

Issue 5774
 Volume 146
 May 2014

Inside this Issue

| | |
|-------------------------------------|--------|
| President's Pen ♦ | 2 |
| Preschool ♦ | 4 |
| Sam Selden Youth Leadership Award ♦ | 5 |
| Worship ♦ | 6 |
| NOVA Tribe ♦ | 7 |
| Sisterhood ♦ | 8 |
| Lifelong Learning ♦ | 9-12 |
| NVHC Cares ♦ | 13 |
| Generous Donors ♦ | 14, 15 |
| Monthly Calendar ♦ | 17 |

**Atid
 Shabbat
 May 2nd
 Honoring
 Sara
 Branscome,
 Teachers,
 High School
 Graduates
 6:45 p.m.
 Page 6**

**Confirmation
 Tuesday,
 May 20th
 6:45 p.m.**

Perspective *By Cantor Irena Altsbul*

BLESSED SHALL YOU BE IN YOUR COMINGS AND BLESSED SHALL YOU BE IN YOUR GOINGS

"Baruch ata b'voecha u'varuch ata b'zetecha," blessed shall you be in your comings and blessed shall you be in your goings – we find these words from our Torah in Deuteronomy 28:6.



I was surely blessed seven years ago when I became NVHC's first ordained Cantor. I have been fortunate to work side-by-side with two extraordinary human beings and inspiring rabbis, Rabbi Rob Nosanchuk and Rabbi Michael Holzman. I have enjoyed making music together with our kids and adult choirs. I have had the honor to make music with consummate leaders, such as Nell Hirsh, Carol Fram and Terry Sisk. I have been blessed in working together with such an outstanding team of professionals and staff here at NVHC. I have had many first-time opportunities to experience so many different aspects of my profession here at NVHC. I led trips to Israel, organized concerts and fundraisers, even participated in the budget task force, and became a shopping consultant. (No one ever warned me at HUC that the latter two would be part of my cantorial responsibilities!)

When my family and I moved to Northern Virginia seven years ago, our son Marky was only 3 months old, and our daughter Sammy was not even 2 years old. Herndon, Virginia, is the only place my kids call "home." It is here in our home on Silver Beech Road that my husband Mitya and I watched our kids take their first steps, speak their first sentences, learn how to ride bikes, board the school bus for the very first time, make friends and so much more.... It is here at NVHC that my family was truly embraced and welcomed by a wonderful Jewish Community. Both of my kids look forward to visiting NVHC, and feel that this is their second home. I am so very grateful to all of you for making my family part of the NVHC family.

As I prepare for our upcoming move to New York City this summer, my heart is a bit broken. Sure, I am excited to be going back to Temple Israel of the City of New York, and I am thrilled that Mitya has found an exciting new research position in New York. However, I am sad to be closing my "NVHC" chapter. It has been so great!! For this I am eternally grateful to all of you, my NVHC friends. I thank you from the bottom of my heart for allowing me to be there for you and with you, during the happier and the tougher times of your lives, not just as a Cantor, but also as a friend. I am so very grateful to all of you for trusting me with your tears and with your laughter.

Chazak, Chazak venit'chazek. May we go from strength to strength. ♦



FOR OUR TEACHERS

By Nancy Kruger • President, Board of Trustees

“For our teachers and their students, and the students of the students, we ask for peace and lovingkindness, and let us say, Amen. And for those who study Torah here and everywhere, may they be blessed with grace, love and compassion, a full life, ample sustenance and salvation from God, and let us say, Amen.”

This month at NVHC, we celebrate the future – *ba’atid* – because the future, along with community (*kehillah*) and justice (*tzedek*), is one of the three key pillars that emerged through our visioning process a few years ago to identify what is most important to us, and what we aspire to, as a congregation.

There are many things we do to ensure our Jewish future at NVHC and in the world. One of the most critical is to engage and educate our children, and we do this with gusto. We have an excellent religious education program – from pre-school through high school – that is constantly evolving and growing to provide our kids with the best we can offer them.

Perhaps our greatest asset in this regard is our teachers. They are talented, passionate and, most of all, dedicated. Their devotion to their students is not time limited, beginning and ending with the start and finish of each class. Instead, their commitment is unending – from preparing lessons, to collaborating with colleagues, to seeing each child as an individual, and striving to create the most fulfilling learning

experience possible, to constantly seeking to learn themselves – our teachers devote tremendous time and energy to helping our kids not just be Jewish, but to love being Jewish. They are deserving of our deepest respect and gratitude.

But our teachers alone are not responsible for teaching our children. We all have an obligation to shape our future through education, whether or not we are parents. At NVHC, we are rich with opportunities for adult learning. And here, again, our teachers are a treasure.

We will honor all our teachers on **Friday, May 2, 2014**, at our *Atid Shabbat* service beginning at **6:45 p.m.** We will also pay special tribute to Sara Branscome, who has taught students of all ages at NVHC for over a quarter of a century (she was very young when she began!) and, among many accomplishments, has opened the door to Hebrew for countless adults, including me.

Please join us on May 2nd to recognize and thank those in our lives, and the lives of our children, who give of themselves for the reward of seeing our future thrive. ♦

The Confirmation Class of 5774

Invites you to join us for a Confirmation Service, as we celebrate the giving of the Torah, and affirm our commitment to the teachings of Torah and our Jewish heritage.

Jacob Cole
Cole Friedman
Casey Grage

Taryn Hannam-Zatz
Joshua Holtzman
Gloria Marshak

Erin Miller
Everett Quirk
Samuel Ressin

Jordan Rosenblatt
Mollie Schulman
Rachel Schwall
Kate York

20 Iyar, 5774

Tuesday, May 20, 2014, at 6:30 p.m.

Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue Reston, Virginia 20190

The service will be followed by an oneg reception in the social hall.

The Class of 5774 will be making a gift to NVHC in honor of their Confirmation. If you would like to make a gift of Tzedakah in honor of the occasion, please make a donation to NVHC and include the words “Confirmation Class Gift” in the memo portion of your check.



BEING “INCLUSIVE” IS A JEWISH VALUE!

