



V'shinantam I'vanecha

06/24/2020 09:30:10 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****

Dear Friends,

As we all negotiate the new reality, I hope that we will all work together to find our way.

The following Hasidic story retold by **S. Y. Agnon** in his anthology 'Days of Awe' (Schocken, 1948/1965) provides a wonderful way of looking at the potential of finding our way in the midst of challenges.

It's a parable attributed to the 19th century master, Rabbi Hayyim of Zans:

A man had been wandering about in a forest for several days, not knowing which was the right way out. Suddenly he saw a person approaching him. His heart was filled with joy. "Now I shall certainly find out which is the right way," he thought to himself. When they nearer one another, he asked them: "Brother, tell me which is the right way. I have been wandering about in this forest for several days." Said the other to him, _"Brother, I do not know the way out either. For I too have been wandering about here for many, many days. But this I can tell you: do not take the way I have been taking, for that will lead you astray. And now let us look for a new way out together."

And Agnon concludes this simple tale with the following comment from Reb Hayyim:

"So it is with us. One thing I can tell you: the way we have been following this far we ought to follow no further, for that way leads you astray. But now let us look for a new way."

May we find a new way during this new time and emerge from darkness into light.
Happy Wednesday,
Rabbi Bruce Aft

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/23/2020 09:30:25 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chat lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****

Dear Friends,

So we all have tough days...yesterday was one of them due to a family situation with a relative who had a major procedure and suffered a great deal of pain....hopefully she will be okay....

What do I do when I have a tough day?

I can't play baseball or handball due to social distancing and so I hopped on the recumbent bike and rode and rode and rode...

While I was riding, I listened to my mix and found special inspiration from the following song. Yes, to all of you who are curious...this is one of my countless favorite songs:-). Please listen to the link below

I hope we will take each other by the hand and together we will find our way.

Stay tuned for a rabbinic story tomorrow about finding our way in the woods. (You may have heard it...)

I am now giving coming attractions. It only took me 29 years to be creative:-)

By the way, as I write this, I am smiling again, because we are ultimately all here to support each other and help us find our way.

Happy Tuesday,

Rabbi Bruce Aft

[Click here to view video](#)

V'shinantam l'vanecha

06/22/2020 09:30:09 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

Last Saturday we had an interesting lunch and learn (virtually) and the topic was Judaism: Future Tense or Judaism: Tense Future. (Thanks to Bruce Kaplan for the title and subject).

We spoke about what Judaism has to offer people in our world today. As often occurs, we used Rabbi Jonathan Sacks as a proof text.

He wrote the following:

We are in danger, says Rabbi Sacks, of forgetting what Judaism's place is within the global project of humankind. The Jewish people exist for a reason, and it is not for themselves alone. They must recommit themselves to their foundational purpose: to the task of creating a just world in which the divine presence can dwell among us all. Without compromising one iota of Jewish faith, Rabbi Sacks declares, Jews must stand alongside their friends—Christian, Muslim, Hindu, Sikh, Buddhist, and secular humanist—in defense of freedom against those who desecrate life. And they should do this not to win friends or the admiration of others but because it is what a people of God is supposed to do. Rabbi Sacks's powerful message of tikkun olam—using Judaism as a blueprint for repairing an imperfect world—will resonate with people of all faiths. Future Tense, by Rabbi Jonathan Sacks

As we discussed the role of Judaism in our world today we talked about the moral imperative that Judaism provides us to not give up. In our healing prayer, we say that we should have the courage to make our lives a blessing.

I hope that in the midst of whatever challenges we face, we will remember the teaching in Pirkei Avot which reminds us that we do not have to finish the task of repairing our world, but we also cannot escape our responsibility to do our part to try to make the world a better place. Each of us is created in the image of G-d and each of us has a unique gift to bring to our world. Each of us can make our lives a blessing.

So...what are **WE** doing to share the Divine spark that has been implanted in each of our souls? I hope and pray that as the congregation moves into a new era, that each one of us will continue to respond to the challenges we face by "DOING SOMETHING" and bringing our unique gifts and making a contribution to our world.

Rabbi Sacks concludes:

Judaism is a religion of details, but we miss the point if we do not sometimes step back and see the larger picture. To be a Jew is to be an agent of hope in a world serially threatened by despair. Every ritual, every mitzvah, every syllable of the Jewish story, every element of Jewish law, is a protest against escapism, resignation or the blind acceptance of fate. Judaism is a sustained struggle, the greatest ever known, against the world that is, in the name of the world that could be, should be, but is not yet. There is no more challenging vocation. Throughout history, when human beings have sought hope they have found it in the Jewish story.

Finally, I am reminded of the words of Robert Kennedy when he quoted George Bernard Shaw, who said "some people see things as they are and say why, I dream things that never were and say why not."

Why not make a difference. If not now, when?

Happy Monday,

Rabbi Bruce Aft

Rabbi Aft's Friday Message -Stay Well and Safe.

06/19/2020 09:31:10 AM

Congregation Adat Reyim



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Dear Friends,

There are so many things I want to say today so here goes...

First of all, I hope that if you have a graduate, that you will join us tonight at 8pm for services. It will be great to honor them with a special blessing.

Second, it was pointed out to me that in our translations of the prayers and readings in the Shabbat guide we sent yesterday, that we did not use egalitarian language. Please note that as we translate the Hebrew to English, we should use language reflecting G-d as Sovereign, not He/Him and "Man" as humanity. I am sorry I didn't proofread the translations which were taken from an older prayer book. Please use this as a teaching moment when you celebrate Shabbat and use the guide. We want to be sure our prayer language is inclusive.

Third, I hope that we will celebrate Juneteenth today. Please read a short description from Wikipedia about this significant day in American history. (See below). As my Dad used to say when we would celebrate Father's Day, we should make every day a day on which we are nice to our Dads. Similarly, I hope that every day we will treat others with respect and kindness as we all fight the virus of prejudice whenever and wherever it occurs.

Finally, let me say a few words about Father's Day. I hope that we can draw on teachings from our fathers that guide us in the ways in which we live our lives. I am sharing something which you have seen before which was given to me by my father when I was in little league over 55 years ago. It continues to inspire me every day (See below). You also will see a few bad dad jokes that our children will have to endure this weekend:-). (See below)

Enjoy a safe Father's Day weekend and if your father is alive, please contact him. If he isn't alive, please share a story about him with those you love. And...if your relationship wasn't or isn't good with him, I hope you can forgive him in some way.

Shabbat Shalom,

Rabbi Bruce Aft

Juneteenth (a portmanteau of June and nineteenth;^[2] also known as Freedom Day,^[3] Jubilee Day,^[4] and Liberation Day^[5]) is an unofficial American holiday and an official Texas state holiday, celebrated annually on the 19th of June in the United States to commemorate Union army general Gordon Granger announcing federal orders in the city of Galveston, Texas, on June 19, 1865, proclaiming that all slaves in Texas were now free.^[6] Although the Emancipation Proclamation had formally freed them almost two and a half years earlier and the American Civil War had largely ended with the defeat of the Confederate States in April, Texas was the most remote of the slave states, with a low presence of Union troops, so enforcement of the proclamation had been slow and inconsistent.^[6]

A common misconception is that this day marks the end of slavery in the United States. Although this day marks the emancipation of all slaves in the Confederacy, the institution of slavery was still legal and existed in the Union border states after June 19, 1865.^[7]^[8] Slavery in the United States did not officially end until the ratification of the Thirteenth Amendment to the Constitution of the United States on December 6, 1865, which abolished slavery entirely in all of the U.S. states and territories.^[9]

Juneteenth

Ashton Villa, where General Order No. 3 was read on June 19, 1865
Also called Freedom Day, Jubilee Day, Liberation Day, Emancipation Day
Observed by Americans (especially African Americans),
49 states of the United States^[1]
Type Historical

SignificanceEmancipation of remaining enslaved African-Americans in the Confederacy
ObservancesAfrican American history and progress
DateJune 19
Next timeJune 19, 2021
FrequencyAnnual

WHAT DOES A FATHER SAY TO HIS SON BEFORE HIS FIRST GAME?

This is your first game, son. I hope you win. I hope you win for your sake not mine.

Because winning's nice. It's a good feeling. Like the whole world is yours. But it passes, this feeling. And what lasts is what you've learned.

And what you learn is life. That's what sports is all about. Life. The whole thing is played in an afternoon. The happiness of life. The miseries. The joys. The heartbreaks/

There's no telling what'll turn up. There's no telling whether they'll toss you out in the first five minutes or whether you'll stay for the long haul.

There's no telling how you'll do. You might be a hero or you might be absolutely nothing. There's just no telling. Too much depends on chance. On how the ball bounces.

I'm not talking about the game, son. I'm talking about life. But it's life that the game's all about. Just as I said.

Because every game is life. And life is a game. A serious one. Dead serious.

But that's what you do with serious things. You do your best. You take what comes. You take what comes and you run with it.

Winning is fun. Sure. But winning is not the point. Wanting to win is the point. Not giving up is the point. Never being satisfied with what you've done is the point.

Never letting up is the point. Never letting anyone down is the point. Play to win.

Sure. But lose like a champion. Because it's not winning that counts. What counts is trying.

Bad Dad jokes...

