

NVHC *links*

Issue 5775
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Perspective *By Rabbi Michael G. Holzman*



WHY CARING MATTERS

One of the most powerful prayer moments of my life was the first time I heard the Mi Shebeirach.

I was a young adult, and Jewish prayer had always seemed distant, stiff and formal. But the beautiful melody, by Debbie Friedman, moved me not only for its artistic quality, but also because the prayer was so intimate and personal. Add to that the practice of people announcing names of loved ones for whom they were praying. The entire ritual touched me because it was about real people in real life.

Each week when we sing the *Mi Shebeirach* prayer, we ask for a *R'fuah Shleimah*—a complete healing. A healing of the body and the soul. This is not just a technical fix of the body—some chemo here, a bypass there. This type of healing encompasses the whole complex burden

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Perspective *By Cantor Susan Caro*



OBJECTS IN MIRROR ARE CLOSER THAN THEY APPEAR

Anyone who has ever driven a car knows those [title] words — they are embossed on your side-view mirrors.

When driving, we are primarily focused on what is in front of us; we use our mirrors, reflections of reality, to help us see the remainder of the 360 degrees around us, in order to safely navigate the roads. We don't always pay close enough attention to what creeps up in our

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**Please
 Welcome
 Sara Moore,**
 our new
 Executive Director,
 see page 3

**High Holiday
 information,**
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**High School
 & College
 Grads,**
 see page 10

IMPORTANT ANNOUNCEMENT!

Shabbat Morning Worship Schedule for July and August

Starting Saturday, July 4, 2015, and ending Saturday, August 29th, all Torah Talk and Saturday morning Shabbat Worship Services will be combined and will begin at 9:00 a.m.

Tot Shabbat Worship Services will be held at 9:00 a.m. in the multi-purpose room on July 11th (note the date change) and August 1st.

We will return to the regular Saturday 9:00 a.m. Torah Talk and 10:30 a.m. Shabbat service time on September 5, 2015.

that comes with illness. We hope our prayers will provide strength to fight the disease or comfort to bear pain. We hope to alleviate stress and anxiety for the ill, for their spouses, children and God-forsaken parents. We hope to embrace the entire family in the arms of community and to reassure them that they are not alone. A complete healing—*R'fuah Shleimah. Shleimah* like Shalom. A complete peace.

Back in 2009, I was hospitalized with a pretty serious case of pneumonia. I asked my colleagues not to share news of my illness with my old congregation. I wanted privacy. But as word leaked out, suddenly cards started to pour in. Fruit arrived at my house (delicious—just in time for Seder), and I received emails and calls. All of it was wonderful. Each card, call and email, even the most brief, felt like the strongest embrace and the surest hand of support. After the fact, I realized just how important all of this was to my recovery.

Recently, some of you may have heard that Nicole suffered a set of difficult medical challenges. This time I did not hold back as much, because I knew the sharing of this news, even if it made me initially uncomfortable, would bring needed healing from community. And I was right, but this time in a new way. I was the caregiver, and as much as the calls, cards, visits, meals and overwhelming offers of assistance helped Nicole, they also had a profound impact on me and our children. In our time of difficulty, NVHC members have stepped forward and given us a tremendous embrace.

As a rabbi, I send a lot of notes and make a lot of calls to the sick, and I never know if it really makes a difference. Well, having been on the other side, let me say IT MAKES A HUGE DIFFERENCE. Illness sequesters a family from the rest of normal living. When we do the mitzvah of *Bikur Cholim* (visiting the sick), we are breaking that isolation.

Nothing is truer in life than its fragility. Nothing in the universe is more powerful than the act of one human being caring for another. Visiting, calling, sending a note, somehow breaking through the loneliness and fear, is the way

to bring holiness into this world. This is why God sends angels to visit Abraham when he is in need of healing. It is why the prophets were known as healers as they traveled throughout Israel. It is why visiting the sick is thought to be one of the highest mitzvot within Judaism.

A mitzvah is a powerful Jewish concept that I fear too many of us have become estranged from. We often say to a child “Do a *mitzvah*” and explain that it is a good deed. This is true; most *mitzvot* are inherently good deeds. But this is also a highly pediatric explanation. *Mitzvot* are human obligations. They are actions we perform because they contribute to creating a better humanity. They have no self-interest. They are the highest form of altruism, because it is not just me giving to you, but both of us contributing to a better society, one in which *caring, dignity, respect, celebrating, safety, honesty, vulnerability, and authenticity* are the norm, not the exception. As Jews, caring for the sick and supporting their families is a mitzvah. It is a good thing but it is also the most human thing.

That is why EVERY MEMBER of NVHC needs to email Robbie Kaplan (robbiemillerkaplan@gmail.com) immediately to sign up to be a volunteer for NVHC Cares, our program to support families struggling with illness, going through bereavement, or enjoying the craziness of a recent birth. This work is critical to our community for three main reasons:

1. People are in real need, and when volunteers help out, the help is necessary on the most basic levels (food, loneliness, logistics with children or parents). On this level, helping someone else is part of the deal because eventually all of us will need the help in return.
2. This is some of the most rewarding practices of being a Jew. I love our holidays and I love Shabbat. I love studying Torah and I love praying. I love Israel and I love Social Justice. But nothing is as spiritually

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2015 Board of Trustees

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“PLAN NVHC” — THE FUTURE IS NOW

By David Selden • President, Board of Trustees

It's hard to believe, but in December 2016, we will celebrate NVHC's 50th anniversary. Not only is this an impressive milestone and a chance to celebrate, it also provides the perfect opportunity to reflect on how far we have come and set a focused course for the future.

But let's start with a short history lesson, courtesy of Ted Smith.

A small group of established Herndon and Leesburg Jewish merchants who had long commuted into the District or Alexandria for religious services (e.g., High Holidays, marriages, funerals) looked at the new community of Reston, and believed it would attract enough Jews to form a congregation. At about the same time, an itinerant rabbi saw potential here, and advertised a meeting to discuss the possibilities. Between the longtime residents and newcomers, there was enough interest to schedule a Chanukah celebration in Lake Anne in December 1966.

There were certain ground rules that were hammered out. To accommodate the varied preferences of the founders, they agreed that the new congregation would be nondenominational, reflecting the spirit of the age (and remarkably insightful, given the current slow-motion collapse of the liberal movements). There was also broad resistance to the old-time model focused on a building garnished with arrays of brass plaques, with voices raised in favor of a multipurpose, multifaith facility if one had to be built. This also reflected the spirit of the times. Another limitation was that most of the founders were in over their heads in their new homes, so funds were not available.

While the pioneering challenges of our founders may have changed over time, our shared love of community, deep affection for NVHC, and tremendous dedication and passionate stewardship of our lay leaders and professional staff remain as strong as ever. Inevitably though, with growth and expansion, multifaceted relationships and allegiances have formed with disparate views of what's important and valued. In looking forward, we must consider the future of the synagogue and our community as a whole. Where are we headed together? What are our shared objectives and priorities? How can we reconcile philosophical differences and align intergenerational interests? What are we willing to set aside or defer? What inspires us? What are our obligations to the past; imperatives for the future?