By Moshe Ben-Lev • Director of Education

Sam works at *Kehilat Limmud* every Sunday. So does Sasha, Leo, and Nathan. They are part of our Madrichim program, high school students who help our teachers as assistants each week. They are a very important part of our program. However, Leo, Sam, Sasha, and Nathan have a very specific task that is a new and unique part of our education program. They are “buddies” to four students who are unable to sit in a classroom due to a variety of learning issues, including Autism.

Last year, a congregant approached me to tell me that she desperately wanted her sister and her family to join NVHC but that her sister was reluctant to do so because she has a son who is on the Autism Spectrum, and we had no program for him. This made us take a long look at our education program at NVHC. With some advice from a committee created by congregants, some parents who had children on the Spectrum, as well as some lay people who had expertise in

this field, we created a one-on-one buddy program, providing four high school students who were eager to help.

Our “fab” four have connected with each student, acting as guides, teachers, friends, and mentors. They meet them Sunday mornings at *Kehilat Limmud*, and then take them through classes, individual study, *chuggim* (art-based workshops), which are their favorite, and all the other activities that we offer. These buddies connect so strongly with their students that when absent, they are irreplaceable. For this reason and others, the new Inclusion Committee under the visionary leadership of Andrea Vavonese, has created an agenda that includes more specialized training for the buddies, a larger cadre of buddies, and other support systems including: a lecture series on special needs; a possible hiring of a consultant specialist for *Kehilat Limmud* and training for all buddies; and other more congregational-wide outreach.

We are very proud of our achievements, but we also acknowledge that we have a long way to go. As we move forward, our dream is that NVHC is able to accommodate all people, whatever their circumstances, who want a Jewish community. As I heard a congregant with special needs say years ago, “You can open your doors, but you must go further now and lead them through your doors.” *Rachmanut*, compassion, is not our problem. It is educating ourselves, knowing how to make people with special needs feel welcome and included in all that we offer. I have learned that it is our youth, in particular, our teens who can teach us how to move forward. ♦

May Calendar

- Fri., May 2nd** *Atid Shabbat Service honoring educators at 6:45 p.m.*
- Sun., May 4th** *Yom Haatzmaut (Israel Independence Day) celebration*
- Tues., May 6th** *Yom Haatzmaut TAMID celebration*
- Tues., May 13th** *TAMID 7/8th grade teen and parent workshops on Teen Depression & last regular day for mid-week Chevruta 3-6th grade Hebrew*
- Wed., May 14th** *Last day for mid-week Chevruta 3-6th grade Hebrew*
- Sun., May 18th** *Last day Kehilat Limmud with special program*
- Tues., May 20th** *10th grade TAMID Confirmation Service and last TAMID session*

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PURIM AND THE WHOLE MEGILLAH

By Cindi Drake • Director of Early Childhood Education



The entire week leading up to the congregational Purim event on Saturday, March 15th, was one big celebration. All the children discussed who they would be and what they would wear. They got a dry run on Wednesday at the Preschool Purim Carnival. Our PTO “Events” co-chairs put together the best Preschool carnival I’ve ever seen. We had terrific games – *Knock Out Haman* and *Crown Queen Esther*, just to name two. And face painting and scooter races!

Then it was off to the congregation’s Purim Carnival, Schpiel, Megillah and Martinis, and Queen’s Own dance. Some of the children changed costumes for the congregation’s celebration. It was a week of revelry, and I think we convinced the children that Purim is just as much fun, if not more fun, than Halloween!





MAY, MAY, WHAT TO SAY?

By *Beryl Trauth-Jurman* • Youth Activities Coordinator

It seems like just yesterday that the school year was starting up, way back before that crazy winter, you remember, in September. Back then, I could barely imagine how much programming we would do this year, and we have done a lot.

Last month, our youngest kids in Team Rishon (grades K-2) did some Kosher for Passover cooking, and between you and me, they make excellent matzah pizza. Our teens in NoVTY (grades 8-12) hosted a semi-formal with their friends from Rodef Shalom, and even solved a murder mystery, just a pretend one—don't worry. Many of those same teens also travelled to the last NFTY event of the year, Spring Kallah at Capital Camps, at the end of the month. We even held our first youth board election ever!

This month, as the school year comes to a close, we are partnering with Kehilat Limmud to hold a congregation-

wide program for kids and parents of all ages, about all the ways you can experience Shabbat. It will be fun, interactive, and most importantly, YOU get to decide what you want to do and learn about. The Youth Board, I, and many others have worked hard on this event, so come out and see what it's all about. You won't be disappointed.

Even though this Shabbat program will be the last event for this school year, there is still a lot to do and talk about, so make sure to read my article next month—we will be revealing some exciting new changes to our youth program and religious school for next year. So stay tuned! ♦

Youth Group Events for May:

May 10th: NoVTY and Kehilat Limmud present "Havdallah, the End of Shabbat" for kids and families (grades K-12).

Tot Shabbat

COME GET THAT SHABBAT FEELING!

May 3rd

Meet us in the multi-purpose room for this lively Shabbat morning service designed just for young children (up to age 5) and their families (including older and younger siblings). Miss Nell (Hirsch), NVHC's children's music specialist, leads the service. We sing, we dance, we pray and we learn a little Torah with the Rabbi or Cantor.

After our service, Cindi Drake, our Early Childhood Education Director, engages the children in a fun activity or craft. Our Oneg is a time for all to enjoy each other's company – our old friends and our new ones.

We hope you and your children will be there to share it. ♦

The Sam Selden Youth Leadership Award



The Sam Selden Youth Leadership Award is bestowed upon NVHC students who have taken an active role in the synagogue community, and because of their tireless work in promoting Jewish learning, leadership, values and ethics, are chosen by their peers along with the professional educators to receive this prestigious award that includes: \$1,000 towards further Jewish learning, a plaque, and two presentations to the congregation. In addition, working with David Selden and the staff, they are guided in promoting Jewish leadership and values that exemplify NVHC as a community of learners.



