

NVHC *links*

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Perspective *By Rabbi Michael G. Holzman*



GOODBYE NEWSLETTER

This is the last NVHC Newsletter. Let me tell you why.

Community is about relationship. From inside jokes to carpools, from common frustrations learning Hebrew to shared struggles with Torah, from long hours volunteering for a big event, to the minutes cleaning up from Oneg Shabbat, NVHC is about bringing people together, forming lasting bonds, and celebrating life. Holiness happens in all these moments, just as much as when we close our eyes in prayer and listen to the voices of our neighbors and choirs, or we open them to look around our sanctuary and see friends old and new. Six years ago we moved our podium to the floor and rearranged our chairs, so that our worship would reflect the spirituality of connecting with one another.

Communication is at the center of Judaism and at the center of NVHC. How we share our thoughts and advertise opportunities for engagement says a lot about the kind of community we are. So we should not be afraid to note that our communications are a little out of date. While the world of information has changed dramatically over the past generation,

(Continued on page 12)

Perspective *By Cantor Susan Caro*

THE WORLD IS BUILT THROUGH *CHESED* - LOVINGKINDNESS



I remember when I saw the movie "Pay It Forward," I kept wondering if someone had secretly drawn from our Jewish teachings for the premise of the story.

Trevor McKinney believed in the goodness of human nature. His premise was to do something that really helped someone else that they could not do by themselves and that they then would have to do something for others is a profound notion in Jewish ethics known as *chesed* – loosely translated as lovingkindness.

One of the Torah's most powerful passages is about giving: "If there is a needy person among you, one of your kinsmen in any of your settlements in the land that the Lord your God is giving you, do not harden your heart and shut your hand against your needy kinsman. Rather, you must open your hand and lend him sufficient for whatever he needs" (Deuteronomy 15:7-8). We are reminded in this moment about two very important ideas: 1) that we are to treat each other with an open heart, especially those in need, and 2) that we are to focus our giving on what others need

(Continued on page 6)

**Lag B'Omer
 Outdoor
 Service at Lake
 Fairfax Park,
 May 12th,
 6:30 p.m.
 See page 7.**

**Yizkor –
 Tuesday,
 May 30th,
 8:30 p.m.**

**Atid Shabbat,
 Honoring
 Teachers,
 HS Grads, Sam
 Selden Youth
 Leadership
 Award,
 June 2nd,
 6:30 p.m.
 See page 7.**



SCHOOL'S OUT FOR SUMMER...WHAT DO WE DO NOW?

By Rabbi Jessica Wainer

It's hard to believe that this year is already coming to a close and summer is just around the corner! Our younger students have been working hard this year to continue growing and developing their Jewish knowledge and identity through their studies and experiences in *Kebillat Limmud* and *Tamid*. As a congregation, we are all students, continually working to expound upon our own Jewish knowledge and seek new opportunities for learning. While the school year ends, releasing us of many of our commitments, Jewish learning never ceases to end!

The summer can be a time for us to find new and innovative ways to explore Judaism and to find ways to continue learning even when we are not in the classroom. They can be technological in nature, or not. They can be indoor or outdoor activities. They can be for one specific age group or for the entire family.

Here are 10 ways to continue to engage with Judaism throughout the summer months.

- 1) One of the three requirements in the Talmud is that parents must teach their children how to swim. Take some time this summer to swim as a family! Learn a new stroke, challenge the family to see how long they can tread water, or see who has the craziest way to jump into the swimming pool.
- 2) Explore some of the many new Hebrew apps, programs and books that are out there for all types of devices. Most of these apps are games that kids can play, allowing kids to have fun while still reviewing their Hebrew from the past year. They work on *Alef-Bet* recognition, as well as decoding skills and building some Hebrew vocabulary. Some of my favorites are *Alef Bet Bullseye*, *Easy Learn Hebrew*, *Let's Learn Hebrew Side-by-Side*, *Alef Is for Alien*, *Gus on the Go* and *Hebrew in Harmony*.
- 3) Many of our families travel throughout the summer and in places that have very interesting Jewish communities. If you are traveling, go and look up the Jewish community where you will be traveling to, explore the synagogue, meet with the clergy or other members of the community. Some of the most memorable experiences that I have had from traveling around the world are meeting Jews and learning, through discussions, just how similar we are, even though we are from very different communities.
- 4) There are Jewish values that could be found in every action that we take. Every time that we walk our pet, every time that we dance outside in the rain, every time that we engage in a family activity together. Pick a weekly or monthly Jewish value for your family. Explore that value through whatever activities your family is participating in throughout the summer. Encourage your kids to keep track of the ways that they see those values in their everyday activities.
- 5) Pick a family mitzvah project for the summer. This can be something that you do as a one-time event, or something that you do every week. Jewish organizations such as the Jewish Community Center of Northern Virginia, Jewish Social Service Agency, Jewish Federation of Greater Washington and Jewish Food Experience all list opportunities for giving and volunteering in and with the Jewish community.

