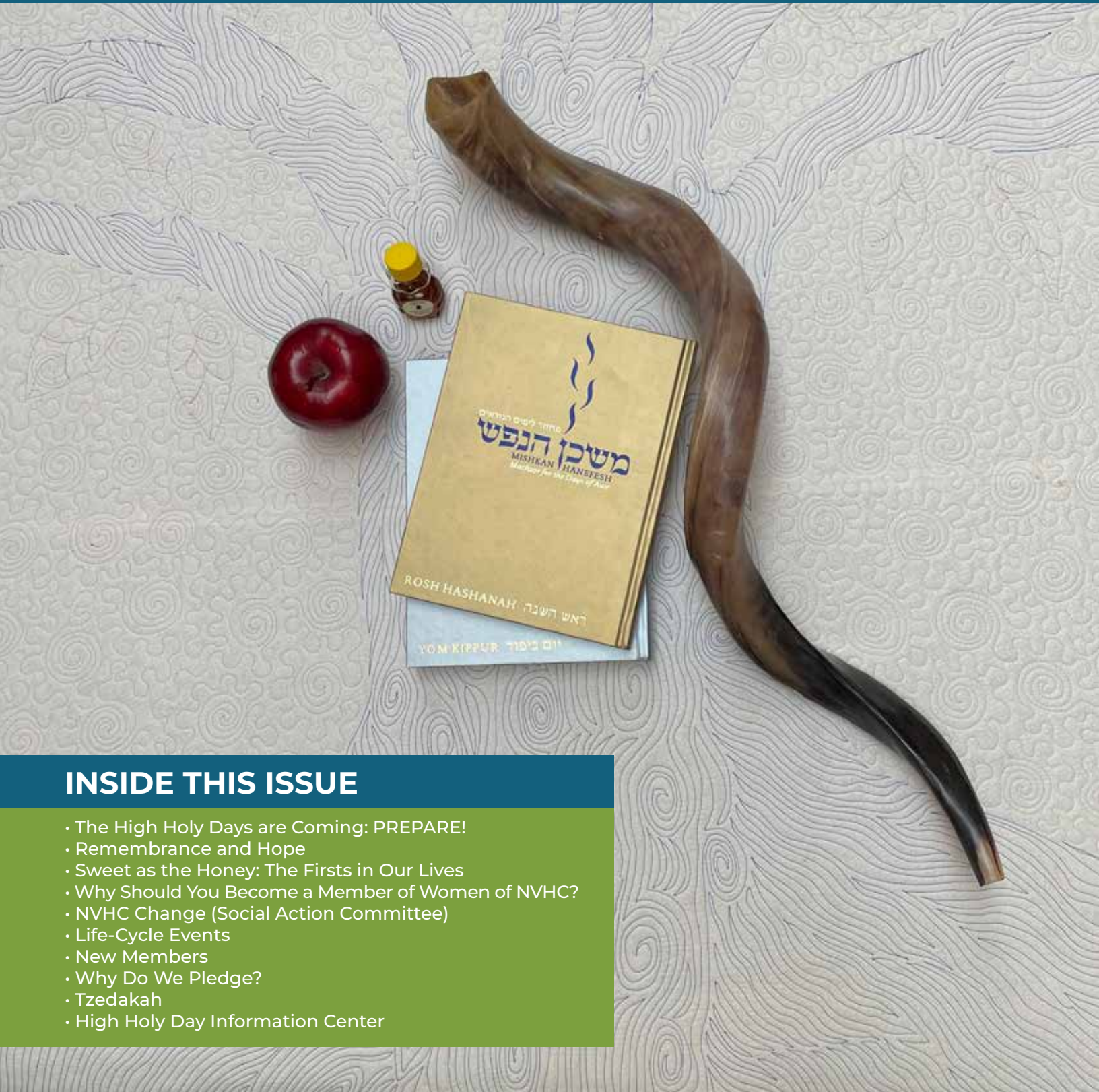


The Glance

NVHC's Quarterly Magazine

High Holy Days 5783 | 2022



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The High Holy Days are Coming: PREPARE!

By Rabbi Holzman



This summer, I had my first opportunity to enjoy Shabbat in Tel Aviv. Unlike the hundreds of Shabbats I have spent in Jerusalem, with its suddenly silent streets and markets, its horn 40 minutes before candle-lighting, and the echoing sound of singing Shabbat tables, Tel Avivis are busy, with full work and social lives, restaurant reservations, and friends to see. They are proudly Jewish, and they are proudly secular.

So, this summer I noticed how Tel Aviv Jews approached Shabbat in their own authentically Jewish way. The traditional Jerusalemite actions were absent: I saw few people preparing for dinner, rushing home for candles, or getting ready to sing. Instead, the Jews were winding down a busy work week on Friday, spending most of the day shopping and running errands, but then going home to change clothes, and rushing out to have fun on Friday night.

Despite the difference with Jerusalem, something was the same: anticipation. The entire week was oriented toward this special time, this moment on Friday night when the majority of the country enters a state of separation from the rest of time. I realized that in America, we are so used to having our Shabbat first in the weekend, beginning abruptly as we are walking out of work. Those Friday hours in Israel, filled with people ticking off their traditional and modern pre-Shabbat task lists, do not exist for us. And so we are deprived the psychological benefit of anticipation.

