



Features

THEME: A WEEK IN THE
LIFE OF BETH EL • 1, 7

FROM THE CLERGY • 1

PLANNED GIVING • 3

Departments

ASK THE CLERGY • 2

SISTERHOOD • 4

HEBREW LESSON • 4

MEN'S CLUB • 5

YOUTH ACTIVITIES • 6

5767 THEME: SHEMIRAT
HAGUF V'HANEFESH • 16

CONTRIBUTIONS • 17

BULLETIN BOARD • 20

SCROLL

Congregation Beth El

June 2007 • Sivan–Tammuz 5767

Vol. 56 No. 10

A Week *in the* **Life** **OF BETH EL**

BY DIANA HUFFMAN

We all know that a synagogue is more than a building. It's also more than weekly services; much more, as it turns out, at Beth El. Over the past few years, many of us have noticed that Beth El is a center of activity and not just on Shabbat or on Religious School days. Each member may participate in several shul programs, but it's hard for any of us to get a real sense of our congregation's daily pulse. With that in mind, the *Scroll* decided to photograph a week in the life of Beth El, April 15–21. We included

activities that involve congregants, staff, and clergy, both in and away from the building. We couldn't run pictures of everything, but a full list appears on page 7. If you think the list is extraordinary, as we do, keep in mind that not all the kinds of events that happen at Beth El occurred during the selected week. Many thanks to our photographers, Walter Arnheim, David Friedlander, Sara Greenbaum, Diana Huffman, Marsha Rehns, Mitchell Solkowitz, and Steve Strauss, whose combined photographs numbered nearly a thousand. ■

SEE THEME ON PAGES 7–15

A Week in One Life

Just as the photos in this issue try to capture the most interesting moments, here are some snapshots of my week at Beth El.

Sunday, April 15 – Drizzle is more of an annoyance than a real problem on my glasses. It is hard to hold a sign saying “Stop Genocide Now” and be overly concerned about the drizzle, though. Rabbi Rudolph and Rev. Roy Howard from St. Mark Presbyterian Church organized this rally, and I am proud to be standing side-by-side, Jews and Christians, putting action to “Never Again.”

Monday, April 16 – Even though

Monday is my official “day off,” I got to spend the morning in the Preschool because it was my turn to co-op. I love being able to spend a few times each semester helping in my daughter's class. This is a very special part of the Preschool experience at Beth El that creates a warm and inviting feeling. I may be a rabbi, but Dad is my favorite title.

Tuesday, April 17 – Tuesdays are always my longest days. Rabbi Rudolph, Hazzan Lubin, and I always make time in our weekly clergy meeting to study some traditional texts. We have been

CONTINUED ON PAGE 2

From the Clergy

BY RABBI GREG HARRIS

SCROLL

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Scroll, USPS Number 009813, is published monthly by Congregation Beth El of Montgomery County, 8215 Old Georgetown Rd., Bethesda, MD 20814. Periodical postage rate paid at Bethesda, Maryland and additional mailing offices. POSTMASTER: Send address changes to Scroll, 8215 Old Georgetown Road, Bethesda, MD 20814.

FROM THE CLERGY CONTINUED FROM PAGE 1

making our way through Mishna Megillah. These 20 minutes help ground us deeply within Judaism and energize me. Studying a text that is 1,900 years old reminds me how ancient Judaism is and how relevant it remains.

Wednesday, April 18 – Today is Rosh Hodesh! It always puts me in a good mood to celebrate the new Hebrew month. Maybe it is because of the special morning minyan that takes place or knowing that a new month can bring about new possibilities. I believe that we can choose to continue our old habits or choose to try to change. It is not easy, but each new month is full of potential.

Thursday, April 19 – At the Jewish Day School. Coffee in the morning at Panera with my weekly class. More coffee for a quick meeting at the Dunkin' Donuts at the JCC. Brownies till 1:00 pm with Beth El kids who attend JDS. I had better find time to go for a jog today.

Friday, April 20 – Even though there is a great Shabbat service tonight and dinner with Minyan Chaverim, Rebekah and I are going away for the weekend before Rabbi Rudolph begins his sabbatical. I am excited for him and wonder what unexpected things will happen in the weeks to come. If this week is any clue, the time is going to be exciting, unpredictable, and fulfilling. ■

Ask the Clergy What Is the Origin of the Triennial Reading of the Torah?

BY HAZZAN ABE LUBIN

The tradition of the weekly reading cycle of the Torah is already mentioned in the Talmud (Megilla 29b). In the early centuries of the Common Era, in the Land of Israel, it was the custom to read a triennial cycle. The Torah was divided into 154 or 155 weekly portions, depending on the calendar, and was read over a period of three years. Meanwhile, the Jews in Babylon followed a different tradition of an “annual reading of the Torah.” The Torah was divided into 54 portions, which were all read in the course of one year.

The annual reading became standard throughout the world. In recent decades, however, the triennial cycle of reading the Torah, as was the practice in Eretz Yisrael, was revived and became common in most Conservative synagogues.

If you have a question for the rabbis or hazzan, send it to scroll@bethelmc.org.

As Others Planted for Me...

Planned Giving Program Launches

BY SID GETZ

In late April, all Beth El congregants received an important mailing describing our synagogue's new L'Dor VaDor Planned Giving Program. The purpose of this program is simple: We must ensure the continued financial strength and vitality of our synagogue. We invite and strongly encourage all of you to join in its launch and provide enthusiastic and generous support to the program.

In the coming months, we will provide many opportunities for you to learn about and participate in Congregation Beth El's L'Dor VaDor Planned Giving Program. Look for written materials, rabbis' sermons, educational workshops, and small meetings related to planned giving. You will learn more about techniques such as charitable annuities, non-cash gifts such as life insurance, or deferred gifts as set forth in a will. These donations can be used to fund critical existing programs such as Pillars, unrestricted general gifts to the synagogue, or endowed programs or positions.

The benefits to you are many: Help the long-term vitality of Beth El; fund specific programs of great personal interest; fulfill the mitzvah of tzedekah; obtain substantial financial and tax advantages for donations; and benefit from naming opportunities related to planned gifts.

A planned giving program is indispensable to the financial health of any institution that serves a community of people. Please seize these opportunities and ensure that Congregation Beth El will be there for our children and grandchildren as it has been there for us.

A reply card was included in the mailing you received. If you are interested in being one of the pioneers of planned giving at Beth El, please send in the reply card as soon as possible. We need good men and women to get the L'Dor VaDor Planned Giving Program off to a strong start.