With the 50th anniversary approaching, we stand at the crucial crossroads of a future inexorably arriving on our doorstep every morning. We need to build upon our relationships and strong institutional stewardship to collaborate and plan our future together. It's not an easy task, but necessary and doable. By the time you read this article, you will have heard about my vision for a way forward, "Plan NVHC," a collaborative process that will serve the changing needs of our congregation and the Northern Virginia Jewish community. I invite you to join the conversation and let's move, onward! ♦

WELCOME TO SARA MOORE, EXECUTIVE DIRECTOR

The NVHC leadership is delighted to announce that we have found a new Executive Director to lead us into the future. Sara Moore will begin her tenure at NVHC on Monday, July 13th, and she brings with her a wealth of experience, a tremendous burst of energy, and a warm and engaging heart. For the past 32 years, Sara has been the Associate Executive Director and Chief Financial Officer at the Jewish Community Center of Northern Virginia (JCCNV). Born and raised in Uruguay's tight-knit Jewish community, Sara has become part of the fabric of Northern Virginia's Jewish life where she has raised her family and has been an active member of Beth El Hebrew Congregation in Alexandria. Sara is looking forward to getting to know NVHC, our members and our community. Please stop by to introduce yourself and to wish her well.

SAVE THE DATE

Featuring:
Cantor Susan Caro and friends

**Saturday Evening,
NOVEMBER 21,
2015**

**NVHC'S FALL
GALA!**



WHY OUR TEENS ARE SPECIAL

(Taken from: *Atid Shabbat Speech delivered on May 29, 2015*)

By Moshe Ben-Lev • Director of Education

It is no coincidence that I am addressing you just before we read the *Sh'ma*, because we always say a prayer for the gift of receiving Torah at this moment in our service.

We are told that it is our duty to pass the Torah from generation to generation, *dor l'dor*. On this Bimah during B'nai mitzvah, we see this occur. As our 7th graders reach the beginning of their teen years, we hope that they will take the challenge of guarding and practicing our traditions and the teachings of Torah on their shoulders.

During the last session of KL, I had the pleasure of talking with our 6th graders about our TAMID, 7-12th grade program, which they will be entering. I had just begun talking to them when I realized that three of our teens, who are their Madrichim, were present. I turned to them and asked if they would like to say a few words about TAMID. Well, when two of them, admittedly very engaged teens at NVHC, spoke, they simply took over my presentation. They were so full of bubbly enthusiasm, and articulated why the teen program was so "cool," way better than I could have done! They left me speechless, which, according to my family, is a hard thing to do!

This ebullience is an increasingly common occurrence in our teen program these days. We have more teens engaged in leadership and taking active roles at NVHC than ever before. We have 25 trained and superb Madrichim as classroom aides. We have five trained buddies working with our inclusion students. We have two teens on the regional NFTY board, more than any other regional synagogue! We have two music teachers who are teens, one of whom has won a national award. Over the last three years, we have sent at least eight teens to Kutz, a camp for teen leadership. When we offered a chance to join a program through the Religious Action Center on learning about advocacy in D.C., we had more than 10 students sign up for a 4-day seminar.

More importantly, are the more common occasions when while planning a teen or KL program, teens have asked to

help plan them without being asked to do so. With Beryl Trauth-Jurman, our amazing youth activities coordinator, guiding them, they have created and run programs that are exceptional. What excites me the most is that the recipients of these programs, our pre-teens, learn about our excellent teen program, and see our teens as great Jewish role models.

This year we held a 6th-7th grade Shul-in. In the process of planning, one of our teens, Sydney Chiat, a 9th grader, asked us if she could plan the program. She created a superhero-themed program, recruited other teens to help her, and delivered an amazing program, all without being asked.

We have two teens who created a field trip for our 6th graders to Arlington Cemetery to visit and learn about Jewish heroes. They also acted as docents for the trip. The Cemetery docent authorities were so interested in what they had created that they invited them to present their program to the team of docents that work for them!

For those of you who hosted teens for our regional NFTY Kallah this past fall, I am sure that you were impressed by their commitment and passion. The Friday night service was full of *Ruach*, spirit, as 120 teens from Pennsylvania to North Carolina prayed and sang with such conviction and love of Judaism. However, what you didn't see was our amazing teens running the programs for this event. I was amazed to see so many of them lead programs and speak in front of their peers with such confidence and gravitas. It was a humbling and proud moment for so many of us.

These inspiring examples are only a few of the very many times that I see our teens on a weekly basis take a leadership role and inspire those around them, including all of us who work in the synagogue.

We often talk about teens being our future. I believe that they are more than that. They are capable of great things **now**. Their desire to live a life of *tzedek*, justice, and fulfill the

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Important Dates

Sunday, September 20th	Kehilat Limmud first day with Back to School Orientation for Parents.
Saturday, September 26th	Sukkah Building Party and Dinner with Brotherhood and Confirmation class
Tuesday, September 29th	First session of TAMID with parent orientation and dinner beginning at 5:50 p.m.
Tuesday, September 29th	First mid-week Chevruta Hebrew for 3-6th grade
Wednesday, September 30th	First mid-week Chevruta Hebrew for 3-6th grade

mitzvot daily is not only inspirational, but also acts as a conduit for all of us as we assess our relationship with Judaism.

I recently had the distinct pleasure to lead a task force of congregants on the theme of Shabbat. I invited two teens, Sophie Dornfeld, who you will meet later, and Cole Friedman, to join this group. I wasn't sure if they would feel comfortable in a serious adult setting, but they agreed to join us. They were both not only articulate with some wonderful insights, which impressed us all, but they also challenged us to think more deeply about Shabbat and spirituality. They became leaders in a group of very intelligent and serious adults who listened and were impressed by their thoughtfulness and maturity.

When I think about our teens, I feel an overwhelming sense of emotion and joy because I know that the future of Judaism in America is safe, and it will continue to evolve and grow.

However, we have much work to do in order to reach those teens who are not engaged. To that end, next year we will be working to connect with them through some exciting initiatives.

Our congregation is lucky to have so many young Jewish adults with *menschlik*, who are committed to Judaism and to the synagogue. As we see them grow and leave us, we can be assured that their Judaism will also grow and flower, as they discover what it means to be an independent Jew. I wish our graduates and all of our teens a hearty *mazel tov*. ♦

Perspective By Cantor Susan Caro (continued from page 1)

peripheral vision; these special mirrors help to bring that information to our attention.

In this busy world, driving to and fro, filled with detailed schedules and to-do lists, it is hard to slow down. Perhaps, in the summer months, the pace of life may slow just a little – at least to accommodate to the Virginia humidity – yet, in our Jewish lives, these summer months present us with a framework and an opportunity to really just 'be' in ourselves, to give a little attention to the care of our souls.

I believe that one deep purpose of Judaism is to help us accomplish a personal, spiritual transformation in our lifetimes. I know that for many people, the word 'spiritual' today is a loaded word; some embrace it and others run from the room. At its core, it just means 'of the soul,' that which is related to the meaning that we make of our lives.

Spiritual transformation sounds pretty huge and daunting; pretty awesome, too. Consider that as you are reading this, we are entering the time of preparation for our High Holy Days. These are our holiest days of the year, dedicated to a personal, spiritual accounting of the past year, of repairing and 'cleaning up' our spiritual messes of the past year so that we might enter into the New Year with relationships healed and a renewed spirit. The Talmud reinforces that idea: "God said, 'Since you all came for judgment before me on Rosh Hashanah and you left in peace, I consider it as if you were created as a new being.'" [Rosh Hashanah 21].