On May 2nd at Erev Shabbat worship at 6:45 p.m., we will celebrate this year's recipients, **Sam Ressin** and **Kate York**, for the Sam Selden Youth Leadership Award. ♦

Mazel Tov to our B'nai Mitzvah



Maximus Strauss • May 3rd

Maximus' mitzvah project is volunteering at Sprout Therapeutic Riding and Education Center. Equine-assisted activities and therapies provide adapted and individualized opportunities for children and adults with physical, cognitive, or psychological challenges. Sprout is a place for recreation, socialization and skill building in building a positive farm environment. (www.sproutcenter.org) ♦

Sam Shapiro • May 17th

For Sam's mitzvah project, he has been volunteering at the Katherine K. Hanley Family Shelter in Fairfax. The shelter helps families move into permanent housing as soon as possible. Sam helps out wherever he is needed, but his favorite activity is playing with the kids who are staying at the shelter. Sam is also holding a fundraiser for the shelter at BRX American Bistro on June 19th. Please join us for a night of fun. The proceeds will be donated to the shelter. ♦



Aaron Schwall • May 31st

For his mitzvah project, Aaron will be donating his time this summer to Food for Others. Food for Others provides assistance in the form of free food needed by our unemployed and low-income neighbors here in Northern Virginia. ♦

Upcoming B'nai Mitzvah?

To submit a picture and bio of your child, choose one of the following: email to mozelle@nvhcreston.org or mail to NVHC, 1441 Wiehle Ave., Reston, VA 20190. Questions? Call the temple office at 703-437-7733. Deadline is the first day of the month PRIOR to your child's Bar/Bat Mitzvah date. For example, the deadline for June is May 1st.

Please join us for...Atid Shabbat Honoring Sara Branscome

May 2nd – 6:45 p.m.

Every year on Atid Shabbat, we gather to honor the people who make our Jewish future possible. This year we will honor our teachers, the students, the youth leaders, and our High School Graduates on May 2, 2014. The service includes our youth choirs and a joyous celebration of Shabbat. We begin with our Sof Shavua (end of week) Nosh at 6:15 p.m., and services at 6:45 p.m., followed by a festive oneg. During services we will announce the winners of our Sam Selden Youth Leadership Award, and we will invite graduates and their parents to join us in a special blessing.

In addition, this year is especially important as we will be honoring Sara Branscome, who has taught Adult Hebrew at NVHC for 26 years. After teaching both children and adults, Sara has left a legacy of amazing Hebrew literacy at NVHC, and a tradition of ongoing Hebrew learning. This is a place where people are not afraid to grow their ability to read prayers, chant Torah, speak in Modern Hebrew, and feel more comfortable with our holy language. Please join us as we thank Sara for her dedicated service to our community. ♦

Torah Talk

Our Shabbat Torah study class will be held on **Saturday, May 10th, 17th, and 31st at 9:00 a.m.** in the sanctuary.

The Torah is a vast collection of stories, commandments, ritual practices, and ethical standards. It is meant to be studied and understood not only to connect us to our ancestors and traditions, but also to guide us toward an ethical and spiritual life. Torah means learning. For many of us, understanding Torah is not easy. We may find the language confusing and the meaning difficult to grasp. Yet when we learn together, we are thrilled by the insights we glean and share. Whether you have studied Torah before or are new to Torah study, you will find wisdom and inspiration each time you study a portion of our sacred literature. ♦

GOOD DEEDS DAY, POST-PASSOVER BREWS & BREAD, AND LOVE AT THE LANES

By Stacy Miller • Young Adult Engagement Coordinator



No April showers for us...we hosted four events this month! On the first beautiful Sunday morning of April, we participated in Good Deeds Day by volunteering at Dawson Terrace Community Center, cleaning and removing invasive plants at a local park. Our site leader, Mary, helped us identify the invasive Japanese honeysuckle, and also told us the story of the Bay-Eva Castle located at our clean-up site. You can read more about the castle here:

<http://www.examiner.com/article/bay-eva-the-forgotten-castle>.

We know many of our members are part of a pair, so we decided to hold our first couples event, *Love at the Lanes: Couples Bowling Night*. Although we were not able to enjoy a pitcher of beer because of Passover, we shared some sweet Kosher for Passover treats, and enjoyed unlimited bowling for 2 hours.

For our Post-Passover event, we headed to the World of Beer for beer tasting and pizza. We ordered flights of beer and were able to taste 4 styles. We also had a moment of

silence, and provided information on Holocaust Remembrance Day, which took place that weekend, and shared ways to get involved with the local community to honor survivors.

We joined members of the NVHC congregation the last week of April for a challah baking class. The class, led by Nina Kwartin and Cookie Mandell, was fun and informative. We mixed dough to make a challah at NVHC, and were able to mix dough to take home to bake our own challah, as well! ♦

May Events:

May 5th - Mmm Monday: Cinco De Mayo

May 10th - Second Saturday Havdalah in the Park with Adat Reyim Young Adult Chavurah

May 18th - Israeli Street Festival @ Mosaic District

May 28th - HOT Spots of NOVA: Top Golf



Shavuot 5774

Tikkun Leil Shavuot: **A Night of Celebration and Study**

Tuesday, June 3, 2014

Celebrate the wheat harvest, the giving of the Ten Commandments, and the dedication of the first Jew by choice, Ruth, the great-grandmother of King David!

7:00 pm A Repast of Sweet Dairy Dishes

8:00 pm Havdalah & Shavuot Service

Honoring Our Adult Scholars and Jews by Choice

9:00 pm Yizkor

9:30 pm Night Study (ad chatzot, until midnight) led by Rabbi Holzman and Rabbi Gold

Please RSVP to Mozelle Stanton, Temple Secretary, at (703) 437-7733 or via email to Mozelle@NVHCReston.org.

College Outreach

The College Outreach Committee concluded another year of bringing holiday greetings and smiles to our college students. We sent packages of treats and holiday symbols for Purim in March, and for Passover in April. As always, the students appreciated these reminders of their Jewish home and our Jewish holidays. The College Outreach Committee is thankful for the support provided by the congregation, and by donors to the Outreach Fund, which makes these packages possible. The committee chair is thankful to the volunteers who bake, shop, and pack the boxes. To the graduating students, the committee says mazel tov.



DO YOU KNOW.....?