I'm reading a book about anti-gravity. It's impossible to put down:-)

What do you get from a pampered cow? Spoiled milk:-)

I like telling Dad jokes. Sometimes he laughs:-)

I have a great joke about construction but I'm still working on it:-)

And finally, did you hear about the person who invented the knock knock jokes?

They won the "no-bell" prize:-)

V'shinantam l'vanecha

06/18/2020 09:30:12 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Shabbat at Home Guide

Dear Friends,

What will make this Friday night different from all other Friday nights?

Please note the link above which is a self led guide to Shabbat observance for you to use for your Friday night dinner experiences this week. We hope you will join the 8pm service after your Shabbat dinner.

Many thanks to Josh Green and Deb Seidner who have worked hard on preparing

the attachment below. We all hope you will find this to be helpful in facilitating meaningful Shabbat observance.

As you know from one of our fireside chats, I wish I had been more insistent that we program more extensively on Shabbat. I hope that under Rabbi Glazer's leadership, the congregation will have more Shabbat activities. During the pandemic, we know that people have been "attending" services more often and if/when we return to having lots of Saturday activities in our secular lives, we will remember how special it has been to be with our families on Shabbat.

I want to share the following excerpt from Susannah Heschel's Introduction to her father's book, "The Sabbath." I believe the spiritual feelings she describes are one of the wonders of our world and we hope that you will create your own holy experiences during Shabbat.

"When my father raised his kiddush cup on Friday evenings, closed his eyes, and chanted the prayer sanctifying the wine, I always felt a rush of emotion. As he chanted with an old, sacred family melody, he blessed the wine and the Sabbath with his prayer, and I also felt he was blessing my life and that of everyone at the table. I treasured those moments.

Friday evenings in my home were the climax of the week, as they are for every religious Jewish family. My mother and I kindled the lights for the Sabbath, and all of a sudden I felt transformed, emotionally and even physically."

I recall my own childhood and although our Shabbat observance was limited because my Dad had to work on Friday nights, I still fondly remember my Mother lighting the Shabbat candles and how my brothers and I would be quiet. She enjoyed a few moments of silence after she lit the candles, perhaps praying for our family or perhaps enjoying the sounds of silence ☺

In any event, I hope that each of us will find the attachment to be a meaningful guide to our own Shabbat celebration. Please note the prayers for Friday night and Havdalah, and suggestions for resources for melodies and other information about Shabbat.

Please note that at our 8pm service we hope that we will be joined by graduates so we can honor those who have graduated "from anywhere." We want to offer you a blessing and some inspirational words.

Happy Thursday,

Rabbi Bruce Aft

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

06/17/2020 09:30:14 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

Today is a tale of two stories. One is about the current state of racial affairs in the United States. I am grateful to Sherri Shunfenthal, a regular contributor to these columns, who shared the following with me. I am reminded of the verses from Koheleth (Ecclesiastes) that teach us that there is nothing new under the sun... (See below). Hopefully we can make a difference in our world and continue to build upon the efforts of the civil rights movement. It is a "long and winding road." As Professor Rubenstein suggested in his discussion with the Men's Club last Sunday, we are in need of systemic changes in our world. There will be more to follow in my role as emeritus and visiting scholar at GMU as we all grapple with the current state of affairs.

The second story is a wonderful picture taken by another regular contributor to these columns, Ann Ungar. (See below)

In the midst of the challenges of life, I am reminded of when my father used to tell me to take time to "smell the roses."

Have a good day,

Rabbi Bruce Aft

**AM READING MORAL GRANDEUR AND SPIRITUAL AUDACITY- ESSAYS BY
ABRAHAM JOSHUA HESCHEL.**

This is in the intro by Susannah Heschel.

TO PRESIDENT JOHN F. KENNEDY, THE WHITE HOUSE, JUNE 16, 1963.
I look forward to privilege of being present at meeting tomorrow. Likelihood exists that Negro problem will be like the weather. Everybody talks about it but nobody does anything about it. Please demand of religious leaders personal involvement not just solemn declaration. We forfeit the right to worship God as long as we continue to humiliate Negroes. Church synagogue have failed. They must repent. Ask of religious leaders to call for national repentance and personal sacrifice. Let religious leaders donate one month's salary toward fund for Negro housing and education. I propose that you Mr. President declare state of moral emergency. A Marshall plan for aid to Negroes is becoming a necessity. The hour calls for moral grandeur and spiritual audacity.

**Telegram from Abraham Joshua Heschel to President John F. Kennedy,
June 16, 1963.**

Published in Moral grandeur and spiritual audacity: essays, ed. Susannah Heschel (New York: Farrar, Straus & Giroux, 1996), vii.

This is one of the photos I've taken this Spring. I've taken many hundreds, maybe thousands? of nature pictures— started with my Brownie camera in 4th grade.

As you asked, I'm forwarding this one, the one that was a winner (one of 4) in the flower photo contest sponsored by Spring Hill's Lifestyle Committee.

Nice activities for us older folks....

My mother always loved Dogwood Trees, wish I could show her this beauty....



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/16/2020 09:30:27 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

As I move into my final two weeks as your rabbi, I want to share a reading which my mother shared with me when I was a child. (Pronouns can be changed for a daughter and certain references reflect the use of male language because of when this was written). I have not made any changes because this is how I received it almost 60 years ago.

As you know, I often quote expressions from my father, of blessed memory. My recollection is that this one came from my mother, of blessed memory.

I have often drawn upon this over the years and hope that you find it to be meaningful. I seem to remember sharing this many years ago and will be curious to see if any of you remember it.

Have a good Tuesday,

Rabbi Bruce Aft

Dear World

My young son starts school today...It's going to be sort of strange and new to him for awhile, and I wish you would sort of treat him gently. You see, up to now he's been king of the roost...He's been boss of the backyard...His mother has always been near to soothe his wounds and repair his feelings.

But now things are going to be different.

This morning he's going to walk down the front steps, wave his hand, and start out on the great adventure...It is an adventure that might take him across continents, across oceans...It's an adventure that will probably include wars and tragedy and sorrow...To live his life in the world he will have to live in, will require faith and love and courage.

So, World, I wish you would sort of look after him...Take him by the hand and teach him things he will have to know.

But do it gently, if you can.

He will have to learn, I know, that all men are not just, that all men are not true. But teach him also that for every scoundrel there is a hero...that for every crooked politician there is a great and dedicated leader...Teach him that for every enemy, there is a friend.

Steer him away from envy, if you can...and teach him the secret of quiet laughter.

In school, World, teach him it is far more honorable to fail than to cheat...Teach him to have faith in his own idea, even if everyone says they are wrong...Teach him to be gentle with gentle people and tough with tough people.

Try to give my son the strength not to follow the crowd when everyone is getting on the bandwagon...Teach him to listen to all men - but teach him also to filter all he hears on a screen of truth and take just the good that siphons through. Teach him, if you can, how to laugh when he's sad...Teach him there is no shame in tears...Teach him there can be glory in failure and despair in success.

Treat him gently, World, if you can, but don't coddle him...Because only the test of fire makes fine steel...Let him have the courage to be impatient...Let him have the patience to be brave.

Let him be no other man's man...Teach him always to have sublime faith in himself.

Because then he will always have sublime faith in mankind.

This is quite an order, World, but see what you can do...He's such a nice little fellow, my son!

Author: Dan Valentine

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/15/2020 09:30:28 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT

WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****



Dear Friends,

By now you are probably ready for a fresh author and may be tired of Rabbi Bruce's jokes so...I am stepping in...

You may have already seen this but by now it's time for another haircut anyway!

Enjoy!
Mrs. Rabbi

[Click Here to Download Video](#)



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

Rabbi Aft's Friday Message -Stay Well and Safe.

06/12/2020 09:30:27 AM

Congregation Adat Reyim



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in

the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE



Special Video Message Shabbat Shalom



PLEASE CLICK HERE FOR VIDEO MESSAGE



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/11/2020 09:30:13 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreym.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****



Dear Friends,

As we deal with very intense times, I wanted to send you something that you may have already seen but is worth seeing again. I hope the article today will bring a smile. If not, it will make you glad I am retiring ☺

Many of us are tired of being in front of computer screens and have zoom fatigue.

So, for those of us who remember, "Goodnight Moon" enjoy! (See below)

And ... a reminder of what was happening and may still be happening...

Happy Thursday,

Rabbi Bruce Aft

[To View Video Click Here](#)



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

06/10/2020 09:56:13 AM

Congregation Adat Reyim



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreym.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

Today I wanted to share with you a statement I received from a colleague who serves in Montgomery County.

I think you will find it informative and an inspirational statement in support of justice that hopefully will help us to come together to combat racism and bigotry.

Please also see pictures from a wonderful tree planting ceremony in honor of Sue and me. We are grateful for the planting of new life and the hope and promise that as our parents planted for us, so we plant for our children. Thanks to our social action committee and specifically Mike Perel, Jeanne Kadet, Dannie Halle, Michael Halle, Artie Negrin, Sue Bigman, Steve Schwartz, and Rebecca Geller who were present on behalf of the congregation. Mike Perel and Jeanne Kadet shared wonderful comments about the meaning of the tree planting which I hope will soon be on our website and Facebook page along with other pictures and my response.

