



## The Bulletin Adat Chaim's News Source

May 2017

Owings Mills, Maryland

Iyyar/Sivan 5777

### From The President's Desk...

As we head into the month of May, it means that summer is not far behind and the end of another fiscal year at Adat Chaim. I look back and project forward all at once. It has been an interesting year, one of collaboration, community and contemplation. I am thankful for the Board and Rabbi for their hard work and collaboration to ensure that we have both meaningful and spiritual experiences at Adat Chaim. From High Holiday preparation to weekly Shabbat services and holidays in between, I have relied on the Ritual Committee, Rabbi and Norman Ament to lead and guide us each and every service and I thank them for that. I embrace the Adat Chaim community, sharing family updates and coming together to celebrate Shabbat and holidays together. I especially enjoy Purim with families and individuals taking part in the reading of the Megillah to dressing up in costume. Coffee and conversation after Shabbat services brings us closer as a community as we learn and listen to each other.

I take time to assess where we have been and contemplate what is ahead. The latter is perhaps the most difficult. We are coming on that time of year when we think about nominations and who will guide and direct Adat Chaim in the next fiscal year. I will have more on that and the annual congregational meeting in a later communication. The summer months are slow, yet we have already begun preparation for the High Holidays. They will be here before you know it and we must be ready.

It is also at this time of year when families go on vacation and at times we struggle to make minyan. I ask that each of you commit to coming to services at least twice each month. We can pray together, catch up over coffee and some nosh and perform a mitzvah all at the same time!

May also brings a multitude of holidays starting with Yom HaZikaron and ending with Shavuot. There is a lot to be thankful for and a lot to remember this month. May we each enjoy the splendor of May, its beauty as the earth greens and flowers bloom, Shabbat and the all holidays, and the celebration of family, your own and at Adat Chaim.

Shalom till next month,  
**Cathy Litofsky**

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The Bulletin accepts all material relevant to the Jewish community in the northwest corridor. To maintain accuracy all information will be accepted by e-mail only.

**SUBMISSION DEADLINE:**  
18th of each month for the next month's publication.

[www.adatchaim.com](http://www.adatchaim.com)

Please contact Rabbi Seidler for all of your Life Cycle Events so that he may provide guidance and support to you and your family members.

The synagogue can also help with a variety of services for you. This might include: phone squad or e-mail announcements to the congregation, coverage for services, meals, visits, rides to the doctor or any other assistance that you might need.

So be sure to contact the synagogue office at: 410.833.7485 and let us know how we can help.

## Need Information?

<b>Adult Education</b>	Wendy Raith	410. 876.7602
<b>B'nei Mitzvah Program</b>	Synagogue Office	410.833.7485
<b>Billing Questions</b>	George Korba	410.833.0570
<b>Bulletin</b>	Linda Boteach	410.833.5723
<b>Catering and Kiddush Sponsorship</b>	Tina Asher	410.526.6484
<b>Facebook Page</b>	Wendy Raith	410.876.7602
<b>Gift Shop</b>	Tina Asher	410.526.6484
<b>Life Cycle Events</b>	Synagogue Office	410.833.7485
<b>Membership</b>	David Teichman	410.581.1855
<b>Mitzvah Cards</b>	Janet Korba	410.833.0570
<b>Ritual Committee</b>	Jerry Newman	410.581.7884
<b>Sisterhood</b>	Adrienne Frager	410.526.0681
<b>Webmaster</b>	Lynn Ruddle	410.833.7987

No phone calls or e-mails on Shabbat please.

Remember that the synagogue is supported through the Amazon Smiles program. **Log on to [www.adatchaim.com](http://www.adatchaim.com) and choose the link: [Shop Adat Chaim](#).** It is a great way to shop and support Adat Chaim at the same time.