(Continued on page 3)

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CHANGES

By Kay Menchel • President, Board of Trustees

I am writing my piece for the newsletter knowing that it's the last newsletter, at least in the form that we know it. In the 50 years of NVHC's existence there have been many, many changes. Some of them have been substantial, like the additions to our building. Some have been inspirational (new clergy!), and some are minor tweaks that just mirror the changing times. The newsletter is firmly in the category of the latter. We are all moving inexorably to a fully digital environment whether we are ready to embrace it or not. When I was in college, I queued up at the pay phone once a week to call my parents. My college-age kids now text me – or Snapchat me – and I'm not sure they know how to use a pay phone (even supposing they could find one). We are making changes about how we communicate with our congregants at NVHC in the interests of efficiency (both financial and logistical), and there are exciting developments in the works; very soon the Board of Trustees will be given a sneak preview of a new network, in partnership with the URJ, that we hope to eventually use synagogue-wide.

Until then, please contact me by that old-fashioned medium of email, or call me on the phone! (kaymenchel@gmail.com or 703-989-6566). I will continue to share my thoughts with you on the website, and while I may be a huge advocate of our virtual presence, rest assured that I will still be clinging to my hardback and paperback books in real life. L'shalom. ♦

EREV SHABBAT SERVICES

Begin at 7:00 p.m., starting Friday, June 30th

After a broad conversation and consideration over a number of months, the NVHC worship engagement team, the clergy and the leadership are adjusting the start time of our Shabbat evening services to **7:00 p.m. every week**. This will begin on **Friday evening, June 30th**. Our aim is for better consistency of time which makes it easier for everyone to plan for coming to services, to make it more possible for a comfortable Shabbat dinner either before or after services, thereby creating valuable community and family time for all. We always look forward to Shabbat with you! ♦

Congregational Learning By Rabbi Jessica Wainer (continued from page 2)

- 6) Summer is a time to experiment with cooking! Explore Jewish and Israeli recipes to bring new cuisines into your home. Check out cookbooks by Yotam Ottolenghi (Jerusalem, Plenty, Ottolenghi), renowned Israeli chef, or Michael Solomonov (Zahav). Or go online and bring back some of your favorite childhood recipes by exploring www.joyofkosher.com or www.ReformJudaism.org where there is a whole section on food and recipes.
- 7) For those rainy summer days, pick some new Jewish media to explore. Watch classic movies such as *Fiddler on the Roof* or *Exodus*. Explore Israeli shows such as *Srugim*. Listen to Israeli podcasts such as *Israel Story* (or in Hebrew- *Sipur Yisraeli*). Read a short story by Israeli author Etgar Keret.
- 8) There is no shortage of famous Jews in comedy, sports, Broadway, and Hollywood. Have each member of your family pick out a favorite person to research. They can prepare a museum-like exhibit, or have the whole family participate in the activity that the person is most well-known for.
- 9) Explore the weekly Torah portion. Websites like bimbam.com provide entertaining videos about the weekly portion. For teens, books like *Text Messages: A Torah Commentary for Teens* or *Unscrolled: 54 Writers and Artists Wrestle with the Torah* provide a slightly more nuanced and age-appropriate view of the Torah portion.
- 10) Join us for Shabbat services throughout the summer. Shabbat services happen every Friday night and Saturday morning, rain or shine, every week. Shabbat services can be a great time to take a break from the rest of the week and help to rejuvenate the entire family for the week ahead. ♦



L'DOR V'DOR — FROM GENERATION TO GENERATION

By Cindi Drake • Director, Early Childhood Education

The Torah tells us that Jacob blessed Joseph saying: “In them may my name be recalled, and the names of my fathers, Abraham and Isaac, and may they be teeming multitudes upon the Earth.” (Genesis 48:15-16).

Each year the Preschool celebrates the grandparents and great-grandparents who first brought Judaism into our homes and whose names we recall *L'dor v'dor*. . .from generation to generation. Every year, our Grandparents' Shabbat Morning brings together grandparents from New York, New Jersey, Florida, Maryland, various parts of Virginia, and from around the corner. As this was our fourth celebration, many grandparents have gotten to know each other, and many times only see each other at this event. And so there is lots of conversation at breakfast about what has gone on in their lives over the past year.

After breakfast, they join their grandchildren in the sanctuary for a beautiful musical service led by *Morab Nell*, blessings by the clergy, and this year, there was a magic show. The children get to show off their classrooms, and grandparents have a chance to speak with the teachers. And then it's off to the Multipurpose Room for a pizza and cake lunch!

