

# Vine

## An Educator and Historian Named Education Director

BY FRAN DAUTH

MACHON MICAH PARENTS were no doubt pleased to learn Sharon Tash, Micah's new education director, is an accomplished Jewish educator and an historian who was a researcher at the U.S. Holocaust Museum.

Kids, on the other hand, are more likely to be delighted to find that Tash is a self-described Disney nut. Really.

In announcing Tash's appointment, Rabbi Zemel noted Associate Rabbi Josh Beraha will "remain intimately involved with the Machon and will be the primary rabbi working with students and parents," including post-bar/bat mitzvah activities for teens.

Tash "will oversee the day-to-day, week-to-week operation, supervise and hire the faculty, and develop the curriculum," Rabbi Zemel said. He explained Tash's appointment allows Rabbi Beraha to devote more time to the Storefront Project initiative.

Rabbi Beraha pronounced himself "beyond excited to have Sharon Tash join the Temple Micah staff." Tash has the expertise "to take the energy and spirit we currently have and infuse the experience with deep learning," he said.

For the past 21 years, Tash has been on the faculty at Temple Beth Ami, a Reform synagogue in Rockville, most recently as a curriculum specialist, creating lessons and large-scale programs for students in grades 3-12. Earlier she taught at the Charles E. Smith Jewish Day School.

Speaking of her years at Temple Beth Ami, Tash said she was afforded wonderful opportunities for professional growth during her time there. "I realized



a couple of years ago that I am open to exploring a new environment and the innovative spirit of Micah has been on my radar for some time.

"The more I learn about Micah's initiatives, the more excited I am about coming to Micah," she said.

Tash, who has a master's degree in history from Columbia University, was part of the "Start-Up Team" at the Holocaust Museum prior to its dedication in 1993 and continued there as an educator.

She joined the staff in 1991 to research and write the information contained in the Identity Card booklets given to visitors just before they enter the permanent exhibition.

Twenty-six years later, Tash is still likely to tear up describing that work.

"We traveled to the homes of many

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### FROM RABBI ZEMEL

## FINDING A PATH TO COHERENCE AMID CONFUSION

DEAR FRIENDS,

Each year as the Holy Days approach, so many questions circle through my head.



Even as I work to fine-tune my sermons, deeper concerns make themselves manifest. What are the true tasks of these days? How might I use these days to take my life more seriously? How do I deepen myself? How do I deepen my Jewish life? What does it even mean to deepen one's Jewish life?

In a different time or place the answer to this last question might be to take on a greater degree of Jewish ritual practice, to set aside more time for Jewish learning, to become more involved in Jewish communal affairs or to explore more fully the significance of Israel. Even as I might be drawn to each of those things, I find them insufficient. Of each one, I ask why.

Judaism, I believe, offers a path toward a life of coherence. In a world filled with confusion, coherence provides clarity and purpose. It is understandable or sensible. It is about fullness or balance. Coherence is a framework within which one can organize and evaluate one's very life. This is the very thrust of Judaism. The lived Jewish life offers the opportunity to gain perspective, a kind of evaluation of the self. It urges us toward an appreciation for beauty and a sense of our place in the world.

Engaging with Judaism offers a path toward coherence as it guides us to:

- Live within a structure that marks the week, the seasons and the year. Rosh

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HIGH HOLY DAYS  
SCHEDULE ON PAGE 5

"Every person shall sit under  
his grapevine or fig tree with  
no one to make him afraid."  
MICAH, CHAPTER 4, VERSE 4

# Vine

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## PRESIDENT'S COLUMN

# LET'S THANK THE MANY VOLUNTEERS WHO HELP AT HIGH HOLY DAYS

BY MARCIA FINE SILCOX

You remembered last year to print out your tickets and to put your Mishkan Hanefesh in the car. You found a parking space a few blocks away and hope the 2-hour parking enforcement will look the other way.



You got into the sanctuary early enough to find a seat in the pews and not in a side corridor. You have greeted your seatmates with "Shana Tova" and settled in for a morning of deep reflection. Your Rosh Hashanah or Yom Kippur service starts with prayer

and poetry. You lean in.

Before you arrived at the High Holy Day service, many others were working behind the scenes to prepare as well.

The daily Elul reading and questions, which are prepared each summer by a rabbinical intern, were being issued.

The music staff was rehearsing for a transcendent experience.

The worship leaders were conferring and writing their important sermons, organizing all that is required for simultaneous services in several locations.

The office was issuing entrance tickets and fielding questions. They were coordinating the move to another location, involving sacred scrolls, chairs, service sheets, security and staff.

And Micah volunteers were also busy, creating a seamless experience for worshipers that you may not have even noticed. Or did you wonder how all those loaner prayer books or the portable arks got from Temple Micah to the National United Methodist Church on Nebraska Avenue? Who set up the parking signs and coordinated the ushers? Who made sure that there were member physicians on call?

I wondered, so I asked past and present High Holy Days Committee members and ushers, just how does it get done, and do they ever get a chance to actually attend the worship service?

Fortunately, there are written instruc-

tions (passed down from generation to generation) that describe the necessary tasks. For example, it is necessary to name leaders who will recruit ushers or organize the oneg after erev Rosh Hashanah services.

Executive Director Rachel Gross has even prepared an hour-by-hour timeline to detail how the church is to be set up for each service.

Past chair Lisa Saks notes Rachel's "...invaluable organization and attention to detail." Many have also noted the heroic contributions of our Building Manager Josue Portillo.

