

The Glance

NVHC's Quarterly Magazine



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SPECIAL HIGH HOLY DAYS EDITION 5780

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On Kindness

Betty Donskoy

Yesterday I was walking in my neighborhood when I came across a young girl who was writing with chalk on the pavement. The girl was asking passers-by to write something kind, and I was touched. I started to think about kindness...

In Hebrew there is the word *chesed*, which is usually translated as lovingkindness. This quality or trait is considered so important that it is described as one of the three pillars upon which the world stands (in *Pirkei Avot* it is said that "the world stands on three things: Torah, service of God, and upon acts of lovingkindness"). In his book *Everyday Holiness*, Alan Morinis notes that lovingkindness is more than being nice: it is a kind of stretching of the self, a going beyond the self in generosity to sustain the other.

I don't know the intentions of the girl with the chalk, but I like to think that her chalk etchings made a difference, even if momentary, to those who stopped to read what she and others had written...

The NVHC Editorial Group is...

Emily Hummel
Communications Coordinator
David Markovich
Executive Director

Ana Leirner
Peggy Nelson
Deede Snowwhite

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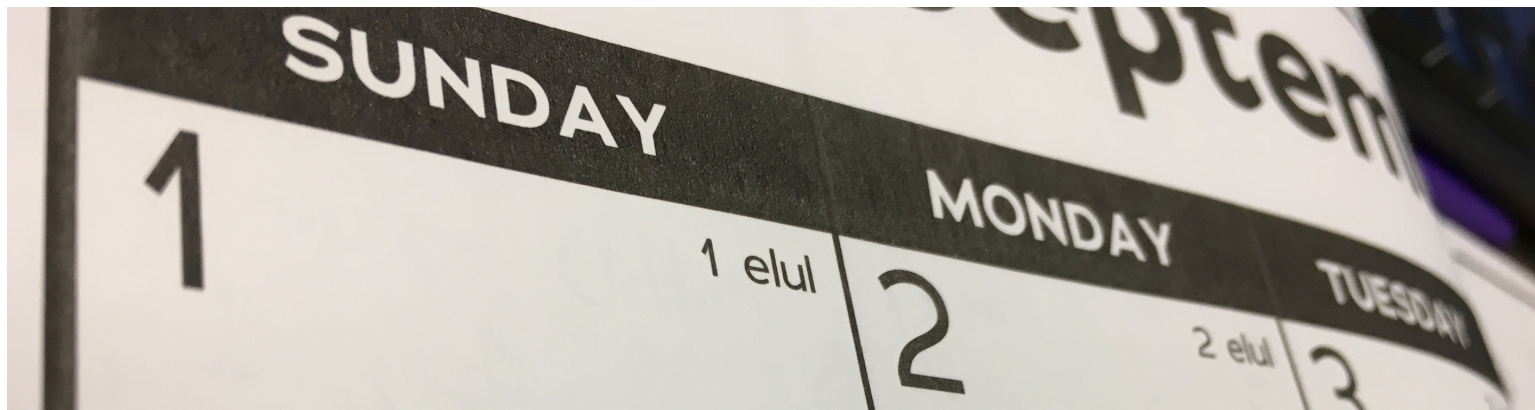
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Why is September so Early this Year?

Rabbi Michael G. Holzman

When people say to me, "Rabbi, the Holidays are really late this year!" I am usually quick to shoot back, "Nope, they are the same time as every year, 1st day of *Tishrei*. Right after *Elul*."

While my smart-alec, little brother response may be cute, it points to the familiar reality that we usually orient our lives around secular time and commitments. Then along comes Rosh Hashanah (the evening of which falls on September 29th this year), to remind us of a different calendar. What is a calendar? On Earth it is a record of the movement of planets and moons, but in the universe, a calendar is just an arbitrary way to count time.

This question of how we count time is really a question of who is in control of our lives. It reminds me of a moment that changed my life in my early twenties. I walked into my therapist's office for our 3rd session and 5 minutes late for the 3rd time, and I said, "Sorry I'm late." He said, "No you're not. If you were sorry, you would not be late every week." And I realized in that moment, that if my life will have meaning, I need to be making decisions deliberately. So, Rosh Hashanah is like my old therapist asking "How do you count time?" Or, "Do you make time count?"

This is the most important question we can face in life, since we only get one go-round, and it explains why families gather for special meals and people dress up in nice clothes and the sanctuary fills up on the High Holy Days. The liturgy of these days reminds us over and over, we must live meaningfully, deliberately, with integrity, and on this first day of the year, we begin again counting our time.

Of course, none of us can achieve this level of intention 100% of the time. We make mistakes. We go off the path. We get distracted. And I am not just talking about the myth of "productivity" which sells millions of books, devices, and apps to help us produce more, create more, move more, buy more, sell more. No - making time count means living our moments according to our deepest inner beliefs. And when we fall short of this depth, believing instead in the reminders on our phones, Judaism gives us these days to help us take responsibility and make time count.

This is hard stuff, private stuff, deeply personal stuff. We can only do this work with friends, family, and the safety of community. That is what we aim for as we share this High Holy Day mailing with you. We believe NVHC can be a place to make all of us live fuller and more purposeful lives, with more joy, stronger relationships, and the commitment to bring more good to the world. We do not invite you to the Holy Days for the sake of Judaism; we provide Judaism to make your days holy (or to live them wholly). This is our Spiritual Home, where we Connect through Community to Judaism that

Matters. That home, those connections, that Judaism is here to build up our lives and this world. What an opportunity!