## Divrei Chodesh D'Rabbi Jerry Seidler



Most of this month of May corresponds to the month of Iyyar. Now, Iyyar is not a month we discuss often. Its Israeli holidays (Yom HaZikaron, Yom Ha'Atzmaut and Yom Yerushalayim) do not speak much to most American Jews (sadly), and its religious ones (Lag B'Omer and Pesach Sheni) pass by as more or less unnoticed as well (again, sadly).

Iyyar, however, is a powerhouse of spiritual meaning. It is the link between Nissan and Pesach on the one hand, and Sivan and Shavuot on the other. Every day of Iyyar counts in the Sefirat Ha'Omer, a time of spiritual accounting between these two holy festivals that begin and end the Omer. As a link Iyyar is understood as the letter Vav, but more significantly, as the kidneys of the Divine vitality.

Kidneys? Really? That's a spiritual thing? Um, yes. In the Kabbalistic system, the kidneys refine, purify, distill and hone the teaching of the Blessed Holy One. The Divine flow of Torah would overwhelm humanity without such mediation. People cannot know God in totality, and God cannot commune with people in God's full glory. It is the function of the "kidneys" to transform a Supernal lesson into a curriculum human beings can understand and grasp.

The Divine emanations (sefirot) of Netzach and Hod are seen as the kidneys of the Godhead, and thus are associated with Iyyar. This makes all the more sense, as I explained during Pesach, since these two Sefirot correspond to Moshe and Aharon. They are central human figures of both the exodus from Egypt and the theophany at Sinai. Moshe as Netzach is the imposing and dominating force; Aharon as Hod is the passive and submitting force. Through these opposing energies is the Torah of God molded and crafted, edited and revised, clarified and simplified so to be learned and followed by the people.

On a more practical level, Iyyar is a season for us as individuals to use our kidneys, so to speak. The mystical kidney function translates as a reminder to us to think first, speak or act after. Acting in a kidney-like manner is about ruminating, pondering, permutating, reflecting and evaluating our thoughts and inclinations and ideas via deliberative processes. By doing so, our communications and interactions will become more respectful, sensitive and rational. They will be easier for one to do and be received. The hard work is in the mind, by using our mind's kidneys to rectify what's in our heads so to be spoken or acted upon in more holy, godly ways.

My friend and colleague, Rabbi Sigal Briar, is currently teaching on mend-fulness (not mindfulness). Jewish spirituality is about mustering our personalities – animal, emotional, intellectual and transcendent – so to mend ourselves, our relationships, our communities, our world. Let this be a month when we strive to put our kidneys to good use. We should cleanse the detritus clogging our hearts (to be kinder), fogging our brains (to be more thoughtful), blinding our eyes (to be more insightful) and freeing ourselves (to be at peace).

And please, take time to enjoy the colors and aromas of springtime. Blessings to all.

## Ritual Committee

Jerry Newman, Chair  
[jsnewm@gmail.com](mailto:jsnewm@gmail.com)  
410.581.7884

We continue to have Friday night services the first Friday of every month. This month services will be held on **Friday, May 5<sup>th</sup> at 6:30 p.m.** We also celebrate our May birthdays and anniversaries this Friday. Share your simcha and join us for services. We continue to need your support to assure weekly **Saturday morning** minyans starting at **9:30 a.m.** Your assistance and support will provide a communal atmosphere as we gather together to pray, to catch up and to study and learn.

**If you need a minyan for any reason during the week or on Shabbat, please contact me, Jerry Newman, at [jsnewm@gmail.com](mailto:jsnewm@gmail.com) so that he can arrange it for you. Please give at least two weeks' notice for a yahrzeit minyan, allowing time for the Ritual Committee and our congregants to be notified.**

The Ritual Committee has started to prepare for the upcoming High Holiday season. If you have any suggestions or would like to see something added or thoughts on anything, please contact me as soon as possible. The summer months are just around the corner and we want to ensure that we have everything in order since the holidays will be here before we know it!

### Yahrzeits

The families listed below will be observing Yahrzeit for family members and need to say Kaddish during the month. To schedule a minyan service on a date other than Shabbat, contact Jerry Newman at 410.581.7884 or [jsnewm@gmail.com](mailto:jsnewm@gmail.com).

