

I hope you  
Stay healthy  
LOVE Mabbie



# The Glance

NVHC's Quarterly Magazine

MAY - JULY 2020 | IYAR - TAMUZ 5780

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Thank you to everyone who contributed an article or photograph to this special digital edition of The Glance!

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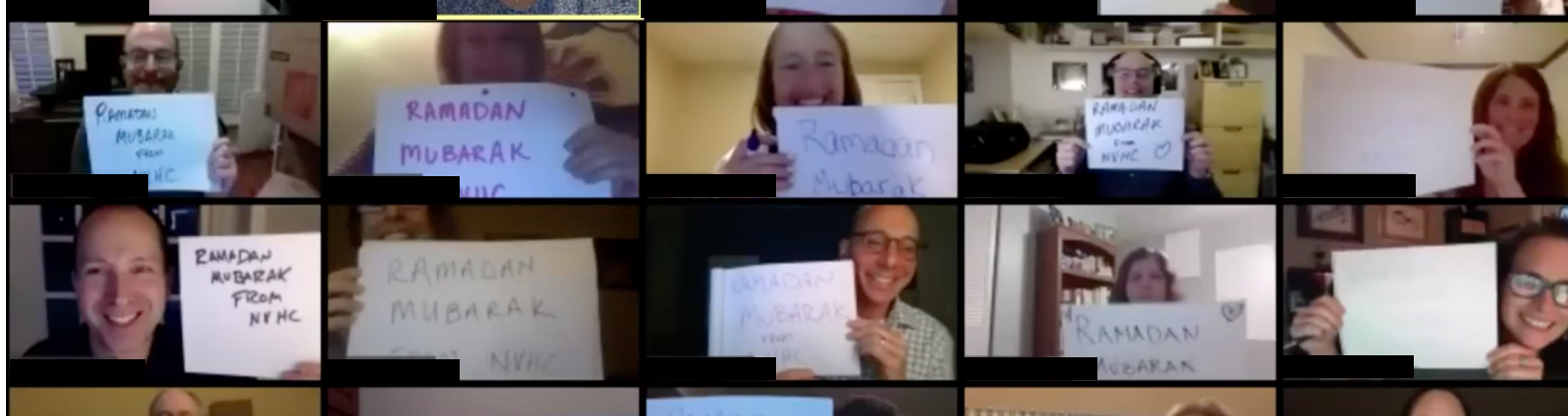
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**On the cover:** Members of our Kindergarten class made cards to share with their families and people in their community.





## The Call Out of the Depths

### Rabbi Michael G. Holzman

In some of the most overwhelmed hospitals in the world, health workers have begun a new habit. When patients recovering from Covid-19 have recovered enough to be moved from the ICU, all of the medical workers, doctors, nurses, cleaners, and techs will line the hallways and applaud for the patients as they are wheeled off the floor. Maybe you have watched some of the videos. I cannot resist. They are the best thing on the internet.

Why do they do this? They must be exhausted, scared, overwhelmed, and just plain busy. But they stop and stand and make time for this ritual. It has no scientific value. Medical research has shown no improvement in patient health from doing it. Don't doctors and nurses have more important things to do in the midst of a pandemic?

Of course not. When a patient who has been intubated, sedated, and ventilated can finally be moved from the ICU, I cannot imagine anything more urgent and important than standing with my colleagues, coworkers, and friends, filling that sacred space with our presence, and offering up our emotional support to the newly recovered. Community, holiness, offering, support, hope, love.

The medical teams need this, and the patients need this, and the families watching by FaceTime need this, and we need this, because this pandemic is as much a spiritual issue as it is a medical one. That is

what we address in this issue of the Glance. Although we are not medical personnel, we are serving the crucial spiritual side of this pandemic crisis.

During this first stage of the crisis—medical, social, economic, and political—NVHC has learned to transform itself and to enlarge our work. Already this moment has highlighted things we already knew, but perhaps overlooked: that sacred relationships and community presence are life-sustaining; that institutions anchor us as individuals, families and communities; that faith, God, ritual, and prayer can keep us centered and support our deepest values and highest behavior even in difficult times; that Judaism is a tradition of rigorous intellectual discourse in a world that favors the cheap, the quick, and the popular; and that the faces we discovered IRL (in real life) before all this happened can be like manna for us on screen. Covid-19 reminds us that our human connection is just as important as our human physiology, and the response to our NVHC transformation demonstrates the power of our work. Since we went online over six weeks ago, almost 90% of the congregation has participated in online gatherings or telephone outreach calls. That number exceeds our normal participation during the High Holy Days. And it is because we hear the voice of the Psalmist calling “out of the depths” to build something better.

Our task is to continue building. On the one hand, we know not what to expect in the weeks, months, and years ahead, and on the other, we know exactly what to expect. People need each other, we need tradition, and we need the power to make a better world. We

return again and again to the fundamental question of Judaism—What does God want of us?—and we find our task before us: Turn humanity from mistrust, blame, factionalism, and fear—toward growth, elevation, unity, and hope.

On the horizon we can clearly see how society teeters on a knife's edge. The pattern of every disaster ever studied, from the San Francisco Earthquake of 1906, to the Blitz in London, to the floods of Hurricane Harvey, show how human beings in our darkest moments rise in support of one another and build a better society. But in this moment, that powerfully ingrained human instinct must overcome the powerfully ingrained forces of division, vitriol, and polarization. In this moment, God wants something of us. Our job is to tilt the field in favor of hope and love, and reject division and hatred. How?

First, we remember our strength. NVHC is a proud and stable institution, and as part of a vital and inspiring faith community, an incubator of leadership, volunteerism, and citizenship, and a pack of mensches who care for each other, and have fun as we bend our backs to the work. We start with strong material.

Second, we recognize our potential. In America, the faith community is the catalyst and fuel for local and national change. From the founding of Reston Interfaith (now Cornerstones), to the Civil Rights movement; righteousness and justice have their roots in faith institutions like NVHC. Through our Social Action Committee, our VOICE team, and our Rebuilding Democracy Project, we regularly take on difficult issues from a place of Jewish rigor, values, and obligation.

