

# NVHC links

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## Adult Education

### Classes

Resume in January

**Erev Shabbat Worship Service with Board Installation and**

**Kol Shirah,**  
Jan 8th, 2016,  
8:00 p.m.

**M'Sibat Tu B'Shvat,**  
Sun, Jan 24th

**Shabbaton,**  
February 6th,  
9:00 a.m. –  
3:00 p.m.  
See flyer



## Perspective By Rabbi Michael G. Holzman

### A DIFFERENT KIND OF *TU B'SHVAT*

*This year on January 24, 2016, we invite the entire community to our M'sibat Tu B'Shvat (say that 10 times fast!) from 9:15 a.m. ~ 12:15 p.m.*

It is the first time in a long time that we have done a congregational event for this oft-overlooked holiday, and we are trying to reinvent this wonderfully delicious celebration of Jewish life.

Putting aside the awkward Hebrew name\* for this holiday, it is one of the richest and most interesting days on our calendar. When we gather on Sunday morning January 24, 2016, we will celebrate this day with food, laughter, games, learning and activities for all ages. We will explore how this holiday can help each of us grow as human beings, in our relationships with each other, and as a part of the Jewish people. For school-aged children, this is a regular part of the Kehilat Limmud calendar, and for everyone else it is a day with additional programming for all ages (preschoolers, teens, and adults at every stage). There are few times we come together as one community, and this is one of those times, so please join us.

But how did we get the idea for a communal *Tu B'Shvat* celebration?

The date is mentioned for the first time in the Mishnah, the legal code written in the second century of the Common Era, which explains how to follow the commandments of the Torah. In that code, in the section on Rosh Hashanah, the Rabbis teach that *Tu B'Shvat* is the New Year of the Trees. What does this mean? In that context, they are describing the date after

(Continued on page 2)

## Perspective By Cantor Susan Caro

### WHAT'S IN A SHABBATON?



*I doubt that the Torah could have anticipated the bussed, burried lives we lead today; nonetheless, it provides an incredible antidote to the busy-ness and rushing of our days: Shabbat.*

This designated time, literally, to stop and smell the roses – this sacred, unhurried time. It is often too hard for us to even know how to slow down.

Shabbat provides the space to let time unfold rather than directing us, time for personal rejuvenation, time for relationships with family and friends, time for God, for that which is beyond expression and understanding.

(Continued on page 15)

which a land owner must bring first fruits as a sacrifice to the Temple. Produce picked before that date count toward last year's harvest, and anything picked after that date must be set aside appropriately for donation to the Temple. So originally *Tu B'Shvat* became something like tax day.

Once the Romans exiled Jews from Israel and separated us from agricultural work, the day lost its meaning, but in the Middle Ages, mystics reinvented *Tu B'Shvat* as a day to reflect on personal spiritual growth and our connection to Creation. They invented a *Tu B'Shvat* Seder to study texts related to these themes, and to enjoy the various types of fruits and nuts whose shape reflected deeper spiritual meanings. For example, they contemplated that some fruit have soft skins, and others hard, while some have large pits, and others have small seeds. These variations took on spiritual meaning about the shape of human personality, and our relationship to the world around us.

By the modern period, the ancient economic and medieval mystic aspects of the holiday were less compelling, so two new approaches developed. First, the Zionists embraced the elements of *Tu B'Shvat* related to labor, farming, and the land of Israel. Anything reconnecting Jews with the land became a part of the kibbutz calendar and the cultural religion of Israel. So *Tu B'Shvat* fit right in. This also led to the Jewish National Fund's adoption of *Tu B'Shvat* as the time to promote the little blue *pushke*, and ask for donations to plant trees in Israel, a tradition that continues to this day.

The other modern innovation around *Tu B'Shvat* came

from Reform Judaism's commitment to *Tikkun Olam*. As mid-century Reform Jews engaged in a variety of social causes, environmentalism rose on the Jewish communal agenda. Now we have Jewish environmental farms, conferences on sustainability, camps for intentional living and all sorts of ways of exploring the Jewish values around the environment, but in the 1960s, *Tu B'Shvat* became the primary way for Jews to discuss our ethical obligations to conserve nature and protect the environment.

Fast forward to today. Again, we have the chance to re-invent the most re-invented of all Jewish holidays. So our celebration on January 24, 2016, will offer multiple ways of looking at trees; how they speak to our spiritual experience, how they motivate ethical action, and how they connect us to the larger population of Jewish people, and to the land of Israel.

In the depths of winter, what could be better than a holiday about trees, to get our sap rising, our minds thinking of blossoming flowers, and to help us consider the kind of world we want to live in. So join us as we grow this holiday together.

\**Tu B'Shvat* gets its name from its date, the 15th of the month of *Shvat*. In Hebrew, every letter has a numeric value, and since *tet*=9 and *vuv* (which makes the "oo" sound when vocalized)=6, *Tu*=15. (Why not 10+5? Because *yud*=10 and *bay*=5 and *yud-bay* is one of the many names of God, and we wouldn't want the newspaper to print the name of God as a simple date, and then someone uses the paper to wrap their fish in it!) ♦

## INCLEMENT WEATHER CLOSINGS

**Sundays:** Please check: <http://wtop.com/closings-and-delays/>

**Tuesdays and Wednesdays:** If Fairfax County Public Schools close early or cancel classes, the Kehilat Limmud and TAMID will also close. When Fairfax County schools open late, Kehilat Limmud and TAMID opens on time.

## 2015 Board of Trustees

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## from the Principal's Desk

### PIKUACH NEFESH

By Moshe Ben-Lev • Director of Education

Five years ago, I took part in a training program offered by Fairfax Partnership for Youth called "SOS - Signs of Suicide." The audience that attended this program consisted of licensed clinical social workers, psychologists, educators, and clergy. SOS told the sad story of teenage depression that can, and more commonly than we realize, lead to suicide. The National Institute of Mental Health believes that as many as 25 teenage suicides are attempted for each one that is completed -- that means that for every teen suicide that you hear of, there are probably at least 25 suicide attempts made. And this does not even cover the teenage suicide attempts and completed suicides that are never heard about. In speaking with our own teens, I hear stories of attempted, and sometimes successful, suicides.

During the training, which consisted of two LCSWs (Licensed Clinical Social Worker), who have worked extensively in the field of teen therapy, we saw a wonderful movie for high-school teens which can be seen by parents, followed by a discussion. I wondered if this material would be useful with our teens and their parents. When I thought of the main premise, which is based on teaching teens to pay attention and then report to an adult any teen friend who has threatened to commit suicide, I remembered our own teachings in Judaism. *Pikuach Nefesh*, the act of the "saving of human life," which is the principle in Jewish law that the preservation of human life overrides virtually any other religious consideration. When the life of a specific person is in danger, almost any negative commandment of the

Torah becomes inapplicable. Even better is the statement in the Talmud that if possible, one should turn to an expert to assist in saving another person's life. This would be a professional therapist, clergy member, trained educator or school counselor.