In the midst of the summer heat, we may struggle to imagine the crisp Autumn air, but preparation for Rosh Hashanah and Yom Kippur begins now. But do not let the silliness of an early August or September fool you: *Elul* and *Tishrei* are around the corner.



Inspiration for the High Holy Days

A Conversation between Rabbi Wainer and Cantor Caro

During our Shavuot celebration in May, we shared poetry about experiencing Revelation - the moment that we receive Torah from God. Then we invited those present to create their own words of poetry, in either a 6-word narrative (it is a 'thing') or in Haiku, to elicit their own expressions of this sacred moment, in our history and again today. Here is the conversation that ensued.

Rabbi Wainer: "In thinking about our Shavuot experience for this year, I am wondering how we can bridge the summer gap and help tie Shavuot, which in essence ends our programmatic year, to the High Holy Days which begin our year? In Shavuot, we are experiencing revelation, the moment that we receive the Torah from God. These are the words that will inspire thousands of years of Jewish history, liturgy and creative writing. I would like for us to think

about how we can build on these words and push individuals to, in some way, create their own words reflecting their feelings during the upcoming High Holy Days."

Cantor Caro: "I agree. I'm so glad we got permission to share some of these beautiful words with our community. I believe that there is a way for us to guide our people to find their own voices in Judaism, with the moment of revelation propelling us to continue forward toward our High Holy Day period. There is a commentary from the great Torah scholar, Rashi, who connects the timeline of Shavuot to Yom Kippur with Moses' journeys up and down the mountain, twice, from the first set of tablets through the smashing of them when he comes down and sees the Golden Calf, to his return up the mountain and receiving the second set of tablets. The day those renewed commandments are said to be received is Yom Kippur."

Rabbi Wainer: "Right - so we have this experience of moving from the majesty of receiving Torah, knowing that we are going to mess it up, but that we have the opportunity for repair and redemption. We have to change ourselves, our own behaviors, in order to get that second chance. And one of the most important ways we can change ourselves is through prayer, through the opening of our hearts."

Cantor Caro: "Being vulnerable and open can be daunting or fearful. I think that taking the time to read inspired words of other poets, being able to reflect on them, and giving some framework to overcome fear or judgment of ourselves broke down the barriers we tend to put up to vulnerability. We need to make room for prayer. We need to make time for prayer. And sometimes, if we let it, a thought or a word will just bubble up from a deep place within us. Those are the most genuine expressions of our heart, when we least expect them. Let's share a few of those prayers here, from Shavuot."

Jew by choice cries for Torah; sparks of creation, let us awake.

Lead - follow - repeat.

Hineini - Here I am, with heart!

Hear words of wisdom; God speaks to us through Torah, grateful to hear.

Here or not here - all One.

Love each other now, time can't wait forever more, now sing with all your heart

God on high, hold us high.

Who were the wise ones who kept the laws and judgments? We must be them now.

Standing together as one, life sustained with love.

Together as a community with love; receiving the words to guide life.

Silence in thunder; love, hope, life, death, one God - Sinai lives in us now.

Rabbi Wainer: "What moved me so much was the willingness, on the part of everyone at the service, to be vulnerable and open themselves up to share their personal prayerful words. One of the challenges to having such wonderful *keva* (fixed prayers) in our liturgy is that it is not always easy to know how to share our own *kavannot* (personal prayers), whether in our heads or on paper. We have to give ourselves permission to expand our understanding of prayer outside of the words on the pages of the *siddur* in front of us."

Cantor Caro: "I think this kind of experience would be valuable to do again. The High Holy Days are filled with *keva*, some of whose ideas are theologically and spiritually challenging. And while the High Holy Day period is meant to challenge us, it is the challenge that is meant to propel us to change and grow toward wholeness. If we can help people to find and express their own voices in the experience, I think that would help to break down some of the barriers people might encounter."

Rabbi Wainer: "Being able to find our own words of prayer is very empowering. Unscripted words that flow from our hearts, plain and straightforward, can give us strength and direction when we are challenged, and acknowledge our connections in our community."

Cantor Caro: "For me, praying helps me call out to God, from the deepest recesses of my being, to express my joys and fears, hopes and disappointments, failures, worries or anxieties. It isn't in order to have my problems solved, or even to receive something, except the gift of being fully present in myself. I would love to continue to guide our community in expressing the prayers of their hearts. How could we best do that?"

Rabbi Wainer: "In preparing for the High Holy Days, why don't we invite everyone in our community to share their own 6-word narratives using the themes of *Elul*. I know that participating in exercises like

these help me to focus my energy on the upcoming Days of Awe and all of the feelings that I will experience during this time. While, in the past, we have done some of these projects online, I think that part of the magic of this process was all participating and creating together.”

Cantor Caro: “Great idea! Let’s make opportunities during the Shabbatot of *Elul* to create our own 6-word narratives. That will be so amazing to uncover and discover the words of prayer from among us that will help us prepare our hearts and souls for these High Holy Days.”

Rabbi Wainer and Cantor Caro: “We look forward to creating and sharing words of prayer with you as we prepare for our High Holy Days this year.”

NVHC Congregants Return to Elementary School: Stronger Together, Friends Forever Mentoring Program

Bess Eisenstadt, Laurie Kobick, & Ellen Rugel

Join us at Forest Edge, where NVHC mentors meet their mentees every week for about half an hour at lunch, generally in the school library.