Six to eight weeks before the holidays, the committee begins meeting weekly by phone. There are tasks large and small to delegate: Someone needs to manage the loaned books in the lobby, and someone has to ensure that apples and honey are provided for the children's services.

Deborah Raviv, a co-chair this year, notes that volunteers are recruited by phone and email. They are assured that staffing needs are flexible, allowing each volunteer some time inside the sanctuary, despite their roles.

When asked if it is burdensome to participate in and lead such an important effort, committee members were clear that they are deeply proud of their contribution to this holy time of year. Saks noted, "We get to meet and work with great Micah members and staff, and it feels great to provide the behind-the-scenes support to our rabbis and music staff." Co-chair Alan Burch also calls it a wonderful way to deepen your connection to the temple.

Longtime ushers Stan Soloway and Ann Sablosky echo this sentiment. Sablosky says, "I like ushering because I love being able to greet TM members, many of whom I count as old friends since we have been members for so many years. It is a great way to begin the holidays for me."

So please stop at the door or in the aisle to greet the ushers, and take a moment in the hall outside the sanctuary to thank the many wonderful Micah members who have made your High Holy Days experience so meaningful.

## The Feast

# THE LADYFINGER TORTE EDITION

BY ALEXANDRA WISOTSKY

I CAUGHT UP with Amy McLaughlin at a Nats game to hear about her recipe for this edition of the Feast. You might be thinking: The lengths Alex will go to get a story. Actually, the game was rained out.

Amy and her family joined Temple Micah in 2009 and instantly found a community. Amy started going to the toddler class when her son Max was just 2 and it was led by Debbie Cooper and Danny Moss. Debbie must have seen something in Amy's ability to keep many balls in the air, because she asked her to help arrange the childcare for the High Holy Days services. After just two years, she was asked to co-chair the High Holy Days committee, which she did for three years.

She then started volunteering with the Micah Auction in various roles. In fact, her husband Mark Levine, their son Max and their daughter Maggie have turned volunteering at Micah into a family affair. During Amy's tenure as High Holy Days Co-Chair Mark worked both security and was an usher. He later volunteered with the auction during the check in/check out process. Max has also volunteered with the auction helping to make sure that everyone got their stuff in time for check out and was a madrich (an aide) in the kindergarten class this past year. And Maggie (along with her friend Elodie Fleurence) has held several bake sales to raise money for refugee agencies.

But back to the ball game – when I asked Amy what recipe she wanted to share she debated among several family favorites. When she turned to Mark and asked what recipe was the most iconic for their family, without hesitation he said the Ladyfinger Torte – served for every special occasion in the Levine-McLaughlin household.

Mark described it as “fluffy like the Cheesecake Factory chocolate mousse cheesecake. It melts in your mouth.” This recipe has been around Amy's

family for years – her mother always made it for special occasions, and her sisters all make it, too. Maggie now makes it on her own without Amy's help. It is rich and decadent and definitely a special occasion cake (or just for a Tuesday).



### LADYFINGER TORTE

*Serves 8-10*

#### Ingredients:

- 8 oz semi-sweet chocolate
- 3 tablespoons water
- 4 egg whites
- 1 stick butter
- 1 teaspoon vanilla
- ¼ cup sugar
- 2 cups heavy cream
- 1 package store-bought ladyfingers

#### Steps:

1. Put a large mixing bowl into the freezer.
2. Over a double boiler on a low heat, melt the chocolate with the water. Stir occasionally.
3. While the chocolate is melting, beat 1 cup of heavy cream until stiff. When done, put it in the refrigerator.
4. Assemble ladyfingers standing up along the inside edge of a spring form pan, leaving no gaps between them.
5. Once the chocolate is melted, take it off the heat and add the butter and vanilla. Mix to melt the butter, and blend. Cool until room temperature.
6. Beat the egg whites to stiff peaks in the chilled bowl from the freezer.
7. Fold the sugar into the egg whites.
8. Carefully fold the chocolate mixture and whipped heavy cream into the egg whites and sugar. Mix until well blended.
9. Pour the mixture into the spring form pan and chill for several hours to set.

To serve, whip the remaining cup of heavy cream and cover the top of the chocolate mixture. Decorate with shaved chocolate or sprinkles or other decoration of choice.

The dessert will keep for 2 to 3 days in the refrigerator but is best fresh.





# SPEAKING AT MICAH

Micah features two monthly lecture series — on Sundays and Wednesdays.  
For more information, go to [templemicah.org](http://templemicah.org).

## SUNDAY SPEAKER SERIES



**Nov. 3 at 10:15 am – Michael Brenner on his book “In Search of Israel: The History of an Idea.”** Brenner is American University’s Seymour and Lillian Abensohn Chair in Israel Studies and Director of its Center for Israel Studies. One of the foremost authorities on modern Zionism, Brenner will discuss the dichotomy of “the real and the imagined Israel, of Israel as a state and as an idea.”

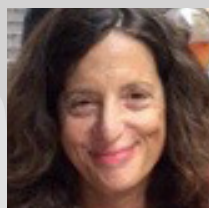
## LUNCH & LEARN

*Wednesdays from noon to 2 pm*

A monthly program sponsored by the Aging Together Team. Reserve online at [templemicah.org](http://templemicah.org).  
For details, contact Robert Seasonwein at [lunchandlearn@templemicah.org](mailto:lunchandlearn@templemicah.org) or the temple office at 202-342-9175.

