

The Glance

NVHC's Quarterly Magazine

High Holy Days 5787 | 2026

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CELEBRATING 60 YEARS



NORTHERN VIRGINIA

HEBREW CONGREGATION

With the start of the new year of 5787, NVHC will be celebrating its 60th Anniversary. We will mark this milestone with a series of events throughout the year. Please join us as we honor and revel in 60 years of community at NVHC!

**SATURDAY,
NOVEMBER 14**

Denim and Diamonds

**60th Anniversary
Denim and Diamonds-Themed Party
at The Woodlands**

**FRIDAY,
DECEMBER 4**

First Candle of Chanukah!
Erev Shabbat Service
60th Anniversary Rededication at
Chanukah Shabbat



JANUARY 28-31



**Scholar-in-Residence
Rabbi Mari Chernow
Dean, Hebrew Union College -
Los Angeles Campus**

**SATURDAY,
APRIL 10**

A Night of Storytelling
Our community now has 60
years of stories!



**SUNDAY,
JUNE 6**



60th Anniversary Cookout
This fun all-ages gathering will
usher in the summer of '27!

Rosh Hashanah Starts Before Rosh Hashanah

By Rabbi Michael G. Holzman



A few years ago, a friend invited me to join a small group of middle-aged guys who like to go backpacking. I have done two trips so far, and by the time you read this, hopefully I will have safely concluded a third.

I have learned the hard way that the trip begins the minute we set the dates and destination. If I wait to start the trip at the trailhead, nothing terrible will happen, but I also will likely suffer. I may have packed the wrong equipment. I might be out of shape and hurt myself. I learned last time that the little carbide tips on my hiking poles had disappeared and the remaining smooth steel had zero traction against the rock. In other words, the old adage “proper preparation prevents poor performance” is really true.

By the same token, when the trip ends and my little hiking group climbs into the pickup van, it is not entirely over. Once we get back to the frontcountry and clean up, we almost immediately start sharing stories and swapping photos. As the memories of the trip settle in, we reach out to each other to connect and continue the experience

“
The goal is to integrate the Holy Days into life, so that as we look forward, and as we reflect afterwards, the spiritual messages of the season seep out into everything else.
”

with a phone call or group Zoom. And pretty soon, we are talking about our next adventure.

Jewish holidays operate the same way. They are not supposed to be little, discrete boxes neatly organized and self-contained inside the lines on a calendar like a business appointment. Rather, they are meant to be a series of peaks

and valleys, each one rolling into the next. The goal is to integrate the Holy Days into life, so that as we look forward, and as we reflect afterwards, the spiritual messages of the season seep out into everything else. The sacred time is meant to affect the mundane reality.

So if you had planned to “do High Holy Days” the same way you make an appointment on the calendar, you may come away spiritually disappointed. You will likely complete the day, but you also may not enjoy it as much as you could have. You cannot simply show up at the building for the event and then walk away understanding the whole message. Instead, we strongly encourage you to use this edition of the Glance to start thinking about your preparation for Rosh Hashanah and Yom Kippur (and the days in between), and the follow-up period from break-the-fast through Sukkot and the dancing of Simchat Torah. Here are five practical suggestions:

1. Jewish tradition gives us the month of Elul (starting on the evening of August 13, 2026) to begin our preparations (some even start on the 10th day of Av, the month before Elul), and at NVHC we change the Friday night prayer book for the whole month precisely for this purpose. We also release video reflections throughout the month to spur your thinking and give you a chance to consider what kind of High Holy Day experience you would like to have.
2. To give yourself the time and space to think before and after services this year, you might want to look at all the rest of your commitments and tell people in advance that you need a special schedule at this time of year. Especially for teachers, students, parents, and anyone tied to a school schedule, September is rough. If we were in Israel, the school year would not even start. So think about blocking out time for a walk, for cooking and preparing the table, for an hour here or there to read the prayer book. This needs to be blocked out in advance.
3. Especially on Friday morning, September 11, which is both the 25th anniversary of September 11, 2001 and Erev Rosh Hashanah, the day should feel different. What are your memories from 9/11? Perhaps consider watch-

ing a documentary like *9/11: One Day in America* as a family (with age-appropriate tweens or teens). Do that more than a week in advance to give it some separation from the Jewish themes of the season. See page 11 for more information on how we are marking this moment at NVHC.

4. Think about some new reading. One book I highly recommend is Alan Lew’s *This Is Real and You Are Completely Unprepared*. Or take a look at the introductory pages in either volume of *Mishkan HaNefesh*, our High Holy Day prayerbook. Time this reading during the week before Rosh Hashanah or in the days between the Holy Days.
5. Plan for afterwards: The High Holy Days are meant to begin Jewish time, and so our calendar follows them with a period of holidays meant to spotlight key elements of Jewish living: community, nature, Torah, joy, and ritual. So:
 - a. If you have never built a sukkah, now is the time to do your planning and purchasing. There are great kits and simple designs out there which can be stored from year to year using lumber or PVC for the frame. Check out sukkot.com for advice and easy kits.
 - b. If you do not have space for a sukkah or the desire to build one, start talking to friends, and maybe build one together, or make a plan to use the NVHC sukkah for a group meal. And
 - c. Simchat Torah will be observed on October 2 at NVHC, when we will unroll and reroll the entire scroll and celebrate beginning Torah again with dancing.

For the new year 5787, give yourself the gift of restructured time. Try not to treat the days as appointments, but rather as destinations to strive for and reflect upon. Just like I learned about hiking trips, you will enjoy these days so much more if you spend time preparing in advance and reflecting afterwards with your community. *L’shana Tova.* 🌿



Cultivating Our Best Selves: A Bite-Sized Spiritual Tune-up

By Cantor Susan Caro



M*ussar* may be one of Judaism’s least marketable words. It sounds vaguely like a brand of mustard, a distant cousin of hummus, or something your doctor tells you to avoid. Most people hear “*Mussar*” and politely nod while quietly wondering if they missed a memo.

Putting the name aside, the practice of *Mussar* is nothing short of amazing. This centuries-old Jewish practice of working on our character and paying attention to how we move through the world brings a beautiful evolution of one’s soul growth—one action, one intention at a time. The practice first enticed me more than 20 years ago during a crossroads in my cantorial career, and it continues to shift how I encounter my life. As with any spiritual work, it remains a practice, never perfection.

As the High Holy Days approach, we usually focus primarily on Rosh Hashanah and Yom Kippur. But Judaism sees the entire 10-day period as a single spiritual gift. On Rosh Hashanah, our trajectory is written, but it is not permanently sealed until Yom Kippur. This set of days, called the *Aseret Y’mei T’shuvah* (Ten Days of Repentance), creates a powerful spiritual cushion—a “draft period” allowing us to actively rewrite our intentions with sincerity.

Rather than seeing *t’shuvah* (repentance) as a single act of remorse, *Mussar* invites us into daily, intentional practice: noticing our habits, examining our reactions, bringing

balance to our *middot* (character traits), and making small adjustments in how we relate to others. In this way, our lives become drafts always open to revision.

I know a 10-day spiritual curriculum might sound daunting. But dipping your toe into *Mussar* isn’t about instant perfection; it’s about making small, conscious shifts. Bring your curiosity. Leave behind your judgment.

Here is a 10-day guide for *Mussar* reflection during the *Aseret Y’mei T’shuvah*.

- **Day 1 (*Rosh Hashanah*) - *Cheshbon Ha-nefesh* (Accounting of the Soul):** Start the year by looking inward. Acknowledge your default habits—like impatience or anxiety—without any shame. Awareness is the first step.
- **Day 2 - *Hitlamdut* (Curiosity/Mindfulness):** Pay close attention to your daily triggers. When you feel provoked, hit the pause button. Investigate your internal reaction before you speak.
- **Day 3 - *Anavah* (Humility):** Recognize your place in the universe. Practice humility today by actively listening to someone else’s perspective without formulating your comeback.
- **Day 4 - *Savlanut* (Patience):** Notice when you feel rushed. Practice patience by taking three deep breaths and choosing deliberate slowness over impulsive rushing.