The passage from Deuteronomy 6, which we chant each week in our service as the *V'abavta* prayer, reminds us that our heart, soul, and mind – our very beings – are connected to God in love. We experience life through our heart/soul/mind: We rely upon our hearts to be compassionate and caring, upon our souls to listen deeply to the world around us,

upon our minds to think clearly and be focused, to perform alertly. If we don't take care to nurture this essence of self, we may find that time and thoughts just whizz by, that we are distracted, and missing out on things that are important to us. It doesn't have to be this way, though. With practice, we can live with more mindful attention to our lives.

My teacher and mentor, Jonathan Slater, teaches that 'Mindfulness is the capacity to see clearly, with calm and awakened mind and heart, the truth of each moment of our lives.' It is an appreciation for the present moment, not being distracted or overwhelmed by running emotions and thoughts. This takes ongoing work and practice, so that when we are inundated with difficult thoughts and experiences, we can draw upon our practice.

Mussar is a Jewish spiritual discipline that provides a practical, ethical framework around which to practice mindfulness. The meaning of the word *mussar* comes from the book of *Proverbs 1:2* meaning moral conduct, instruction or discipline. Practicing mindfulness through the lens of *Mussar* provides the framework to attain a different perspective on our lives, to recognize that while things aren't always as they appear and we cannot usually change what happens to us in life, we can change how we experience those things. If this is even the least bit intriguing to you, I encourage you to come discover *Mussar* and how we can embrace these ideas and practices over a three-session class this summer: **July 29th, August 5th and August 19th, at 7:00 p.m.**

Judaism provides us a number of pathways to create and sustain meaning in our lives. The glimpses that we catch in those side-view mirrors can be the critical piece of information to help us drive more safely in a given moment, ever closer than it may appear. ♦



THE GRADUATING CLASS OF 2015

By Cindi Drake • Director of Early Childhood Education

Eli, Abigail, Aubrie, Ethan, Eva, Lily, Ori, Jonah, Clay, Morgan, Gavin, Landon, Isaac, Justin, Asher, Kamala.

It is hard to believe these are the same children who walked (actually, were carried) into this school three years ago, sucking thumbs or pacifiers. Or that these are the same children who thought the person they most loved and trusted in the world, had just turned them over to complete strangers who did not speak their dialect of “2” (or so they thought – we speak every dialect of “2”). Adding insult to injury, these same parents who promised they would come back for them, jumped into their cars and sped off. So how much have they changed and grown in three years? Here’s a bit of what they knew then, and what they know now.

Then	Now
Wore diapers	Wear fancy pants
Barely verbal	Conversational
Could not recognize or name numbers	Can count, name and recognize numbers up to 100
Could not recognize or name letters	Can recognize and name upper and lower-case letters
Holds pencils, crayons in a mitt	Holds pencil, and can write their name
Limited ability to dress, feed, etc., themselves	Can zip and button, feed themselves, pour and clean up after themselves
No negotiating/sharing skills	Can negotiate with classmates playtime, share and take turns; resolve conflicts with words
Has no idea what being Jewish is or means	Can tell you at least a little something about everything from Rosh Hashanah to Counting the Omer; understand they are Jewish and are part of a community that is also Jewish

I could write pages and pages of what they couldn’t do then, and now they are experts. But I won’t bore you. Instead I will show you the pictures of **Then** and **Now**.

Mazel Tov to all of our graduates, and we can’t wait to hear all about kindergarten!! ♦



Then



Graduation Selfie



Graduation 5



Z Great Group

Todah Rabah

The Preschool wishes to thank. . .

Judi and George Nossaman, for a generous donation to the Preschool Fund.

Samantha Kitces, for a filled Tzedakah can.

Emily Nossal, for a filled Tzedakah can.

Natalie Nossal, for a filled Tzedakah can.

Aubrie Fineberg, for a filled Tzedakah can.

Abigail DeLong, for a filled Tzedakah can.

The Krasner family, for donating a slide for our playground.

Drew Fineberg, for a filled Tzedakah can.



100 days

Tot Shabbat

COME GET THAT SHABBAT FEELING!

July 11th (2nd Saturday) and August 1st, 9:00 a.m.

Meet us in the multi-purpose room for this lively Shabbat morning service designed just for young children (up to age 5) and their families (including older and younger siblings). Miss Nell (Hirsch), NVHC's children's music specialist, leads the service. We sing, we dance, we pray, and we learn a little Torah with the Rabbi or Cantor.

After our service, Cindi Drake, our Director of Early Childhood Education, engages the children in a fun activity or craft. Our Oneg is a time for all to enjoy each other's company – our old friends and our new ones.

We hope you and your children will be there to share it. ♦

Preschool and Camp Possibilities!

Camp has begun - but we have one week in July, and some individual days still available.

Preschool registration for September, 2015 is in full swing! We have a number of new programs and more flexible schedules for incoming two-year-olds.

For more information or to request registration materials, please contact Cindi Drake at Cindi@NVHCReston.org or 703-435-8829. ♦

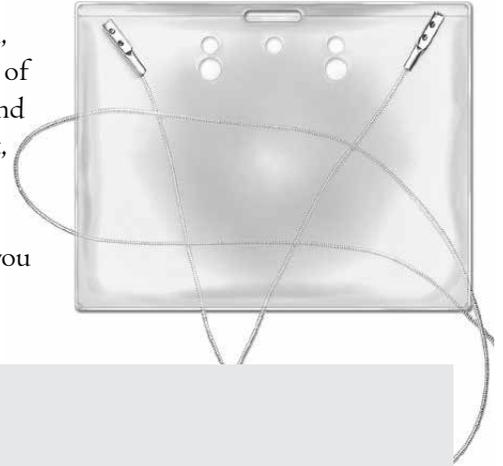
High Holy Days

HIGH HOLY DAY TICKETS COMBINED WITH NAME BADGES

As part of our continuing efforts to be a more welcoming and inclusive congregation, NVHC has combined your High Holy Day Ticket with a name badge. On one side of your ticket is the worship service schedule, and on the other is your name. You will find your ticket and name badge in a clear plastic holder inside the High Holy Day packet, which you should receive in the mail soon. If you do not receive your packet by **August 21st**, please call the NVHC office at 703-437-7733.

You will need to wear your name badge to High Holy Day Worship Services as you will need your ticket as well.

Thank you for helping us to be more welcoming to each other. ♦



Elul 5775/2015

5th Annual Elul study packet

Join our clergy in the Sanctuary on August 15th at 9:00 a.m.
for worship and Preparing for the Days of Awe (Elul study).

Elul, the month preceding the High Holy Days, is a time set aside for introspection and personal review.

Each year, short texts and related questions are assembled for you to consider during the weeks leading up to Rosh Hashanah and Yom Kippur. Many congregants find these Elul practices enhance their experience of the High Holy Days.

The Elul 2015 packets will be available for you to pick up in the NVHC Office from August 17th-September 8th. For more information, contact Susan Trivers: 703-790-1424 or susan@susantrivers.com. ♦

SAVE THE DATE!

NVHC Selichot Film, Discussion, and Worship

Saturday, September 5, 2015, 7:30 p.m.

Selichot Worship begins at 9:30 p.m. with Rabbi Holzman, Cantor Caro, and Kol Shirah. Welcome the Days of Awe and the changing of the Torah covers.

For more information, contact Susan Trivers,
Worship Committee Chair
at susan@susantrivers.com or 703-790-1424.

SAVE THE DATE!

NVHC *Tashlich* & BYOP Family Picnic – A New Holiday Tradition!