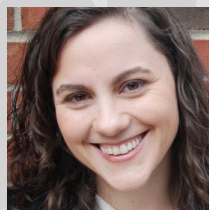


**Sept. 11 – Stanley Brand on “The Business and Future of Grassroots Baseball and Its Special Place in America.”** Since 1992 Brand has served as vice president of Minor League Baseball. He has represented the minor leagues in a number of issues before Congress, including passage of the Curt Flood Act of 1998 preserving baseball’s historic antitrust exemption, the investigation of baseball’s steroid policy, and most recently passage of the Save America’s Pastime Act.



**Oct. 16 – Susan Benda on “The State Department’s Efforts to Combat Human Trafficking.”**

An attorney in the Office of the Legal Adviser at the Department of State since 2000, Benda has worked on human trafficking issues since 2008. She has been involved with addressing the problem of foreign diplomats engaged in domestic servitude, other trafficking issues and currently advises the enforcement agency arm of the State Department with authority to investigate visa and passport fraud and as such, investigate human trafficking.



**Nov. 13 – Rabbi Stephanie Crawley on “Addiction, Repentance, and a Jewish Path of Recovery.”** Rabbi Crawley, who returned to Temple Micah as assistant rabbi last year upon her ordination, served as a spiritual counselor at Beit T’shuvah, a Jewish addiction treatment center in Los Angeles.

# Shanah Tovah!

## Rosh Hashanah Schedule

**Sunday, September 29**

8:00 pm: Erev Rosh Hashanah Service in the NUMC Main Sanctuary, followed by Oneg

**Monday, September 30**

9:00 am - 9:45 am: Young Family Service (Newborn through 1st Grade)

10:15 - 11:45 am: Children's Service (2nd- 6th grade)

10:30 am: Adult Service — Main Sanctuary (the large, Gothic sanctuary)

10:30 am: Adult Service — Great Hall Chapel (the smaller, more modern chapel)

Childcare: 9:45 am - 1:15 pm (3 mos. through 1st grade - registration required)

Youth Lounge: 11:45 am - 1:15 pm (2nd through 6th grades - registration required)

## Yom Kippur Schedule

**Tuesday, October 8**

8:00 pm: Kol Nidre Service in the NUMC Main Sanctuary

8:00 pm: Kol Nidre Service — NUMC Great Hall Chapel

**Wednesday, October 9**

9:00 am - 9:45 am: Young Family Service (Newborn through 1st Grade)

10:15 - 11:45 am: Children's Service (2nd- 6th grade)

10:30 am: Adult Service — Main Sanctuary (the large, Gothic sanctuary)

10:30 am: Adult Service — Great Hall Chapel (the smaller, more modern chapel)

Childcare: 9:45 am - 1:15 pm (3 mos. through 1st grade - registration required)

Youth Lounge: 11:45 am - 1:15 pm (2nd through 6th grades - registration required)

**Yom Kippur Afternoon:**

1:30 pm: Ask the Rabbis

2:30 pm: Teen Discussion

2:45 pm: Afternoon Break and Wise Aging Program

3:30 pm: Afternoon and Neilah Services (Yizkor approx. 5:00 pm, Services end approx. 6:30/7:00 pm)

7:00 pm: Break-the-Fast

### Rabbi's Message FROM PAGE 1 ►

Hashanah marks the birthday of the world and the re-setting of the calendar that provides structure to our lives.

- Pursue the ethical life more vigorously. The Holy Day liturgy challenges us to evaluate our moral path. Jewish literature is a wellspring of moral guidance.
- Enhance one's appreciation for beauty. The Holy Days call us to celebrate the beauty of creation. Each sunrise and sunset is

an opportunity for blessing. How can we not be inspired by a religion that has us recite a blessing upon seeing a rainbow?

- Explore the challenging life of the mind. The lived Jewish life is an ongoing invitation to read, think, debate and learn.
- Link to and honor the past. At each service, we symbolically invoke our past as we pray in the name of our patriarchs and matriarchs. On a more personal note, the *yahrzeit* of loved ones

reminds us who we are.

- Connect to and create the future. Judaism is always about tomorrow. We end each prayer service by dreaming of "that day" when there will be universal harmony.

Each of these commitments and orientations are highlighted in different ways and in different moments throughout the Holy Days. Seen in this light, the Holy Days are our annual response to the anxieties imposed by moder-

nity. They help us cope with our otherwise unmoored lives, which run from trend to trend, fixated on causes but with no coherence. Judaism offers a rooted life infused with beauty and meaning whose prevailing message trumpets universal human freedom. It just doesn't get much better than that.

I look forward to greeting all of you on the Holy Days. This year, of all years, we will gird ourselves for the great challenges that lie ahead.

Shanah Tovah!

Rabbi Daniel G. Zemel

## NEW MEMBERS ON MICAH'S BOARD

AN ECONOMIST, AN expert in organizational ethics and a tax policy consultant were elected to the Temple Micah Board of Directors at the annual meeting in June.

In addition, two current board members — an international development expert and a long-time Micah member who is a hospice volunteer — were elected to second terms.

Lisa Saks, chair of the nominating committee, said nominees were sought who represented the “the breadth of Temple Micah’s membership, and who have demonstrated leadership ability and a commitment to the congregation.”

All of the nominees were elected on a voice vote, in accordance with the temple’s bylaws.