This is definitely one of the great highlights of the year for the teachers and me! ♦



Todah Rabah

The Preschool Wishes to Thank. . .

Mary & Isabel Tchiprout, for many wonderful PJ Library books donated to the Preschool.

The following for filled Tzedakah boxes:

Audrey Hill
Elena Amster

Zachery Ruytenbeek
Caleb Kerns

William DeLong
Cora Weber

Bryce Hayden
Sebastian Blanchette

Tot Shabbat

COME GET THAT SHABBAT FEELING!

May 6th and June 3rd, 9:00 a.m.

Meet us in the Multipurpose Poom 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!

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 Room 201 from
9:45 a.m. to 11:15 a.m. on scheduled Sundays:
May 21

Cost? Check with Cindi for pro-rated amount.*

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.

Child's Name _____

Parent's Name _____

Address _____

Home Phone _____ (Mobile) _____

E-mail _____ Child's Birthdate _____

*Once registered, fees are not refundable or transferable.

NVHC Preschool

For children 2 ½ years to 5 years
FULL-DAY PRESCHOOL

8:00 a.m. – 6:00 p.m. MONDAY – FRIDAY

10-Month Program or 12-Month Program for Full-Day Students

OTHER OPTIONS FOR HALF-DAY STUDENTS

8:00 - 9:00 a.m. (M-F)

1:00 – 3:00 p.m. (3 DAYS)

1:00 – 3:00 p.m. (5 DAYS)

1:00 – 6:00 p.m. (3 DAYS)

1:00 – 6:00 p.m. (5 DAYS)



For more information or to sign up, please contact Cindi Drake,
Director of Early Childhood Education at 703-435-8829, or cindi@nvhcreston.org

Youth Engagement

YOUTH ENGAGEMENT CALENDAR

By Adam Zemel • Youth Activities Coordinator

May 7th: Let's Go Camp! Join us after KL for a "looking forward to camp" program for our 5th-8th graders and their siblings. Enjoy some good food, tie-dye and other fun activities. (This event is being co-hosted by NFTY and the URJ--registration details will be on our website soon. Open to anyone who is looking forward to summer break, not just camp folks.)

May 13th: End the year right with NoVTY's National Zoo Photo Scavenger Hunt! This event is for 7th-12th graders. Keep an eye out for details and RSVP to Adam@nvhceston.org.

June 2nd - 3rd: Teen Leadership Retreat: This will be the first meeting of NVHC's new Teen Leadership Council. 8th-11th graders who are interested in learning more, please email Adam@nvhceston.org for details about registration, even if you can't make it to this first meeting. ♦

2017 SAM SELDEN YOUTH AWARD LUCY GREENMAN



Lucy Greenman is a junior at both Potomac Falls High School and the Loudoun Academy of Science. At NVHC, she is a Tamid student, music teacher for kindergarten through second grade, and NoVTY Board's Religious and Cultural Vice President. When not culturing cells in the lab or reading her favorite books for the 900th time, she loves playing the guitar and trying to find harmonies to every song she knows.

Perspective By Cantor Susan Caro (continued from page 1)

to receive, rather than on what we need to give. That is the definition of *chesed*, for the love and the kindness embodied in that giving is about the receiver, not the giver.

There is a beautiful passage in the Book of Psalms (89:3) that helps us to understand the importance of *chesed* in creating the world we aspire to. 'Olam *Chesed* Yibaneh - The world is built through *chesed*.' In other words, every deed of lovingkindness that we do, our actions build the ideal world in which we all hope to create and live. *Chesed* is more than feeling or intention, it is action; we **do** *chesed*.

We have a built-in mechanism here at NVHC, which provides ways for us to **do** *chesed*. From the introduction to our NVHC Cares materials:

"Northern Virginia Hebrew Congregation created NVHC Cares as our caring program in January 2012. The program was established to provide solace and support through difficult times and reach out during joyful beginnings. NVHC Cares fosters our caring community by connecting through cards, calls, visits, meals, and providing challah to members, working to ensure that no member is alone in sickness, death, bereavement, or adjusting to birth or adoption."

We continue to need help and support in our NVHC

Cares efforts. From all of us. These early years of NVHC Cares have been transformative for our community. We now face some shifting of personal responsibilities in the core team of NVHC Cares, and we really need more of us to step in to help us do our work of *chesed*. Helping others is often the best way to help oneself. Opening our hearts to those in need, giving them what is 'sufficient for what they need' is truly a *mitzvah* that pays it forward, that truly transforms the world one deed at a time.