By Isabel Einzig-Wein • Sisterhood President

How often have you been approached by someone who says, "Oh, you are from New York, do you know...? And you think, "Are you kidding? There are 12,000,000 people in New York!" And then, what do you know, you do know whoever that person asked about. You are sitting at a café in Norway enjoying the unusual 80-degree weather, and who should walk by, but an acquaintance from your hometown. How about sitting in the living room of a friend at a kibbutz in northern Israel? The brother of the friend who lived in Haifa talks about going to the U.S. in a month on a cruise. "Have you ever been to the States?" I asked. He related that he had not, but always wanted to go since his dear friend from college had gone, and became a very successful engineer and boat architect. Just for kicks, I asked, "Is your friend's name Simon?" "Yes, Shimon!" I then said the last name. It had been 20 years since these two had seen each other. I gave him Amos Simon's telephone number, and the rest is history.

I have had several experiences that have been Beshert, (destiny), Serendipitous (a sequence of events), or an act of Divine Providence (the act of G-d intervening). Whatever you want to call it, these are situations that happen in our lives. When they come about, we can either ask more and act on it, or just go about our daily lives without giving it a second thought.

I was having difficulty thinking of a topic for this May newsletter. Low and behold, on Saturday, March 28th, while waiting to go into the sanctuary at a local temple, I struck up a conversation with the usher. She told me that I could not yet enter because the Bar Mitzvah families were having their photos taken. It would be just another 10 minutes and then she would be able to let us in. I introduced myself, and asked about the Sisterhood since they were having an event that looked interesting. I am always scouting for new ideas. The conversation was brief, but we made a very nice connection. I walked away to see the Sisterhood author event for a short time. When I returned, the usher, Yael, had been handing out prayer books. She said, "I must ask you a question that is totally unrelated to you being here for the Bar Mitzvah. Do you know a woman named Nicole P....?" I thought a moment and said, "The name did not ring a bell." Yael then said, "She is a life coach." My ears perked up, since I am part of that group in my other life. "Nicole is my best friend and recently told me about a woman she met at a coaching event. She described the person's appearance and personality. It sounded like it could be you. She

lost the person's card and wanted so much to reconnect."

How is it possible that someone could describe another person whom she had met with for three hours, in another town, to a friend so vividly that this perfect stranger should think it could be me? This Nicole would be a very credible witness, and I could be in deep trouble if I had committed a crime. "Yes, it is me and that is amazing, since I felt a strong connection to Nicole and also lost her contact information," I said. This was the most unique Beshert, Serendipitous, and Divine Providence type of situation I have ever encountered.

What was it that had placed me where it did, had me speak to one of more than 100 people that day, who would even think of asking me such a question? My belief is that there is a reason for what occurs at unusual times that should make us think of how to use the information or the encounter for a beneficial means. We are so busy with our lives that we walk over, around, or in between "things" that could bring us and those we meet some wonderful opportunities. "Stop and smell the roses!!!" We cannot answer why bad things happen to good people. But we can try to give meaning to these unusual happenings and become aware of our surroundings. If nothing else, they make interesting stories.

Now it is your opportunity to share some of your unique stories of this mysterious connecting phenomenon. Email them to Deedesnowwhite@gmail.com by May 25th.

We look forward to sharing these stories in the June newsletter. ♦

My belief is that there is a reason for what occurs at unusual times that should make us think of how to use the information or the encounter for a beneficial means.

HEBREW FOR ADULTS - SPRING/SUMMER 2014

At NVHC, we have a robust Hebrew program for Adults, featuring a variety of classes to satisfy a wide range of interests and needs. Whether you have no previous exposure to Hebrew, want to feel more comfortable with Hebrew during services, become adept at Biblical translation, or learn to speak conversational Hebrew, we have a class for you!!

Our classes are open to anyone interested in learning Hebrew, or continuing their Hebrew education; members and non-members, Jews and non-Jews. If you need help selecting the right class, have comments or questions, please contact the Lifelong Learning Chair, Elizabeth Lacher, lifellearn@nvhcreston.org.

Class Descriptions

Prayer Hebrew. Emphasis on improving prayer fluency, the acquisition of basic prayer vocabulary, and understanding the structure of the prayer service. We will begin with a review of basic reading rules and include a mix of “simple” and more complex prayers. Each class will focus on one section of the prayer service as specified below, and may also include additional prayers as desired by the students. Students may repeat as often as needed to gain confidence in the prayers. Prayer Hebrew classes can be taken in any order.

Shema and Its Blessings, with Judy Naiman

Shema, V'avavta, Barchu, Ma'ariv Aravim, Yotzer Or, Mi Chamocha, Hashkiveinu

Prerequisite: Beginning Hebrew or equivalent; ability to read letters and vowels

Mondays: 11:00 a.m. – 12:15 p.m.

10 weeks, May 5th – July 14th

\$100 Members; \$150 Non-Members;

Tamid students FREE

Text: *Hineni: Prayerbook Hebrew for Adults*, \$22.50

Optional Text: *Mishkan Tefilah: Shabbat* (no transliteration) \$34.00

Opening and Closing Prayers, with Elizabeth Lacher

Welcoming Shabbat, Kiddush, Havdalah, Nisim B'chol Yom, Lecha Dodi, Aleinu, Kaddish, Ein Keloheinu, don Olam

Prerequisite: Beginning Hebrew or equivalent; ability to read letters and vowels

Thursdays: 7:00 - 8:15 p.m.

10 weeks, May 1st- July 3rd

\$100 Members; \$150 Non-Members;

Tamid students FREE

Text: *Hineni: Prayerbook Hebrew for Adults*, \$22.50

Optional Text: *Mishkan Tefilah: Shabbat* (no transliteration) \$34.00

High Holidays, with Elizabeth Lacher

Shebecheyanu, Avinu Malkeinu, Zochreinu, Kol Nidre

Prerequisite: Beginning Hebrew or equivalent; ability to read letters and vowels

Thursdays: 7:00 p.m. – 8:15 p.m.

6 weeks, August 14th - September 18th

\$60 Members; \$90 Non-Members;

Tamid students FREE

Text: *Gates of Repentance*, \$22.00

Modern Hebrew

Taste of Modern Hebrew, with Yehudit Shem-Tov

A brief introduction to conversational Hebrew focused on using common everyday phrases.