Stay cool on this muggy day,

Rabbi Bruce Aft





STATEMENT IN SUPPORT OF JUSTICE
The Black-Jewish Clergy Dialogue Group
June 4, 2020

In 1963, when the Rev. Dr. Martin Luther King, Jr., mounted the steps of the Lincoln Memorial at the March on Washington, he talked about his dream for equality and justice. He said he had a dream that his four little children would one day live in a nation where they will not be judged by the color of their skin but by the content of their character. Today, 52 years after Dr. King's death, the recent killings of African Americans by police officers are profound reminders that his dream has not come true.

In the wake of the brutal killing of George Floyd at the hands of a Minneapolis police officer, we make this statement to renew and enhance understanding and engagement between our communities. We have come together to express our deep convictions about the violence of police brutality that is killing African Americans and the integrity of our nation. Our different religious traditions are rooted in the basic belief that all humanity is created in the image of God. As clergy, we must affirm the equality of all people, regardless of race or creed, because of our divine creator. We must speak now in solidarity with those most impacted by racism, social inequities, and police violence.

In the words of the Talmud, "The first human being was created alone to teach

that one who takes a single life is considered as having destroyed an entire world, while one who saves a single life is deemed to have saved an entire world" (Mishnah Sanhedrin 4:3) We hear the commanding voice of Deuteronomy 22:3: "You must not remain indifferent." In the texts of Isaiah 61:1 and Luke 4:18, we are called to speak pastorally and prophetically against the dehumanization of God's creation. In Romans 12:15, we are reminded to show compassion for those who mourn. We weep with our neighbors in Silver Spring who mourn the deaths of Robert White and Finan Berhe. We extend words of sympathy and caring to their families.

As Concerned Clergy, we are inspired by the prophetic warning of Dr. King, "In the end, we will remember not the words of our enemies, but the silence of our friends." So, we speak to raise a moral voice to condemn police brutality and the institutional and systemic racism that condones it. We will pray, preach and act to protect the values of justice and peace that form the core of all that is sacred. We implore the purveyors of violence and destruction to desist from activities that destroy our just message. And we invite individuals of conscience throughout this community to come together in fellowship and dialogue, to hear each other and work together to realize the vision of racial equity.

Together, we must speak out. Together, we must reject hatred. Together, we must listen to each other. Together, we must overcome the forces of division and hate to build a community of love. Compelled by the commandment of our shared Scripture, "You shall love your neighbor as yourself (Leviticus 19:18)," we pledge to work together to do the sacred goal of ending injustice in our community.

*With Blessings of Friendship and Peace,
Rev. Dr. Rosetta Robinson, The Heartsing Table
Rabbi Michael Safra, B'nai Israel Congregation
Rev. Donald Kelly, Olive Branch Community Church
Rabbi Abbi Sharofsky, Jewish Community Relations Council*

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/09/2020 09:30:27 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

**Please register atleast 48 hours prior to event or
service**

Dear Friends,

Last week we read the Torah reading dealing with the Priestly Blessing and the love with which it is given. The Priests were empowered to give the blessing and it was G-d's love they were sharing.

The following story from Rabbi Sacks's posting on Naso, expresses one rebbe's love for those with whom he had contact. In our world which cried out for us to love our neighbor as ourselves, I hope that each of us will find meaningful ways to express our love for each other.

As we watch events unfold after the murder of George Floyd, each of us should think about how far we are willing to go to join in the protests around the world. Which activities will we participate in so that we can say that we did not keep silent in the midst of the challenging times in which we live.

I hope we will continue to strive to make a difference and as plans solidify this week, we hope to announce an event in which all of you might want to participate.

Have a good Tuesday,

Rabbi Bruce Aft

IT ONCE
HAPPENED...

On the eve of Yom Kippur in 1945, after the Second World War had ended, fifteen- year-old Edith Cohen was living in a crowded Displaced Persons camp called Feldafing. She had survived the nightmare of Auschwitz, but her parents and four siblings had perished. Despite her weakened state, the prospect of fasting that Yom Kippur did not faze her. She had gone hungry many times before.

But the emotional pain of having no parents to give her the traditional blessing before Yom Kippur was unbearable.

Rabbi Yekutiel Halberstam, the Klausenberger Rebbe from the Sanz dynasty, was also a resident of the displacement camp, but his wife and 11 children had not survived. The Rebbe had been working tirelessly to help the other residents in the camp learn to embrace life once more. On the eve of Yom Kippur though, he was taking some time to mediate and study Torah in isolation, when he was interrupted by a gentle knock at the door. There stood young Edith with tears in her eyes. "My parents died in the camps. I have no one to bless me," she pleaded. Without hesitation, and with pure love in his eyes, he raised his hands over her head, and blessed her with the words of the ancient priestly blessing.

Soon there was another knock, and a second orphaned girl was asking, "Please bless me, Rebbe." Again, he lovingly obliged. Then another knock, and another. Soon a long queue of several dozen girls formed, each one waiting patiently to receive a blessing of love from the Rebbe until it was time for Kol Nidre to begin. The Klausenberger Rebbe missed out on his private pre- Yom Kippur meditation, but from that day forward he acted as a parent for all the orphans of the camp.

QUESTIONS TO PONDER:

1. What do you think parents feel in their hearts when they give their children this blessing?
2. Do you think the Rebbe felt the same for these children?

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

06/08/2020 09:30:44 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in

the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****

Dear Friends,

I received this from Sherry Shunfenthal who is a Philadelphian. (See below)

I will be sending different items this week that have been sent to me about the state of race in our country. I also hope to be sending publicity about opportunities to get involved.

On a personal note (I will write more after I get my thoughts together), there are no words to adequately express Sue and my gratitude to all of you and particularly, those who put together last night's tribute. I wish we could see each other in person and hope there will be a time to do this sometime in the future. The devotion and dedication of so many and your wonderful words and songs were inspirational, touching, and heartwarming. Sue and I certainly were humbled by the sentiments expressed. We were/are very moved by the love expressed last night.

Be strong, stay well and safe, and have a good week,

Rabbi Bruce Aft

...the Rabbi at KI - my former synagogue wrote this and it is really important and moving!

I Can't Breathe

*I can't breathe,
The knee of oppression
Is on my neck.*

*I can't breathe,
The air of my city
Is filled with tear gas.*

*I can't breathe,
I am filled with rage
And the smoke of burning buildings.*

*I can't breathe
Because the air is filled with contempt for people of different colors.*

*I can't breathe
Because my country is suffocating
And the air of democracy is getting thinner and thinner.*

*I can't breathe
Because I am grieving for America
And praying its dreams aren't dying
In the streets of our nation tonight.*

Rabbi Lance J. Sussman
5.30.20

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

Rabbi Aft's Friday Message -Stay Well and Safe.

06/05/2020 09:30:13 AM

Congregation Adat Reyim



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreym.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE



Dear Friends,

Eight minutes and 46 seconds...

Many of us were challenged by **Eight minutes and 46 seconds** as we stood silently during the memorial yesterday to George Floyd. In **Eight minutes and 46 seconds** his life ended....

Many of us remember that I quoted a sermon from Rabbi Kenny Berger, of blessed memory, who challenged us to think about what we would do if we had five minutes to live.

As we all have faced the challenge to our physical health of the coronavirus, recent events have reminded us that some members of our society have a virus in their souls. As a Jewish people we recall that we were slaves to Pharaoh in Egypt and know what it is like to be the stranger. We know what it is like to have a knee on our neck.

I hope that all of us will come together and participate in the many community opportunities to show solidarity with all those who have knees on their necks. George Floyd's life was sucked away from him and we mourn with his family. How many times have we witnessed others who have suffered because they have been suffocated? Perhaps they were bullied, perhaps there were unrealistic expectations made of them, perhaps they were abused, perhaps, perhaps, perhaps...

I hope that each one of us will stand up and be counted as one who opposes behavior that persecutes others and will breathe hope into our world. It is too late for George Floyd and so many others. **It is not too late for us to bring the breath of the divine into our world and work together to make America a home for all of us where we do not judge others by the color of their skin or their religious beliefs.**

We need to restore their and our souls so please watch these daily columns for options for us to become involved in attending virtual events or in-person events if you are comfortable venturing out and maintaining social distance. I know that if I had five minutes to live, I would want to feel like I had made a difference.

Finally on this Shabbat when we read the Priestly blessing during the Torah reading, may G-d bless us and guard us, may G-d let G-d's face shine upon us and be gracious to us, and may G-d lift up G-d's countenance upon us and grant us peace. May we be G-d's partners in building a peaceful world where no one should be afraid.

Shabbat shalom,

Rabbi Bruce Aft



V'shinantam I'vanecha

06/04/2020 09:30:12 AM

Congregation Adat Reyim



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

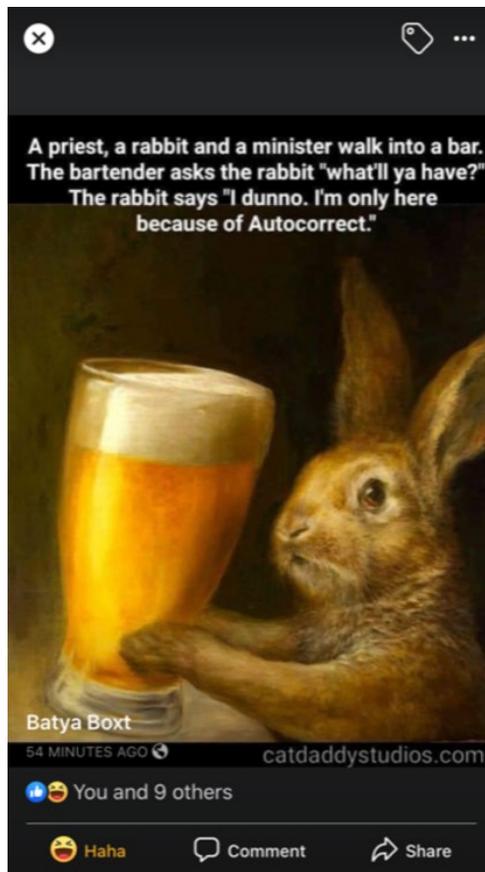
These columns have been very serious lately. There are many challenges in our world, but I personally need to take a brief break and share with you some of the humorous things you are sending to me.(See below). Please note the attachments also.