The blessing of generosity, the bounty that rebounds to one who gives greatly in any way – through material goods, funds, effort or time – is amazing and profound. Some of us might be concerned that we do not have enough to give, or that if we give what we are able, we will suffer burnout, or that we will have nothing left to give. Those are all understandable concerns; yet, if we all step in to pay it forward with whatever we can bring, then the bounty of giving, the flow of *chesed* will surely help us to thrive. Do be in touch with me about NVHC Cares, and how you can help sustain and increase the flow of *chesed* in our community, so that we may continue to engage ever more deeply in deeds of *chesed*, that our home will continue to be a place full of abundance, resources, caring and love for those who enter our midst. ♦

Mazel Tov to our B'nai Mitzvah



Megan Langsam
May 6th

Megan is collecting picture books for Children's National Medical Center for her B'nai Mitzvah Project.



Ryan Nagel
June 24th

Ryan's B'nai Mitzvah Project is volunteering with the *Lost Dog and Cat Rescue Foundation*. He is also collecting towels and blankets for the organization. There is a donation box in the sanctuary lobby at NVHC.



Caitlyn Suarez
June 10th

Caitlyn's B'nai Mitzvah Project is the Katherine Hanley Shelter, a shelter that provides a safe, temporary home for families.



Jacob Wesoky
June 24th

Jacob's B'nai Mitzvah Project: organizing a 5k Run and I Mile Fun Run to benefit B.R.E.W (Beagle Rescue, Education and Welfare).

Upcoming B'nai Mitzvah?

To submit a picture and bio of your child, choose one of the following: email to 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 July-August is June 1st.

Torah Talk

Our Shabbat Torah study class will be held on **Saturday, May 13th, 20th & 27th, and June 10th, 17th & 24th**, in the sanctuary.

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. ♦

ATID SHABBAT

June 2nd - 6:30 p.m.

Members, parents and students gather to honor our wonderful teachers, high-school graduates, and present the Sam Selden Youth Award.

MARK YOUR CALENDARS

May 27th, 6:30 p.m.

Lag B'Omer is a Jewish celebration of learning, community and our history, and the center of this holiday is a bonfire. We will celebrate at a special **Erev Shabbat worship service on May 27th at 6:30 p.m.** at nearby Lake Fairfax Park. Join us for service, stay for dinner and a blazing bonfire. Bring your flashlights. There will be no services that day at the NVHC building.

Lake Fairfax Park
1400 Lake Fairfax Drive
Reston, VA 20190

Look for NVHC signs once you arrive in the park.

Jubilee News

As you read this in May, we are wrapping up our Jubilee year – and what a year it’s been! We started with 50 Shabbat dinners (an event so successful it will undoubtedly become an annual tradition!), M’sibat NVHC and the Weekend of Nourishment, then continued this spring by celebrating Purim and Pesach, saluting generations old and young, and most recently coming together at our fabulous Jubilee Gala for a roaring good time! With our final events – Shavuot featuring celebrity cookbook author Joan Nathan, and Dan Arbell speaking about the legacy of the 6-Day War – if you feel a little breathless, well, it’s no wonder why! These Jubilee events have underscored the tapestry that is our community and the way we all come together to learn, worship, celebrate and support one another. We are endlessly grateful to the many volunteers without whom we would not have been able to put on these wonderful events, and we are so proud of the way NVHC has rallied to make this year extraordinarily special. Heartfelt thanks to everyone who has participated and Yom Huledet to NVHC!

Here’s to 50 more years together!
Miriam & Susan



Who is that masked man?



NORTHERN VIRGINIA
HEBREW CONGREGATION
50 YEARS • BUILDING TOGETHER

JUST SAY YES

By Gail Dezube • Sisterhood Co-President

On May 28th, Sisterhood will have its annual Member Brunch. Our very own temple president and lecturer on literature, Kay Menchel, will be the guest speaker. We'll hear about an obscure Jewish woman poet. Knowing Kay, there will be lots of laughter, along with learning.

On that day, the Board for 2017-18 will be sworn in. The upcoming Board will carry on the tradition of serving not just the Sisterhood, but the entire NVHC community and the greater community, as well. As this calendar year begins to draw to a close, I'd like to take this time to review what we have accomplished this year (and what is still to come – see asterisks).