The new members are Brent Goldfarb, Rielle Miller Gabriel and David Wentworth.

Goldfarb and his wife Beth joined Temple Micah in 2011. Goldfarb said they chose Temple Micah “because it just felt right ... This was a place where we felt welcome, not just a place to park our kids for two hours on a Sunday.” Goldfarb is an economist who teaches entrepreneurship at the University of Maryland. He lived in Israel from 1983 to 1996, where he attended high school, “served in Israeli submarines,” and studied at Tel Aviv University. He and Beth have two children, Elena, 16, and Nathaniel, 13.

Miller Gabriel and her husband Seth came to Temple Micah via Next Dor, Micah’s

program for young adults. Miller Gabriel explains that after their daughter was born they came to Temple Micah for her naming ceremony and then to Young Family Shabbat services “pioneering the introduction of wine and whiskey to the after party.” They joined in 2014. Miller Gabriel’s professional career has centered on organizational ethics.

Wentworth and his wife Betsy Broder and their daughters joined Micah when it was still in Southwest. Micah, he says, has been a part of their lives ever since. Broder is a past member of the board who served as president from 2005 to 2008. Wentworth, a tax policy consultant who works primarily for the International Monetary

Fund and the World Bank, was chair of the Temple Micah Finance Committee in 2001 and 2002, and again from 2006 to 2008. He is active in Sukkat Shalom, and plays clarinet once a month with the Pick-Up Band at Friday night services.

The returning board members are Marina Fanning and Harriet Tritell.

Fanning recently retired from Management Systems International, an international development-consulting firm she helped establish with her husband Larry Cooley. She was chief operation officer of the firm for more than three decades and now holds the title of vice president emeritus. Before her work at MSI, Fanning worked with the US Agency for International

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### Sharon Tash FROM PAGE 1 ►

of the survivors and I was struck by the fact that in the middle of a three or four-hour interview session, as they were reliving the most horrible chapters of their lives, we turned off the tape recorder and then suddenly a feast came out of the oven...

“I tell my students about these experiences and the people I met and I hope that it enriches their understanding of the Shoah.”

She also noted she is pleased to come to Temple Micah because a few of her friends and colleagues from the original Holocaust Museum staff are Micah members.

Tash grew up in Montgomery County where she was active in USY, a youth organization of the Conservative Movement, and spent her gap year in Israel on the Nativ program. She returned to study English and Jewish History at the University of Maryland.

She spent her junior year at the Hebrew University of Jerusalem. After getting her master’s degree from Columbia she spent her third non-consecutive year in Israel furthering her studies.

But let’s back up a bit. She and her husband Nathan met at nursery school. Let that sink in. They didn’t meet at a nursery school where each were teaching or whatever. They were pre-schoolers enrolled in the same Jewish nursery school in Silver Spring.

“We were best friends for many years, and we still are,” she said, meeting time and time again in their high school years and in youth groups and even in graduate school.

The couple has three grown children, a daughter Mira who is a special education major at UM College Park, a son Jonah who is a computer science and math major at UM College Park and a son Julian who is about to begin a graduate degree in Asian studies

on a Fulbright fellowship to Taiwan. Her husband, an attorney, is a deputy assistant administrator for the Federal Aviation Administration. The family lives in Gaithersburg.

Now about Tash being a Disney nut. She volunteered in the interview that she enjoys film and theatre and has been doing some “moonlighting” as a teaching specialist at the AFI Silver. In particular she meets with school groups who come to view films that connect with their curriculum.

That led to a question about what sort of films she liked. The answer: “Drama. Foreign. Films from the 60s and 70s. Disney.”

Disney? “I’m a Disney nut,” she said. Okay, she was asked, if you were on a desert island where there happened to be a working movie theatre showing only one movie over and over, what would it be? “Mary Poppins,” Tash answered with no hesitation. ♦

# Micah's Efforts To Aid Migrants Is Ongoing

BY DORIAN FRIEDMAN

IN RESPONSE TO the ongoing immigration crisis at the U.S.-Mexican border and the shameful conditions in American detention facilities, members of Temple Micah's Sukkat Shalom committee are making their voices heard locally.

Over the summer, congregants took part in peaceful protests against imminent raids by ICE agents in the Columbia Heights neighborhood, while others stood silent vigil at major "Lights for Liberty" rallies in Washington and New York City.

Now, the Sukkat Shalom leadership team plans to visit El Paso, Texas, in October. A small delegation, joined by Rabbi Crawley, will report back to the congregation with ideas for meaningful relief work in keeping with Jewish values.

Meanwhile Sukkat Shalom members are following up on their initial sponsorship of a refugee family from Afghanistan by actively supporting other immigrants and refugees locally. The group is able to do so thanks to the generous financial contributions of temple members during the last two years.

Through a partnership with St. John's Episcopal Church in Bethesda, Temple Micah is

helping support the Kabira-Kambere family of 10. The parents and their eight children fled fighting in the Democratic Republic of Congo and spent several years in a Ugandan refugee camp before being admitted to the United States in December. Sukkat Shalom has been helping the family with their grocery bills, and

deportation orders last December.

Some Micah members have been trained to "accompany" Gutierrez during her time of isolation; others have helped drive her three young children to visit her from Virginia, and Sukkat Shalom has donated bicycles to the family for use when the children visit their mother.



will subsidize the cost of their 2-year-old twins to attend nursery school this fall.