If you have any questions, please contact Sheila Bellack, Larry Sidman, or Mark Bronfman. ■



Congregation Beth El
invites you to the dedication of the

**Benson David Adams
Jewish Music Collection**

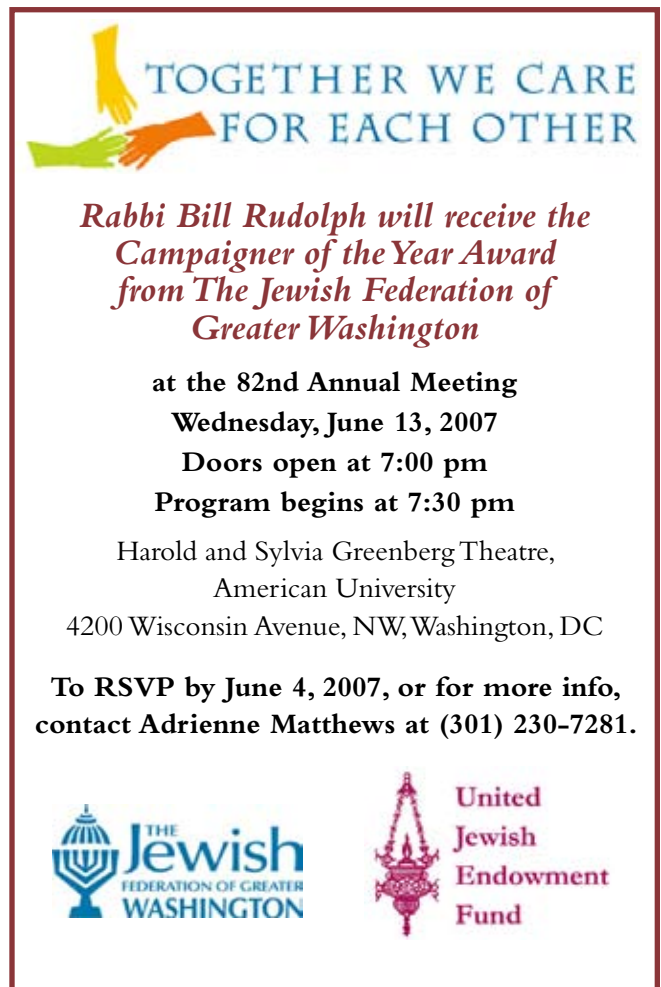
★ In memory of Benson Adams Z"L ★

Sunday, June 10, 2007 at 4:00 p.m.

The dedication will include a music recital
featuring:

**Gala Gurinovich, Concert Pianist
and
Hazzan Abraham Lubin**

REFRESHMENTS WILL BE SERVED
Please let us know of your attendance —
Call: 301-652-2606 ext. 301




**TOGETHER WE CARE
FOR EACH OTHER**


***Rabbi Bill Rudolph will receive the
Campaigner of the Year Award
from The Jewish Federation of
Greater Washington***

**at the 82nd Annual Meeting
Wednesday, June 13, 2007
Doors open at 7:00 pm
Program begins at 7:30 pm**

Harold and Sylvia Greenberg Theatre,
American University
4200 Wisconsin Avenue, NW, Washington, DC

**To RSVP by June 4, 2007, or for more info,
contact Adrienne Matthews at (301) 230-7281.**

 **THE JEWISH
FEDERATION OF GREATER
WASHINGTON**

 **United
Jewish
Endowment
Fund**

Sisterhood

Sisterhood Increases Donation to Honor Kitchen Mavens

BY N. AMANDA FORD

Every year, Sisterhood makes a generous cash contribution of at least \$30,000 to Beth El's operating budget. We also give more than \$15,000 in goods to the synagogue each year. Did you know that Sisterhood pays for every cup of coffee and tea consumed in the building? Every tablecloth under the coffee cups also comes from Sisterhood funds. When there are no b'nai mitzvah, Sisterhood prepares and sponsors the kiddush after the Shabbat morning service.

The majority of our contribution is earned by the hard work of our volunteer Catering Committee. Profits made from our catering, therefore, help make possible many of the activities of both Sisterhood and Congregation Beth El.

On many Shabbatot, the b'nai mitzvah families sponsor the kiddush after services. While families can choose any caterer they wish, we are proud that our Sisterhood catering team is usually their caterer of choice. For more than a decade, Dale Gold and Julia Copperman have run the Sisterhood Catering Committee with a level of professionalism that rivals that of any outside company. This month, Dale and Julia retire from their catering duties. Due in large part to their hard work this year and to give Dale and Julia the grand send-off they deserve, Sisterhood contributed an additional \$20,000 to the congregation in their honor.

It was my pleasure to present to the congregation at



AMANDA FORD PRESENTS OUTGOING BETH EL PRESIDENT WALTER ARNHEIM WITH A CHECK FROM SISTERHOOD FOR \$50,000 AS PAT DANOFF WRITES THE MINUTES

the annual meeting on May 10 a check from Sisterhood in the amount of \$50,000. Along with the \$15,000 worth of goods mentioned above, the total Sisterhood contribution this year was \$65,000. Sisterhood members value the important relationship we have with Congregation Beth El, and we look forward to working together in the future. ■

Sisterhood General Meeting and Elections

Sunday, June 3, 10:30 am

Sabina Shalom will describe her *Marriage Sabbatical*, a story that resonates with women of every age.

Hebrew Lesson

Shalom Chaverim שלום חברים:

Welcome (bruchim ha-ba-im) ברוכים הבאים to a virtual tour of Beth El. If you can find a spot, park your car in our parking lot (migrash chanaya) מגרש חנייה. After you open the doors (dlatot, pl. of delet) דלתות, you will find yourself in a very long hallway (misdran) מסדרון. To your left is the early childhood wing (agaf hagan) אגף הגן. On the right, you will find the offices (misradim) משרדים of our administrators (hanhala) הנהלה, secretaries (mazkirut) מזכירות, our Rabbis (misrad harav) משרד הרב, our cantor (misrad hachazan) משרד החזן, and the library (sifria) ספריה. As you proceed, you will find the bride's room (cheder hakalah) חדר הכלה, followed by the cloak room (melta-cha) מלתחה, and the bathrooms (sherutim) שרותים. Look to the left, and you will see our social hall (ulam mesibot) אולם מסיבות. In the back of the social hall is the kitchen (mitbach) מטבח. Shortly, you will arrive at the heart of Beth El, which is the sanctuary (beit Knesset) בית כנסת and the Chapel (beit midrash) בית מדרש, both alive with our wonderful members (chaverim) חברים.

Turn right, and you will find stairs (madregot) מדרגות and an elevator (ma-alit) מעלית that will take you to the second floor (koma she-niya) קומה שניה. On this floor, you will find the classes (kitot) כיתות of our religious school (beit ha-sefer) בית הספר.

There are, of course, other rooms, so come and explore and find your favorite place and activity in our shul. L'hitraot להתראות until next time, Tutti and Ruthie

Men's Club

Kavod Awards

BY MITCHELL SOLKOWITZ

At the 35th annual Men's Club Kavod Award breakfast on May 6, the honorees were David Eisner for service to the community and Scott Glick and Michael Steinberg for service to Congregation Beth El.