For the Benefit of the NVHC Community

Judaica Boutique
 Chanukah Boutique
 Annual Rummage Sale*
 Shabbat Musical Accompanist Funding
 Camp Harlam - Scholarships
 Preschool - Special Programs Funding
 High Holiday - Flowers/Plants
 Rosh Hashanah - Oneg
 Religious School - Teacher Chanukah Gifts
 Confirmation Students - Gifts
 B'nai Mitzvah Students - Kiddush Cup Gifts
 Conversion - Gifts

For the Greater Community

Sharsheret - Creating 50 Shabbat Candlesticks Jubilee Event
 Women Giving Back - Clothes Collecting and Volunteering
 Head Start - Volunteering
 Head Start - Collecting Clothes, Books, and Supplies
 (in conjunction with NVHC Preschool)
 Women of Reform Judaism - Funding

Embry Rucker Shelter - Collecting Toiletries
 Cornerstones - Collecting Coats
 Freedom Petals – Collecting Vases for Wounded Warriors

For Spiritual and Educational Enlightenment

Maggie Anton, Author, Guest Speaker*
 Book Discussions
 Jewish Meditation
 Women's Seder

For Artistic Enlightenment

Morning of Art/Painting
 Tour Art & Sculpture at Glenstone Museum
 Ikebana Flower Arranging Demonstration
 Spring Cooking Class

For the Sisterhood Community

Chocolate & Champagne
 Membership Dinner
 Mah Jongg Tournament
 Wine, Women and Water Color
 Membership Brunch*

NVHC SISTERHOOD RUMMAGE SALE

Sunday, June 11, 2017, 8:00 a.m. – 12:00 p.m.
 NVHC Sanctuary & Social Hall

It's time to clean out the closets, the basement, and the garage. Donate your gently used items, but please nothing broken nor items that must be recycled! Know that the items you donate will be very much appreciated by the local community that comes to shop at our annual sale.

Bring your donations to the Social Hall Closet at any of these times:

Monday, June 5th – 8:30 a.m. - 4:00 p.m.
 Tuesday, June 6th – 8:30 a.m. - 4:00 p.m.
 Thursday, June 8th – 8:30 a.m. - 7:00 p.m.
 Saturday, June 10th – 2:00 p.m. - 3:00 p.m.

We need lots of volunteers before, during, and after the sale — men, women, and middle-school and high-school students. Go to SignUp Genius to help make this event a great success.

<http://www.signupgenius.com/go/30e0d4da8aa2ea75-rummageI>.

Contact Judy Naiman at rummagesale@nvbcreston.org with any questions.



COME HELP FOREST EDGE ELEMENTARY SCHOOL STUDENTS!

By Katelyn Mehlenbeck

Hi, my name is Katelyn Mehlenbeck, and I am in 6th grade. I would like to talk to you about our Forest Edge Food Packing Program at NVHC. We pack bags two times every month; once in the evening mid-week, and once on a Sunday afternoon. We pack food for kids at Forest Edge Elementary School who don't have enough food over the weekend. Imagine it's a Saturday afternoon and you are hungry for a snack. You could normally go and get a snack whenever you wanted. Now imagine if you couldn't get a snack whenever you wanted. Not such a good feeling, is it? It is important to me that kids who don't have enough food over the weekend get enough food to last them through the weekend. It means

a lot that people in our congregation are helping kids in need. And we need your help with the packing.

I spoke with Alison Behar, the coordinator of the Forest Edge Packing Program. "It makes me feel grateful that I can help the congregation contribute to the children in need at Forest Edge," says Behar.

What You Can Do To Help:

- Bring in mac 'n cheese cups, granola bars, raisins, oatmeal, tuna and milk boxes.
- Come in and help us pack bags after religious school.
- Provide some monetary donations to NVHC toward the Forest Edge Food Packing Program. ♦

THE DISTINGUISHED SPEAKER SERIES

JUNE 14TH, 7:30 P.M.

"The 50 Year Legacy of the Six-Day War"

Dan Arbell is a scholar-in-residence at the Center for Israeli Studies at American University and a Senior Fellow at the Brookings Institution. He is a 25-year veteran of the Israeli Foreign Service, serving in senior posts in the UN, the U.S. and Japan, and holding senior positions at the Ministry of Foreign Affairs in Jerusalem. Most recently he was Deputy Chief of Mission at the Embassy of Israel in Washington, D.C.



Help sustain the NVHC Speaker Series. To make your tax-deductible contribution, please click on <http://www.nvhcreston.org/give>. Scroll down to "Adult Learning" and select NVHC's "Distinguished Speaker Series."

The Distinguished Speaker Series is free and open to the public.

Lifelong Learning - 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

May 6th. *America's Bank: The Epic Struggle to Create the Federal Reserve*, by Roger Lowenstein. 355 pp. This book illuminates the tumultuous era and remarkable personalities that spurred the unlikely birth in 1913 of America's modern central bank, the Federal Reserve. Lowenstein focuses on Paul Warburg, a German-born financier who was horrified by the primitive condition of America's finances; Rhode Island's Nelson W. Aldrich, the reigning power broker in the U.S. Senate; Carter Glass, the ambitious Virginia congressman who chaired the House Banking Committee at a crucial moment of political transition; and President Woodrow Wilson, who forced Glass to reconcile his deep-seated differences with bankers and accept the principle of federal control.