Lastly, we accept our role as leaders. All of us. One of the many changes I would like to see from Covid-19 is a cure for our allergy to leadership. In recent years, when I tell people that they are a leader, they recoil with a mix of humility and fear. They say, "I am too busy," or "I do not know what I am doing."

But this is a myth. Covid-19 has shown that the people delivering packages and mopping hospital floors are leaders as much as the most educated economists and doctors. We can each lead in how we serve, contribute, connect, recruit, discuss, advocate, or act. This is a moment for leadership at every level, and every one of us is dedicated to answering that core Jewish question: What does God want of us?

As we enter this next phase of the crisis—the moves to reopen and find a sustainable way forward—the potential for division and catastrophe rises, as frustration and partisanship sets in. Our strength, potential, and leadership are needed now more than ever. If you have not already joined the team of NVHC leaders making calls or making masks, connecting with our community or with other communities, researching Judaism or researching justice, discovering how we can help others or how we can meet others, then take this opportunity to go online, [fill out our engagement form](#), and get involved.

At NVHC, we do not address the medical side of this crisis, but we do address the spiritual. Now is the time for every member to hear the call "out of the depths," to participate in community, to serve, and to create a better future.

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## **Taking Care of Our Souls**

**Cantor Susan Caro**

*"I don't do that 'spiritual' stuff."*

*"I'm too busy with work/family/house projects/home-schooling/fill-in-the-blank to think about anything else."*

*"I'm exhausted and would love to think about this but I don't even know where to start."*

*"I start, but then I get distracted. I'm just no good at this."*

In thinking about how people broadly approach meaning in their lives, I used to think in terms of being on either side of a line. There are those on one side of a line that operate as if there are an infinite number of tomorrows. Those often hurrying through time, worrying about the next thing to do - who they have to call, what they have to know or do, where they need to be.

The other side of the line is the group that somehow has been shoved or dragged across by circumstance, learning something more about life that pushes them to know, to respect, and to try to live with the fragility of life. They know that what matters is being – with people, in time, and that all of life is a gift.

Now, I am adding a group in the middle – which is most of us – who have been dragged or shoved into a new existence, on the line. Teetering perhaps, and in a place and time we never imagined. We need help and care for our spirits. As I write this, we have been through weeks of staying at home, in the same four walls, seeing people in little boxes on our screens, and doing all of our living – whether conversations with our boss, with our parents, or with our friends, maybe a drink in hand, or Friday night services on the screen – all in the same space. Talk about a toll on our spirits.

To talk of the soul is to admit that we have needs that cannot be met in the physical world alone. The experience of the spirit is the place-time-way nexus that helps us create meaning in our lives. We have the potential to use the imposed shifts in our time and space to enter into a way of caring for our spirits that we might have put off. A practice to care for our spirit doesn't need to be specifically Jewish, though Judaism gives us many tools to help – personal rituals and milestones, communal rituals and holidays, teachings, values and ethics.

Having a spiritual practice is as simple as something you do or could strive to do for yourself,

regularly, that will bring you peace and meaning. It could be something you are already doing – gardening, knitting, cooking, reading, hiking, carpooling (who thought that they might miss carpooling!) – and that when you do that activity mindfully and regularly, you create a moment of meaning and space for your inner being. If as you are driving a carpool, you take real notice of the beauty of the world, or just take a few minutes to listen to music or enjoy the quiet (before or after dropoff and pickup!), you create a moment of powerful antidote to despair. Writing, drawing, singing, planting, cooking, repairing sewing - allowing for moments of creativity also give a boost and a respite to the soul. Shifting your *kavanah*, the intention that you bring, to a regular activity in your life brings sustenance for the spirit.

This doesn't have to be a huge life shift – oy, that could be overwhelming to even contemplate! Think about what you could do in even 5-10 minutes a day. When you have your morning coffee, sit with it first and notice the heat, the aroma – find gratitude in a moment of solace. Nurturing our souls lifts our mood. Who doesn't want that?

At NVHC, we have been offering a number of ways, in Jewish contexts, to add different experiences for the members of our community to feel supported and have opportunities to explore our own spiritual growth. Some of these things we had been doing before this time of isolation, and we shifted for those to happen online; some things are new in this time of Zoom; some are timely experiences that are built into our Jewish calendar right at this time.

First, we have had a Mussar class and practice here for over 5 years. We discuss, explore, and practice the exploration and understanding of Jewish character values as a way to act more holy and more whole in the world.

From Bess Eisenstadt: "With COVID-19, our ethical landscape has shifted. Who would have thought, just a few weeks ago, that loving kindness and strength—the two character traits we discussed in our last two Mussar sessions—would consist, for most of us, in isolating ourselves physically?"

From Meryl Paskow: "What stands out for me is not any one Mussar trait but especially now, when I feel like I am just cycling through one emotion after another, is simply knowing that these strong feelings are temporary and if I am willing to sit with them they will eventually pass."

Together, our Mussar sessions are pathways, a framework to explore these kinds of personal, ethical issues.

From Karen Singer: "M&Ms have helped sustained me during these challenging days of social isolation! Not the candy treats - I am referring to two of the many recent NVHC programs offered via Zoom. One is Mindfulness Meditation and the other Mussar, both with Cantor Caro. Having this opportunity to connect with others virtually and focus on our "spiritual curriculum" during this unique time has been particularly rewarding. At a time when life seems uncertain, frightening, and incomprehensible, Mussar has enabled me to acknowledge gratitude and to recognize where I can derive personal strength in everyday situations."

Next, when we shifted to our online programming, we added a weekly Jewish Mindfulness session in order to provide additional paths and tools for spiritual grounding during this crisis. Learning how to be present to what is rather than focused on where we think we should be or where we wish we could be is a gift we can give ourselves now and going forward. Cultivating the capacity to be patient with ourselves and others, knowing that we are all

doing the best we can in each moment is a beautiful and challenging experience that can ease our anxieties and our worries.

