



Bethesda Jewish

C O N G R E G A T I O N

October | November 2017
Rabbi Elhanan 'Sunny' Schnitzer
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תשרי תשע"ז | אילול | אב
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Kriat HaRav – The Rabbi’s Call Rabbi Elhanan “Sunny” Schnitzer

Today as we approach the deadline for the BJC newsletter, I am sitting with my mother in Sinai Hospital in Baltimore waiting, after two weeks here, for a more definitive diagnosis of her condition. Nothing fills the heart with sadness and tension more than the unknown when confronting illness.

By the time you read this, we will be approaching the holiday of Sukkot.

Sukkot, focuses us spiritually upon the uncertainty of living in a rickety temporary dwelling, and at the same time, being grateful for the abundance of creation. Healing from illness or waiting for a medical diagnosis reflects that same paradox: living with uncertainty in the midst of plenty.

What can we learn from Sukkot to help us when faced with the fragility of our dwelling place, ie. the body.

Illness forces us to be present. There is nothing like a pain in our body to make us acutely aware of our physical existence. In addition to acknowledging pain in the body we also are beset by the discomfort of waiting for test results, the phone call from the doctor, or the next procedure. Gratitude for all we have can give us strength to breathe through discomfort—physical, mental, and emotional—until our situation improves.

On Sukkot, we are encouraged to welcome friends into our sukkah. That’s an important lesson for the sick because when we are ill, we tend to isolate ourselves. We may not be ready to share our anxiety or have our privacy invaded. Sukkot offers us a different model. We can engage one friend at a time to be present with us in our discomfort. Such behavior heals two, both the giver and the receiver.

Another lesson we can learn from Sukkot in dealing with illness and uncertainty is to surrender. Remembering that we are not in control reduces tension and anxiety, both of which hinder rather than help our healing.

The Talmud tells us, “There is no greater joy than the resolution of doubt.” While we’re waiting for that definitive diagnosis, the lessons of Sukkot, the “Season of our Joy,” can help us heal.

Please be in touch with me in times of joy, sadness or illness in your life or in the lives of a loved one or another member of the congregation. This is particularly necessary now that the HIPAA regulations have made getting any kind of information from the hospitals extremely difficult. I greatly appreciate your help in keeping me informed of the health needs of our congregation. Please call: 301.469.8636 #3.

-Rabbi Schnitzer

What is Your BJC Story? **President Shoshanah Drake**

As the high holidays approach every year, I am reminded of how I started at BJC. I had moved to Montgomery County and joined a congregation closer to my home, but it wasn't the right fit for me and my family. I went to my parents for Rosh Hashanah, but for the first time in my adult life, I didn't have a place to go for Yom Kippur. Joan Wolf came to my rescue. Friends for several years by then, she invited me to BJC for Yom Kippur, my second visit to BJC. I had been to Leah's bat mitzvah and remembered how much I enjoyed the service. As I entered BJC, I was welcomed by many and introduced to people who now are so important to me. From the moment the service started, I knew I had found my new home.

Every part of BJC fits my needs and comfort. As a music teacher, the musical aspect gives me a spiritual connection I have not found in other places. As a person in an interfaith marriage, I found a welcoming spirit and warmth extended to my whole family. I am a "people" person, and I have found others who were outgoing, friendly, and happy to speak with me. I knew this was the place I would get to watch my son go through different life cycle events and find my own personal growth in many ways. If it weren't for Joan inviting me to join her, I would have missed out on so much. Since then, I have had the opportunity to invite others to BJC and watch as they found their own special part of our congregation.

What is your BJC story? How did you come to find it? Who have you told? We love our members and want to continue to grow and meet even more! Talk about BJC with your friends. Invite them to one of the many amazing things we do here!

Unsure of what to come to? Look at the BJC Now, the website, or keep reading the newsletter! Think of it as giving someone an opportunity for something new and wonderful! Everyone deserves that opportunity, and you can be the one to provide it. I hope to see you and your friends at BJC soon!