Monday, September 14th, 4:00 p.m.
at Lake Fairfax Park

See more information in the High Holy Day mailing, or contact Susan Trivers,
Worship Committee Chair
at susan@susantrivers.com or 703-790-1424.

Torah Talk

Our Shabbat Torah study class will be held on **Saturday, July 4th, 11th, 18th & 25th; August 1st, 8th, 15th, 22nd & 29th at 9:00 a.m.** in the sanctuary. ****PLEASE NOTE:** NVHC is on the summer schedule of a combined Torah Talk & Shabbat morning service at 9:00 a.m. The Torah is a vast collection of stories, commandments, ritual practices, and ethical standards. It is meant to be studied and understood not only to connect us to our ancestors and traditions, but also to guide us toward an ethical and spiritual life. Torah means learning. For many of us, understanding Torah is not easy. We may find the language confusing and the meaning difficult to grasp. Yet when we learn together, we are thrilled by the insights we glean and share. Whether you have studied Torah before or are new to Torah study, you will find wisdom and inspiration each time you study a portion of our sacred literature. ♦

9TH ANNUAL AUCTION RAISES OVER \$50,000

By Susan Trivers

Tremendous thanks to all the attendees, donors and volunteers who helped make NVHC's 9th Annual Auction a rousing success. The proceeds of over \$50,000 will contribute heartily to "Growing the Fruits of Our Community."

We recognize that many, many individuals contributed energy, creativity, money, passion and lots of time, and we extend our heartfelt thanks.

- Auctioneer and Live Auction - Rob Jolles and Ken Gubin
- Catalog, posters, flyers -Judy Naiman
- Finance and Technology -Judy Naiman and Stu Williger
- Decorations – Ronni Hargrove and Merrell Renaud and many Kehilat Limmud parents
- Social Hall set-up - Sandee Byrne
- Bars – Andy Cohen
- Ki Tov- Kelley Schulman
- Basket Raffle – Jessica Peristere
- Photographer – Marco Sainati
- Silent Auction items – Joanne Schamest
- Sisterhood Liaison – Anita Flower
- Preschool Liaison – Andrea Sarner and Rachael Fineberg
- Extra pair of hands on Auction night – Ronni Levine
- Rabbi Holzman and Cantor Caro
- 50 other volunteers who did everything from greeting, checking in, selling necklaces, collecting bid sheets and numerous other jobs that we could not do without.

We also give a huge NVHC shout-out to Fay and Ken Gubin. They were part of the very first Auction 9 years ago and have contributed in many, many ways ever since. On May 16, 2015, Ken thanked retiring auctioneer Rob Jolles with a memory book, collected and assembled by Fay.

When you enjoy a program or a class, socialize with other congregants, take your children to school, and sing and worship together, you can take pride in knowing that the Auction efforts are contributing to all of the precious moments we have at NVHC.

With deepest appreciation to all,
Madeleine Abel, Susan Salen and Susan Trivers
9th Annual Auction Co-chairs ♦

Perspective *By Rabbi Michael Holzman (continued from page 2)*

powerful as knowing that I did something to ease the spiritual burden of another human being. And this spiritual power is heightened even more when we give to people we DO NOT KNOW. And when we give WITHOUT RECIPROCITY, this is even more profound. Because the act of supporting strangers, and doing it just because it is right, might be the most authentic act of being human.

3. Supporting each other creates a different kind of community. By delivering a meal or sending a note, we create a thick network of connections that go way beyond the important social connections we hope to find, to instead form spiritual connections that stand the challenges of distraction, logistics, stress, and time scarcity. The relationships we form through NVHC Cares weave the strongest fabric in our community. These actions and the relationships they form communicate that NVHC will spread a *chuppah* of security, love and peace over anyone who joins us.

I am so thankful for this community and the way you have supported my family. For those of you who did not know, and did not get to send a card or something, you can do something. We all can do something. JOIN NVHC CARES. Sign up to be a volunteer. Robbie, along with her team (Pam Berg, Karen Forman, Nicki Halterman-Mitchell, Anna Schoenfeld, Mary Ann Ressin) have put together a highly organized system for communication and logistics to put everyone to work in this holy labor. There are opportunities big and small, personal and anonymous, quick and time consuming. Anyone of any age can be a part of this. As a modern, American, liberal, non-halakhic rabbi, there are very few times I can be overtly directive to the congregation. This is one of those times. Email Robbie NOW! ♦

We're So Proud of our High School Grads!

Jake Anders, will be attending the College of Charleston

Adam Balick, will be attending University of Pittsburgh (Swanson School of Engineering)

Emily Bull, will be attending Virginia Tech, Human Nutrition Foods and Exercise

Ben Campbell, will be attending Wake Forest University

Libby Cohen, will be attending McDaniel College

Tyler Cunningham, will be attending Juilliard

Joshua Daitzman, will be attending Penn State, Chemical Engineering

Erin Dlott, will be attending University of Virginia

Shayna Gutcho, will be attending Radford University, Criminal Justice

Philip Katz, will be attending James Madison University, Honors Program

Joshua McGhee, will be attending University of Maryland

Hannah Menchel, will be attending the College of William and Mary

Tyler Minushkin, will be attending the University of Wisconsin at Madison, Math and Physics

Ben Parsons, will be attending the University of South Carolina

Jaren Reynolds, will be attending George Mason University

Samantha Savos, will be attending the School of the Visual Arts, NYC

Addison Viener, will be attending the University of Michigan

...And of our College Grads!

David Aponte, graduated from George Washington University.

Daniel Cohen, graduated from Columbia College in Chicago with a degree in Fine Arts.

Hannah Nelson, graduated from University of Virginia, with a degree in Civil Engineering. She will be moving to Minneapolis, Minn., in June to begin working on a light rail project with a Civil Engineering firm. ♦

College Outreach

SIGN UP FOR COLLEGE OUTREACH 2015-2016



We are entering our 13th year with the College Outreach program, and we want to make sure that all our students who are away from home are included. A baker's dozen of years is a nice analogy for the baker's dozen, or more precisely, dozens and dozens of cookies prepared and mailed out each year. We send home-made treats, symbols of the holidays, and holiday greetings from NVHC several times a year. We know from the notes we receive from the students as well as the thank you's we receive from parents how much this continuing connection with NVHC means.

It is time to sign up your students to participate for the new year, both for new and for continuing students. Please send both USPS and e-mail address of your student to Mozelle at mozelle@nvhcreston.org. If you do not yet know the USPS address, send in the student's name now and the address when you have it.

We also need volunteers to help prepare and assemble the packages. You do not have to have a student away from home to participate. One of our volunteers has one small child at home; she just likes to bake and help out. The time commitment from you is not a lot. If you are interested in helping or have a question, please contact Judy Naiman at CollegeOutreach@nvhcreston.org. ♦



“SUMMERTIME, AND THE LIVIN’ IS EASY” — ALSO HOT AND HUMID!

By Suzi Stone, Sisterhood President

One of the wonderful things about this time of the year is that we can be outside and enjoy ice tea, lemonade, and ice cream. So, here we are, planning and getting ready for fall, and for the start of another terrific year with Sisterhood.

These are some of the activities we have going on, or are coming up:

- One of the things on the horizon is a weekend beach retreat. This is a new event, and we are in the planning stage now. If you are interested in participating, then jump into the “planning pool,” and have some fun with us.
- Mah Jongg is still in high gear on Monday nights in the multi-purpose room at 7:30 p.m.
- Our Social Action committee is collecting gently used clothes for the Women Giving Back project that we support. (Donations can be dropped off in the Adult Lounge).
- Our own version of “Antiques Roadshow” will be coming to NVHC Sisterhood.
- August starts our Membership drive, so look for your application form in the mail.
- Plans are almost complete for our fantastic Chocolate and Champagne party in October.