(Candles should be lit at sundown the night before)		
Date:	Yahrzeit of:	Relationship:
Tuesday, May 2 <sup>nd</sup>	Samuel Clarfield	Father of Janet Korba
	Leah Fishman	Mother of Jaime Fishman
Wednesday, May 3 <sup>rd</sup>	Celia Green	Mother of Judy Zeigenfuse
Thursday, May 4 <sup>th</sup>	Ann Portnoy	Mother of Marion Freedman
Saturday, May 6 <sup>th</sup>	Abram Koretskaya	The Goldentayer Family
	Pearl Spigelman	Mother of Susan Ross
Sunday, May 7 <sup>th</sup>	Jack Cohen	The Cohen Family
Tuesday, May 9 <sup>th</sup>	Isadore Goldberg	Father of Marcy Wesalo
Wednesday, May 10 <sup>th</sup>	Freda Blaustein	Mother of Arnold Blaustein
Thursday, May 11 <sup>th</sup>	Samuel Korba	Father of George Korba
Saturday, May 13 <sup>th</sup>	David Seidel	The Seidel Family
Tuesday, May 16 <sup>th</sup>	Abram Goldman	The Goldman Family
Sunday, May 21 <sup>st</sup>	Anita Kulp	Mother of Heidi Deitchman
	Eva Markowitz	The Markowitz Family
Thursday, May 25 <sup>th</sup>	Ralph Meyerstein	Father of Michael Meyerstein
Friday, May 26 <sup>th</sup>	Harry Koffman	Grandfather of Cathy Litofsky
Saturday, May 27 <sup>th</sup>	Marilyn Schoolnick	The Schoolnick Family
Tuesday, May 30 <sup>th</sup>	Eva Deitchman	Mother of Harry Deitchman
		Grandmother of Phil Deitchman

**If you have a Yahrzeit and don't see it in the bulletin or wish to be included on the list for a relative's Yahrzeit, please call Lynn Ruddle, 410-833-7987, and we will be happy to update our database.**

## TZEDAKAH

*Thank you to the following members and friends of the Adat Chaim Family who have so graciously made donations since our last edition of the Bulletin:*

General Synagogue Fund:

Beverley & Stanley Fishman  
 Bunny & Howard Kohn  
 Marcia Singer

In Appreciation for Borrowing the Torah for our Son's Bar Mitzvah:

Cheryl & Ken Zalis

For the Yahrzeit of Freda Blaustein, Mother of Arnold Blaustein

Arnold Blaustein


For the Yahrzeit of Harry Koffman, Grandfather of Cathy Litofsky

Cathy & Irv Litofsky

For the Yahrzeit of Ralph Meyerstein, Father of Michael Meyerstein:

Israela & Michael Meyerstein  
 Cathy & Irv Litofsky

### HAPPY MAY BIRTHDAY WISHES GO OUT TO:

Happy Birthday	May 17 <sup>th</sup> May 18 <sup>th</sup> May 25 <sup>th</sup> May 31 <sup>st</sup>	Susan Katz Susan Ross David Teichman George Korba		Happy Birthda
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**If your birthday does not appear or you have a correction to what we have, call the office at 410.833.7458.**



### HAPPY ANNIVERSARY

Dena and Alvin Bober

May 6<sup>th</sup>

66<sup>th</sup>

## Sisterhood

**Adrienne Frager, President**

[AdrienneSL@aol.com](mailto:AdrienneSL@aol.com)

410-526-0681

Beth El Congregation held the annual **Joint Sisterhood Dinner** on April 3rd. We met Sisterhood members from the area Synagogues which included Beth Shalom Congregation in Columbia and Kol Shalom Annapolis. The entertainment was Dan Schoener and he amazed us with his Mentalist ability. Marcy Wesalo was chosen to participate in one of his presentations.