David Eisner is chief executive officer of the Corporation for National and Community Service, which administers the AmeriCorps, VISTA, NCCC, Senior Corps, and Learn and Serve America programs. Appointed in 2003, David has overseen strong growth in service and volunteering nationally, led the development of a bold strategic plan that calls for 10 million new volunteers by 2010, and improved the agency's relationship with Congress and the national nonprofit sector.

David and his wife, Lori, have been members of Beth El since 2001. They have four children who have attended the Beth El Preschool and Religious School.

Scott Glick is a career federal prosecutor with the U.S. Department of Justice, where he has worked for

the past 22 years. A member of Beth El with his wife, Debbie, for 11 years, Scott has become known for bringing music to Beth El events. He created Megillah Madness and continues to write, produce, and direct it. The 2003 Megillah Madness won the United Synagogue for Conservative Judaism Solomon Schechter Silver Award in the Worship Category. Scott also helped add music to Simchat Torah services, Friday Evening services, and the Israel Rally. He has also served on the Religious School Committee and the Community Building Committee.

Scott and Debbie have two children, Adam and Eliana.

Michael Steinberg is an attorney with Morgan Lewis & Bockius, specializing in environmental litigation. His family joined Beth El in 2000, and his

son David became a bar mitzvah in October 2004. Michael has served as a trustee for two years and is active on the Adult Education and Israel Action Committees. He continues to lead the weekly Pirke Avot study group that began in January 2006. The sessions are held just after the Shabbat Kiddush in the Zahler Social Hall. Michael has also served Beth El on the Nominating Committee, chaired the Israel Bonds High Holiday Campaign 2003-05, and organized the Books for Israel drive in 2005.

Michael is married to Lisa Shapiro. Their two children attend Charles E. Smith Jewish Day School, and their son Ethan will become a bar mitzvah in October 2009.

Read more about the Kavod Award winners in the July Scroll. ■

Save the Date

SUNDAY, JUNE 3 Perspectives in Dialogue 3: John Mizroch, Principal Deputy Assistant Secretary of Energy for Energy Efficiency and Renewable Energy, **10:00 am**

THURSDAY, JUNE 7 Hearing Men's Voices, **8:30 pm**

SUNDAY, JUNE 10 Annual Meeting and Elections. Debbie Cohn, Mark Bronfman (congregants) and Richard Lurie: Financial planning for older adults and empty nesters, including insurance and estate-planning issues, **10:00 am**

SATURDAY, JUNE 16 Mincha/Havdalah, **7:45 pm**

SUNDAY, JUNE 17 Father's Day with the Frederick Keys, **2:30 pm**

Homes Needed for USY on Wheels

BY ADAM ZEREN

Shalom, Beth El. As new youth director, I want to thank all of you who have made me feel so welcome for the last few months I've been working with Jenny Lader. She has done a phenomenal job, and I hope I can live up to her legacy. One of the first things I will need from you is help. From June 26 through June 28, we will welcome a USY On Wheels bus to Beth El. Approximately 45 9th to 12th graders from around the U.S. and Canada will stop in the Washington area as part of their cross-country summer trip. One of the highlights of their summer is the home hospitality they receive from synagogue families. This is where you come in! You will be able to help teach them the lesson of *hachnasat orchim*, or hospitality. I am looking for about 20 to 25 families to host two or more teens for two nights. All host families need to do is pick up teens with their luggage at Beth El on Tuesday evening, June 26, drop them off on Wednesday morning, June 27, pick them up again on Wednesday evening, and then drop them off again on Thursday morning, June 28. All they need at your home is a place to sleep. It can be a bed, air mattress, or even couch. It just can't be the floor. We also ask that you give them a dairy breakfast each morning and pack them a bag dairy or *parve* lunch. You do not need to have a kosher home. You do not need to have teens or any children of your own. If you do have teens, we prefer you take USYers who are the same sex as your children.

As we get closer to the date, I will provide more details. For now, I ask you to consider performing this wonderful mitzvah for teens. If you are able to host, please contact me at azeren@bethelmc.org or 301-221-8348. *Todah rabah*, thank you, in advance, and I look forward to meeting all of you soon. ■

Youth Activities

Adam Zeren

Beth El Welcomes New Youth Director

BY SHEILA BELLACK

This month Adam Zeren becomes Beth El's new Youth Director, replacing Jenny Lader. Adam should be a familiar face, since for the past few months he has served as advisor to our award-winning USY chapter, a role he will continue to fill in the coming year.

Adam grew up in the Baltimore area and received a BA in mass communications from Towson State University. After graduation, he joined the US Air Force and for three years worked in Anchorage, Alaska, for Armed Forces Radio, followed by

several years as a TV reporter and meteorologist. In 2000, he received his Broadcast Meteorology Certificate from Mississippi State University. He and his wife Kimberly then moved back to Maryland, where he worked for News Channel 8.

Two years ago, with his interest in Judaism growing, Adam changed career paths. Prior to joining our staff, he served as youth director at B'nai Shalom of Olney, where he was also the Kadima advisor and taught third and fifth grades in religious school.



In 2007, after the birth of his son, Trey, Adam began looking for a part-time position to give him more family time. When he applied to Beth El, it was a perfect fit. In just a few months as our USY advisor, we are already seeing many of his strengths, and we look forward to Adam developing our youth programs even further. ■

Read an urgent request from Adam on page 5.

BEBUSY Racks Up Five Awards

BY JENNY LADER

Beth El's USY Chapter brought home five fantastic awards from the late-April Seaboard USY Spring Convention. Not only did our teens have a great time making new friends, enjoying a unique Shabbat experience, and representing their synagogue in a regional setting, but they were also able to experience the satisfaction of having their hard work and dedication to Beth El USY recognized. BEBUSY (Beth El Bethesda USY) garnered awards for largest tikkun olam donation, religious programming (thanks to the amazing Teen Shabbat services run by Carl Slater) and social programming, and for our overnight at the Baltimore Aquarium. The most prestigious award that BEBUSY received, however, was Chapter of Excellence. This award is given to the few chapters within the region that have not only demonstrated improvement and quality programming but have also made a positive impact on the region as a whole.

I would like to extend a huge mazel tov to the teens of BEBUSY and especially to Kara Landsman, one of BEBUSY's co-presidents, for working so hard on the scrapbook and awards and for her great influence on the chapter as a whole. The chapter has benefited from her dedication and creativity, and Kara will be incredibly missed when she leaves BEBUSY next year for Syracuse. Rachel Gang, who serves as chapter vice president of social action/tikkun olam, has also made a huge impact on the chapter during her four years in USY. Specifically, this year Rachel organized and ran an incredibly successful toy drive for the entire synagogue. I

wish BEBUSY all the best of luck in continuing to flourish and grow as a chapter in the coming years.