From Jay Silverberg: "I've come away with a sense of reaffirmation about my response to current circumstances. Control what we can, understand that certain aspects of life are out of our control and our response to uncontrollable events can be, will be dictated by our ability, if not willingness, to accept the situation as it is. I can't end the pandemic. I can adapt to it by being mindful of what I can and cannot do."

Susan Trivers writes: "Cantor Caro's Mid-Day Mindfulness sessions stay with me beyond the one hour each Thursday at noon. She talks about noticing and reminds us that noticing is a way to deliberately tune into what's going through our minds and what we're experiencing in our environment. This settles the swirl in my head which is active, but decidedly not present. I've found that when I remind myself to notice at other times—especially during the night when I have trouble sleeping—I have that same feeling of settling the swirl."

Betty Donskoy writes: "I think with the pandemic and the wish for things to "get back to normal", there is the tendency to put off life until after the pandemic. To plan for the future without really being present to today. This class reminds me that each day is a gift, that life is to be lived every day."

Then, our nightly Counting of the Omer (continuing to Shavuot) is its own spiritual practice of marking and valuing time, built-in right on time for this moment, part of our Jewish yearly journey. A brief gathering, a moment of insight for the day to come that we are marking, and a blessing to number the day.

You can dip into any of these opportunities to test



these waters. Having a spiritual practice can build a sense of inner steadiness for navigating life's changes and shifts. It can help us see our lives on a macro level, to be able to step back and get perspective.

The Book of Psalms teaches: *"Open my eyes, that I may perceive the wonders bestowed upon me: let nothing be hidden from me, as I am only passing through this moment."* (Psalm 119:18-19) God's loving presence was here before the universe itself, and it will be here long after the universe has passed away. Spiritual practice can imbue a sense of hopefulness about God's loving presence in our lives, even when circumstances threaten to dim our hope.

Spiritual practice is not merely an escape from the messiness, but rather a turning toward the messy stuff of life and figuring out what wisdom we can gain. Through practice and awareness, we can remain connected to our inner reservoir of clarity, equanimity, and wisdom in the very midst of our challenging, messy, ever-changing, and unpredictable lives. Join any time – the only prior experience needed is life itself!

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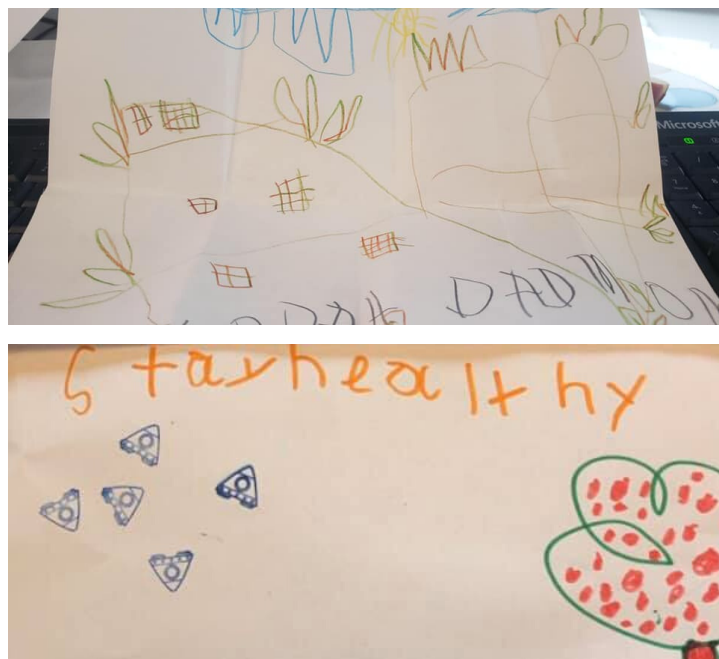
## Jewish Education Goes Virtual

Rabbi Jessica Wainer

If you had asked me in early March whether I thought we would have to radically change the way that we provide educational and engagement opportunities at NVHC, I would have never believed you. And yet, just a few days after celebrating our Adult *B'nai Mitzvah* and Purim, we found ourselves having to change our practices overnight. In the course of one week, our Kehillat Limmud faculty and *madrichim* took a leap of faith with myself, Sam, and the rest of the NVHC team and turned our program 100% virtual. With only a two-hour training, our teachers began brainstorming what types of lessons and

activities they could do to continue engaging and educating our students and learned how to do it all virtually! From trivia games to Aleph-Bet Yoga, and from Passover to Shavuot, our teachers and *madrichim* facilitated great sessions for students of all ages.

Now that our official school year is coming to a close, we turn our attention towards the late spring and summer; times that are usually reserved for celebrating the end of the school year and picnics, family vacations and summer camps galore. To be sure, this summer will look different for all of us. Some of us had already had our plans adjusted or cancelled, while others of us are still in limbo.



Some of our students made cards for their family or people in their community.

Alongside our staff, Kehillat Limmud faculty, and lay leaders, we have begun thinking about how we can provide virtual programming for our students that will be accessible this summer, regardless of what restrictions may be in place. This begins with Havdalat Limmud, a 4-week program for our students who are currently in Kehillat Limmud. This program will provide *chuggim* (electives) for our students to opt into. Led by our teachers, these creative *chuggim* will provide opportunities for our students to engage with Judaism in different ways. From cartooning to sports and virtual *tiyyulim* (trips) to modern Hebrew, our students will spend time

learning about how their different passions are interwoven with their Judaism.

At the same time, our older students will continue spending time in Tamid where we have time to talk about life as teens during the global pandemic, while also taking time for structured free time (who knew there were so many online versions of games! Online Uno anyone?!)

Our programming will continue throughout the summer. We know that maintaining connection to community and Judaism are high priorities for our community, and we are actively working to make this a possibility in this era. Three months ago, we could have never imagined that our lives would look like this. Today, we are continually amazed as our students show us their resilience and grit while engaging together as a community through virtual programming.