Prerequisite: Beginning Hebrew or equivalent; ability to read letters and vowels

Sundays: 9:30 - 10:45 a.m.

4 weeks, April 27th – May 18th

\$40 Members; \$60 Non-Members;

Tamid students FREE

Text: *Let's Talk! Modern Hebrew for Teens*, \$12.95

Intermediate Modern Hebrew, with Yehudit Shem-Tov

This class will expand the student's ability to read, write, speak, and comprehend Modern Hebrew. Students will continue to study the fundamentals of Hebrew grammar and syntax. Students will practice conversational skills, translate texts from a range of Hebrew literature, and compose short paragraphs. Exercises will focus on conversational skills, and will reinforce vocabulary and use of proper Hebrew grammar.

Prerequisite: Familiarity with conversational Hebrew and basic Hebrew grammar.

Tuesdays: 7:45 - 9:00 p.m.

10 weeks, May 6th – July 8th

\$100 Members, \$150 Non-members;

Tamid Students FREE

Text: *Hebrew from Scratch*, \$55

(Continued on page 10)

HEBREW FOR ADULTS - SPRING/SUMMER 2014 (CONTINUED)

Name: _____ Member: _____ Non-Member: _____

Phone: _____ Email: _____

| Check <input type="checkbox"/> to enroll | Course Title | Start date | Session Day/Time | Enter Course Fee | Enter Text Fee (if applicable) |
|--|---|------------|------------------|------------------|--------------------------------|
| | Prayer Hebrew: Shema and Its Blessings | 5/5 | Mon 11:00 a.m. | | |
| | Prayer Hebrew: Opening and Closing Prayers | 5/1 | Thu 7:00 p.m. | | |
| | Prayer Hebrew: High Holidays | 8/14 | Thu 7:00 p.m. | | |
| | | | | | |
| | Taste of Modern Hebrew | 4/27 | Sun 9:30 a.m. | | |
| | Intermediate Modern Hebrew | 5/6 | Tue 7:45 p.m. | | |

TOTAL DUE \$ _____

Send registration form and check payable to NVHC to:
Northern Virginia Hebrew Congregation
 1441 Wiehle Avenue, Reston, VA 20190

JEWISH FILM SERIES 2013-2014 A Lifelong Learning Program

All the films to be shown have a Jewish theme: they may be about modern Jewish life, examine Jewish history or religion; they may be musicals or drama, funny or sad. We hope that each of them will be thought-provoking. We have allowed time for discussion after the film is shown.

We meet on the second Tuesday of each month (unless otherwise noted below). The film will begin screening at noon, but you are welcome to arrive at 11:30 a.m., and bring a dairy lunch (no meat, chicken, or seafood); we will provide coffee, tea, and a sweet. Films are shown in the multipurpose room on a six-foot-wide screen.

The price for a single date, regardless of NVHC membership, is \$3.

In case of inclement weather, we follow Fairfax County Public School guidelines. If schools are closed, there will be no showing on that day. If the schools have a delayed opening, or the morning weather is uncertain, check the NVHC website at www.nvhcreston.org.

| Date | Film | Country |
|-----------|---------------------|---------|
| May 13th | Arranged | USA |
| June 10th | Where Do We Go Now? | SONY |

Jewish Film Series 2013-2014 Registration Form

Name: _____ Member: _____ Non-member: _____

Phone: _____ Email: _____

DROP-IN FEE: \$3 / PER DATE

Send registration form and check payable to NVHC to:
Northern Virginia Hebrew Congregation,
 1441 Wiehle Avenue, Reston, VA 20190

The Distinguished Speaker Series

May 14, 2014, 8:00 p.m.

Colonel Lawrence Wilkerson (USA Ret.)



RUSSIA AND UKRAINE — IMPLICATIONS FOR EUROPE, THE UNITED STATES AND RUSSIA

Chief of Staff for Secretary of State Colin Powell, and Associate Director of the State Department's Policy Planning Staff, Col. Wilkerson served 31 years in the U.S. Army, including Special Assistant to the Chairman of the Joint Chiefs of Staff, and Director and Deputy Director of the U.S. Marine Corps War College. A frequent national security expert on television, Lawrence Wilkerson is the Distinguished Visiting Professor of Government and Public Policy at the College of William & Mary.

The NVHC Speaker Series is free and open to the public.

Jewish Creativity Through the Ages

This is the third of a 3-part class, and we will explore various forms of Jewish creativity, how Jews responded to the challenges of their times, and how it shaped the Judaism we know today.

- May 6th: The Creative Process

Throughout this year, 5774, Rabbi Holzman has explored the themes of Creation and Creativity in Jewish text and history. Our last class reached the modern period, and for our final meeting of the year, we will explore the way that contemporary artists express Jewish creativity today. A panel of artists and thinkers will discuss how Judaism affects their creative process and how the creative process potentially will affect Judaism. The class meets May 6, 2014, at 8:00-9:30 p.m. and will include a demonstration as well as a discussion. Prior attendance is not required. The panel includes:

Mimi Herbert, a member of NVHC and Visual Artist whose work appears in the Smithsonian and the Corcoran Gallery, as well as dozens of other galleries around the world.

Jean Bryer, an art teacher in NVHC's Kehillat Limmud and Tamid programs as well as a local portrait artist.

Danial Orange, a local spoken word poet and artist.

Instructor: Rabbi Michael Holzman

When: May 6th, 8:00-9:30 p.m.

Fee: Members & Tamid Students Free, Non-members \$25.

