

The Glance

NVHC's Quarterly Magazine
High Holy Days 5782 | 2021



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TWO NVHC TEENS ELECTED TO NFTY BOARD



We at NVHC are truly proud and overjoyed to announce that Jacob Wesoky and Talia Holzman have been elected to this coming year's NFTY-MAR board! MAR is the Mid-Atlantic Region of NFTY (the Reform Jewish Youth Movement), encompassing dozens of congregations and hundreds of Jewish teens from Maryland to North Carolina. As members of the NFTY board, Jacob and Talia will be working with regional advisors to provide a variety of virtual and in-person experiences where Jewish teens can come together to have fun, learn new things, and grow as young leaders.



Talia is the Religious and Cultural Vice President, overseeing the worship & spiritual aspects of these experiences. Jacob will be serving as NFTY-MAR's newest President, leading the planning and running of all teen experiences.

We are incredibly gratified to have two of our own NoVTY-ites serving at this level and we are excited to see how we can forge even deeper connections with our regional neighbors, this year and beyond. A huge *mazel tov* to Jacob and Talia - we can't wait to see what you accomplish this year!



Photo of pomegranates just starting to ripen, taken by Rabbi Holzman on his recent trip to Israel.

Time for Our Souls

Rabbi Michael G. Holzman

Dear NVHC,

It is time for our souls to catch up with our lives!

For so long it seemed like the world was on pause. For everyone who was not a health care worker, life from March 2020-May 2021 felt suspended in a thick fog, and for those on the front line, the frantic pace was its own kind of bubble in time. But since then, in Northern Virginia, pandemic life has faded and something new and vibrant has emerged. Airports have been full, traffic has returned, and our photo streams overflow with smiling faces soaked in sunshine. In a snap, it seems we have emerged into a frenzy of vitality. As our annual NVHC camp t-shirt proclaims: "This is the summer we have been waiting for!"

So as Rosh Hashanah peeks over the horizon, just behind Labor Day's silhouette, I wonder what these High Holy Days will be. If the pandemic trends hold true, and Northern Virginians continue to pursue vaccination (Jews! Go get vaccinated if you are not already! It's a *mitzvah*!), then we will be greeting old friends, hearing voices together in song, and seeing our community gathered for the beginning of a New Year. And as we ride this emotional wave, what will we see from the crest? What will these days mean in our lives?

This is an opportunity unlike any other year. 5782 will begin no matter what, but what will we make of it?

Every year, Judaism gives us the sound of the shofar to wake up our souls, to remind us that Jewish individuals, families, and communities are enmeshed in an epic story, a system of values, and a vision for the future. The past 18 months have been disorienting: first in the strange isolation of masks, Clorox wipes, endless Zoom, and social distance, and then in the sudden rush of activity. The shofar, every year, says, "Hey! Put all of that aside, and consider your souls!" And we should listen, now more than ever.

The High Holy Days are a season of inward inspection set into a frame of communal expression. Like sailors, we each take time to chart a course, while we also feel the tidal pull of community and tradition. So we take this time to consider our place in life and the universe, and Judaism proposes to us a series of questions: have you been true to yourself? What do you value in your limited time on this Earth? What have you contributed to the world? How can you strengthen your connection to sources of meaning, especially Jewish ones?

This year the questions begin with the month of Elul, and we will use this month (beginning on August 7th) to explore a piece of our Yom Kippur prayerbook that we usually overlook, the *Avodah* service (pages 444-511 of the silver volume of *Mishkan HaNefesh*). This service, in the Reform movement conducted on the afternoon of Yom Kippur, is a verbal re-enactment of the ancient ritual of Yom Kippur in the Temple in Jerusalem. Tradition, including modern Reform prayer book editors, have woven together ideas ranging from the cosmic to the personal, to help us on the mystical journey of *t'shuvah*, inner change. Studying them during the Hebrew month of Elul, leading up to Rosh

Hashanah will ready our souls for the magnificence of the holidays. Check the Glance (pages 21-22), your email, and the website for our study guide on August 6th.

The next milestone toward the Holy Days is S'lichot, on Saturday, August 28, at 6:00pm. Traditionally, this a late night service where we begin the process of asking God for forgiveness for our sins. The tradition is beautiful but assumes a community that has been meeting in person, week-in, week-out, over the course of the holiday cycle. As we emerge from this year of physical distance, we hear a different call in our souls. We would like to begin the season with a focus on connecting with each other, setting our intention on what we can do to re-consecrate our prayer community in advance of the Holy Days. We will not completely abandon the tradition, as we will use the familiar musical and liturgical messages of the Holy Days throughout a creative Havdalah that evening.

The Elul study guide and S'lichot Havdalah gathering will bring us to Rosh Hashanah and Yom Kippur, a time for us to see each other again, and to consider the challenge of internal growth that Judaism puts before us. The full schedule of services can be found beginning on page 18.

But Judaism does not end this enormous soul journey with the challenge of Yom Kippur. Our souls need rejoicing and refreshing just as much as they need questioning and inner examination. So we turn outward immediately with Sukkot and we celebrate our sources of wisdom with Simchat Torah. And this year, NVHC will have a special treat, because our Kehillat Limmud (religious school) year begins in the midst of these days of rejoicing on September 26th. So we invite the entire congregation to join us after school from 11:00am-12:30pm for a celebration in the *sukkah* and dancing with our Torahs. We will also honor all those students who could not celebrate the joy of *B'nai Mitzvah* or Confirmation at the Torah scroll during the pandemic.

So take a moment this summer, whether it is a quiet moment at home, or a pause during a busy vacation, to think about where we have been and where you want to go, what you want to leave behind and what you want to carry forward, and prepare for Judaism's many more questions posed in the days to come.

L'shana Tova u'Metukah,
Rabbi Michael G. Holzman

We Are A K'hilah Kedosha (Holy Community)

Cantor Susan Caro

The two most asked questions as we head into this High Holy Day season may be mirrors of one another: 'How can we be together?' and, 'How can we not be together?'

Some of us may be worried and remain separated for health reasons; some of us are eager to see one another, to pray IRT ('in real time') together in our sanctuary. As Rabbi Holzman writes, this new year is an opportunity for us like no other before.