June 3rd. *Pastrami on Rye: An Overstuffed History of the Jewish Deli*, by Ted Merwin. History/Illustrated. 245 pp. Somewhere during the course of the mid-20th century, the deli replaced the synagogue as the most likely center of Jewish things. Merwin notes that while Jewish "secular identity has lost much of its content . . . the consumption of Jewish food is, for many Jews, one of the sole ways in which they relate to their heritage." After the first waves of immigration, at a time when Jews were thought to be uncouth, he argues, they popularized a type of restaurant where they didn't have to try not to be. "The deli was a place where they could eat with their hands, talk with their mouths full, fill their bellies and enjoy the pleasure of each other's company in a raucous and convivial setting."

NVHC SUPPORTS REFUGEES

By Andy Lacher

In April, Jews all over the world celebrated Passover by retelling the story of the Exodus from Egypt. This episode in our history is fundamental to our Jewish values. We are frequently reminded that we need to welcome the stranger because we were once slaves in the land of Egypt.

“The strangers who reside with you shall be to you as your citizens; you shall love each one as yourself, for you were strangers in the land of Egypt” – Leviticus 19:34

For American Jews, this value has manifested itself as support for immigrants and refugees. In the late 1800s, a number of Jewish organizations emerged to support Jewish refugees fleeing pogroms and other hardships in Eastern Europe. One of those organizations was the Hebrew Immigrant Aid Society. Founded in 1881, the Hebrew Immigrant Aid Society provided meals, transportation, jobs, housing, translation services, and other counseling to newly arrived immigrants in the New York City area. Over time, their mission expanded to include advocacy for the rights of refugees and elimination of nationality-based quotas. In the '70s, at the request of the U.S. Government, they began providing assistant services on a large scale to non-Jewish refugees fleeing the war-torn regions of Southeast Asia.

Today, the group now known as HIAS, is focused on providing resettlement assistance and advocacy for refugees regardless of national origin or religion. Not only does HIAS work to help resettle refugees in the U.S., they also work to build safe communities for refugees in the countries of first refuge where the majority now remain indefinitely.

Worldwide, there are about 65 million people who are currently displaced.

To demonstrate NVHC's commitment in support of the Jewish value of assisting refugees, the Board endorsed joining with more than 300 other Congregations to be part of HIAS' Welcome Campaign. NVHC was also a co-sponsor of a Washington-area Jewish Assembly for Refugees in March. In the coming months, we are planning other opportunities to learn about refugee issues and opportunities to assist HIAS in their mission of helping advocate and welcome the stranger fleeing to safety.

Once, we helped refugees because they were Jewish.

Today we help refugees because we are Jewish.

If you are interested in getting involved with NVHC activities to *welcome the stranger*, contact Social Action Chair, Ellen Ranard – SocialAction@nvhcreston.org. You can also volunteer as a greeter for the ADAMS center's weekly Jumu'ah prayers midday on Fridays at NVHC. Sign up at: <http://www.signupgenius.com/go/10c044aaba72aab9-greeters/1977819>. ♦

To learn more about HIAS and how you can help their mission, visit: www.HIAS.org

NVHC Cares

NVHC CARES NEEDS YOU!

NVHC Cares is our community program of providing support outreach to our members, both in times of sorrow or need to provide support and solace, and to celebrate in times of joy. We always need more help from you to continue to keep NVHC the caring community that it is. We are currently seeking volunteers to:

- Purchase or make and deliver meals.
- Deliver a challah to a member, to support those ill or bereaved, or to help out new parents.
- Provide transportation during the weekdays on an as needed basis.

If you are interested in participating in NVHC Cares, please contact us at nvhccares@nvhcreston.org. ♦

NVHC Thanks our 2017 Cornerstones Donors

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Perspective *By Rabbi Michael G. Holzman (continued from page 1)*

our messaging has remained the same. We pour most of our energy into broadcasting information rather than inviting conversation and creating relationships. Through our Newsletter, emails and web page, we are constantly, sometimes overwhelmingly, sending our announcements and messages in the hopes that someone out there is listening.

Unfortunately, all of us are flooded with this kind of messaging, bidding for our attention, and we are losing. The more we try to transmit, the fewer people pay attention.

So in the next twelve months, we will be refocusing our communication systems and learning new skills. We will still send a monthly mailing and a weekly email, but they will both be trimmed and re-designed to invite greater engagement and build more congregational connections. We are doing this partly out of financial necessity, and as an opportunity to catch up with the times.