Letter from the Director of Congregational Education Mindy Silverstein

On the day of the eclipse, a Monday as well as my day off, I had a list of errands to do. I wanted to be back home by 4:30 PM, so I wouldn't miss this extraordinary event. It was about 1 PM when I walked into the grocery store, my last stop of the day. After doing light shopping for the week, I went to the register to pay. Two lanes were open: the "regular" register for those who had a family's worth of items to purchase and the express, for those who did not. I went to the express.

Standing in front of me was a woman who also had a few items to purchase, including several bottles of wine. As her order was rung up, she jokingly came over to me and said, "I need to be home before it gets dark." I laughed and said, "Me, too. Wine and the eclipse... great combination." She laughed and we continued to chitchat until her order was finished. Her bill came to \$150. She gave the cashier her phone number anticipating that as she was a member of the Grocery Loyalty program, her final bill would be reduced. After several attempts, she became quite frustrated. I asked the cashier if I could offer up my Loyalty Number to her and was told yes. The woman's bill was reduced to \$75.

Now it's my turn. My order gets rung up and after giving the cashier my Loyalty reward number, my bill came to \$25. As I get ready to pay with my credit card, the woman in front of me, who I assumed was just gathering her things before she left the store, inserted her credit card to pay for my groceries.

As you can imagine, I was incredibly touched by her gesture. I certainly didn't offer help expecting something in return. I saw someone in need and I could fulfill that need. I didn't do anything that was so extraordinary. I thanked her, hugged her, and asked, "Why did you pay for my groceries?" She said, "Because you laughed at my silly joke." She then walked out of the store and her physical presence walked out of my life.

I arrived home in plenty of time to watch the eclipse. As 4:30 PM approached, the big eclipse moment, a parade of clouds passed over the sun, muting the experience. I must admit I felt disappointed.

You might be wondering why I decided to share this story. At the end of the “day,” as miraculous as the eclipse could have been, what really impacted me was the kindness of strangers. This is what we do at the Religious School when we offer tzedakah on a weekly basis, when we respectfully disagree with classmates’ opinions, when we allow someone else to take the last bag of chips, when we act upon the lessons learned, and when we study ethics, values and text.

Events

This is What We Need to Build a Sukkah – YOU!

Sunday, October 1, 2 PM

Give us two hours of your time for Hiddur Bimah – the beautification of Covenant Hall for Sukkot. We need volunteers to set up the structure, and hang the branches, fruits, and vegetables that make the sukkah such a joy to the eye and the soul. This is one of those projects suitable for all ages. Bring your screwdrivers! Please RSVP by telephone to the BJC office.

Erev Sukkot Celebration and Study

Wednesday October 4, 5:30 PM

Join our BJC religious school students for a Sukkot service as we parade with the Lulav and Etrog around Covenant Hall and celebrate Heh Hag, The Festival! Israeli snacks will be served in our outdoor sukkah (weather permitting), followed by an evening of study in the sukkah.

H Street Walking Tour

Saturday, October 7 (Rescheduled from June)

Tour: 5-6 PM; Dinner and Havdalah at the home of Marlene Zakai

H Street NE, also known as the Atlas District, is one of DC’s most up and coming neighborhoods. Did you know that more than 75 Jewish-owned businesses once lined H Street NE? Learn about the immigrant roots and Jewish history of this rapidly changing neighborhood. Join us for a walking tour of Jewish H Street NE, sponsored by the Jewish Historical Society and BJC.

The tour will be led by Marlene Zakai, BJC Congregant and Jewish Historical Society Volunteer. Following the tour, we will return to Marlene’s home near H Street for dinner and Havdalah. Cost: \$15, Limited to 20 participants. Can’t stay for dinner? Join us just for the tour. Reservations can be made through the BJC Website; <http://bethesdajewish.org/event/h-street-walking-tour> or call the office at 301.469.8636.