We often overlook anticipation because, of course, the focus is on the thing we anticipate. We look forward to a big sporting event, or a party, or a vacation, or a visit with a friend, or a holiday, and we place value on the thing at the end of the waiting time. But that waiting, that orientation, builds within us a sense of meaning

Elul at NVHC

Judaism gives us the full month, *Elul*, immediately prior to *Rosh Hashanah* as a time for preparation. Increase your intentionality and deepen the soul journey of this season by watching our *Elul* video series as it is released every few days. If some of the vocabulary below is unfamiliar, check out the video as we will be explaining from scratch. Also, see Rabbi Holzman's column for more *Elul* preparation opportunities.

8/26	Community
8/28	<i>Slichot</i>
8/30	Shofar
9/2	Apples and Honey and Sweet Foods
9/4	Wearing White
9/6	<i>Tallit</i>
9/9	<i>Tashlich</i>
9/11	Fasting
9/13	<i>Kol Nidre</i>
9/16	<i>Vidui</i>
9/18	<i>Yizkor</i>
9/20	<i>Ne'ilah</i>
9/23	<i>Sukkot</i> and <i>Simhat Torah</i>
9/25	Break Fast and Community (reprise)

and hope. We talk with friends about what time their flight arrives. We banter about who will be pitching in Game 7 (alas, this has nothing to do with the 2022 Nats!). We read guidebooks to be ready for the trip. The anticipation helps deepen the value of the eventual thing. It gets us thinking about what we want the experience to be. Anticipation becomes intention. Last month, the New York Times reported on studies that showed how anticipating something has positive health effects and increases in ethical behavior. Imagining the self enjoying the future leads us to act as if we are in that future.

If we are serious about meaningful growth and introspection on the High Holy Days, hopeful for the joy of familiar faces and uplifting ritual, then we need some anticipation. Unfortunately, the American calendar will not help like it does in Israel. Most jobs do not end early before *Kol Nidre*. (Thank God—and a bunch of hard-working faith leaders—that at least the schools are closed!) So, if we want intention on these High Holy Days, we have to make it happen. The anticipation must come from us, not the rhythms of the world around us. We have to prepare.

The good news is that Judaism has a built-in system of preparation all designed to heighten our intentionality. We might think the High Holy Days begin with *Rosh Hashanah*—it's called Head of the Year, right?—but we start preparing a month earlier at the start of *Elul* (this year on August 28), and some say even earlier with the first of the seven *Haftarot* following *Tisha b'Av* (the 9th day of the prior month of Av). At NVHC we have a tradition during *Elul* of self study, contemplation and reflection.

This year, we invite you to prepare and anticipate the Holy Days in three ways. First, we will be sending video messages every few days during *Elul* with our reflections on different elements of the holidays (see the schedule on page 3). In each short video a member of the clergy team will take one piece of

the season, explain it, share how it deepens our experience of the holy days, and then ask you to consider what it might add to your observance as you enter 5783. We have intentionally (there's that word again) chosen a range of ideas and practices, from the cultural and sweet to the theological and challenging because this time of year offers a Jewish smorgasbord (for all those Swedish Jews) of ways to find meaning during the Days of Awe.

Second, we invite you to our *Slichot Havdalah* in September. This night will begin with light refreshments, desert and community. Next we will have a short conversation about a central theme of this year's High Holy Days at

NVHC, "The old shall be made new, and the new shall be made holy" (from the 1st Chief Rabbi of Israel, Abraham Isaac Kook). Then we will begin our *Slichot* service, which will include *Havdalah*. This is the official separation, when we first hear the musical motifs of the season, encounter specific prayers of repentance, and we change our Torah covers from their usual red to High Holy Day white (if you ever wondered, "why white?" watch the videos).

Third, in the past few years we have asked a handful of members to offer reflections of their understanding of the season, and we want to expand and modify that opportunity this year. We invite all of you to send in your reflections on the following question, and we will take excerpts of what we receive and share them (anonymously if you want) with the community on *erev Rosh Hashanah*. This is a way to expand the possibilities of personal storytelling and maintain the flow of the service. Onto the question:

We call these days "holy" and the liturgy emphasizes three main expressions of holiness: awe, honor and righteousness. Something holy is separate and set-apart from the mundane tasks of life. How do you or will you elevate these three themes to build holiness in your life? Or, how have your encounters with moments of awe, honor and righteousness created holiness for you? Or any variation of these ideas that sparks your thinking. Please send your ideas to mozelle@nvhcreston.org, and come on *erev Rosh Hashanah* to your voice amidst the voices of our community.

We prepare all the time, readying our spreadsheets and slide decks for presentations, making lists for an upcoming trip, meeting with financial planners to think about the future. But what about preparing the soul? Isn't the soul just as important as the next work meeting, vacation or major savings goal? All those other areas of life—work, family time, aging—will be hobbled if we neglect the soul, yet most of us approach our spiritual practice as if we can just flip a switch and just begin.

This year, join us in anticipation of the Days of Awe. Imagine an entire country spending a whole month building up to a specific holiday season (oh . . . that happens here too, just in December!), and imagine how your soul will be ready and refreshed as you anticipate starting anew in 5783.

From Nicole, Avi, Talia (and Rosie) and I, *Lshana Tova!* May your preparation deepen and strengthen the meaning offered by *Elul*, *Slichot*, *Rosh Hashanah*, the Ten Days of Repentance, *Yom Kippur*, *Sukkot* and *Simhat Torah*. May this be a year of sweetness, meaning, growth and joy for you, your friends and family, and for the entire NVHC community. 🌸

High Holy Day Food Drive for Cornerstones' Emergency Food Pantry

On the day each year when we do not eat, NVHC provides food for those who struggle to afford it. Please join us by filling a grocery bag or two with items on the list below. Bring in your donations to services on Yom Kippur morning. Items collected to go Cornerstones' Emergency Food Pantry. Thank you!

