



# *Jewish Residents of Leisure World*

Silver Spring, Maryland

October, 2011, Tishrei – Cheshvan, 5772

Newsletter Editor: Bernice F. Cohen 301-598-0192

Website: <http://www.jrlw.org>



## **JRLW President's Message**

I hope you had a lovely Rosh Hashanah, surrounded by family and friends. It is our custom at this time to have apples and honey so that we may have a sweet year.

This year our sweetness has come from the very generous gift from John and Joann Downey. Thanks to the Downeys, we now have a beautiful new Ark, Bima Table and new covers for our Torahs. All this was done in memory of their daughter. In appreciation, the JRLW Board unanimously decided to make the Downeys honorary lifetime members of our organization.

Both Conservative and Reform Rosh Hashanah Services were enjoyed by everyone who attended. We know that the Yom Kippur Services will be just as meaningful. I hope everyone has a chance to stop in to see our Sukkah. There will be an open house on Sunday, October 16. There will be evening services in the Sukkah on October 12, 13, 17, 18 and 19.

We thank Shaare Tefila for their contribution to our Tzedakah Fund. We are happy for them that their new Synagogue has been completed. We wish them many years of happiness in their new home.

Shalom,  
Dolly Solomon

## **Upcoming October Events**

- 3<sup>rd</sup> Mon. JRLW Board Meeting CH 2
- 5<sup>th</sup> Wed. Hadassah Board 10:00 Am CH 1
- 5<sup>th</sup> Wed. Na'Amat Open Mtg 12:00 Noon CH 1
- 7<sup>th</sup> Fri. Yom Kippur Kol Nidre Services
- 8<sup>th</sup> Sat. Yom Kippur Services
- 8<sup>th</sup> Sat. Break-the-Fast 7:30 PM CH 1
- 10<sup>th</sup> Mon. Class "Art of Chigal" 10:30 AM CH 1
- 11<sup>th</sup> Tue. **DEADLINE FOR NOVEMBER NEWSLETTER**
- 12<sup>th</sup> Wed. Class "R Rated Torah" 10:00 AM CH 1
- 12<sup>th</sup> – 20<sup>th</sup> Sukkot
- 13<sup>th</sup> Thu. JRLW Singles Mtg 12:00 Noon Old Country Buffet
- 16<sup>th</sup> Sun. Sukkot Open House 11:00 AM – 3:00 PM Interfaith Chapel lot
- 16<sup>th</sup> Sun JRLW Breakfast Forum 10:00 AM CH 1
- 18<sup>th</sup> Tue. Na'Amat Bd Mtg. 10:00AM CH 1
- 19<sup>th</sup> Wed. Hadassah Program 12:30 PM CH 1
- 19<sup>th</sup> Wed. Class "R Rated Torah" 10:00 AM CH 1
- 20<sup>th</sup> Thu. Yizkor Services 9:15 CH 2
- 21<sup>st</sup> Fri. Simchat Torah
- 21<sup>st</sup> Fri. Annapolis Trip
- 22<sup>nd</sup> Sat. RSVP date for Malavah Malkah
- 26<sup>th</sup> Wed. Class "R Rated Torah" 10:00 AM CH 1

## OCTOBER BREAKFAST FORUM



Start your day of "Sukkah Hopping" by having breakfast with JRLW on Sunday, October 16th, at 10:00 am in the Crystal Ballroom in Clubhouse 1. The program will be a presentation by Louis Solomon and Leslie Marks of LIFE ECHOES who will explain how to tell your personal story to your family and to future generations. This will be the best Chanukah gift you have ever given to your family. To make your reservation, please send your check made payable to JRLW for \$5.00 per member (\$8.00 non-member) to Bella Rapaport, 3005 S. Leisure World Blvd., #301, Silver Spring, Maryland 20906. Checks must be received before October 12, 2011.

Sheila Chodorov

## EDUCATION PROGRAMS

### Mort Rudo

**Wednesday, October 12, 19, 26 and November 2.** Rabbi Gary S. Fink is going to return by popular demand to continue his course on The R-Rated Torah: What You Never Learned in Hebrew School. We will explore stories of conflict and passion in the Hebrew Bible and in Jewish tradition. Through the study of sacred texts, we will look at how our ancestors dealt with jealousy, animosity, sex, repentance, and reconciliation, and will include modern perspectives in our discussion as well.