We want community and we want to be safe. We want to be with others, to hear each other's voices. And we may be unsure or concerned about what it will be like to be with a lot of people once again. Some of us have enjoyed extensive time with limited people; some of us have been alone and are eager to see family and friends. We may want to sit apart; we may want to sit together. And we may be worried about how the experience will unfold in our sanctuary: 'How am I supposed to remain quiet (when at home I just pressed 'mute' on Zoom when I wanted to say or do something in the middle of services)? 'Can I get up?' 'What if I need to stretch my legs?' 'My kids are fussing.' 'My little one is screaming.'... 'My heart is breaking; I feel judged.' 'My heart is full; I feel inspired.'

We are all of these experiences and more.

The words of our prayers remind us that we are in this endeavor together, for most prayer language is in the first-person plural – ‘we ask for,’ ‘we thank,’ ‘we hope,’ ‘we confess.’ This is especially true on the High Holy Days. Each of the misdeeds that we will confess are in this construct, so that even if we ourselves have not committed the sin we are reciting, we are holding one another, together, so that no one is singled out or shamed. We do this as a *k'hilah kedosha*, a holy community, embracing the essential uniqueness of each individual in our gathering together.

This vision and its underpinning current are going to be evident in our service and programmatic offerings. We will have both in-person and online experiences. There will be full community and targeted opportunities to engage. Our High Holy Days experiences are meant to renew ourselves and our community for the sake of our shared wellbeing and growth.

There is Jewish wisdom and guidance to help us be our best selves as we navigate continually uncharted waters, especially coming together for these High Holy Days in this year. This wisdom is called *Mussar* - Jewish character trait wisdom. Considering and embodying these traits can be helpful no matter where you are located and for all ages, to create a most meaningful worship experience at our High Holy Days and beyond.

The following are 10 *Mussar* traits that can guide us to embrace and value the needs and desires of each individual, while together raising up the meaning and beauty of our High Holy Day ritual and prayer.

Humility (*Anavah*) – As I pay attention to my own experience, I know that I am part of a whole. I recognize that I am part of an extended family, each person coming with their needs, desires and hopes. I will put others first, and I trust that in our *k'hilah*

kedoshah, they will put me first and we will all take up our best space and leave space for others.

Patience (*Savlanut*) – I will pay attention to my need to sit still and my need to move around, even if this is different from the people around me. I value our community because no one will judge me for knowing myself and praying with sincerity in the ways that I need, just as I will not judge those around me. When sitting is too hard, anyone can leave for a walk, a quiet toy, a visit to the restroom, or to explore the spaces around us.

Courage (*Ometz Lev*) – I may try something new during these holy days: a new ritual or a new mind-set, with the strength of heart to see it through and to see what shifts or insights arise in me because of this courage. Perhaps I will sing instead of talk, or just breathe instead of reading along.

Faith (*Emunah*) – Judaism teaches that every person is created in the image of God. Let me remember that as I look around at our community, each holy soul gathered in faith. I am grateful to everyone gathered for I know I am not alone in my struggles.

Compassion (*Chesed*) – The High Holy Day period is a time of spiritual renewal. Keep me sensitive to the aches of the human heart and mindful of the myriad of ways that I could be more just, accepting, and kind. I am honored to be a part of this community and will welcome others as I want to feel welcomed – with an ‘elbow touch’, with an ‘eye smile’, with a nod.

Joy (*Simcha*) - Seeing joy in the goodness of creation will help open the heart in prayer; may I use the words and experiences of praying to turn my frustrations to joy, remembering that I am responsible for my own experience.

Curiosity (*Sakranut*) – Let me be curious, rather than judgmental, about those around me and what they

need to be able to pray and be in our community with greatest meaning. Other people are not merely failed attempts at being me.

Awe (*Yir'ah*) – There are so many of us gathering, in person and online, for these awe-filled days of introspection, celebration, repentance, and renewal. May I find amazement in these days as I reflect upon the fragility of life. Let me see the power of life in all those gathered of every age and background in our community.

Silence (*Sh'tikah*) – The silent places in my soul cannot not trampled by the sounds around me; rather, I can hear God's voice or sense God's presence because of the space that I create within me. And, if I am worried that I or my family is making too much noise, I know that I will be held in love by those around me, and I will take my kids out to the lobby where there will be ways and objects to satisfy their curiosity and energy.

Truth (*Emet*) – At any moment, I am my unique and true self, just as is the person next to me or across the room or the airwaves. So instead, let me smile at others, knowing that we welcome each person's varied circumstances: young and curious, restless, awestruck, impatient, comfortable with ritual, uncomfortable with ritual, seeking people, seeking quiet seeking meaning, seeking joy.

Chapter 3 of the Book of Proverbs 3 teaches:
"Kindness and truth—let them not leave you! Bind them to your neck; write them on the tablet of your heart and find grace and good favor in the eyes of God and people."

May we find grace and good favor, together, in 5782.

L'shanah tovah u'metukah,

Cantor Susan Caro

The Four Questions

Sam Blum

This summer in my work at Camp Harlam, I have had the absolute pleasure of taking on a new role. This role is not just new to me, but new to camp. This summer, I am the Junior Camp Supervisor, but everyone just calls me the JoCS.

Many people around camp have asked me what exactly I do as the JoCS. I tell them my role is to supervise our youngest units - Carmel, Sharon, Kineret, and Arava - and their supervisors. This is a somewhat helpful response, but the next question is always the same. "Ok, but what do you do?" I think the answer to this question is that I ask questions. There are four big questions that I usually find myself asking (only 8 ½ months until Passover!):

1. What do you want to do?
2. What can I do?
3. What should we do?
4. What's doing?

They seem simple, but I will try to explain how important they can be.

Question number one: "What do you want to do?" My first and biggest check-in responsibility is with the unit heads who I supervise, and it's my job to help them grow professionally, to figure out what they want to do to be the best supervisors they can be. When I think about this question, I think about the weekly formal check-in process. I sit down with my supervisees and talk to them about their week - what they think went well, what learning experiences they had, what questions they may have. There's an opportunity for me to give them positive feedback as well as constructive feedback. They set goals that I can then hold them accountable to. I'll walk around camp and bump into my people and ask them further questions, like "Did you take your 5 minutes to process today?" or "Are you writing things down in your notebook?" or "Have you taken your off period?"

I like that it's my job to keep them accountable, to help them help themselves. I'm constantly asking them what exactly it is they want to do, and trying to help them achieve it.