Simchat Torah and Consecration of New Religious School Students with Machaya Klezmer Band

Friday, October 13, 7:30 PM

Simchat Torah, a holiday to take satisfaction and be joyful as we conclude the yearly cycle of Torah readings and begin again. We will honor our new Religious School students, their families, and our “learners” of all ages by taking them on a journey through the Torah while we get up close and personal with this timeless icon of the Jewish people. Then we’ll dance and sing with Rabbi Schnitzer and Machaya Klezmer Band while “Rollin’ up the Torah.”

Great Names Community Lecture Series Diversity on the Dais!

Sundays, October 8, November 5, December 10 at 3 PM

In true BJC fashion, there is no shortage of diversity in the speakers that we are welcoming to the podium in the coming months!

- October 8 brings **Irene Weiss**, a Holocaust survivor who arrived at Auschwitz-Birkenau on a transport in the spring of 1944. Little did Irene know, her entry was photographed by the Nazis and it surfaced more than two decades later in the book called, *The Auschwitz Album*, published by Yad Vashem. Weiss returned to Auschwitz in 2015 with her daughter, Lesley, to mark the 70th anniversary of its liberation.
- On November 5, we’ll be captivated by *Gutbliss* author **Dr. Robynne Chutkan**, founder of the Digestive Center for Women in Chevy Chase. Her latest book, *The Microbiome Solution: A Radical New Way to Heal Your Body from the Inside Out*, discusses how antibiotics and our Western diet and lifestyle have starved our systems and caused us to crave sugar and be tired all the time. Dr. Chutkan has a way forward to help us reverse the damage, replace the important bacteria and restore health and wellness.

- Save the Date for our December 10 speaker, **Janet Bodnar**, former editor of Kiplinger's Personal Finance and one of the most trustworthy sources of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

Open Book Club

The BJC Open Book Club meets in the Library at 8 PM, usually on the fourth Wednesday of every month. Anyone is welcome to join or just drop in for a particular book discussion. For more information, please contact Evelyn Ganzglass at eganzglass@gmail.com. The following are upcoming selections:

- October 25 - *A Good Life: Newspapering and Other Adventures* by **Ben Bradlee**, the former editor of *The Washington Post*. Bradlee's witty and candid memoir covers many of the most important events of the late 20th century: from World War II to Watergate, from the domestic revolutions of the '60s to the international revolutions of the '90s.
- November 15 - *The Darkroom* by **Susan Faludi**. In this memoir, Faludi weaves together strands of her father's identity—Jewishness, nationality, gender—into an intensely personal journey that explores larger questions of transgender politics and sexual identity. In the process, the reporter and feminist is forced to reevaluate the identity she has built as retaliation against an abusive and domineering father.

Full Day Retreat of Chant, Meditation, and Personal Discovery

Saturday, October 28, 10:30 AM

On Shabbat Lech L'cha, join Rebbitzin Yaffah Schnitzer, Rabbi Sunny Schnitzer, and Connie Reider. Immerse yourself in a full day of contemplative chant designed to illuminate your inner wisdom. Lech L'cha translates literally as "go to yourself." It is the perfect day to begin the work of self-discovery and a journey toward a more meaningful life.

This program will begin with a unique Shabbat morning chant and Torah service followed by a light luncheon. During the afternoon program, participants will explore chant as a meditative technique and use Inscape, a unique photography tool, to gain personal insight to transform the mind and heal the spirit.