If you have any questions about these and future programs, please contact me at: SisterhoodPresident@NVHCreston.org. We are a great group of women. Join us . . . Enjoy us . . . A Sister is a very special friend. ♦

NVHC SISTERHOOD PRESENTS: HONEY FROM THE HEART



Honey from the Heart is a Sisterhood fundraiser to provide organizations within NVHC the monies to fund enhanced programs, scholarships and student learning. The cost for each 8 oz jar of Kosher honey is \$11 and includes an enclosure card. Free shipping on all orders placed before July 7th. Afterward, shipping is \$4.00 per order through August 31st.

Place your order at www.orthoney.com/NVH

Use the 3 digit code NVH to order.

Questions, contact sisterhoodpresident@nvhcreston.org

HEBREW FOR ADULTS - SUMMER 2015

Our classes are open to anyone interested: Members and non-members, Jews and non-Jews.
No prior experience required.

SHABBAT? WHAT'S IN IT FOR ME? WITH RABBI HOLZMAN

Ever wonder why Shabbat is so important to the Jews? Ever think about why we do the rituals we do on Friday nights and Saturday mornings? Ever think about traditional Jewish Shabbat practice (setting lights on timers, tearing toilet paper . . .) and scratch your head. Join Rabbi Holzman for an in-depth conversation about Abraham Joshua Heschel's *The Sabbath*. Published in 1951, this is probably the most important Jewish book of the 20th century, and in only 101 pages it articulates a powerful spiritual view of modern living. **WHEN:** Tuesdays, July 14th, August 18th, 7:30-9:00 p.m.

MINDFULNESS THROUGH MUSSAR WITH CANTOR CARO

Mussar is a treasury of Jewish understandings and practices designed to further ethical and spiritual development through character trait refinement. Mussar practices include text study, meditation, silence and contemplation, journaling, chanting, visualization, and open-hearted interactions with others. We will be exploring how this theory and practice can offer valuable, practical spiritual guidance and meaning for the journeys of our lives, especially meaningful in personal preparation for the approaching High Holy Day season. **WHEN:** Wednesdays, July 29th, August 5th, and August 19th, 7:00 - 8:30 p.m.

LAMENTATIONS: TEXT STUDY WITH ADAM COHN

The **Book of Lamentations** (הִיכָר, *Eichab*) is a collection of poetic laments for the destruction of Jerusalem. In the Hebrew Bible it appears in the Ketuvim ("Writings"), beside the Song of Songs, Book of Ruth, Ecclesiastes and the Book of Esther. The book is traditionally recited on the fast day of Tisha B'Av ("Ninth of Av"), mourning the destruction of both the First Temple and the Second Temple as well as the subsequent exile of the Jews from the Land of Israel. The day has also become associated with remembrance of other major calamities which have befallen the Jewish people and is traditionally regarded as the saddest day on the Jewish calendar.

WHEN: Sunday, July 26th, 10:00-11:30 a.m.

To register for any of these classes, use the form below, or go to website
<http://www.nvhcreston.org/learn/adult-learning/lifelong-learning-registration-center/>

HEBREW FOR ADULTS – SUMMER 2015

Name: _____ Member: _____ Non-member: _____

Phone: _____ Email: _____

Check <input type="checkbox"/> to enroll	Course Title	Start date	Session Day/Time
	Shabbat?	7/14 8/18	Tue, 7:30 p.m.
	Mindfulness through Mussar	7/29 8/5 8/19	Wed, 7:00 p.m.
	Lamentations	7/26	Sun, 10:00 a.m.

Lifelong Learning Programs are supported by the *Seldon and Ruth Kruger Fund*
for Adult Learning. Your donations are welcome!

Send registration form to:
Northern Virginia Hebrew Congregation
1441 Wiehle Avenue, Reston, VA 20190

Book Club Selections

We meet on the first Saturday of each month, except where noted, 9:00 a.m. – 10:15 a.m.

For more information, contact Marjina Kaplan at: marjina2@yahoo.com



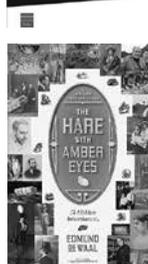
AMOS ELON
THE PITY OF IT ALL
A Portrait of the German-Jewish Epoch
(1989)



JOSEPH TELUSHKIN
THE UNORTHODOX
MURDER OF RABBI WAHL



EDMUND DE WAAL
THE HARE WITH AMBER EYES



July 11th. (One week later because of July 4th). *The Pity of It All: A Portrait of the German-Jewish Epoch*, by Amos Elon. 466 pp. History. Elon chronicles a period of achievement and integration that at its peak produced a golden age second only to the Renaissance. He shows how a persecuted clan of cattle dealers and wandering peddlers was transformed into a stunningly successful community of writers, philosophers, scientists, tycoons, and activists. He peoples his account with such dramatic figures as Moses Mendelssohn, Heinrich Heine and Hannah Arendt.

August 1st. *The Unorthodox Murder of Rabbi Wahl*, by Rabbi Joseph Telushkin. Fiction. In the late '80s-early '90s Telushkin wrote this, the first of three murder mystery novels, all featuring orthodox Rabbi Daniel Winter, rabbi of a synagogue in West Los Angeles. It also features a Jewish female homicide detective. She's divorced and he's a widower, and they're both attracted to each other. The murdered Rabbi Wahl, female assistant rabbi at a Reform temple, was an ardent feminist who made some enemies.

September 5th. *The Hare With Amber Eyes*, by Edmund deWaal. Memoir. De Waal, a potter and curator of ceramics at the Victoria & Albert Museum, describes the experiences of his family during the 20th century. Grain merchants in Odessa, various family members migrated to Vienna and Paris, becoming successful bankers. In Paris, Charles Ephrussi purchased a large collection of Japanese netsuke, tiny hand-carved figures including a hare with amber eyes. The collection passed to Viktor Ephrussi in Vienna and became the family's greatest legacy. Driven from their home by Nazi rule, they later discovered that their maid, Anna, had preserved the netsuke collection. ♦

NVHC Cares Program

NVHC CARES NEEDS YOU

By Robbie Kaplan • NVHC Cares Chair

NVHC Cares, our synagogue's caring program, was established to provide solace and support through difficult times and reach out during joyful beginnings. NVHC Cares fosters a caring community by connecting with cards, calls, visits, and meals, ensuring that no member is alone whether sick, dying, bereaved, or adjusting to a birth or adoption.

NVHC Cares relies on member volunteers. If you would like to be part of our caring community, we are currently seeking volunteers to make and deliver meals, pick up and deliver purchased meals, deliver challah on Shabbat, and provide transportation.

If you are interested in volunteering and would like to participate in NVHC Cares, or if you or someone you know could use our help, please contact Robbie Kaplan at robbiemillerkaplan@gmail.com. ♦

Warm Welcome to New Members

We extend a warm welcome to these NVHC newcomers who have recently become part of our family. Please add their information to your membership directory, and be sure to make them feel at home when you meet them.