What was the *real* story of Adam and Eve, or Queen Esther and Ahashuerus. Come and see the Bible in ways that you've never seen it before! During the course of the

program, class discussion and questions are encouraged. 10:00 a.m. Clubhouse 1 - Fee \$24

**DEADLINE FOR THE NOVEMBER NEWSLETTER IS TUESDAY OCTOBER 11<sup>th</sup>. ARTICLES RECEIVED AFTER THE DEADLINE WILL APPEAR IN THE DECEMBER NEWSLETTER.**

## FUNERAL INFORMATION

If you are a member of JRLW you are entitled to a considerable discount when you have to deal with a funeral parlor or a cemetery or a monument maker.

JRLW has on agreement with the following:

- Sagal and Danzansky Funeral Homes,
- Judean Gardens for burial arrangements,
- FRAM Monuments

If you have any questions, please call Harvey Chidel at 301-438-1151.

## A SHIVA MINYAN

We have had several cases recently where, unfortunately, there was a need for a shiva minyan for one of our members here in Leisure World. If you hear of such a need in your building, it is a mitzvah and the 'menshlich' thing to do to attend the shiva minyan for at least one or two nights. In many of our multi-unit buildings – especially the high-rises – there are probably enough people to form a minyan without needing anyone outside of the building. An evening minyan will take ½ hour or less of your time, But to the grieving family, your attendance may mean the difference of being able to say their prayers or not. Please help out if you can.

## *RELIGIOUS COMMITTEE REPORT*

Our Regular Friday Evening services fall on the first Friday of the month and rotate between Reform and Conservative services. Our regular Saturday morning services are conducted on every second Saturday of the month.

Based on that schedule our next services in October would be a Reform Service on Friday, October 7 and a Saturday morning service on October 8. However, this is the day of Yom Kippur. Therefore, no regular services will be held on those days. Instead, our next regular Friday evening service will be a Conservative Service on November 4, which we will be sponsored by the Jewish War Veterans.

\*\*\*\*\*

### **5772/2011 Yom Kippur Services Schedule**

	<u>Conservative Services</u>	<u>Reform Services</u>
Yom Kippur Evening Friday, October 7 Kol Nidre	6:40 pm	6:40 pm
Yom Kippur Morning Saturday, October 8 Morning Service	9:00 am	9:30 am
Yiskor Service	11:30 am	11:30 am
Mincha Service	5:00 pm	*
Neila Service	6:20 pm	*
Maariv Service	6:45 pm	*
Shofar Sounding	7:05 pm	*

\* Reform Services will continue together with the Conservative Services.

\*\*\*\*\*

Our High Holiday cycle of services will conclude with Sukkot. As in the past, we will have a Sukkah set up on the grounds of the Interfaith Chapel, and we will have services from October 12 to October 21, except for October 20, when we will have a regular service in Club House II and will recite Yiskor.

\*\*\*\*\*

At the conclusion of Yiskor it is customary to pledge a donation to charity and all congregants and visitors are encouraged to do so. For those so inclined, the Religious Committee suggests that consideration be given to donations to the Torah Fund. It is our hope to raise enough funds to purchase a smaller, lighter weight Torah that could be handled by our JRLW members. To those members of JRLW who regularly attend Saturday morning services it has become obvious that we have fewer and fewer members who can lift a Torah (Hagba) or even carry it. A smaller, lighter weight Torah would meet an urgent need.

\*\*\*\*\*

## JRLW SINGLES

Anita Van Grack

In September, the JRLW Singles sponsored a trip to Ocean City. The weather was perfect. A relaxing time was had by everyone. The Outlet shopping was productive. Plans are in the works for a similar trip next summer. We hope you will plan to join us.

The next Singles meeting will be on Thursday, October 13, at 12:00 noon at the Old Country Buffet. If you have a story, funny or serious, that you would like to share with the group, that would be fine. Please call Fran Sanders, at 301-598-0199, to make a reservation.

### NEWSLETTER STAFF

Bernice Cohen – Editor  
Nate Sternberg – Layout  
Fred Shapiro – Business  
Shirley Griffin - Asst. Editor

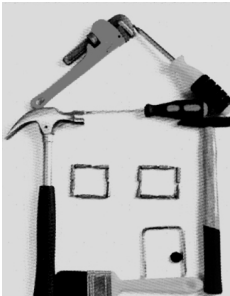
### CELEBRATE SUKKOT- THE FEAST OF TABERNACLES 2011

Starting with the evening of October 12 and lasting until Thursday, October 20, Jews throughout the world will celebrate the holiday of Sukkot. This is a festive holiday founded in the agricultural roots of the Israelites, commemorating the lives led as they wandered in the desert for forty years before entering the Promised Land. A key element of the holiday is the custom of saying the blessing over the wine and bread and eating the meals in a hut reminiscent of the temporary dwellings set up when the Israelites came to a site that would be their temporary home for a matter of days or weeks during the wandering period. As a sign of the temporary nature of these huts, the roof is open to the skies, usually made

up of reeds, branches, or similar natural materials.