Schedule

- Registration: 9:30 AM
- Shabbat Service: 10:30 AM to 12:15 PM
- Luncheon: 12:30 to 1:30 PM
- Afternoon Chant Program: 1:30 to 3:30 PM
- Inscape: 3:30 to 5:30 PM
- Closing Circle: 5:30 to 6 PM

Cost: \$36 in advance. Tickets will NOT be available at the door. RSVP online at: <http://bethesdajewish.org/event/lech-lcha-go-to-yourself/>

Interfaith Alliance Dialogue – "Combating Hate and Bigotry: What YOU Can Do"

Sunday, October 29, 6:30–9 PM

BJC will co-sponsor, with the Interfaith Alliance, a dialogue between four distinguished community leaders on the critical subject: "Combating Hate and Bigotry: What YOU Can Do." The panelists are Rabbi Jack Moline, President, Interfaith Alliance; Dr. Tarek Elgawhary, Islamic Community Center, Potomac; Rev. David Gray, BHPC; and our own Rabbi Sunny Schnitzer.

There is no issue more important to our BJC community, and our speakers, than pushing back and defeating the unwelcome resurgence of white supremacist, anti-Semitic, and anti-immigrant raised voices, marchers, and supporters. This free event begins with a meet and greet with refreshments, followed by the panel discussion and audience Q and A.

Please tell your friends and make every effort to come and support BJC's airing of this issue, not only by identifying the problem, but proffering solutions. Watch the BJC website for the event announcement and RSVP.

Shabbat Under the Stars Is Back!

Friday, November 5, 6:30 PM

Join us one more time, before the weather turns cold, for a one-hour multimedia service with BJC musicians, food, and fellowship. Bring your friends. Please RSVP to the BJC office or online <https://bethesdajewish.org/event/shabbat-under-the-stars-7/>

Inter-Congregational Thanksgiving Service & Brunch

Sunday, November 12

Service in the Sanctuary, 10 AM; Brunch, 11:30 AM

Join us for this annual morning of inspiration and music with our spiritual siblings, the members of Bradley Hills Presbyterian Church, the Idara e Jaferia Islamic Center, and the Intercultural Community Center. Imam Jalil Nawee will join Rev. Grey and

Rabbi Schnitzer as our speakers. Suggested freewill donation \$15 per adult; \$5 age 12 and under. RSVP to the BJC office or <https://bethesdajewish.org/event/thanksgiving-interfaith-service/>

Habitat Build Day

Friday, November 10, 8:30 AM–2:30 PM

Please join our team from BJC, BHPC, and the Idara-e-Jaferia Mosque on Veterans' Day for our next Habitat for Humanity Build Day. Work on a house rehab in the area for a family in need. Anyone age 18 and up who's willing to help is welcome. No skills are necessary. Habitat for Humanity crew will show us everything we need to do. To sign up (limited capacity, first come, first served), or if you have any questions, contact Gary Sampliner at gsampliner@hotmail.com.

Committee News Communication

An integrated team of Communications (changed from Marketing), Membership and Programs committees, with participation from the religious school, the board president and vice president, and the rabbi and synagogue administrator, have begun working together to ensure consistency of activities and messages that support the following strategic goal: BJC develops and sustains an increased level of membership, such that the long-term existence of the synagogue and its congregation is assured, and its place in the metropolitan Washington, DC community is regarded with a high degree of familiarity, honor, and respect. In other words: BJC is more than a synagogue, it's an inspiring, welcoming community.

With that goal in mind, a new colorful and message-relevant general brochure was developed with a calendar insert identifying highlights of the year for young families and religious school events; interfaith events; congregation and community-wide interest; and regularly occurring activities.

The committee designed, produced and ran online ads for events such as Back to Shul and the High Holy Days. An earlier article in *Washington Jewish Week* marked the celebration of the 50th anniversary of the BJC/Bradley Hills (BHPC) partnership. The current issue of *Bethesda Magazine* contains an excellent interview with Rabbi Sunny and Rev. Gray on the partnership, written by Steve Roberts, along with a splendid color photo of the two spiritual leaders. Both articles resulted from our promoting the 50th anniversary to the media.

Social Action Spotlight National Center for Children and Families

A major part of BJC's Social Action work is right in our backyard. The National Center for Child and Families (NCCF) is on Greentree Road within walking distance of our congregation. In the coming year, we are redoubling our efforts to support this worthwhile organization and its many services.