David & Marissa Brooks

2411 Ansdell Ct
Reston, VA 20191
954-298-7469
MarissalBrooks@gmail.com

Shauni Welsler

20947 Glenburn Terrace
Asburn, VA 20147
703-948-7677
swelsler@hotmail.com

Darren & Lisa Wolner

42794 Songbird Court
Broadlands, VA 20148
703-723-7606
dwolner@gmail.com
lisawolner@gmail.com

YEAR-END REFLECTIONS ON THE ‘WEEKEND MEALS FOR FOREST EDGE STUDENTS’ PROGRAM

By Meryl Paskow

Over Memorial Day weekend, I took my daughters to see the new Disney movie, *Tomorrowland*. In the film, one of the characters questions how humanity could have possibly gotten itself to a place where the world simultaneously faces both an obesity and starvation epidemic. In the car, on the way home, my twelve-year-old daughter raised this question for discussion — How is it possible that in a country where there is clearly enough food to feed everyone, that there are people who don't have enough to eat?

As we wrap up another year of the *Weekend Meals for Forest Edge Students* program, I thought it appropriate to come back to the larger question of why there are so many families who face food insecurity. More importantly, why, as a nation, are we okay with that? Most importantly, what are we going to do about it?

This summer, I will be worrying about the 250 Forest Edge students who will have to do without the weekend food bags until September. I will be praying for their parents who will rely on the daily breakfast and lunch provided by Forest Edge to stretch their food budgets as far into July and August as possible. I will be thinking about what more

we can do for these families when we return in September to ease a burden that should not exist in a country that has more than enough food to go around.

Tomorrowland presses upon the importance of those people who have not given up hope — who still believe in what can be accomplished when we find ways to put our differences aside and work for the common good. As a Jewish community, our obligation to Tikkun Olam dictates that giving up, or turning our backs on people in need, is never an option.

When we return in September, the need for monetary and food donations continues, and volunteers will still be there. There are no easy answers to the question of why people in our community, our nation, and around the world are going hungry, despite our ability to provide for all. We could spend our time grappling with the ‘why,’ or we can shift our attention to the question that compels us into action. *What can we do? What will you do?*

To find out more about what you can do to get involved with the *Weekend Meals for Forest Edge Students* program, email Alison Behar at Alison.behar@gmail.com. ♦

Membership

Only For Prospective/New Members AND Preschool Families*!

Come “flip” out over NVHC!

Pancake Shabbat

Saturday, August 29, 2015

Services... 9:00 a.m.

Pancake Breakfast... 10:30 a.m.

Pancakes and Toppings Galore! Music and stories for our young guests!
Espresso and conversation for our more mature guests!

Please RSVP to Mozelle Stanton at (703) 437-7733
or via email to mozelle@nvhcreston.org

*Preschool Families will be able to pick up their
September Folders at the Pancake Shabbat



INCLUSION INITIATIVE

By Andrea Vavonese

Our Inclusion Initiative strives to ensure that all members of the NVHC Congregation are able to participate meaningfully in all spiritual, educational, celebratory and life event activities at the synagogue. **We welcome all who want to be involved in this important initiative. Please join us for our next meeting on Tuesday, July 28th at 7:00 p.m.** If you have experience as a person with special needs, a parent or grandparent of a person with special needs, or as a professional in special or general education or counseling, you will provide great value to this initiative, and we encourage you to become involved. If you want to learn more about this initiative, please contact Andrea Vavonese at NVHCInclusion@gmail.com or visit our webpage at <http://www.nvhcreston.org/live/inclusion/>. ♦

Inclusion Mitzvah

STEVEN KURTZ'S CHARITY BAKE SALE UPDATE

Steven Kurtz, a 13-year-old resident of Great Falls, has a passion for baking. He also has autism. At the age of 7, Steven declared that he wanted to be a professional baker. His family took that passion and turned it into a home-school curriculum to teach Steven math, science, life and social skills, geography, reading and writing. This year, using all he has learned, Steven organized a Bake Sale to raise money for children with autism in Brazil.

On Saturday, May 30th, his idea became a reality. With the help of his home-school teacher, his au pair from Brazil, and his family, Steven set up a tent at the Great Falls Farmers Market, where he sold his home-made sweets. His signature creations included cupcakes, cookies, quick breads and Brazilian specialties like Brigadeiros (a chocolate caramel candy) and Bolo de Fubá (a sweet cornmeal cake).

As word of the event spread, Steven and his family realized they were going to need more bakers. Friends started baking brownies, cookies, lemon bars and muffins to boost Steven's efforts. More than a dozen Great Falls au pairs, from Cultural Care Au Pair, also volunteered to bake for

Steven. There were fresh crepes from France, Passion Fruit Bars from Australia, Nutella Kisses from Austria, Alfajores from Argentina, and Chocolate Caramel Cakes from an au pair from Sweden who is a professional baker. Special thanks also go to Andrea Vavonese and her daughter, for lending their baking talents to Steven's Bake Sale.

Hundreds of friends, neighbors and local residents visited Steven's tent at the Great Falls Farmers Market to buy his home-made treats and donate to his charitable cause. Steven got a surprise visit from Celebrity Chef Jacques Haeringer of L'Auberge Chez François! Chef Jacques and his wife Carol invited Steven, who aspires to work in a bakery, for a private visit and tour of the pastry kitchen at L'Auberge Chez François.

Steven raised money for the purchase of therapy equipment for AMA-Alagoas, a nonprofit organization that serves children with autism and developmental disabilities in one of the poorest regions of Brazil. This specialized equipment promotes physical activities which helps children with developmental delays improve and gain motor skills (crucial to activities of daily living and self-help tasks), as well as provide moments of social interaction, recreation and relaxation.

Cultural Care Au Pair, an au pair agency headquartered in Boston, is matching every dollar raised at Steven's Bake Sale, and 100% of the money will go to charity.

Steven and his family are so delighted with the success of the Bake Sale, they have already begun planning their next event for 2016.

For more information on Steven's Charity Bake Sale, please visit: <http://skurtz.aupairnews.com/2015/06/01/stevens-charity-bake-sale-2/>.

— First published in Reston Patch — ♦



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"Help Every Step of the Way"

Office: 703-961-7105
 Toll Free: 1-800-835-2558 Ext. 1105
 Fax: 703-478-0903
 Cell: 703-861-4024
abbey.siciliano@longandfoster.com




STARTING OFF A GREAT YEAR

By Sheila Budoff

Please add these great events to your to-do lists for the summer! First, join us on **July 28th** for an introduction to a 5-step program for eliminating back pain. You'll learn techniques to help you feel better and enjoy the summer even more. Then, on **August 25th**, come for a fun and educational session on the history of Jewish life in Chicago, featuring a documentary film, stories, fond memories, and even Chicago-style deep-dish pizza. Yes, Virginia, there was Jewish life in Chicago dating all the way back to 1833. Whether or not you're from Chicago (hopefully there are at least a few of you!), it's fascinating to find out how Jewish Chicagoans experienced and shaped early American life in the Midwest. Hope to see you there!

PLEASE NOTE: We have several members of our group who would greatly appreciate a ride to our meetings. Please consider picking up one of our members on your way to NVHC. This is such an important way to help keep our members actively engaged in the community and let them know how important they are to us. If any of you would like to volunteer for this mitzvah, please contact me at sheila.budoff@jccnv.org or (703) 537-3068. Thanks!