Similarly, Sukkat Shalom members have been devoting time and resources to support the family of Rosa Gutierrez, an undocumented immigrant from El Salvador who has taken physical sanctuary at Bethesda's Cedar Lane Unitarian Universalist Church since receiving

Moving forward, Sukkat Shalom is exploring other ideas for local advocacy on behalf of immigrants and refugees — and opportunities to protest unjust and un-American federal policies that are so antithetical to Jewish values. Planning is also underway for a series of community learning events at Temple Micah, which will likely include book talks and

film screenings on immigration topics.

Sukkat Shalom and Temple Micah's efforts in this arena started with the sponsorship of a refugee family from Afghanistan who arrived in America in October 2017.

Amin and Maleka and their three children (now 3, 5 and 7) continue to thrive and assimilate to a life very different from the one they left in Kabul. This summer has been filled with typical American customs — learning to swim at their community pool, enjoying barbecues with Micah families and Afghan friends, and even braving the crowds to see their first Fourth of July fireworks on the National Mall.

Maleka recently started a weekly computer class with a private tutor at A Wider Circle. Amin amiably juggles his duties at BreadFurst Bakery and a local car wash. While Temple Micah's financial support for the family came to an end last year, many Micah members remain close to the family and help them continue to build their lives in the United States and navigate the inevitable challenges that arise.

The committee may be contacted at [sukkatshalom@templemicah.org](mailto:sukkatshalom@templemicah.org). ♦

## Board FROM PREVIOUS PAGE ►

Development and served as executive director of the Inter-American Literacy Foundation.

Tritell and her husband

Randy have been members of Temple Micah for 18 years. Most of that time she has served on the Hineni Committee providing assistance to Micah members in need. The couple has two

sons, Jordan and Alex. In addition, Tritell has served as the Micah board secretary and is on the board of The Jewish Social Service Agency where she is a hospice volunteer. She also teaches English

to adult immigrants.

In addition to the new and returning board members, three directors are leaving the board. They are Ed Lazere, Alison Harwood and Todd Jasper. ♦



# TZEDAKAH

## BUILDING IMPROVEMENT FUND

IN HONOR OF  
Ellen Rockower and Matt Hotz, by  
Roberta Aronson and Paul Goldberg

IN MEMORY OF  
Paula Mishkin, by Judith Capen  
and Robert Weinstein

## ENDOWMENT FUND

IN MEMORY OF  
Bezalel Herschkovitz, by Brenda Levenson

## GENERAL FUND

Scott Brawer  
IN HONOR OF  
Jeannelle D'Isa becoming b'nai  
Torah, by Kenneth Liberstein  
Teddy Klaus, by Harriet Tritell  
Cantor Meryl Weiner, by Herbert  
and Sharon Schwartz

IN MEMORY OF  
Ben Appel, by Harriette Kinberg  
Robert C. Berner, by Diana Berner Seasonwein  
Philip Blum, by Kate Kiggins and Jared Blum  
Lillian Brawer, by Scott Brawer  
Sarah Ehrman, by Daniel Ehrman  
Hannah Laipson, by David and Johanna Forman  
Marty Obrand, by Lorri Manasse  
and Russ Mishelhoff  
Ed Petsonk, by Carol Petsonk  
Nancy Schwartz, by David and Lucy Asher,  
Nathaniel Grotte and Kristen Romanowski  
Jerome Spingarn and Natalie Davis  
Spingarn, by Jonathan Spingarn  
Shirley S. Springer, by Victor G. Springer  
Steve Stein, by Kevin Stein  
Elliott Stonehill, by David and Livia Bardin

## INNOVATION FUND

Ed and Shelley Grossman

IN MEMORY OF  
Robin Anenberg, by Gwen and Marc Pearl  
Ronald Bressler and David Sugarman,  
by Martha and David Adler  
David Goldberg, by Nancy Raskin  
Morton and Bernice Gordon, by Janet Gordon  
Margaret DeWitt Newman, by Lynn Rothberg  
Nancy Schwartz, by Sid and Elka  
Booth, Barbara and Skip Halpern  
Elliott Stonehill, by the Wise Aging  
Wednesday Alumni Group

## LEARNING FUND

IN HONOR OF  
Teddy Klaus, by Beth Amster Hess  
Susan and Richard Lahne, by Gail  
Povar and Lawrence Bachorik  
Zachary Weingarten, by Nancy Weingarten  
Dr. Muriel Wolf's becoming b'nai Torah, by Learita  
Scott and Robert Friedman, Arlene Weyler

IN MEMORY OF  
Evelyn Donenfeld, by Felicia Kolodner

Howard Shea Grob, by Douglas and Hiromi Grob  
Ruth Gruenberg, by Mark Gruenberg  
Jerome Mark, by Karen Mark and A.M. Tucker  
Lesley Levin's grandmother, Arlyn  
Silverman, by Martha and David Adler  
Nancy Schwartz, in honor of Nancy's participation  
in, and her delicious food preparation for  
Micah Cooks (from the day we started until  
she became ill), by Adrienne Umansky  
Elliott Stonehill, by Trish Kent

## MICAH HOUSE FUND

IN HONOR OF  
Mazel Tov to Ann Sablosky and Steve Rockower  
in honor of the marriage of Ellen Rockower to  
Matt Hotz, by Judy Ludwin Miller and Jim Miller  
Francie Schwartz, by Harriette Kinberg