Although teen depression is an extremely difficult topic to address, regardless of the extreme suicide outcome, it is very common and is addressed thoroughly in this program. During the year following that training, we offered the exact program, but with one important added component: a Jewish view expressed through the concept of *Pikuach Nefesh*. Parents met separately with a LCSW who showed the movie and spoke with parents about depression in their teen's world, and at the same time, along with another LCSW, I met with our teens and showed the same movie, interspersed with a series of discussions.

The impact of this experience was deeply felt. Teens expressed their fears both for themselves and for their friends. We offered one-on-one consultations, and I believe that we helped parents and teens. Since then, I have been fortunate to have facilitated this program at several area synagogues with the same response.

The lives of our emerging teens and adults are filled with stress, anxiety, and fear of the future. Judaism offers so much to help people get through those issues, whether they be short-term or long-term problems.

In January, we will offer this program once again for our teen families. ♦

### SAVE THE DATE! - SEE THE FLYER INSERT!

Adult Shabbaton 2016

### Moving Toward Wholeness

Saturday, February 6, 2016

9:00 a.m. - 3:00 p.m.

*Light dawns in the darkness for the upright, gracious and merciful and just. (Psalm 112)*

What does Judaism teach us about creating wholeness in our lives despite the brokenness that confronts us? Please join us for a day of prayer, music, study, and renewal. With guest artists, we will explore prayers for healing, prayer for peace, rituals surrounding mourning and remembrance, meditation, confronting challenges of faith, and more.



## Preschool

# THE “HOLIDAYS” ARE BEHIND US, SO LET’S TALK ABOUT SUMMER!

By Cindi Drake • Director of Early Childhood Education

The Elf is on the back shelf until next year, and the Mensch – well, he’s sitting on any bench he likes. And so before the run up to Purim and Passover, I want to take a moment to talk about a program that had no holiday association, but proved to be immensely successful and very necessary.

This past August, we offered a one-week Kindergarten Readiness class for our pre-k graduates. The summer is long -- three months from graduation day to the first day of kindergarten. On the last day of preschool, the children rode to school in their cars, from which we carefully took them out, made sure they had lunch and backpacks, and that their shoes were on the right feet. Moms/ Dads/Caregivers gave the children hugs and kisses, and we walked them by the hand to their class, or let them walk to class on their own, but under the watchful eye of teachers stationed along the way. At lunch time, the children went to their cubbies and then back to their tables in their classrooms, and amongst their friends and listening to music or stories, ate their lunch.

On the first day of Kindergarten, there are at least twice as many children in their class, a bus without car seats or seat belts, and unfamiliar halls and rooms. Some will have friends from NVHC in their class, others will not know anyone. Everyone will be expected to know how to take off and put on their jackets or sweaters, open their lunch boxes and the containers within. Oh, and then there's the lunch room. And where's the bathroom?

Are you starting to feel anxious yet? And you are an adult reading this.

So what was the purpose of our summertime Kindergarten Readiness class? To remind the children that they *do* know how

to open their lunches and put on and take off all manners of clothing. And if their shoes are on the wrong feet, they can fix that themselves, that it is okay not to know where everything is, and that they know how to ask questions. And that they should never hesitate to ask questions. And that they are still safe.

The class had a theme...*Life Under the Sea*.

For a week, the children investigated all manner of sea life using magnifying glasses, books and manipulatives that Morah Judy and Morah Micky brought in. During the school year, the children picked out their first names every morning from the magnetic board outside their classroom and put it in a basket. This week they found their last names as well.

The greatest gift the children got from this class was the relief from the anxiety associated with going to the “big” school. They, and their parents, really were ready for the next step. As one child told her kindergarten teacher on her first day, “Morah Judy made me ready for you.”

Music to our ears. ♦



Kindergarten Readiness



Kindergarten Readiness



Kindergarten Readiness



Kindergarten Readiness

## **Todah Rabah**

*The Preschool Wishes to Thank... .*

Jude Weber, for a filled Tzedakah Can

Laura and Carl Zelman, for a game for our school

*A Great Big Thank You to Jeff Rossen and Rossen Landscaping for cleaning, tilling,  
spreading soil and in all ways, making ready our space for planting bulbs. Thank You!!!*

## **Tot Shabbat**

**COME GET THAT SHABBAT FEELING!**

**January 9th and February 6th, 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. ♦



## **THE PUNIMS ARE HERE!**

What's a "punim?" In Yiddish, a face...a particularly *sweet* face!

Beginning in January, we'd like to invite all of our punims (ages 0 to 5) to join us on select Sundays! Led by Michelle Allo, this group of our sweetest faces (along with Mom and/or Dad) will gather together for a little recreation, a light nosh, some music...and a lot of "get-to-know-you" time!

The group will meet in the Youth Lounge (bottom floor of the education wing)  
from 9:30 a.m. to 11:00 a.m. on scheduled Sundays:

January 10 and 24

February 21

March 13

April 10 and 24

May 15

Cost? \$200.00 for all classes.\*

You do not have to be a member of Northern Virginia Hebrew Congregation to attend. Minimum registration is required for the program to be a "go!" So, please register early! Return this form, with payment, to Cindi Drake, Director of Early Childhood Education, NVHC, 1441 Wiehle Avenue, Reston VA 20190. Questions? Call Cindi at 703-435-8829 or email to [cindi@nvhcreston.org](mailto:cindi@nvhcreston.org).

Child's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ (Mobile) \_\_\_\_\_

E-mail \_\_\_\_\_ Child's Birthdate \_\_\_\_\_

\*Once registered, fees are not refundable or transferable.

## Mazel Tov to our B'nai Mitzvah



### Max Nathan • January 9th

For Max's Mitzvah project, he raised over \$650 for two charities focusing on awareness, education, and support of victims of human trafficking. Max raised the money through the sale of "Max Mix," which were mason jars containing the dry ingredients for chocolate chip cookies (a personal love of his). He chose to support human trafficking initiatives as his Torah portion comes from Exodus and involves the plagues God inflicted on Egypt until the Pharaoh released the Israelites from slavery. Max came to realize that slavery still exists today in the form of human trafficking and that it happens right here in Northern Virginia. The two organizations that will receive the funds are The Polaris Project ([www.PolarisProject.org](http://www.PolarisProject.org)) and the End It Movement ([www.EndItMovement.com](http://www.EndItMovement.com)). ♦



### Samantha Lesser • January 30th

Sam is raising money for cancer research, since both of her grandmothers have been touched by cancer in recent years, and her maternal grandfather passed away from cancer. ♦



### Gwendolyn Singer Williams • February 13th

Gwendolyn volunteers for the weekly packing of weekend food packages for students at Forest Glen Elementary, and also volunteers as a junior interpreter at Claude Moore Colonial Farm. Gwendolyn is a hard worker and is proud and honored to become a Bat Mitzvah. ♦



### Samuel Gordon • February 20th

Sam is working with an organization called Lucky Dog Animal Rescue, which is a volunteer-run animal rescue that saves homeless and abandoned dogs and cats from certain euthanasia. Sam has met some wonderful dogs that need a good home while working at adoption events. He coordinated a pet supplies donation drive to collect items that the dogs need when they are being fostered or boarded while waiting for their new homes. Sam also gathered friends and family for dog-toy making parties to make toys for the dogs with some of the items he collected. Check out <https://luckydoganimalrescue.org> for dogs and cats that need a good home. ♦

### Upcoming B'nai Mitzvah?

To submit a picture and bio of your child, choose one of the following: email to [mozelle@nvhcreston.org](mailto:mozelle@nvhcreston.org) or mail to NVHC, 1441 Wiehle Ave., Reston, VA 20190. Questions? Call the temple office at 703-437-7733.  
Deadline is the first day of the month PRIOR to your child's Bar/Bat Mitzvah date.  
For example, the deadline for March/April is February 1st.