Next question: "What can I do?" This comes up in those check-ins, too. I want to help my people achieve the goals that they set, and also just support them in anything on their plates that is challenging, annoying, and/or exhausting. But this question comes up in other conversations that I have, too. I talk to a lot of staff members and try to help if I can. Many of these conversations start from our staff engagement survey, where staff can indicate what they are struggling with and the specific areas in which they need support. I find them and try to help - to talk to a camper, to communicate with a supervisor, to give them the "why" behind a camp decision or policy.

Third question: "What should we do?" Unforeseen things happen all the time at camp. Staff and campers have real struggles - some that build over time, and some that arise very quickly. I meet with my team each day to talk about what's going on. This requires brainstorming and decision-making, but it's never done in a vacuum. Conversation always precedes solution. Often it's not the doing that feels hard and important; it's the deciding what to do. I am grateful always in these moments that there's a great team working with me.

And then finally, probably my favorite of these four questions: "What's doing?" The most basic kind of check-in I do with the unit heads - with anybody, really - is the "hi, how are you" check-in, but that might be the most important. At camp, quality time with somebody who is invested in you and your performance is a very valuable resource - even and maybe especially if it's just a quick hello on the way to snack or the pool. This kind of informal check-in also happens often around various programs, with me swinging by to ensure that activities like insect dress-up and potato bowling are running smoothly.

It's great to talk, debrief, brainstorm, plan, etc. etc. etc., but it all means a whole lot less without being around camp to actually see it.

So those are the four questions:

1. What do you want to do?
2. What can I do?
3. What should we do?
4. What's doing?

Asking of course, is only half the battle, and probably the less important half. The other piece is listening, really listening, to the answers. This process - of asking and listening, asking and discussing, asking and acting - that is what I've been spending my summer doing. I've gone on hikes and swam in the pool and led meals and done a thousand other wonderful and fulfilling things, but the work that centers around these four questions is key. These are the abilities I am hoping to bring home to NVHC. If used properly, I think these questions and their permutations can be a recipe for effective mentorship of our kids and teens, thorough collaboration among our staff and lay leadership, and most importantly, empathetic listening and understanding of our entire community's needs.

NVHC Change: Your Social Action Committee You can help us make a difference!

NVHC Change creates, organizes, and supports NVHC's efforts to build a better world. We are always looking for congregants who want to help us make a difference.

Our congregants' involvement is widespread, and our activities reach broadly into the local

community. In the past year, NVHC Change has made a difference in the following ways:

- As a congregation, we donated over 2,200 pounds of groceries and 300 pounds of toiletries (value of over \$5,000), together with \$1,800 in grocery gift cards, for the High Holiday Food Drive for Cornerstones. This was in addition to the successful food drive we held in May and June to help those struggling with hunger during the pandemic.
- Over 30 volunteers contributed food and time to prepare three meals, each for 100 people, at Cornerstones' Embry Rucker Family Shelter, providing both meat and vegetarian dishes, fresh vegetable and fruit salads, and home-baked *challot* and cookies.
- During the winter months, about 40 volunteers donated ingredients and helped prepare 10 dinners, each for approximately 25 people, at Cornerstones' Hypothermia Shelter.
- NVHC Change established a new Racial Justice Subcommittee (RJS). Subcommittee members participated in a lay-led class, Antiracism Through Jewish Eyes, and are planning to facilitate another class for interested congregants. The RJS also helped with Juneteenth planning and is brainstorming ideas for the coming year.
- Over 40 volunteers worked to publicize rent relief information, reaching out within the local community and through VOICE (Virginians Organized for Interfaith Community Engagement, a nonpartisan coalition).
- To help Get Out The Vote, 44 congregants wrote 2,180 nonpartisan postcards (supplied by the Religious Action Center of Reform Judaism [the RAC] and Reclaim our Vote) to people who had been de-registered in Virginia, South Carolina, and Texas, urging them to check their voter registration status.

- Working through the Faith Alliance for Climate Solutions (FACS), our Green Team arranged for a free environmental audit of NVHC's building and is working with staff to install energy-efficient LED lighting and other improvements to the building.
- NVHC Change donated \$10,000 in *Tikkun Olam* Campaign funds to help address food insecurity through local organizations, including Cornerstones' Food Pantry, Food for Neighbors, and the South Lakes High School Food Pantry. These efforts assisted students and families whom we would have helped through our annual school backpack program if students had been attending school in person.
- We donated \$10,700 in *Tikkun Olam* Campaign funds to Cornerstones in the 2020-2021 fiscal year and used additional *Tikkun Olam* Campaign funds to pay for the costs of shelter meals, backpacks, and \$2,500 in grocery gift cards for Cornerstones.
- Our volunteers baked 12 dozen cookies and brownies to hand out at Reston Pride at Lake Anne, where our volunteers greeted people and shared information about NVHC.



- Our volunteers sewed over 200 masks, donating 110 to Cornerstones' Embry Rucker Shelter and the rest to NVHC congregants who needed them.
- Our volunteers greeted ADAMS members when they returned to NVHC for Friday afternoon services in July and will continue to greet them on Fridays.

- Our volunteers hope to start mentoring at Forest Edge Elementary School again this fall.
- Our congregants continue to build interfaith relationships to work on social justice issues in our community.

We are a wonderful and generous community. The outpouring of help for those struggling during the pandemic has been enormous, and we had our most successful *Tikkun Olam* Campaign ever, raising over \$46,000 from 128 donors. NVHC Change is proud to be part of this community.

Let us know if you would like to become involved or would like more information about our activities. You can join one or all of our five email lists to see what we are working on and to learn about educational and volunteer activities: (1) social action general info and volunteering, (2) sustainability/green team, (3) racial justice, (4) immigration/refugees, and (5) interfaith community organizing (VOICE). You can sign up [here](#).

If you have questions or are interested in getting involved and volunteering with us, please contact Ellen Ranard, Social Action Committee Chair.



Join Sisterhood!

Coming soon to your mailbox (actual, not digital) are the Sisterhood Membership Packets. We hope you will join us this year to make connections, get involved, and make new friends. This past year has been long and challenging with the pandemic, but Sisterhood has thrived thanks to the initiative and creativity of our entire board, especially our amazing programming chairs and membership chair. They have led us in programs that kept us engaged and connected. In June, we were thrilled to finally see each other in person, outside at our end of the year

picnic, where we welcomed and elected the new board. It was a bittersweet event as we also said goodbye to our outgoing President, Fay, and board members Gail, Peggy, Linda, Ellen, Michelle, and Joyce.