IN MEMORY OF  
Robert Pear, by Elisabeth Bumiller  
and Steven R. Weisman

## MUSIC AND WORSHIP FUND

IN HONOR OF  
Judy Hadley's 65th birthday, by Gail  
Povar and Lawrence Bachorik  
Teddy Klaus, for all the wonderful work  
he does, by Stephen J. Rockower  
Teddy Klaus and Geri Nielsen, by Harriette Kinberg  
Cantor Meryl Weiner, by Burton Greenstein  
Cantor Meryl Weiner, on her retirement,  
by Judy Ludwin Miller and Jim Miller

IN MEMORY OF  
Dora Bender, by Carole Hirschmann  
Jerome Mark, by Alan and Jannet Carpien  
Paula Mishkin, by Celia Shapiro and Bob Dorfman  
Diane Sager, by Nancy Raskin  
Margaret Siebel, by Martha and David Adler

## RABBI BERAHA'S DISCRETIONARY FUND

IN HONOR OF  
Rachel Nover and Benjamin Suredam's  
wedding, by Teri and Neal Nover  
The wedding of Alec and Elana, by  
Karen and William Podlosky

IN MEMORY OF  
Milton Booth and George Lehker,  
by Sid and Elka Booth  
Nancy Schwartz, by Jeffrey and Margaret Grotte

## RABBI CRAWLEY'S DISCRETIONARY FUND

IN MEMORY OF  
Ethel Forgotstein, by Sid and Elka Booth  
Claudia Lesnick, by Martha and David Adler

## RABBI ZEMEL'S DISCRETIONARY FUND

Leslie Sewell and James Jaffe

IN HONOR OF  
Shelley and Ed Grossman, by  
Jessica and Harry Silver  
Our wedding, by Adam Poll and Sydney Karp

Mary Beth Schiffman and David Tochen's 40th  
Anniversary, by Elaine and Barry Margolis

IN MEMORY OF  
Richard Futrovsky, by Lee  
Futrovsky and Yael Traum  
Sanford Lazar, by Learita Scott  
Hallene Marks, by Sid and Elka Booth  
Jack Millstein, by David Skorton  
and Robin Davisson  
Paula Mishkin, by Dennis Ward  
Robert S. Morgenstein, Sam Morgenstein,  
Nathan Weinstock, and Robert N.  
Levin, by Susan W. Morgenstein  
Sidney Tabas, by Philip Tabas  
Albert Evans Ward, by Dennis Ward  
Martha Webster, by Jackie Harwood  
Joseph Weisman, by Steven Weisman

## SOCIAL JUSTICE FUND

IN HONOR OF  
The birth of their grandson, Sidney Lewis  
Hall, by Isabell Reiff and Lee Pasarew  
Maia Mancuso becoming bat mitzvah,  
by Leah, Andrea, and Jim Hamos

IN MEMORY OF  
Edward Blumenthal, by Rachael  
and Olivier Fleurence  
Susie Blumenthal, by Judy Ludwin  
Miller and Jim Miller  
David Micah Booth, by Sid and Elka Booth  
Robert Levin, by Norman Blumenfeld  
Jerome Mark, by Martha and David  
Adler, Gail Povar and Larry Bachorik,  
Lisa Saks and Lawrence Lynn  
Ruth Reiniger, by Arlene Reiniger  
Paula Mishkin, by Gwen and Marc Pearl,  
Gail Povar and Larry Bachorik  
Nancy Schwartz, by Jessica and Harry Silver  
Rebecca Socolar, by Milton Socolar  
Louise Sugarman, by Carole Sugarman  
Morris Wisotsky, by Martha and David Adler

## THE RABBI DANIEL GOLDMAN ZEMEL FUND FOR ISRAEL

Ed and Shelley Grossman

IN MEMORY OF  
Shlomo Haim Bardin, by David Bardin  
Adolph and Sarah Blumenfeld,  
by Norman Blumenfeld  
Susie Blumenthal, by Martha and David Adler  
Jørgen Kristensen, by Peter  
Kristensen and Sunny Kaplan  
Frank Krumolz, by Jennifer Kaplan, Tom  
Trendl, and Sophia and Devin Trendl  
Olga Lehmann, by Richard Lehmann

*This list reflects donations received  
May 3–August 15, 2019. Every effort has  
been made to ensure its accuracy, but if  
there are any errors or omissions please  
accept our apologies. For corrections or  
clarifications, please contact Rhiannon  
Walsh in the temple office. Thank you.*



## B'NAI MITZVAH

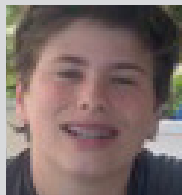


**ELI BERMAN**

**SEPTEMBER 14 / 14 ELUL**

**PARENTS:** Amy and Joshua Berman

**TORAH PORTION:** Ki Teitzei



**SAM ROSAND**

**OCTOBER 19 / 20 TISHREI**

**PARENTS:** Sarah and Eric Rosand

**TORAH PORTION:** Chol HaMoed Sukkot



**MIRIAM SINTON-REMES**

**OCTOBER 26 / 27 TISHREI**

**PARENTS:** Sarah Remes and Seelig Sinton

**TORAH PORTION:** Bereshit

### MAZAL TOV!

Steve Rockower and Ann Sablosky,  
on the marriage of their daughter,  
Ellen Rockower, to Matt Hotz

Marcia and Clark Silcox, on the birth  
of their grandson, Ellis Irving Rollinger,  
son of Sasha and Max Rollinger