- **Day 5 - Chesed (Loving-kindness):** Look for an opportunity to practice open-hearted generosity. Perform just one unsolicited, small act of kindness for a loved one or a stranger.
 - **Day 6 - Tzedek (Justice/Righteousness):** Examine your relationship with fairness. If you have avoided making amends with someone you harmed, use today to take the first step toward repairing it.
 - **Day 7 - Emet (Truth):** Live authentically. Where are you telling yourself stories that do not serve you? Practice speaking and embracing the unvarnished truth with compassion.
 - **Day 8 - Zrizut (Alacrity/Enthusiasm):** Lean into doing the right thing without delay. When an opportunity to help or forgive arises, act on it immediately rather than putting it off.
 - **Day 9 (Erev Yom Kippur) - Bitachon (Trust):** As we prepare for the fast, surrender your need to control everything. Practice trusting that you have the internal resilience to navigate the year ahead.
 - **Day 10 (Yom Kippur) - Shalom (Wholeness/Peace):** On this holy day, bring your complete self before the Divine. Release the baggage of the past year and step forward with a clean slate.
- Some of you might choose to embark on this work even before Rosh Hashanah, while others may choose to focus on just one trait throughout the 10 days. If your plan goes awry, take a breath, give yourself a hug, and simply pick up where you left off.
- Dedicating even a few moments to considering how these traits play out in our souls bridges the gap between High Holy Day prayers and our daily actions. Whatever you choose, may your practice bring you closer to your truest self. 

Finding Our Way Into Prayer on the High Holy Days

By Rabbi Ashley Barrett

There are about 1,000 pages across our three holiday prayer books for Selichot, Rosh Hashanah, and Yom Kippur. Prayers both ancient and modern, in Hebrew and English, span those pages; words from Torah as old as time, and words that find life in the moment, those that are uttered for the first and only time in that moment. Visual interpretations of our ancient words and words of poetry help us cross the threshold into the new year. Some of the liturgy feels familiar, while much of it does not.

As our hearts and focus are turning towards the High Holy Days and this corpus of liturgical material, you may read this characterization of Jewish prayer and feel confused, inferior, scared, or any other emotion which could act as a barrier. You may think you only know a tenth of what's going on in those thousand pages in the *machzorim* (High Holiday prayer-books). I want to reassure you that you are not alone. If the sheer amount of material, the unfamiliarity, or the feeling that you do not know “enough” has kept you from joining us fully for prayer, perhaps these ideas will help you gain confidence ...

At the very beginning of Jewish prayer, there existed a sense of apprehension or even space between the individual and the prayers. When Aaron, the first High Priest, first steps into his spiritual duties, he is called on to *draw close* to offer the sacrifice. Sacrifice shares the same Hebrew root (*koof-resh-vet*)

with the verb that means “to approach” or “come close.” The sacrifices were our first modes of spiritual connection. Before we had the *siddur* (prayerbook) or the *Amidah* or *Kaddish*, we had sacrifices. The sacrifices teach us the greatest intention of prayer: to *draw close*. The purpose of prayer is to close the gap that exists in life between us and each other, ourselves and the sacred in the world. When we draw close to something that is challenging, we open the door for transformation.

In prayer we confront life's big questions, we confront the limitations in our own knowledge, and we stand with each other. Turning towards these things even for a moment more than what feels comfortable is how we grow. When you seek to close the gap between yourself and the words on the page, the person praying beside you, or the forces of wonder in our world, that spark of connection places your one story into the greater whole. You are one of many and you are not alone. You are not alone in the words you pray, and you are not alone in your struggles. As Jews we have always sought to *draw close* in our prayers, not pray on an island of solitude.

Another way to close the gap, to manage feelings of inadequacy in Jewish prayer, is to focus on the helpful direction that Kavanah can offer us in prayer. *Kavanah* is defined as the *intention*, the direction our hearts bring to the words

we say. If we are so focused on the *keva* - the idea of doing prayer “right” - we will miss what we can truly offer and gain through the practice of prayer. Liturgist Reuven Hammer also defines *kavanah* as the way to aim for the mark of our prayer, connecting with our understanding of sin during this season, *to miss the mark*. We inevitably miss the mark in our actions and in prayer and then we get the opportunity to try again, to pause, take a breath, and take new aim next time. We can flip the page and find a new creative interpretation, a new poem to help us understand the holy words in the book. One moment in prayer that lacks connection does not mean we are forever doomed to a life outside of Jewish prayer. This understanding of *kavanah* can help us from one moment to the next in the worship services of the High Holy Days.

As we prepare for the High Holy Day season this year, we are mindful of all the things that can stand in the way when we are trying to pray. This year’s Elul preparation video series will focus on just that: how to gain a better understanding of the liturgy and services we will encounter in order to better prepare ourselves. Join us in your inbox to periodically zoom in and focus your mind with *kavanah* on the prayers and texts of the holidays. These videos will equip you with the knowledge

to help guide your thoughts, understand the background of the prayers, hear some new takes on these ancient words, and *draw closer* to the words and intentions of these Holy Days.

I think the clergy here at NVHC have the best view in the house during most services. I see the most sacred moments of prayer play out before my eyes, often going unnoticed by the rest of the community. I see many of you turn to each other and offer to help find the right place in the *siddur* or find a place in the community. We are people who offer help to *draw close*. Each of us belongs to a great chain of people who question prayer and wonder how to pray. Rabbi Nachman of Breslov encouraged a form of prayer called *hitbodedut*, which is a pouring out of one’s soul; whatever stirs within a person’s mind or heart already qualifies as prayer. Simply saying “*God, I don’t know how to pray*” is a spiritual act.

Prayer is not some standard that the clergy sets, or that God sets, and that only certain people attain an understanding of. True prayer is sometimes easy and sometimes incredibly hard, because prayer is something that is authentic to the moment, to who and where we are in our own personal story. It is never stagnant and is best when we come exactly as we are, questions, confusion, and all. 🌿

LIFE-CYCLE EVENTS

MAZEL TOV

- To Alex Ukoh on the marriage of his son, Chimere, to Haley
- To Ellen and Rich Ranard on the birth of their grandson, Harvey Brooks Ranard, on April 15, 2026
- To Mozelle Stanton, on the birth of her grandson, Rafe, born to proud parents Sue and Thomas Davis, and proud sisters, Gloria and Robin, on June 18, 2026
- To Maxine Fox and Adam Rau on the birth of their daughter, Naomi Rau, on June 28, 2026
- To Peggy Nelson, on the birth of her grandson, Jaxon Brooks Nelson, to proud parents Josh and Bekah, and-proud sister, Wyatt, on July 6, 2026
- To Blake and Alison Zelickson on the birth of their son, Ethan Zelickson, on July 16, 2026

- To Jessie Hogue-Morgenstern and Tyler Richards on the birth of their daughter, Marlowe Josephine Richards, on July 21, 2026

CONDOLENCES

- To Sarah Margerison (David Boyer) and Oliver Boyer, on the death of their grandfather/great-grandfather, Richard Margerison, Sr.
- To Ambrose Natchigall, on the death of his grandmother, Caroline Perkins
- To Abbey (Stephen) Siciliano, on the death of her brother, Ron Schulman
- To Ed Gordon (Erica Livingston), Tabitha, and Sadie Gordon, on the death of their father/grandfather, Samuel Gordon
- To Ellen Goldman, on the death of her husband, Mitchell Robinson
- To Kathianne Smith (Steven Stoller), on the death of her father, Saul Thomashow

- To the family of Sy Sherman
- To Kathianne Smith (Steven Stoller), on the death of her mother, Judith Thomashow
- To the family of Henry Chadwick
- To Jennifer (Brady) O’Beirne, on the death of her father, Alan Ingber
- To Laura Zelman, on the death of her brother-in-law, Douglas Zelman
- To Cookie Adler, on the death of her sister-in-law, Robin Feldman Riesner
- To David (Ruth) Goldberger, on the death of his mother, Greta Goldberger
- To Deb Smith-Cohen, on the death of her sister, Darlette Smith
- To Rabbi Rosalind Gold, on the death of her brother, Howard Gold

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

Leave a Legacy at NVHC



L'dor V'dor - passing down our values, history and faith

Who shall live and who shall die?

The High Holy Days confront us with our own mortality and the fragility of life. They inspire us to live each day more fully and to strive to be the best versions of ourselves. They also call us to reflect on what we will leave behind when we are gone—our legacy.

This year, consider including NVHC in your end-of-life plans by creating a Legacy Gift (also called Planned Giving). It is never too early to start planning your legacy, and no gift is too small to make a lasting difference.

We are just getting started with this important effort! For more information, contact Joe Miller at joe@nvhcreston.org.