SHOPPING LIST

Low sodium, low fat, sugar free, and organic items are always appreciated.

Non-perishable Food:

- Cereal, Oatmeal, other breakfast items
- Peanut Butter and Jelly
- Rice (brown, wild etc.)
- Quinoa
- Kidney and black beans (dry)
- Canned Fruit & Vegetables
- Canned Tuna, Salmon, Chicken, Ham
- Tea, Coffee (regular and decaf – instant)
- Snacks (crackers, granola bars, etc.)
- Sugar, honey, sweetener, flour, salt, spices
- Condiments (mayo, ketchup, mustard, etc.)
- Canola Oil & Olive Oil

Hygiene Items:

- Toilet Paper
- Soap, Shampoo, Deodorant
- Toothpaste, Toothbrushes
- Laundry Detergent
- Feminine Hygiene

Baby Items:

- Diapers (all sizes)
- Baby Wipes
- Formula (Similac)
- Baby Food (all stages)

To volunteer Yom Kippur morning before services to help load the truck, please contact Ellen Ranard SocialAction@nvhcreston.org





Remembrance and Hope

By Cantor Susan Caro

My grandparents would come up from Florida to visit every summer to visit with us, both because we were on summer break and to escape the Florida heat, the latter of which seems a bit absurd these days. My memories of our time together are filled more with the day-to-day conversations we had than about places that we went. The long, deep relationships I had with them into adulthood – including conversations about patience, about acceptance of people for who they are, about giving life my best effort – shaped who I am today. In the warmth of summer and in this context, I find myself thinking even more about my grandparents, holding dear the lessons they gave me in my daily accomplishments.

There is a lot of ‘remembering’ that is built into our upcoming High Holy Days. Memory is what connects us cognitively, emotionally, and spiritually with what happened before. Whether it is recalling what we ate for lunch or an event which took place thousands of years ago, we know that memory brings with it deep emotion, both positive and negative.

One of the names of *Rosh Hashanah* is *Yom HaZikaron* – the Day of Memory, of God’s remembering us.

As our High Holy Days are a time of asking God to remember us, to be present with humanity, our prayer *Zochreinu* asks on behalf of our ancestors for God to remember us for life and blessing.

One of the three sets of shofar blasts is called *Zichronot*, reminding us that each of us can be remembered in our deeds,

that our acts are significant; we are called into the God’s presence through the sound of the shofar.

The powerful poem “*Unetaneh Tokef*” speaks of the *Sefer haZichronot* (Book of Memories) that is opened on *Rosh Hashanah*, containing the image of God writing down our remembered deeds from the past year.

And of course, we recite *Yizkor* – the prayers of remembrance of those who we love, those who made us who we are today.

Our High Holy Days are also a time of personal reckoning and reflection – of holidays of years gone by; of loved ones who are no longer here. As we invoke our communal ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, it is a time to also remember not-so-distant ancestors whose presence we call forth in memory. As *Rosh*



Hashanah recalls the creation of the world, we can each recall those who created who we are, who influenced and impacted us the most.

As I write this, I continue to reflect upon the trip of memory and hope that I recently led and shared with some of you to Eastern Europe. It was an experience of personal ancestral roots for some; for every one of us it was an experience of communal roots and place, in one way or another.

Through our experiences, we memorialized the vast numbers of souls destroyed in the nightmare of the Shoah –6 million Jews, of whom 1.5 million were children, along with the millions of Intellectuals, Communists, Socialists, Catholics, those Mentally and Physically infirm, Gypsies, Gays and Lesbians who were also murdered. Tragically, these numbers are not new to us; we have lived with these numbers all of our lives. We saw the places which witnessed how hatred and bigotry came together with modern technology to create a machinery of death that had never been seen before in human history. In coming to witness this, we were not left with understanding, but only with our own remembering.

In looking through the lists kept at Auschwitz of all those who perished there, I was greatly surprised to find numerous 'Caro's' on that list for my own great-grandfather was born in the U.S. in 1876. While his father was born in Germany in 1853 and came to the U.S. as a young man, I hadn't before really contemplated the possible extended family that I never knew, that perished during the Holocaust. In seeing the familiar names that have clearly lasted in my family: Henry, Isidore, Sarah - I understood more deeply the communal obligation as well in reciting *Yizkor*. Of course, we cherish the memories of our beloved ones, those we knew and loved; on *Yom Kippur* though, at our most spiritually vulnerable, we are called to also remember our communal past. To speak of people gone, whether we knew them or not, raising them up for memory rekindles their lives and deeds. Our consciousness provides their place in *Sharsheret hakabalah*, the links of tradition of our people's heritage and history, even just for a moment. Memory restores meaning to a person's life.



As our group was leaving the 200-year-old Okapova Cemetery in Warsaw following a short memorial service, I invited each person in our group to 'take a name' with them. Any name, from any grave marker they saw; a name that might otherwise be lost, etched in stone but silent.

I chose to remember Eugenia Salzman, who died in 1940.

I don't know her story, but I feel that holding on to and speaking her name enables her to live on. Then, when I tell this story, her life matters once more. Memory that then leads to action opens the wellspring of hope to flow into our lives, watering our souls with the presence of souls now gone from our world.