If you join us as a member this year, you will receive our weekly emails on Monday mornings and learn about our activities. We look forward to having in-person activities soon but will also continue with some Zoom programming. We are planning visits to local museums, a baking demonstration, an in-person "Washington Walks," as well as Zoom virtual walking tours of Washington and other locations (perhaps Ellis Island and Israel), educational Zoom programs on Jewish history, and an afternoon tea. And this is just the start of our planning!

Those programs are in addition to our usual programs:

- Chocolate & Champagne membership event... mark your calendar for Sunday, October 3!
- Book Discussions (fall, winter, and spring)
- Chanukah celebration
- Membership gatherings (winter and spring)
- Cooking Up Camaraderie Fundraiser (small gatherings in members' homes)
- Mah Jongg Tournament (spring)
- Women's Seder
- *Tikkun Olam* Projects (e.g., volunteering at Women Giving Back)
- Rummage Sale

You get all this and more for a one-time dues payment of \$36! Sisterhood raises funds through dues and our fundraising activities. Our funds go to subsidize our activities and to support NVHC through donations (e.g., camp scholarship program, early childhood programs, and congregational engagement such as Dueling Pianos).

Find our full calendar of events and membership forms on our web page, Questions? Email Lisa Folb and Ellen Ranard, Co-Presidents at sisterhoodpresident@nvhcreston.org.

Mazel Tov to ...

Steve and Linda Gordon, on the birth of their granddaughter, Margot Alexis Gordon, born March 28, to proud parents Danny Gordon and Jamie Barr

Proud parents Aaron and Cristina Gussman and siblings Elena, Vivian, and Lydia, on the birth of their son and brother, Micah Gussman, born May 22, 2021

Tzedakah

Thank you for supporting our community!

Adam Levine Camp Scholarship Fund

Isabel Einzig...in memory of Jacob Pyles
Steve and Jeanne Faszewski...in memory of Sam Levine
Laura Goodman...in memory of Adam Levine with love and fond remembrance
Don and Nell Hirsch...in memory of Edith Furman
Ron and Sandy Kanfer...in memory of Beverly Hobbs and Richard Hobbs
Mitch and Abbe Pascal...in memory of Sharon Schwartz, Goldie Stearman
Jeffrey and Lillian Penchansky...in memory of Sam Levine
Tinkelman Family...in memory of Lenore Tinkelman

Ark Fund

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

Cantor's Discretionary Fund

John and Sarah Bercher...in honor of Samuel's *Bar Mitzvah*
David and Ellen Brewer...in memory of Dr. David Adam Lertzman

Stu Dornfeld and Emily Booth-Dornfeld...in honor of Sophie graduating from UVA with a BA in Jewish Studies and a BS in nursing
Robert and Shirley Finkelstein
Julie Galton...in memory of Dr. Barry Galton
Jon Groisser and Hana Newcomb...in memory of Dr. David Adam Lertzman
Rob and Nora Gutcho...in memory of Hazel Eisenstat
Don and Nell Hirsch...in memory of Dr. David Adam Lertzman
Michael Holzman and Nicole Saffell Holzman...in memory of Dr. David Adam Lertzman
Marjina Kaplan...in memory of John Matejczyk, Gloria Weiss, Larry Klinger, Dr. David Adam Lertzman, Marjina Matejczyk
Jon and Ellice Kark...in memory of Joshua Seiden
Nancy and Helen Kruger...in memory of Dr. David Adam Lertzman
Joe Miller and Martha Kimes...in memory of Dr. David Adam Lertzman
Steve and Ruth Lipson...in memory of Dr. David Adam Lertzman
Janice Nagell...in memory of Al Nagell
Peggy Nelson...in memory of Dr. David Adam Lertzman
Mark and Judy Ornoff...in memory of Dr. David Adam Lertzman
Mitch and Abbe Pascal...in memory of Dr. David Adam Lertzman
Richard and Ellen Ranard...in memory of Dr. David Adam Lertzman
Jeff and Mary Ann Ressin...in memory of Dr. David Adam Lertzman
Andrew and Barbara Rudin...in memory of Dr. David Adam Lertzman
Robert and Ellen Rugel...in memory of Dr. David Adam Lertzman
Rick and Barbara Schatz...in memory of Dr. David Adam Lertzman
Marvin and Karen Singer...in memory of Sidney Blumenberg
Larry Snowwhite...in memory of Ann Zeitz, Dr. David Adam Lertzman

Phyllis Stein...in memory of Dr. David Adam Lertzman
The Turk Family...in memory of Richard Goldberg, Mollie Fingerman Goldberg
Ron Wallos and Joanne Schamest...in memory of Dr. David Adam Lertzman
Howard and Carolyn Wesoky...in memory of Dr. David Adam Lertzman
Ralph and Miriam Wolman...in memory of Dr. David Adam Lertzman

Choir & Music Fund

Stephanie Abbott...in memory of Florrie Cohen
Stephen and Janet Braverman...in memory of Florrie Cohen
Steve Cohen...in memory of Florrie Cohen
Sue, Jacob, and Sarah Fajer...in memory of Salo Fajer
Robert and Shirley Finkelstein...in memory of Florrie Cohen
Carol Fram...in memory of Betty Ann Rubin
Al and Lynne Groff...in memory of Dr. David Adam Lertzman
Jon Groisser and Hana Newcomb...in memory of Betty Ann Rubin
Rob and Nora Gutcho...in memory of Betty Ann Rubin
Don and Nell Hirsch...in memory of Betty Ann Rubin
David and Marcia Hoexter...in memory of Florrie Cohen
Roy and Jean Horowitz...in memory of Herman Horowitz, Ellen Gintz, Daniel Horowitz
Ron and Sandy Kanfer...in memory of Florrie Cohen
Marjina Kaplan...in memory of Matilda Baker, Betty Ann Rubin, George Kaplan, Phil Matejczyk
Ronni Levine and Marco Sainati...in memory of Betty Ann Rubin
Cindy and Rich Michelson...in memory of Betty Ann Rubin
Mariette Newcomb...in memory of Hana Hiu
Frank Newman...in memory of Betty Ann Rubin
Mark and Judi Ornoff...in memory of Florrie Cohen
Barry Pilson...in memory of Betty Ann Rubin
Leslie and Marcia Platt...in memory of Ethel Berman