### Torah Talk

Our Shabbat Torah study class will be held on Saturday, January 9th, 16th, 23rd, 30th; and February 13th, 20th & 27th at 9:00 a.m. in the sanctuary. \*\**Saturday, January 2nd, the Casual Worship and Study Service will be held 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. ♦



Ellice Stern, Ellen Ranard, Gail Dezube

### COLLEGE OUTREACH 2015-2016

We have had two wonderful mailings so far this year, one for the fall holidays, and one for Chanukah. The boxes were filled with symbols of the holidays and lots of good things to eat. We will do two more mailings this year, one for Purim, and one for Pesach. If your student is not on the mailing list and you would like to include him or her, please let us know. If your student will be away for the spring semester, or perhaps graduating, please let us know this as well.

We know from the notes we receive from the students as well as the thank you notes we receive from parents how much this continuing connection with NVHC means.

Please send both USPS and e-mail addresses of your student to Mozelle at [mozelle@nvhcreston.org](mailto:mozelle@nvhcreston.org).

We also welcome volunteers to help prepare and assemble the packages. If you are interested in helping, or have a question, please contact Judy Naiman at [CollegeOutreach@nvhcreston.org](mailto:CollegeOutreach@nvhcreston.org). ♦

## NVHC Sisterhood Presents *Annual Coat Drive*



**When:** November 8, 2015 through February 29, 2016  
**Where:** PINK box Sanctuary Lobby Closet  
**Who:** All of us at NVHC

For more information, contact [socialactions@nvhcreston.org](mailto:socialactions@nvhcreston.org)

**We collect gently used coats, gloves, scarves and hats (new for sanitary reasons, thanks) that are given to Cornerstones of Reston for the Hunter Mill Winter Coat Closet. For the 2014-2015 season, the Hunter Mill District Winter Coat Closet distributed over 5,500 winter coats and jackets and over 4,000 hats, gloves, mittens and scarves to individuals and families in need of winter gear.**

**Northern Virginia Hebrew Congregation (NVHC)**  
1441 Wiehle Avenue  
Reston, VA 20190  
703-437-7733



## SISTERHOOD PRESENTS: **Lunch Around the World**

### AROUND the WORLD



When:  
Thursday, January 14, 2016  
Tuesday, February 16, 2016

Where:  
Restaurants TBD

Cost:  
Dutch treat lunch plus  
\$5 to Sisterhood

Please join NVHC Sisterhood on a new adventure as we enjoy monthly lunches at local ethnic restaurants. Good food and good conversation, all are welcome! Donation benefits sisterhood and temple programs.



## IT'S COLD OUTSIDE..... DO YOU HAVE A COAT YOU CAN DONATE TO SOMEONE WHO'S COLD?

By Suzi Stone • Sisterhood President

As we enter the two coldest months of the year, Sisterhood is collecting coats for those who are without. Please see page 7 for all the details, and do a Mitzvah so that someone can be warm when they are outside.

Need gifts for B'nai Mitzvah or any other celebration, and would like something special? Contact Iris at the Judaica Shop to set up a private appointment. She can help you with wonderful ideas, and has incredible resources. Email Iris at: [Boutique\\_NVHC@yahoo.com](mailto:Boutique_NVHC@yahoo.com).

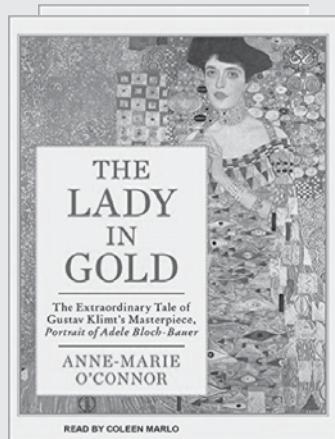
What could be more exciting than reading a spectacular and true mystery about a fabulous painting by Gustav Klimt? Join Cheryl Gedzelman as she leads the Sisterhood Book Club discussion of *The Lady In Gold*, a portrait of Adele Block-Bauer. This book also captures the style and flavor of Jewish society in pre-WWII Vienna. This is a terrific read, and I hope it will encourage you to take a trip to New York City to see the painting at the Neue Galerie. It's a painting you should see, and a book you won't forget. See page 7 for all the details.

How about sampling the best foods of countries far and wide, without having to wait forever in airport lines, or being squashed in the middle seat in coach — again forever? Carolyn Wesoky has put together a luncheon group called: Around the World. We are so lucky to live in an area filled with many ethnic restaurants, and Carolyn is planning a once-a-month "trip" to another country by eating foods they enjoy locally. The flyer tells about the first one in January, and gives you more information. Yummy fun!!

Please make sure that you read our weekly Sisterhood Newsletter for all updates and future events. If you have any questions, please email me at: [SisterhoodPresident@NVHCreston.org](mailto:SisterhoodPresident@NVHCreston.org).

In the meantime, stay safe and warm this winter and remember those who need coats... ♦

## SISTERHOOD Book Discussion



When: Wednesday, January 20, 2016

Where: Luciano's in Herndon – 7:00 p.m.  
1054 Elden Street, Herndon, VA 20170

RSVP: Cheryl Gedzelman by 1/15/16  
[sisterhoodpresident@nvhcreston.org](mailto:sisterhoodpresident@nvhcreston.org)

## NVHC Brotherhood

### Brotherhood Family Breakfast



Sunday, January 10th  
& February 21st,  
9:30 a.m. – 12:30 p.m.  
in the social hall

Come and enjoy good food and fine friends,  
as the NVHC Brotherhood chefs cook up a  
delicious breakfast in the kitchen!



## THE DISTINGUISHED SPEAKER SERIES

**JANUARY 5, 2016, 8:00 P.M.**

**General Norton Schwartz** – U.S. Air Force Chief of Staff, 2008 to 2012. The first Jewish Chief of Staff of the Air Force, General Schwartz participated in the 1975 airlift evacuation of Saigon, and in 1991 served as Chief of Staff of the Joint Special Operations Task Force for Northern Iraq in operations Desert Shield and Desert Storm.



## THE DISTINGUISHED SPEAKER SERIES

**MARCH 3, 2016, 8:00 P.M.**

*“The Challenge to American Democracy”*

**Miles Rapoport** is President of Common Cause. He founded or led several citizen organizations working on political reform, consumer protection, racial equality, and economic justice issues.