The tradition here in Leisure World is to erect a Sukkah on the grounds of the Interfaith Chapel. location makes it convenient for the community as a whole to enjoy the simplicity of the holiday.

The JRLW invites all residents of Leisure World and members of the Interfaith Chapel to join with them, their children, grandchildren and friends to come and share fellowship and refreshments at the Sukkah in the upper parking lot of the Interfaith Chapel, on Sunday, October 16, from 11:00 am to 3:00 pm. The Sukkah will be open on other days from 2:00 to 4:00 pm. Evening services will be conducted in the Sukkah October 12, 13, 17, 18 and 19 at 7:00 pm.

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## **PHYLLYS HUTT'S CORNER:**

### WHAT'S IN A NAME?

The New Year holidays are no longer as fattening as they used to be! I remember one Rosh Hashanah in particular when a very funny story was passed around the holiday table. It had to do with my niece Ellen, Goldie's daughter. In the days when the older generation was still doing the cooking, it was Goldie's turn to host the dinner, and being the good daughter that she is, Ellen was helping her mother with the menu. She was at work one day and was overheard by a co-worker while discussing the menu with her mother. The co-worker heard Ellen's side of the conversation.

"So you think we don't need soup? No, I guess not....If you serve chopped liver, too....too many dishes to wash. What about brisket? Do you want me to make it? Well, all right.....I know yours is better. I understand. So far, we've got brisket, kasha, string beans, kishka, potatoes, knishes, jello..... yes, potatoes. Not everybody likes kasha. Okay, either sweet or white, We'll buy the kishka in Baltimore. The delli has a couple varieties....onions and garlic or spicy. It's Jewish polenta. The kasha and the kishka will go over big. Okay, fine.....wonderful. Talk to you later."

Ellen hung up the phone. Her co-worker, Mowisha, a young girl from Zimbabwe had listened intently. She was expecting twins in a few months. "What were those things you were talking about just before?" she asked Ellen. "Those foods". Ellen guessed that Mowisha wanted to know because she was planning a christening party when the twins arrived. Ellen explained what brisket and kasha and kishka were, and Mowisha nodded, taking it all in. She wanted to hear certain words again, liking the alliteration of the syllables. Their sounds intrigued her. A few months later an announcement came to the office from Mowisha and her husband,

announcing the birth of their twin daughters, Kasha and Kishka Jackson.

I'm glad that one of the girls didn't end up being "Briskette".

## **RECIPE CORNER**



### **Lucky's First Prize Noodle Kugel**

(Lucky Malamut won first prize for this recipe in a cooking contest!)

1/2 pound medium size noodles cooked in salt water and drained

1/8 pound melted butter

1/2 cup sugar (scant)

1 cup sour cream

2 cups milk

1 pound cottage cheese

1/2 teaspoon salt

1 teaspoon vanilla

1/2 pound farmer's cheese

1/2 pound cream cheese

6 beaten eggs

Mix all the ingredients together and stir in the noodles. Pour into a 9x13 inch buttered casserole dish.

Topping: 1/2 cup brown sugar

1/2 cup slivered almonds

2 tablespoons melted butter

Combine and spread on noodles.

Bake at 350 degrees for 1 and 1/2 hours

### *ATTENTION ALL COOKS!!!!*

In the next Newsletter, we will be printing a page full of brisket recipes in time for Chanukah! Please send in your favorite recipe to: [bernifc@juno.com](mailto:bernifc@juno.com). You know your recipe (or your daughter's recipe) is the best, so please let us hear from you.

## TZEDAKAH & ONEG KIDDUSH DONATIONS

For information about Tzedakah donations or Oneg/Kiddush donations, please call Susan Weiss at 301-460-6030. Checks should be made out to JRLW and mailed to Susan Weiss, 3739 Glen Eagles Drive, Silver Spring MD 20906.

Sandra Sager in honor of Carol and Alex Waganheim's 60 anniversary.

Mildred Rosenthal in honor of Shirley Light on the birth of her great-grandchild Benjamin Michael.

Edith Milman in memory of Dr. Herbert Joseph, husband of Mrs. Lori Joseph.

Sandra Sager in honor of Bernice Kisliuk's 80<sup>th</sup> birthday.

Betsy and Fred Firnbacher to commemorate the Yahrzeit of Ida Firnacher.

Lucy and Ernie Pollak for a speedy and complete recovery to Marty Gutstein.