Allan and Barbara Ratner...in memory of Florrie Cohen
Norman Reich...in memory of Florrie Cohen
Peter and Libby Robbins...in memory of Betty Ann Rubin, Eleanor Denham
Robert and Ellen Rugel...in memory of Florrie Cohen
Seymour Samuels...in memory of Linda B. Samuels
Rick and Barbara Schatz...in memory of Betty Ann Rubin
Stan and Judy Schretter...in memory of Florrie Cohen
Sy and Roberta Sherman...in memory of Betty Ann Rubin, Florrie Cohen
Marilyn Silvey...in memory of Florrie Cohen
Marvin and Karen Singer...in memory of Dr. David Adam Lertzman, Florrie Cohen
Mozelle Karnette Stanton...in memory of Betty Ann Rubin
Marion Stillson...in memory of Florrie Cohen
Sam and Evelyn Wilson...in memory of Florrie Cohen

Clergy Discretionary Funds for COVID-19 Families in Need

Marsha Sheinman...in memory of Herbert and Ruth Sheinman

College Outreach Fund

Stu Dornfeld and Emily Booth-Dornfeld...in memory of Sylvia Berman

Ellen Reich Early Childhood Teacher Ed Fund

Peter and Libby Robbins...in memory of Melvin Bertram Robbins

Library Fund

Craig and Nina Falci...in honor of the birth of Jackson Micah Loeshelle
Robert and Shirley Finkelstein...in memory of Rebecca Silbovitz, Samuel Silbovitz
Leslie and Marcia Platt...in memory of Ronald Braff
Seymour Samuels...in memory of Ann Berg

Louis Gold Children's Music Fund

Jason and Vera Feig...in memory of Irelyn Mae Ellers
Rosalind Gold...in memory of Sarah Gold, Benjamin Romm

Ted Smith and Rosalind Gold...in memory of Dr. David Adam Lertzman

Memorial Plaque

Kol Shirah Choir members...in memory of Betty Ann Rubin

Steve and Romy Nathan...in memory of Arthur Harold Nathan

NVHC Cares

David and Ellen Brewer...in memory of Vicki Kalfus Marcelino and Rinna Cortes

Roy and Jean Horowitz...in memory of Beverly Newman

Norman Reich...in memory of Frances Reich

NVHC Fund

Eric and Bess Eisenstadt...in memory of Dr. David Adam Lertzman

Mark and Alyse Goldman...in memory of Robert Goldman

Bernie and Linda Holzman...in memory of Dr. David Adam Lertzman

Ron and Sandy Kanfer...in memory of Adrienne Gibson

Jim and Michelle Kranzberg...in memory of Dr. David Adam Lertzman

Don and Linda Lockshin...in honor of Maxwell Levy and Gabriel Levy's graduation from high school

Brad and Risa May...in memory of Dr. David Adam Lertzman

Rich and Cindy Michelson...in memory of Dr. David Adam Lertzman

The Miller Family...in memory of Cynthia Welikson Connie Nystrom...in memory of Dianne Schmidley

Daniel and Marcy Opstal...in memory of Ed Goldstone

Paula Rubinoff...in memory of Charles Rubinoff, Rebecca Rubinoff, Max Feldman, Regina Feldman, Harry Feldman

Seymour Samuels...for a new sound system

Rabbi's Discretionary Fund – Rabbi Gold

Leslie and Marcia Platt...in memory of Ann and Harold Platt

Larry Snowwhite...in memory of Fritz Snowwhite Andrew and Ellice Stern...in memory of David Gluck

Rabbi's Discretionary Fund – Rabbi Holzman

Alan Dappen and Sara Scherr...in memory of Lois B. Scherr, Merle S. Scherr

Stu Dornfeld and Emily Booth-Dornfeld...in honor of Sophie graduating from UVA with a BA in Jewish Studies and a BS in nursing

Mike and Vicky Farhi...in honor of the marriage of Joel and Amanda Farhi

Nancy and Helen Kruger...in memory of Ruth Silvera Kruger, Irving Martin Kruger

Kevin and Vicki Luman...in gratitude for guidance Janice Nagell...in memory of Shirley Youman, Samuel Youman

Fredda Weinberg Pribish...in memory of Steven Weinberg

Sharon Rosendhal...in memory of Sarah Katzman, Roberta Katzman, Maurice Katzman

Oliver and Joyce Schueftan...in memory of Henry Schueftan

Religious School Fund

John and Sarah Bercher...in honor of Samuel's *Bar Mitzvah*

Don Copley...in memory of Earl Copley

Judy Naiman...in honor of Sophie Dornfeld's graduation from UVA; in honor of Tyler Winans' *Bar Mitzvah* and Brandon Winans' Confirmation

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

Susan Kaplan Carlton...in honor of David Selden

Seldon and Ruth Kruger Fund for Adult Learning

Craig and Nina Falci...in memory of Sam Morse, Norman Morse, Burt Morse

Jason and Vera Feig...in memory of Frances Shuster Don and Nell Hirsch...in memory of Shirley Hirsch

Roy and Jean Horowitz...in memory of Nathan Newman, Diana Horowitz, Betty Horowitz

Nancy and Helen Kruger...in memory of Seldon Kruger, Sara Kruger, Elisabeth Silvera, Salomon Silvera, Lillian Silvera Solondz, Melvin Jacobs

Sharon Rosendhal...in memory of Sarah Katzman,
Roberta Katzman, Maurice Katzman
Seymour Samuels...in memory of Seymour Samuels,
Jr., Linda B. Samuels

Tikkun Olam Campaign (Social Action)

Anonymous...for people who are in need of warmth,
food, love, and peace of mind
Stephen and Norma Baker
Laura Bellis...in memory of James Jordan
Harvey and Janice Berger
Steffanie Bergman
David and Ellen Brewer
Sally Brodsky
Henry and Cindy Brownstein...in memory of Shirley
Savare, Maury Brownstein, Herb Sayare
Ed and Sandee Byrne
Susan Caro and John Lertzman
Andy and Susan Cohen
Brian Cohen and Deb Smith-Cohen
Alan Dappen and Sara Scherr
Scott and Jolie Deutschman
Boris and Betty Donskoy
Eric Eldridge and Lisa Folb
Craig and Nina Falci
Joel Farhi and Amanda Bird
Bob Fenster and Alison Behar...in memory of Dr.
David Adam Lertzman
Michael and Carol Flicker
Elliott and Debra Friedman
Barbara Gems and Robert Hitlin
Morton and Deborah Goldstrom...in memory of Jane
Goldstrom
Jon and Nicki Halterman-Mitchell
Roy and Jean Horowitz
Rosalind Gold
Andrew Goldberg
David and Ruth Goldberger
Mark and Alyse Goldman...in memory of Larry Parker
Mark and Stacie Gould...in honor of Diane Werbel's
75th birthday
Al and Lynne Groff
Ken and Fay Gubin
Mimi Herbert...in honor of Emily Hummel