Join our Legacy Giving Circle:

Mark and Cathy Baum

Andy and Susan Cohen

Lisa Folb

Al and Lynne Groff

Don and Nell Hirsch

Andy and Elizabeth Lacher

Neil and Deb Meland

Arnie and Natalie Small


Nitzavim
 We Stand Together

Nitzavim Capital Campaign Investing in the Future of NVHC

Our multi-million dollar Nitzavim Capital Campaign is drawing to a close. We have paid off our \$2.1 million mortgage! We now need to raise just another \$100,000 to complete our Facility Improvement Objectives:

- Create a new plaza at the front of our building to establish outdoor gathering spaces and unify with our playgrounds
- Add a tot lot for our smallest children, right next to our larger playground
- Add an accessibility ramp connecting our two buildings

There are still opportunities to dedicate a paver in our new plaza. Contact Joe Miller at joe@nvhcreston.org for more information.



Exploring Deep Roots in Modern Resilience:
The Jewish Story of

GREECE & BULGARIA

Led by Cantor Susan Caro

MAY 16 - 28, 2027



Discover the rich and layered story of Jewish life in Greece and Bulgaria on a journey that blends ancient history, vibrant culture, and meaningful encounters. From the classical wonders of Athens to the Romaniote heritage of Ioannina, the Sephardic legacy of Thessaloniki and the powerful story of rescue and resilience in Sofia, this itinerary brings to life centuries of Jewish continuity and change.

ON THIS TOUR, WE WILL:

- **Connect** with centuries of Jewish heritage through meaningful encounters with local communities, historic synagogues, Shabbat celebrations and shared cultural experiences across Greece and Bulgaria.
- **Enlighten** your understanding of Jewish history and resilience as we explore ancient landmarks, Holocaust memorials, museums and the enduring Romaniote and Sephardic legacies of the region.
- **Inspire** your spirit through breathtaking landscapes, from the Acropolis and Delphi to Meteora and Sofia, while reflecting on stories of courage, continuity and faith.

...and SO much more!

Learn more about this trip at
<https://secure.ayelet.com/CaroGreece2027.aspx>



PLEASE BE AWARE THAT REGISTRATION IS LIMITED.

PRICING CHART	CHECK/CASH PRICE	CREDIT CARD PRICE
LAND TOUR (BASED ON DOUBLE OCCUPANCY)	\$5,720	\$5,920
ADD FOR SINGLE OCCUPANCY	\$1,645	\$1,705

For assistance with flights,
please contact anjie@ayelet.com or
800-237-1517 x340

800.237.1517 | www.ayelet.com

 **Ayelet** Tours, Ltd.

Elul

The Hebrew month of Elul is the last month before the High Holy Days of Rosh Hashanah and Yom Kippur. During this month, we can take time to prepare ourselves for those holidays. We can reflect on our process of *teshuvah*, the returning, renewing, and repenting that we each need to do for the past year in preparation for the coming year. We can take this month to review our actions, our lives, and engage in what our tradition calls *cheshbon hanefesh* - an accounting of the soul. We strive to elevate the spirituality in our lives, acknowledging our shortcomings and fragility, and apologizing to those we have wronged, including ourselves. We do all of this to grow as people and ready ourselves for the High Holy Days.

Elul Video Series 5787

The High Holy Days invite us to pause, reflect, and make meaningful changes in our lives. Preparing for that journey begins long before we step into the sanctuary. Join the NVHC clergy for our annual Elul video series to help with your preparations, as they offer insight into the liturgy of the season. These short videos will center on the language and purpose of these prayers in order to help us better understand them and direct our focus. We hope you join us for these periodic videos, and maybe even find a *chevruta* study partner to continue your reflections and conversations throughout the month of Elul and into the holidays.

These videos will be sent via email and posted on our High Holy Days page – www.nvhcreston.org/high-holy-days-5787.

S'lichot

Saturday, September 5

Dinner – 6:00pm, Service – 7:00pm

The High Holy Days ask key questions about our lives and our impact on the world around us. These can be challenging questions, and the pinnacle moment is meant to be when we hear the shofar at the end of Yom Kippur. This is a big climb, one we start at the beginning of Elul (40 days before Yom Kippur), and one we celebrate immediately after Yom Kippur through Sukkot and Simchat Torah.

A key moment on that journey is S'lichot, the time at the end of Shabbat before Rosh Hashanah when we first say many of the prayers and hear many of melodies special to the High Holy Day season. The service is beautiful and moving, the moment when we change the Torah covers to white and start moving our souls to purity step by step. Our S'lichot service will be Saturday night, September 5, at 7:00pm.



Join us for dinner followed by this meaningful, soul-filled service to help in our spiritual preparations.

The cost for dinner is \$20 per person and reservations are required.

Scan the QR Code or go to
<https://tinyurl.com/slichot-dinner-2026>
to make your reservation for dinner.





Rosh Hashanah

Friday, September 11

Memorial Service for the 25th Anniversary of 9/11
7:30-7:50pm

In honor of the memories of those lost on September 11, 2001, we will be hosting a short service from 7:30-7:50pm prior to Erev Rosh Hashanah services. During this time the **sanctuary doors will be closed and additional seating will not be allowed** until they reopen at 7:50pm. This will give us a chance to show respect for the tragedy of that day, while separating that observance from the theme of celebrating the New Year on Rosh Hashanah.

8:00pm – Erev Rosh Hashanah Service
In Sanctuary and online
Our community *Chesed* Scroll will be displayed beginning Erev Rosh Hashanah.

Saturday, September 12

9:00am – Young Family Service
(suggested through 2nd grade)
In the Multipurpose Room – This year's Young Family Service will be indoors. You must be registered to attend.

10:30am – Morning Service
In Sanctuary and online

3:30pm – *Shofar & Tashlich* service
In person at Lake Fairfax Park

Yom Kippur

Sunday, September 20

8:00pm – Kol Nidre
In Sanctuary and online

Monday, September 21

9:00am – Young Family Service
(suggested through 2nd grade)
In the Multipurpose Room – This year's Young Family Service will be indoors. You must be registered to attend.

10:30am – Morning Service
In Sanctuary and online

1:45pm – Afternoon Study
In person

3:30pm – Afternoon Service
In Sanctuary and online

5:00pm – Yizkor
In Sanctuary and online

6:00pm – Neilah
In Sanctuary and online

7:00pm – Break Fast
Multipurpose Room (pre-registration required)

High Holy Days for the Whole Family

As in past years, this High Holy Day season, we welcome children (3rd grade and up) to join their families in the sanctuary as we pray, reflect, and sing together. As one multigenerational *kehilah* (community), we'll move through the sacred liturgy of the *machzor*, modeling for our children what thoughtful, engaged Jewish adulthood can look like. Students who have already become *B'Mitzvah* in our community should bring their copies of *Mishkan Hanefesh* and *tallitot*.

During the morning service on both Rosh Hashanah and Yom Kippur, children are also invited to move to a different space for a creative, hands-on experiences that explore the themes of the season — a meaningful opportunity to engage with friends and classmates in the spiritual work of the High Holy Days.

Together — across generations — we'll bring the Days of Awe to life.

Important Links

Go to www.nvhcreston.org/high-holy-days-5787 or use the QR codes below to register for services, purchase prayerbooks, sign up to volunteer, and more.

Please note: you will need to have completed your Annual Giving Pledge to be able to register for High Holy Day services.

Annual Giving

To make your Annual Giving pledge, go to

<https://nvhc.shulcloud.com/form/2026-2027-pledge-renewal-form.html>



Member Registration

To register, go to

<https://nvhc.shulcloud.com/form/high-holy-day-registration-5787.html>



Guest Registration

To register a guest, go to

<https://nvhc.shulcloud.com/form/high-holy-day-guest-registration-5787.html>



Volunteering

To do a *mitzvah* and help out with the High Holy Days, go to

<https://nvhc.shulcloud.com/form/high-holy-day-volunteers-5787.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-5787.html>



Mishkan HaNefesh

To order a copy of *Mishkan HaNefesh*, our High Holy Day *machzor*, go to
<https://nvhc.shulcloud.com/form/mishkan-hanefesh-order-form-5787.html>



S'lichot Dinner

To RSVP for S'lichot dinner, go to
<https://nvhc.shulcloud.com/form/slichot-dinner-2026.html>



Break Fast Registration

To register, go to
<https://nvhc.shulcloud.com/form/break-fast-5787.html>



Teshuvah, Tefillah, Tzedakah: High Holy Day Appeal for 5787

The themes of *Teshuvah* (repentance), *Tefillah* (prayer), and *Tzedakah* (righteous giving) are central to our High Holy Day observance. Together, these three spiritual practices help us atone for the year that has passed and prepare for the year ahead.

Jewish tradition teaches that giving *tzedakah* is not optional—it is a religious imperative and a moral obligation, incumbent even on those who have little to give. Practicing generosity can change us. Every generous act we do makes an impression—training us to become more caring individuals and more attuned to the needs of those around us.