Carole Jason in honor of Bernice Kisliuk's special birthday.

Goldie and Leonard Bosin in honor of Anna and Sam Einbinder's 65<sup>th</sup> wedding anniversary.

Shaare Tefilah in honor of JRLW's hospitality while their Synagogue was being built.

Marion and Marty Bedell in honor of their granddaughter Kimberly Bedell's upcoming marriage to Petty Officer Aaron Gershowitz.

# BEDFORD COURT

A SUNRISE SENIOR LIVING COMMUNITY

## PAINT THIS PICTURE...

**IMAGINE** kicking your feet up on your balcony or patio with friends and enjoying an outdoor concert on a cool summer evening... **CONSIDER** the abundance of energy you could have as a result of participating in our daily exercise class... **NURTURE** your spirit by attending one of our many faith based services... **VISUALIZE** enjoying a game of bridge or poker in one of the newly remodeled community areas. At Bedford Court there is so much to do and so many ways to enrich your life.

We have limited availability of courtyard view apartments. Also, up to 10% off on select apartments.

**Call Elena Price at @ 301-438-6607 for more details and to schedule a personal tour.**

\*\*\*

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## CONDOLENCES

We offer our sincere condolences to the families of the following:

Nathan Shankman

Jay Graber

Shirley Yaffee

Harriet Rochkind sister of Rhoda Krens and Mim Parizer

May their memory be a blessing.



## TORAH MAINTENANCE AND PRAYER BOOK FUND

Individuals can be honored and loved ones memorialized with a contribution to the JRLW Torah Maintenance Fund or Prayer Book Fund for a minimum donation of \$25.00. Contact Ellen Zweig at 301-598-2144 between 9:00 am and 9:00 pm.

Elaine Molnick a Prayer Book in memory of my dear husband Dr. Barry Molnick.

Two Prayer books in memory of my dear husband Leon Salzman from his wife Estelle and his daughter Janet.

## WELCOME NEW MEMBERS

We welcome the following new members to our organization:

- \*Elizabeth Miller - 3604 Berkenhead Court
- \*Bob and Gail Leventhal - 3100 N. LWB
- \*Florence & David Polinsky - 14800 Pennfield Circle
- \*Harriet Chaikin - 15101 Interlachen Dr.
- \*Renee & Milton Thaler - 3100 N. LWB
- \*Nathan Segal - 3005 S. LWB
- \*Henny Steinman - 3005 S. LWB.
- \*Gerry Gillman - 15101 Interlachen Dr.
- \*Caren Mayerson 14801 - Pennfield Circle
- \*Annette Cooper - 15107 Interlachen Drive



## GOOD AND WELFARE

Our continuing wishes for a speedy return to good health go to David Firestone.

People are returning from vacations and from travelling. Some have travelled further than others. Marilyn and George Kessler were in France. Esther Perlsweig was in Croatia. We are happy that our travelers are safely home.

Elaine Daniels and Sheila Myers are both scheduled for surgery. We wish them both a speedy recovery.

Once again, at Friday Evening Services in September we were treated to the beautiful chanting of prayers by Margaret Brenner. What a special treat! Unfortunately, Margaret has fallen and has broken her arm. We all wish her a rapid healing.

At one time, getting to know your great-grandchildren was an uncommon thing. However, now it is not unusual to hear of people who have one or more great-grandchildren. Shirley Light is the latest great-grandmother on our list. Mazel Tov to her on the birth of her fifth great-grandson Benjamin Michael.

Hal Altman is in Bedford Court. We wish him well.

Zisa Nadler is in Bedford Court. We hope she is doing well.

By the time you read this, Sheila Chodorov will have undergone hip surgery. She waited until the day after the September Breakfast Forum to go into the hospital. We hope Sheila will be up and about in time for the October Breakfast Forum.



## EVERYONE HAS PERSONAL STORIES TO TELL. LEARN HOW WITH COMING OF AGE CLASS

Fred Shapiro, Community Liaison

Jewish Residents of Leisure World and the JCCGW will sponsor a four part class "WRITING FAMILY HISTORY STORIES" in Clubhouse 1 at 1:30 p.m. to 3:00 p.m. on the following afternoons: November 1, 7, 15 and 22. All the sessions will be on a Tuesday except for November 7, which is a Monday, to avoid a conflict with a LW anniversary concert. Tickets for the course are available in E&R at a cost of \$20.00 for the four classes. The class will be limited to 25 students, so register early.

