Volume 24, Issue No. 6 **TAMUZ 5776 JULY 2016**



By Rabbi Adam Zeff

he ancient rabbis call this summer season T'kufat Tammuz – the time of Tamuz, the period after the summer solstice that in modern Hebrew is known as kayitz. It may seem a little odd that the ancients use the term T'kufat Tammuz, since it is rooted in the pagan story of the Babylonian god Tammuz, but I think their use of this name holds an important lesson for us about this season and about the current moment that we are living through in this country.

Tammuz was the Sumerian god of food and vegetation, worshipped widely in Babylon and other parts of the ancient Near East. After the summer solstice, which heralded the beginning of the hottest season of the year, in which vegetation died, it was common to hold a six-day "funeral" for Tammuz, whose power was clearly waning as the summer heat took hold. For this reason, the month of summer became known as Tammuz in the Babylonian calendar that was adopted by the Jewish people when they lived in exile in Babylon.

One story about Tammuz held that he followed his wife, Inana (in some texts known as Ishtar), into the underworld to secure her release after she had ventured there. In the end, Tammuz was consigned to remain in the

A Season of Hope

underworld for six months of the year, returning to the world of life for the other six months, just as the agricultural year cycles between growth and decay, death and rebirth. This story was so wellknown that it even appears in the Hebrew Bible in the book of Ezekiel, in which God shows Ezekiel a vision of women sitting at the gates of the Temple, mourning the death of Tammuz at the onset of summer (Ezekiel 8:14).

In the Jewish calendar, we are entering into a season of misfortune and mourning, culminating in Tish'ah b'Av, the ninth day of the month of Av, the month after Tammuz, on which we mourn the destruction of the Temples and other tragedies in the history of the Jewish people. As we enter into that season, the rabbis invoke the story of Tammuz to remind us that recognizing misfortune and entering into mourning are not the same as giving in to despair. The trajectory of this season parallels that of the story of Tammuz: death and mourning followed by rebirth and new life. As the ancients famously taught, while Tish'ah b'Av is the lowest point on the Jewish calendar, it is also the day on which the seed of redemption will be planted, symbolized by the birth of the Messiah (Jerusalem Talmud Berachot 2:4). If we only raise our voices in mourning and never make the turn toward renewal and hope, we have failed to grasp the true lesson of this season.

In our current American moment, we are in grave danger of falling into despair. We see death and destruction, fear and division all around us. It is hard to see the way forward. It is difficult to hear a message of hope. Yet that is the teaching that the ancient rabbis are offering us. In T'kufat Tammuz, we are asked to look at the dying world around us and see the seed of new life. We are called upon to look at the anger, pain, outrage, and division in the eyes of our fellow citizens and to see the possibility for love, comfort, and peace in reaching out to each other.

The ancient rabbis, living amidst the ruins of Jewish life 2,000 years ago, certainly had every reason to despair, yet they put forward a message of hope. May we hear that message and take it to heart in this very difficult time.

Program Highlights

July 8

Shabbat Storytime at the Big Blue Marble

July 13

Hazak Book Group

July 15 Kol Zimrah

July 20

Frozen River: Hazak Film & Discussion

July 22 Tot Shabbat

August 5

Shabbat Storytime at the Big Blue Marble

August 7

Red Cross Blood Drive

August 10 Hazak Book Group

August 13

Erev Tish'ah b'Av Program, Service & Eicha

August 19

Tot Shabbat

August 24

Opera Under the Stars

President's Message



By Chip Becker, GJC President

am writing this letter to you as one of my first acts as GJC's new president. For

me this is a humble moment. This synagogue is one of the great institutions in Northwest Philadelphia, religious or otherwise. Its presidents are among the most accomplished, committed, and engaged people I've ever encountered. I feel honored to have the opportunity to serve this community and to tackle the challenge of keeping the community strong.

By this point I feel kinship with lots of people who are part of the GJC community. But – not surprisingly, given that GJC has over 1,500 people within its membership – there are more than a few of you I don't really know. So allow me to introduce myself.