David and Carola Hettler
David and Carla Heymsfeld
Michael Holzman and Nicole Saffell Holzman
Bruce Johnson and Janis Linkov-Johnson
Jon and Ellice Kark
Jeffrey and Noel Katz
Jill Swerdloff Klein...in honor of Rabbi Wainer
Michael and Candy Kleinrock
Daniel and Laurie Kobick
Jim and Michelle Kranzberg
Nancy and Helen Kruger...in memory of Seldon and
Ruth Kruger
Andy and Elizabeth Lacher...in memory of Lillian
Hochberg
Ken and Kathy Laskey
Charles and Barbara Leven
Samuel Leven and Jennifer Clifton
Bruce and Laurie Levine
Michael and Mindy Levy
Michael Lipsky
Steve and Ruth Lipson
David McCue and Lori Lefcourt
Kevin and Vicki Luman
Brad and Risa May
Neil and Deborah Meland
Rich and Cindy Michelson
Joe Miller and Martha Kimes
Howard and Heidi Mitnick
Peggy Nelson
Frank and Gretchen Newman
Jim Olkin
Mark and Judi Ornoff
Robert and Meryl Paskow
Stu and Bev Patz
Howard and Linda Perlstein
Stephen and Pam Pick
Leslie and Marcia Platt...in honor of Rabbi Rosalind
Gold
Michelle Probst
Richard and Ellen Ranard
Judy Ratliff...in memory of Sandra Nissman, Joseph
Nissman, Rhoda Fine, Louis Fine
Allan and Barbara Ratner
Norman Reich
Nevin and Louise Reynolds

Robert Reznikoff
 John Roberts and Mimi Kramer Roberts
 Jim and Laura Rose
 Kris Rose...in acknowledgement of the support from
 Rabbi Holzman, Cantor Caro, and Rabbi Wainer
 throughout my conversion experience
 Marc Rosenberg and Ruth Imershein
 Anne Rosenblum
 Susie Rosenthal
 Barry and Cora Rudolph
 Robert and Ellen Rugel
 Ruth Ruttenberg...in memory of Charles Herbert
 Wechsler, Bessie Spitz, Alice Nerenstone
 Tom and Susan Salen
 Lori Saltzman...in memory of Peter Saltzman, Anna
 Saltzman, Norma Saltzman, Grace Tobis
 Seymour Samuels
 Joanne Schamest and Ron Wallos
 Henry and Irene Schiffman
 Joseph Scholnick and Anna Harkins...in memory of
 Andrew Scholnick
 Schwall Family
 Larry and Lisa Schwartz
 Michael Schwartz and Rachel Ingber
 David Selden and Julie Wallick
 Marsha Sheinman...in honor of the NVHC Social
 Action Committee; in memory of Joseph Sheinman
 Sy and Roberta Sherman
 Marvin and Karen Singer...in honor of Rabbi Holzman,
 Cantor Caro, Rabbi Wainer, Rabbi Gold—for inspiring
 teaching
 Ted Smith
 Alexander and Naomi Smouha
 Larry Snowwhite...in memory of Harold Black, Abraham
 Zeitz, Elaine Zeitz
 Phyllis Stein
 Andrew and Ellice Stern
 Susan Trivers
 Chris and Lauryn Watanabe
 Mark and Nancy Weinstein...in memory of Harold Bill
 Weinstein
 Doris Weisman
 Howard and Carolyn Wesoky...in memory of Sidney S.
 Scheibel, Marian Unger Wise, Lena Cohen

Sam and Evelyn Wilson
 Tom and Stefanie Winans
 Ralph and Miriam Wolman
 Nina Zaretsky

Speaker Series

Jane Anthony
 Amy Becker
 Francine Beifeld
 Harvey and Janice Berger
 David and Ellen Brewer...in memory of Jerome Cohen
 Sally Brodsky
 Ed and Sandee Byrne...in memory of Miriam Chernow
 K. Todd Chamberlain
 Neil and Robin Cohen
 Don Copley...in memory of Isaiah Copley
 Eric and Bess Eisenstadt
 Sue, Jacob and Sarah Fajer...in memory of Salo Fajer
 Robert and Shirley Finkelstein...in memory of David
 Finkelstein, Deborah Finkelstein
 Michael and Carol Flicker...in memory of Larry Klinger
 and Dr. David Adam Lertzman, Florrie Cohen
 Esther Friedman
 Martin Gordon
 Michael Hendler
 Carol Isaacs
 Robert and Jackie Gladstone
 Steve and Linda Gordon...in memory of Doris Gordon,
 David Gordon, Rose Goldner, Elmer Goldner, Margo
 Lieberman, Frank Lieberman
 Jeffrey and Noel Katz
 Vivian Kramish
 Rebecca Krasnegor
 Andy and Elizabeth Lacher
 Steve and Ruth Lipson...in memory of Maurice Lipson,
 Benjamin Rzepka, Rita Lipson
 Brad and Risa May
 Mark and Judi Ornoff...in memory of Larry Klinger
 Howard and Linda Perlstein
 Michele Probst
 Judy Ratliff...in memory of Rhoda Fine
 Ruth Ruttenberg...in memory of Alan P. Spitz
 Seymour Samuels
 Henry and Irene Schiffman

Marvin and Karen Singer...in memory of Jennie Ankeles
Arnie and Natalie Small...in memory of Albert Mand, Elaine Mand
Larry Snowwhite
Phyllis Stein...in memory of Robert Stein; in honor of Tobin Wilson's *Bar Mitzvah*
Andrew and Ellice Stern...in memory of Anita Alman Rosenberg
Suzi Stone...in memory of Edward Doehrman
Mark and Nancy Weinstein
Howard and Carolyn Wesoky...in memory of Steven S. Korsen, Larry Klinger
Michael and Laura Williams
Stu Williger
Sam and Evelyn Wilson
Nina Zaretsky
Carl and Laura Zelman

Torah Fund

Howard and Linda Perlstein...in memory of Dr. David Adam Lertzman
Henry and Merrell Renaud...in memory of Theodore ("Ted") Gerstein Green
Sharon Rosendhal...in memory of Sarah Katzman, Roberta Katzman, Maurice Katzman
Eleonora Tarasova...in memory of Furman Gregory

Youth Group Fund

Janice Nagell...in memory of Doris Newman
The Ted Tinkelman Family



Thank you to the Green Team,
NVHC's environmental group, for
continuing to take care of our
adopted stretch of Wiehle Ave!