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## Staying Connected

Joe Miller

During this time of “social distancing,” the clergy and staff at NVHC have worked to provide numerous opportunities for our membership to remain connected with the temple and with each other. Additionally, a cadre of 50 dedicated volunteers is reaching out to check in on all of the members of the congregation.

Since shifting on-line on March 16th, we have been providing varied live programming – offered remotely through Zoom – throughout each week. At this writing, approximately 65% of our households have participated in these programs in one way or another.

Additionally, our volunteer callers have managed to connect with almost everyone in the congregation. We are still dialing – only a handful of connection have yet to be made. If you haven’t heard from us, we’re going to try again!



Our video Zoom offerings include Shabbat services, our distinguished speaker series, ongoing classes and article discussions, children and teen gatherings, movie discussions, a number of ways to informally check in with the clergy each week, and more. Cantor Caro has been on-line every evening for the counting of the Omer! And our religious school programming moved smoothly to an on-line format, where attendance has been at or above the same levels as when we were in-person. It has been wonderful to stay connected with the kids, and especially to keep them connected to each other.

All of our Zoom offerings are listed each morning in an e-mailed Daily Digest. Things are changing regularly, with new offerings appearing all the time. Please make sure to scan it every morning. If you are not receiving the Daily Digest, please contact Joe Miller at [joe@nvhcreston.org](mailto:joe@nvhcreston.org). And if you have thoughts for new Zoom programming, please e-mail Joe, as well. We are always looking for new ways to stay connected. Please join us – we look forward to seeing you soon on Zoom!

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## Fighting Isolation - Together

Sam Blum

Everybody has different things they miss about the pre-social distancing days. For some, it might be a trip to the gym or a booth at a favorite restaurant. For others, it might be a visit with family or the chance to



be physically present with their coworkers. For everyone, it is almost certainly a combination of these things, and many more besides. The one thing, however, that stands out in my mind? Going to the movies. I miss the movies.

Yes, I know - you can watch movies at home! From Netflix and cable to Hulu and old DVDs, we've never had more opportunities to enjoy cinema from the comfort of our couches. And yet - it's not the same. This can be said for many of our experiences changed through quarantine: You can lift weights in your garage, you can order takeout from your favorite restaurant (you better be tipping handsomely!), you can FaceTime a beloved friend or relative... and yet it's not quite the same.

The goal is always to bridge that gap - not to delude ourselves into believing nothing has changed, but to try to accept how we can build something together that resembles the places and communities we miss so dearly. This is what, in many different ways, we are trying to accomplish at NVHC. Whether it's joining together in Shabbat prayer or participating in activities with our Kehillat Limmud classmates, we are all coming together as a community on Zoom to be together even as we are apart. I've gotten particular satisfaction from the teen programming I've worked on and facilitated - from the familiar comfort of Tamid on Tuesday nights to the new routine of our Friday lunch hangouts, playing Kahoot and Scribl and more. The surroundings are not the same, but the community is. Even as we fight through our isolation, we do so - paradoxically - together.

Which brings me back to the movies. Though all the theaters are closed, I'm still finding ways to connect through cinema. One is [Letterboxd.com](https://letterboxd.com), a social network for film lovers, where I stay in touch comparing reviews with many of my college friends. Another I'd recommend is [Netflix Party](#), a free Chrome extension that allows you to watch movies in sync with friends. When I call my family, the conversation quickly moves to "What have you been

watching lately?" But perhaps the most gratifying opportunity in this challenging time has been the chance to host the NVHC weekly film club.

The film club allows me to still experience the thing I love most of all about going to the movies. It's not the cushy reclining seats or the over-buttered popcorn. It's the chance to connect with others about what we just watched (once the movie is over - shame on you, theater talkers!!) and come to a greater understanding as a group. Like all great art, a compelling film can inspire joy, anger, confusion, sadness, laughter, and a thousand other feelings and reactions that beg to be examined in a group setting. Getting to gather with members of NVHC and discuss classics like *The Princess Bride*, *Citizen Kane*, and *WALL-E* has been a great comfort in this difficult period, and one of the times I feel most connected to others.

I hope that all of you are getting a chance to, in some way, still do the things that give your life joy and meaning - whether that's yoga or knitting or watching *Back to the Future* for the fiftieth time. And I also hope that you feel connected to those around you, even as the world looks very different. We at NVHC are here for you - please continue to join with us as we come together virtually.

And if you're looking to talk about movies, I'd love to see you on a Wednesday afternoon for film club.

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## **Our Building is Prepared to Welcome Us Home (Eventually)**

**David Markovich**

We prepare for all sorts of things in our day-to-day lives. We may prepare for Shabbat by baking challah. Our students prepare for their *B'nai Mitzvah* by studying the Torah (we've hosted a number of virtual *B'nai Mitzvah* in these last couple of months!) Sometimes, we over-prepare. The issue of hoarding groceries has become a hot topic for discussion in recent months.

Bobby Unser, former automobile racer, once said, “Success is where preparation and opportunity meet.” We know that the opportunity to participate at NVHC in person again will arise, and we’ll all celebrate when that day is finally here. In the meantime, our staff has a responsibility to you to make sure that when that time comes, we are prepared. And no, that doesn’t mean we’re stocking up on toilet paper or yeast!

We have a tremendous team that continues to ensure that our operations remain fluid in the midst of this crisis. Every day, we take time to keep our building in great shape by cleaning, coordinating repairs, and even beautifying through landscaping and other activities. Our chief building connoisseur, Anibal Blanco, helps us impeccably execute on all of these things.



Anibal flushes a drain on our roof.

These are days that all of us will inevitably remember. One day, hopefully in the not-too-distant future, we can converge at NVHC and remember the good moments this time brought us – perhaps it’s the increased time with family, or the taking up of a new hobby, or another positive moment you can derive from this hardship. And when that time comes, we will be ready -- and proud -- to host those conversations, once again, in our space.