Giving to organizations that reflect our values reaffirms our commitment to repairing the world. When we give to Jewish organizations, we are re-

mindful of *Klal Yisrael*—the idea that all Jewish people are one family, and that we care for each other as a family does. When we give to NVHC in particular, we act out our covenantal commitment to this congregation and to everyone who comes to us seeking community, learning, and support.

What does NVHC's impact look like?

- A mourner leaning on the community after loss
- A new member embraced and made to feel at home
- Someone inspired by a Shabbat sermon to join a Social Action team
- A *B'Mitzvah* student sharing their insights through their *D'var Torah*

Multiply that by every household in

our community, and you begin to see what your gift makes possible.

When you register for High Holy Days this year, you will be invited to include NVHC in your charitable giving through our High Holy Day appeal. Please join us in responding generously. *Shanah Tovah.*



Send High Holy Day greetings to your “away from home” student!

Did you know that NVHC has a student outreach program called Chibur?

What is Chibur?

When you sign your student up for the program, they will receive four holiday packages: Rosh Hashanah, Chanukah, Purim, and Passover. Packages will include a home-baked treat and other fun holiday items plus a write up about the holiday and any prayers they may need.

Note: If you signed up your student last year, you will need to do so again, because we know addresses change.

Who is eligible?

- high school students studying away from home
- college students
- post-college students
- adult children serving in the military
- students attending post-high school education while living at home

The Chibur team is looking for committee members, help with putting packages together, as well as any financial support to help with purchasing items and shipping. Each box costs approximately \$18 per student per holiday. A suggested donation of

\$54 to the Tzibbur campaign with a note that funds should go to the college outreach program can be made by scanning the QR code below.



Scan the QR code below to complete the Google form by August 20 to sign your student up for the program in time to receive a High Holy Day box.



THE HOLIDAYS CONTINUE!

Sukkot

Friday, September 25 – Friday, October 2

Friday, September 25

Oneg with Israeli desserts in the Sukkah, immediately following Erev Shabbat services

Saturday, September 26

Hopps-dalah in the Sukkah, 6:30pm

Monday, September 28

Plant Forward in the Sukkah (tentative)

Tuesday, September 29

- Tamid (our teen program) in the Sukkah, 5:45pm
- Introduction to Judaism in the Sukkah, 7:00pm

Thursday, October 1

Women of NVHC and Brotherhood in the Sukkah, 6:00pm

Saturday, October 3

Tot Shabbat in the Sukkah, 9:00am

More events to be announced

Simchat Torah and Consecration Celebration

Friday, October 2

7:00pm – Simchat Torah and Consecration Celebration

Join us as we gather to rejoice in Torah! We'll enter into lively celebration with music, dancing, and one of the highlights of the year: unrolling the entire Torah scroll, holding it as one community, and reading straight from the end of Deuteronomy to the beginning of Genesis. At NVHC we celebrate learners of all ages. At the time of year when we celebrate Torah and start learning it again from the very beginning, we celebrate those at NVHC who are at the very beginning of their journeys.

There will be a dinner for families with school-aged children before the service beginning at 5:45. Registration for the dinner is required and forthcoming."



Support NVHC's Annual High Holy Day Food Drive!

Our neighbors need our help! Again this year during the High Holy Days, we will be collecting non-perishable food and toiletries for the Cornerstones Emergency Food Pantry. To the left is a list of what items they need. Remember that low sodium, low fat, sugar free, and organic items are appreciated for their clients with dietary concerns.

Grab a grocery bag (or several!) on Rosh Hashanah, fill it with food, and then drop it off inside the lobby at NVHC any time between Rosh Hashanah and Yom Kippur. Thank you for helping our neighbors in need!



Cornerstones
Assistance Services & Pantry Program (ASAPP)
Formerly Emergency & Self-Sufficiency Services Program

Emergency Food Pantry

SHOPPING LIST

Low sodium, low fat, fat free, sugar free and organic items are always appreciated for our clients with dietary concerns!

Non-perishable Food:

- Brown Rice
- Cereal, Oatmeal, breakfast items
- Peanut Butter and Jelly
- Wild Rice
- Quinoa
- Chia seeds
- Kidney and black beans (dry)
- Canned fruit
- Canned vegetables
- Canned Tuna, Salmon, Chicken, Ham
- Tea, Coffee (regular & decaf - instant)
- Snacks (crackers, fruit & granola bars, etc.)
- Sugar, honey, flour, salt, spices
- Condiments (mayo, ketchup, mustard, etc)
- Canola Oil & Olive Oil
- Soy Milk or Almond Milk

Hygiene Items:

- | | |
|---------------------|-----------------|
| • Toilet Paper | • Soap |
| • Deodorant | • Shampoo |
| • Toothpaste | • Toothbrushes |
| • Laundry Detergent | • Feminine Pads |

Baby Items:

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

The Social Action Committee

As we prepare our hearts for the High Holy Days, this sacred season calls us not only to reflection, but to action. *Teshuvah* - turning and returning to our highest values - reminds us to repair our relationships with one another and with our community. Through acts of kindness, work for justice, and compassion, NVHC Change brings our timeless Jewish commitment to *tikkun olam*, repairing the world, into our daily lives. We invite you to join us in this meaningful work and experience the satisfaction of acting on Jewish principles as you work with and get to know fellow congregants, creating community in the process.



You can:

- Shop and/or cook for the Embry Rucker and hypothermia shelter meals,
- Write cards, make friendship bracelets, and assemble care packages for the women's health center in Falls Church,
- Write get out the vote postcards to support democracy,
- Greet ADAMS (All Dulles Area Muslim Society) when they come to pray at NVHC on Friday afternoons,

- Advocate for social justice in our community,
- Support our High Holy Day food drive for Cornerstones,
- And so much more.

Read more about our work at <https://www.nvhcreston.org/engage/social-action/> or contact SocialAction@nvhcreston.org to join us in our activities. 🌟



Next-Level Lovingkindness

By Susan Trivers, NVHC Rides Coordinator

NVHC Rides has made amazing differences for many members of our congregation in the past year.

About a year ago, I realized that the best way to help members get to services if they were unable to drive themselves was to personally ask other members to help. I'm delighted to report that we have had five of what I call "mini rides teams" active this past year.

A couple of these came about because the person needing the ride asked me directly for my help. I called other congregants and invited them to provide rides. Once a group of two or three agreed, they formed a mini rides team and coordinate arrangements among themselves with the person needing the rides. This has worked beautifully. It is gratifying to see both the drivers and the passengers arrive at Shabbat services with big smiles, and to see them mingle with their friends during the *oneg*.

A couple of the other mini rides teams were formed by congregants themselves. Someone saw a need, a friend or acquaintance they realized was no longer driving, and they gathered a couple of others to make sure that member was able to experience the blessings of Shabbat in the sanctuary whenever they wanted.

This coming year I hope more of you will do similarly.

We are a very loving and kind congregation. Our Chesed Scroll is bursting with notes about the acts of lovingkind-

ness people have given or received. So many members readily respond to requests to deliver meals and challahs, to support our shelter dinners, and respond with love during family emergencies.

I am asking for something else this year: that we look for opportunities to help rather than wait to be asked. That when we see, or even suspect, that a member may need a ride to services, that we step up and offer.

I can tell you from personal experience that the offer of a ride is next-level lovingkindness. It means we are seen and people understand that it is often hard to ask for help.

You can do next-level lovingkindness in two different ways:

- 1) Just do it! Seeing someone who needs a ride and saying "I'll pick you at X o'clock" is music to their ears. Once you've done it, perhaps you can invite another member to join you and take turns.
- 2) Let me know directly that you will give rides even before there is a request. I will connect you with a person who needs a ride. And I'll try to help you form a mini rides team for that person. Email me at susan@susantrivers.com any time.

The extra time, perhaps 30-45 minutes round trip, that you spend giving someone a ride is priceless to the member who yearns to worship with us on Friday evenings. I am grateful for so much lovingkindness already. Together we can take it up to the next level. 🌟

Israel Committee

The Israel Committee seeks to strengthen NVHC's relationship with Israel by creating opportunities for support, learning, dialogue, and celebration. Our goal is to enhance understanding, foster emotional connection, and promote a sense of shared Jewish Peoplehood.

We offer programs regarding cultural events in Israel, recurring events within the Jewish calendar such as Desserts in the Sukkah and Yom Ha'Zikaron/Yom Ha'Atzmaut, relevant podcast discussions in our Last-Minute Listens, and creating dialog within our congregational family.