As most of you probably know, I will be leaving this month to begin my rabbinic studies at Hebrew Union College. I am so grateful for the two years I've spent with the Beth El community, and thank you for the opportunity to get to know your families through my work at the synagogue. While I head to Jerusalem this summer with excitement, I will dearly miss the warmth, kindness, and enthusiasm that defined my work at Congregation Beth El. Thank you all for making these years such an amazing experience for me.

Upcoming Youth Group Activities

Machar (Grades 3-5): Enjoy the start of summer at Splash-Down Water Park with Machar on June 3. We will leave from Beth El at 12:15 pm and will return at 5:30 pm. Please bring a bagged dairy or pareve lunch to eat on the bus. This event will cost \$15 per person, and parent chaperones are needed. For more information or to RSVP, please contact David at info@bethelmc.org or at 301-652-2606.

USY (Grades 9-12): On June 17, Seaboard Region hosts its annual Summer Sizzle Dance & BBQ at Ohr Kodesh. Come and hang out with your friends before they leave for their amazing summer programs.

From June 26-28, Beth El will host a USY on Wheels bus that is stopping in the Washington area. The teens participating on this trip will be staying with host families from

CONTINUED ON PAGE 19

A Week in the Life...

4/15/07 9:00 Beth El Softball Game 9:00 Morning Minyan 9:15 Sisterhood Board Meeting 9:30 Men's Club Breakfast 9:30 Rabbi Harris class "Foundations of Judaism" at Woodside Methodist Church 9:35 Adult B'nai Mitzvah Class with Hazzan Lubin 10:00 Men's Club Speaker 10:00 Parent Meeting 10:00 Religious School 10:30 Teen A Capella Group Auditions 11:00 RS Yom Hashoah 11:30 BEPS Designer Jeans Sale NOON USY Bagel Sale 3:00 Darfur Rally 4:00 Deliver Food for Children's Inn 4:00 SAT Test Prep Course 4:00 Driver's Education Class 7:00 "Treasures from Auschwitz" Movie 8:00 Evening Minyan **4/16/07** 7:30 Morning Minyan 9:15 Beth El Preschool 9:45 BEPS Music Class NOON BEPS Lunch Bunch 1:00 BEPS Enrichment Program 2:00 Administrative Staff Meeting 2:00 Senior Caucus 4:15 Religious School 7:00 Talmud Class 7:00 Religious School Committee Meeting 7:30 Cub Scouts 8:00 Evening Minyan **4/17/07** 7:30 Morning Minyan 8:15 Rabbi Scolnic Talmud Class 9:15 Beth El Preschool 9:45 BEPS Music Class 10:00 Saul Bendit Institute NOON BEPS Lunch Bunch 1:00 BEPS Enrichment Program 2:30 Clergy Meeting 4:00 Bar Mitzvah Rehearsal 4:15 Religious School 6:15 Upper School Dinner 7:00 BEPS Board Meeting 7:00 Upper School Substance Abuse Prevention Program 8:00 Evening Minyan 9:00 Dad's Night Out with Rabbi Harris **4/18/07** 7:30 Morning Minyan 9:00 Rabbi's Torah Class 9:15 Beth El Preschool 9:30 Rabbi's Haftarah Class 9:30 Marilyn Fine Torah Class 11:00 Professional Staff Meeting NOON Dialogue Group with St. Mark Presbyterian Church 1:00 BEPS Lunch Bunch 1:00 BEPS Enrichment Program 4:00 Bat Mitzvah Tutoring 4:15 Religious School 7:00 Boy Scouts 7:30 Bendit Institute 8:00 Evening Minyan **4/19/07** 7:30 Morning Minyan 8:30 Rabbi Harris Coffee at Panera with JDS Parents 9:15 Beth El Preschool NOON Vatikim Luncheon NOON Rabbi Harris Lunch with JDS Lower School Students 1:00 BEPS Lunch Bunch 1:00 BEPS Enrichment Program 1:00 Hazzan Meeting with St. Jane Frances de Chantal on Joint Musical Program 4:15 Religious School 5:15 Children's Choir 6:30 SAT Test Prep Course 8:00 Evening Minyan **4/20/07** 7:30 Morning Minyan 9:15 Beth El Preschool 10:30 BEPS Ta'am Shel Shabbat 6:30 Kabbalat Shabbat Service 7:30 Congregational Shabbat Dinner **4/21/07** 7:30 Early Shabbat Service 8:30 Hazzan Lubin's Iyun T'filah Class 9:15 Main Shabbat Service 9:30 Minyan Chaverim 10:00 Junior Congregation 10:30 Gan Shabbat 12:45 Learn from Our Sages 8:15 Havdalah Service ■