From his speech in accepting the Nobel Peace Prize in 1986, Elie Wiesel reminds us: "Without memory, our existence would be barren and opaque, like a prison cell into which no light penetrates; like a tomb which rejects the living. It is memory that will save humanity. For me, hope without memory is like memory without hope."

We witnessed hope and dreams on our trip: the flowering of small, new patches of vibrant Jewish life in Warsaw and Krakow; the remnant seeds of Jewish community in Prague taking root once more, returning like the regrowth on a hillside after a devastating fire. The possibilities of the future raised up upon the shoulders of memory. Memory paves the long road ahead toward hope.

I am eager to see each of you at our High Holy Days services as well as at other times throughout the year ahead. This year, though, when we begin our *Yizkor* service on *Yom Kippur*, I hope that perhaps you will stay for the service – adding to the remembrance of your own loved ones bringing the name in your heart of someone you might not have known, so that their existence will remain part of this world that continues to shape us, the world that by our lives we shape for those yet to be. In this way, our communal remembrance will acknowledge that myriad of souls whose existence paved the way for this moment in time. I hope that in the year ahead we will share together both remembrance and hope, in health and in peace. 🌻



Sweet as the Honey: The Firsts in Our Lives

By Rabbi Barrett



I have never walked into a grocery store and purchased a jar of honey. Never, not once. I love honey with my Challah on Fridays and some with my tea in the winter – I consume honey! The great thing about honey is that it is often free-flowing from Jewish organizations this time of year. Thankfully the Jewish people have kept my honey supply stocked for most of my life, thus I've never needed to restock my honey shelf.

We Jews love all things that are made with apples and honey this time of year. As fall approaches we can't help but get excited for all the sweet treats. We love doling out honey sticks and apple cakes endlessly to family and friends as *Rosh Hashanah* approaches. We send our neighbors on their way with the heartfelt wish *Shanah Tova*, as we truly hope to start the new year on a good and sweet note.

Our people over time have often infused honey with symbolic meaning connected to study. It's a connection that comes to us from far back as Biblical times. The Prophet Ezekiel is instructed by God to eat the scroll of the Torah (Ezekiel 3:2-4). Ezekiel seemingly complies with the instruction and then said it tasted as sweet as honey. Although it's a strange moment in *Tanach* it reminds us that wisdom is as important to the soul as food is to the body.

We also have an age-old tradition with stems from Ashkenazi culture of Eastern Europe that links honey with the start of one's study. The tradition is that as students learn their Hebrew letters for the first time a drop of honey is placed on each letter on the page. A beautiful reminder for all teachers and students, no matter what age, that learning

should be both sweet and nourishing. However, in this Covid-conscious world we live in, we will forego this specific tradition this year at *Kehillat Limmud*.

This year I want to infuse honey with additional meaning. Honey can still remind us of the sweetness of our moments in life, but honey is also sticky, and it moves incredibly slowly down the side of the jar when we try to savor the very last drop.

This fall as we gather for *Kehillat Limmud*, some will taste the sweetness of our NVHC learning community for the first time, and some are rushing to be back with old friends from past years. This year as we begin everything anew, savor the sweetness of the honey as we mark the newness this fall. At the same time, don't let anticipation and excitement rush the time. Seek instead to harness the honey's slow-moving energy and let it remind you to absorb each day that passes. Try to resist the urge to move on too quickly to the next event.

This fall in *Kehillat Limmud*, and in all moments where our NVHC community gathers, will be as sweet as the honey we eat this High Holiday Season, that is a given. Our task now is to spend the time engaging meaningfully with our tradition and with each other. If we have learned one great lesson of this age living with variants and constant Covid spikes it is that we may have to quarantine at any moment to keep ourselves safe and healthy. In spite of this, we must live each day by drawing out each moment.

This year at KL we will spend time savoring the blessing it is that we can be together in community. 🍯

Why Should You Become a Member of Women of NVHC?

By Peggy Nelson

Why Should you become a Member of Women of NVHC – also known as Sisterhood? My first answer is why wouldn't you want to be a part of this thriving group who celebrate and support ALL women of NVHC? But maybe my story will pique your interest and convince you this is where you want to be.

It was the fall of my first year at NVHC. (I'm scared to tell you the year!) My son would be turning 1 in November. I knew very few people. One day I received the Chocolate and Champagne Invitation in the mail (No, not by e-mail). I nervously decided to attend.

I bravely put on my smile and entered the party. It was a large, friendly gathering with wonderful food. But I felt as if I might not belong there. At the time, I was not Jewish, and I had not begun to think about conversion. In fact, if you had asked me that night, I would say I would not convert. But I wanted to meet people, especially since we had decided we would raise our children as Jews here at NVHC. I also did not want to mislead anyone there. I felt that I should let someone know that I was not Jewish, just in case that would be a problem. I met several people, all welcoming and friendly. Finally, I talked with someone at length, and I let her know that I was not Jewish. I really did not know what reaction I would receive. Much to my surprise, I quickly learned that she was not Jewish either. In fact, there were several of us there who were not Jewish. And it made no

difference! Everyone welcomed our participation and involvement.

Well, on that night, I met one of my best friends for life. I became very active in our organization and at NVHC. It was several years later that I converted, and well, now look!

The support that I have had from ALL of the Women of NVHC has been phenomenal. They have supported me through pregnancy and childbirth, conversion, divorce, the ups and downs of raising children, being a single parent, losing loved ones, and all of the everyday turmoil that often hits at the most inconvenient times.