*The NVHC Speaker Series is free and open to the public. 1441 Wieble Ave., Reston, VA 20190*

## Exploring Jewish Texts

### TALMUD STUDY GROUP WITH RABBI HOLZMAN

The Talmud is the cornerstone of Judaism as we know it, theologically, ritually, legally and culturally. It is one of the greatest intellectual works in human history of any religion or philosophy. Yet it remains a mystery to most Jews, for good reason. It's hard, complicated, convoluted and at times esoteric. Learn how to navigate the oceans of Talmudic thought with these meetings once a month. Topics will vary widely, but will likely include discussions of Jewish ritual, family relations, and understandings of nature, community authority, and history. **We begin and end promptly Friday mornings, 8:00 - 9:00 a.m.** examining key sections of Talmud. It's a great way to prepare for *Shabbes*. All classes are stand-alone, and will not require prior attendance. To register, email [Lifelearn@nvhcreston.org](mailto:Lifelearn@nvhcreston.org), or call the Temple Office at (703) 437-7733.

January 15th

February 19th

March 18th

April 15th

May 20th

*Enclosed is my donation to the Seldon and Ruth Kruger Fund for Adult Learning in the amount of \$ \_\_\_\_\_*

*In Honor of: \_\_\_\_\_ In Memory of: \_\_\_\_\_*

*For a Speedy Recovery to: \_\_\_\_\_*

*Send acknowledgement to: \_\_\_\_\_*

Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue, Reston, VA 20190

## **AMERICAN JEWISH EXPERIENCE**

*A series of 90-minute discussions exploring the broad topic of what it means to live as a Jew in Northern Virginia today and the key events and milestones in our history that got us where we are. Each discussion will be led by a congregant who is passionate about the discussion topic. There are no prerequisites for this series, no prior experience or knowledge required.*

You may register for individual sessions or register for the entire series at a reduced rate.

**When:** Tuesdays, 6:30-8:00 p.m.

**FEE PER CLASS:** \$10 MEMBERS, \$14 NON-MEMBERS

**TAMID Students:** Free

### **January 5th. Navigating the Weekly Torah Portion (Susan Trivers)**

Approaches that the casual student of Torah can use to make the weekly portion come alive and find relevance and meaning for today's world.

### **January 19th. American Jewish Literature, Part 2 (Kay Menchel)**

See November 17th.

### **February 2nd. Jewish Influences in American Music, Part I (Cantor Susan Caro)**

For great American composers of song, the likes of Irving Berlin, George Gershwin, Jerome Kern, Oscar Hammerstein, and more – being Jewish was very important to them as was their ‘hunger’ to fit in to mainstream America. Their ease at doing so helped shape both the core of their identity and many of America’s greatest songs. In two sessions, we will explore their Jewish roots and their influences on American culture, both through writings and musical examples – and maybe even some singing (by the Cantor).

### **February 16th. Raising a Jewish Child in Modern America (Moshe Ben-Lev)**

Each parent struggles with the many challenges that face raising a child in a world where the high expectations for achievement are often forefront in their minds. How do we ensure that our children are raised with values and ethics that we ourselves have chosen through our commitment to Jewish living?

### **March 15th. Jewish Influences in American Music, Part 2 (Cantor Susan Caro)**

See February 2nd.

### **March 29th. Judaism and Video Games (Adam Cohn)**

Video games have surpassed movies as the primary source of entertainment for the new generation. They provide a much more intimate and immersive experience than movies. Where you will spend maybe two hours watching a movie, you can spend more than 80 hours over several weeks playing some games. Each game has its own subculture and rules. Some even involve moral choices. This class will focus on how to understand video gaming in a Jewish context. What impact does gaming have on your life and on your soul? What relationship, if any, does the fantasy world in gaming have to the real world? We will talk using examples from some of the top video game franchises such as Skyrim, Grand Theft Auto, Call of Duty, Assassin’s Creed, Batman, and Halo.

### **April 12th. American Jewish Attitudes Toward Zionism (Rabbi Michael Holzman)**

How American Jewish sentiment toward Israel and Zionism have evolved over time. Key events and milestones which have shaped our view of and relationship with Israel today.

*(Continued on page 11)*

## AMERICAN JEWISH EXPERIENCE *Continued from page 10*

Name: \_\_\_\_\_ Member: \_\_\_\_\_ Non-Member: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

FEE PER CLASS: \$10 MEMBERS, \$14 NON-MEMBERS

Tamid Students: Free

Check √ to enroll	Date	Session Title
	1/5	Navigating the Weekly Torah Portion
	1/19	American Jewish Literature, Part 2
	2/2	Jewish Influences in American Music, Part I
	2/16	Raising a Jewish Child in Modern America
	3/15	Jewish Influences in American Music, Part 2
	3/29	Judaism and Video Games
	4/12	American Jewish Attitudes Toward Zionism

TOTAL ENCLOSED \$ \_\_\_\_\_

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

*For questions, comments, or suggestions for future Lifelong Learning offerings please contact Elizabeth Lacher, lifelearn-committee@nvbcreston.org*

## LIFELONG LEARNING PRESENTS .....

### ELIJAH: THE PROPHET WHO NEVER DIED *A Lunch and Learn Program*

*Eliabu HaNavi, Eliabu, HaTishbi, Eliabu, Eliabu, Eliabu HaGiladi.*

We invoke his name every week during Havdalah. We await his arrival every year at our seder table. Who is this guy? What is his connection to the Messiah? Why does he hold such an important place in Jewish tradition and folklore? Join us for an in-depth look at his life and legacy.

Instructor: Rabbi Emerita Rosalind Gold

When: Tuesdays: January 5th, 12th, 19th, 26th, 12:30 p.m. – 2:30 p.m.

Fee: Members \$18, Non-members \$25.

### Elijah: The Prophet Who Never Died

Name: \_\_\_\_\_ Member: \_\_\_\_\_ Non-member: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

COURSE FEE: \$18 MEMBERS, \$25 NON-MEMBERS

Send registration form and check payable to NVHC to:

Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue, Reston, VA 20190

LIFELONG LEARNING PRESENTS ...

## INTRODUCTION TO B'NAI MITZVAH FOR PARENTS



This class is for parents of students who will become B'nai Mitzvah in the near future. In four sessions dates listed below, the class discusses the meaning of this life cycle event and the mitzvah of celebrating Shabbat, provides information about your responsibilities and the sequence of your child's preparation, explains the structure of the worship service and the Reform siddur, and provides an opportunity to prepare a d'var torah. The class blends structured teaching, practical advice, and shared experiences. The goal is to make the B'nai Mitzvah a deeply meaningful experience for the whole family and to perpetuate the spirit of Jewish community and tradition.

Past participants in the class, both Jewish and non-Jewish parents, report that the sessions helped them to feel better prepared, gave them an opportunity to talk with other pre-B'nai Mitzvah parents, and taught them numerous aspects of the tradition and liturgy involved in this life cycle event.