Have a good Thursday,

Rabbi Bruce Aft

sun-gazing.com
INFINITY

**PRETTY WILD
HOW WE USED TO
EAT CAKE AFTER
SOMEONE HAD
BLOWN ON IT...
GOOD TIMES...**



"Lexophilia" describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless."

An annual competition is held by the New York Times to see who can create the best original lexophilia.

This year's submissions:

I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

Police were summoned to a daycare center where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory but it was never fully developed.

When she saw her first strands of gray hair she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

I didn't like my beard at first. Then it grew on me.

Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

When chemists die, they barium.

I stayed up all night to see where the sun went, and then it dawned on me.

I'm reading a book about anti-gravity. I just can't put it down.

Those who get too big for their pants will be totally exposed in the end.

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/03/2020 09:30:12 AM

Congregation Adat Reyim



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or
service****

Dear Friends,

The following statement will be sent out later today by the Jewish Community Relations Council of Greater Washington.

Our congregational leadership has agreed to support this letter along with a number of other synagogues and organizations.

This is just a beginning...please stay tuned as plans unfold to combat racism and bigotry in our world.

Please use these challenging times as an opportunity to teach our children and those we know to be ambassadors for justice. May we find the strength to make our world a better place and fill our society with understanding.

Be strong, safe, and caring,

Rabbi Bruce Aft

Jewish Community of Greater Washington Expresses Solidarity with African-American Community

We, the undersigned Jewish organizations in the Greater Washington region, join all people of good conscience in condemning the brutal killing of George Floyd by a Minneapolis police officer. We are outraged that yet another Black life has been lost to systemic American racism.

At a time when our nation has been convulsed by a global health crisis disproportionately impacting communities of color in our region and around the country, we demand justice, not only in the prosecution of arrested former-officer Derek Chauvin, but also in the prosecution of the three former officers who stood by while Floyd was killed. And we demand that the system of ingrained, pernicious racism that enabled this horrific killing be uprooted and replaced by a culture of equitable, just law enforcement that protects Americans of all skin colors.

The Jewish people will not be bystanders—our organizations and our community are called to solidarity with people of color in this moment. We value our long-standing role as mutual friends and allies to the African-American community. We are committed to dismantling institutionalized racism in America. We are in conversation with our African-American partners to listen, learn, and support. And we are committed to making our own institutions more welcoming to Jews of color and bringing justice to all marginalized people. Each of us must dig deeper into our own stereotypes and biases and upend them. Pursuing racial justice is a human and a moral duty, and a reflection of sacred Jewish values.

The work is hard and the obstacles daunting, but we must not resort to exhaustion, cynicism or complacency. The road to justice begins in our own backyards: we are each responsible for nurturing children, schools and local communities that are free from bias. We are each responsible for creating a society where all young people can flourish and where no child grows up to become the next Derek Chauvin.

There is no room on this journey for violence, destruction or lawlessness as we have witnessed in our own community in Washington, DC. We were pained to see the burning of St. John's Church, "the Church of the Presidents," and attacks on numerous other landmarks and businesses in our nation's capital. We appreciate those who are responding to this tragedy peacefully and thoughtfully and urge all members of our community to work with one another and with law enforcement to build a better and more inclusive Washington region.

We express our deepest condolences to the family and community of George Floyd and share a traditional Jewish mourning sentiment in asking that his memory be a blessing to those who loved and knew him.

About the Jewish Community Relations Council (JCRC) of Greater Washington
The Jewish Community Relations Council of Greater Washington (JCRC) is the public affairs and community relations arm of The Jewish Federation of Greater Washington representing over 100 Jewish organizations and synagogues throughout DC, Maryland, and Virginia. The JCRC focuses on government relations, Israel advocacy, inter-group relations, and social justice.

CONTACT:

Ron Halber

Executive Director, JCRC

rhalber@jcouncil.org, 301-602-5709

V'shinantam I'vanecha

06/02/2020 09:30:13 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreym.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****

Dear Friends,

Some of you will remember that Shira Solomon received a grant for us to have a program on compassion.

The program has continued in the community due to the hard work of Deborah Maletz and Julie Tonti.

They recently shared the following video with the current participants in their program which is a must see see for everyone. I hope it reminds you that each of us is created in the image of G-d and inspires you to remember we all have unique gifts which we can share with others. (see the link below)

Happy Tuesday and I hope you will join us for the Fireside Chat tonight at 7pm when folks ask me questions about my rabbinical career, things that are important to me, questions that challenge me, and maybe even try to stump me:-)

Rabbi Bruce Aft

The Science of character

[Click here to watch video](#)



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

06/01/2020 09:30:13 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR

[SERVICE, PLEASE CLICK HERE](#)

****Please register atleast 48 hours prior to event or service****



Dear Friends,

Ann Ungar sent me this link which is based upon Psalms 10:6. I find it to be an interesting expression of keeping the faith and the hope that the Divine Presence will dwell among us throughout the challenges which we will face. (See below)

I hope that our faith will remain strong in our troubled world and that as we stood at Mt. Sinai and said "we will do and we will pay attention...", we will find meaningful ways to express our faith so that we can bring the Divine into all of our lives through our actions that help better our world.

What can WE do to eradicate hatred and bigotry?

What can WE do to support others through the pandemic and economic hardship?

I hope that our sense of community and the desire to support each other will "stay" the course in the days, weeks, months, and years ahead.

Please continue to send me information that inspires you which I can share with others as I begin my final month as your rabbi. It feels so surreal...I wish we could see each other physically but maintaining good health is most important at this time. I enjoy "seeing" you on webex and zoom and look forward to seeing many of you electronically throughout our final month together before I become rabbi emeritus and we welcome Rabbi Glazer.

Have a good week,

Rabbi Bruce Aft

from Psalm 10.6 - Chanting by David Goldstein, Tikkun Chant Circle of Pittsburgh

[Please click here to watch video](#)



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

Rabbi Aft's Friday Message -Stay Well and Safe.

05/29/2020 09:30:12 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreym.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Shavuot Services

Friday, May 29, 2020 • 6 Sivan 5780
9:30 AM

Erev Shabbat & Shavuot Service 8:00PM

Saturday Morning Services & Yizkor
9:30 AM

Dear Friends,

On Shavuot, when we celebrate the giving of the Torah at Mt. Sinai, we stand when the 10 Commandments are read. This custom serves to remind us that all of us spiritually stood at Mt. Sinai, men, women, children, Jews by choice, and those who have chosen to be part of a Jewish community.

We also stand to remind us that when we see something, we need to say and do

something. After recent events in Georgia, New York, and Minneapolis, we need to stand together to confront and combat racism.

Yesterday in my column, I mentioned OUDC (Operation Understanding DC). Our executive director, Yolanda Savage-Narva, wrote the following which I hope you will read.(See below)

I hope we will let our voices be heard. On the Festival of Shavuot, when we celebrate the revelation at Mt. Sinai, we have experienced the revelation that hatred and bigotry are still present in our world. We must speak out...For, if not now when?

Shabbat Shalom and Hag Shavuot Sameach,

Rabbi Bruce Aft

OPERATION UNDERSTANDING DC

Leading change.
Strengthening identity.
Exploring history.

THE TIME IS NOW!

“Here is what I would like for you to know: In America, it is traditional to destroy the black body—it is heritage.”

~Ta-Nehisi Coates, Between the World and Me

Operation Understanding DC (OUDC) condemns the recent brutal killing of George Floyd, who told Minnesota police officers over and over again that “He could not breathe”.

Hatred kills the body! *George Floyd. Ahmaud Arbery. Breonna Taylor. Eric Garner. Michael Brown. Trayvon Martin. Akai Gurley. Tamir Rice. Laquan McDonald. Eric Harris. Walter Scott. William Chapman II. Jeremy McDole. Jamar Clark. Alton Sterling. Renisha McBride. John Crawford. Marlene Pinnock. Terence Crutcher. Philando Castile. Sam Dubose. Freddie Gray. Emmett Till and countless others have been killed by the disease of racism.*

“Our lives begin to end when we become silent about things that matter.”

~Rev. Dr. Martin Luther King, Jr.

Operation Understanding DC addresses individual racism through dialogue and bridge-building.

Lies kill the soul! The Central Park Five. The Angola Three. The Trenton 6. Walter McMillian. Anthony Ray Hinton and countless other who have been wrongfully accused and whose lives were forever changed in ways unimaginable. The Cooper Central Park incident in New York City that took place on Memorial Day 2020 is yet another example of how the seeds of racism can germinate and sprout into a potential disaster.