Pam and Tom Green, on the birth  
of their grandson, Bear Thomas  
Green, son of Caroline and David

Karen Zizmor, on the birth of her  
grandson, Leo Langston Bruce  
Rinaldi, son of Sarah and Ann

Bobby Ourisman, on the birth of  
his grandson, Theodore Ferguson,  
son of Whitney and Keegan

Barbara and Al McConagha, on the  
birth of their grandson, Carter Kyle  
McConagha, son of Adam and Jackie

Rabbi Stephanie Crawley and Rabbi  
Jesse Paikin, on their wedding

## CONDOLENCES

The Temple Micah community extends its  
deepest condolences to:

**FLORENCE BAHR**, on the passing of her husband,  
Morton Bahr

**MARK BLUMENTHAL**, on the passing of his father,  
Edward Blumenthal

**BOB DORFMAN**, on the passing of his sister,  
Susan Dorfman Levin

**JOCELYN GEHRKE**, on the passing of her father,  
John Edward Marks, Sr.

**ELIZABETH FORGOTSON** Goldberg, on the passing  
of her father, Edward Forgetson

**ERIC GOLDBERG**, on the passing of his mother,  
Barbara Goldberg

**JESSICA KAPLAN**, on the passing of her mother,  
Deena L. Kaplan

**SHEILA KRUMHOLZ**, on the passing of her father,  
Frank Krumholz

**DAWN FELDMAN LEHKER**, on the passing of her  
father, George Feldman

**KAREN MARK**, on the passing of her father,  
Jerome Mark

**DOUG MISHKIN**, on the passing of his mother,  
Paula Mishkin

**SARAH ROSAND**, on the passing of her mother,  
Barbara Wertheimer

**KEN SCHWARTZ**, on the passing of his wife,  
Nancy Schwartz

**JOAN SCHWARZ**, on the passing of her brother,  
David Metsch

**HARRIETT STONEHILL**, on the passing of her  
husband, Elliott Stonehill

May their memories be for a blessing.

# "Wise Aging" Grows Better Each Year

BY FRAN DAUTH

AS HAPPENS OFTEN at Temple Micah, the thriving Wise Aging program stemmed from a community discussion on what Micah could do better.

Today some 60 people have "graduated" from the very popular nine-session course on what it means to grow older. Those graduates are so enthusiastic that most are now members of alumni groups that meet monthly.

Wise Aging Chair Harriette Kinberg explains the program offers participants "social, emotional and spiritual insights for meeting life's challenges" as they age.

Robin Stein, a Wise Aging veteran describes her experience this way:

"Wise Aging created a safe and confidential forum in which to explore both the challenges and rewards of aging... I particularly remember the topic of forgiveness creating a vibrant and fascinating discussion."

The impetus to create the Wise Aging program began several years ago when Rabbi Esther Lederman, now with the Union for Reform Judaism, was leading community conversations about what needs Temple Micah might address.

One of the concerns that surfaced focused on the need for more programs and activities for older people. That led to the creation of the Aging Together Team, headed by Barbara Diskin.

From that beginning, came the popular Lunch & Learn, a monthly session at noontime with Micah members sharing their expertise on a variety of topics, a weekly Sacred Dancing Circle and the on-going popular Wise Aging program.

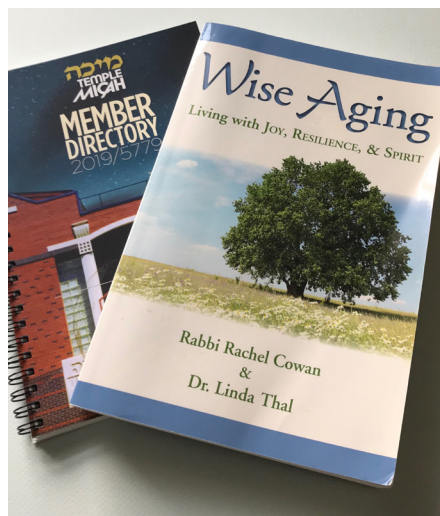
The book, "Wise Aging: Living with Joy, Resilience & Spirit," is the foundation of the program. The late Rabbi Rachel Cowan, who was the executive director of the Institute for Jewish Spirituality, and Dr. Linda Thal, the founding co-director of the Yedidya Center for Jewish Spiritual Direction, were the authors of the book. Rabbi Cowan developed the Institute's Wise Aging program.

Kinberg was on the Aging Together Team when it first learned about the book and then the Wise Aging program itself. Kinberg was part of the group that traveled to the IJS in New York to learn how to get a program started and about the required training for facilitators.

The first two Wise Aging groups, known as cohorts, were formed in 2015.

Francie Schwartz has been a facilitator since 2015 and will be one again this fall.

She says she decided to get involved because she recalled how her late father, had been "very smart, very loving until the last two to three years of life." He died at age 95.



People, she said, know to make certain preparations for old age such as writing a will or planning funeral arrangements. But they don't often think about how they will adjust to changes brought on by aging. She didn't want what happened to her father, happen to her.

When she heard about the program, she said, she realized it was the "perfect curriculum."

She and three others traveled to New York to be trained as facilitators.

"We make it very clear from the start that we are building trust. What is said is never to go beyond" the group, Schwartz said speaking as a

facilitator. "It is very important to have an atmosphere of trust, security and safety."

In her comments about her experience, Robin Stein noted, "The facilitators were terrific and really inspired honest, deep discussions. I looked forward to every session."