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## **Irony or Karma: Technology Helps NVHC Teens Stay Connected**

**Sarina Bell**

Hi. My name is Sarina. I am a high school junior and part of the leadership board for NVHC’s teen program, NoVTY. As with most organizations, our group was scattered by COVID-19. Unable to meet in person, we have moved online for the past couple of months, engaging in a whole new array of programming. They tried so hard to keep us off our phones this year, and now our phones are the only connections with each other. I haven’t decided if that’s irony or karma.

Tamid, our Tuesday night youth group, has been held via Zoom. Where we once fought over bread rolls, we now eat dinner independently, watching each other chew through our screens and reminding select individuals to turn off their mics. It’s different, but it isn’t bad. One issue that came up over and over this year was the formation of cliques. Only so many students can fit at one of those classic NVHC round brown tables, and even when groups pull up admittedly heinous amounts of chairs, people are excluded. That wasn’t great. Zoom has done away with that problem, serving as a universal equalizer. It is physically impossible to exclude people. We eat different food, but we carry one conversation.

I miss playing Jungle Speed, but Tamid à la AOL Instant Messenger has its own share of amusing

activities. In the past few weeks, we have played games like Codenames and DrawSaurus, competed in Kahoot tournaments, and filled out Disney movie brackets. We have also had the opportunity to hear from insightful speakers like Robyn Mehlenbeck, a mental health professional, and Maria Dworzecka, a Holocaust survivor. Because they were conducted from everyone's own homes, these conversations might not have been possible without virtual technology.

As someone who lives pretty far away from the synagogue (and who does not drive on highways), online Tamid means I can attend it more often. Practices and rehearsals have dried up for everyone, so we all have the time to come together. Plus, with fewer opportunities for human contact, Tamid has become that much more of an important weekly practice. We are invested in making it a meaningful experience because those are hard to come by. Behavioral issues were never too big of a problem, but they are moot at this point. No one wants to waste the time we have together, and no one has the resources to.

Tamid is not the only activity open to us teens, though. Rabbi Jessica Wainer and Youth Engagement Coordinator Sam Blum have been churning out digital programming at rates incomprehensible to any mere mortal. On Wednesday afternoons, we talk movies. Past picks include The Princess Bride, Wall-E, and Citizen Kane. Every Friday, we hop on Zoom for a group lunch, letting the conversation wander wherever it wants. There is no pressure to attend every event, but if you are looking for a connection, NoVTY is always around to provide it.

NVHC also hosts the Teen Team for Virginians Organized for Interfaith Community Engagement (VOICE). Normally, we meet in the library on Sundays to talk about mental health resources and in-school environments. Now, we can hold Zoom calls more often with more members. "Community organizing"

has developed an almost sinister connotation in the context of social distancing, but we are taking this time to get in touch with community members about the issues that matter to them. We call up our fellow teens, ask them how they are doing, how their families are doing. We take stock of the financial impact that the coronavirus has had on their lives. We cannot lobby our representatives in person anytime soon, but we can brainstorm ways to advocate for the things we care about from home. We can still write letters, and we can still send e-mails.

I think we teens have been criticized for our use of technology our whole lives. It stinks that it is under these circumstances, but it is sweet that those skills are finally being put to good use. No one knows when we will be back in the synagogue, but if this is how I experience my Judaism for the foreseeable future, it's no biggie.

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## Dare to Share Your Story

Fay Gubin

For women who grew up as members of a synagogue, joining NVHC's Sisterhood is a natural and easy act. But for other women, who grew up with a completely different background, it can be a very different experience. Women like me.

I grew up in a suburb of Rochester, New York, the second oldest of seven children; a good Catholic family. My father was a Kodak factory worker and mom had a full-time job at home raising all of us. If there were Jewish families in our neighborhood, I didn't know of them.

In my early twenties, I fell in love and married my first husband who happened to be Jewish. I didn't know much about Judaism at the time, but agreed to bring up any children we were lucky enough to have to be Jewish. So began my journey of Jewish exploration, learning, and finally conversion.



I became a member of NVHC in 1978 and joined Sisterhood shortly thereafter. Even after I converted, I was cautious and sometimes timid about being part of the Jewish community. While it wasn't a secret that I had converted, I didn't talk much about my background. I worried that if I mentioned that I'd grown up Catholic, they would not view me as a real Jew. I lacked self-confidence in my Jewish identity as I was still learning.

One evening a few months after joining, I was with several long-time Sisterhood members in the synagogue kitchen preparing for an event, and I told them I was pregnant with my first child. Over 40 years later, I can clearly recall how excited they were for me. At that moment, by sharing my joy and hugging me, I felt a sense of belonging. I realized they weren't hung up on whether my background was just like theirs. They accepted me for who I was – I was part of the Sisterhood community. I was one of them. That kind gesture of acceptance gave me confidence and propelled me on my journey as a Jew, and to today being President of that Sisterhood.

NVHC has many members who are interfaith couples, converts, or simply new to synagogue membership or involvement. My message is that we should make sure those members always feel that they are part of "us." We are all here to grow Jewishly and to provide each other friendship, camaraderie, and support, no matter our background. Don't be afraid to share your story with others and help them feel that they belong to the NVHC family.

Yours in Sisterhood,  
Fay Gubin  
NVHC Sisterhood President

## How We're Helping Those Who Are Struggling

### NVHC Change (Your Social Action Committee)

Our community's needs are greater during this difficult time, so NVHC (your Social Action Committee) has stepped up its activities with new projects and substantially increased donations over our usual budget. We are doing this with the funds from your generous support to the Tikkun Olam Campaign 2020.

**Mask-Making Project:** We have a great team of creative sewers who made over 100 beautiful cloth masks, which we donated to [Cornerstones' Embry Rucker Shelter](#). Our "mask-making task force" is now making masks for any NVHC members who need them.

- Interested in helping? Please contact the Social Action Committee Chair.  
(socialaction@nvhcrestons.org)
- Need a mask? Please fill out [this face mask request form](#) (one per person, first come first served). These masks are being sewn in the spirit of Tikkun Olam and are offered to you free of charge. However, in that same spirit, we would welcome your donation to the [Tikkun Olam Campaign 2020](#). We will put the money to good use to support our community during this difficult time.