I grew up in the Northwood Section of Philadelphia. For those of you who don't intimately know Philadelphia's neighborhoods, Northwood is in the lower northeast section of the City. It lies between Frankford and the Roosevelt Boulevard, below Oxford Circle and above Feltonville. It was decidedly not a Jewish part of the City, but through my parents I was fortunate to be part of a wonderful Jewish community at Congregation Keneseth Israel in Elkins Park. GJC is in every way my Jewish home, but I am always happy to visit KI, where my sister and mother still belong.

I attended a local public school in Northwood through sixth grade. I then attended and graduated high school from Germantown Friends School. (For SEPTA nerds, I took the K or J bus across town, and amazingly was able to take both buses home from the GFS playing fields.) I attended Williams College and Yale Law School. I then had the good fortune to serve as a law clerk to a federal judge in Boston. That's where I met one Marta Taylor, an absolutely spectacular person who remains the love of my life. Marta was finishing medical school at the time and beginning her training as an Ear Nose and Throat doctor.

Marta and I were married, had our first child, and lived for five years in North Carolina while she underwent residency training at the University of North Carolina in Chapel Hill. When her residency finished, somehow I persuaded her to move to Philadelphia. We moved into a home in Chestnut Hill in December 2003. A few years later, we moved to a home on Allens Lane, and happily we've been here ever since. I practice law at a firm in Center City. Marta remains a specialist in otolaryngology with an office in Chestnut Hill. Some of you are probably her patients.

We have been GJC members since almost the day we moved to Philadelphia. Our three children - Isaac, Jacob, and Naomi – attended pre-school at the Early Childhood Program. They have attended or are attending the religious school. Isaac recently had his bar mitzvah, which was an incredible moment for our family. Many of our friends are part of the GJC community. Over the years, the synagogue and the people who make it hum have become inextricably woven into the fabric of our life. It is difficult to imagine our life in Philadelphia without GJC and its people. For us, as it is the case for many of you, GJC is not simply a Jewish home, but a framework within which our life unfolds.

You all know Percy Bysshe Shelley's famous poem "Ozymandias," in which the speaker recalls having met a traveler who tells about the ruins of a statute in his native country. The poem is a com-

mentary on the transience of political power, the insignificance of human endeavor when measured against the vastness of time, and the power of art to outlast the other legacies of power. The poem is also a powerful reminder that no institution is guaranteed longevity or success.

GIC has thrived for nearly 80 years due to the willpower, generosity, and dedication of its remarkable membership and staff. I hope that the synagogue will be equally strong 80 years from now - that my kids, and their kids, should have the same opportunity to be enveloped and grow within a community so completely dedicated to the principles of kindness, decency, generosity, and inclusion. That work is not for the future. It is for today, as we strive to keep the synagogue financially sound, and to enhance the communities that comprise GJC as a whole. I look forward to this work as GJC's new president! I look forward to working with all of you to keep the synagogue vibrant.

Thank you for all for reposing your trust in me. I will do my best to be a careful steward of this place we value and love. Happy summer!

Germantown Jewish Centre
would like to extend
thanks and gratitude to the
Wolfe Family Foundation
for generously
supporting and making
our programming possible.



July 15

• Kol Zimrah

July 22

• Tot Shabbat

August 13

• Erev Tish'ah b'Av Program, Service & Eicha

August 19

• Tot Shabbat

Kabbalat Shabbat / Kol Zimrah / Kol Ha-Lev Fridays at 6 PM (unless otherwise noted)

Shabbat Morning Services at 10 AM (unless otherwise noted)

Shabbat Morning Kids Space - Room 305

Kids are welcome to play Shabbat-friendly games in Room 305 - bring your own and some will be provided. Please respect the space, clean up after yourselves and put all games away after use.

ISRAELI DANCING

Summer Israeli Dancing
Wednesdays in August
(there will be no Israeli Dancing in July)
August 3, 10, 17, 24 & 31 from 7:00-9:00 PM

Israeli Dancing on Sundays (at 10 AM) will resume on Sunday, September 11.