WELCOME TO YOUR



5782 | 2021

High Holy Day Information Center

Our services for 5782 will resemble some of our most meaningful High Holy Day prayer experiences, but will also offer new approaches to Rosh Hashanah and Yom Kippur. Most of our services will be in the sanctuary and social hall with seating spaced for safety and masks required in the congregation (prayer leaders will be vaccinated and unmasked on the bima). **Vaccination is required for all indoor in-person High Holy Day services. Indoor capacity will be limited.** Online streaming (and sometimes interactive Zoom) and outdoor seating options (with a live broadcast to a tent in the NVHC parking lot) will be provided for most services. Our schedule balances the desire to maximize spiritual opportunities for the greatest number of people and provide maximum COVID safety. **As always, we will remain vigilant with regard to any changes in our area around COVID safety, and will react appropriately as needed.**

Frequently Asked Questions

More information and all form links can be found at
<https://www.nvhcreston.org/high-holy-days/>.

Registration & COVID Mitigation

Will services be in person?

Yes. Most of our High Holy Day experiences will be in person with online options. **Indoor capacity will be limited.** We will also broadcast most services to a tent in the NVHC parking lot. Please see the schedule on the following pages for more details.

Vaccination is required for all indoor in-person High Holy Day services. We will not be asking anyone to provide their proof of vaccination - we will take our members and guests at their word on this very important issue that affects everyone. If you do not feel well, we ask that you stay at home and we wish you a speedy recovery.

Will there be an option to watch online?

Yes. Most of our services will be broadcast on our YouTube channel. Some experiences will also be available on Zoom. Please see the schedule on the following pages for more details.

Will I have to wear a mask?

Yes. All in-person indoor attendees are required to wear a mask at all times. We request that you wear a mask outside as well, particularly in and around the tent. Prayer leaders will be vaccinated and unmasked on the *bima*.

What precautions will NVHC be taking against COVID-19?

Vaccination is required for all indoor in-person services. All HVAC systems have been tested and balanced to provide optimal air circulation and filtration. HEPA filters have been placed throughout the sanctuary and social hall and will run continuously. **Indoor capacity will be limited.** Chairs in the sanctuary and social hall will be socially distanced and we will have outdoor seating under a large tent for those who are uncomfortable being indoors, or if we need overflow seating. All indoor attendees must remain masked at all times. We request that you wear a mask outside as well, particularly in and around the tent. Prayer leaders will be vaccinated.

How do I get tickets?

All in-person attendees must register in advance. Please see our [High Holy Day webpage](#) for the registration form. Please note that we will not be mailing paper tickets. All attendees will check in at the door.

What about guests?

Extended family members and guests of NVHC members may register and purchase tickets using the form on our [High Holy Day webpage](#). Please note that we will not be mailing paper tickets. Those who are not members of NVHC and not guests of NVHC members are welcome to join us online!

Where can I find the Zoom and YouTube links?

These will be emailed to everyone in advance of each holiday.

Traffic & Logistics

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. All vehicles should enter the NVHC driveway from the northbound lanes of Wiehle Ave. Please DO NOT enter through the church parking lot.

Frequently Asked Questions

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.

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

Where are accessible bathrooms?

There are accessible bathrooms on both levels of the building. 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 in the sanctuary lobby.

General

Where should I go when I arrive for services or if I have a question?

Greeters will also be on hand to provide directions and offer assistance. Please note there will be no one in the administrative offices 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 this form on the [High Holy Day webpage](#).

How do I include my loved ones in the Yizkor Memorial Book?

Go to our [High Holy Day webpage](#) to access the Memorial Book form. Please submit this form by 3:00pm on Friday, September 3.

What prayerbook do we use for the High Holy Days?

We use *Mishkan HaNefesh (Machzor for the Days of Awe)* from CCAR Press. We encourage you to purchase your own copies, as most of our families have done. Go to the [High Holy Day webpage](#) to order your books. A limited number of loaner books will be available.

ELUL & S'LICHOT

Elul Study Guide

Each day of the month of Elul, the month that leads up to the High Holy Days, offers us a chance to prepare spiritually. Our Elul Study Guide provides questions for you to consider based on the texts in the Yom Kippur afternoon *Avodah* service in *Mishkan HaNefesh*, our Reform High Holy Day prayer book (silver volume).

The full text of the Study Guide can be found on pages 21 and 22 of *The Glance*, and is also available on our website.

Shabbat Elul

Join us each Shabbat morning in the month of Elul as we prepare our souls for the High Holy Days. We will alternate between being in person and online:

- August 21, 9:00am, On Zoom
- August 28, 9:00am, On Zoom
- September 4, 9:00am, In Person Only

How to Make a Rosh Hashanah Seder August 18, 7:00pm, on Zoom

How to make a Rosh Hashanah Seder?! You may be surprised to know that this custom and ritual dates back to Talmudic times. It is a special ceremony at home during which we read texts and recite blessings over a variety of foods that symbolize our wishes for the year ahead. This year at NVHC, we are offering this opportunity specifically for our families to do at home *Erev* Rosh Hashanah, and generally for anyone who wishes to add this to their observance. Come to this online workshop with Cantor Caro to learn about the history, go through the texts and see how to create a meaningful ritual for you and your family at home. You can find the link in the weekly NVHC email. (And, if you can't make the workshop, the video will be available online afterward).

S'lichot August 28, 6:00pm, In Person Only

The entire congregation is invited to a late afternoon gathering to connect, nosh, make a craft, schmooze, and welcome the High Holy Day season with Havdalah and our S'lichot Torah cover changing ritual.

Starting at 6:00pm, we will have substantial hors d'oeuvres and the opportunity to make and paint a wooden apples and honey kit. Go to our [High Holy Day webpage](#) to purchase food and a kit! This 3D kit is simple to put together by oneself or with family, to hold a small jar of honey. It is an easy and lovely way to create something new and meaningful for Rosh Hashanah this year! If you are unable to join us for S'lichot, but would still like to make a kit, you can purchase one at the link above and pick it up the week of August 30. We will also have supplies to make spice bags for Havdalah. Then, at 7:00pm, we will begin Havdalah and our S'lichot ritual.