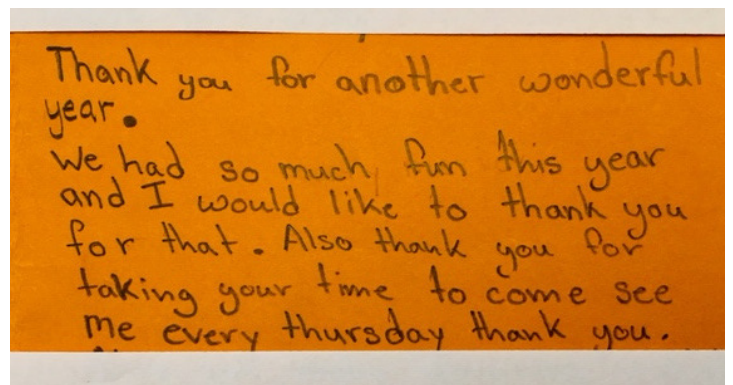
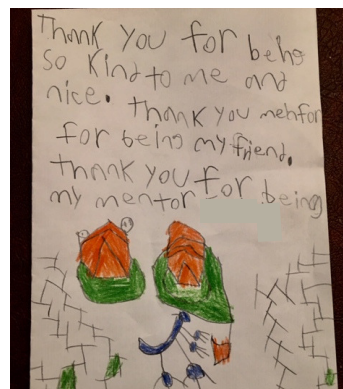
- It’s Thursday: Howard Wesoky is learning to play UNO and losing gracefully to a third grader. Later, Jim Rose engages in an intense game of Connect 4 with his fifth grade mentee, while Ellen Rugel and Bess Eisenstadt concede victory in Spot It to their sixth grade girls. Laurie Kobick chats with her mentee about their mutual passions--“Hamilton,” American history, and music.

- It’s Tuesday: Jerry and Ellen Ezrol enjoy knowing how much their first-grade mentees look forward to their visits. As their session ends, Ellen gets a spontaneous hug. At a nearby table, Lisa Schwall, Ted Smith, and Eric Eisenstadt construct a tower for Jenga with their third-graders.

Through activities such as these, NVHC mentors and Forest Edge kids build relationships, some of which carry over for years.

Here’s how the program works:

- At an orientation session in the fall, mentors receive training, agree to a background check, and apply for an FCPS volunteer badge.
- Teachers and guidance counselors recommend kids for the program, parents approve their kids’ participation, and the school matches mentors and mentees.
- A guidance counselor manages the program and apprises the mentors of upcoming activities or schedule changes.



What does it take to be a mentor? A mentor:

- likes kids and enjoys spending time with them
- is reliable and able to meet regularly throughout the school year, and
- is not a tutor. A mentor offers caring and consistency to help build kids' confidence.

In Jim's words, "Mentoring is a great way to be involved locally. The kids benefit, the mentors enjoy it, and the teachers and counselors feel supported. It is a win-win all around."

Interested in volunteering? Forest Edge can always use more mentors, and Clearview, in Herndon, is looking for both mentors and classroom volunteers. Mentoring works the same way in both schools. Classroom volunteers, who mainly listen to kids read, can develop their own schedules in conjunction with the Clearview counselor.

What You Can Do to Save Planet Earth

Deede Snowwhite



The first Earth Day was April 22, 1970. At the time, I was working for the Mayor of New York, John V. Lindsey. The biggest environmental problems facing the citizens of New York City back then

were where to put all the trash and how to ensure clean air and water. This was when I first became interested in what I could do to help the environment.

The concept for an Earth Day began at a UNESCO Conference in 1969 where John McConnell proposed that one day each year, March 21, be set aside to honor the earth. The date was sanctioned in a proclamation that McConnell wrote, and UN Secretary General U Thant signed. But it was in 1970, after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, California, when Senator Gaylord Nelson of Wisconsin, a conservationist, proposed an environmental teach-in for the US on April 22, 1970.

One of the results of this bi-partisan citizens' movement was creation of the U.S. Environmental Protection Agency, the Clean Air Act, and the Endangered Species Act. By 1990, Earth Day was global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro.

While much in our environment has improved since then, plastic in our environment and climate change from many causes, including carbon emissions from fossil fuels, are major new worldwide environmental threats. The world produces 300 million tons of plastic each year and 91% of that is not recycled.

Plastic pollution is everywhere, but particularly acute in the oceans. The "Great Pacific Garbage Patch" is a swirling gyre of more than 87,000 tons of trash that lies hundreds of miles from shore. And a dead sperm whale washed ashore in April on the Italian island of Sardinia with 48 pounds of plastic in its stomach,

including microplastics and larger items like a corrugated plastic tube and shopping bags.

Over the coming 25 or 30 years, according to the New York Times, scientists say that the climate is likely to gradually warm, with more extreme weather. Coral reefs and other sensitive habitats are already starting to die. Longer term, if emissions rise unchecked, scientists fear climate effects so severe that they might destabilize governments, produce waves of refugees, precipitate the sixth mass extinction of plants and animals in the Earth's history, and melt the polar ice caps, causing the seas to rise high enough to flood most of the world's coastal cities. The emissions that create those risks are happening now, raising deep moral questions for our generation.

How can we as individuals help to preserve the earth for future generations? Source reduction is the first goal of sustainability; then reuse. Recycling is last. Try to reduce waste in the first place, or reuse items before recycling.



You can eliminate using plastic bags in several ways. Wash and air dry them and substitute mesh bags for purchases in the supermarket.

If you want to wrap food (i.e., sandwiches, cheese, meat), go to <https://bit.ly/2Zwuem6> for natural wraps that can be washed and reused.

Bringing our own reusable bags to shop will reduce the need for plastic bags. But don't limit using your reusable bags just for grocery shopping. Remember to bring them when shopping at Costco and other stores. When you go to the Reston Farmers' Market, bring your own bags or get a reusable bag from Clean Fairfax.