The best form of communication and advertising remains the oldest: word of mouth. And this is the most Jewish as well; part of our communications transition relies upon you. We need you to be more vocal about what you like, what you find uninspiring and what you wish we were doing. We need you to talk about this online and in person, through Facebook and on Twitter, with direct emails and

conversations in the hallway. We will continue to facilitate connection and share important news about upcoming events, life-cycle ceremonies, and thoughts from the clergy and staff, but we will do it differently, utilizing more platforms and relying more heavily on the information we share with each other. Consider it the difference between broadcasting from a central antenna, like radio, and information sharing on a network, like the Internet.

I am sure many of you have expertise in this field. We do not pretend to have that expertise, so please share suggestions by emailing me or Sara Moore, our Executive Director. Please be patient and supportive as we try to learn new ways of communicating. This is a “Launch and Learn” experiment, and it depends upon community’s support for success.

I am nervous about giving up old, reliable systems, but I am also excited to share information and connect with people in new ways. NVHC’s greatest asset is the people. We do not have the fanciest building or a large staff. But we do have the menschiest, kindest, most interesting group of people I have ever met in a synagogue. Let us continue to do what we do best—schmooze, talk, learn, share and connect.

So we bid goodbye to our Newsletter and say hello to each other. ♦

ISRAEL TRIP

The NVHC Clergy are currently investigating the possibility of an Israel trip during Winter Break 2017. If you have interest in the trip, please email our clergy assistant, Sheri Ross, sheri@nvhcreston.org.

Tzedakah: We Thank Our Generous Contributors

Adam Levine Camp Scholarship Fund -

URJ – Camp Harlam Fund

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Art Fund

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Ted Smith and Rosalind Gold...in honor of Carol Fram

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Robbie Kaplan

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Judy Spatz

Rabbi's Discretionary Fund – Rabbi Gold

The Kruger Family

Rabbi's Discretionary Fund – Rabbi Holzman

Steven and Susan Bornstein...in honor of Juliana's naming
Stuart Dornfeld and Emily Booth-Dornfeld...in honor of
Josh's 16th birthday
Jon Groisser and Hana Newcomb...in memory of Seldon Kruger
The Kruger Family

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Philip Knoedler,
Marc Nerenstone

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Sally Sussman
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(Continued on next page)

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

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Seldon Kruger
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Al and Lynne Groff...in memory of Seldon Kruger, Shirley Hirsch
Jon Groisser and Hana Newcomb...in memory of Seldon Kruger
Frances Herbst...in memory of Seldon Kruger
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Diana Horowitz, Betty Horowitz, Herman Horowitz
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Seldon Kruger
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Ralph and Miriam Wolman...in memory of Seldon Kruger
Maria Wyss...in memory of Seldon Kruger

(Continued on next page)

Tzedakah: We Thank Our Generous Contributors (Continued)

Carl and Laura Zelman...in memory of Seldon Kruger

Social Action Fund – NVHC Change

Carl and Erin DiManno...in memory of Wolfgang Henjes

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Marvin and Karen Singer...in memory of Wolfgang Henjes

Deena Sortland...in memory of Ruth Hershkowitz

Ralph and Miriam Wolman...in memory of Wolfgang Henjes

Social Action Fund – Forest Edge Backpack Program

Edward and Judy Cincinnati...in memory of June Rosenblatt

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

Marc and Rinna Cortes...in honor of Cristobal Cortes

Michael and Carol Flicker

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Lou and Sara Moore...in memory of Wolfgang Henjes

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Speaker Series

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Bruce Johnson and Janis Linkov-Johnson...in memory of Seldon Kruger

Torah Fund

Ted Smith and Rosalind Gold...in memory of Ladislav Mares

Worship Fund

Howard and Carolyn Wesoky

Youth Group Fund

Abraham and Martha Lerner...in memory of Jaika Lerner

JCCNV-NVHC Active Adults

WOMEN IN ISRAEL

By *Carla Rosenfeld*

Tuesday, May 23rd, 10:30 a.m. – noon, *Presented by Na'ama Gold, JCCNV-JAFI Shlichah (Emissary) from Israel*

Na'ama will discuss in which ways women in Israel have the same rights and duties as men and where inequalities still exist. If you haven't had the pleasure of meeting Na'ama Gold, the J's shlichah, now is your chance. Note: there is no lunch planned to follow this program as previously publicized.

Fee: \$4/ \$2 J or synagogue member (pay at door) ♦

Community News

WHERE ARE THEY NOW?

NVHC Alum Wins Academy Award

Steve Rosenbluth, son of Bill and Sue (now Goldstein) Rosenbluth, won an Academy Award in the Science and Engineering field on February 11th at the Beverly Wilshire Hotel in Beverly Hills, California. Steve was awarded after more than 20 years in the business. His company, Concept Overdrive, developed the Overdrive motion control system, which has been used in at least 40 movies in recent years. The award is given for developments that contribute to and further the motion picture industry.