ROSH HASHANAH

Vaccination is required for all in-person indoor services.

Wear white at in person and at home - white is the traditional color of the High Holy Days.

Monday, September 6

Remember you can have a Rosh Hashanah seder! If you miss the Rosh Hashanah seder workshop on the 18th, be sure to check out the video recording on our [website](#).

Evening Service 8:00pm - In Person and on YouTube

Tuesday, September 7

Early Morning Service 8:00am - On Zoom and YouTube

Tot Service 9:00am - In Person and on Zoom
Please note that only the service leaders will be visible on Zoom.

Morning Service 10:15am - In Person and on YouTube

Family Service 10:15am - In Person Outdoors and on Zoom
Please note that only the service leaders will be visible on Zoom.

Torah Reading for All 11:00am - In Person and on YouTube

Morning Service Continues 11:30am - In Person and on YouTube

Shofar Sounding 3:00pm - In Person at NVHC, Floris United Methodist Church, ADAMS, or on Zoom

Tashlich 4:00pm - In Person Only at Lake Fairfax Park

YOM KIPPUR

Vaccination is required for all in-person indoor services.
Wear white in person or at home - white is the traditional color of the High Holy Days.

Wednesday, September 15

We invite everyone to participate in a ritual at home to begin your fast.

Kol Nidre 8:00pm - In Person and on YouTube

Thursday, September 16

Early Morning Service 8:00am - On Zoom and YouTube

Tot Service 9:00am - In Person and on Zoom
Please note that only the service leaders will be visible on Zoom.

Morning Service 10:15am - In Person and on YouTube

Family Service 10:15am - In Person Outdoors and on Zoom
Please note that only the service leaders will be visible on Zoom.

Torah Reading for All 11:00am - In Person and on YouTube

Morning Service Continued 11:30am - In Person and on YouTube

Yizkor 12:45pm - In Person and on YouTube

Silent Reflective Time in the Sanctuary 1:45pm - In Person Only

Meditative Walk 1:45pm - In Person Only

Interactive Experience 1:45pm - On Zoom Only

Contemplative Movement 2:30pm - On Zoom and In Person

Afternoon Service 3:30pm - In Person, on Zoom, and on YouTube

Reflective Time with Music 4:30pm - In Person and on YouTube

Study 4:45pm - In Person Only

Silent Reflective Time in the Sanctuary 5:00pm - In Person Only

Neilah 6:00pm - In Person and on YouTube

ELUL STUDY GUIDE

Each day of the month of Elul, the month that leads up to the High Holy Days, offers us a chance to prepare spiritually. This guide provides questions for you to consider based upon the texts in the Yom Kippur afternoon *Avodah* service in *Mishkan HaNefesh*, our Reform Holy Day prayer book (silver volume), on pages 444-471. This service is verbal re-enactment of the ancient Yom Kippur ritual of the Temple in Jerusalem, the context of which can be found on pages 444-446.

Each week explores 4 texts. For the first 3 texts, take a day to read the text and reflect, then take a second day to respond to our question. For the 4th text, go deeper, and read and respond in the same day. We encourage you to keep a written Elul journal.

Week 1: Elul 1-7, August 9-15

449: At the bottom of the page, Eugene Borowitz talks of turning the mundane into the noble, or holy. What do these words mean to you, to live nobly or with holiness?

453: If God is everywhere, then how can we magnify our awareness of God each day or even for part of each hour?

458: Psalm 8 reminds us of our divinity in the scheme of creation. In what ways can we connect our own experience of holiness with our awareness of the world around us?

461: The meditation in the middle of the page differentiates between Shabbat and other forms of “me-time,” between relaxation or vacation, and seeing the universe with awe. What can you build into your Shabbat practice this year that will elevate the experience from personal comfort to cosmic wonder?

Week 2: Elul 8-14, August 16-22

466: The paragraph that begins “You are my witnesses” proposes that establishing a meeting place with God gives structure to our spiritual yearnings. Do you have such a place? How might you find or create one this year?

469: This reading emphasizes the extreme particularity of Yom Kippur as the key to bringing holiness into our lives. In what ways do the specific rituals we observe contribute to the holiness in our lives?

472: What part of this confession describes your own struggles with faith?

476: This confession focuses on the unseen and unheard in the world. In what ways can we be more aware of marginalized people and groups that surround us?

ELUL STUDY GUIDE

Week 3: Elul 15-21, August 23-29

481: This poem finds holiness in fleeting, mundane moments. Take some time to try and summon a scene with similarly strong sensory memories. How can such a memory bring holiness to your life?

483: The italicized text makes the connection between our homes and synagogues and God's presence. In what ways can we accentuate this experience in our homes and at NVHC this year or in general?

486: "Our Sages Teach" describes how Torah enables us to see the purest light of Creation. When have you had an experience when Jewish learning has brought this kind of spiritual or moral clarity to your life? In what ways did that impact you?

489: At the bottom of the page is a reading that describes true prayer as a "divine service of the heart." The High Holy Days are rich with many prayers. Reflect upon how you might turn your prayers from the needs of your life to become words of service to God.

Week 4: Elul 22-29, August 30-September 6

496: This tiny poem by Zelda names the most minute natural moments as signs of God which can bring us peace. In what ways do you relate to this connection between nature, God, and peace?

500: The words here of the Israeli poet Yehuda Amichai capture the awesome nexus of mystery and science in the act of bringing children into the world. Try to meditate on recent memories of children in your life or of your own childhood, and note what parts of this memory are mundane and what are awesome?

503: Reading three reminds us that God put beauty on this world for a reason. This year, in what ways can you make time to find joy in God's handiwork?

507: Sages Rabbi Yochanan and Rashi elevate the power of our dining tables as meeting places, giving them to power to bring holiness into the world through welcoming others to our homes. How might you try something like this in the coming year, even with potentially unusual circumstances ahead? As we prepare to gather together, reflect upon the power and importance of welcoming and being welcomed to bring in the New Year with blessing and hope.



NORTHERN VIRGINIA
HEBREW CONGREGATION

1441 Wiehle Ave | Reston, VA 20190



Upcoming Holidays

S'lichot
August 28

Rosh Hashanah
September 6-7

Yom Kippur
September 15-16

Sukkot
September 20-27

Simchat Torah
September 27-28
(NVHC will celebrate on 9/26)