Thank you to Harriet Meier and Cathy Litofsky for planning our April 30th bus trip to the National Museum of Health and Medicine and the Ratner Museum. It was very enjoyable and make sure to take a look at some of our photos on the next page of the Bulletin.

The next Book Club will be held on **Monday, May 8th** - *Run You Down* by *Julia Dahl* at the home of Marcy Wesalo at 7:30 PM. Contact Linda Boteach at [linda.boteach@gmail.com](mailto:linda.boteach@gmail.com) to learn more and join this group.

Join the **Federation of Jewish Women's Organizations** on **Thursday, May 11 9am -2:30pm** for their 101st Annual Convention at Temple Oheb Shalom. Come and support **Marcy Wesalo** when she is presented with the "Embracer of Change" award for Adat Chaim Sisterhood. Program and Luncheon is \$40 per person. See their website, [jewishwomensfed.org](http://jewishwomensfed.org) for more information and to register.

**Save the Date** of **Sunday, June 11** for our End-of-Year event and Installation of officers for 2017 – 2018. An email will be sent to our members with the proposed slate and information on the location.

**Women's League for Conservative Judaism Convention July 23-26** at Crystal Gateway Marriott, Arlington, Virginia. Information can be found at <http://www.wlcjregion.org/seaboard/convention-details/>. Adat Chaim Sisterhood will be receiving the Jewels in the Crown Award during the JEWELS IN THE CROWN LUNCHEON at Noon on Tuesday, July 25. The cost of this luncheon is \$75 per person for lunch. We will be using the stipend we got from WLCJ to reduce the cost to \$36 per person. Look for your evite to this event.

As my time serving as the president of Adat Chaim Sisterhood is coming to an end, I would like to take this time to thank the Sisterhood Board, Cathy Litofsky, Janet Korba, Tina Asher, Beverley Fishman, Linda Boteach, Harriet Meier and Marcy Wesalo for their support in making this another successful year.

Shalom until next month,  
Adrienne



**P'ri Yadehah – Give her “the fruit of her hands,” and she will be praised at the gates by her own very deeds (Proverbs 31:31).**



## The Adat Chaim Sisterhood Museum Trip to the National Museum of Health and Medicine



And the Dennis & Phillip Ratner Museum



May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  Yom HaZikaron יום הזיכרון	<b>2</b>  YOM HA ATZMAUT	<b>3</b> Sisterhood Board Meeting 6:30PM	<b>4</b>	<b>5</b> Shabbat Services 6:30PM Candle lighting: 7:46PM	<b>6</b> Aharei Mot/Kedushim Shabbat Services 9:30AM <b>Rabbi Seidler</b> Omer 25
<b>7</b>	<b>8</b> Book Club 7:30PM Home of Marcy Wesalo Run You Down by Julia Dahl	<b>9</b>	<b>10</b> Pesach Sheni The Second Passover	<b>11</b> Federation of Jewish Women's Organizations Of Maryland Temple Oheb Shalom 9:00AM – 2:30PM	<b>12</b> Candle lighting: 7:53PM	<b>13</b> Emor Shabbat Services 9:30AM <b>Rabbi Seidler</b> Omer 32
<b>14</b> Mother's Day 	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Synagogue Board Meeting 7PM	<b>19</b> Candle lighting: 7:59PM	<b>20</b> Behar/Bechuktai Shabbat Services 9:30AM <b>Rabbi Seidler</b> Omer 39
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b> Candle lighting: 8:05PM Rosh Chodesh Sivan	<b>27</b> Bamidbar Shabbat Services 9:30AM Omer 46
<b>28</b>	<b>29</b> Memorial Day 	<b>30</b> Erev Shavuot Omer 49	<b>31</b> Shavuot I 	<b>Notes:</b> <b>Women's League for Conservative Judaism Convention July 23-26</b> at Crystal Gateway Marriott, Arlington, Virginia. Information can be found at <a href="http://www.wlcjregion.org/seaboard/convention-details/">http://www.wlcjregion.org/seaboard/convention-details/</a> .		