Jewish Creativity Through the Ages

Name: _____ Member: _____ Non-member: _____

Phone: _____ Email: _____

COURSE FEE: FREE MEMBERS, \$25 NON-MEMBERS

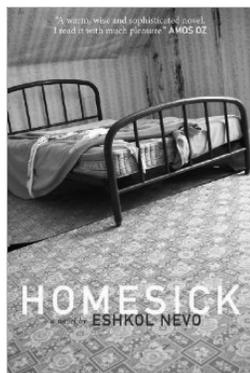
Send registration form and check payable to NVHC to:

Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue, Reston, VA 20190

For questions or comments about this class, or suggestions for future Lifelong Learning offerings, please contact Elizabeth Lacher, lifeflearn-committee@nvbcreston.org

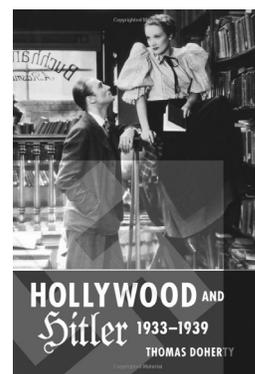
Book Club Selections

We meet on the first Saturday of each month, except where noted,
9:00 a.m. – 10:15 a.m. For more information,
contact Marjina Kaplan at: marjina2@yahoo.com



May 3rd. *Homesick*, by Eshkol Nevo. 374 pp. Fiction. This author's debut novel, a best-seller in Israel now garnering international acclaim in translation, presents a distinctively young and fresh image of contemporary Israel. Two young lovers decide to live together near Jerusalem. Set shortly after the assassination of Rabin, the book notes the heavy political climate, with conflicts between religious and secular Jews and terrorist bombings making everyone reach for their cell phones to locate loved ones. This is one of the first contemporary Israeli novels to include a Palestinian narrative voiced by a Palestinian character.

June 7th. *Hollywood and Hitler: 1933-39*, by Thomas Doherty. 429 pp. History. The author declares that Nazis were all but invisible in American movies at the time when depicting their savagery might have done the most good. The studios did not want to risk the loss of a major European market by offending Joseph Goebbels's Ministry of Popular Enlightenment and Propaganda, whose censors decided which foreign films would be shown in Germany. Unwilling to risk the displeasure of Nazi officials, the studios avoided any mention of German politics in their productions, while backing away from Jewish subject matter, which had been a Hollywood staple in the '20s with films like *The Jazz Singer*. ♦



Israel Street Festival – May 18th

We are very excited about our upcoming **Community-Wide Northern Virginia Israel Street Festival** which takes place on **Sunday, May 18th from noon – 5:00 p.m.** at our new location, **Mosaic District** (2910 District Ave., Fairfax, VA – next to the Angelika Theater). This location is metro accessible (within walking distance), with plenty of parking and space to offer lots of interactive activities, entertainment (2 stages), and more! *We have use of the park in front of the theater and the street to the right of the theater.*

The focus of this year's festival will be the *cities & regions of Israel*. Each organization has the opportunity to select a particular city or region and highlight it through interactive and engaging activities.

If you have any questions, please contact Laurie Albert, either by e-mail at: laurie.albert@jcnv.org, or by phone at 703-537-3064.

Membership Directory Corrections

The following members have a change of address:

Rey & Hope Aponte
1414 Esplanade Court #248
Reston, VA 20194

Dwayne Archer
Jamatian50@icloud.com

Nancy Weinstein
weinsteinnancy4@gmail.com

A Warm Welcome to New Members

We extend a warm welcome to these NVHC newcomers who have recently become part of our family. Please add their information to your membership directory, and be sure to make them feel at home when you meet them.

Mike & Kate Kalish
12556 Quincy Adams Court
Oak Hill, VA 20171
703-391-0195
vtmjk@yahoo.com
kekalish@yahoo.com

THE JEWISH MOURNING RITUAL OF SHIVA

By *Robbie Kaplan* • NVHC Cares Chair

Members of the Jewish faith observe Shiva, a seven-day mourning period following the funeral of a family member. The word Shiva literally comes from the Hebrew word for seven. While sitting Shiva, family members do not work and typically stay home. How will you know if the family is sitting Shiva? There is usually an announcement at the funeral, in the newspaper obituary, or if the bereaved is a member of our synagogue, in our weekly email. The announcement will state what days and times the family is receiving visitors.

What should you expect? While every Shiva is different and reflects the family and their religious beliefs, it is common that during Shiva, family members and friends congregate at the home of the bereaved to comfort the mourners. Traditionally, there is a religious service each evening of the Shiva.

It's customary to bring food, such as meals, baked goods, fruit or cheese. You might check with close friends of the bereaved to inquire how you can help. When visiting the bereaved, give your condolences and then wait for the mourner to talk about whatever he or she chooses. If the mourner wants to be silent, the visitor's role is just to be with them; your presence is what's important.

The following do's and don'ts will help guide your visit:

- Do realize that you are there to comfort and listen to the bereaved.
- Do show up with a food item, either for the Shiva or for the bereaved during the seven-day period of mourning. If you're not sure what's appropriate, bring a container of fruit, coffee or tea, or trail mix.
- Do join in on a discussion remembering the deceased, sharing stories that capture their positive qualities.
- Do clean up after yourself, and for anyone else who doesn't.
- Do ask if there is anything you can do to help.
- Don't show up hungry.
- Don't bring a condolence card; the bereaved will appreciate this gesture more when the card is sent.
- Don't monopolize the bereaved.
- Don't discuss your own life and problems with the bereaved.
- Don't leave your cups, plates or napkins for someone else to clean up.
- Don't show up if you were estranged from the deceased. Make your peace at another time.

@Legacy.com - Used with permission ♦

Bereavement Support Group

"When You've Lost a Loved One" Tuesdays, May 6th and 20th at 7:00 p.m.

On Tuesdays, May 6th and 20th, at 7:00 p.m., NVHC will hold a meeting of "When You've Lost a Loved One," a Bereavement Support Group and extension of our caring community at NVHC.

Linda Rubinstein Perlstein, experienced counselor in grief therapy in both secular and Jewish settings, will facilitate. It is our hope that NVHC members and friends from the wider community find comfort and care as they mourn losses among their family and immediate circle of community.

We hope that attendees will meet on an ongoing basis to draw support and insights in a group setting. Please contact Rabbi Holzman for more information at 703-471-6046, ext. 102.

Breast Cancer Support Group

If you, your daughter, mother, sister, partner or friend is living with breast cancer, we hope you'll tell them about this group. Whether a person is newly diagnosed, living several years as a survivor, battling progressive disease or a special partner of a breast cancer patient, our new support group is intended to help people to:

- Speak confidentially in a group
- Be a resource for educating other families
- Provide support and be mentors for one another
- Celebrate survivorship together

If you are interested in joining NVHC's Breast Cancer Support Group or getting further information for another person, please contact Beryl Brodsky at beryllb@gmail.com.