Here's what's happening in July and August:

Tuesday, July 28th, 10:30 a.m. - noon

5 Steps to Alleviate Back Pain:

Why Posture Plays a Role in All That You Do

Presented by: Elin Kanchev, JCCNV Sports and Wellness Director

Does your back feel tight? Do you tend to get pain in your shoulders or even your lower back? Although the easiest route to feeling better may seem to be medication or surgery, they're not always the best ways to fix the problem or prevent it from happening again. Elin will take you through the 5 steps to get your back pain-free and help you to improve your quality of life.

RSVP: Sheila.Budoff@jccnv.org, 703-537-3068.

Tuesday, August 25th, 10:30 a.m. - noon

Jewish Life in the Windy City

Calling all Chicagoans . . . and Chicagoan "wannabes!" This program is for you (and everyone else, too)! We'll be exploring the history of Jewish life in the Windy City, starting with the first German Jewish immigrants in 1833 and going through 1948, when Israel was established. Their stories will be told through a documentary film, and hopefully some of you will share your own stories about growing up in Chicago. To top it all off, bring your lunch or pay (\$8 JCCNV or synagogue members/\$10 non-members) for a lunch of Chicago-style deep-dish pizza and salad, and we'll reminisce some more afterward.

RSVP: Sheila.Budoff@jccnv.org, 703-537-3068, by Friday, August 21st for optional lunch.

Fee: \$8 JCCNV or synagogue member/
\$10 non-members, for optional lunch. ♦

Breast Cancer Support Group

**2nd Thursday, July 9th and August 13th,
7:00 p.m. – Facilitated by Sharon Davidow**

If you, your daughter, mother, sister, partner or friend is living with breast cancer, we hope you'll tell them about this group. Whether a person is newly diagnosed, living several years as a survivor, battling progressive disease, or a special partner of a breast cancer patient, our new support group is intended to help people to:

- Speak confidentially in a group
- Be a resource for educating other families
- Provide support and be mentors for one another
- Celebrate survivorship together

If you are interested in joining NVHC's Breast Cancer Support Group or getting further information for another person, please contact Sharon Davidow, 703-760-0910. Anyone who would like to talk to a good listener, please call Sharon, and she'll find a way to get together.

Bereavement Support Group "When You've Lost a Loved One"

Tuesdays, July 21st & August 18th, at 7:00 p.m.

On Tuesdays, July 21st and August 18th, at 7:00 p.m., NVHC will hold a meeting of "When You've Lost a Loved One," a Bereavement Support Group and extension of our caring community at NVHC. Linda Rubinstein Perlstein, experienced counselor in grief therapy in both secular and Jewish settings, will facilitate. It is our hope that NVHC members and friends from the wider community find comfort and care as they mourn losses among their family and immediate circle of community.

We hope that attendees will meet on an ongoing basis to draw support and insights in a group setting. Please contact Rabbi Holzman for more information at 703-471-6046, ext. 102.

Tzedakah: We Thank Our Generous Contributors

Ark Fund

Ted Smith...in memory of Betty Kaufman, Sara R. Smith, and Z. Zelleman Smith

Art Fund

Pracher/Reich Family...in memory of Laura McPartland
Andrew and Ellice Stern...in memory of Anita Rosenberg

Cantor's Discretionary Fund

Lance and Inci Devin...in honor of Samantha's Bat Mitzvah
Stuart Dornfeld and Emily Booth Dornfeld...in honor of Sophie's Confirmation
Murray Goldstein...in memory of Abraham Goldstein
Bill Holtzman and Juliet Goozh...in honor of Emma's Bat Mitzvah
Nathan Rosen...in memory of Howard Rosen
Marco Sainati and Ronni Levine...in honor of Leo's Confirmation
Rick and Barbara Schatz...in memory of Annette Steinberger
Suzi Stone...in memory of Betty Castle and Edward Doehman
Jack and Jenny Tarr...in memory of Grace Bosworth Siegel

Choir Fund

Donna Grossman...in memory of Max Lund
Rich and Cindy Michelson...in memory of Bernice Michelson
Chris and Elissa Savos...in memory of Milton Savos and Ann Savos
Marsha Sheinman...in memory of Joseph Sheinman
Tina Sheller...in memory of Edith Furman
Arnie and Natalie Small...in memory of Elaine Mand

College Outreach

Steve and Linda Gordon...in memory of David Gordon and Doris Gordon

Confirmation Class Gift

Marty and Claire Koshar...in honor of the Confirmation Class of 5775 and granddaughter Lily Campbell

General Fund

Bruce Feist and Paula Goldman...in memory of Ruth Fox
Al and Lynne Groff...in memory of Eleanor Rabinowitz
NVHC Golf League

Inclusion Initiative Fund

Roberta Hoffman

Library Fund

Michael and Barbara Sproull...in memory of Burton Hamburger

Lou Gold Children's Music Fund – in memory of Edith Furman

Anonymous
Ed and Judy Cincinnati
Ray and Mera Diaz
Jeff and Tracy Dlott
Eric and Karen Forman
Stuart and Andrea Gavurin
Charles and Lori Grausz
Jon Groisser and Hana Newcomb
Ken and Fay Gubin
Rob and Nora Gutcho
Brian Hayes and Lori Huberman Hayes
Steven and Ellen Hirsch
Jim and Robbie Kaplan
Maury and Judy Kitces
Michael and Eleanor Kitces
Andy and Elizabeth Lacher
Steve and Ruth Lipson
Mitch and Abbe Pascal
Barry Pilson
John Pracher and Amy Reich
Ivette Retrey-Golinsky
Peter and Libby Robbins
Rick and Barbara Schatz
Marvin and Karen Singer

Michael and Barbara Sproull...in memory of Phillip Fiedler
Nina Wand and Family
Ralph and Miriam Wolman

Memorial Plaque

Don and Nell Hirsch...in memory of Edith P. Furman
Nathan Rosen...in memory of Howard Rosen

NVHC Cares

Henry Chadwick...in honor of those who brought dinners
Claire Delsack...in memory of Leah Delsack and Ben Spector
Brad and Risa May...in memory of Amy Denise May and Ida Lasher

Prayer Book Fund

Dan and Rachel Cole (Mishkan T'filah)...in memory of Meyer Cohen
Michael and Barbara Sproull...in memory of Jerome Berger

Preschool Fund

Jason and Vera Feig...in memory of Irelynn Ellers
Steven and Jennifer Nossal...in honor of Shelly Harelk for Grandparents' Day and in memory of Eddie Harelk
George and Judith Nossaman
Ivette Retrey-Golinsky...in memory of Bess Rosenbaum

Rabbi's Discretionary Fund

Brotherhood
Lance and Inci Devin...in honor of Samantha's Bat Mitzvah
Alan Dappen and Sara Scherr...in memory of Lois B. Scherr
Bill Holtzman and Juliet Goozh...in honor of Emma's Bat Mitzvah
Anna Lewkowicz...in memory of Kalman Lewkowicz, Bella Lewkowicz, Sam Lewkowicz, and Chaim Lewkowicz
Rivoltina Popova...in memory of Rachel Kristal
Diane Preece...in memory of Stewart Preece
Marco Sainati and Ronni Levine...in honor of Leo's Confirmation
Seymour Subitzky...in memory of Marian Subitzky
Stuart Williger...in memory of Sylvia Williger
Jeanette Zimmerman

Religious School Fund

Ray and Mera Diaz...in memory of Inez "Fancy" Kirson

Sam Selden and Donna Dixon Memorial Endowment for Jewish Youth and Community Development

David Selden and Julie Wallick...in memory of Edith Furman, Jack L. Wallick, and Muriel Wallick