NVHC Alum Makes Front Page of Washington Post

In a four-column cut above the fold on page I of the Washington Post on February 28th, Rabbi Josh Bolton, son of Janet and the late Vade Bolton, is shown striding through the vandalized Mount Carmel cemetery in Philadelphia surveying the tombstones toppled the previous weekend. Rabbi Josh Bolton is a senior Jewish educator at the University of Pennsylvania Hillel. A graduate of the Reconstructionist Rabbinical College, he lives in Philadelphia with his wife, Natalie, and sons, Oren and Boaz. As reported in his profile on the Hillel web site, "You'll probably see Josh riding by on his bike or find him hanging out in Capogiro (a Philadelphia artisanal gelato spot). Just walk right up and say, "Yo, Rabbi Josh, what's up?"

Proud parents could submit entries on their own kids who are now adults, most of whom we may remember growing up from ages 5 to 15, but lost sight of, subsequently. ♦

Life-Cycle Events in the NVHC Family

MAZEL TOV

To Scott & Allie Seedorf, and to proud grandparent,
Judy Naiman, on the birth of their son/grandson,
Jackson Robert Seedorf

R'FU-AH SH'LEI-MA

Jonathan Becker	Bea Linkov
Ken Blume	Sherry Linkov
Bruce Evry	Donald Lockshin
Rochelle Fisher	Alan McGibbon
David Fram	Irene Menchel
Andrew Goldberg	Irene Miller
Al Groff	Paulette Peltz
Andrea Hayes	Sharon Rosendhal
Mike Horwatt	Howard Selden
Brian Johnson	Tamara Selden
Ken Kaplan	Richard Shlakman
Clarice Karnette	Robert Stein
Nisa Katz	Scott Sunshine
Larry Klinger	Lester Sussman
Gioia Komar	

CONDOLENCES

To Iris Zimmerman Garza, on the death of her aunt,
Lillian Zimmerman Backer Morgenstern

To Diane Preece, on the death of her father, Nigel Preece

To Steve Hershkowitz, on the death of his mother,
Ruth Hershkowitz

To Eleanor Kitces, on the death of her father, Byoung Lee

To Don Hirsch, on the death of his mother,
Shirley Hirsch

To Bob Wein, on the death of his cousin, Gail Shandler

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

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

**Wednesdays, May 3rd, 10th, 17th, 24th & 31st,
and June 7th, 14th, 21st & 28th at 7:00 p.m.**

On most Wednesdays, 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. The group will meet in the Conference Room in the office.

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.

A 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.

Joshua & Danielle Fein

3428 Waples Glen Court
Oakton, VA 22124
240-291-5416
daniellefein@gmail.com
drjoshfein@gmail.com

Gilda Perry & Rochelle Perry

43145 Sunderland Terrace, Unit 302
Broadlands, VA 20148
703-727-8575
gperry2372@aol.com

Laurence & Lauren Udoff

2408 Hunter Mill Road
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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 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 \$ _____

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For a Speedy Recovery to: _____

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

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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.

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NORTHERN VIRGINIA
HEBREW CONGREGATION

1441 Wiehle Avenue · Reston, Virginia 20190

mark your calendar for Upcoming Events: <http://www.nvhcreston.org/calendar>

Erev Shabbat Services begin at 7:00 p.m.,
starting Friday, June 30th

NVHC Contact Information

NVHC Office (admin assistant answers)	703-437-7733	Executive Director	Sara Moore ext. 105
NVHC Office (directly to individual)	703-471-6046	sara@nvhcreston.org	
Preschool	703-435-8829	Director of Early Childhood Education	Cindi Drake ext. 110
Fax	703-437-3443	cindi@nvhcreston.org	
Website	www.nvhcreston.org	Administrative Assistant	Mozelle Stanton ext. 101
		mozelle@nvhcreston.org	
Rabbi	Michael G. Holzman ext. 102	Assistant for Educational Engagement	Elaine Bowling ext. 104
rabbiholzman@nvhcreston.org		elaine@nvhcreston.org	
Rabbi Emerita	Rosalind Gold	Bookkeeper	Linda Klinker ext. 108
Cantor	Susan Caro ext. 106	linda@nvhcreston.org	
cantorcaro@nvhcreston.org		Clergy Administrative Assistant	Sheri Ross ext. 147
Director of Congregational Learning	Jessica Wainer ext. 103	sheri@nvhcreston.org	
rabbiwainer@nvhcreston.org		Youth Engagement Coordinator	Adam Zemel ext. 126
		adam@nvhcreston.org	

Tikkun Leil Shavuot, with guest speaker Joan Nathan • May 30th, 7:00 p.m.