So, why wouldn't you want to be a part of this wonderful group of supportive and generous women? Of course, you belong here! Whether you are married, partnered, single, divorced, or widowed – with or without children – Jewish and non-Jewish – we want to welcome you ALL to our inclusive group.

Please join us on Sunday, October 23 at 1:30 pm in the NVHC tent for

Chocolate and Champagne. I promise you will meet a fun, thriving group, who will offer you wonderful food and the warmth of good friends. We are here to support YOU, and we can't wait to see you soon for this and many more events!

On a final note, the friend I met that night will be the Chair of our Chocolate and Champagne event this year. (And I didn't twist her arm to do this!) I can't help but laugh at this coincidence! Please join us for this fun event. You won't be sorry to be a part of our group, and you can help us further our mission of promoting camaraderie, esprit de corps, spirituality, and participation in tikkun olam. Questions or ideas?

Please email me at WomenofNVHC@NVHCReston.org

Membership Materials Here: www.nvhcreston.org/engage/socialize/sisterhood-2 Just want to attend and check us out? RSVP to me at WomenofNVHC@NVHCReston.org – See you soon! 🌸



NVHC Change (Social Action Committee)

By Nell Hirsch



Visited with Ukrainian refugees through the work of ADRA

In our fractured, tumultuous world, the thought of *tikkun olam* (repairing the world) often seems hopeless. But Rabbi Tarfon taught that while it is not our responsibility to finish that work, we are not free to desist from it. How then, can we as individuals, make any real difference? If you read or listen to the news, the situation appears bleak.

NVHC Change, our social action committee, offers answers and action. Come and join us! Our donors and volunteers bring light to the darkness with outreach locally and around the globe:

- Providing the regular security of a weekend food bag for hungry Reston/Herndon area elementary school students;
- Bringing the warmth of homecooked meals to our local Hypothermia and emergency family shelters;
- Re-settling and supporting three generations of a frightened Afghan family;
- Offering smiles and supplies in person to Ukrainian refugees in Poland;
- Supporting our local community by sponsoring the Fairfax Student Peace Awards and sponsoring and attending Reston Pride;
- Mentoring young students at Forest Edge Elementary School;
- Writing hundreds and hundreds of nonpartisan postcards to get out the vote;
- Funding *tikkun olam* projects chosen by our religious school students;
- Funding national Jewish organizations, MAZON and HIAS;
- Funding local and regional organizations, Cornerstones, JCRC and VOICE;
- Funding our membership in Faith Alliance for Climate Solutions and NVHC's Green Team to make our facility more energy efficient.

None of this vital work happens without grassroots participation. Well over 150 congregants have stepped up over the past year, working together in ways large and small to effect positive change. In the process, we have met fellow congregants, made new friends, and found meaningful engagement in our community. Dozens of regular volunteers create personal connections that strengthen NVHC as a whole.

This work brings enormous satisfaction to our participants. Our volunteers have been privileged to see the joyful tears of an Afghan father on his daughter’s first day at kindergarten, and the gratitude in the smiles of Ukrainian refugee children and families. Our cooks and bakers saw their meals and cookies and challahs welcomed hungrily by the residents of the shelter. Our mentors share stories of “their” kids with pride, and our greeters at Reston Pride found so much appreciation from participants. Working for *tikkun olam* brings joy to our volunteers, even as it helps to heal the brokenness of our world.

We extend our profound gratitude to the financial donors to the *Tikkun Olam* fundraising campaign. Their gifts are above and beyond their pledges to NVHC, and their generosity provides for the current \$65,000 annual budget of NVHC Change. This firm financial foundation ensures that our vital work continues. From smaller sustaining contributions to major gifts, every bit helps provide for our budgeted services, as well as for funding urgent needs as they arise.

During our High Holy Days, the urgent call of the shofar exhorts us to examine ourselves, our lives, and our prior-

ities. How can we give life to Rabbi Tarfon’s wisdom? In 5783 we welcome you to join us in *tikkun olam*.


- Want to help in some small way? We have a task for you.
- Have an idea for a project? We can’t wait to hear it!
- Ready to take on something meaningful? We’ll help you find the right fit.

“

None of this vital work happens without grassroots participation. Well over 150 congregants have stepped up over the past year, working together in ways large and small to effect positive change.

”

This work is the antidote to the endless assault of the news cycle, and the relationships that we build in the process give us sustenance, strength and hope. We may not be able to heal the world, but we can repair it, one tiny crack at a time. Working at it together gives meaning and vitality to our Jewish ideals and values.

Contact Ellen Ranard, Chair of NVHC Change, at SocialAction@nvhcrestons.org with comments and questions or to volunteer to join us in our work. 

LIFE-CYCLE EVENTS

CONDOLENCES

To Heidi Mitnick, on the death of her mother, Frances Herbst

To Rabbi Holzman, on the death of his beloved family friend, Chuck Darner

MAZEL TOV

To Michael and Tanya Langlois, on the birth of thier daughtr, Carmen Inara Langlois, born July 9, 2022

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

NEW MEMBERS

A Warm Welcome to New Members

We extend a warm welcome to these NVHC newcomers who have recently become part of our family, be sure to make them feel at home when you meet them!

Tony Mitchell

Amelia Lister-Sobotkin and David Sobotkin

Benyamin Naphatali

Natalie Drasin and Harrison Godfrey

David and Meryl Hirschland

Jon and Wendy Kantor

Welcome back-
Maura Greenman



Why Do I Pledge?