Most of us already have recycling through our trash disposal servicer, as required by Fairfax County. But care must be taken that recycling meets your providers requirements for separation and your recyclables are emptied and rinsed.

After you separate regular recyclables from your trash, what's left? Much of our trash is actually food waste, and that, too, can be recycled by turning it into compost. Composting is the way that nature recycles. Whether it's the food that's left on a picky eater's plate, to the science experiment in your crisper drawer, food waste can have a second life.

Composting food waste is fairly simple if you have your own yard and even if you live in an apartment or condominium. Information on composting in Fairfax County can be found at: <https://www.fairfaxcounty.gov/news2/compost-your-food-waste/>. The website explains what you can compost, the best area of your yard to compost, and how to bury fruits and vegetables to keep the critters away.

If you live in Reston and do not have a yard, you can do what we do: buy compostable bags, line a small trash can with the compostable bag, and add your food scraps. You can drop off your composting at the garden center on Wiehle Avenue and Fairway Drive, or at the garden center on Reston Parkway adjacent to Hunters Woods Pool. You can also bring small amounts of bagged composting to Mom's in Herndon. Compostable bags are available on Amazon (<https://amzn.to/2FK6rTC>) where 100 three-gallon bags come in a tear-off roll.

Remember to use compostable bags if you are using the Reston garden centers, unless you have a bin to store your composting at home.

Green Tips

Ana Leirner

To accompany Deede's tips above, here are some more quick tips for a healthy and sustainable summer season:

- Keep your home cool. Close your blinds (especially on south-facing windows) to reduce the need for an AC.
- Set your thermostat at a higher temperature during the day when no one is home - 78 degrees is generally a good middle ground between comfortable and energy-efficient.
- Pack smart. Be picky when packing, and include only the necessities. Heavy luggage in cars and planes use more fuel.
- Hydrate. Keep hydrated but not with endless plastic water bottles! Use a BPA-free reusable water bottle. While you're at it, use reusable containers/utensils for picnics and barbecues!

Backpacks and Healthy Snacks

Nina Falci

Cornerstones (August 5-9), Northern Virginia Family Service (August 2 and 5) and other local charities are asking people throughout Northern Virginia to donate pencils, notebooks, backpacks and other school supplies to get children in need prepared for the new school year.

Although a fresh box of crayons, composition books and calculators can help children do well in school, that success will be hampered if they can't concentrate on their studies because they are hungry. In order to address the latter issue, twice a month during the school year via NVHC's Weekend Snack Bag program, congregants donate healthy snacks and pack them into over 200 gallon-sized bags. The snack bags are delivered to Forest Edge (Reston) and Clearview (Herndon) Elementary Schools and are sent home with local students whose families struggle with food insecurity. Let's help ensure local kids can focus on coloring letters, writing essays, and working on algebra problems by quieting the tummy growls and creating A+ smiles.



Please help to support the NVHC Weekend Snack Bag program by donating funds, leaving food donations in the marked container in the NVHC lobby, or by sending your child to Kehilat Limmud, and/or midweek Hebrew or Tamid each week with as many food donations as you can give. In addition, please join us for a Sunday food packing event. Below is a list of the items that we need:

- Gallon-size Ziploc bags
- Individual sized:
 - boxes of raisins
 - canned tuna, salmon, or chicken (no food with beef, pork, or gelatin)
 - fruit cups or applesauce cups or packets
 - granola bars
 - instant oatmeal
 - milk boxes
 - peanut butter or cheese and cracker packs
 - popcorn bags
 - self-serve mac n cheese cups
 - trail mix bags

If you have any questions about the program, please contact Alison Behar at ForestEdgeBackpackProgram@nvhcreston.org.

Looking Back at 5779 and Looking Forward to 5780

Fay Gubin

This past year has been one of camaraderie, spirituality, and pride in what Sisterhood has accomplished together. We've made it easier than ever to connect with one another to celebrate birthdays, welcome new members, and offer messages of support with links in our weekly emails. And we've offered a variety of programs, *tikkun olam* projects, and events for the entire community.

So, this begs the question: What are we doing for you lately? Actually, a lot. The Dueling Pianos Show, held this past spring, was so successful that Rabbi Holzman has asked that Sisterhood sponsor a similarly fun event in the coming year. We also are planning:

- To see the play *Love Sick* at Theater J
- To see the Queens of Egypt Exhibit at the National Geographic Society
- A docent led art tour at the National Gallery of Art
- A spring winery trip
- And a Fireside Chat with Rabbi Gold, Cantor Caro, and Rabbi Wainer on their observations and experiences relating to sexual assault and the "Me Too" movement. (this one is not to be missed)

This is in addition to some of our usual programs:

- Annual Chocolate & Champagne event
- Global Lunches
- Book Discussions
- Chanukah celebration
- Membership lunches and dinners
- Mah Jongg Tournament
- The Women's Seder
- The Rummage Sale