A Week in the *Life...*

4/15 9:15 SISTERHOOD MEETING



4/15 9:30 MEN'S CLUB BREAKFAST



4/15 9:35 ADULT BNAI MITZVAH CLASS



© David Friedlander

4/15 10:00 PARENT MEETING



© David Friedlander



4/15/07-4/21/07

4/15 NOON USY BAGEL SALE



© David Friedlander

4/15 10:30 TEEN A CAPELLA GROUP AUDITIONS



4/15 4:00 SAT TEST PREP



4/15 7:00 MOVIE NIGHT REFRESHMENTS



4/16 7:30 MORNING MINYAN



4/16 9:15 BETH EL PRESCHOOL



4/16 2:00 ADMINISTRATIVE STAFF MEETING



4/16 7:00 TALMUD CLASS



4/16 7:30 CUB SCOUTS



4/17 10:00 SAUL BENDIT INSTITUTE CLASS



4/17 2:30 CLERGY MEETING



4/17 4:00 BAR MITZVAH REHEARSAL



© David Friedlander

4/17 6:15 UPPER SCHOOL DINNER



4/17 7:00 BEPS BOARD MEETING



4/17 9:00 DAD'S NIGHT OUT



4/18 9:00 RABBI'S TORAH CLASS



4/18 9:30 RABBI'S HAFTARAH CLASS



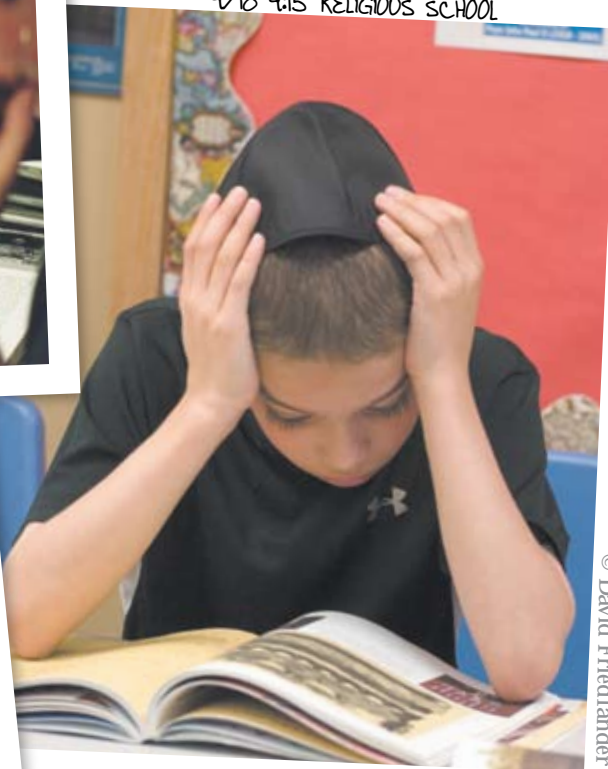
4/18 10:00 BETH EL PRESCHOOL



4/18 4:00 BAT MITZVAH TUTORING



4/18 4:15 RELIGIOUS SCHOOL



© David Friedlander

4/18 7:30 SAUL BENDIT INSTITUTE CLASS



4/19 8:30 COFFEE AT PANERA



4/19 NOON VATTIKIM LUNCHEON



4/19 4:15 RELIGIOUS SCHOOL



© David Friedlander

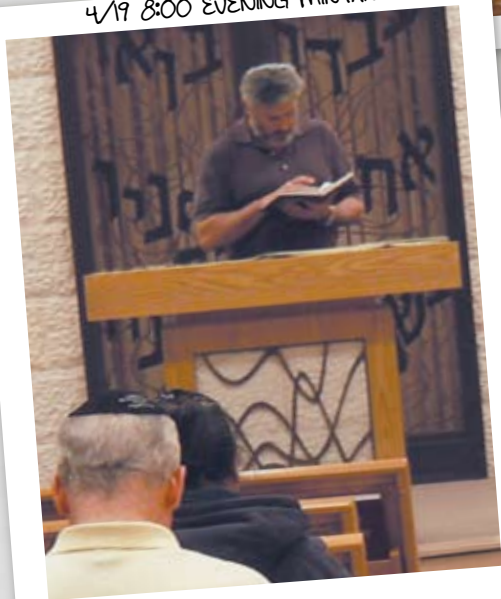
4/19 4:15 RELIGIOUS SCHOOL



4/19 5:15 SHIR AND CHILDREN'S CHOR



4/19 8:00 EVENING MINYAN



4/20 9:15 BETH EL PRESCHOOL



4/20 10:30 BEPS TA'AM SHEI SHABBAT



4/20 7:30 PREPARING CONGREGATIONAL SHABBAT DINNER



4/21 8:15 HAUDALAH SERVICE



Shemirat HaGuf v'HaNefesh

Shemirat HaGuf Quiz

By MARK MILNER

Q. The largest source of calories in the United States diet is:

1. Sugar-sweetened soft drinks
2. Breads
3. Fruits/vegetables
4. Dairy products
5. Meats/eggs
6. Beth El tuna fish

A. 1: Sugar-sweetened soft drinks represent the largest single food source of calories in the United States. The amount of sweetened soft drink consumption has more than doubled in the past 20 years in our children and adolescents (500 percent increase in the past 50 years). Coincidentally, the rise of diabetes and obesity parallels the increase in sugar-sweetened soft drink consumption. The risk of diabetes increases 1.6 fold for each additional soft drink consumed per day. One 12-ounce can of sugar-sweetened soda per day could lead to a 15-pound weight gain in one year. These caloric compounds have no nutritional value (empty calories) and have replaced drinks with significant nutritional value, such as milk.

Calories consumed from soft drinks peak in teenage and young adulthood years. The average young adult man drinks almost two 12-ounce cans of regular carbonated soft drinks each day. People over the age of 60 drink about

half that (1999–2002 National Center for Health Statistics, Centers for Disease Control and Prevention). Milk consumption declines dramatically with age, with only 30 percent of the population over the age of two meeting the recommendations for consumption of milk and other dairy foods.

To thwart a dramatic increase in obesity and diabetes, our children's dietary habits must change. Replacing sugared drinks and processed foods (high in saturated fats and trans fatty acids) with more healthful foods will do more to improve the health of the next generation than pharmaceuticals used to blunt the disease process we have created by our dietary indiscretions. Eating habits are learned early and are hard to change in later years and so the responsibility for guiding children toward a judicious, natural diet is in their parents' hands.

Question for July

Q. The number of Americans with adult-onset diabetes exceeds:

1. 3,000,000
2. 7,000,000
3. 11,000,000
4. 17,000,000

Beth El congregant Mark Milner is a cardiologist and director of echocardiography at Suburban Hospital. ■



All Beth El Families with School Age Children

**This year's end of the school year event will be
A Concert with Barry Louis Polisar**

Sunday, June 10, 2007

10:00 am–11:00 am in the Chapel

Please RSVP by Sunday, June 3, to Helen Shell in the Religious School office:
email: hshell@bethelmc.org phone: 301-652-8573 ext. 309 fax: 301-907-8559

Name _____ Total number of people attending _____

Please check: Day School _____ Religious School _____ Other _____

Grades of children attending _____

Contributions

Barbara Wolf "Israel Quest" Fund

IN MEMORY OF:

Jacob Kay by Lola and Gerald Sherman
Brother, Lt. Aaron M. Kopit, by Leo Kopit

Bendit Adult Institute Fund

IN HONOR OF:

Ben Bronheim by Saul Bendit Adult Institute Committee
Birth of Eva Bendit Berstein, great-granddaughter of Tanya
and Saul Bendit, by Howard Berger and Linda Goldsmith
The presidency of Walter Arnheim by Joan and Joel Simon

Bernardo Kotelanski, M.D. Marriage Education Fund

IN MEMORY OF:

Alta B. Kotelanski by Rosa R. Kahan de Kotelanski
Sadie Gorden, mother of Phillip Gorden, by Phil and Vivian
Gorden

Beth El Forest

IN HONOR OF:

Special Anniversary of Lois and Newton Jassie by Twila Nattel

IN MEMORY OF:

Ludwig Meyerhoff by Gabriela Bechick
Bette Tomar by Richard Tomar
Jean Barrack by Rene and Meyer Zitter
Pearl Niedermayer by Joel and Joan Simon
Esther Weisberg, mother of Stuart Weisberg, by Carol and
Mitchell Krucoff
My father, E. Philip Halpern, by Lori Amsellem

Beth El Israel Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Ruth Korb, mother of Gail Korb, by Gail Korb
Meyer Khurgin, father of Bela Charno, by Bela Charno

Cantor's Fund

By: Andre and Monique Benzenou

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon
In consideration of Cantor Abraham Lubin's generosity by
Bernard T. Resnick

80th Birthday of Rose Saady by Sam Saady and Family

IN MEMORY OF:

Beloved brother, Sidney C. Wigler, by Rose and Sam Saady
Elias Bezner by Steven Bezner
Sol Gabry by the Gabry Family

Capital Campaign

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

Rabbi Rudolph's officiating at the babynaming of our
granddaughter, Zoe Shira Weinberg, by Barbara and David
Eisenstein

IN MEMORY OF:

Meyer Pariser, grandfather of Laurie Friedman, by Laurie
Friedman

Gloria Orin by Libby Klavan

Eileen Koch, sister of Barbara Eisenstein, by Barbara and
David Eisenstein

Chevra Kadisha Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

My mother, Pearl Niedermayer, by Roy Niedermayer
Pearl Niedermayer, mother of Roy Niedermayer, by Jeff and
Marilyn Glick

Benjamin Copperman, my father-in-law, by Julia P. Copperman
Nettie Sanders, sister of Sabina Shalom, by Esther and Elliot
Wilner, Claire Marwick, and Marcia and Paul Merlin

College Outreach Fund

IN HONOR OF:

In gratitude for the safekeeping of Brad Shapiro and in memo-
ry of the students who died at Virginia Tech by Karen Dubin

IN MEMORY OF:

Albert Glick, father of Scott Glick, by Scott J. Glick

Community Torah Institute Fund

By: Arnold Marcus

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

Dorothy Beverly Kitchen Fund

IN MEMORY OF:

Dorothy Beverly by Rose and Sam Saady
Dorothy Beverly by Hattie Goodman

Fine Arts Fund

IN MEMORY OF:

My brother, H. Harvey Koenig, by Bob Koenig

General Fund

IN HONOR OF:

Elliott and Wendy's wedding anniversary by Roy Millenson
Celebrating Walter Arnheim's presidency and his dedication,
wisdom, and warmth by Deborah A. Cohn

Dr. Ace Lipson on his special birthday by Susan and Bert King
Bat Mitzvah of Simone Lieban Levine by Robin Jacobson
and James Armbruster

60th birthday of Dr. Ace Lipson by Alan and Debra Birnkrant

The presidency of Walter Arnheim by Joan and Joel Simon

Contributions Continued

IN MEMORY OF:

Pearl Baker by Helen Kanovsky

Hanan Shaham, beloved brother of Tutti Sokol, by Jose and Tutti Sokol

Nettie Sanders, sister of Sabina Shalom, by Amy Goott

Maurice Derkay, father of Lee Derkay, by Lee and Gloria Derkay

Sidney B. Goldin by Lynn Goldin and Henry Birnkrant

SemoyN Zusin by Ruvan Zusin

Dorothy Shandell, grandmother of Andrea Shandell, by Andrea Shandell

Pearl Niedermayer by Morris and Kathy Dweck and Susan and Bert King

Louis Gernstat by Helen Kanovsky

Zachary Klein by Robin Jacobson and James Armbruster

Beloved sister, Charlott Quint, by Beatrice S. Newell

Jean Isenberg Smith by Henry Smith

Israel Experience Teen Fund

IN MEMORY OF:

Yahrzeits of Margit Sonne and Samuel Scherr by Daniel and Elaine Mann

Pearl Niedermayer by Sharon and Andrew Tievsky and Family

Kimball Nursery School Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

Library Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Dora Passett by Margery London

Kalman Seigel by Ann Goodman

Nettie Sanders, sister of Sabina Shalom, by Lucy Ozarin

Kalman Seigel by Carolyn Shanoff

Gloria Orin, mother of Rhonda Eisenstein, by Julie and Gregg Goodman

Mazon

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Charlotte K. Millenson by Roy H. Millenson

Harriet Klavan by Libby Klavan

Ruth Kaman by Alan and Barri Gross and Family

My beloved grandmother, Rose Birnbach, by Sarah Birnbach

Rebecca and Benjamin Wigler, beloved parents, by Rose and Sam Saady

Joseph Rib, beloved father, by Louis and Helen Rib

Edna Schiller by Ilana Tanowitz

Mintz Landscaping Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Isaac Holiber by Jerome A. Holiber

Morning Minyan Fund

BY: Raisa Slepoy

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Leah Auerbach by Fran Rubin

Ruben Kaplovsky by Lillian Miller

Harold Goldberg by Simone Bercu

A. Abba Koblenz, father of Andrew Koblenz, by Andy and Kathy Koblenz

Gertrude Kossman, mother of Mary Dubrow, by Mary Dubrow

Irv Chasen, brother of Peggy Levinson, by Peggy Levinson

Louis Lerman by Alan and Barbara Lerman

Perspectives Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Esther Weisberg, mother of Stuart Weisberg, by Cary and Nancy Feldman

Rea Horn, sister of Bea Golfer, by Cary and Nancy Feldman

Prayerbook Fund

IN MEMORY OF:

My beloved husband, Alfred Gessow, by Elaine Gessow

Rose Sandler by Esther Liss

Joseph Sherman by Mrs. Ruth Stein

Bernice Euzenk by Marion Selik

Morris Heckman, Pauline Heckman, and Nettie Rauch by Bernard and Ruth Ann Heckman

Rose Blumberg Asner by Marti Asner

Rabbi's Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

96th Birthday of Martin Samuel Dembo, uncle of Helen

Beryl Friedkin, by Helen Friedkin

My Aliyah on Shabbat HaGadol by Daniel Mann

Rabbi Harris's enlightening comments by Rabbi Harris's Shiur Group

Rabbi Rudolph for his assistance at the time of the death of my mother, Pearl Niedermayer, by Roy Niedermayer

My special birthday aliyah by Marta Wassertzug

Contributions Continued

IN MEMORY OF:

Abraham Dosik by Sondra and Howard Bender
Evelyn Massie Kohn by Parker O'Shea
Marilyn Kershner, mother of Phyllis Solomon, by Phyllis Solomon
John Trauberman, loving father, husband, and grandfather, by Jeffrey Trauberman
Ethel Levey by Joel and Joan Simon
Abraham Becker by Scott J. Becker
Lester Pink, father of SuzAnne Gladstone, by SuzAnne Gladstone

Religious School Enrichment Fund

IN HONOR OF:

Gerald Friedman's 80th birthday by Gil and Gabby Here, Steve and Marilyn Ebbin, and Mort and Bunny Shapiro

IN MEMORY OF:

Loving father, Morris Greenberg, by Adeline and Harold Greenberg

Resnik Memorial Lecture Endowment Fund

IN HONOR OF:

The first birthday of Aviva Maytel Resnik by Harvey Resnik

Simos Music Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

Sisterhood Flower Fund

IN HONOR OF:

23rd anniversary of the Shabbat Early Morning Minyan by Lillian Kessler

IN MEMORY OF:

Trudy Haber, our beloved mother, by Merle and Ira Haber

Sisterhood Kiddush Fund

IN HONOR OF:

Joan Simon, with thanks, by Kids Cooking Chavurah Class

Sisterhood Shiva Meal Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Rea Horn, sister of Bea Golfer, by Julia P. Copperman
Noah Winkler by Marilda Averbug
My beloved brother, Lee Askin, by Sara Lieberman

Social Action Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

Suls Youth Activities Fund

IN MEMORY OF:

Mary Kivitz, mother of Murray Kivitz, by Murray Kivitz

Torah Scroll Fund

IN HONOR OF:

Michael Steinberg's devotion to Jewish studies and Jewish education by Marta Wassertzug
Rebetzen and Rabbi Yitzchok Breitowitz on the engagement of their son, Moshe, to Freyda Grayman by Marta and Bernard Wassertzug

IN MEMORY OF:

My father, Albert Langerman, by Elaine Shalowitz

Vatikkim

IN HONOR OF:

The arrival of my great-granddaughter, Isabel Rose Leibowitz, by Fran Leibowitz

IN MEMORY OF:

My beloved mother, Lia Imas, by Marta Wassertzug
Morris Stein, beloved grandfather, by Louis and Helen Rib

Vince Prada Technology Fund

IN HONOR OF:

The presidency of Walter Arnheim by Joan and Joel Simon

IN MEMORY OF:

Pearl Niedermayer by Cheryl Kreiser
Gloria Orin by Cheryl Kreiser
Sylvia Margolis by Cheryl Kreiser

World Jewry Fund

IN MEMORY OF:

Joel Berman, brother of Lois Jassie, by Lois and Larry Jassie

BEBUSY CONTINUED FROM PAGE 6

the synagogue and will be at Beth El for meals and programs during this time. Beth El teens are welcome to attend all programming and events along with the Wheelniks.

For more information about these events, please contact Adam Zeren at Azeren@bethelmc.org. ■

Bulletin Board

Send submissions to the Scroll to scroll@bethelmc.org

Condolences to

Bea Golfer on the death of her sister, **Rea Horn**

Walter Minerbi on the death of his mother, **Emily Minerbi**

Linda Posilkin on the death of her mother, **Beulah Hendel**

Melvin and Frances Spaeth on the death of their daughter-in-law, **Lisa Sandler Spaeth**

Stuart Weisberg on the death of his mother, **Esther Weisberg**

Mazal Tov to

Fran Leibowitz on the birth of her great-granddaughter, **Isabel Rose Leibowitz**. Parents are Jennifer and Eric Leibowitz, and big brother is Parker Jared.

Margie Litman on the publication of her book, *The Art of the Dessert* (Wiley), written with Ann Amernick

Phyllis Margolius on receiving the Benjamin Ourisman Memorial Award for Civic Achievement at the Annual Meeting of the JCC of Greater Washington

Albert and Doris Povich on the engagement of their daughter, **Marlene Povich**, to **Douglas Legum**, son of the late Leslie and Naomi Hendler Legum of Baltimore

Upcoming Events

The Syrian Bride On **Sunday, June 3**, at 7:00 pm, the Israel Action Committee will screen the critically acclaimed, provocative, and award-winning film, "The Syrian Bride." The entire film takes place in the village of Majdal Shams in the Golan Heights. Mona, a young Druze woman, is

betrothed to her cousin, a TV star who lives in Syria. This film won rave reviews from film critics. We urge Beth El members of all ages to participate in a fun social gathering. Popcorn and drinks will be served.

Vatikim Luncheon The speaker for **Thursday, June 21**, is to be determined. Lunch is at noon, and the program starts at 1 pm. The cost of the lunch is \$7. Call Herb or Lee Harvey at 301-652-2606 to RSVP. All RSVP's must be received by June 19.

Bridge – the greatest game ever! We will meet on **June 11 and 25**. Join us on the 2nd and 4th Mondays of each month. Drop in and join a game; no partner necessary. Contact Shirley Levine at info@bethelmc.org or 301-652-2606. If you are interested in playing but don't have any transportation, please call Claire Marwick 301-652-2606 or Richard Belferman at 301-652-2606. They will try to arrange transportation for you.

BEENs (Beth El Empty Nesters) upcoming activities.
June 10—Live and Become, 7:00 pm movie at the JCC. Cost is \$5.00. Dinner beforehand for those who would like it at 5:45 pm at Panera. For more information and to RSVP, contact Paola Bolasny at 301-652-2606 or info@bethelmc.org.
June 24—sunset boat cruise from Annapolis (6:30-8:30 pm). Bring your own light picnic. Cost is \$34.00 per person. For more information, carpool arrangements, and to RSVP, contact Carol Reynolds at 301-652-2606 or info@bethelmc.org



Congregation Beth El
8215 OLD GEORGETOWN ROAD
BETHESDA, MARYLAND 20814-1451

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20814

Weekly Parshiot

SOURCE: SIDDUR SIM SHALOM

Beth El Calendar & Weekly Parshiot



B'ha'a lot'kha

June 2

God charges Aaron to light the seven-branched menorah. The Levites are purified; a second pesach offering is ordained for those unable to participate in the first. Israel sets forth from Sinai. As the Ark is carried forward, Moses cries: "Arise, Adonai! May Your enemies be scattered; may Your foes be put to flight." When the Ark rests, Moses declares: "Adonai, may You dwell among the myriad families of Israel." In the wilderness, Moses' leadership is challenged several times.

Sh'lach L'kha

June 9

Moses dispatches 12 spies to Canaan. Ten report that the land is unconquerable. The people panic, wanting to return to Egypt. Caleb and Joshua exhort Israel to fulfill God's plan. The uprising persists, and God condemns the people to wander in the desert for 40 years. God also commands the wearing of tzitzit, to prompt Israel to remember and to observe all of God's mitzvot and to be holy before God, who has brought them out of Egypt to be their God.

Korah

June 16

Korah leads a rebellion against Moses and Aaron. God causes the earth to open, swallowing Korah and his followers. These deaths lead to grumbling among the people, further provoking God's wrath. A plague befalls the people, killing many. God arranges for a

divine sign – the flowering of Aaron's rod – to affirm his priesthood and quiet the people. God reiterates the duties of priests and Levites.

Hukkat

June 23

God ordains the sacrifice of a red heifer to purify those having contact with the dead. Miriam dies. When the people complain about a lack of water, Moses strikes a rock, instead of speaking to it as God instructs. Consequently, God informs Moses that he may not enter the Promised Land. The Israelites skirt Edom when it refuses them safe passage. Aaron dies. After conquering the Canaanites and Amorites, Israel encamps on Moab, across the Jordan from Jericho.