Seldon and Ruth Kruger Fund for Adult Learning

Carol Adelman, Ricki Jeremy, Paige and Josh Sturgeon...in honor of Seldon Kruger's 85th birthday
Ed and Sandee Byrne
Robert and Shirley Finkelstein...in memory of Rebecca Silbovitz, David Finkelstein, Deborah Finkelstein, and Samuel Silbovitz
Ken and Fay Gubin...in honor of Seldon Kruger's 85th birthday
Bernice Jacobs...in honor of Seldon Kruger's 85th birthday
Glenn and Susan Jacobs...in honor of Seldon Kruger's 85th birthday
Steven, Camellia, Kiyan & Ramin Jacobs...in honor of Seldon Kruger's 85th birthday
Andy and Elizabeth Lacher...in honor of Ron and Rhonda Rubin
Suzi Stone
Howard and Carolyn Wesoky...in memory of Edith S. Scheibel, Stephen Unger, and Morris Wesoky
Stuart Williger...in memory of Sylvia Williger

Social Action Fund – NVHC Change

Sharon Davidow...in memory of Max Davidow
Jeff and Tracy Dlott...in honor of the 2015 Confirmation Class
Roy and Jean Horowitz...in memory of Beverly Newman
Michael Lipsky and Mariette Hiu Newcomb...in memory of Hana Hiu
Larry and Deede Snowwhite...in memory of Ann Zeitz and Harold Black
Stuart Williger...in memory of Sylvia Williger

Continued on page 18)

Tzedakah: We Thank Our Generous Contributors *(Continued from page 17)*

Social Action Fund – Forest Edge Backpack Donation

Adan and Pamela Berg
Harvey and Janice Berger
Ed and Sandee Byrne
Susan Caro and John Lertzman
Edward and Judy Cincinnati...in memory of June Rosenblatt,
Toni Wallace, and Nathan Rosenblatt
Kenneth and Rachel Coelho
Andy and Susan Cohen
Alan Dappen and Sara Scherr
Tim and Kelly DeLong
Carl and Erin DiManno...in honor of Arden's Bat Mitzvah
Jeff and Tracy Dlott
Tom and Cindi Drake
Jason and Vera Feig...in memory of Frances Shuster
Bob Fenster and Alison Behar
Justin and Rachael Fineberg
Michael and Carol Flicker
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Michael and Cheryl Gedzelman
Charles and Lori Grausz
Hannah Grausz
John Grausz
Jon Groisser and Hana Newcomb
Ken and Fay Gubin
Rob and Nora Gutcho
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David and Carla Heymsfeld
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John and Audra Hoebler
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Jim and Robbie Kaplan
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Adam and Jennifer Starr
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Heb VanHook and Madeleine Abel
Ron Wallos and Joanne Schamest
Bob Wein and Isabel Einzig-Wein
Mark and Nancy Weinstein...in memory of Harold Weinstein
Stuart Williger
Ralph and Miriam Wolman

Sof Shavua Nosh

Vivian Kramish...in honor of Selden Kruger's 85th birthday

Torah Fund

Ray and Mera Diaz...in honor of Evan Diaz's Confirmation

Youth Group Fund

Carl and Erin DiManno...in honor of Arden's Bat Mitzvah
Michael and Barbara Sproull...in memory of Sheldon Fiedler

Membership Directory Corrections

The following members have a change of address, phone, or email:

Rey & Hope Aponte
11416 Esplanade Drive #102
Reston, VA 20194

Bob Cohen
703-623-8447

Estelle Goodman
703-444-2187

Mary, Victor, Alex & Isabel Tchirpout
12711 Hunt Manor Court
Fairfax, VA 22033
703-476-1294
mstchiprout@hotmail.com

Life-Cycle Events in the NVHC Family

R'FU-AH SH'LEI-MA

Gloria Bloom	Clarice Karnette	Marty Koshar	Paulette Peltz	Jenny Stein	Madeleine Sutherland
Mike Dixon	Mina Katz	Sheila McGibbon	Joanne Polansky	Robert Stein	Jenny Tarr
Greta Goldberger	Nisa Katz	Irene Menchel	Tamara Selden	Eliza Sucre	Robert Vaccarino
Ken Kaplan	Jackson Komar	Irwin Menchel	Richard Shlakman	Scott Sunshine	

CONDOLENCES

To the Rosen family, on the death of Howard Rosen

To Robert Rabinowitz, on the death of his mother, Eleanor Rabinowitz

To Stuart Williger, on the death of his aunt, Muriel Williger

To Nell Hirsch, on the death of her mother, Edith Furman

To Sandra Blumberg, on the death of her mother, Lina Morales

To Jennifer Topscher, on the death of her grandmother, Juanita Geuder

Submit your life-cycle events by phone to: 703-437-7733, or Email to: mozelle@nvhcreston.org.

NVHC Thanks our 2015 Cornerstones Donors

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To honor or memorialize someone, fill out this form and mail it to NVHC, 1441 Wiehle Avenue, Reston, VA 20190. Please make checks payable to NVHC. NVHC has established the following discretionary funds, from which you may choose to make a donation. Your gift is greatly appreciated and will be used to enhance the programs of our temple.

Enclosed is my donation in the amount of \$ _____

Donor's Name & Address: _____

In Honor of: _____

In Memory of: _____

For a Speedy Recovery to: _____

Send acknowledgement to: _____

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(Please Provide Name and Date of Death for Memorial Plaque) _____

Donate to NVHC Online

Itching to donate to one of NVHC's many funds, or to remember or thank someone? Now it's easier.

The NVHC website has been enabled to accept donations. Donations are processed through PayPal, using your own credit card or by establishing a PayPal account, at no cost to the donor, and are encrypted for security.

Go to www.nvhcreston.org and click on the Donations link listed on the left-hand column of the home page.



NORTHERN VIRGINIA
HEBREW CONGREGATION

1441 Wiehle Avenue · Reston, Virginia 20190

mark your calendar for these **Upcoming Events**

Inclusion Meeting ♦ July 28th, 7:00 p.m.

Selichot ♦ September 5th, 7:30 p.m.

M'Sibat Simchat Torah ♦ October 4th

NVHC Contact Information

Temple Office (secretary answers)	703-437-7733	Director of Education	Moshe Ben-Lev ext. I03
Temple Office (directly to individual)	703-471-6046	moshe@nvhcreston.org	
Preschool	703-435-8829	Director of Early Childhood Education	Cindi Drake ext. I10
Fax	703-437-3443	cindi@nvhcreston.org	
Website	www.nvhcreston.org	Temple Secretary	Mozelle Stanton ext. I01
		mozelle@nvhcreston.org	
Rabbi	Michael G. Holzman ext. I02	Religious Education Secretary	Elaine Bowling ext. I04
rabbiholzman@nvhcreston.org		elaine@nvhcreston.org	
Rabbi Emerita	Rosalind Gold	Bookkeeper	Linda Klinker ext. I08
Cantor	Susan Caro ext. I06	Youth Activities Coordinator	Beryl Trauth-Jurman ext. I47
cantorcaro@nvhcreston.org		beryl@nvhcreston.org	
Executive Director	Sara Moore ext. I05	Young Adult Engagement Coordinator	Stacy Miller ext. I26
sara@nvhcreston.org		stacy@nvhcreston.org	

DEADLINE FOR THE SEPTEMBER/OCTOBER ISSUE: Wednesday, August 1, 2015

New & Prospective Members Pancake Shabbat, August 29th, 10:30 a.m.