“Nobody's free until everybody is free.”

~ Fannie Lou Hamer

Operation Understanding DC works to dismantle systems of structural racism through teaching students about inclusion and love and how to lead through the lens of social justice.

Neglect kills the body, soul and spirit! *COVID-19 has brought to the surface the deep-rooted health inequities, health disparities, and unequal access to resources experienced by black people in the United States; thousands have died and suffered unnecessarily because of the color of their skin.*

The **NAACP** has launched a campaign called "We Are Done Dying."
<https://www.naacp.org/campaigns/we-are-done-dying/>. Let's join this Call to Action to make our voices heard. At this time, now more than ever, we are reminded of the wisdom of Hillel, "If I am not for myself, who will be? If I am not for others, what am I? If not now, when?"

For those whose lives were stolen from them violently; May their memories be for a blessing.

In justice, freedom and solidarity,
Yolanda

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha thursday

05/28/2020 09:30:43 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****

Special Shavuot Programs and Services

Torah Cafe - a lively discussion of the weekly
Torah portion with Dr. Maurice Mizrahi!**THURSDAY,**
MAY 28TH 10:00A TO 11:00A

A Taste of Kugel and a Taste of Torah

THURSDAY, MAY 28TH 6:00P TO 8:00P

Bake kugel with Bruce Kaplan, study in small groups with Rabbi Aft while it's in the oven, and enjoy the first bite of our kugel together. Please RSVP and we will send you recipe and discussion questions

Tikkun LeI Shavuot

THURSDAY, MAY 28TH 8:00P TO 9:00P

Adat Reyim follows the Jewish tradition of hosting a study session on the eve of Shavuot -- "Tikkun LeI Shavuot". Dr Maurice M. Mizrahi will lead a discussion on "The Mystical Aspects of Shavuot". "Tikkun" is a custom championed in the Zohar and perfected by the Arizal, the master of Lurianic mysticism.

Shavuot Services

Friday, May 29, 2020 • 6 Sivan 5780
9:30 AM

Saturday Morning Services & Yizkor

9:30 AM

Dear Friends,

We do not yet know all the facts and only see the images on television. As more information is forthcoming I will have more to say about the actions that occurred in Minneapolis with the death of the young Black man. I hope that we will follow the story and if this action is determined to be as horrible as it seems, that we will find ways to combat racism in our world.

As the current chairperson of OUDC (please check their website, Operation Understanding DC), and as a moral leader, I feel compelled to bring this event to your attention. Please stay aware of this situation since we know what it is like to be on the receiving end of prejudiced activities.

On a separate note and as all of us wrestle with what we will do when Northern VA opens up to more activities, I recently received the following from a friend of Cheryl Hyder, a member of our congregation. Her friend, Cindy Tellekamp wrote the following which I found to be a description of how many of us are feeling. It is long, but worth the read. (See below)

I hope you will join us for all our Shavuot activities beginning tonight at 6pm.

Hag Shavuot Sameach,

I'm tired.

COVID-19: a "novel virus" that is spinning a tale that would not be believed if it were written in a novel. It has swept across continents wreaking havoc, taking lives and shutting down the largest, most energetic and productive cities in the world. It is a story for the ages, and is deeply impacting, in one way or another, the life of nearly every person on the planet.

I am trying to come to terms with feelings, thoughts and fears regarding this crisis. Solitude, loneliness, and lack of interpersonal contact have become a way of life. Emotional thinking has never been a difficult task for me, but as this unique nightmare grips our world and rages on with no end in sight, I am struggling. I'm seeking some deep philosophical answer as to what this all means as it's happening, and what the implications are for the future. I've looked at it from a variety of perspectives, and try as I might, I cannot find an answer that brings me peace. What I do find is that I keep coming back to one word: tired. This experience makes me tired.

I'm tired of being alone and feeling helpless to assist those whose lives should be filling my days. My job, like so many others, is not designed to be done from home. My office should be filled with the excited voices of seniors who have chosen their college for the fall. The room should be filled with the colors of schools that are anywhere from two to three thousand miles from this little town. The excitement that is part of finishing four years of high school with yearbook signings, proms, graduation and yes....senior cut-day should be generating an air of optimism that fills the hallways, and spills into the community as windows are thrown open and the fresh spring air blows through the building. But my office is dark; dust must be gathering on the shelves as college banners hang listlessly in a stuffy room where the windows are shut tight; an unnatural silence fills the corridors. It's frustrating to have to "see" students online: emails, Remind, Zoom and Google Hangouts are called the "new normal". It will never feel normal, and that makes me tired.

I miss lunch with my colleagues and quick chats between class periods. I miss early morning "catch up" sessions with co-workers whose busy lives have been part of mine for more than two decades. I miss the relief of the final bell of the day, announcing it's time to go home and begin the other half of my life. All of this makes me tired.

I'm tired of outside-imposed solitude, although I understand and respect it. I have always been a homebody who enjoys the opportunity to be alone. I like a period of solitude each day to reflect and organize my thoughts, feelings, and reactions to what happened during my hours in that special building with its 1300 teenagers (and let's not forget the 100+ adults). There are also times when I choose not to face silence because I need sound to wash away the worries that plague my mind; music will fill the house and I get lost in the images of the songs I hear. But this solitude is different; it is not a choice I made, and at times there are no sounds loud enough to fill the depth of it. It just makes me tired.

I'm tired of seeing the growing numbers of sick and dying. Living in a "hot-spot" inspires a type of fear most of us have not previously known. There is a steady stream of reports of newly diagnosed cases, people taking a turn for the worse and of course deaths. There are daily updates and stories about some of those who have died; they remind me of tributes to soldiers who were lost on a battlefield, killed by an enemy we could envision. But this enemy is invisible, and right now there are no weapons to help us conquer it. Looking over our shoulder and keeping our eyes and ears attuned to our surroundings cannot save us from this foe. We must be ever vigilant in a different type of defense: wash your hands, don't touch your face, stay six feet away from everyone, even those you love the most, because they may be armed with the germ that will take you down. This fear

compounds the loneliness as we do our part to #flattenthecurve. It is so tiring. I'm tired of hearing that someone we know has been stricken with the illness. I become filled with fear as I think of what could happen, and how many lives will be forever changed if the worst comes to pass. It's unfathomable to think that a microscopic germ is strong enough to traverse the globe and cause such heartache and despair. But the truth is undeniable, and many people will unwillingly become part of the story that will define the year 2020. As I awaken each morning I am filled with anxiety as I wonder what I will learn today. Before I get out of bed, I'm tired.

I'm tired of seeing people I love from a distance. A recent request from my out-of-state granddaughter to take a video tour of my home filled me with a very strange mixture of joy and sadness; she needed to be reminded of the home she visits and all of the parts that mean something to her. She needed to see that there was yogurt in the fridge, Tic-Tacs on the windowsill and of course cookies in the pantry. There is no amount of screen time that can replace the warmth of a hug, the grasp of a warm, small, soft, puffy hand or the sweetness of a grandchild's kiss (and the big people who live with them). It makes me sad, and oh so very tired. I'm tired of political divides, blame-games, masks, gloves and the struggle to find basic items in the grocery store. I'm tired of the ritual I must follow to prepare myself for what was previously a quick run to the grocery store. (it was easier to dress three kids to play in the snow than it now is to buy toilet paper....oh wait....there is no toilet paper to buy) Then there's the actual time in the store. It is stressful and eerie as people look suspiciously at each other, fearful they may be looking at "the one". The mood is somber; shoppers appear to be members of a macabre dance troupe dressed in a colorful array of masks and gloves. They deftly move down the aisles, carts gliding along as the performers back into shelves to maintain the appropriate social distance, offering a slight bow as you pass. If anyone is smiling it's impossible to know since faces are covered; all one can see is eyes, and the eyes are fear-filled and nervous. How could I not be tired?

These days have been the most challenging of my life, and I know there are many who feel the same way. There are still weeks or months of difficulty ahead: more people will fall ill, school will not reopen until September, (at which time I will not return as I will be retired) and isolating in our homes will continue. However, no matter how frustrated we feel, we cannot let our guard down, especially when the world begins to reemerge from this horror, and yes, that makes me tired.

I look to sum up how I feel in a simple word or term that everyone recognizes. I have considered the word abyss, or the commonplace image of a dark tunnel, but neither of these terms is appropriate because the days are not dark. There is a beautiful sunrise every morning (except when a brutal storm hits, thanks Mother Nature, kick us while we're down) and the sun sets each evening in a blaze of color that never gets old. (Jon will never understand why I continue to snap photos of the sunset; can't you just look at yesterday's?!!) The clouds still gracefully pass through the sky creating shapes to ponder, and the wind blows to scatter the falling cherry and magnolia blossoms, covering the ground like soft velvety snow. This lifts my spirits.

Spring is here, and in many ways Mother Nature is thumbing her nose at the insidious disease that is covering Her Earth. A discordant choir of birds chirp as the sun rises earlier each day. (don't you love that sound at 4:00 a.m.?) A bright blue sky is the perfect backdrop for flowers and trees that are exploding with color and fragrance. They are proud to show off their rebirth and promise of new life. (which of course means allergy numbers are soaring, but that's not the point here), People seeking refuge from the isolation are walking in the streets, waving enthusiastically. Each person appears to be the Grand Marshall of their own parade, and they are delighted to see how many people are attending their incredible event. It feels so good to be outdoors. This lifts my spirits.