Some upcoming events with dates to be determined are:

- Last Minute Listens: two podcast discussions in early and late August. Relevant and current podcasts are chosen and will be announced closer to the discussion dates.
- Desserts in the Sukkah, a tradition for the Israel Committee

To contact the Israel Committee, please email: israelcommittee@nvhcreston.org



Second Night Seder



Mah Jongg



Tot Shabbat



Food Packing



Qeshet

Qeshet (pronounced “keh-shet”) is the Hebrew word for rainbow and is the name of NVHC’s LGBTQ+ group! Join us for Queer Torah Study, Game Night, and all kinds of other events! Everyone is welcome.

If you have any questions, contact keshet@nvhcreston.org.



Plant Forward



Interested in eating more plant-based foods – fruits, vegetables, whole grains, nuts, seeds, and legumes? Join Plant Forward! Plant Forward is an auxiliary group for people interested in eating more plant-based foods. Whether you are new or experienced, flexitarian, pescatarian, green Mediterranean, vegetarian, vegan, or simply curious and want to learn more about this way of eating, all are welcome! We go to lunch and are currently planning other events and opportunities. Please email plantforward@nvhcreston.org if you are interested in learning more and would like to be added to our interest list. 🌱

NVHC Invisible Illness and Disability Support Group

Do you struggle with an invisible illness or disability?

NVHC wants to support you! Join our monthly meeting to feel seen and heard among others who understand.

Why Join Us?

- We are a peer-led virtual group
- To gain support and connection
- To help make NVHC more welcoming to all

**DATES: THE 4TH MONDAY OF THE MONTH
(UNLESS OTHERWISE EMAILED)**

7:00 - 8:00PM

ON ZOOM ONLY

RSVP FOR ZOOM LINK

Questions? Email Jenn Topscher at jenn.topscher@gmail.com

Middlescence

mid-dol-ess-ence (like adolescence)

noun

The period in a person's life between the ages of about 40 and 60; the middle-age period of life, especially when considered a difficult time of self-doubt and readjustment.

Many of us have reached this stage in life when our kids have left home in search of their own independence or remain at home, eating our groceries, while still out and about making their own lives. After years of catering to the offspring, it's our turn to find our own rhythm with fun, exploration, and socializing.

Let's do it as a team! Wineries, breweries, hikes, dinners, coffees, game playing, theater – the sky's the limit because we don't have to be home for the babysitter.



We have an outing every quarter or so, where we engage and play like the old folks that we are not!

Everyone is welcome; no need to stay within specific age parameters. If you have kids, don't have kids, kids are adults or adult kids want to come with their adult parents, the more the merrier. If you have any questions, contact Laurie Levine at ajslevine@yahoo.com 🍀

NVHC Cares

NVHC Cares is our communal program which recognizes the community responsibility of connecting with and caring for one another as we fulfill the mitzvah of *G'milut Chasadim* – performing acts of loving kindness. We strive to provide acknowledgment of joyful beginnings, solace and support through difficult times, building and nourishing a network of relationships which can sustain us throughout the journey of our lives. Please let us know how we can best support you and we hope that you will join us in giving sustenance to one another!

If you need help, please contact Cantor Caro at cantorcaro@nvhcreston.org or the NVHC Cares Team Lead at nvhccares@nvhcreston.org. 🍀

Silver Line

If it's the second Friday of most months and you hear laughter and lively conversation coming from the multi-purpose room, it must be the Silver Line's Kugel Café gathering! The Silver Line is NVHC's senior group. We welcome all - singles, couples, working, retired - and we don't ask for IDs! Come and meet new people and greet old friends while enjoying a delicious catered dinner complete with wine and dessert before Erev Shabbat services. We can accommodate gluten-free and vegan diets. We also plan theater outings throughout the year with dinner at a restaurant after the show. Our events are announced in the Temple's weekly email, including the menu for the next Kugel Cafe and a link to easily signup and pay. Our first dinner of the 2026-27 year is October 9th at 5:30pm. We hope to see you there.

Please contact Laura Zelman, zeltalk@aol.com or Marsha Sheinman, mssheinman@yahoo.com with any questions.



MaZel Chav

By Jordan Gross

MAZEL CHAV MILLENNIALS GEN Z AT NVHC

MaZel Chav has been a huge part of how I found community at NVHC. I am so grateful for the ways I have felt supported by the people I've met through this affinity group.

When I think of MaZel Chav, I think of:

- Being invited to S'lichot after attending my first Shabbat Sustenance and sharing a meal with people who are now close friends over three years later
- Watching several friends become parents for the first (or second) time, and holding their babies during Game Night or Torah study
- Creating a thriving community of peers who are genuinely excited to see each other in person, and stay in touch digitally in between in-person interactions
- The new routines we've built to get closer as a cohort – sitting together during Erev Shabbat services, Shabbat Sustenance, TAPAS (the after party after shul), Game Night, Havdalah, book club, and more
- The folks who have stepped into new leadership positions – starting Qeshet Torah study, joining the Board, co-leading MaZel Chav, organizing happy hours, organizing TAPAS
- Caring for friends when they are sick or in need of a friend or a ride
- Celebrating big and small moments together 🥂

MaZel Chav is our affinity group for Millennial and Gen Z members and their friends who build community together over board games, beer, Havdalah, and challah. We are an all-encompassing group; local young professionals, transplants, new parents, and mixed faith families. We plan monthly game nights and other events.

Some events are geared towards adults, others are family-oriented.

Meet Jewish peers and make lifelong Jewish friends. Have fun doing it!



Women of Northern Virginia Hebrew Congregation Invite You to Join Us



The Women of NVHC are excited to kick off another year of celebrating, learning, and giving. Women of NVHC offers a place to belong, gather, laugh, talk, and be supported during tough times. We are an inclusive community for NVHC women – married, partnered, single, divorced, widowed – with or without children – Jewish and non-Jewish – anyone who identifies as a woman – we welcome you.

We provide a dynamic calendar of events and are always open to new ideas. Please do not hesitate to contact us with an idea, an interest, or a new way to make connections (contact info below)! As a member, you will receive our weekly emails detailing upcoming events, such as:

- An evening in the Sukkah – October 1.
- Book Discussions – October 11: *The Lost Girl of Craven County*, with Zoom book talk with the author Emily Matchar.
- **Chocolate & Champagne – October 18. As good as it sounds!**
- Global Lunches – Small group gatherings at area restaurants.

- Mah Jongg Tournament – March 14.
- Membership Gatherings in winter and spring.
- Women's Chanukah Party and Passover Celebration.
- Tikkun Olam Projects (e.g., Women Giving Back, BRAWS).

Yearly dues and fundraising subsidize our activities and support NVHC (e.g., camp scholarships, school programs, gifts for *B'nai Mitzvah* students, Confirmation students, and congregational engagement social events). And, if you are a new NVHC member, we welcome you with one year of free membership to Women of NVHC! We do not turn anyone away. Contact us by email with any concerns. Please email us at WomenofNVHCPresident@NVHCreston.org

Learn more about us at: <https://tinyurl.com/wonvhc>

L'Shalom,
Deb Meland, President
Rebecca Trager, Vice President
Women of NVHC

Brotherhood

The men's group is alive, well, and growing at NVHC. We had over 37 men attend our summer picnic on a perfect summer night at the home of one of our own. This event gave us a chance to chat and interact in a very casual setting, complete with barbecue. Our goal in the coming year is to enhance events that build community among us while helping NVHC when needed.

To further that goal, our next event will be the evening of Thursday, October 1 in the sukkah at NVHC. We will bring the Brotherhood together for a joint event with Women of NVHC. We will explore a new trend in tasting wine with and without alcohol.

We have other regular events. To find out more, email brotherhoodpresident@nvhcreston.org to get on our mailing list. All men are welcome.