**There Is No Fee for This Course – Early Registration Strongly Encouraged**

**Spring Session:** Mondays, Feb. 22nd, Feb. 29th, Mar. 7th, Mar. 14th. 7:00-8:30 p.m.

Instructor: Judy Naiman

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### INTRODUCTION TO B'NAI MITZVAH FOR PARENTS

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Child's Name \_\_\_\_\_ B'nai Mitzvah Date: \_\_\_\_\_

Send registration form to temple office:

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*

\*January 9th (one week later because of New Year's Day). *American Pastoral: The American Trilogy #1*, by Philip Roth, Pulitzer Prize Winner (1998). Fiction. This novel is an elegy for all the twentieth century's promises of prosperity, civic order, and domestic bliss. His protagonist Seymour 'Swede' Levov - a legendary high-school athlete, a devoted family man, a hard worker, the prosperous inheritor of his father's Newark glove factory - comes of age in thriving, triumphant post-war America. And then one day in 1968, Swede's American luck deserts him. This is considered by many to be Roth's masterpiece.

February 6th. *Sarah, The Life of Sarah Bernhardt*, by Robert Gottlieb. Biography. 256 pp. Everything about Sarah Bernhardt is fascinating, from her obscure birth to her glorious career—redefining the very nature of her art—to her amazing (and highly public) romantic life to her indomitable spirit. Well into her 70s, after the amputation of her leg, she was performing under bombardment for soldiers during World War I, as well as crisscrossing America on her ninth American tour. Her family was also a source of curiosity: the mother she adored and who scorned her; her two half-sisters, who died young after lives of dissipation; and most of all, her son, Maurice, whom she worshiped and raised as an aristocrat, in the style appropriate to his presumed father, the Belgian Prince de Ligne. Only once did they quarrel—over the Dreyfus Affair. Maurice was a right-wing snob; Sarah, always proud of her Jewish heritage, was a passionate Dreyfusard and Zolaist. ♦

## JEWISH COOKING MADE EASY: FAVORITES FROM AROUND THE WORLD

Our popular Jewish Cooking series is back! Our cooking classes are led by NVHC's top chefs who will introduce you to new recipes and old favorites with a modern twist! Come prepared to get messy, enjoy fine food, meet new friends, learn something new, and just have fun.

You may register for individual sessions or the entire series. Limited space is available, please register early!

**FEE PER CLASS:** \$35 MEMBERS, \$48 NON-MEMBERS, free for TAMID students

**When:** Thursdays 7:00 – 9:00 p.m.

Date	Featured Foods	Lead Cook	Enter Fee
January 21st	Tu B'Shat Dinner: Featuring a tzimmis-like entrée, a salad with nuts and dried fruits, baklava and date cookies for dessert	Nina Kwartin	
February 18th	Jewish-Italian: Tortelli di Zucca Gialla (butternut squash ravioli) made Jewish style, with raisins and almonds!	Madeleine Abel	
March 17th	Awesome Hamantashen	Mariel Barnes	
June 16th	Shavuot Dinner: A Jewish-Italian Dairy Meal	Madeleine Abel	

**TOTAL \$** \_\_\_\_\_

## JEWISH COOKING MADE EASY

Name: \_\_\_\_\_ Member: \_\_\_\_\_ Non-member: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

COURSE FEE: \$35 MEMBERS, \$48 NON-MEMBERS (PER CLASS)

Send registration form and check payable to NVHC to:

**Northern Virginia Hebrew Congregation  
1441 Wiehle Avenue, Reston, VA 20190**

## Social Action

### FOREST EDGE PROJECT

By Julia Rabb

I love the Forest Edge project because it is giving food to kids whose parents don't have enough money to get food for them on the weekends. It means that we are doing a nice thing and giving them food when they need it most.

We fill bags with breakfast foods, lunch foods, dinner foods, and snacks. It makes me feel so thankful for what I have, and glad that I am able to give to people in need. I wish that everyone had enough money to get food whenever they need it, like I do. It makes me so happy to know that I helped someone in our community by giving food donations every week, and helping to bag up all the stuff to go to such people/kids in need. It feels good to know that when people in our community need help, there are people around to help.

I love that our temple and Hebrew school participate in this activity so that the kids at Forest Edge do not go hungry on the weekends. I don't know how that would feel, but I know that it would make me sad if I had to go through that. I am so happy I can help them out. ♦

## **REEL THEOLOGY**

### **WITH RABBINIC INTERN RACHEL SCHMELKIN**

*A series of in-depth discussions about popular movies and what they can teach us about ourselves, life and living. We will watch excerpts from the movie and reference Jewish texts related to the themes of the movie. Participants are strongly encouraged to watch the complete movie prior to the discussion.*

**FEE FOR THE SERIES:** \$18 MEMBERS, \$25 NON-MEMBERS **Tamid Students:** Free

**Sunday, April 3rd. 7:00-8:30 p.m. *Crimes and Misdemeanors***

An ophthalmologist's mistress threatens to reveal their affair to his wife, while a married documentary filmmaker is infatuated by another woman.

**Monday, May 2nd. 7:00-8:30 p.m. *The King's Speech*.**

The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne, and the speech therapist who helped the unsure monarch become worthy of it.

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## **REEL THEOLOGY**

Name: \_\_\_\_\_ Member: \_\_\_\_\_ Non-member: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**COURSE FEE: \$18 MEMBERS, \$25 NON-MEMBERS**

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

*For questions, comments, or suggestions for future Lifelong Learning offerings please contact Elizabeth Lacher,  
lifelearn-committee@nvhcreston.org*

## **DID YOU KNOW?**

### **NVHC Groups Are Working on These SOCIAL ACTION Projects in our Community:**

Hypothermia shelter meals (Sandee & Ed Byrne)

Winter Coat Collection (Sisterhood)

Forest Edge meal backpack program (Alison Behar & Nicole Holzman)

Forest Edge reading program (Sandee Byrne)

Forest Edge partnering program (new)

Affordable housing in Fairfax County

Cornerstones food collection (Yom Kippur food drive)

### **PLEASE JOIN OR CONTRIBUTE TO THESE PROJECTS**

Contact: Julie Wallick: [jwallick@wallick.com](mailto:jwallick@wallick.com)

NVHC Office: 703-437-7872 (leave message for Social Action)

# Volunteer Mentoring Program at Forest Edge Elementary School



The Principal at Forest Edge ES is looking for individuals who will work one-on-one with students who are having difficulties to give them special help on an ongoing basis. *Application forms may be picked up from the Temple office.* If you have further questions, you can contact Sandee Byrne at 703-255-3454.

## Perspective *By Cantor Susan Caro (continued from page 1)*

Unlike other holidays, Shabbat has no specific date; it just cycles around every seventh day, like a circle dance, without regard to moon, sun or stars. Neither is it tied to events of political or national institutions, like an Independence Day celebration or the marking of a revolution.

The passages of Torah provide for us the underlying value of Shabbat rest; however, we learn more from the contexts surrounding the texts from which we are instructed. Torah often refers not just to *Shabbat*, but calls this time designation '*Shabbat Shabbaton*.' This special word *Shabbaton* appears 11 times in the Torah. Ten of those times it is in connection with either the description of the observance of Shabbat itself or of one of our festivals; the last mention describes the restful nature of the 7-year land renewal cycle and the 50-year cycle of the Jubilee. While the word '*shabbaton*' is clearly connected to the word '*shabbat*', it means more than just *Shabbat* itself; as a phrase, the two words together give emphasis, meaning a 'complete rest and cessation of work.' Moreover, six of the Torah passages that use this phrase further emphasize the importance of the observance by adding the phrase '*Mikra Kodesh*' (holy assembly) – denoting that this special moment of complete rest is embodied by the sacred community that observes and celebrates it.