**Meals for the Embry Rucker Shelter:** Our wonderful NVHC chefs and bakers prepared a delicious chili dinner for 120 at the end of April. Answering a call for additional need at the shelter because it is short-staffed, we are preparing another dinner for 60 in mid-May. Additionally, on Sunday, June 28, we will prepare another dinner for 120. Please let us know if you would like to help with the June dinner.

**Donations:** In the name of NVHC, we have made donations from the Tikkun Olam Fund to:

- [Cornerstones' Embry Rucker Shelter](#) (provides shelter to families and individuals and families in need). We provided grocery gift cards.
- [Food for Neighbors](#) (provides meals to local middle and high school students). This donation was in lieu of the school weekend snack bag program for this spring.
- [FCPS Foundation "Fund for Access"](#) (provides access to technology, school supplies, connectivity, and nutrition to FCPS students). This donation was in lieu of the school weekend snack bag program for this spring.
- [Cornerstones](#) supports those in need of food, shelter, affordable housing, childcare, and other services in the local community). We made an additional donation doubling our support this year.
- [Herndon Cares](#) (an interfaith group, including NVHC, that provides take-out meals from local restaurants to families feeling financial strain). We made donations to this new group.

We are planning a food drive for the Cedar Ridge/Crescent community (Forest Edge Elementary School families). Stay tuned for calls for your help!

The generosity of our NVHC community has allowed us to give as a congregation to local organizations that support the neediest members of our local community. This spring we raised over \$31,000 from 79 donors. Being able to donate to these organizations quickly is a great example of how our approach these past three years with the Tikkun Olam Campaign has enabled the SAC to support urgent needs when they arise in our community.

It is never too late to participate and donate so that we may continue to support our community and those struggling during the COVID-19 crisis. Support is needed now more than ever. You can donate to the [Tikkun Olam Campaign 2020 here](#) so that we may continue our work. If you have questions or are interested in getting involved, please contact Ellen Ranard, Social Action Committee Chair.

## Food Resources: How to Give and Receive Despite Social Distancing

Nina Falci

Although NVHC families have not been able to donate or pack food for students at Forest Edge and Clearview Elementary Schools, the NVHC Weekend Food Packing Program is still supporting our local community. I spoke with Alison Behar, director of our Weekend Food Packing program, to learn more about what we are doing to help. She told me the Social Action Committee was able to make a generous donation to the NVHC Food Packing Program, which in turn donated that money to [Food for Neighbors](#) and the [FCPS Food Program](#). Why \$2000? Alison told me that is the amount of money the NVHC program would have spent on weekend food packages for the rest of the school year. We thank the Social Action Committee and the NVHC Food Packing Program for taking these steps to continue to support our local community, and want to enlist your aid in joining them to help feed the increasing number of people in our area who are food insecure. Here's how:

### Donate Packaged Food:

If you have non-perishable food items at home that you had planned to donate to NVHC, or if you just have excess in your pantry, the following organizations are taking food donations. Please click the links for more detailed information:

- [Cornerstones/Embry Rucker Food Pantry](#)
- [Women Giving Back](#)

### Donate Funds

The easiest way to support the local community financially is to donate to the Tikkun Olam Campaign, which will then pass on your donation to organizations that need it. Donating through the Tikkun Olam Campaigns makes NVHC more visible to our community and allows us to make unified contributions as one group. If you would like to make

an individual donation, here is one community-based and two student-focused organizations, but there are many others in the community:

- [Cornerstones](#)
- [Food for Neighbors](#) - Donations are used to purchase food in bulk, which is then donated to FCPS and LCPS to support their current programs.
- [NVHC Food Packing Program](#)

### **Where and When People Can Get Food**

If you or someone you know is in need of food assistance, below are a few of the many programs in the area. Some are restricted to students; some are for the community at large. Click the link to learn more about each organization.

- [Cornerstones Food Access Community Map](#) - This is a map of locations where people can obtain food. Eligibility criteria vary per program.
- [Fairfax County Public Schools Food Program/Food for Neighbors](#)
  - “FCPS is providing grab and go meals at several schools and community centers, pop-up locations, and along several bus routes throughout the county. All FCPS students (regardless of age) are eligible for free grab and go breakfast and lunch, as well as other county children, under the age of 18. Adults may pay \$2 for the meals as well.”
- [Loudoun County Public Schools Food Program/Food for Neighbors](#)
  - LCPS program meals are available at certain schools and bus stops [throughout the county](#).
- [Women Giving Back](#)
  - Anyone can pick up free food each Saturday 9:00am -11:00am at the WGB “store” in Sterling.

Thank you so much for your continued support to feed hungry students and families throughout Fairfax and Loudoun Counties. We will get through this challenging time by working together. Please be well and stay safe.



## **We give a warm welcome to new members:**

Joshua Josephson & Rachel Rosenthal  
Katherine Posner  
Yaniv & Carolyn Ziv



## ***Mazel Tov to ...***

... our students who have become *Bar* or *Bat Mitzvah* since the last edition of the Glance!

Charlie Hutchens  
Sean Anderson  
Geoffrey Rosen  
Ethan Cash  
Oliver Williams

... Samantha and Frank Wiegand on the birth of their daughter Amy Josefine Wiegand on February 6, 2020.

... Ana Leirner and Luiz Vieira on the birth of their son Benjamin Leirner Vieira on February 9, 2020.