Taught by our wonderful, experienced dance teacher, Grant Shulman, GJC's Israeli dance group welcomes dancers of all ages and levels. We begin each session with 45 minutes of beginner dances, followed by instruction, review, open dancing and requests with increasing levels of difficulty. GJC's dance group is proud to be friendly and inclusive.

For more information, contact Tamar Magdovitz at tamarmagdovitz@gmail.com.



(May 2016 – June 2016)

IN CELEBRATION...

Marcy & Dan Bacine, on the birth of their granddaughter, Hazel Floria Bacine, born on June 7, daughter of Alyse & Matthew Bacine

Aryeh & Reena Friedman, on the

marriage of their daughter, Shira, to Glen Romonosky

Tamar Jacobson, on the marriage of her son, Gilan Barkan, to Yuliya Pachos

Avriel Kalman, son of David Zvi & Yael Kalman, on his Upsherin

Carol & Marty Kaplan, on their 61st wedding anniversary

Diane Ajl & Neil Kitrosser, on the marriage of their son, Jeffrey Ajl Kitrosser, to Lauren Aliyah Berger

Jim & Sandy Meyer, on their 50th wedding anniversary

Jim & Sandy Meyer, on the birth of their granddaughter, Philippa Kathryn Meyer, born on June 13, daughter of Anna Oler & Alex Meyer

Linda & Marty Millison, on their 50th wedding anniversary

Andi & Jon Moselle, on the birth of their grandson, Levi Micah Moselle Henderson, son of Elizabeth Moselle and Jason Henderson

Jayne Pardys, daughter of David & Susan Pardys, on winning 2nd place in the PA state competition for her National History Day documentary, and going to the National History Day Competition

Joan Silver, on her special birthday

Bev Somerson, on her special birthday

Bradley & Christina Terebelo, on the birth of their son, Miles Arthur Terebelo

Jonah Samuel Wade, son of Steven Wade & Martha Millison, on becoming Bar Mitzvah

Aaron Weber, on his special birthday

Zachary Wray, son of Matthew Wray & Jill Gurvey, on becoming Bar Mitzvah

IN MEMORIAM

Stephanie Shapiro, niece of Mindy Shapiro

William Diamond, father of Yona Diamond Dansky

Hans Thalheimer, father of David Thalheimer

Irving Spivack, father of Jordan Spivack

Shira Salant, sister of Bob Pomerantz

Arthur Nissen, father of Jill Nissen

Sharon Kaplan, daughter-in-law of Carol & Marty Kaplan

Join us in welcoming new members

Itzchak Kornfeld & Maria Barracca Daniel & Susan Mangold



Join the Ner Tamid Society by Making a Planned Gift to GJC

Please consider making a planned gift to the Germantown Jewish Centre's endowment fund. Planned gifts come in many forms, including for example – charitable gift annuities, life insurance, trusts, or even a bequest in your will.

For more information about how you can join the Ner Tamid Society please contact the office.

Tutoring for Reading and Language Arts Wilson Reading System Certified



Ellen Reese

Tel: 610 668 9865 Cel: 267 971 7970

e-mail: emr@telegraphics.com

THE LITTLE SHOP

Summer Hours (6/20 - 9/6)

Wed 12-5 pm Fri 12-5 pm

By appointment – contact Marcy Bacine

or Connie Katz



Ethan Rochman and mom, Sue, select kippot for his upcoming bar mitzvah in November.



Teens purchasing a heart charm necklace (PS - it was not for mom).