Balak

June 30

Balak, king of Moab, sends for a diviner, Balaam, to curse the Israelites, so that Moab might drive them off. Balaam refuses, as God orders. Balak offers more gold; Balaam sets out. Yet his ass sees what Balaam cannot – God's angel bars the way. Balaam then perceives his folly, atones, and proceeds as God's messenger. "Mah tovu," says Balaam, overlooking the Israelite camp. "How lovely are your dwellings, people of Jacob." Balak angrily dismisses Balaam, who divines Moab's fall. Yet Israel, seduced by Midianites, indulges in harlotry and idolatry.

Descriptions of Services

MINYAN CHAVERIM is a community-led service with complete recitations of Shacharit and Musaf and a full Torah reading and emphasizes a spirited and participatory nusach. Following the congregational kiddush, all are welcome at a potluck, kosher, dairy lunch at a nearby home. For information, contact: **Debbie Feinstein** at 301-767-1178, debbie-feinstein@yahoo.com.

The **WORSHIP AND STUDY MINYAN** is conducted by members of the congregation and combines evocative Torah study with ample singing and ruach. Children are welcome, although the service is oriented toward adults. For information, contact: **Dan Hirsch** at 301-654-7289, DOHirsch@aol.com **Sid Getz** at 301-530-2215, sidgetz@comcast.net **Mark Levitt** at 301-365-5365, MLevitt@Nelliscorp.com.

TEEN SERVICE is a cool service without parents, conducted by and for post-B'nai Mitzvah teens, with a great kiddush. To volunteer to read Torah, conduct part of the service, or help with a discussion, contact: **Carl Slater** at 301-530-0577 (h), 301-910-4788 (c), laxnavajew@gmail.com.

OTHER YOUTH /FAMILY SERVICES, for information, contact **Sarah Roark**, 301-652-8573, ext. 319, sroark@bethelmc.org.

Daily Services

M-F	7:30 AM
SUN-TH	8:00 PM
FRI	6:30 PM
SUN	9:00 AM

Shabbat Services (all services are weekly, except as noted)

EARLY MORNING SERVICE	7:30 AM
MAIN SERVICE	9:15 AM
BABYSITTING (2-6 YEARS OLD)	9:15 AM
MINYAN CHAVERIM (3RD SHABBAT)	9:30 AM
WORSHIP AND STUDY MINYAN (1ST SHABBAT)	9:45 AM
PIRKEI AVOT	12:45 PM
MINCHA, SEUDAH SHLISHIT, MA'ARIV AND HAVDALAH SERVICE (3RD SHABBAT)	8:00 PM

Youth Shabbat Services

TEEN SERVICE (1ST SHABBAT)	10:00 AM
JUNIOR CONGREGATION (5TH GRADE +; LIBRARY)	10:00 AM
SHITUFIM (3RD AND 4TH GRADES; 2ND & 4TH SHABBAT; RM TEL AVIV)	10:30-11:30 AM
GAN SHABBAT (KINDERGARTEN-2ND GRADE; 1ST & 3RD SHABBAT; MP 1&2)	10:30-11:30 AM
NITZANIM (BIRTH - KINDERGARTEN; 2ND, 4TH, 5TH SHABBAT; MP 1&2)	10:30-11:30 AM



Congregation Beth El

Monthly Calendar

June 2007

Sivan-Tammuz 5767

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CANDLES 8:09 PM 10:30 AM BEPS Shabbat 6:30 PM Friday Evening Service	2 7:30 AM Shabbat Service 8:30 AM Iyun T'filah 9:15 AM Main Shabbat Service 9:15 AM Ethan Eisenstein Bar Mitzvah 9:45 AM Worship & Study Minyan 10:00 AM Jr. Cong. 10:30 AM Gan Shabbat 12:45 PM Pirkei Avot
3 RELIGIOUS SCHOOL LAST SUNDAY 9:00 AM Minyan 9:15 AM Sisterhood Board Mtg. 9:30 AM Men's Club Breakfast 10:00 AM Men's Club Program 10:15 AM Adult B'nai Mitzvah Class 10:30 AM Sisterhood General Mtg. 10:30 AM Propsective Member Open House 2:00 PM Kids Yoga Class 7:00 PM Israeli Movie Night	4 7:00 PM Talmud Class 7:00 PM BEPS New Parent Mtg. 7:00 PM Cub Scouts	5 7:00 PM BEPS Board Mtg.	6 9:00 AM BEPS 4's Graduation 11:00 AM FEAC 1:00 PM Senior Caucus Meeting 2:00 PM Roundtable with the Rabbi 7:00 PM BEPS Keshet Graduation	7 NOON Vatikkim 8:30 PM Hearing Men's Voices	8 CANDLES 8:13 PM 6:30 PM Traditional Friday Evening Service 6:30 PM Kol Haneshamah Service 7:00 PM Oneg	9 7:30 AM Shabbat Service 9:15 AM Main Shabbat Service 9:15 AM Rachel Simon Bat Mitzvah 10:30 AM Nitzanim 10:30 AM Shitufim 12:45 PM Pirkei Avot
10 9:00 AM Minyan 9:30 AM Men's Club Breakfast 10:00 AM Men's Club Program 10:00 AM RS End-of-Year Program 4:00 PM Music Library Dedication	11 1:30 PM Bridge 7:00 PM Talmud Class 7:00 PM Cub Scouts 7:30 PM Religious School Committee Mtg	12	13	14 NOON Vatikkim 6:30 PM Board Orientation	15 CANDLES 8:17 PM 6:30 PM Friday Evening Service	16 7:30 AM Shabbat Service 8:30 AM Iyun T'filah 9:15 AM Main Shabbat Service 9:15 AM Jacob Rasch Bar Mitzvah 9:30 AM Minyan Chaverim 10:30 AM Gan Shabbat 12:45 PM Pirkei Avot 8:00 PM Mincha, Seudah Shlishit, Ma'ariv, Havdalah
17 FATHER'S DAY 9:00 AM Minyan 9:30 AM Men's Club Breakfast 10:00 AM Men's Club Program 10:15 AM Adult B'nai Mitzvah Class	18 7:00 PM Talmud Class 7:00 PM Cub Scouts	19	20	21 NOON Vatikkim Luncheon	22 CANDLES 8:19 PM 6:30 PM Friday Evening Service	23 7:30 AM Shabbat Service 9:15 AM Main Shabbat Service 9:15 AM Emma Clein Bat Mitzvah 10:30 AM Nitzanim 10:30 AM Shitufim 12:45 PM Pirkei Avot
24 9:00 AM Minyan 9:30 AM Men's Club Breakfast 10:00 AM Men's Club Program	25 1:30 PM Bridge 7:00 PM Talmud Class	26 BEPS CAMP STARTS	27	28 NOON Vatikkim	29 CANDLES 8:19 PM 6:30 PM Friday Evening Service	30 7:30 AM Shabbat Service 9:15 AM Main Shabbat Service 10:30 AM Nitzanim 12:45 PM Pirkei Avot