## ***Tzedakah***

**Thank you to all of our generous contributors!**

### **Adam Levine Camp Scholarship Fund**

Don Copley...in memory of Isaiah Copley  
Isabel Einzig...in memory of Frieda Einzig  
Laura Goodman and Kami Richter...in memory of Adam Levine  
Jim and Michelle Kranzberg...in memory of Adam Levine  
Mitch and Abbe Pascal...in memory of Adam Levine, Sharon Schwartz, Goldie Stearman

### **Art Fund**

Nancy and Helen Kruger...in memory of Mary Blumberg

### **Cantor's Discretionary Fund**

Steffanie Bergman and Ron Goodes...in gratitude for sewing face masks and making them available to us and to the NVHC community  
Eric and Bess Eisenstadt...in gratitude to Cantor Caro for making this year's adult *B'nai Mitzvah* celebration possible  
Robert and Shirley Finkelstein...in memory of Mildred Silbovitz  
Jim and Michelle Kranzberg....in appreciation and support for clergy response to the pandemic  
Sandy Mitchell...in memory of Brenda Neuss, Chuck Mitchell  
Howard and Linda Perlstein...in appreciation for the face masks  
Ted Smith...in appreciation of Cantor Caro's pastoral care  
Suzi Stone...in honor of Bess Eisenstadt and Sally Brodsky's *B'not Mitzvah*  
Mark and Nancy Weinstein...in memory of Ann Weinstein  
Nina Zaretsky...in memory of Gerie Zaretsky

### **Choir & Music Fund**

Harvey & Janice Berger...in honor of Don and Nell Hirsch  
Robert and Shirley Finkelstein...in memory of Mildred Silbovitz

Michael and Cheryl Gedzelman...in memory of Mal Gedzelman  
Roy and Jean Horowitz...in memory of Nathan Newman, Herman Horowitz  
Marjina Kaplan...in memory of Frances Ensign  
Leslie and Marcia Platt...in memory of Harold Platt  
Sy and Roberta Sherman...in memory of Sylvia Gasperow  
Robert and Francine Staiman...in memory of Chuck Mitchell

### **Clergy Discretionary Funds for COVID-19 Families in Need**

Anonymous  
Sarah Bercher  
Andy and Susan Cohen  
Alan Dappen and Sara Scherr  
Eric and Bess Eisenstadt  
Eric and Karen Forman  
Paul and Geraldine Hess  
Don and Nell Hirsch  
Jeffrey and Noel Katz  
Andy and Elizabeth Lacher  
Mike and Debby Maxwell  
Rich and Cindy Michelson  
Peggy Nelson  
Frank and Gretchen Newman  
Ed and Bernadette Saperstein  
Marvin and Karen Singer

### **College Outreach Fund**

Craig and Nina Falci...in memory of Burt Morse  
Steve and Linda Gordon...in memory of Margot Lieberman

### **Ellen Reich Early Childhood Teacher Education Fund**

Don Copley...in memory of Earl Copley  
Ted and Patricia Tinkelman...in memory of Lee Tinkelman

### **Library Fund**

Craig and Nina Falci... in memory of Norman Morse  
Steve and Linda Gordon...in memory of Bernice Nelson

### **Louis Gold Children's Music Fund**

David & Ellen Brewer... for a speedy recovery to Ted Smith  
Rosalind Gold...in memory of Sarah Gold

### **Memorial Plaque**

Oliver and Joyce Schueftan...in memory of Sylvia Gasperow

### **NVHC Cares**

David and Ellen Brewer...with get well soon wishes for Karen Singer  
Robert and Gail Dezube...in memory of Chuck Mitchell  
Jeff and Tracy Dlott...in memory of Ronald Braff  
Steve and Linda Gordon...in memory of Chuck Mitchell  
Don and Nell Hirsch...in memory of Shirley Hirsch  
Roy and Jean Horowitz...in memory of Anna Newman  
Vivian Kramish...in memory of Ronald Braff  
Andy and Elizabeth Lacher...in memory of Ronald Braff  
Steve and Ruth Lipson  
Marvin and Karen Singer...in memory of Chuck Mitchell, Jennie Ankeles

### **NVHC Fund**

Anonymous  
Harvey and Janice Berger...COVID-19 donation  
David and Ellen Brewer...in memory of Albert Mand  
Rachel Charlton...COVID-19 donation  
Stephen and Sharron Cristofar...in memory of Sarah Cristofar  
Alan Dappen and Sara Scherr...COVID-19 donation  
Eric and Bess Eisenstadt...in memory of Albert Mand  
Robert and Shirley Finkelstein...in memory of Robert Stein  
Eric and Karen Forman...COVID-19 donation  
Steve and Brenda Hersch, Cathy, and Arleene...in honor of Laura Zelman's *Bat Mitzvah*  
Don and Nell Hirsch...COVID-19 donation  
Stuart and Vivian Goldman...COVID-19 donation  
Nancy and Helen Kruger...in memory of Albert Mand

Andy and Elizabeth Lacher...COVID-19 donation  
 Robert and Lorraine Lavet...COVID-19 donation  
 David Markovich  
 Peggy Nelson...COVID-19 donation  
 Frank and Gretchen Newman...COVID-19 donation  
 Connie Nystrom  
 Howard and Linda Perlstein...in memory of Albert Mand  
 Jeffrey and Melinda Robins...COVID-19 donation  
 Seymour and Linda Samuels...for sanitization of NVHC  
 Brian and Caren Suarez...COVID-19 donation  
 Pearl Taylor...in honor of Laura Zelman's *Bat Mitzvah*  
 Nina Zaretsky...COVID-19 donation

#### **Rabbi's Discretionary Fund – Rabbi Gold**

Andrew and Ellice Stern...in memory of David Charles Gluck  
 Ted and Patricia Tinkelman...in memory of Seymour Tinkelman

#### **Rabbi's Discretionary Fund – Rabbi Holzman**

Jon and Nicki Halterman-Mitchell...in memory of Joel Micah Halterman-Mitchell  
 Jim and Michelle Kranzberg....in appreciation and support for clergy response to the pandemic  
 Kevin and Vicki Luman...in memory of Richard Lee Luman  
 John and Robyn Mehlenbeck...in appreciation of all the work that clergy do for NVHC and for the community  
 Robin Miller...in memory of Helen Joffe, Roy I. Joffe  
 Sandy Mitchell...in memory of Brenda Neuss, Chuck Mitchell  
 Fredda Weinberg-Pribish...in memory of Sally Sussman  
 Oliver and Joyce Schueftan...in memory of Henry Schueftan  
 Carola Seiz...in memory of Siegbert Brinkschmidt  
 Ted Smith...in appreciation of the pastoral care received during recent hospitalization