There is a family with several children that lives across the street. From my desk I can hear their innocent laughter as they play outside as though it is any other day. It's a welcome sound and it makes me smile. A loud scratching noise catches my

attention and curiosity gets the best of me. I look out the window and see children squatting on the sidewalk, drawing with brilliantly colored chalk. Their hands show the signs of having held many different colors and I see pale blue smudges on one little girl's face. The images they are creating will be the legacy of this virus: beautiful rainbows, hearts and giant letters that spell out THANK YOU to the frontline workers. My eyes fill with tears, but my heart fills with joy; this lifts my spirits.

Humanity has faced a wide variety of challenges throughout the ages, both natural and man-made. Plagues and pandemics have scourged nations, wars, tsunamis, hurricanes, tornadoes, volcanoes, blizzards, wars, genocide and 9/11 are some of the disasters that have been weathered in my lifetime. It seems to me that as a race, humans are resilient. When faced with unthinkable tragedy humanity unites (for the most part) and works together to ease suffering. This nasty common denominator (not like me to make a math reference) that shows no mercy, and unites us at this moment, is an eye-opening reminder that we are much more alike than different. We must work together and battle "the great invisible one" by staying home, washing our hands, wearing masks, keeping our social distance, supporting healthcare workers and encouraging researchers as they seek treatments, cures and a vaccine. There are many images of the phoenix rising from the ashes, and I am confident that is what will happen once again. Humanity will rise to the occasion and prevail; we may even find that we come back stronger and wiser. (we HAVE had a lot of time to think) I dream of better days ahead; actually I believe in better days ahead, and this.....yes, this lifts my spirits.

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

05/27/2020 09:30:41 AM

Congregation Adat Reyim



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in

the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE

****Please register atleast 48 hours prior to event or service****



Dear Friends,

I recently received an e-mail from Cindy Kahn, a member of our congregation, who sent me the following updated version of a note she sent me after she had attended a training during the fall. Some of you will remember when I quoted her words during the High Holidays. (See below)

The words were a reminder then and serve as a reminder now, about the importance of our actions.

I hope we will do what we can to be a HERO since we are all In this together.

Have a good Wednesday,

Rabbi Bruce Aft

My subject (during a training class) was: what is a characteristic of a hero. policemen and firemen are all heroes when you do something unselfishly that is a heroic act (and mitzvah) hero can be a wide range of thing from the minor to the major. Sometimes when someone does something small for someone else, that is being a hero. In the area we live in we live in there is constantly acronyms being used, i.e. DOI (Dept of Interior), BLM (Bureau of Land Management), NPS (National Park Service) etc.

Well I thought of "hero" as an acronym

H - helping

E - everyone

R - rescuing

O - others

Isn't that was a hero is?

Additionally, during this time of the pandemic we are all heroes, whether it is the military, law enforcement, fire dept, paramedics, health care professionals, delivery people, grocers, etc.

Everyone is an essential hero no matter how big or small it is. Whether you call a neighbor and to check in, and/or pick stuff up for them at the store, calling and video chatting friends and family. Even calling or texting a co-worker just to say hi.

It is true what they are saying: We are all in this together.



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

05/26/2020 09:30:13 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE



Dear Friends,

Last Friday was Yom Yerushalayim, Jerusalem Day which celebrates the reunification of Jerusalem during the Six Day War.

One of my fondest memories of Adat Reyim is when Mitch Bassman had the choir record the song, "Yerushalayim Shel Zahav", "Jerusalem of Gold" on a cassette tape (does anyone remember cassette tapes????) and gave it to me to give to my Mother, of blessed memory.

When she and my Dad visited Israel, she was taken with the beauty of Jerusalem and the song, written by Naomi Shemer, was her favorite. Many of you know that the choir also sings Adon Olam to the melody of "Jerusalem of Gold" during the High Holidays. I will always be grateful for their acts of kindness in helping me to remember my Mom.

Please click on the link to a beautiful version of this special song. (skip the commercial:-) We know that Jerusalem translates as City of Peace and Wholeness. I hope and pray we will live to see peace in Jerusalem and throughout Israel.

I have also included the English translation and a little bit about the song from Wikipedia.

Have a wonderful Tuesday and when things open up, please be careful. I enjoyed a wonderful wedding celebration in a family's backyard this past weekend, and it was very hard to maintain social distance after not seeing people in person for a couple of months. BE CAREFUL and wear your masks and take appropriate precautions.

B'shalom,
Rabbi Bruce Aft

[Click here to see video](#)

*"Jerusalem of Gold" (Hebrew: ירושלים של זהב, Yerushalayim Shel Zahav) is an Israeli song written by Naomi Shemer. The song was offered to be the Israeli national anthem by some Israelis, but that endeavour failed. Often contrasted with the official anthem Hatikva, the original song described the Jewish people's 2,000-year longing to return to Jerusalem. Shemer added a final verse after the Six-Day War to celebrate Jerusalem's re-unification.
Walls of the old city of Jerusalem as the sun sets.*

*History[edit]
Naomi Shemer wrote the original song for the Israeli Song Festival (it was not in competition but had been commissioned by the Mayor, Teddy Kollek), held on 15 May 1967, the night after Israel's nineteenth Independence Day. She chose the then-unknown Shuli Nathan to sing the song.[1][2]*



YERUSHALAYIM SHEL ZAHAV

*Avir harim tzalul kayayin
Vereiach oranim,
Nisa beru'ach ha'arbayim
Im kol pa'amonim.*

*Uvetardemat ilan va'even
Shvuyah bachalomah,
Ha'ir asher badad yoshevet /nitzevet
Uvelibah chomah.*

*Chorus:
Yerushalayim shel zahav
Veshel nechoshet veshel or
Halo lechol shirayich ani kinor.
x2*

*Eicha yavshu borot hamayim
Kikar hashuk reikah,
Ve'ein poked et har habayit
Ba'ir ha'atikah.*

*Uvame'arot asher basela
Meyalelot ruchot,
Ve'ein yored el yam hamelach
Bederech Yericho.*

Chorus:

*Ach bevo'i hayom lashir lach
Velach lik'shor k'tarim,
Katonti mitze'ir bana'ich
Ume'acharon ham'shorerim.*

*Ki shmech tzorev et hasfatayim
Keneshikat saraf,
Im eshkechek Yerushalayim*

Asher kulah zahav...

Chorus:

*Chazamu el borot hamayim
Lashuk velakikar,
Shofar kore behar habayit
ba'ir ha'atikah.*

*Uvame'arot asher baselah
Alfei shmashot zorchot,
Nashuv nered el yam hamelach
Bederech Yericho!*

Chorus...

JERUSALEM OF GOLD

*The mountain air is clear as wine
And the scent of pines
Is carried on the breeze of twilight
With the sound of bells.*

*And in the slumber of tree and stone
Captured in her dream
The city that sits solitary
And in its midst is a wall.*

*Chorus:
Jerusalem of gold
And of copper, and of light
Behold I am a violin for all your songs.
x2*

*How the cisterns have dried
The market-place is empty
And no one frequents the Temple Mount
In the Old City.*

*And in the caves in the mountain
Winds are howling
And no one descends to the Dead Sea
By way of Jericho.*

Chorus:

*But as I come to sing to you today,
And to adorn crowns to you (i.e. to tell your praise)
I am the smallest of the youngest of your children (i.e. the least worthy of doing so)
And of the last poet (i.e. of all the poets born).*

*For your name scorches the lips
Like the kiss of a seraph
If I forget thee, Jerusalem,
Which is all gold...*

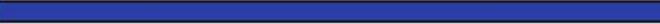
Chorus:

*We have returned to the cisterns
To the market and to the market-place*

*A ram's horn calls out on the Temple Mount
In the Old City.*

*And in the caves in the mountain
Thousands of suns shine -
We will once again descend to the Dead Sea
By way of Jericho!*

Chorus...



{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

05/25/2020 09:30:11 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE



Dear Friends,

As we commemorate Memorial Day today, once again thanks to all of you who serve in the military and your families for the sacrifices you make to keep us safe.

As we remember those who have given their lives in service to America, I want to call your attention again to the issues our medical personnel are facing.

Recently, when a nurse spoke to us at an education program, we asked her how we could help.

Please see her thoughtful response.(See below) I hope we can creatively respond in some way.

Be safe and strong,

Rabbi Bruce Aft

Hi Rabbi Bruce,

Thank you for pulling together as a community. We are Stronger Together!

Help us help others! Here are some of the more pressing needs right now for your local hospitals, especially my hospital Inova Health Systems.

If you are interested in learning how you can help, please go to the Inova Health Foundation Website on Covid-19: How Can I Help? at <https://foundation.inova.org/covid-19-how-can-i-help/>.

Needs and specific instructions on how to help can be found on this page and by selecting the following tabs on the website link (posted above):

- Donating blood*
- Host a fundraiser*
- Supply Donations*
- Share Notes of Gratitude*
- Meal Donations*

Additional information on the website include tabs on our clinician needs, participating in research and staying informed.