JSSA AND NVHC - SYNAGOGUE LIAISON PROGRAM CONTINUES

Thanks to the continuing partnership between Northern Virginia Hebrew Congregation and the Jewish Social Service Agency (JSSA), we are pleased to offer the services of our synagogue liaison. JSSA supports individuals, couples, and families through mental health counseling, services for children and adolescents, adult aging services, career programs and adoption assistance.

Do you ever need some additional parenting strategies, or referrals for other family issues? Free consultation with a trained and experienced social worker is available for NVHC parents. Naama Malkesman, LCSW, LICSW, LCSW-C, our JSSA Synagogue Liaison, is available for individual consultations. To schedule a free appointment either at NVHC or at the JSSA office, contact her at 703-896-7903, or email: nmalkesman@jssa.org.

Naama can provide support and referrals about a variety of concerns including raising children of all ages, marital issues, stress management, family transitions, new babies, and aging parents. While this time is not meant for ongoing therapy, she can offer strategies, guidance, and resources as appropriate. ♦

NVHC Thanks our 2014 Cornerstones Donors

| | | |
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Tzedakah: We Thank Our Generous Contributors

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Ted Smith and Rosalind Gold...in honor of Amanda Kamen becoming a Bat Mitzvah

Pracher/Reich Family...in memory of Seymour Eisenstat

Suzi Stone...in memory of Seymour Eisenstat

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Fran Gibbs Preschool Scholarship Fund

Stephen and Sharron Cristofar...in memory of Sarah Cristofar

General Fund

Stuart and Andrea Gavurin...in honor of Martin Luther King, Jr.

NVHC Cares Fund

Claire Delsack...in memory of Charles Delsack

Playground Fund

Tom and Cindi Drake...in honor of Rayna Lifland becoming a Bat Mitzvah

Rabbi's Discretionary Fund

Rob and Nora Gutcho...in memory of Sanford Gutcho William and Beth Hahm...in honor of Kayla's baby naming

Carol O'Khalsa...in honor of Davida Luehrs earning the "Best of Reston" Award

Inna Popova...in memory of Vladimir Popov

Religious School Fund

Bruce and Brandy Goldfeder...in memory of Sandra Coss

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Life-Cycle Events in the NVHC Family

R'FU-AH SH'LEI-MA

Joel Chetrick

Dan Cole

Mike Dixon

Jerry Friebert

Flo Friedman

Richard Gladstone

Eleanor Glickman

Ken Kaplan

Margie Kaplan

Clarice Karnette

Larry Klingler

Marty Koshar

Wendy Miller

Paulette Peltz

Sharon Rubenstein

Barbara Smith

Robert Stein

Howard Tuwiner

Robert Vaccarino

CONDOLENCES

To Nora Gutcho, on the death of her father, Seymour Eisenstat

To Frank Wiegand, on the death of his mother, Ursula Josefine Wiegand

To Ira Merin, on the death of his mother, Ruth Merin

To Don Copley, on the death of his father, Isaiah Copley

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

DON'T MISS OUT!!! HAVE YOUR HEARING CHECKED FOR FREE!!!

By Sheila Budoff

Please come to our Tuesday, May 27th program and find out what you may be missing! An audiologist will provide us with valuable information about hearing loss. As an added benefit, he will also provide free hearing screenings. Hearing loss occurs gradually and you may not even realize you have a problem. It's important to be tested and know what options are available to you.

And looking ahead to June--our June 24th program will be about Frances Perkins, the first female Cabinet member in U.S. history and an unsung heroine of FDR's administration, advocating for social justice and for Jews seeking refuge from Hitler's devastation. Mary Lipsey, a member of the Fairfax County History Commission, will bring Frances Perkins' remarkable story to life. Please join us for this fascinating program!

Tuesday, May 27th, 10:30 a.m.-noon
Educational Seminar on Hearing Loss and Free Hearing Screenings

Presented by Mark Gustina, M.S., CCC-A, Audiologist with Cosmetic Hearing Solutions, a HearUSA Hearing Care Provider for AARP
 Hearing loss is one of the most common conditions affecting older adults, but that doesn't mean we should just accept it as a normal part of aging. Untreated hearing loss can have many serious consequences, such as social isolation, depression, and increased risk to personal safety (for example, if you can't hear a warning car horn). Untreated hearing loss has also been associated with diminished cognitive functioning and dementia. Attend this seminar to learn more about hearing loss and new treatment options and technologies that can help improve your quality of life (or that of someone you care about!). Free hearing screenings will also be provided. Come find out what you may be missing!

RSVP: Sheila Budoff, Sheila.Budoff@jccnv.org or (703) 537-3068

Tuesday, June 24th, 10:30 a.m.-noon
Frances Perkins—A Champion for Social Justice

Presented by Mary Lipsey, member of the Fairfax County History Commission, president of the Fairfax County Cemetery Preservation Association,

volunteer docent for the National Museum of American History and the National Archives, and former secondary school history teacher
 Frances Perkins, the first woman in U.S. history to be appointed to a Cabinet-level position, was truly a remarkable person. As Secretary of Labor and throughout her professional career, she tirelessly advocated for the rights of workers and the poor, bringing about pioneering reforms which today we take largely for granted. As FDR's Secretary of Labor from 1933 to 1945, Frances Perkins was a key force behind the New Deal's governmental programs in the areas of unemployment relief, minimum wages, maximum hours, abolition of child labor, safety in the workplace, Social Security, and more. She also was a strong advocate for several changes in immigration policies to allow more Jewish refugees from Nazi Germany to come to the U.S. She achieved these successes at a time when Congress and the federal government were overwhelmingly male bastions, wholly unaccustomed to dealing with a woman in such a politically powerful role. Our presenter, Mary Lipsey, is a local treasure, exceptionally knowledgeable about U.S. and Virginia history, and very gifted at bringing historical figures to life. Please join us!