By Jim Kranzberg

In the summer edition of *The Glance*, Susan Trivers wrote a convincing article on charitable donations and the importance of *tzedakah*. That got me thinking - why do I make my pledge to NVHC? Some of the reasons I found were supported by NVHC's Mission Statement: "NVHC is our spiritual home, where we connect through community to Judaism that matters."

I have been on the Board as a Trustee for almost four years. Therefore, I am reminded a lot about our mission statement. Furthermore, I am deeply aware of NVHC's strategic move towards a "covenantal commitment" membership model. This is a model that welcomes members and friends of NVHC to make a financial commitment reflective of their covenantal relationship, ability to provide support, and the congregation's financial need. Thus, we ask our members to make a pledge to support NVHC. I also understand and appreciate the

importance of everyone being welcome regardless of the amount of their pledge.

Here are some of my reasons for supporting our Spiritual Home:

1 – Community - I think it is important for people to support their community. It doesn't matter whether it is your time, money, goods, or food; just make where you live better. In my case, I like to keep most of my charitable contributions local, connecting to and supporting my community, schools, neighbors, etc. NVHC also contributes locally to organizations that I support, such as Cornerstones, as well as supporting many other causes in our community. So, for me, supporting NVHC is a win-win. That leads me to my second reason:

2 – Values – NVHC and I have similar values. The Social Action Committee, NVHC Cares and the Green Team

all work on important issues that matter to my family. In addition, I choose to contribute to certain donor-designated funds, as they support my interests as well. Sometimes I feel as if a small donation isn't meaningful, but I know that as a community gives together, they do add up. Many small contributions add up to be a more impactful benefit than one would be able to do on their own. But it doesn't always have to be about money:

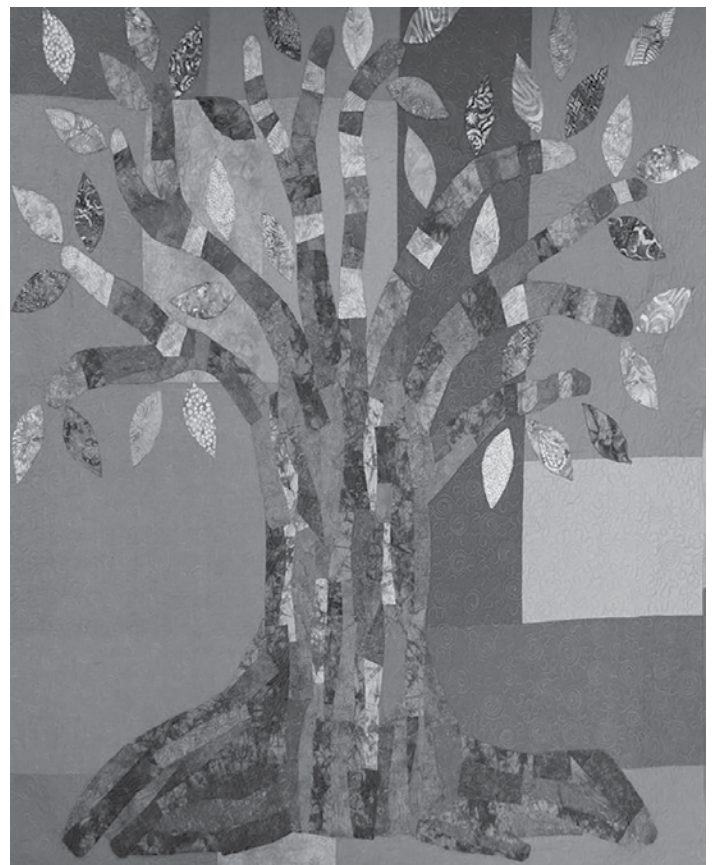
3 – Volunteer – I'll be honest, I have limited time to volunteer. A handful of years ago, NVHC was in a transitional period and not all members or leaders were happy. There was a lot of introspective work, improved governance, and strategic planning as a result. I decided during that time that since NVHC was my largest single charitable donation, I had a responsibility to get involved. I started out slowly and next thing I knew I was asked to participate on the Board as a Trustee. This has led to a much deeper and more appreciative understanding of how my pledge and donations are used. Sure, I get to hear operational topics such as the intricacies of setting up an automatic payment plan, and budget time is a real blast... But sarcasm aside, additionally, I get insight into the spiritual importance that this covenantal commitment means. Think again of Susan's teaching about *tzedakah*. On the topic of how my pledge is used:

4 – Keep the Lights On – NVHC is our Jewish spiritual home, our synagogue, and within the sanctuary the ark holds our Torahs. Above that is a light, a symbolic eternal flame, that we want to keep lit. So, yes, there are basic practical things such as keeping the lights on, the HVAC system running, carpets cleaned, our security and safety ensured, the building maintained, and the list goes on and on. Not only that, NVHC has employees, and like all employees they want to be valued, have benefits, and grow professionally and financially. NVHC, while not-for-profit, requires funding. I like to think of our pledges as the important sales revenue that allows NVHC to keep the lights on. On the topic of keeping things going:

5 – Pay it Forward – I also believe my pledge helps to pay it forward. I've been a member of NVHC since 2010. During that time my children have gone to religious school, had their bar and bat mitzvah, were confirmed, and were madrichim. In addition, I've grown spiritually, honored my mother's yahrzeit, learned from many sermons and the list goes on. I feel I owe it to other members, especially those newer members that haven't yet had the same joyful experiences that I've been fortunate to have at NVHC. I suppose this all falls under "Judaism that matters." And on that point, yes, I'd like more - which leads me to my last reason for making my pledge:

6 – Selfish – Sure, I'll admit, I'd like more. For example, I'd like to take more advantage of all the benefits that my pledge affords. I'd like to learn and grow from more adult education. The NVHC Distinguished Speaker Series is off the charts impressive. Racial Justice and Rebuilding Democracy are powerful projects that I should explore. I loved Brotherhood breakfast, but I haven't engaged enough to make new friendships... the "connect through community" part of our mission. What would you like more of? Maybe you want to participate in the Photography Club, join the fun on the new Game Nights, or the Golf League. Maybe even start something new? Organize an NVHC picnic or a gardening club... anyone?