NCCF provides shelter, food, clothing, and counselling for homeless families in our community. The organization is expanding efforts to work in DC on providing foster care and adoption support.

BJC works with Bradley Hills Presbyterian Church (BHPC) on some initiatives to help NCCF. For example, we have recently concluded our annual school supply drive for NCCF residents. Each year on a Sunday afternoon in the fall, members from BJC and BHPC come together to tackle a range of chores on the NCCF campus, particularly landscaping, sorting, painting, etc., and serving lunch to the residents. This year, we will host NCCF Community Day on October 22. Mark your calendars and come be a part of this effort to improve our community.

At Thanksgiving, both congregations work together to build holiday baskets with homemade treats and the fixings for a Thanksgiving meal, and our youth groups join to bake bread. As we get closer to Thanksgiving, both BJC and BHPC will be asking for food donations for the baskets. We also welcome your cash donations to buy food gift cards, as each congregation will be supplying twenty-five \$25 gift cards to supplement the food donations.

Throughout the year, there will be many opportunities for BJC members to help. As a nonprofit, NCCF needs volunteers to support its good work and

meet in-kind donation requirements for grant funding. Look forward to an increasing number of occasions to get involved with this great organization in our community. Contact Amy Shapiro for more information at amyshapiro4501@gmail.com.

Community News

SMART Recovery Program Begins at BJC

Every Wednesday, 7–8:30 PM

First Meeting: Wednesday, October 18

For More Information, contact David Koss 301.455.4252

SMART is the world's largest and fastest-growing science-based support group program to help people overcome addictions to harmful substances or behaviors. Tens of thousands of people gather weekly at more than 2,200 free meetings in the U.S and other countries.

SMART meetings are led by facilitators who must complete a rigorous 30-hour training course. The meetings are highly interactive, enabling all participants to share their successes and challenges and receive guidance and support from others. Meetings are action-oriented, positive and focus on the present and future.

The program draws from disciplines with proven effectiveness in treating addiction, such as Cognitive Behavioral Therapy and Motivational Interviewing. In addition, SMART Family & Friends meetings help people with an addicted loved one care for themselves while encouraging their child, spouse, or friend to seek treatment in a positive, loving, and nonjudgmental manner. This program uses the highly effective Community Reinforcement and Family Training (CRAFT) method, which has a 60 percent success rate of getting loved ones into treatment.

2017 Calendar

YOUNG FAMILIES & RELIGIOUS SCHOOL

School	Saturdays, 9 AM to 12:15 PM Wednesdays, 4:30 to 6 PM
Sukkah Setup & Decoration	Sunday, October 1, 2:30 PM
Pizza in the Hut, Erev Sukkot	Wednesday, October 4, 5 PM
Simchat Torah Celebration & Consecration Service	Friday, October 13, 7 PM
Tot Shabbat	Friday, November 3, 6:30 PM
Shabbat Under the Stars	Friday, November 10, 6:30 PM
All School Hanukkah Celebration	Saturday, December 16, 9 AM

INTERFAITH

Interfaith Alliance Dialogue	Sunday, October 29, 6 PM
Interfaith Thanksgiving Service & Brunch	Sunday, November 12, 10 AM

CONGREGATION AND COMMUNITY-WIDE INTEREST

Historical H Street Walk and Havdalah	Saturday, October 7, 5 PM
Great Names Community Lecture Series	Irene Weiss, Sunday, October 8, 3 PM
Full Day Chant & Meditation Retreat	Saturday, October 28, 9 AM to 5 PM
Great Names Community Lecture Series	Dr. Robynne Chutkan Sunday, November 5, 3 PM
Great Names Community Lecture Series	Janet Bodnar Sunday, December 10, 3PM