Special Discounts

 10% off all items throughout the summer

Early Childhood Program (ECP)

By Jodi Gordon, ECP Director







The ECP celebrated Israel's birthday with a program called "A Taste of Israel" which is an imaginary trip to Israel that our entire ECP takes together. Each class prepared for their "pretend trip" by creating passports, t-shirts, and little suitcases (bags) to take with them on their trip. We all gathered together in one of the larger classrooms for a pretend take-off on an airplane. We pretended to land in Israel and each class then visited a different city in Israel. We set up each

classroom as a different city including Tel- Aviv (the Café where children taste the foods of Israel), Eilat where the children play in the water (water tables) and the Negev where the children dig in the sand boxes for little treasures. They also stopped at the Kotel in Jerusalem to place a special note in the Wall. We ended our trip up North in Zfat where the children decorated their very own Hamsa for good luck and to take back home with them.



	LOTS FOR TOTS at GJC		
1600	SING ● DANCE ● LAUGH ● LEARN ● Explo	ore and connect with other families.	
	Tot Storytime at the Big Blue Marble offsite at 551 Carpenter Lane	Friday, July 8 at 10:30 AM	
	Kol Zimrah Musical Service	Friday, July 15 at 6 PM	
	Tot Shabbat	Friday, July 22 at 6 PM	
	Tot Storytime at the Big Blue Marble offsite at 551 Carpenter Lane	Friday, August 5 at 10:30 AM	
	Tot Shabbat	Friday, August 19 at 6 PM	

Religious School

Shaboom! is a Blast

By Rabbi Alanna Sklover, Rabbi Educator

his spring, something new and wonderful hit the internet's ondemand airwaves. Jewish online content for young children (I'm thinking here about ages 3-6, or so) has long disappointed me. Characteristics including low production value, pronunciation of Hebrew that is incongruous with the sound of non-Ashkenazi/Orthodox worship, a lack of racial and gender diversity, and non-egalitarian portrayals of gender roles in Judaism render much of this content unusable and even alienating to many families who are raising Jewish children today. Plainly put, it has been challenging for today's families to find educational and engaging Jewish online content for their young children that looks and feels representative of their own Jewish experience.

A new offering from BimBam (formerly G-dcast) and its creative and visionary leader, Sarah Lefton, is changing this scenario. In partnership with organizations across the Jewish landscape - United Synagogue of Conservative Judaism (USCJ) Union for Reform Judaism (URJ), PJ Library among others,

BimBam has now released the premier episodes of *Shaboom!*, an animated webseries geared towards Jewish 3-7 year-olds and their families. *Shaboom!* will offer 11 episodes in its first season (each episode is about 8 minutes long and new episodes will become available each week) and each episode will post with a short accompanying Parent video and resources for home and classroom.

But... what is *Shaboom!*? In its pilot episode (available now http://www.bimbam.com/kids-family/) we meet Gabi and Rafael, two "sparks," magical angelic (and multi-racial!) creatures who are on a mission to "fix the world." They live in a world of magic in which all stars have six points - Gabi even sports a Jewish star on her hair clips – and rainbow slides are the main mode of transportation. Using their magic word "Shaboom!" they playfully help human characters in our world to notice and tap into the power of mitzvot (in the case of the first episode, the commandment of hachnasat orchim - welcoming) with song, jokes, and up-to-date cultural references.

In addition to being visually engaging



and of a high professional quality, the thing that most impressed me about *Shaboom!* was the way in which the show blends together both accessibly and higher-level Jewish cultural and religious "in-language" (the *random* family helped by Gabi and Rafael are called "the Plonys", Yiddish is integrated in lines like "oops, plotz-landing!" and their sign-off, "So may it be, next week," reminds us of ending a rabbinic teaching with the words *ken y'hi ratzon*).

I look forward to seeing how the rest of the first season of *Shaboom!* unfolds, and look forward to hearing your (and your children's) reflections as well. And, as Rafael and Gabby say, "Time to shine, sparks. SHABOOM!"

Hazak News

By Helen Feinberg & Coleman Poses





A Walk in Chanticleer, photos courtesy of GJC member Ellie Seif

The year may be winding down and summer may be approaching (or we might be in the full heat of Philadelphia summer), but our Hazak group doesn't stop for summer. During our annual Hazak Shabbat on May 14, Dr. Reena Friedman presented a delightful and informative d'var Torah about prominent Philadelphia Jews and their major contributions to Philadelphia life over the centuries, which offered much to think and talk about at the kiddush lunch that followed.