In a contemporary Israeli context, when one takes a *shabbaton*, one takes extended time off in search of other pursuits – we know this as a sabbatical. For us in the synagogue, the term *shabbaton* is often employed to mean an event or program of education and celebration that is held on a Shabbat. Of course, by having an extended experience and unique program about Jewish life and learning on Shabbat, we underscore the centrality of Shabbat in the experience and our observance.

Here at NVHC, we have great opportunities to make Shabbat in your life. From our Shabbat services to our community dinners, through Torah Talk, Tot Shabbat, special music, or *shabbatonim* (plural), we strive to enable the rhythm of Jewish life to deepen our activities and our relationships.

In addition to a number of *shabbatonim* during our year that bring our families together for an extended experience of Shabbat, we also have a *Shabbaton* on the horizon, specifically for adults of all ages to deepening Jewish learning and identity. On **February 6, 2016, from 9:00 a.m. - 3:00 p.m.**, we will gather here, as we do every Shabbat morning – but with a little more spaciousness and time. Through the program of this year's *Shabbaton*, 'Moving Toward Wholeness,' we will infuse our Shabbat day with prayer and song, incorporating both text study and experiential learning on topics related to rituals and texts of healing and wholeness. To further enhance the day, we are so delighted to bring in guest artists **Sue Horowitz** and **EJ Cohen**. Sue is a singer-songwriter of Jewish folk music; EJ is the premier ASL (American Sign Language) interpreter of Jewish music. Our day together will incorporate their music and talents, including ASL interpretation of the entire day's program, as well as an opportunity for all of us to experience ASL and prayer in a way that opens up greater understanding. In addition, as part of our dedication to the value of Inclusion, we are excited to connect our *Shabbaton* experience with The Washington Society of the Jewish Deaf. Whether you find strength or inspiration through text study, discussion, singing, talking, or taking a chance with some artistic expression, there will be a variety of ways for you to *make Shabbat* – that restful, soulful time.

Shabbat doesn't just happen; we have to make it happen. It is the gift of an opportunity to set aside time for renewal. **Shabbaton 2016:** Come make Shabbat here – **February 6, 2016!** ♦

## INCLUSION INITIATIVE

By Andrea Vavonese

**Vision:** 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.

**Eleanor Sue Finkelstein Award:** We are proud to report that the JCC has recognized NVHC's Inclusion Initiative by awarding us the Eleanor Sue Finkelstein Award, which recognizes a commitment to the special needs community of Northern Virginia through service, leadership and/or program development. You can hear our acceptance speech at <https://www.facebook.com/roberta.hoffman.969/videos/10204053052281410/>.

**Inclusive Education:** Want to send your child to religious school but not sure if NVHC can meet his or her special needs? Please contact Moshe Ben-Lev at [moshe@nvhcreston.org](mailto:moshe@nvhcreston.org). We want to work with you and your children, and will do all we can to be flexible and provide support to meet each individual's needs.

**Get involved:** Our next meeting will be held on **January 6th at 7:00 p.m.** We welcome all who want to be involved in this

## NVHC Cares

## NVHC CARES NEEDS YOU!

By Robbie Kaplan, NVHC Cares Chair

NVHC Cares, our synagogue's caring program, provides solace and support through difficult times and reaches out during joyful beginnings. We have truly become a caring congregation but to continue to do so, we need your help.

Our most pressing need is meals. If you don't want to cook, you can still help. You can purchase a meal and deliver it, or you can volunteer to pick up a prepaid meal from a restaurant near you and deliver it. Just let us know which you prefer.

We also have a need for volunteers to purchase and deliver challah. We occasionally need volunteers to visit or connect with members who are bereaved, recovering from illness, or feeling isolated due to caregiver responsibilities. These requests can be infrequent, but it would be helpful to add your name to a list so we can solicit volunteers should the need arise.

If you are willing to volunteer and would like to participate in NVHC Cares, or if you have questions, please contact Robbie Kaplan at [robbiemillerkaplan@gmail.com](mailto:robbiemillerkaplan@gmail.com). ♦

important initiative. 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 [NVHCIclusion@gmail.com](mailto:NVHCIclusion@gmail.com) or visit our webpage at <http://www.nvhcreston.org/live/inclusion/>.

**Donate:** Your donation supports our ongoing programming and training and will allow us to further the inclusion of individuals with differing abilities in our synagogue. **Please make checks payable to: NVHC Inclusion Initiative.**

**Let us know:** We want to hear from you. What more can we do to ensure everyone can bring their whole authentic selves to our community?

## Life-Cycle Events in the NVHC Family

### MAZEL TOV

To proud grandparents Ken and Kathy Laskey, on the birth of their grandson, Elijah Robert Laskey, born to Rob and KC Laskey, on October 8, 2015

To proud parents Michael and Rachel Blumberg, on the birth of their son, Ezra Blumberg, on November 1, 2015

To proud grandparents Leslie and Marcia Platt, on the birth of their granddaughter, Madeline Elise Platt, born to Bill Platt and Debbie Lusman, on November 6, 2015

### R'FU-AH SH'LEI-MA

Gloria Bloom	Nisa Katz	Tamara Selden
Judy Brown	Larry Klinger	Richard Shlakman
Mike Dixon	Jackson Komar	Jenny Stein
Betty Drake	Alan McGibbon	Robert Stein
Bruce Evry	Irene Menchel	Scott Sunshine
Joan Fierer	Irwin Menchel	Lester Sussman
Al Groff	Paulette Peltz	Beth Wood
Ken Kaplan	Joanne Polansky	Janet Woods
Clarice Karnette	Nigel Preece	
Mina Katz	Barry Rudolph	

### CONDOLENCES

To Sandee Byrne, on the death of her brother-in-law, Howard Berger  
To Marty Piccus, on the death of his grandmother, Celia Busch  
To Bruce Johnson, on the death of his father, Ken Johnson  
To Lauren Fisher-Newberg, on the death of her uncle, Michael Fisher  
To Sandra Blumberg, Michael Blumberg & Elliot Blumberg, on the death of her/their father-in-law/grandfather, Ed Blumberg

**Submit your life-cycle events by phone to:  
703-437-7733, or Email to: [mozelle@nvhcreston.org](mailto:mozelle@nvhcreston.org).**

# CHANGING THE WORLD THROUGH INNOVATION AND COURAGE

By Sheila Budoff • JCCNV Adult Group Coordinator

Na'ama Gold, the JCCNV's new Community Schlichah (emissary) has arrived from Israel and is absolutely wonderful. Our program on January 26th will be a great opportunity for you to meet her and see for yourself what an intelligent, knowledgeable and lovely young woman she is. Na'ama will be speaking with us about Israel's amazing contributions and innovations in the fields of high-tech, science, medicine, agriculture and more. So many things that we take for granted in our everyday lives were invented in Israel. There is so much more to Israel than what gets reported in the media about conflict and strife. Please join us for this enlightening and informative session.

