedy**.

Phil Ochs and Sheila Cohen on the marriage of their son, **David Ochs**, to **Stefanie Gelles**

Aviva Solkowitz and Jeannie Koby Spiegel as they begin a year of study and volunteering in Israel

Debby and Menachem Shoham on the birth of their grandchildren, **Maya Rose Shoham** and **Isaac Haim Harris**. Parents of Maya are **Debbie and Avi Shoham** and proud big brother is **Benji**. Parents of Isaac are **Yael and Ian Harris** and proud big sister is **Lilah**.

Ina and Jerome Wernick on the birth of their first grandchild, **Olivia Rose Wernick**. Parents are **Mark and Fayette Wernick**.

Condolences

Eric Biel and Dana Rosenfeld on the death of Eric's father, **Mort Biel**, grandfather of **David and Joshua Biel**

Gregg Elias and Mindy Ginsburg on the death of Gregg's mother, **Marilyn Elias**

Lois Fried on the death of her father, **David Fried**

Sheryl and David Friedlander on the death of Sheryl's father, **Gerald Libman**, grandfather of **Noah** and **Rafael Friedlander**

Borys Gendelman and Rita Gendelman and James Altman on the death of Borys's wife and Rita's mother, **Dora Gendelman**, grandmother of **Jeremiah** and **Deborah Altman**

Rita Kopin and Michael Mandel on the death of Rita's husband and Michael's cousin, **Irv Kopin**

Noteworthy

Conversational Hebrew Group, Tuesdays, October 3 and 17, 1:30 pm. This fun, informal drop-in group is a way for participants to hone their Hebrew conversation skills. For more information please contact Art Salwin. Hebrew fluency not required and there's no charge.

Senior Caucus Meeting, Wednesday, October 4, 1:00 pm. Join these active retirees to hear about the ongoing programs and plan new activities.

Roundtable with the Rabbi, Wednesday, October 4, 2:00 pm. Join us to celebrate October birthdays (yours and those of others) with desserts, coffee, and a discussion led by Rabbi Harris. Birthday celebrants receive a special invitation, but all are welcome each month.

Senior Caucus Luncheon Program, Thursday, October 19. Lunch starts at noon. Following lunch, Beth El's shaliach, Itsik Sayag, will introduce us to the "New Israeli Cuisine – It Is Not Only About Falafel." Celebrating Israel's 70th birthday, we'll learn with Itsik what makes Israeli food unique, and how Jewish people from around the world have had an influence on today's Israeli food. Cost of lunch is \$10. To RSVP for lunch, call Ricardo Munster at 301-652-2606, ext.316, or rmunster@bethelmc.org, by Tuesday, October 17. The program itself is free and begins after lunch.

Senior Caucus Brown Bag lunch, Thursday, October 26, noon. Come and socialize with your friends and enjoy refreshments and dessert.

Bridge – the greatest game ever! Join us every Monday and Thursday (except on October 5, 12, and 19), from 12:30 to 3:00 pm. Drop in and join a game; no partner necessary. For information or transportation, contact Ricardo Munster at 301-652-2606, ext. 316, or rmunster@bethelmc.org.