Instructor Ben Turner will demonstrate the easy way to write interesting family history stories. Everyone has a story to tell. When were you born? If you are Jewish, what is your Jewish name? Who were you named after? Who are your parents and grandparents? Were they born in the U.S.? How did they earn a living? What was their ancestral town or shtetl?

Composing a family history involves story telling by necessity, but often the story telling is oral and we don't get it reduced to writing because we are reminded of the story when talking to relatives at a wedding or Bar or Bat Mitzvah. Some family anecdotes are the most interesting part of a family history. These stories will be repeated for generations and they deserve to be preserved. We can all make our family tree come alive if we take the time to write our own family history stories. We each have a favorite Uncle, Aunt, or Cousin. Only you can best tell what made that person special for you.

You may not know a lot of detail about your family history, but what you do know will be of interest to other members of your family. The way you tell your story will be different than the way some other member of the family would tell it. You can supplement your story with photographs, ancestry charts, immigration documents, marriage, birth and death certificates and other mementos

Join us. Get started, and enjoy writing and sharing your family history stories.

## MALAVAH MALKAH

Our Malavah Malkah Program (Farewell to the Sabbath Queen) will be held Saturday, November 5, at 6:00 pm. It will be in the Crystal Ballroom of Clubhouse I. There will be a delicious dairy buffet. Entertainment will be by Vladimar Fridman and Rafael Javadov. Elsewhere in this Newsletter there is a form to fill out if you plan to attend. Please RSVP by October 22. If you have any questions, contact Miriam Atkin, Chairperson, at 301-598-0450.

## MEMBERSHIP

Our membership drive is basically over. Newcomers to Leisure World are always welcome to join our organization. Thanks go to all of you who rejoined and especially to those who brought in new members.

A New Member Reception will be held on Tuesday, November 1, and information will go to those who are new members.

**SNOWBIRDS** – Our Newsletter will be sent to your Florida address during the months of December, January, February and March. If your address has not changed since last year, just email me or leave a message – Yes, I'd like my Newsletter – no need to repeat the address. If you are a Snowbird and have not let me know that, please do so.

Again, thanks for joining JRLW – we appreciate your support.

Sue A. Rudo, Membership Chair  
301-598-1153 or [suearudo@verizon.net](mailto:suearudo@verizon.net)



# *Jewish Residents of Leisure World*

## **MALAVAH MALKAH (Farewell to the Sabbath Queen)**

**Saturday, November 5, 2011, 6 pm - Clubhouse 1, Crystal Ballroom**

**A delicious dairy buffet**

**Musical Entertainment by Vladimar Fridman & Rafael Javadov**

**Chairperson: Miriam Atkin, phone 301-598-0450**

**Please complete and return this registration form**

**\$20 per person; \$25 per non-member**

**Make your check payable to "JRLW" and mail to:**

**Theda Rosenblum**

**3330 N. Leisure World Blvd., #117**

**Silver Spring, MD 20906**

**301-598-9105**

**We will have reserved tables for 8 to 10 people. If you wish to put a table together, please list all names and phone numbers and include all checks with this form.**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

**Total Number of people listed on this form \_\_\_\_ Amount Enclosed: \$\_\_\_\_**

**Cut-off date two weeks before event. Please respond by October 22, 2011.**

## NA'AMAT RBZ NEWS

When one thinks about October one thinks of Halloween and Trick or Treating...With NA'AMAT RBZ club there are no tricks just treats.

We will hold an open meeting on Wednesday, October 5, at 12:30 pm in Clubhouse I in the Ballroom. Our guest speaker will be Sheilah Kaufman, a cookbook author, teacher and food editor. Ms Kaufman's talk will be on "Jews and Chocolate". Everyone is invited to attend our open meetings.

There will be a RBZ Board Meeting on Tuesday, October 18, at 10 am.

We will hold our annual Book & Author Luncheon on Wednesday, November 2, 2011, at the Norbeck Country Club in Olney. This will be a delight for mind and palate. Featured speakers will be Deborah Kalb and Marvin Kalb, Liliane Willens and Daniel Byman.

The year 2010 marked the 85th Anniversary of the official founding here in the United States of Na'Amat USA (formerly known as Pioneer Women). There were seven women who founded Pioneer Women in Jerusalem in 1924. One member was Rahel Yanait. She had founded a settlement in Jerusalem and needed \$500.00 to dig a well. Unable to procure the money, she turned to an American friend, Sophie Udin. Udin, in turn, organized a group, raised the money and sent it to Jerusalem. And so began Pioneer Women here in the United States. By 1926, the organization could claim clubs in Washington, Detroit, Scranton, Passaic, Stamford and, Chicago. "A patch of dry earth thousands of miles away had inspired the birth of an organization." And now in the year 2011 we continue to dedicate ourselves to those who need our help. We raise funds to support the many day care centers in Israel and to provide scholarships to youths and women and to support other worthwhile causes. We do this willingly and lovingly.