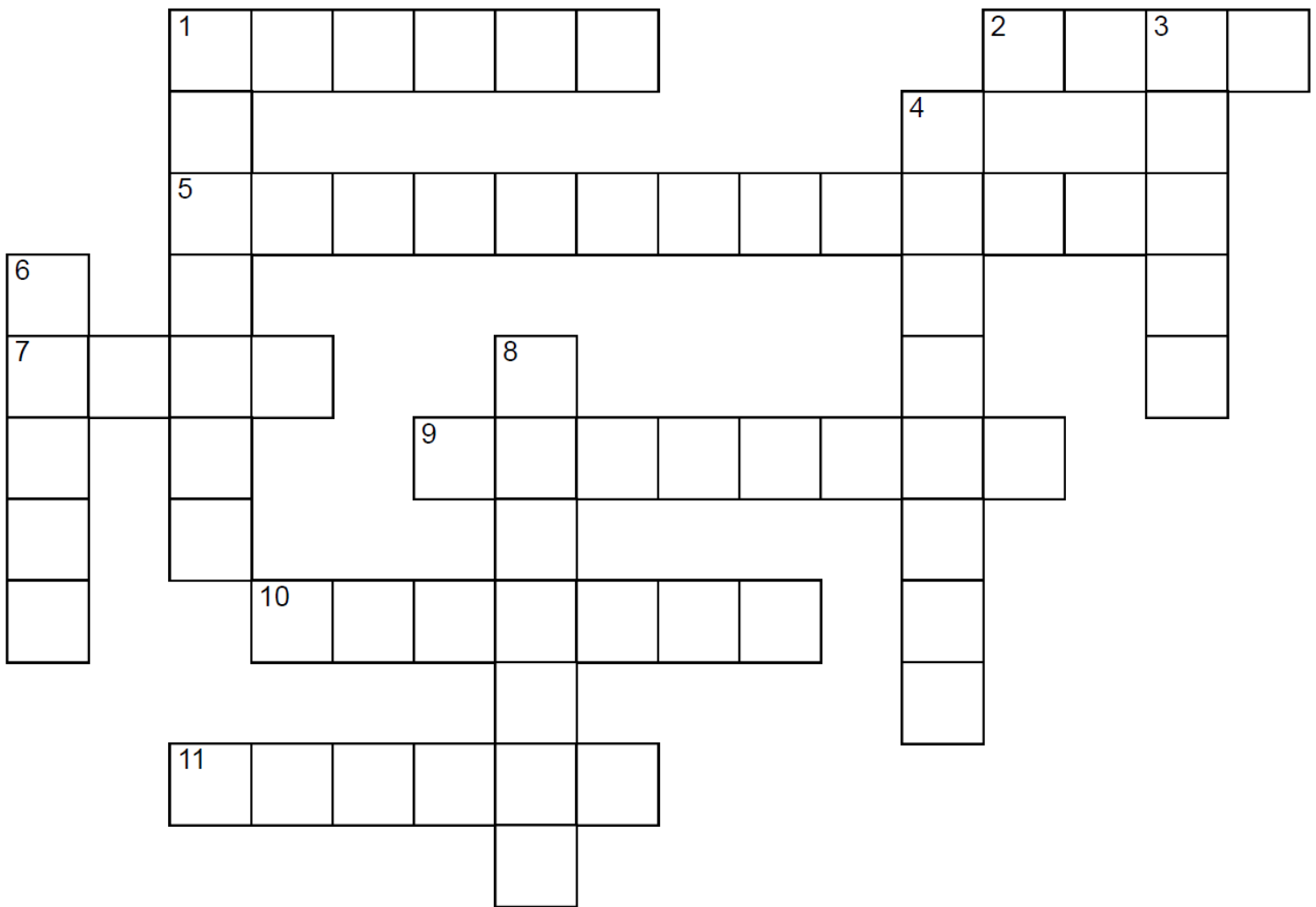
So stay tuned. We are eager to reconnect with you as sisters in the coming year and continue on our journey of building a covenantal relationship. If you haven't been to one of our events lately, what are you waiting for? Join Sisterhood again this year or become a member for the first time.

Find our full calendar of events and membership forms on our web page, <https://www.nvhcreston.org/connect/social-groups/sisterhood>.

Questions? Email me at sisterhoodpresident@nvhcreston.org.

Yours in Sisterhood,
Fay Gubin, Sisterhood President

The Days of Awe



Across

1. Rosh Hashanah fruits
2. Not slow
5. Almighty and Merciful (Hebrew, 2 words)
7. *Rosh* (English)
9. "Casting-off" service (Hebrew)
10. High Holy Day month
11. Memorial service (Hebrew)

Down

1. Language of Kol Nidre
3. 1:30 pm Yom Kippur afternoon activity
4. 21 *Elul*
6. Color traditionally worn on Yom Kippur
8. High Holy Day Prayerbook (Hebrew)

We give a warm welcome to new members:

Chad Ackley, Ida Brudnick, and children Noah & Ethan
Henry and Cindy Brownstein
Harry Feldman and Paula Rubinoff
Harrison Leventhal and Diana Alarcon-Leventhal
Alex Ogden

Mazel Tov to ...

... Ken and Fay Gubin, on the birth of their grandson, Emmett Kinnahan, born to Suzanne & Rick Kinnahan, on June 2, 2019

Tzedakah: We thank our generous contributors

Ark Fund

Ted Smith...in memory of A. Zelleman Smith, Sara R. Smith, Myer Kaufman

Art Fund

Howard and Carolyn Wesoky...in honor of Carl Zelman's recovery

Cantor's Discretionary Fund

Marjina Kaplan...in thanks for caring for our family when we needed it most
Jeremy and Regina Krasner
Luman Family
Howard and Linda Perlstein...in appreciation of Cantor Caro for facilitating *Mussar*
Larry and Deede Snowwhite...in memory of Harold Black

Choir & Music Fund

Anonymous...in memory of Betty Ann Rubin
Ed & Sandee Byrne...in memory of Betty Ann Rubin
Cheryll Chew and John Frye...in memory of Betty Ann Rubin
Edward and Ann Louise Cowan...in memory of Betty Ann Rubin
Jeff and Tracy Dlott...in memory of Betty Ann Rubin
Carol and David Fram...in memory of Betty Ann Rubin
Jon Groisser and Hana Newcomb...in memory of George Kaplan
Don and Nell Hirsch...in memory of George Kaplan
Vicki Jackson...in memory of Betty Ann Rubin
Ron and Sandy Kanfer...in memory of Betty Ann Rubin
Marjina Kaplan...in memory of Henry Kaplan, Betty Ann Rubin, Ruth Kruger, Phil Matejczyk
Margrit Kenny...in memory of Betty Ann Rubin
Vivian Kramish...in memory of Betty Ann Rubin