David Hettler, Brotherhood President



WE THANK OUR GENEROUS CONTRIBUTORS

Adam Levine Camp Scholarship Fund

Steven and Avra Alter

Alison Behar and Bob Fenster...
in memory of Adam Levine

Andy and Susan Cohen...in
memory of Adam Levine

Alan Dappen and Sara Scherr...
in memory of Lois B. Scherr

James and Ann Demerlis

Douglas Deprospro and Kathleen
Kozma

Jeff and Tracy Dlott

Cindi and Tom Drake...in
memory of Adam Levine

Joel and Nina Eidelberg

Felicia and Evan Falchuk

Karen and Steve Goff...in
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Laura Goodman and Kami
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beautiful friendship between
Adam and Kami

Roberta and Tom Gosling...in
memory of Adam Levine

Craig and Laura Griffin...in
memory of Adam, who loved
attending Camp Harlam

Don and Nell Hirsch...in
memory of Edith Furman

Arthur and Diane Leeds and Kate
Leeds-Brody

Bruce and Laurie Levine...in
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Ronni Levine and Marco
Sainati...in memory of Adam
Levine

Lisa Mackem

Robyn and John Mehlenbeck...
in memory of Adam Levine and
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Mark Millender and Family...in
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Joe Miller and Martha Kimes

Mitch and Abbe Pascal...in
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Keith and Pam Rubin

Monica Russ and Chris Biow

Alan and Susan Shapiro...in
memory of Adam Levine

Lori Shapiro and Cary
Goldenthal

Judith Sandler

Barbara Seligman...in sadness for
the 10th year of Adam's *yahrzeit*

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Jill Swerdlhoff Klein...in memory
of Adam Levine—we miss you
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Elizabeth Vandeburg and
Nicholas Bauer

Andrea and Dan Vavonese

Michele and Kenneth Weiss

Hilary and Jonathan Wilkenfeld

Francine and Scott Wilson

Ralph and Miriam Wolman

Avodah (Worship, Spirituality and Ritual Practice) Fund

Seth Arenstein and Wendy
Fields...to support community
events at NVHC

Olivia Byer and Daniel White...
to support community events at
NVHC

Rob and Nora Gutcho...to
support community events at
NVHC

Andy and Elizabeth Lacher...
to support community events at
NVHC

Michelle Berman...to support
community events at NVHC

Eric and Bess Eisenstadt...to
support community events at
NVHC

Michael and Cheryl
Gedzelman...to support
community events at NVHC

Kevin and Vicki Luman...to
support community events at
NVHC

Sarah Margerison and David
Boyer...to support community
events at NVHC

Peggy Nelson...to support
community outreach events at
NVHC

Dylan Penn and Lina Al-
Omari...to support community
events at NVHC

Sy Sherman, z'l...to support
community events at NVHC

Danielle and Steven Spitzer...
to support community events at
NVHC

Andrew Stein and Kimberly
Arnstine...in memory of Rabbi
Andrea Weiss; to support
community events at NVHC;
and in honor of the Adult *B'nai
Mitzvah*

Casey Swartz and Patrick Kilbride

Jenny Tarr...to support
community events at NVHC

Mark Tauber...to support
community events at NVHC

Susan Trivers...to support
community events at NVHC

Howard and Carolyn Wesoky...
to support community outreach
events at NVHC

Kristina and Michael
Wheatman...to support
community events at NVHC

Gershom Young...to support
community events at NVHC

Cantor's Discretionary Fund

Francine Beifeld and Warren Fox...
in memory of Yetta Sheingold

Robert Finkelstein...in memory
of Shirley Finkelstein

Marcy Goldberg-Turk...in
memory of Richard Goldberg

Ellen Goldman

Paul Holtberg...in memory of
Paulette Peltz

Jeffrey and Noel Katz...in
memory of Edith Lieber

Lee Klein...in memory of Gladys
Young

Chuck and Barbara Leven...in
honor of Cantor Caro's work with
our grandson

Kris Rose and Michael Berkow

Sam Samuels...in memory of
Evelyn Solin

Karen Singer...in appreciation for
inspiring teaching

Mark Tauber...in gratitude for
teaching the Adult *B'nai Mitzvah*

Alex Ukoh...in memory of
Adolphus O. Ukoh

Chesed (NVHC Cares) Fund

Anonymous

Anonymous...in memory of
Sylvia Rebak

Anonymous...in memory of Saul
Thomashow, Judith Thomashow

David and Ellen Brewer...in
memory of Vicki Kalfus

Robert and Rebecca Cohencious

Emily and Stuart Dornfeld...
in honor of Maya Booth's
graduation from Madison High
School

Don and Nell Hirsch...in
memory of Pam Furman

Peter and Sandra Levenberg...in
memory of Max Levenberg

Frank and Gretchen Newman...
in memory of Betty Ann Rubin

Louise and Nevin Reynolds...
to support community events at
NVHC

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

Sy Sherman, z'l ...to support community events at NVHC

Fred Silverberg...in memory of Kerry Silverberg

Karen Singer...in memory of Jennie Ankeles

Deb Smith-Cohen...to support community events at NVHC

Steve and Danielle Spitzer...in honor of Alexander Spitzer's birthday

Phyllis Stein

Casey Swartz and Patrick Kilbride...to support community events at NVHC

Mark Tauber...to support community events at NVHC

Hilary and Jonathan Wilkenfeld...in gratitude to the NVHC community

Laura Zelman...in memory of Carl Zelman

End of Year Appeal

Jennifer and Steve Nossal

Marsha and Rachael Sheinman...in memory of Joe Sheinman

Ellen Reich Early Childhood Fund

Nell and Don Hirsch...in memory of Shirley Hirsch

Paul Holtberg...in memory of Paulette Peltz

Hiddur Mitzvah (Beauty) Fund

Robert and Rebecca Cohencious

Phyllis Stein...in memory of Robert Stein

Kehillat Limmud – Religious School Fund

Anonymous...in memory of Darlette Smith

Don Copley...in memory of Earl Copley

Robin and Steve Dulman

Ruth and David Goldberger...in memory of Darlette Smith

Ellen Goldman...in memory of Darlette Smith

Nell and Don Hirsch...in memory of Darlette Smith

David and Meryl Hirschland...in memory of Darlette Smith

Andy and Elizabeth Lacher...in memory of Darlette Smith

Mike and Tanya Langlois...in memory of Darlette Smith

Susan and Alan Shapiro...in honor of Harris Shapiro; in memory of Buddy Shapiro, Maurice Milesky

Louis Gold Music Fund

Francine Beifeld and Warren Fox...in memory of Yetta Sheingold

Rabbi Rosalind Gold...in honor of the 2026 Adult *B'nai Mitzvah* Class

Memorial Plaque Fund

Ellen Goldman...in memory of Mitchell S. Robinson

Nancy Johnson...in memory of Beatrice Linkov

Mark Tauber...in memory of Rabbi Andrea Lynne Weiss

Alex Ukoh...in memory of Adolphus O. Ukoh

NVHC General Fund

All the Connecticut Beckers and New Hampshire Pignatellis...in honor of Amy Becker becoming *Bat Mitzvah*

Anonymous...in memory of Brownie, beloved companion of Anibal Blanco

Francine Beifeld...in memory of Esther Sheingold

Ed and Sandee Byrne...to assist with the budget shortfall

Mike Chadwick...in memory of Henry Chadwick, and in gratitude for the memorial service

Robert and Rebecca Cohencious

Marco and Rinna Cortes

Stuart and Emily Dornfeld...in honor of Evan's 21st birthday; in memory of Mitch Robinson

Danielle Edgell

Paula and Larry Evans...in honor of the naming of grandson Eli Martin Usry

Matthew Gardner

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

Debra Goodman-Herman and Salo Herman...in memory of Abe Goodman

Tory and Dave Gussman...in honor of the *Bat Mitzvah* of Elena Gussman

David Hettler and Carola Seiz Hettler...in honor of the *B'nai Mitzvah* of Amy Becker, David Hirschland, Kris Rose, Casey Swartz, Mark Tauber, Hilary Wilenfeld, Gershom Young

Courtney and Joel Korb...in honor of the Adult *B'nai Mitzvah* Class

Nancy Kruger and Helen Kruger...in memory of Henry (Hank) Chadwick

Elizabeth and Andy Lacher...in memory of Henry (Hank) Chadwick; in memory of Leonard Lacher

Mike and Tanya Langlois

Kathy and Ken Laskey...in honor of the Adult *B'nai Mitzvah* Class; in memory of Henry Chadwick

Dorothy and Don Lewy...in memory of Hortense H. Rothman

Larry Liebert...in memory of Tobie Liebert

Marcia McDevitt...in honor of the Adult *B'nai Mitzvah* Class

Cindy and Rich Michelson...in memory of Henry (Hank) Chadwick

Joe Miller and Martha Kimes...in memory of Sy Sherman, Mitch Robinson

Robin Miller...in memory of Helen Joffe

Lori and Wayne Muhlstein...in memory of Ted Balash, Fred Balash

Alan and Roberta Munro...in memory of Lenore Pontell

Ellyn Krause Pontell and Dave Pontell...in memory of Rabbi Andrea Weiss

Stephen and Sarah Rayel...in memory of Robin Rayel

Anne Rosenblum...in memory of Noel Krupnik

Mitch Roth...in memory of Morris Roth

Sam Samuels...in support of Passover activities; in memory of Linda B. Samuels

Marsha and Rachael Sheinman...in memory of Jerry Pollock, Herbert Sheinman, Ruth Sheinman

Sherri Swartz...in honor of Casey Swartz's birthday and upcoming *Bar Mitzvah*

Eleonora Tarasova...in memory of Furman Gregory

Mark Tauber...in memory of Andrea Weiss, Jean Tauber, Arthur Tauber

Myroslava Szahaj-Young and Rex Young

Oneg Sponsor Fund

Adult *B'nai Mitzvah* Class...in honor of the NVHC graduating high school class

The Coelho family...in celebration of Ari becoming *Bar Mitzvah*

Ellen Goldman and Ruth Ann Whalen...in celebration of NVHC's Leader Development Program

Edward Gordon and Erica Livingston...in celebration of Sadie becoming *Bat Mitzvah*

Gussman family...in celebration of Elena Gussman becoming a *Bat Mitzvah*

Ken and Kathy Laskey...in celebration of our 45th wedding anniversary

Judy Naiman...in celebration of her birthday and all other July 4th birthdays, and our nation's 250th birthday!