Anyway, as we head into the High Holy Days, as new members join, as our donor-designated funds deplete and grow again, and as we ramp up the *Nitzavim* Capital Campaign, please think about how and why you pledge and donate. Maybe consider giving a little more and engaging a little more. And if you cannot, no Jewish guilt, after all, there isn't a required dollar amount or amount of involvement you need to be a member of NVHC. Simply your covenantal commitment to make a pledge. As Susan taught us, we share the moral obligation of *tzedakah* to cover one another, and - I'll add - to support our Mission Statement that NVHC is our spiritual home, where we connect through community to Judaism that matters. 🌿



WE THANK OUR GENEROUS CONTRIBUTORS

Cantor's Discretionary Fund

Nicole and Jon Korsen...
in memory of Brenda Wagschal

Sam and Lisa Schwall...
for the dinner on the Poland trip

Choir & Music Fund

Francine Beifeld...in memory of
Yetta Sheingold

Rob and Nora Gutcho...
in memory of Hazel Eisenstat

College Outreach Fund

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

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in honor of all 2022 NVHC graduates

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Amalya's Bat Mitzvah

Inclusion Fund

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NVHC Cares

Vivian Kramish...
in memory of Louis Raker

NVHC Fund

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Covid Relief Contribution

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in memory of Robert Goldman

Rabbi's Discretionary Fund – Rabbi Holzman

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Mark and Judi Ornoff...in memory
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Tikkun Olam (Social Action)

The Annino Family...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Carlos and Shauna Barron...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Henry and Cindy Brownstein...
in memory of Maury Brownstein

Jamy Cole-Judd and Family...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Alan Dappen and Sara Scherr...
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Lois B. Scherr

Gail and Robert Dezube...
in memory of Miriam Dezube

Ed and Jamie Doxer...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

The Duchak family...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Jon Fass...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Michelle France...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Joe and Marsha Goldberg...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Morton and Deborah Goldstrom...
in memory of Jane Goldstrom

Delia Marie Gordon...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Wendy, Stuart, Ethan, and Sarah
Hoffman...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Kendall Holbrook...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

Chris and Julie Hornbecker...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Amy Kales...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Donna and Mark Katzman...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

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Katzman's Bat Mitzvah in Poland

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Katzman's Bat Mitzvah in Poland

Andy and Elizabeth Lacher...
in support of Ukraine relief

Vishwas and Swapna Lele...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Ben Levitan...in honor of Felicia
Katzman's Bat Mitzvah in Poland

The Marshall family...in honor
of Felicia Katzman's Bat Mitzvah
in Poland

The Mastroianni Family...in honor of
Felicia Katzman's Bat Mitzvah in Poland

The Miller family...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Kacie and Scott Mitchell...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Mike and Tricia Mordas...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Toby Paioff...in support of the people
of Ukraine

Aimee Reynolds...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Anne Rosenblum...in memory of
Noel Krupnik

Joseph Rothberg...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Cindy and Gregg Schwartz and
family...in honor of Felicia Katzman's
Bat Mitzvah in Poland

Karen and Marvin Singer...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Larry Snowwhite...in memory of
Abraham Zeitz, Fritzie Snowwhite

Golda and Alan Steier...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Forest and Eleanor Thomas...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Julia Walder...in honor of
Steffanie Bergman

Kari Walker...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Barney and Margie Weber...
in honor of Felicia Katzman's
Bat Mitzvah in Poland

Steffi Wheeler...in honor of Felicia
Katzman's Bat Mitzvah in Poland

Speaker Series

David and Ellen Brewer...in memory
of Jerome Cohen, Vicki Kalfus

Alyse Goldman...in memory of
Larry Parker

Steve and Linda Gordon...
in memory of Frances Herbst

Stephen and Louise Hershkowitz

Mark and Judi Ornoff...
in memory of Jeffrey Rubin

Ruth Ruttenberg...in memory of
Ken Ruttenberg, Jack Spitz,
Jeffrey Smith

Torah Fund

Francine Beifeld...in memory of
Abraham Albert Beifeld

Howard and Linda Perlstein...
in honor of Eric and Bess Eisenstadt's
53rd wedding Anniversary

Eleonora Tarasova...
in memory of Gregory Furman

Schedule and Registration

Our services for 5783 will resemble some of our most meaningful prayer experiences, but will also continue to offer new approaches to *Rosh Hashanah* and *Yom Kippur*. Most of our services will be indoors in our sanctuary and social hall, with outdoor seating options in a very large tent in our parking lot. Online options will be available for most services, as well. **For all indoor services, being up-to-date on COVID vaccinations is required.** Currently, masking is suggested indoors, but remains optional at this time. Prayer leaders will be vaccinated and unmasked on the bima. **Indoor capacity will be limited.** 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.**