Nancy Kruger and Helen Kruger...in memory of Betty Ann Rubin, George Kaplan
Rich and Cindy Michelson...in memory of Betty Ann Rubin
Mark and Judi Ornoff...in memory of George Kaplan
Barry Pilson...in memory of George Kaplan
David and Harriet Pinansky...in memory of Betty Ann Rubin
Diane Preece...in memory of Betty Ann Rubin
Ruth Ruttenberg...in memory of George Kaplan
Rick and Barbara Schatz...in memory of George Kaplan
Ted Smith and Rosalind Gold...in memory of George Kaplan
Larry and Deede Snowwhite...in memory of Betty Ann Rubin
Marvin and Karen Singer...in memory of Betty Ann Rubin
Doris Weisman...in memory of Betty Ann Rubin, George Kaplan
Sam and Evelyn Wilson...in memory of Betty Ann Rubin
Nicholas Yrizarry...in memory of Betty Ann Rubin

College Outreach Fund

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

Louis Gold Children's Music Fund

Rabbi Rosalind Gold...in memory of Sarah Gold, Benjamin Room

Memorial Plaque

Adele Denny...in memory of Adam Schwartz and Helen Schwartz
Marjina Kaplan...in memory of George Kaplan

NVHC Fund

Jeff and Tracy Dlott...in memory of Frances Fenster
Michael Holzman and Nicole Saffell Holzman...in memory of Frances Fenster
Ken and Kathryn Laskey...in memory of Frances Fenster

Preschool Fund

Tom and Cindi Drake...in memory of Susan Kitces; in honor of Talia and Isaac Krasner's B'nai Mitzvah
 Steve and Ruth Lipson...in memory of Susan Kitces

Rabbi's Discretionary Fund – Rabbi Gold

Larry and Deede Snowwhite...in memory of Abe Zeitz, Fritz Snowwhite

Rabbi's Discretionary Fund – Rabbi Holzman

Alan Dappen and Sara Scherr...in memory of Merle S. Scherr
 Robert and Shirley Finkelstein...in memory of Samuel Silbovitz
 Ron and Sandy Kanfer...in memory of Beverly Hobbs and Richard Hobbs
 Robert and Gloria Kornasiewicz...in memory of Linda Adler
 Jeremy and Regina Krasner
 Steve and Ruth Lipson...in memory of Linda Adler
 Howard and Linda Perlstein
 Rivoltina Popova...in memory of Rachel Kristal
 Sam and Evelyn Wilson...in memory of Linda Adler

Rabbi's Discretionary Fund – Rabbi Wainer

Dornfeld Family...in memory of Sylvia Berman
 Kevin and Vicki Luman
 NVHC Sisterhood...in thanks for the Sisterhood Board Installation

Religious School Fund

Glen Asner and Brej Gruskin
 Matthew and Miriam Brodie
 Jeffrey and Tivah Brown
 Stuart and Emily Dornfeld
 Michael and Mindy Levy
 Kevin and Vicki Luman
 Ariana Raines and Joe Carr
 Kelly and Adam Schulman
 Andrew Stein and Kim Arnstine
 Eric and Rebecca Trager

Seldon and Ruth Kruger Fund for Adult Learning

Carol Adelman and family...in memory of Ruth Kruger
 David and Ellen Brewer...in memory of Ruth Kruger, Jerome Cohen
 Ed and Sandee Byrne...in memory of Ruth Kruger
 Don Copley...in memory of Ruth Kruger
 Alan Dappan and Sara Scherr...in memory of Ruth Kruger
 Jeff and Tracy Dlott...in memory of Ruth Kruger
 Stu and Andrea Gavurin...in memory of Ruth Kruger and in honor of the legacy that she and her family have granted all of us who are members of the NVHC family
 Steve and Linda Gordon...in memory of Ruth Kruger
 Sidney & Carol Hurlburt...in memory of Ruth Kruger

Jay and Deborah Jacobs...in memory of Ruth Kruger
 Ron and Sandy Kanfer...in memory of Ruth Kruger
 Lance and Elaine Killoran...in memory of Ruth and Seldon Kruger
 Vivian Kramish...in memory of Ruth Kruger
 Michael and Joanne Krueger...in memory of Ruth Kruger
 John and Joanne Leddy...in memory of Ruth Kruger
 Mark and Karen McSteen...in memory of Ruth Kruger
 George Neidich and Alene Wendrow...in memory of Ruth Kruger
 Howard and Linda Perlstein...in memory of Ruth Kruger
 David and Harriet Pinansky...in memory of Ruth Kruger
 Ruth Ruttenberg...in memory of Alan P. Spitz
 Stephanie Steigman...in memory of Ruth Kruger

Tikkun Olam (Social Action)

David and Ellen Brewer...in memory of Vicki Kalfus
 Robert and Shirley Finkelstein...in memory of David Finkelstein, Deborah Finkelstein
 Roy and Jean Horowitz...in memory of Beverly Newman
 Nancy Kruger
 Ruth Kruger
 Martin Lichtenstein...in memory of Edna Lichtenstein, Harry Lichtenstein

Forest Edge Backpack Program (Social Action)

Anonymous

Speaker Series

Michael and Carol Flicker...in memory of Ruth Kruger, Mildred Fischel, Betty Ann Rubin
 Robert Hitlin and Barbara Gems
 Ken and Fay Gubin...in honor of Leslie and Marcia Platt's 50th wedding anniversary and Leslie Platt's special birthday
 Roy and Jean Horowitz...in memory of Daniel Horowitz
 James and Barbara Kitces...in memory of Susan Kitces

Torah Fund

Eleonora Tarasova...in memory of Furman Grigory

WELCOME TO YOUR



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Important Links

As a member of NVHC, you do not need to order a security pass for yourself or your dependents. These will be mailed to you prior to the High Holy Days. All of the forms linked below are also available in the NVHC office, but we encourage you to give the online versions a try!