RSVP: Sheila Budoff, Sheila.Budoff@jccnv.org or (703) 537-3068 ♦

Kenneth Gubin, Esq.
Attorney At Law



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May 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--------------------------------------|---|---|
| | | | | 1 | 2 Sof Shavua Nosh, 6:15 p.m. Atid Shabbat Worship Service, honoring Sara Branscome with Kol Tsa'ir, Kol Yeladim & Kol Noar, 6:45 p.m. | 3 Book Club, 9:00 a.m. Tot Shabbat, 9:00 a.m. Shabbat Service, 10:30 a.m. Bar Mitzvah - Maximus Strauss |
| 4 Kehilat Lummud, 9:15 a.m. K-6 Grades Ha'atzmaut Program Brotherhood meeting, 10:00 a.m. Forest Edge Backpack Pack, 12:15 p.m. Men's Group meeting, 6:30 p.m. | 5 | 6 Kehilat Limmud, 4:30 p.m. TAMID Dinner, 6:00 p.m. Ha'atzmaut Program Students Only, 6:30 p.m. Confirmation Re- hearsal 10th Graders, 6:30 p.m. Bereavement Support Group Meeting, 7:00 p.m. Jewish Creativity Through the Ages, 8:00 p.m. | 7 Preschool Mother's Day Tea, 9:30 a.m. Kehilat Limmud, 4:30 p.m. TAMID Dinner, 6:00 p.m. | 8 Mah Jongg, 7:30 p.m. | 9 Chai Dinner, 6:00 p.m. Erev Shabbat Worship Service, 8:00 p.m. | 10 Torah Talk, 9:00 a.m. Shabbat Service, 10:30 a.m. Bat Mitzvah - Ellie Van Beuren Havdalah—The End of Shabbat Worship Service, 5:00 p.m. |
| 11 No Kehilat Limmud | 12 Sisterhood Board meeting, 7:15 p.m. | 13 Jewish Film Series, 11:30 a.m. Last Tues Kehilat Limmud, 4:30 p.m. TAMID Dinner, 6:00 p.m. 7th/8th Grade Depres- sion Workshop with parents, 6:30 p.m. Confirmation Re- hearsal 10th Graders, 6:30 p.m. | 14 Last Wed Kehilat Limmud, 4:30 p.m. Last Wed TAMID Dinner, 6:00 p.m. Speaker Series, Colonel Lawrence Wilkerson, 8:00 p.m. | 15 | 16 Sof Shavua Nosh, 6:15 p.m. Erev Shabbat Worship Service, 6:45 p.m. | 17 Torah Talk, 9:00 a.m. Shabbat Service, 10:30 a.m. Bar Mitzvah - Sam Shapiro 5-6 Grades Lag Ba'Omer Campout, 4:00 p.m. Lag Ba'Omer Havdalah, 7:00 p.m. |
| 18 Teacher & Madrichim Appreciation Break- fast, 8:30 a.m. Last Sunday Kehilat Limmud, 9:15 a.m. K-4 Grade Na'amal Teufuah Airport Program, 9:20 a.m. Israel Street Festival, 12:00 noon | 19 Strategic Develop- ment Committee meeting, 7:30 p.m. | 20 Last TAMID Dinner, 6:00 p.m. All TAMID Classes attend Confirmation Service, 6:30 p.m. Confirmation Worship Service, 6:30 p.m. Bereavement Support Group Meeting, 7:00 p.m. | 21 Greeters Training, 7:00 p.m. | 22 Mah Jongg, 7:30 p.m. | 23 Women Who Mean Business Networking Group, 8:45 a.m. Erev Shabbat Worship Service, 8:00 p.m. | 24 Shabbat Service, 10:30 a.m. |
| 25 | 26 NVHC office closed Memorial Day | 27 JCCNV-NVHC Active Adults, 10:30 a.m. Board of Trustees meeting, 7:45 p.m. | 28 | 29 | 30 Erev Shabbat Wor- ship Service with Kol Shirah, 8:00 p.m. | 31 Torah Talk, 9:00 a.m. Shabbat Service, 10:30 a.m. Bar Mitzvah - Aaron Schwall |



NORTHERN VIRGINIA
HEBREW CONGREGATION

1441 Wiehle Avenue · Reston, Virginia 20190

mark your calendar for these **Upcoming Events**

Atid Shabbat, honoring Sara Branscome and educators ♦ May 2nd, 6:45 p.m.

Havdalah-The End of Shabbat ♦ May 10th, 5:00 p.m.

Confirmation ♦ May 20th, 6:30 p.m.

NVHC Contact Information

| | | | |
|--|-----------------------------|---------------------------------------|------------------------------|
| Temple Office (secretary answers) | 703-437-7733 | Director of Early Childhood Education | Cindi Drake ext. 110 |
| Temple Office (directly to individual) | 703-471-6046 | cindi@nvhcreston.org | |
| Preschool | 703-435-8829 | Director of Congregational Engagement | Cookie Mandell ext. 107 |
| Fax | 703-437-3443 | cookie@nvhcreston.org | |
| Web Site | www.nvhcreston.org | Temple Secretary | Mozelle Stanton ext. 101 |
| | | mozelle@nvhcreston.org | |
| Rabbi | Michael G. Holzman ext. 102 | Religious Education Secretary | Elaine Bowling ext. 104 |
| rabbiholzman@nvhcreston.org | | elaine@nvhcreston.org | |
| Rabbi Emerita | Rosalind Gold | Bookkeeper | Julie Lifland ext. 108 |
| Cantor | Irena Altshul ext. 106 | julie@nvhcreston.org | |
| irena@nvhcreston.org | | Youth Activities Coordinator | Beryl Trauth-Jurman ext. 147 |
| Administrator | Fay Gubin ext. 105 | beryl@nvhcreston.org | |
| fay@nvhcreston.org | | Young Adult Engagement Coordinator | Stacy Miller |
| Director of Education | Moshe Ben-Lev ext. 103 | stacy@nvhcreston.org | |
| moshe@nvhcreston.org | | B'nai Mitzvah Instructor | Chaya Silver |
| | | chaya @nvhcreston.org | |

DEADLINE FOR NEXT ISSUE: Thursday, May 1, 2014

Speaker Series, Colonel Lawrence Wilkerson ♦ Wednesday, May 14th, 8:00 p.m.