REGULARLY RECURRING EVENTS

Nitivim L'Shabbat, Chasidic Music Service	First Friday/month, 8 PM
Shabbat Service of Meditation	Second Friday/month, 8 PM

Simcha B'Shabbat, All Music	Third Friday/month, 8 PM
Shabbat Service	Fourth Friday/month, 8 PM
Morning Service	Saturdays, 10:30 AM
Chant Circle & Spirit Spa	Second Saturday/month, 4:30 PM
Torah Study & Wisdom Literature	Wednesdays, 6:30 PM
Adult Hebrew	Saturdays, 9 AM
Book Club	Fourth Wednesday/month, 8 PM

Yahrzeits

October

Morris Arovas	Father of Edward Arovas
Freda Corman Blumenthal	Mother of Diane Blumenthal
Leonard Busman	Father of Bruce Busman
Bessie Cohen	Grandmother of Donna Goldberg
Mitchell Cooper	Father of David Cooper
Edward T. Campiglia	Father of John Campiglia
Fanny Dwork	Grandmother of Barry Dwork
Evelyn Dwork	Mother of Barry Dwork
Molly Friedman	Mother of Hannah Friedman Elson
Cliff Hecht	Husband of Joanie Schnitzer
Julius Hoffman	Father of Harold Hoffman
Vivian Lievita Kramer	Grandmother of Harri Kramer
Ethel Levine	Mother of Leslie Levine
Myer Lieberman	Father of Ruth Rosenberg
Katherine O'Brien	Sister of Tim O'Brien
Katherine O'Brien	Sister-in-law of Lisa Farinholt-O'Brien
James Posner	Father of Ted Posner
Bruce Scott	Brother of David Scott
Myron Silbert	Uncle of Earl Silbert
Julius Spiro	Father of Dan Spiro
Howard Trussel	Father of Joy Gold
Rhoda Turow	Grandmother of Steve Turow
Peter Van Berg	Brother of Bill Van Berg
Alexander Weinstein	Father of Milton Weinstein
Henry P. Wolf	Father of Joan Wolf
Florence Wolpert	Mother of Ira Wolpert

November

Esther Blumberg	Grandmother of Linda Blumberg, Mark Blumberg
Jay Cantor	Father of Barry Cantor
Sonya Schwartz Choper	Sister of Linda Baum
Martin Cohen	Father of Donna Goldberg
Renee Cooper	Mother of David Cooper
David Friedman	Father of Hannah Friedman Elson
Miriam Gleberman	Mother of Ellen Gleberman
Ethel Gluckstein	Wife of Fritz Gluckstein
Harry David Haber	Father of Miles Haber
Pepi Harnden	Mother of Sandra Medlin
Doreen Kahn	Mother of Ralph Kahn
Eric Neisser	Father of Michelle Neisser
Morris Poogach	Father of Robert Poogach
Jack Scott	Father of David Scott
Philip Shtasel	Father of Sana Shtasel
Sidney Tahler	Grandfather of Rori Kochman
Alan Turow	Father of Stephen Turow
Naomi Walders	Mother of Larry Walders
Harry Winslow	Father of Craig Winslow
Mildred Jean Zisman	Sister of Al Folsom

Thank You: A Message from The BJC Staff

Because of transitions both in the office and the way donations are handled, we are, regretfully, unable to account for an accurate list of gifts to the congregation during recent months. It is a high priority, moving forward, to provide this information and we will do our best to do so.

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Director of Education	Mindy Silverstein
Synagogue Administrator	Diana Abadi

BJC News

Newsletter Editor	Anita Farb, Anita.Farb@gmail.com
Design Layout	Vanessa Mallory Kotz

The deadline for submitting articles for the December 2017/January 2018 newsletter is: **November 10, 2017.**

Bethesda Jewish Congregation

6601 Bradley Boulevard Bethesda, MD 20817-3042
Tel: 301.469.8636 □ Fax: 301.469.9529
Bethesdajewish.org; admin@bethesdajewish.org