Guest Passes

To order passes for a guest (parent, cousin, etc), go to:
<https://tinyurl.com/5780hhdguest>



Non-Member Passes

To order passes for a non-member who is not a guest (community member, etc) go to:
<https://tinyurl.com/5780hhdnm>



Yizkor Memorial Book

To have your loved one's name listed in the *Yizkor* Memorial Book, go to:
<https://tinyurl.com/5780yizkorbook>



Mishkan HaNefesh

To order a copy of *Mishkan HaNefesh*, our High Holy Days *Machzor*, go to:
<https://tinyurl.com/ordermachzor>



Religious School

If you would like to sign your child up to attend Religious School for grades K-12, go to:
<https://tinyurl.com/klandtamid>



Volunteering

To sign up to perform and mitzvah and volunteer at NVHC, go to:
<https://tinyurl.com/5780volunteer>



Frequently Asked Questions

Security Passes

How do I order a security pass?

Your NVHC membership includes free security passes for you, your spouse, and people considered to be your dependents or part of your household - i.e., children, older adults living with you. To receive your security pass, we must have your most up-to-date contact information and you must be in good financial standing. To avoid delay in receiving your passes, please be sure to update your family's contact information in ShulCloud (nvhc.shulcloud.com) and be sure your finances are taken care of with David Markovich at david@nvhcreston.org. Security passes will be mailed to you.

How to I order security passes for guests?

Our High Holy Day services are open to all who wish to attend! All guest security passes can be ordered through ShulCloud at the link on page 14. Copies of this form are available in the NVHC office.

Can those who are not members of NVHC and are not guests of members order security passes?

Absolutely! They can order passes at the link on page 14. Copies of this form are available in the NVHC office.

Do children need passes?

Yes. These will be mailed together with parent and guardian passes.

Traffic and Logistics

What time should I arrive?

You should plan to arrive no earlier than 30 minutes before the start of the service you wish to attend.

How will I know where to go?

There will be signs posted and traffic control volunteers to assist you in the parking lot to maximize safe and expeditious traffic control and pedestrian flow. There will also be police directing traffic on Wiehle Ave. All vehicles should enter the NVHC driveway from the northbound lanes of Wiehle Ave. Please DO NOT enter through the church parking lot.

Where can I park?

Parking is available in the NVHC and St Thomas a Becket parking lots.

What accommodations will there be for those who require handicap-accessible parking spaces?

There are designated handicap spaces in front of NVHC and St Thomas a Becket. We will also have a drop-off lane in front of NVHC with identified volunteers to provide assistance at all entrances.

Can I drop someone off and park elsewhere?

Yes. Enter the NVHC driveway from the northbound lanes of Wiehle Ave and then bear left into the drop off lane.

Accessibility

Building Accessibility

The Sanctuary and Multipurpose Room are on two different levels with stairs in between them, so it will be necessary to exit and enter the building at the appropriate doors.

Where are accessible bathrooms?

There are accessible bathrooms on both levels. Volunteers can direct you to them.

Will there be accessible parking?

Yes, please see above.

Can I be dropped off in front of the building so I don't have to traverse the parking lot?

Yes, please see above.

Will there be a location in the Sanctuary for wheelchairs and limited mobility individuals?

Yes. These areas and seats will be clearly marked.

Will there be hearing assistance devices?

Yes, hearing assistance devices are available at the Welcome Table in the Sanctuary lobby.

General Information

Where should I go when I arrive for services, to get passes, or if I have a question?

There will be a table in the Sanctuary lobby staffed by a volunteer to answer all of your questions. Passes can be obtained at the tables outside the Sanctuary when you first arrive. Greeters will also be on hand to provide directions and offer assistance. Feel free to also call our office at 703-437-7733. Please note there will be no one in the office on Rosh Hashanah or Yom Kippur!

How can I volunteer to help?

We need volunteers for a wide variety of roles; our High Holy Day services could not happen without them! If you would like to perform this *mitzvah*, please fill out the form linked on page 14.

How do I include my loved one(s) in the Yizkor Memorial Book?

Please go to the link on page 14 to enter your loved one(s) information. Copies of this form are available in the NVHC office. Please submit this by 10am Wednesday, September 25.

What Prayerbook do we use for the High Holy Days?

We use *Mishkan HaNefesh (Machzor for the Days of Awe)* from CCAR Press. Many families have their own copies, but we will also have many available for use. If you would like to purchase your own copy, please go to the form linked on page 14.

Will there be a *mitzvah* opportunity to drop off food donations?

Yes! Please see the section below.

Help feed the hungry

Every year during the High Holy Days, the NVHC Community helps those who are hungry. On Yom Kippur, the day each year when we do not eat, we provide food for those who struggle to afford it. On your chair on Rosh Hashanah, there will be an empty paper bag with a list attached to it. Fill that bag (or two!) with items from the list, bring it back on Yom Kippur, and we will donate these items to Cornerstones' Emergency Food Pantry!