### Mt. Scopus Hadassah

On Wednesday, October 19, Joelle Novey, the director of Greater Washington Interfaith Power & Light, will speak on "Ecology and Judaism." She has worked with congregations across the

DC area to save energy, go green, and respond to climate change. She is the co-author of "Green and Just Celebrations," a purchasing guide to assist families in making greener purchasing decision for weddings and bar and bat mitzvah celebrations.

The meeting will be held in Clubhouse I. Socializing begins at 12:30 pm and the meeting starts at 1 PM. All Leisure World residents are welcome.

Tickets for "Broadway Melodies," a Thirst 'n' Howl musical production, will be on sale in the E&R Office starting on October 4 for \$10. The performance will be on Wednesday, November 9, at 2:00 pm in the Crystal Ballroom of Clubhouse I.

Miriam Gilbert (301-438-3998) is selling Entertainment Books for \$30 for the Maryland/DC, Northern Virginia or Baltimore editions.

All Hadassah certificates are available through the chapter office by calling 301-881-8203. Credit cards may be used to make the purchase. Shirley Light will bring a sample book of certificates to our meetings for members to peruse so that they can identify the certificates they want to buy.

Renee Lease (301-598-3438) and Deborah Letow (301-598-1189) are the new co-chairs of the Hadassah Medical Organization (HMO). Call to support Hadassah hospitals and medical research.

As part of our mitzvah project, Theda Rosenblum gathers toiletries for Sophia House, a women's shelter in Rockville. To donate items, call Theda (301-598-9105) or bring them to a meeting.

Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational, and social programs in Israel and in the USA. Please contact the following to contribute: Hadassah Medical Organization (HMO): Renee Lease (301-598-3438) or Deborah Letow (301-598-1189), IMA/Youth Aliyah: Larelda Gruber (301-598-5922), Hadassah cards: Miriam Gilbert (301-438-3998), Hadassah certificates: Chapter Office (301-881-8203), JNF trees and water certificates: Natalie Lewis (301-598-4798).

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 3 Tishrei
2 4 Tishrei	3 5 Tishrei JRLW Board Meeting CH2 7:00PM	4 6 Tishrei	5 7 Tishrei Hadassah Board 10:00AM CH1 Na'Amat open mtg CH1	6 8 Tishrei	7 9 Tishrei Candle lighting 6:25PM Kol Nidre	8 10 Tishrei Yom Kippur Yiskor Break-the-Fast CH1 7:30PM
9 11 Tishrei	10 12 Tishrei Class "Art of Chigal" 10:30AM CH 1	11 13 Tishrei DEADLINE FOR NOVEMBER NEWSLETTER	12 14 Tishrei Sukkot Class "R Rated Torah" 10:00AM CH 1	13 15 Tishrei Sukkot JRLW Singles Mtg 12:00 Noon Old Country Buffet	14 16 Tishrei Candle lighting 6:14PM Sukkot	15 17 Tishrei Sukkot
16 18 Tishrei Sukkot Open House 11:00AM Interfaith Chapel	17 19 Tishrei Sukkot	18 20 Tishrei Sukkot N'Amat Board 10:00 AM CH 1	19 21 Tishrei Sukkot Class "R Rated Torah" 10:00AM CH 1 Hadassah Prog 12:30 CH 1	20 22 Tishrei Sukkot Yizkor Services 9:15 CH2	21 23 Tishrei Candle lighting 6:04PM Simchat Torah	22 22 Tishrei
23 25 Tishrei	24 26 Tishrei	25 27 Tishrei	26 28 Tishrei Class "R Rated Torah" 10:00AM CH 1	27 29 Tishrei Shmini Atzeret	28 30 Tishrei Candle lighting 5:55PM	29 1 Cheshvan
30 2 Cheshvan	31 3 Cheshvan					

Remember Them on October 2nd!