On a personal note, my family has joined the fundraising efforts for the Inova Emergency Preparedness Fund in the StarKid 5K and Family Fun Run (to learn about the run: <https://us-p2p.e-activist.com/3344/starkid/about>). The fundraising goal for the entire fundraiser is \$100,000.

*Our family team is called The Shadow Blacks. We have allocated that our fundraising efforts will be directed towards the "Emergency Preparedness Fund". Our family goal is \$500:
<https://us-p2p.e-activist.com/3344/starkid/84486/the-shadow-blacks> .*

I hope this information is helpful. There is no need too great or too small. We are extremely grateful, thank you so much!

*Gratefully,
Laura*

Rabbi Aft's Friday Message -Stay Well and Safe.

05/22/2020 09:30:11 AM

Congregation Adat Reyim



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Dear Friends,

As we commemorate Memorial Day weekend, I hope that we all will be safe and not violate social distancing. Please be careful...

I want to personally thank all of you who serve in the military and all of our military families for all you sacrifice in order to keep us free and safe.

Please find two poems listed below. The first by Archibald MacLeish is one which

I read each Memorial Day weekend at services on erev Shabbat. I hope we will give meaning to the lives of those who we remember, by living lives worth remembering.

The second poem, written by Sherri Shunfenthal, reminds so many of us about who is essential. We are taught that each of us should say " for my sake, the world was created." I learned about this from a poster I saw in college that said, "G-d don't make junk."

Please remember that as we all walk across a narrow bridge, that we are all essential. Please thank those who are serving us in the military, and in so many places providing us health care, mail, take out food, packages, places to shop if we venture into stores, and all those who are making a difference.

Finally, PLEASE JOIN US TOMORROW MORNING TO WELCOME HAZEL SOLOMON TO OUR SERVICES! PLEASE SHARE THE LINK WITH YOUR CHILDREN WHO HAD HER FOR THEIR TEACHER!!!

Be safe and healthy and Shabbat Shalom,

Rabbi Bruce Aft

THE YOUNG DEAD SOLDIERS DO NOT SPEAK

Nevertheless they are heard in the still houses: who has not heard them?

They have a silence that speaks for them at night and when the clock counts.

They say, We were young. We have died. Remember us.

They say, We have done what we could but until it is finished it is not done.

They say, We have given our lives but until it is finished no one can know what our lives gave.

They say, Our deaths are not ours: they are yours: they will mean what you make them.

They say, Whether our lives and our deaths were for peace and a new hope or for nothing we cannot say: it is you who must say this.

They say, We leave you our deaths: give them their meaning: give them an end to the war and a true peace: give them a victory that ends the war and a peace afterwards: give them their meaning.

We were young, they say. We have died. Remember us.

Archibald MacLeish

I have struggled to find the good

and also meaning in this time of Covid-19
and this is what I have learned-

We are all essential"

First responders

the mail people, the garbage men

the shelf stockers, the factory workers

the cashiers, the sorters

the truck drivers, all those at the water plant

the technicians, electricians, the road workers

the teachers, the learners

the nurses, CNAs, the doctors

all healthcare workers

musicians, artists, performers

*the floor sweepers, janitors
fast food workers, ambulance drivers
bus drivers, metro workers, gas station workers
firemen, policemen
mommies and daddies, children, spouses
grand parents and parents
those in nursing facilities
those at home*

*and anyone who truly loves
and respects all Americans
and humanity
and helps to keep the flow of society
moving and continuing and flourishing
in any way
and loves-*

*You are essential.
And thank you.*

Sherry Waas Shunfenthal

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

05/21/2020 09:30:26 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Special Message from the Congregation:

Happy Birthday, Scott Hill!!!

Dear Friends,

Please note the following which is being played by Faith Lifshen, a member of the congregation. This was a birthday present which she gave me recently when I celebrated my 21st (plus) birthday.

She sent me the following note:

I'm really grateful that I have this G-d-given talent but it's always been very difficult for me to perform in front of people. I received a BM in Piano Performance when I was 53 years old. All of my children were at my recitals and my graduation, and it was fantastic. When Len was alive, he was my best audience and I loved playing for him. I miss that a lot. So now I play and sometimes my neighbors comment. Glad you enjoyed it (editor's note: Len was a beloved rabbi who is certainly missed. He was very kind to me when he would visit our congregation and was a special teacher and friend in the limited time we knew each other: zacher tzaddik l'vracha, the memory of the righteous are for a blessing).

I also hope that while you are listening to this beautiful musical piece that you will read the following poem, written by Shelley Kahn as a response to our discussion at services last Friday night. What a hopeful way of viewing our world and the beauty in it(see below).

Happy Thursday,

Rabbi Bruce Aft

[Click here to listen to the song](#)

*Pandemic PraiseSong
By Shelley Kahn*

*Praise the azaleas blooming through the front door glass;
Bless the early morning newscaster, finding ways to comfort us;
Praise the researchers tirelessly looking for treatments;
Bless the participants in every new medical trial;
Praise the teachers who find ways to continue their avocation;
Praise the parades of their color clad graduates;
Bless the online proms and concerts without cease;
Praise the mothers and fathers who are teaching their children-
lessons of kindness and civic duty,
rather than cruelty and selfishness.*

*Bless the first responders and the heroic medical workers for their bravery;
Praise all the "essential workers" who risk everything, everyday, for everyone;
Bless the meditators who calm us;*

*Praise the mediators who unite us;
Bless the mask wearers who seek to protect others despite discomfort;
Bless the food bank volunteers and those who give;
Praise the civil servants who telework to keep our country from collapsing;
Bless everyone still telling the truth to power;*

*Praise the mechanics who fix our cars so we can travel when needed;
Bless those in nursing homes who still need our assistance and those who assist them;
Praise those who are alone, for their fortitude, and bless them with all forms of recovery;
Bless our pets for their love and loyalty in times of trouble;*

*And praise the sky-
blue and boundless in Springtime;
and the star filled heavens,
seen through doors, windows, and everywhere else,
for their timeless and infinite connection to the universe.*

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam I'vanecha

05/20/2020 09:30:12 AM



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

[IF YOU ARE NOT CURRENTLY A MEMBER BUT WOULD LIKE TO JOIN US FOR A PROGRAM OR SERVICE, PLEASE CLICK HERE](#)

Dear Friends,

All of us are currently on the same narrow bridge as we journey together across this daunting Red Sea of a virus. Even the pictures of it in the media are red and I continue to think of our Biblical ancestors and the courage they showed when they crossed the sea.

Larry Kugler sent me the following song as a response to our Tuesday article. One of the highlights of the song for me is that we are all on this bridge together to help each other get across.

Please let us know how we can help you and once again, if you are willing to help others, please let us know that too. 703-407-7690 works best...text or call.

Please join me tonight at our Adult Education session which begins at 6:30pm as Artie Negrin and Bruce Kaplan will be interviewing me with questions about life in the rabbinate. I am now six weeks away from becoming emeritus and the congregation welcoming Rabbi Glazer as its second full time rabbi. We recently met and the congregation has made a wonderful choice for a compassionate and caring spiritual leader.

If you have questions you wish that Artie or Bruce would ask me, please e-mail me or look them up in the directory. Otherwise please show up and ask me anything you wish, except for my won/loss record in the Ponce DeLeon Adult Baseball League, although I am undefeated this season so far:-)

Please make the questions easy since I have aged in the past 29 years:-)

Happy Wednesday,

Rabbi Bruce Aft

[Click here to listen to song](#)

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

[V'shinantam I'vanecha](#)

05/19/2020 09:30:08 AM

Congregation Adat Reyim



FOR MEMBERS:
To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Dear Friends,

In response to yesterday's column, I received the following from Sarah Berry, a member of our congregation about Reb Nachman of Bratzlav.

I thought you would like to see this original source. (see below). Please remember as it states in the text, that the bridge does run all the way to the other side.

Together, we will make it across and develop a ritual of joy and remembrance when that time arrives. Please remember that Miriam danced after we crossed the Red Sea and although she was admonished for her dancing because of the loss of life, she taught us to be joyful even in the midst of sadness. I am reminded of breaking the glass at a wedding; even when we are joyful, we remember....

Have a good day,

Rabbi Bruce Aft



The Narrow Bridge

written by Yehudis Golshevsky July 31, 2016

Hold On! The Narrow Bridge

Meshivat Nefesh #31

Even people who aren't too familiar with Rebbe Nachman's teachings are likely to have heard his famous encouraging shout out to us: "Know that a person has to cross a very narrow bridge in this world. And the main thing is that he shouldn't fear."

There's even a song that's been popular for a long time that uses those words, but when I began to learn Rebbe Nachman's work I noticed that the popular version differs slightly from the original. In the popular version, we find that it ends, "lo l'fached klal"—"he shouldn't fear at all."

In the original, Rebbe Nachman said, "She'lo yitpached klal"—the Hebrew verb is reflexive, and it literally means, "he shouldn't make himself **fear at all**." A reflexive verb is used when you want to express that you're doing something to yourself. Not that someone else does it to you, or that you do it to someone else, or that it just happens to you. But that you do it to yourself.

If the tzaddik has already told me that I can expect that life is going to seem daunting at times, but that I have no real reason to fear...the main thing is not to get myself into a state of panic and doubt.

This world might be like a very narrow bridge—scary to cross, pretty dangerous—but the only time I'm truly in danger is if I lose my equilibrium because of my own fear.