In the past, we have also set out envelopes for donations to MAZON: The Jewish Response to Hunger. This year, your generous donations to our *Tikkun Olam* campaign have once again allowed us to donate to them as an organization. Thank you for your generosity!



High Holy Day Safety and Security

1. Security passes

In advance of the High Holy Days, you will receive a security pass as detailed on page 15. You, and all guests, must have your security passes to be allowed into the building; they are all labeled with individual names. If you misplace your pass, please see a designated staff member or volunteer.

2. Suspicious person

If you see anyone that seems out of the norm or suspicious, please gather as much information as possible and report it to a security officer on duty and/or to a designated staff member or volunteer.

Suspicious person indicators:

- Looks out of place
- Appears uncomfortable or nervous
- Is overly attentive
- Is concealing something
- Prolonged unjustified presence
- Inconsistent or evasive answers

3. Suspicious object or vehicle

Do not touch, tilt, or tamper with the object or vehicle. Gather as much information as possible and report it to a security officer on duty and/or to a designated staff member or volunteer. Move people away from the immediate area.

Suspicious object/vehicle indicators:

- Looks out of place
- No owner can be located
- No justification for the object being there
- Parked illegally or unusually close
- Unusual smells, exposed wires, tampered locks, etc

4. Physical Abuse/Attack

This includes offensive/aggressive conduct and any type of violence or threat thereof. Call 911. Attempt to safely withdraw from the situation, move to a safer area, and move people out through emergency exits. Do not provoke or respond to the aggressor/s.

5. Medical Emergency

Remain calm and call 911. Start CPR or rescue breathing if necessary and if you know the proper technique. NVHC is equipped with 3 AEDs: in the main lobby, sanctuary lobby, and downstairs by the classrooms. We are also equipped with three first aid kits: in the large kitchen, the religious school office (off the main lobby), and the small kitchen. Do not move an injured person unless absolutely necessary. Alert a designated staff member or volunteer.

6. Fire

In case of fire, call 911 and evacuate yourself and those around you from the premises immediately using the emergency exits.

High Holy Day Experiences

Talmud of the High Holy Days *Elul* Study

September 6, 13, 20, 27, and October 4

Fridays, 8:00-9:15am

Elul is the month preceding Rosh Hashanah. For centuries, the 29 days of *Elul* have been coupled with the Ten Days of Awe (from Rosh Hashanah to Yom Kippur) to create a 39-day period of *teshuvah* (returning to God) and *selichot* (requesting forgiveness). This year, we invite you to join us in preparing the mind and soul for the Holy Days with study of key portions of the two tractates of Talmud dedicated to this season.

Prayer Hebrew for the High Holy Days

September 5, 12, 19, and 26

Thursdays, 6:00-7:00 pm

This class will focus on reading and understanding the prayers and the prayer variations that are unique to the High Holy Days. We will look at key vocabulary words, the meaning and context of the prayers, as well as practice reading in Hebrew. Prayers covered will include *Avinu Malkeinu*, *Zokreinu*, *Untaneh Tokef*, *Kol Nidre*, and *Pitchui Li*. (note: you should be familiar with the Hebrew alphabet and able to read Hebrew phonetically for this class).



Selichot *Havdalah*, Movie, and Service

Join us to welcome the Days of Awe with a topical film, dessert, and worship service.

Saturday, September 21

7:30 pm: Film: *Won't You Be My Neighbor?*

9:00 pm: Discussion and dessert

9:30 pm: Selichot service. At the end of the service, we will welcome the Days of Awe and dress our Torah scrolls in white for this holy period.

S'mores and Singing in the *Sukkah*

Tuesday, October 15, 6:30 pm

Join us for s'mores and music in our *sukkah*! Open to all members of our community, we come together to enter into this joyous time while enjoying s'mores, hot chocolate, and singing under the stars. Bring an instrument and your best singing voice to jam with us!

Consecration & Simchat Torah Celebration

Sunday, October 20, 10:30 am-12:00 pm

Join us on this very special morning as we consecrate our newest young learners and celebrate in the giving of Torah! This service includes a Torah *Hakafah* (parade), completely unrolling the Torah scroll, and reading straight from the end of Deuteronomy to the beginning of Genesis once again. This event is a highlight every year! While it may be happening during Kehilat Limmud, we encourage all NVHC community members to attend!



High Holy Day Services 5780

Selichot

September 21

Havdalah, Movie, & Service - 7:30 pm, Multi-Purpose Room

Selichot Service - 9:30, Sanctuary

Rosh Hashanah

September 29

Erev Rosh Hashanah

Evening Service - 8:00 pm, Sanctuary

September 30

Rosh Hashanah

Sunrise Service - 7:30 pm, Sanctuary

Family Service - 9:00 am, Sanctuary

Tot Service - 10:00 am, Multi-Purpose Room

Adult Service - 11:00 am, Sanctuary

Tashlich ("Casting off") Service - 4:00 pm, Lake Fairfax Park

Yom Kippur

October 8

Kol Nidre

Family Service - 6:30 pm, Sanctuary

Adult Service - 8:00 pm, Sanctuary

October 9

Yom Kippur

Sunrise Service - 7:30 pm, Sanctuary

Family Service - 9:00 am, Sanctuary

Tot Service - 10:00 am, Multi-Purpose Room

Adult Service - 11:00 am, Sanctuary

Afternoon Discussion & Study - 1:30 pm, Multi-Purpose Room

Afternoon Service - 3:30 pm, Sanctuary

Yizkor (Memorial Service) - 5:00 pm, Sanctuary

Neilah (concluding Service) - 6:00 pm, Sanctuary