#### **Rabbi's Discretionary Fund – Rabbi Wainer**

Eric and Bess Eisenstadt...in gratitude to Rabbi Wainer for making this year's adult B'nai Mitzvah celebration possible  
 Bob and Nina Kwartin...in memory of Saul Kwartin  
 Jim and Michelle Kranzberg....in appreciation and support for clergy response to the pandemic  
 Ted Smith...in appreciation of Rabbi Wainer's pastoral care  
 Suzi Stone...in honor of Bess Eisenstadt and Sally Brodsky's *B'not Mitzvah*

#### **Religious School Fund**

Andy and Susan Cohen...in honor of Charlie Hutchens becoming a *Bar Mitzvah*

#### **Seldon and Ruth Kruger Fund for Adult Learning**

David and Ellen Brewer...in memory of Raye Cohen; in honor of the *B'nai Mitzvah* of Sally Brodsky, Bess Eisenstadt, Alex Ukoh, and Laura Zelman  
 Andy and Susan Cohen...in honor of the *B'nai Mitzvah* of Laura Bellis, Sally Brodsky, Bess Eisenstadt, Gretchen Strauss, Alex Ukoh, and Laura Zelman  
 Robert and Gail Dezube...in honor of the *B'not Mitzvah* of Bess Eisenstadt and Laura Zelman  
 Nancy and Helen Kruger...in memory of Seldon Kruger, Salomon Silvera, Elisabeth Silvera, Sara Kruger, Lillian Solondz, Melvin Jacobs  
 Andy and Elizabeth Lacher... in honor of the *B'nai Mitzvah* of Laura Bellis, Sally Brodsky, Bess Eisenstadt, Gretchen Strauss, Alex Ukoh, and Laura Zelman  
 Ruth Ruttenberg...in memory of Charles Herbert Wechsler  
 Suzi Stone...in honor of Laura Zelman's *Bat Mitzvah*  
 Doris Weisman...in honor of the Adult *B'nai Mitzvah* class: Laura Bellis, Sally Brodsky, Bess Eisenstadt, Gretchen Strauss, Alex Ukoh, Laura Zelman  
 Howard and Carolyn Wesoky...in memory of Bernard Lewis, Sidney Scheibel, Marian Unger Wise, Lena Cohen

#### **Tikkun Olam (Social Action)**

Henry and Cindy Brownstein...in memory of Shirley Sayare



Ed and Sandee Byrne  
 Cantor Susan Caro and John Lertzman  
 Rachel Charlton  
 Ed and Judy Cincinnati...in memory of Melio & Maria  
 Cincinnati, Nathan & June Rosenblatt, Toni Wallace  
 Andy and Susan Cohen  
 Brian Cohen and Deb Smith-Cohen  
 Alan Dappen and Sara Scherr  
 Robert and Gail Dezube  
 Boris and Betty Donskoy  
 Eric and Bess Eisenstadt  
 Jerry and Ellen Ezrol  
 Craig and Nina Falci  
 Jason and Vera Feig  
 Harry Feldman and Paula Rubinoff  
 Fenster Family  
 Robert and Shirley Finkelstein  
 Mark and Alyse Goldman  
 Morton and Deborah Goldstrom...in memory of  
 Marcella Kuttin  
 Jon Groisser and Hana Newcomb  
 Ken and Fay Gubin  
 Don and Nell Hirsch  
 Mike Horwatt  
 Emily Hummel  
 Jim and Michelle Kranzberg  
 Jeremy and Regina Krasner  
 Andy and Elizabeth Lacher  
 Ken and Kathy Laskey  
 Bruce and Laurie Levine  
 Marc and Jen Lieberman  
 Michael Lipsky  
 Steve and Ruth Lipson...in memory of Maurice Lipson  
 Peggy Nelson  
 Brad and Risa May  
 Sandy Mitchell  
 Frank and Gretchen Newman  
 Jim Olkin  
 Dan and March Opstal...in memory of Edward  
 Goldstone  
 Mark and Judi Ornoff  
 Bob and Meryl Paskow...in memory of Phil  
 Kaminstein  
 Rich and Ellen Ranard

Bob Reznikoff  
 Nevin and Louise Reynolds  
 John and Miriam Roberts  
 Ruth Ruttenberg  
 Joann Schamest and Ron Wallos  
 Martin and Carol Shulman...in honor of Bess  
 Eisenstadt's *Bat Mitzvah*  
 Sam and Lisa Schwall  
 Ted Smith  
 Robert and Eileen Stein  
 Robert and Phyllis Stein  
 Andrew and Ellice Stern  
 Doris Weisman...in honor of the Adult *B'nai Mitzvah*  
 class: Laura Bellis, Sally Brodsky, Bess Eisenstadt,  
 Gretchen Strauss, Alex Ukoh, Laura Zelman  
 Stu Williger  
 Nina Zaretsky

### **Speaker Series**

Francine Beifeld...in memory of Lawrence Beifeld  
 Roy and Jean Horowitz...in memory of Diana  
 Horowitz  
 Steve and Ruth Lipson...in memory of Ben Rzepka  
 Brad and Risa May  
 Jim Olkin  
 Leslie and Marcia Platt...in memory of Ann Platt  
 Mark and Judi Ornoff... in memory of Sylvia  
 Gasperow  
 Norman Reich...in memory of Dorothy Reich  
 David and Kay Slater  
 Janice Tichauer  
 Don and Edna Weitzman  
 Mark and Nancy Weinstein...in memory of Harold  
 Weinstein

### **Torah Fund**

Marvin and Karen Singer...in honor of the *B'not*  
*Mitzvah* of Sally Brodsky, Bess Eisenstadt, Laura  
 Zelman  
 Ted Smith...in memory of Ladislov Mares