On June 15, we went on a walk through the Chanticleer Gardens in Wayne. This beautiful spot is probably not as well-known as Longwood Gardens, but it should be (or maybe not, better to keep a little secret). Whimsical, lovely garden walks and a tour of the house, which is rarely accessible to visitors, made this a delightful morning. Thanks to Martha Schleifer for arranging and reserving the day, and to Ellie Seif for taking pictures!

On Wednesday, July 20, at 7:00 pm, we'll be showing the film

"Frozen River." This movie from 2002 deals with difficult contemporary issues – immigration, poverty, parenting alone – in a compelling and sometimes ominous way. The cast is excellent. As always, we will have a chance to react to the movie and discuss its further implications. We expect a full house!]

And look for "Opera Stars," our annual talk by opera expert Sam Feinberg, toward the end of August!



Upcoming book group book and dates (at 10:00 AM) are:

- July 13: Walking the Bible: A Journey by Land Through the Five Books of Moses by Bruce Feiler
- August 10: The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus by Amy-Jill Levine
- September 14: Shylock is my Name by Howard Jacobson



Sonia Dishler

Sonia Dishler, 84, may be best known to members of the Charry minyan for having had a Bat Mitzvah at age 60 and for reading the haftarah on a regular basis ever since. As she noted, 84 years is a long time. Sonia has a remarkable story of how she has lived her life and contributed to people living in poverty, society's outcasts, and those who are vulnerable.

She grew up with privilege. Born a half block from Har Zion's old location in Wynnefield, Sonia still lives a half block from Har Zion's current location in Penn Valley.

"Our family didn't suffer during the depression," she said, sitting in the living room of the memory-filled apartment she shared with her husband, Bob, before his death in 2009. "My mother's family owned a cigar factory - my whole family worked there - and my father had a furniture store. We had a lot of servants, chauffeurs and domestic help. I still remember the milkman coming with a horse and carriage," she recalled. "People came down the driveway, selling horseradish and knife sharpeners, all kinds of things. There were no supermarkets. We'd go to the baker, to the butcher, to the fruit and vegetable seller. We spent summers in a log cabin in Arden, Delaware. I've lived a lucky life."

When her brother decided to go to a new camp called Camp Galil, a Labor Zionist camp, Sonia followed the next year. "We were the only people from Wynnefield who went to Camp Galil," she said. "That was a

Member Spotlight

By Linda Kriger

whole different world than I was used to. It was based on living as if you were on a Kibbutz. I met all these people from the folkshul in Philadelphia. Coming from an almost Orthodox background, it was like being introduced to Reconstructionism. We talked about the meaning of every holiday. Shabbat was given a meaning for me it never had before. Saturdays, we'd study and appreciate nature. I became active in Habonim (the sponsoring organization) and recruited for Galil when I got back to the city."

Sonia attended neighborhood public schools, including Overbrook High School and then went on to the University of Pennsylvania.

"We never thought about going anywhere besides Penn and Temple," she said. "You didn't think of travelling all over the country in those days. Travel was difficult." This was particularly true for Jews. "Everything wasn't open and accepting the way it is now. When you wanted to travel someplace, you went to Rosenbluth Travel Agency and found out where they would accept Jews. Or you visited family. In New England, when I was in my teens, one hotel told my father, 'We don't take people with your nose.'"

Sonia graduated from Penn in 1953. Tuition was \$600 a year. In her last year at Penn, after all those years at a Zionist camp, she decided to see Israel for herself. She traveled on a Jewish Agency trip with young people from Australia, South Africa, New Zealand, England and Canada as well as the U.S. They traveled on a yacht given to the Agency as part of German reparations for the Holocaust, but the boat was highly unstable.