To commemorate Black History Month, on February 23rd, we will be viewing an outstanding documentary film about the extraordinary courage of Joan Trumpeter Mulholland. As a young (white) college student, Ms. Mulholland was a Freedom Rider and participated in numerous protests in the 1960s struggle to end racial discrimination. Her story is quite remarkable. Black History Month is the perfect time to take note of and pay tribute to seemingly ordinary people like Ms. Mulholland who, at great peril to their own personal safety, stood up for what was right, and helped make much-needed societal change possible. I hope you will participate in this important event.

**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](mailto:sheila.budoff@jccnv.org) or (703) 537-3068. Thanks!

Tuesday, January 26th, 10:30 a.m. - noon

### A Light Unto the Nations: Israel's High-Tech and Scientific Innovations

*Presenter: Na'ama Gold, JCCNV-JAFI Shlucha (Emissary) from Israel*  
What do USB flash drives, the Waze global positioning system (GPS), Instant Messaging, the Pillcam endoscopy (tiny camera in a pill) and reverse osmosis desalination (to make ocean water drinkable) all have in common? They are all amazing Israeli innovations which have revolutionized their fields and changed our everyday lives forever. Notwithstanding Israel's small size, limited natural resources and the fact that it is surrounded by hostile neighbors, its impact in agriculture, science, medicine and space exploration has been enormous. Israel's extraordinary creativity and know-how has resulted in countless inventions, discoveries and advancements to help make people's lives better and safer all over the world. Come meet Na'ama Gold, the JCCNV's new community shlucha from Israel, and find out more about why Israel is known as the "start-up nation."

RSVP: Sheila Budoff, [Sheila.Budoff@jccnv.org](mailto:Sheila.Budoff@jccnv.org) or 703.537.3068

Tuesday, February 23rd, 10:30 a.m. - noon

### Documentary Film—*An Ordinary Hero: The True Story of Joan Trumpeter Mulholland*

In honor of Black History Month, we will view a documentary film about Joan Trumpeter Mulholland, a remarkable white woman who risked everything to right the wrongs of racism she had witnessed as a child growing up in the segregated South (Arlington, VA!). By the time she was 19 years old, Ms. Mulholland had participated in over three dozen sit-ins and protests (including the Woolworth lunch counter protest in Jackson, Mississippi) and was put on death row in Mississippi's notorious Parchman Penitentiary for joining in the Freedom Rides. The film pays tribute to the extraordinary courage, spirit and commitment of Mulholland and other civil rights activists and their tremendous impact in battling discrimination.

RSVP: Sheila Budoff, [Sheila.Budoff@jccnv.org](mailto:Sheila.Budoff@jccnv.org) or 703.537.3068 •

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

**Tuesdays, January 19th & February 16th, at 7:00 p.m.**

On Tuesdays, January 19th & February 16th, 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

### Cantor's Discretionary Fund

Ben Galison...in memory of Morton Galison  
Jim and Michelle Kranzberg...in memory of Jackie Lugo  
Bob and Nina Kwartin...in honor of Sarah's Bat Mitzvah  
Mark and Nancy Weinstein...in memory of Melvin Edinberg  
Ralph and Miriam Wolman...in honor of Rachel and Ahuva's wedding

### Choir Fund

Bob and Deb Becker...in memory of Stanley Becker and Ethel Resnikoff

Rich and Cindy Michelson...in memory of Marcia Lederer

### College Outreach Fund

Steve and Linda Gordon...in memory of Frank Lieberman

### Ellen Reich Early Childhood Teacher Education Fund

Steve and Florrie Cohen...in memory of Edward Meyer

### Inclusion Fund

Gwen Stokols...in honor of Andrea Vavonese, recipient of the JCCNV's Finkelstein Award for Special Needs

### Library Fund

Tony and Alison Martin...in memory of Selig D. Hersch  
Seymour and Linda Samuels...in memory of Leon Berg  
Gregg and Anna Schoenfeld...in memory of Stanley Schoenfeld

### Lou Gold Children's Music Fund

Steve and Florrie Cohen...in memory of Edward Meyer  
Justin and Andrea Hayes...in memory of Denise Steinberger  
Vivian Kramish...in memory of Minnie B. Raker

### Memorial Plaque

JP Villedrouin...in memory of Guslé Villedrouin

### NVHC Cares

Claire Delsack...in memory of Minni Spector  
Adele Denny...in honor of the Yeaw Family baby naming  
Gregg and Anna Schoenfeld...in memory of Stanley Schoenfeld  
Helen Schwartz...in honor of the Yeaw Family baby naming

### NVHC Fund

Don and Nell Hirsch...in honor of Cantor Caro and Helen Kruger, in gratitude for the stunning Serenade & Supper Club event  
Sarah Mason...in honor of Ariella Gerrig's Bat Mitzvah

### Prayer Book Fund

Leslie and Marcia Platt...in memory of Benjamin Berman  
Isabel Einzig-Wein...in memory of Robert Einzig

### Preschool Fund

Frances Herbst...in memory of Irving Herbst  
Ivette Retrey-Golinsky...in memory of Etta Marin

### Rabbi's Discretionary Fund

Stephen and Norma Baker...in memory of Sigmund Klein  
David and Ellen Brewer...in memory of Sol Brewer  
Steve and Florrie Cohen...in memory of Edward Meyer  
Ben Galison...in memory of Morton Galison  
Bob and Nina Kwartin...in honor of Sarah's Bat Mitzvah  
Chuck and Barbara Leven...in memory of Herman K. Lembersky and Alice B. Lembersky  
Alan Miller and Carol Molesky...in memory of Sidney Miller  
Robin Miller...in memory of Dennis Goldstein  
Al and Janice Nagell...in memory of Anna Goodman  
Leslie and Marcia Platt...Mazel Tov to the Holzman Family  
Paul Pribish and Fredda Weinberg-Pribish...in memory of Morris Sussman

Ralph and Miriam Wolman...in honor of Rachel and Ahuva's wedding

### Religious School Fund

Stacy Bell  
Scott and Jolie Deutschman  
Stuart and Andrea Itkin  
Alan and Susan Shapiro...in memory of Sam Fish, Jenny Fish and Lois Milesky

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

Eric and Elizabeth Eisenstadt... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah  
Michael and Carol Flicker... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah  
Bob and Nina Kwartin... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah  
Stu and Bev Patz... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah  
Jeff and Mary Ann Ressin... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah

David Selden and Julie Wallick...in honor of Avi Holzman, Max and Gabriel Levy B'nai Mitzvah, Ariella Gerrig's Bat Mitzvah, in honor of the birth of Ezra Joseph Blumberg, and in memory of Ed Blumberg  
Suzi Stone... Camp Harlam – in honor of Avi Holzman's Bar Mitzvah

### Seldon and Ruth Kruger Fund for Adult Learning

Robert and Shirley Finkelstein...in memory of Morris Finkelstein  
Andy and Elizabeth Lacher...in honor of Norman Cohen