*Dear God,
Please help me to remember,
even at those moments when I feel suspended over the abyss,
that my fear of falling is what trips me up.
If I can only hold on
to the certainty that You're with me,
of what could I possibly fear?
The bridge is narrow...
but it runs all the way to the other side.*

V'shinantam l'vanecha

05/18/2020 09:30:23 AM



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Dear Friends,

On Saturday night there was a virtual graduation party for high school graduates which was hosted by Lebron James, the NBA basketball player.

Former President Barack Obama gave an inspirational message which included the following advice:

1) **Don't be afraid**...how many of you remember our conversations about Rabbi

Nachman of Bratzlav who taught that the entire world is a narrow bridge and the main thing is to not fear or make ourselves afraid? I hope that this teaching will continue to guide us as we all face the anxiety of living in an uncertain world.

2) **Think for yourself**...I remember that my parents used to play a record on a turntable (remember those) with a folk singer who, in describing the destruction of the Roman Empire, said to not let others do your thinking for you. I hope that as restrictions ease, that all of us will be do what is best for us while remembering the third point that the former President made.

3) **Be part of a community**....As members of a community of friends, we have hopefully seen the importance of being in a community and the support it can provide. I hope we can find the balance suggested by Rabbi Hillel which we all remember: "If I am not for myself, who will be for me; if I am only for myself what am I; if not now, when?" Balancing personal needs vs. community needs is not always easy. We want to be healthy and we want people to be able to work and not be destitute and struggling for food. We want to gather together in person and yet we want to keep each other safe. Please be careful in the days ahead as the restrictions under which we are living begin to ease. Please remember, crawl, walk, run....My adult baseball league wants to begin playing again as soon as fields open and yet many of us feel that social distancing would be compromised. And...except for being your rabbi:-) and being a husband and father, there is nothing I would rather be doing right now that playing baseball again...tough choices...

Finally, as we finished the reading of Leviticus this past Shabbat, we recited the words "hazak, hazak, v'nithazek, may we be strong and strengthen each other.

I hope that we will continue to build our community and be there for each other. Please let us know if you have any special situations for which we can provide support.

Have a good week,

Rabbi Bruce Aft

{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

Rabbi Aft's Friday Message -Stay Well and Safe.

05/15/2020 09:30:10 AM

Congregation Adat Reyim

Congregation Adat Reyim Presents...

Rabbi Aft's Corner



FOR MEMBERS:

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights. The page is for member access only. If you want to share a link with someone who is not a member please have them click below or copy and paste. <https://www.adatreyim.org/form/non-member-virtual-programming.html>

IF YOU ARE NOT CURRENTLY A MEMBER BUT
WOULD LIKE TO JOIN US FOR A PROGRAM OR
SERVICE, PLEASE CLICK HERE

Dear Friends,

Tomorrow, during the Torah reading, we complete the reading of the book of Leviticus. As we conclude the reading of a book of the Torah, we say, Hazak, Hazak, v'nithazek. May we be strong and may we strengthen each other.

Last Wednesday night, Dr. Errol Segall, a member of our congregation, invited Laura, a nurse who works with Covid-19 patients at Fairfax Hospital. She shared some of her experiences and had a tremendous impact upon those of us in attendance. When she talked about the numerous deaths she has witnessed, I was overwhelmed. Thank you, Errol, for providing this important educational program for us.

Please note Errol's note to her and her response.(See below). Also, please note the e-mails from the volunteer chaplains at Alexandria Hospital found below.

I hope that we are moved to help in some way. Please, please, please, contact your local hospitals and ask what you can do to help. As we obtain information, we are happy to pass it along. Last week's Mother's Day gift of flowers was just a small token of appreciation that helped brighten the days of those who are putting their lives on the line to keep us healthy.

Please remember that one who saves one life is as if they have saved an entire world. There are worlds out there waiting to be saved. We need to do what we can do to strengthen each other.

Shabbat Shalom,

Rabbi Bruce Aft

On Wed, May 13, 2020 at 10:02 PM errol segall, md wrote:

*I don't have adequate words to express my thanks
You were clear, very honest, not sugar coated and gave a realistic picture to
these people of what the situation is inside the hospital.
People want to help but awareness is the first step
you take care of yourself on your days off!!!
You are important!*

Hi Dr. Segall,

*Thank you so much for the opportunity to speak with your peers at the
Synagogue during the educational portion of the program. I hope that
everyone found it helpful or insightful.*

*I wish I had a more thought out and prepared response when the Rabbi
asked how they could help frontline responders in a tangible way. I am sure I
can think of a ton of things, but I just have been so overwhelmed with the
day to day job as of late that I hadn't really entertained the thought as of yet.*

*Now that the question has been asked, I will keep it at the forefront of my
mind, especially as I am working tomorrow and Saturday. When something
feasible comes to mind I will email you.*

*On a side note I received a work email just today saying we no longer need
to cut up our disinfectant wipes! Each day, a new email with new updates. I
am hopeful that means the disinfectant wipe situation is not as dire as it had
been portrayed as before.*

*I am beyond grateful and blessed to have met and now know we have such a
supportive and loving community. I know times are uncertain and fear lurks
behind the corners these days, so the faith and support your community has
for each other, frontline providers and victims of the virus is also so
essential. Thank you for the prayers and support, we are all in this together.*

*Thank you again,
Laura*

*What a lovely thought for you congregation to send roses for the ED and for
those who are mothers there to be able to take some home for Mother's Day!
I feel sure they gave everyone working there a good feeling, even if only for
a few minutes at a time. Please let your congregation know that we
volunteer chaplains appreciate their thought and action.*

Nancy

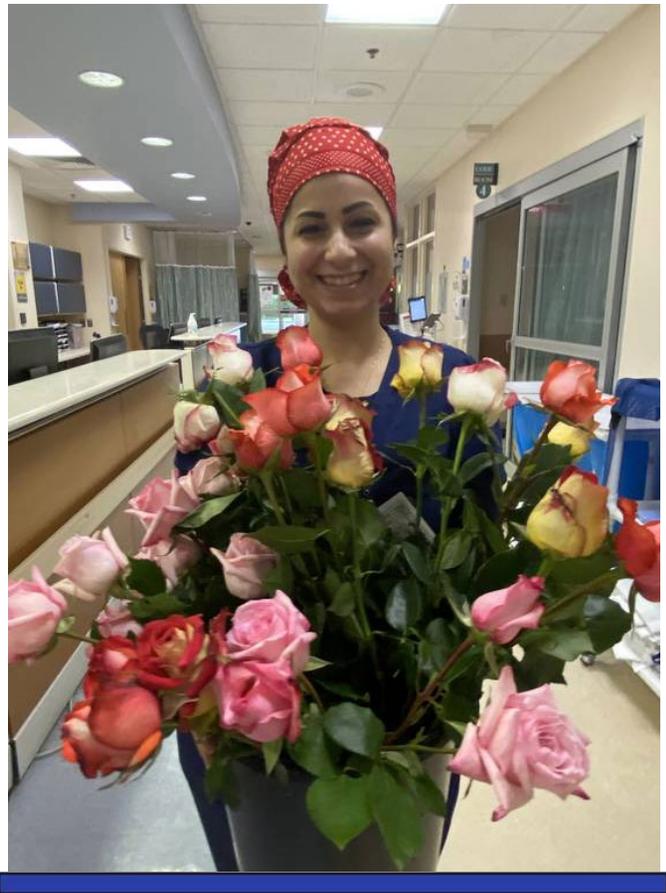
Dear Bruce,

*William sent all of the chaplains an email telling us about your
congregation's wonderful gift of roses to the Alexandria Emergency Room
staff. What a lovely thank you to all those who are working so hard!*

You are a true blessing to all of Alexandria Hospital.







{{shulcloud_footer_left}}

{{shulcloud_footer_right}}

V'shinantam l'vanecha

05/14/2020 09:30:09 AM

Congregation Adat Reyim

Congregation Adat Reyim Presents...

Rabbi Aft's Corner

A portrait of Rabbi Aft, a man with glasses and a dark jacket, smiling.

To view the virtual event login info
PLEASE CLICK HERE

To avoid invalid links and to enhance security we are no longer putting the links in the chai lights, or on the calendar. The page is for member access only. If you want to share a link with someone who is not a member you will need to copy the link from the member only page and email them with the link.

***IF YOU ARE DOING THIS, PLEASE EMAIL LIZ.
EXECDIRECTOR@ADATREYIM.ORG. ***.

She will then let the moderators of the service know to expect other people at the service. If you have any questions about this, please let us know.

Please click here or email Liz directly to let us know if you are inviting a non-member to attend one of our services.

Dear Friends,

One of the most challenging aspects for me in dealing with the pandemic is maintaining perspective. I suspect that all of us have ups and downs and moments when we wish our lives might return to whatever "normal" was before the pandemic.

In a conversation with my friend and teacher, Avi West, he and I talked about what is really important in life. As I face the daily pastoral work of comforting those with whom I have contact, and frankly, seeking comfort myself, the following video is very inspiring to me. You may have already seen this and it is worth seeing it again. Some of you may not have seen it and I hope it will provide perspective and encourage all of us to remember what is important in life.

Have a good Thursday and stay well,

Rabbi Bruce Aft

Click here to see video

© Copyright 2020 Congregation Adat Reyim All Rights Reserved