10:30AM

## HIGH HOLY DAYS SERVICE AT JUDEAN MEMORIAL GARDENS

Please join on this special day of remembering our loved ones, and ushering in the new year Jewish 5772



*Officiating at this year's service:*

Rabbi Adam J. Raskin of Har Shalom  
Hazzan Henrique Ozur Bass of Har Shalom  
Rabbi Charles Feinberg of Adas Israel  
Rabbi Michael J. Safra of B'nai Israel  
Rabbi Ari Sunshine of B'nai Shalom of Olney  
Hazzan Sara Geller of B'nai Shalom of Olney



Judean Memorial Gardens  
16225 Batchellors Forest Road  
Olney, MD 20832  
Tel: **301-384-1000**  
Take Georgia Ave North, cross  
Norbeck Rd and the ICC, (i200),  
Turn R on Batchellors Forest and  
R thru the gates to attended parking



*If you like trees...  
(You'll Love) Judean Memorial Gardens*



Come visit and enjoy the many trees, gardens, artworks, and facilities including our our award-winning Chapel. Our experienced counselors will help you make the right choices.

DID YOU KNOW...? JRLW members are eligible for substantial discounts on sites AND goods and services. Contact Fred Shapiro for your JRLW Discount Voucher!



Above:  
"Ark" is one of the many artworks created by artist P. Ratner for Judean Memorial Gardens



JUDEAN MEMORIAL GARDENS  
16225 Batchellors Forest Road  
Olney, MD 20832 Tel: **301-384-1000**  
Take Georgia Ave North approx 1 mile,  
pass Norbeck Rd and the ICC, turn R on  
Batchellors Forest and Immed. R into park.

## HAR TZEON-AGUDATH ACHIM

### OCTOBER PROGRAMS

#### Morning Programs

10:00am Tai Chi with Leonard Gross.  
11:00am Exercise with Mim Parizer.  
Current Events with Judge Marvin Roth, the first Thursday of the month.

#### Afternoon Programs – 1:00 pm

Yiddish Group with Marcia Levinsohn.

Thursday, October 6, David Sachs -  
"Magical Senior Moments."

Thursday, October 27, Musician's Outreach  
"An Afternoon of Beautiful Music."

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## Letting Go of the Past: The Emotional & Physical Benefits of Forgiveness



By Beth Shapiro, LCSW-C, Coming of Age in Maryland Social Worker

Each year, Judaism sets aside time at the High Holidays for reviewing and evaluating our lives. The rabbis who speak to us and the prayers we recite focus on forgiveness and starting fresh in the new year. This year during Rosh Hashanah, Yom Kippur and beyond, you may want to think about forgiveness not just for spiritual reasons, but also for your physical and emotional well-being.

Forgiving others, as Mayo Clinic's staff chaplain Katherine Piderman has written, allows us to release stress and hostility and to develop healthier relationships. This emotional shift can have direct physical benefits including reduced blood pressure and fewer symptoms of depression, anxiety and chronic pain.

Piderman notes that forgiveness is an active decision to let go of resentment and thoughts of revenge. She describes forgiveness as a commitment to a process of change beginning with reflection on the past and its influence on you today.

Piderman believes that forgiveness won't erase an act that hurt or offended you, but that it will free you from the burden of feeling like a victim. Indeed, she has written, forgiveness can empower you by bringing the peace of mind that helps you leave your anger and hurt behind.

As a social worker who has helped seniors through many kinds of personal challenges, I know that looking into your past, sifting through painful memories, and finding the conviction to forgive can be complicated.

Fortunately, you need not undertake this alone. Social workers and other professionals in our community can help you to heal by talking through your thoughts and feelings and guiding you toward letting go of longstanding personal burdens.

As you celebrate the High Holidays this fall, I urge you to consider carefully whether forgiveness may make a positive difference in your life. If so, I hope you will call on JSSA's senior services department or another supportive resource in the community to support you as you take this important step. *L'Shanah Tovah*, Happy New Year.

Beth Shapiro can be contacted at 301-816-2665 or at [bshapiro@jssa.org](mailto:bshapiro@jssa.org) and at Coming of Age in MD events.

### WE GET LETTERS !

*My daughter and I wish to express our deepest appreciation to the many wonderful volunteers who came to conduct Shiva Minyan Services in honor of my husband and her father, Leon Salzman.*

*Estelle Salzman*



**LADIES, A  
REMINDER!!!**

At Synagogue Services, when our holy Torah is carried around through the Congregation, it is our pleasure and honor to kiss the Torah cover. The proper way to do this is to touch the cover with our tallit, prayer book or fingers, **then** touch our tallit, prayer book or fingers to our lips. This way, there is no chance of accidentally getting lipstick or makeup on the Torah cover. Please help us keep our beautiful Torah covers beautiful.

## JEWISH BOOK FAIR

### MYRE AND GRIFFEN DISCUSS “THIS BURNING LAND...”

By Fred Shapiro, JRLW Community  
Liaison

The greater Washington JCC Book Fair returns to Leisure World November 10<sup>th</sup> at 11:00 AM with JRLW as the community co-sponsor. Authors Greg Myre and Jennifer Griffin present a profoundly different way of looking at the Israeli-Palestinian conflict in their book, “This Burning Land: Lessons from the Front Lines of the Transformed Israeli-Palestinian Conflict.” Tickets are available in E&R with a \$6.00 donation to JRLW.