### Social Action Fund – NVHC Change

Jim and Barbara Tombros...in memory of Sid Lehmann

### Social Action Fund – Hypothermia Shelter

Francine Beifeld  
Stu Williger

### Social Action Fund – Forest Edge Backpack Donation

Andy and Susan Cohen  
Bob Fenster and Alison Behar  
Stu and Andrea Gavurin...in honor of Kira Robbins GS Troop 6083  
Jim and Robbie Kaplan...in honor of Avi Holzman's Bar Mitzvah  
Ivette Retrey-Golinsky...in honor of Avi Holzman's Bar Mitzvah  
Mark and Judi Ornoff...in honor of Cantor Caro's Concert  
David Selden and Julie Wallick  
Stuart Williger

### Youth Group Fund

Judith Back...in honor of Ariella Gerrig's Bat Mitzvah  
Roy and Jean Horowitz...in memory of Evelyn Horowitz  
Al and Janice Nagell...in memory of Gertrude Mitchell

## High Holiday Appeal

Our sincere gratitude goes to the following contributors, who made donations to our High Holy Day Appeal.

Marc & Kay Menchel

Ken & Ruth Ruttenberg

Warren & Pamela Rosen

Seymour Subitzky

**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 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: \_\_\_\_\_

Art Fund  
 Cantor's Discretionary Fund  
 Caring Committee  
 Choir Fund  
 College Outreach Fund  
 Ellen Reich Early Childhood Teacher Education Fund  
 Fran Gibbs Preschool Scholarship Fund

Library Fund  
 Louis Gold Children's Music Fund  
 Memorial Plaque (minimum donation of \$250)  
 Mishkan T'filah Prayer Book (minimum donation of \$75)  
 Prayer Book Fund  
 Preschool Fund  
 Rabbi's Discretionary Fund

Religious School Fund  
 Sam Selden and Donna Dixon Memorial Endowment Fund for Jewish Youth and Community Development  
 Seldon and Ruth Kruger Fund for Adult Learning  
 Social Action Fund  
 Forest Edge Backpack (Social Action)  
 Torah Fund  
 Youth Group Fund

(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](http://www.nvhcreston.org) and click on the Donations link listed on the left-hand column of the home page.

## 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.

### Eric Primmer & Marlies Dunson

1547 Inlet Court  
Reston, VA 20190  
703-481-9026  
Eric.Primmer@nrucfc.com  
Marlies\_anettte@yahoo.com

### Robert & Kimberly Weber

13145 Tuckaway Drive  
Herndon, VA 20171  
703-272-8183  
krmullin@gmail.com



**ABBEY SICILIANO**  
GRI, Chairman's Club, Gold Team  
*"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



Francine Beifeld, CTC, ACC



*Australia - New Zealand - Tahiti - Alaska - Cruises  
Europe and Jewish Travel*

703-726-6346

800-622-3533 - [francine@travelharmony.com](mailto:francine@travelharmony.com)

[www.travelharmony.com](http://www.travelharmony.com)

Est 1996

## Membership Directory Corrections

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

**Robert & Sally Brodsky**  
(703) 217-7439

**Nina Falci**  
[nfalci@cox.net](mailto:nfalci@cox.net)



1441 Wiehle Avenue • Reston, Virginia 20190

*mark your calendar for these Upcoming Events*

Speaker Series ♦ General Norton Schwartz, January 5th, 8:00 p.m.  
Miles Rapoport, March 3rd, 8:00 p.m.

Adult Shabbaton ♦ Saturday, February 6th, 9:00 a.m.

M'Sibat Purim ♦ Wednesday, March 23rd, 5:00 p.m.

### NVHC Contact Information

Temple Office (secretary answers)	703-437-7733	Director of Education	Moshe Ben-Lev ext. 103
Temple Office (directly to individual)	703-471-6046	moshe@nvhcreston.org	
Preschool	703-435-8829	Director of Early Childhood Education	Cindi Drake ext. 110
Fax	703-437-3443	cindi@nvhcreston.org	
Website	<a href="http://www.nvhcreston.org">www.nvhcreston.org</a>	Temple Secretary	Mozelle Stanton ext. 101
Rabbi	Michael G. Holzman ext. 102	mozelle@nvhcreston.org	
<a href="mailto:rabbiholzman@nvhcreston.org">rabbiholzman@nvhcreston.org</a>		Religious Education Secretary	Elaine Bowling ext. 104
Rabbi Emerita	Rosalind Gold	<a href="mailto:elaine@nvhcreston.org">elaine@nvhcreston.org</a>	
Cantor	Susan Caro ext. 106	Bookkeeper	Linda Klinker ext. 108
<a href="mailto:cantorcaro@nvhcreston.org">cantorcaro@nvhcreston.org</a>		Assistant Director of Education	Beryl Trauth-Jurman ext. 147
Executive Director	Sara Moore ext. 105	<a href="mailto:beryl@nvhcreston.org">beryl@nvhcreston.org</a>	
<a href="mailto:sara@nvhcreston.org">sara@nvhcreston.org</a>		Young Adult Engagement Coordinator	Stacy Miller ext. 126
		<a href="mailto:stacy@nvhcreston.org">stacy@nvhcreston.org</a>	

**DEADLINE FOR THE March/April 2016 ISSUE: Monday, February 1, 2016**

**M'Sibat Tu B'Shvat • Sunday, January 24, 2016, 9:15 a.m.**

# 2016 SHABBATON

## “Moving Toward Wholeness”

Saturday, February 6, 2016

9:00 a.m. – 3:00 p.m.

### GUEST ARTISTS:

**Sue Horowitz, Jewish singer and songwriter**

**E.J. Cohen – ASL Interpreter**

### SCHEDULE OF THE DAY:

- Shabbat morning service and study, led by Cantor Susan Caro, Sue Horowitz and EJ Cohen
- Workshops:  
**Experiencing Wholeness through our Texts (Cantor Susan Caro):**  
We will study excerpts from ancient texts including Psalms and Lamentations, as well as modern writings to help us frame and better understand our own personal journeys.

#### **Visual Prayer (Sue Horowitz and EJ Cohen):**

Explore and experience new Jewish music with ASL interpretation. Learn how using visual prayer can enhance and beautify your spiritual and educational Jewish experiences.

- Lunch

#### **Seeger Songs (Sue Horowitz and EJ Cohen):**

Pete Seeger was a social activist and humanitarian. Learn how to view his songs through a Jewish lens. Come prepared to sing, sing and sing some more, and even sign!

#### **Restorative Art (Jennifer Marshak):**

Tap into your creative juices, that perhaps you didn't even know that you had – no artistic talent required! There is a tremendous power in artistic expression to heal and transform.

- Closing celebration of community and learning

For Registration: [www.nvhcreston.org](http://www.nvhcreston.org)

\$10 fee for the day includes lunch.

(The entire day's program will be interpreted for the deaf community)



NORTHERN VIRGINIA  
HEBREW CONGREGATION

1441 Wiehle Avenue • Reston, VA, 20190 • (703) 437-7733 • [www.nvhcreston.org](http://www.nvhcreston.org)