2022 SCHEDULE

Rosh Hashanah

SEPTEMBER 25

8:00pm - Erev Rosh Hashanah Service
In-person indoors, in the Tent and on-line

9:30pm - Oneg
In-person

SEPTEMBER 26

9:00am - Young Family Service
(suggested through 2nd Grade)
In-person in the Tent

10:30am - Morning Service
In-person indoors, in the Tent and on-line

3:00pm - Shofar Sounding
In-person outdoors and on-line

4:00pm - Tashlich
In-person at Lake Fairfax Park

Yom Kippur

OCTOBER 4

8:00pm - Kol Nidre
In-person indoors, in the Tent and on-line

OCTOBER 5

9:00am - Young Family Service
(suggested through 2nd Grade)
In-person in the Tent

10:30am - Morning Service
In-person indoors, in the Tent and on-line

1:30pm - Yizkor
In-person indoors, in the Tent and on-line

2:45pm - Afternoon Study
In-person indoors

3:30pm - Youth Activity
(suggested 3rd-6th grade)
In-person outdoors

4:30pm - Afternoon Service
In-person in the Tent

6:00pm - Neilah
In-person indoors, in the Tent and on-line

7:00pm - Break-the-Fast
In-person

FREQUENTLY ASKED QUESTIONS

Will services be in-person?

Yes. Most of our High Holy Day experiences will be in-person indoors in our sanctuary and social hall. **Indoor capacity will be limited.** We will also live-broadcast most services to a large tent in the NVHC parking lot, utilizing a large, fantastic LED wall for the broadcast. For most services, there will also be the option to participate on-line. Please see the schedule on the following pages for more details.

Up-to-date COVID 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 on-line?

Yes. Most of our services will be broadcast live on-line. Please see the schedule on the following pages for more details.

Will I have to wear a mask?

Currently, our policy is that masks are suggested indoors, but optional. It is possible that masking requirements may change. Prayer leaders will be vaccinated and unmasked on the *bima*.

What precautions will NVHC be taking against COVID-19?

Up-to-date Covid 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.** We will have outdoor seating under a

large tent for those who are uncomfortable being indoors, or if we need overflow seating. The tent will utilize a large, fantastic LED wall for the broadcast.

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.

Please Note: You will need to have completed your Annual Giving Pledge to be able to register for High Holy Day Services.

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 may purchase tickets to join us in the large tent in our parking lot. If space is available indoors during any particular services, those registered for in the tent who wish to come indoors may do so.

Where can I find the links for services on-line?

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

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. Security officers and traffic volunteers will be present throughout the property.



High Holiday 5783: Kids Edition

This High Holiday season we invite children to join their parents in the sanctuary. Together as one multigenerational community, we will move through the liturgy of our *Machzor* (High Holiday prayer book). This year we will offer a companion *Machzor* available for children. In it, they will find guiding reflection questions, poems, and prayers that align with *Mishkan HaNefesh*. Together we will begin the new year on the same page as one *kehilah* (community).

Additionally, during the morning worship for both *Rosh Hashana* and *Yom Kippur*, children will have the opportunity to move to the multipurpose room to engage in hands-on projects around the themes of the holidays. It's a chance for kids to join with friends and classmates to engage in the spiritual work of the High Holiday Season.

For Selichot:

We invite the entire congregation to a gathering to enter into the High Holy Day season, with schmoozing and nosh, an opportunity for personal contemplation, culminating with *Havdalah* and our *S'lichot* ritual.

6:00 p.m. – Light dinner and conversation. During this time, we will also provide special paper upon which you can privately write down the qualities or characteristics that you would like to 'cast off' in the year ahead. These will be collected anonymously and brought to our *Tashlich* ritual on the afternoon of *Rosh Hashanah*, to be cast off into the water. The paper dissolves, as we hope will our sins and transgressions. We will also be able to make small spice bags to be used during the *Havdalah* that evening.

7:00 p.m. – *Havdalah* and *S'lichot*, including the ritual changing of our Torah covers to mark the beginning of the High Holy Days

IMPORTANT LINKS

Two Ways to Register

Go to www.nvhcreston.org/high-holy-days or use QR codes below!

Please Note: You will need to have completed your Annual Giving Pledge to be able to register for High Holy Days services.

Member Registration

To order your passes go to:
<https://nvhc.shulcloud.com/form/high-holy-day-registration-5783.html>



Guest Registration

To register a guest, go to:
<https://nvhc.shulcloud.com/form/high-holy-day-guest-tickets-5783.html>



Non-Member Registration

To register a non member
who is not a guest, go to:
<https://nvhc.shulcloud.com/form/high-holy-day-non-member-registration-5783.html>



Yizkor Memorial Book

To have your loved one's name listed
in the Yizkor Memorial Book, go to:
<https://nvhc.shulcloud.com/form/yizkor-memorial-book-name-form-5783>



Mishkan HaNefesh

To order a copy of Mishkan HaNefesh,
our High Holy Days Machzor, go to:
<https://nvhc.shulcloud.com/form/mishkan-hanefesh-order-form1.html>



Volunteering

To sign up to preform a mitzvah and
volunteer at the High Holy Days, go to:
<https://nvhc.shulcloud.com/form/high-holy-day-volunteers-5783.html>





NORTHERN VIRGINIA
HEBREW CONGREGATION

1441 Wiehle Ave | Reston, VA 20190

UPCOMING HOLIDAYS

Selichot - September 17

Rosh Hashanah - September 25-26

Yom Kippur - October 4-5

Sukkot - October 9-16

Shmini Atzeret - October 17

Simchat Torah - October 18