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June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Shavuot II 	2 Shabbat Services 6:30PM  Candle lighting: 8:10PM	3 Naso  Shabbat Services 9:30AM <b>Rabbi Seidler</b>
4	5	6	7 Sisterhood Board Meeting 7:30PM	8	9  Candle lighting: 8:14PM	10 Beha'alotekha  Shabbat Services 9:30AM <b>Rabbi Seidler</b>
11 Sisterhood End of Year Luncheon	12	13	14 Flag Day 	15 Synagogue Board Meeting 7PM	16  Candle lighting: 8:17PM	17 Shelach Lekha  Shabbat Services 9:30AM <b>Rabbi Seidler</b>
18 Father's Day	19	20	21	22	23  Candle lighting: 8:19PM	24 Korhach  Rosh Chodesh Tamuz
25 Rosh Chodesh Tamuz	26	27	28	29	30  Candle lighting: 8:19PM	Notes:

Adat Chaim Sisterhood Continues its food drive. Bring boxed and canned food whenever you come to the synagogue and place the items in the box in the lobby. The items will be divided between the Crisis Center and Hannah More to help support those in need right in our community. Help us fill the shelves at the Reisterstown Community Crisis Center and Sarah's Hope at Hannah More this year. A list of suggested and preferred items is on the Sisterhood page of the web site ([www.adatchaim.com](http://www.adatchaim.com)).



**Food donations are delivered to the Community Crisis Center each month.**

Thank you to everyone who supports this year-long project.  
Let's keep those donations coming!



## Jewish Genealogy Society of Maryland

### “Jewish Life in Galicia”

Please join us on **Sunday, May 21, 2017, at 1:30 p.m.**, at the **Hadassah meeting room**, 3723 Old Court Rd (Dumbarton Offices entrance), Pikesville, for our next program, **“Jewish Life in Galicia,”** presented by **Suzan Wynne**.

Note the one-time location at Hadassah, NOT THE LIBRARY.

Suzan Wynne will highlight the organization of the Jewish community in Galicia and the impact that self-government had on everyday life, including relations between Jews and Christians.

*Suzan Wynne was the founder of Gesher Galicia, a special interest group focusing on Galician Jewry, and was also a founding member of the Jewish Genealogy Society of Greater Washington. She has written two books about researching our Jewish ancestors in Galicia. The most recent book, entitled, The Galitzianers: The Jews of Galicia, 1772-1918, is a substantial revision of her earlier work, Finding Your Jewish Roots in Galicia: A Resource Guide. She recently retired from a career as a geriatric social worker and was a private genealogical researcher for 10 years. Three of her four grandparents were from Galicia, and half of her husband's grandparents were also from that region.*

The program is free for paid members and \$5 for non-members (applied to membership fee when a visitor joins JGSMD) after their first meeting. Refreshments will be available. Please check our web site at [www.jgsmd.org](http://www.jgsmd.org) for late updates and for the time, location, and program of future meetings.

# Tzedakah!

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Use this form to mail in your contributions to Adat Chaim

I am enclosing \_\_\_\_\_

- Chai (\$18)
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- Triple Chai (\$54)
- 10 X Chai (\$180)

Other \_\_\_\_\_

**Contributions can be made:**

- In Memory of
- For a Speedy Recovery
- In Honor of
- In Appreciation of
- Yahrzeit of

Other: \_\_\_\_\_  
(Please specify)

**Contributions can be made to:**

- General Synagogue Fund
- Rabbi's Discretionary Fund
- Rabbi Seymour Essrog Lecture Fund
- Tree of Life (\$180)
- Yahrzeit Plaque (\$250)

I would like to donate to the following fund:

\_\_\_\_\_  
(Please specify name of fund)

Donation for (name/occasion)	Your name(s) as you wish them to appear in Bulletin
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The first time you sign in on Smile Amazon you will need to pick from their list of charitable organizations, Adat Chaim. After that every time you shop on Amazon through Smile your Synagogue will receive a percentage of your purchase.