Eric Neuman and Amy Dagliano...in celebration of Audrey Neuman becoming *Bat Mitzvah*

Dana Seltzer and Frank Showalter...in celebration of Lucy becoming *Bat Mitzvah*

Karen Singer...in memory of Marvin Singer

Casey Swartz...in celebration of the one-year anniversary of Patrick coming home from the hospital, and in honor of all the wonderful mothers of NVHC

Rabbi's Discretionary Fund – Rabbi Barrett

Paul Holtberg...in memory of Paulette Peltz

Vivian Johnson...to support community events at NVHC

Spencer Lepler...to support community events at NVHC

Max Oppenheimer... to support community events at NVHC

Alex Schwartztrauber...to support community events at NVHC

Casey Swartz and Patrick Kilbride...to support community events at NVHC; and in thanks for her teaching during the *B'nai Mitzvah* process

Mark Tauber...to support community events at NVHC; in gratitude for all the Adult Learning classes

Alex Ukoh...in memory of Adolphus O. Ukoh

Gershon Young...to support community events at NVHC

Rabbi's Discretionary Fund – Rabbi Gold

Esther and Allan Berg...in memory of Minnie Cohen Goldstein

Ronnie Feder...in memory of Marvin Singer

Catherine Fields

Andrea and Justin Hayes...in memory of Harry Steinberger, Annette Steinberger, Ken Hayes

Arthur and Nancy Novick...in memory of Jack Novick, Edna Novick

Roz Stark...in memory of Peter Saltzman and Esther Gromet

Andrew and Ellice Stern...in memory of David Gluck

Alex Ukoh...in memory of Adolphus O. Ukoh

Rabbi's Discretionary Fund – Rabbi Holzman

Francine Beifeld...in memory of Cynthia Hausdorf

Robert and Rebecca Cohencious

Alan Dappen and Sara Scherr...in memory of Merle S. Scherr

Ruthie and Oren Dearson...in support of Rabbi Nir and Achva B'Kerem

Ellen Goldman

Rob and Nora Gutcho...in support of Rabbi Nir and Achva B'Kerem

Mimi Herbert...in memory of John Herbert

David Hettler and Carola Seiz Hettler...in memory of Maria Brinkschmidt, Mitch Robinson

Paul Holtberg...in memory of Paulette Peltz

Jeffrey and Noel Katz...in memory of Edith Lieber

Michael and Debby Maxwell...in memory of Mauricio Schpilberg

Fredda Weinberg Pribish...in memory of Sally Sussman

Sam Samuels...in memory of Anne Berg, Seymour Samuels, Jr.

Sam and Lisa Schwall...in support of Achva B'Kerem

Marsha and Rachael Sheinman...in memory of Sondra Brown-Blake, Ira Brown

Karen Singer...in appreciation for inspiring teaching

Roz Stark...in memory of Peter Saltzman and Esther Gromet

Casey Swartz and Patrick Kilbride...in thanks for his teaching during the *B'nai Mitzvah* process

Mark Tauber...in gratitude for teaching the Adult *B'nai Mitzvah*

Alex Ukoh...in memory of Adolphus O. Ukoh

Roberta Sherman Fund for Youth Engagement and Education

Anonymous...in memory of Sy Sherman

Nancy Brown...in memory of Sy and Roberta Sherman

Jim and Lucy Cannon...in memory of Sy and Roberta Sherman

Lou Coglianese...in memory of Sy and Roberta Sherman

Andy and Susan Cohen...in memory of Sy Sherman

Douglas Cohen...in memory of Sy Sherman

Stuart and Emily Dornfeld...in memory of Sy Sherman

Robert Finkelstein...in memory of Sy Sherman

Michael and Carol Flicker...in memory of Sy Sherman

Anita and Stuart Flower...in memory of Sy Sherman

Carol Frank...in memory of Sy Sherman

Ernie and Miri Freedman...in memory of Sy Sherman

Mark and Alyse Goldman...in memory of Sy Sherman

Paul Holtberg...in memory of Paulette Peltz

Gary Kicinski...in memory of Sy Sherman

Gary Koenigsberg...in memory of Sy Sherman

Phyllis Krochmal...in memory of Sy Sherman

Nancy Kruger...in memory of Sy Sherman

Andy and Elizabeth Lacher...in honor of the Confirmation Class 5786; in memory of Sy Sherman

Ken and Kathy Laskey...in memory of Sy Sherman

Ken and Julie Lifland...in memory of Sy Sherman

Rich and Cindy Michelson...in memory of Sy Sherman

Jodi, Sam, Lindsey, and Daniel Moskowitz...in memory of Sy Sherman

Lisa and Steve Pilloff...in memory of Sy Sherman

Howard and Linda Perlstein...in memory of Sy Sherman

Marcia and Leslie Platt...in memory of Sy Sherman, Ethel Berman

Judy Ratliff...in memory of Rhoda Fine

Allan and Barbara Ratner...in memory of Sy Sherman

Norman Reich...in memory of Sy Sherman

Norman and Myrna Ricken...in memory of Sy Sherman

Mary Ann Rogers...in memory of Sy Sherman

Karl and Sandi Rothman...in memory of Sy Sherman

Ellen Rugel...in memory of Sy and Roberta Sherman

Melissa Sandel...in memory of Sy Sherman

Joanne Schamest and Ron Wallos...in memory of Sy Sherman

David Selden and Julie Wallick...in memory of Sy Sherman - May his memory be a blessing

Eileen Sherr...in memory of Sy Sherman

Howard and Bryna Sherr...in memory of Sy Sherman

Sy Sherman, z'l...in memory of
Jeffrey Rubin

Karen Singer...in memory of
Lillian Blumenberg; in memory
of Sy Sherman

Deb Smith-Cohen...in memory
of Sy Sherman, z'l's life and gifts
to NVHC and to Kol Shirah

Phyllis Stein...in memory of Sy
Sherman

Casey Swartz and Patrick
Kilbride...in memory of Sy
Sherman

Jane Torman...in memory of Sy
Sherman

Digger Turnbull...in memory of
Sy Sherman

Edna and Don Weitzman...in
memory of Sy Sherman

Rick Wolf...in memory of Sy
Sherman

Seldon and Ruth Kruger Distinguished Speaker Series Fund

Jane Anthony

Amy Becker

David and Ellen Brewer...in
memory of Jerome Cohen

Ed and Sandee Byrne...in
memory of Miriam Chernow

Don Copley...in memory of
Isaiah Copley

Nell and Don Hirsch

Kevin and Vicki Luman

Frank and Gretchen Newman

Norman Reich

Ruth Ruttenberg...in memory of
Bessie Spitz, Alan P. Spitz, Jeffrey
Smith

Roz Stark

Sy Sherman, z'l

Karen Singer...in memory of
Sidney Blumenberg

Phyllis Stein

Andrew and Ellice Stern...in
memory of Anita Alman Rosenberg

Carl and Marsha Swerdloff...in
memory of Dora Koppelman

Susan Trivers

Larry and Kari Uman

Samuel and Evelyn Wilson...in
memory of Milly Boehm

Shirah (Choir & Music) Fund

Cookie Adler...in memory of
Robin Feldman Riesner

Anonymous...in memory of
Greta Goldberg

Anonymous...in honor of Ellen
Goldman

Ellen and David Brewer...
in memory of Robin Feldman
Riesner

Pauline Codere...to support
community events at NVHC

Ira and Jane Dreyfuss...to
support community events at
NVHC

Isabel Einzig...in memory of
Jacob Pyles

Barbara Elbeze...to support
community events at NVHC

Craig and Nina Falci...to support
community events at NVHC

Robert Finkelstein...in memory
of Mildred Silbovitz, Samuel
Silbovitz

Rob and Nora Gutcho...in
memory of Sanford Gutcho; in
honor of the Kol Shirah concert