Reporting from Jerusalem for The New York Times and Fox News respectively, Greg Myre and Jennifer Griffin, witnessed a decades-old conflict transformed into a completely new war. The West has learned a lot about asymmetrical war in the past decade. At the same time, many strategists have missed that the Israeli-Palestinian conflict has become one of them. This book shows the importance of applying these hard-won lessons to the longest running, most closely watched occupation and uprising in the world.

The entire conflict can seem irrational -- and many commentators see it that way. While raising their own family in Jerusalem at the height of the violence, Myre and Griffin look at the lives of individuals caught up in the struggles to reveal how these actions make perfect sense to the participants. Extremism can become a virtue; moderation a vice. Factions develop within factions. Propaganda becomes an important weapon, and perseverance an essential defense. While the Israelis and the Palestinians have failed to achieve their

goals after years of fighting, people on both sides are prepared to make continued sacrifices in the belief that they will eventually emerge triumphant.

This book goes straight to the heart of the conflict: into the minds of suicide bombers and inside Israeli tanks. We hear from Palestinian informants who help the Israeli military track down and kill Palestinian militants. Israeli settlers in isolated outposts explain why they are there, and we hear the frustrations of a Palestinian farmer who has had his olive grove cut in half by Israel's security barrier. Shows the important lessons that can be learned by viewing the Israeli-Palestinian conflict as an example of modern, asymmetrical war. Authored by long-time reporters on the Middle East, the book provides a balanced and detailed look at the fighting based on first-hand experience and hundreds of interviews. It explains how the landscape of the conflict changed and why the traditional approach to peacemaking is no longer valid.

With a new perspective on what's really going on in Israel and the Palestinian territories, *The Familiar War* is a book that will inform the debate on the Middle East and the future of the peace process, as well as our understanding of other conflicts.

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## THOUGHTS ABOUT YOM KIPPUR

An Editorial

Yom Kippur. This is the season of atonement and forgiveness. We repent all the bad deeds we have committed during the year and all the unkind thoughts we have harbored during the year. We pray that our prayers will be accepted and that our name will be entered in the book of life for another year.

But, how far do we go in this? I am sorry for the time I was asked for a ride by someone and I lied and said I was just waiting for someone to pick me up. I am sorry for having less than kindly thoughts about the woman in the grocery store who grabbed the last challah that I was reaching for. I regret these everyday acts ----things that I could done differently.

In September, we observed a day of remembrance of the terrible events that took place ten years ago on September 11<sup>th</sup>. Things that happened to the Twin Towers, the Pentagon and to the plane in Pennsylvania where passengers gave their lives to prevent further attacks by terrorists. This was just as much a war against our country as was the attack on Pearl Harbor in December 1941 by the Japanese. More so, because several locations on our mainland were directly attacked and thousands of people were killed. There were images on television showing Muslims rejoicing after these attacks. We mourned. Almost all of us knew someone who was affected by events that took place that day. During these days of forgiveness, are we supposed to forgive these people who wanted to show us how easily they could destroy any part of our country that they wished to? I say "No!"

Does this mean that on the day when we are to be judged, I will be have a strike against me?

On the same subject, I object to the building of a Mosque and Muslim community center within blocks from Ground Zero, a place which we now consider sacred ground—a burial spot for those people who worked or visited in the Twin Towers that fateful day. I realize that the horrific deeds of that day were done by radical Muslims. I cannot hold hatred against all Muslims because of acts done by a few. I believe that they should be free to build a Mosque anywhere they choose—except for the spot they have chosen which is so near Ground Zero. I think this is an act of bravado to show that they can destroy and then celebrate by building a Mosque to mark the spot.

This Yom Kippur we will in stand in Synagogue and hit our chests as we recite the list of our failings, and plead for forgiveness. When I was small I used to see the adults in the Synagogue cry on Yom Kippur and wonder why. Now that I am an adult, I cry and I know why. But, is everything simply black or white? Who decides where the line in the sand lies? When we recite the prayer about who will live and who will die, is it a sin to hope for the deaths of the terrorists who attacked our country?

I believe that God knows what is in our hearts, our souls. I believe it is up to each of us to know which of our own actions in the past year were wrong. These are the actions for which we have to beg forgiveness. I cannot believe it is a sin not to forgive those who would seek to destroy so many lives.

Bernice Cohen