For Sid and Elka Booth, Wise Aging "has enriched our lives and rippled through all our experiences at the temple. The program has extended our connections and deepened our relationships within this marvelous community."

Designed by the IJS, the program consists of nine workshops that tackle subjects such as relationships with adult children, romance and sexuality, living with loss, cultivating a feeling of well-being.

A cohort is comprised of eight to 12 people. Typically, two new Wise Aging cohorts begin each autumn, although the Wise Aging committee is testing "rolling enrollment through which a new cohort will begin once 12 people are interested and available to participate."

"The Micah people who attended the IJS training several years ago have designed in-house training for other Micah members interested in serving as facilitators. The new facilitators are paired with seasoned facilitators to lead new Wise Aging cohorts," Kinberg said.

While there is no charge, each participant must purchase the Wise Aging book, which sells for \$16.95. People interested in the program should contact the group at [wiseaging@templemicah.org](mailto:wiseaging@templemicah.org).

Kinberg said an annual highlight for the past three years has been a Wise Aging retreat at the Pearlstone Center in Reisterstown, Md. The 2020 retreat is scheduled for June 26-28. Past retreats have featured numerous creative workshops, meditation, chanting, yoga, a campfire sing-along, and as always, lively discussions. The retreat is open all Wise Agers. For more information, email [agingtogether@templemicah.org](mailto:agingtogether@templemicah.org). ♦

See page 12 for more photos.

## BERAHA'S BLACKBOARD

## A GENERATION OF ANGST MEETS THE MICAH COMMUNITY

BY RABBI JOSH BERAHA

One of my favorite pop songs from the past 10 years comes from the band Fleet Foxes who, on their track “Helplessness Blues,” sing:

“If I know only one thing/ it’s that everything that I see/ Of the world outside is so inconceivable often I barely can speak/ Yeah I’m tongue-tied and dizzy and I can’t keep it to myself/ What good is it to sing helplessness blues...”

Yet another newish, great song, “Modern Man,” by Arcade Fire, captures a similar idea. “In my dream I was almost there/ then they pulled me aside and said ‘you’re going nowhere.’”

Most recent on the pop charts and in my headphones is the band Vampire Weekend that wisely recycles a stinging line from an earlier album that’s as simple as it is sad:

“I don’t want to live this way, but I don’t want to die.” Vampire Weekend also sing, “Anybody with a worried mind could never forgive the sight / of wicked snakes inside a place you thought was dignified.”

Taken together, Fleet Foxes, Arcade Fire and Vampire Weekend speak for the angst of my generation. Who are we? What are we? We are modern man—helpless, restless, and in search of an authentic self that might not even exist. We are unsure of ourselves and the state of our world as we enter—almost—the

third decade of the 21st century.

What is to be done? Even in our happiest moments we know the “the malaise of modernity” (to borrow from Charles Taylor), and this feeling persists, “like a heavy load,” (to borrow from Langston Hughes).

A truth about the human condition is that it’s hard to be a person. I like to say this to myself from time to time as a reminder to have compassion. To be gentle. As the mystics taught, we live in an unredeemed world. We are in exile from a world that is perfect—no wonder it’s hard to be a person! But hardship is *not* an end, and so the question becomes: where should we seek refuge or a way forward? Where is there solace for the helplessness blues? Prayer, maybe?

In the Amidah prayer I read, “*Shfoch, ruchicha, aleinu*, Pour out Your spirit upon us.” Sometimes these three words are my *only* words. Of course I sing my way through the entirety of the service—fine—and find inspiration in other moments, but most often it is *these three words alone* that speak to me most, that connect most deeply to the truest part of me. “*Shfoch ruchicha aleinu*,” “Pour out Your spirit upon us.” All I want is God’s spirit to blow like a mighty wind that I may experience that feeling, even for just a moment. Where else can we find hope



in such times if not in our prayers for a better world?

To be sure, there are all kinds of personal hardships, and some are more severe than others. But every one of God’s creatures knows suffering and loss, frustration and meaninglessness; all of us—even if from a distance—know pain, emptiness, the feeling of being lost.

With a certain amount of cognitive dissonance we can exist perfectly well in a neat, refined world of our own making, like the cozy chair you cuddle into—in secret—to read quietly, alone with the universe. But that is not us, the Micah community. Though we might be drawn to hiding behind the illusion of comfort and safety, we are, nonetheless, prone to being human, and we know how that ends. And so to be part of the Micah community means to jump into this messy, frustrating, cold cold world, and attempt to find something that resembles God’s spirit, or simply, a place and time to call out, “pour it out upon us, God.”

## A THANK YOU FROM CANTOR MERYL WEINER

Dear Friends,

I’ve been spending the summer thinking about the wonderful year-long farewell that I experienced and I want to offer my thanks to all of you once again. Up to my very last day, I experienced so many meaningful moments with each of you. All of your gifts, emails, donations, cards, and shared personal moments were extremely special to me. Thank you for reaching out and extending yourselves to me. This community is such a blessing to me and I will forever be grateful.

So, to end, I thank you all, for it all!

With love,

Meryl

Cantor, Temple Micah





The 2019 Wise Aging retreat at the Pearlstone Center in Reisterstown, Md., included a campfire complete with music. Marshmallows may have been involved as well. The 2020 retreat is scheduled for June 26-28. All past and present participants in Wise Aging are invited to attend. For more info, see article on Page 10.



Photos by Chaz Kerschner



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