Don and Nell Hirsch...to support
community events at NVHC;
in honor of Mike Langlois, with
gratitude for his leadership of Kol
Shirah

Nancy and Helen Kruger...in
memory of Greta Goldberger

Barry Pilson...in memory of
Marilyn J. Beecoff

Andy and Elizabeth Lacher...in
honor of Kol Shirah in thanks for
a beautiful concert

Jerry Levy...in memory of Robin
Feldman Riesner

Juliana MacDowell...to support
community events at NVHC

Sandy Mitchell...to support
community events at NVHC

Judy Naiman...to support
community events at NVHC

Meryl Ram...in memory of
Evelyn Ram

Barbara and Rick Schatz...in
memory of Harry Steinberger

Irene and Henry Schiffman...
to support community events at
NVHC

Marsha Sheinman...to support
community events at NVHC

Deb Smith-Cohen...to support
community events at NVHC

Casey Swartz and Patrick
Kilbride...to support community
events at NVHC

Mark Tauber...to support
community events at NVHC

Susan Trivers...to support
community events at NVHC

Kari and Larry Uman...to
support community events at
NVHC

Lee Walzer...to support
community events at NVHC

Stu Williger...to support
community events at NVHC

Gershom Young...in memory of
Robin Feldman Riesner

Talmud (Adult Learning) Fund

Michael and Mary Bloom...in
memory of Ruth Wilson

Ed and Sandee Byrne...to
support community events at
NVHC; in memory of Dan Smith

Susan and Andy Cohen...in
honor of the NVHC 5786 Adult
B'nai Mitzvah Class: Amy Becker,
David Hirschland, Kris Rose,
Casey Swartz, Mark Tauber, Hilary
Wilendorf, Gershom Young, AND
their teachers!; in memory of
Henry (Hank) Chadwick

Rachelle Dorne and Lydia
Rock...in memory of Shirley
Dorne and Esther Miller

Danielle Edgell...to support
community events at NVHC

Robert Finkelstein...in honor of
the Adult *B'nai Mitzvah* Class

Eric and Bess Eisenstadt...to
support community events at
NVHC

Kenneth and Esta Gladstone...in
memory of Ethel Blumenthal

Andy and Elizabeth Lacher...
to support community events at
NVHC; in honor of the Adult
B'nai Mitzvah Class of 5786; in
memory of Eugene Fine

Risa and Brad May...to support
community events at NVHC

Howard and Heidi Mitnick...in
memory of Frances Herbst

Michele Probst

Kris Rose and Michael Berkow...
in honor of Rabbi Holzman,
Cantor Caro, and Rabbi Barrett
for their support and guidance
the *B'nai Mitzvah* experience

Sam Samuels

Danielle and Steven Spitzer...
to support community events at
NVHC

Howard and Carolyn Wesoky...
to support community events at
NVHC

Hilary and Jonathan
Wilkenfeld...in honor of the
Adult *B'nai Mitzvah* Class

Laura Zelman...in honor of the
Bat Mitzvah of Amy Becker

Tikkun Olam (Social Action) Fund

Amy Becker

Alison Behar and Bob Fenster

Harvey and Janice Berger

Ed and Sandee Byrne

Cantor Susan Caro and John
Lertzman

Andy and Susan Cohen

TZEDAKAH

Robin and Neil Cohen	Don and Nell Hirsch	Art and Nancy Novick	Stu Williger
Robert and Rebecca Cohencious	Joanie Hunn	Meryl and Bob Paskow	Sam and Evelyn Wilson
Stephen Cristofar...in memory of Sharron Cristofar	Nancy Johnson	Stephen and Pam Pick	Ralph and Miriam Wolman
Robert and Gail Dezube...in memory of Miriam Dezube	Jeffrey and Noel Katz	Leslie and Marcia Platt	Nina Zaretsky
Rachelle Dorne and Lydia Rock...in honor of the birth of Avishai Kalmann	Michael and Candy Kleinrock	Ellyn Krause Pontell and Dave Pontell	Tzibbur (Community) Fund
Robert Finkelstein...in memory of Deborah Finkelstein	Helen Kruger	Richard and Ellen Ranard	Francine Beifeld and Warren Fox...in memory of Abraham Albert Sheingold
Carol and Michael Flicker...in honor of Ruth and Steve Lipson's birthdays	Nancy Kruger	Judy Ratliff	Emily and Stuart Dornfeld...in memory of Sylvia Berman
Lisa Folb	Andy and Elizabeth Lacher...in honor of Bess Eisenstadt	Allan and Barbara Ratner	Michael Gordon and Joy Glasser...to support community outreach events at NVHC
Elliott and Debbie Friedman	Ken and Kathy Laskey	Marc Rosenberg and Ruth Imershein	Don and Nell Hirsch...to support community outreach events at NVHC
Barbara Gems and Bob Hitlin...in support of <i>Tikkun Olam</i> and of all the good work accomplished	Rich and Cindy Michelson	Paula and Sweetie Pie Rubinoff...in memory of Saul and Judith Thomashow, Greta Goldberger, Charles Rubinoff, Rebecca Rubinoff	Zvi and Iris Huber...to support community outreach events at NVHC
Rabbi Rosalind Gold	Jim and Michelle Kranzberg	Ellen Rugel	Peter and Sandra Levenberg...to support community outreach events at NVHC
Ellen Goldman and Mitch Robinson, z'l	Dorothy and Don Lewy	Ruth Ruttenberg	David Mayer-Sommer...to support community outreach events at NVHC
Mark and Alyse Goldman...in memory of Larry Parker	Charles and Barbara Leven	Sam and Lisa Schwall	Allan and Barbara Ratner...to support community outreach events at NVHC
Suzanne and Michael Goldstein	Samuel Leven and Jennifer Clifton	David Selden and Julie Wallick	Sam and Lisa Schwall...to support community outreach events at NVHC
Mort and Deborah Goldstrom	Sandra and Peter Levenberg	Karen Singer	Mark Tauber...to support community outreach events at NVHC
Steve and Linda Gordon...in memory of Margot Lieberman	Bruce and Laurie Levine	Mary Solomon	
Al and Lynne Groff	Kevin and Vicki Luman	Danielle and Steven Spitzer	
John Groisser and Hana Newcomb	Brad and Risa May	Deb Smith-Cohen	
Ken and Fay Gubin	Michael and Debby Maxwell	Roz Stark	
David Hettler and Carola Seiz Hettler	Robyn and John Mehlenbeck...in honor of NVHC Cares	Phyllis Stein...in honor of Steve and Ruth Lipson's birthdays	
	Joe Miller and Martha Kimes...in appreciation of Ellen Ranard's leadership	Mark Tauber	
	Sandy Mitchell	Susan Trivers	
	Judy Naiman	Kari and Larry Uman	
	Peggy Nelson	Ruth Ann and Kelly Whalen	
	Frank and Gretchen Newman		

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. Please be sure to make them feel at home when you meet them.

Rebecca and Chris Browne	Jeremy Greenberg and Charlotte Bernard	Dana Slone and Daniel Schwartz
Jessica Ferro and Dave Kletzkin		Judith Shapiro
Maxine Fox and Adam Rau	Deborah Moriah	

So Much Happening at NVHC!



Our April Mimouna celebration closed out Passover by bringing together members of NVHC with members of the ADAMS Center for learning and delightful desserts.



Our Middlescence hike followed by lunch in Bluemont was big fun.



It was a glorious sunny day at the NVHC booth at this year's Herdon Pride festival.



This year's Lag B'Omer service was held in the shelter at Lake Fairfax Park, followed by a delicious Brotherhood barbecue.



1441 Wiehle Ave | Reston, VA 20190

NVHC HIGH HOLY DAYS SERVICES SCHEDULE – 2026/5787

Rosh Hashanah

September 11

8:00pm – Erev Rosh Hashanah Service

September 12

9:00am – Young Family Service (suggested through 2nd grade)

10:30am – Morning Service

3:30pm – Shofar & Tashlich Service

Yom Kippur

September 20

8:00pm – Kol Nidre Service

September 21

9:00am – Young Family Service
(suggested through 2nd grade)

10:30am – Morning Service

1:45pm – Afternoon Study

3:30pm – Afternoon Service

5:00pm – Yizkor Service

6:00pm – Neilah Service

7:00pm – Break Fast

MPR (pre-registration required)