"Water would come gushing through the portholes," she said. "People were getting seasick. Mothers were on the floor sick and kids were crying. There was no airport, no El Al. We landed in Haifa, and people were on the dock, cheering every time a boat came in. They took us to this gymnasium in Jerusalem. We slept on army cots, and the only water we had was from cisterns on the roof. We Americans depleted it. We had to go around begging for showers."

She saw a nation in the process of rebuilding after the War of Independence. "In that time, they hadn't rebuilt Hadassah Hospital or Hebrew University yet," she recalled. She spent a few weeks working on the kibbutz where Haim Klimoff, the man who would be her first husband, had been living for two years. "We were entitled to one piece of meat a week, and that was special for us," she said. "I don't know how much weight I lost."

Back in the U.S., she brought Haim regards from his fellow kibbutzniks from Gesher Aziv. They began dating and married. [Haim had lived in Kensington but his parents moved to NJ and following their marriage, Sonia and Haim moved there as well.] "That was a culture shock," she said. Sonia was married to Haim for 18 years. They had two children, a daughter, Dodi, 58 and a son, Louis, 60. Louis lives in Princeton, and has worked for Dow Jones for 40 years. Dodi lives in Elkins Park, and works at Gratz College as assistant to the President. "For a couple of years, we car-pooled them to Solomon Schechter at Har Zion in Wynnefield, from Haddon Township, NJ," she said. "Later, they went to Akiba and the car-pooling continued. They never forgave me, because after they graduated, I moved to Old Lancaster Road within walking distance of Akiba," she added with a grin.

Sonia worked for 10 years in her husband's fabric store, but it wasn't enough for her restless mind. She took one course at a time at Temple and got a degree as a reading specialist. She became involved in Gestalt Therapy and Rational Emotive Therapy and Bioenergetics and later took a three-year intensive training in Family Therapy at the Family Institute of Philadelphia.

She worked in an elementary school, and when the school started a child study team, Sonia went back to school and became a school psychologist. For many years, she did a lot of testing but didn't feel sufficiently well paid. In the early 1970's, she shifted to an intermediate unit serving private schools in Delaware County. Intermediate units, which were created in 1971 in Pennsylvania, provide programs and services to children, particularly those with special needs. "We went into schools where no publicly paid professionals had crossed the threshold before: Catholic, Evangelical and Friends schools," Sonia said.

When she and her husband divorced in 1971, Sonia moved to Pennsauken. Single, she ran selfawareness workshops with another psychologist. But her job in non-public schools was about to come to an end. "Ted Mann, a friend, brought a case to the Pennsylvania Supreme court about the separation of religion and state. We were shut down. I ended up in a community health center, the Gloucester County Community Health Center, where I became a therapist."

After a couple of years, Sonia became the Director of Consultation Education. Working with the Division of Family Services, Sonia and her staff worked with students who were sexually abused, and young girls who'd gotten pregnant. She visited nursing homes, trained staff, ran mental health training workshops and dealt with a new deadly illness, AIDS.

"It was quite interesting," she says of her varied portfolio. "One day I was in a school and, over the loud-speaker, they announced there was a horrific car accident and that some of the kids in the school were killed. The next announcement was that the students should go in and take their

standardized tests. The kids were in shock. There wasn't grief counseling at the time."

After that experience, Sonia helped to develop a task force for survivors of tragic deaths, including gun deaths and suicide, and talked to students. She would also pick up the pieces after schools would "bring someone in and scare the kids about taking drugs, and kids would be scared that their mother smoked and drank alcohol. We'd talk to them." In the 1980's, Sonia conducted another study for a course she was taking, on the children of lesbian mothers. Having run a support group for gay couples, she found that lesbian couples often gave their children male role models by involving them with uncles, male friends and grandfathers.

Sonia was also involved in programs to help students navigate the world once they graduated from high school. "Kids had no idea how to open a bank account, rent a car, or get an apartment," she noted. "We had a workshop where they had to solve problems."

She continued following her interest in helping families in poverty deal with stress. She ran a group for parents of preschoolers in Headstart. Then the mental health center in Gloucester County received a large grant from Columbia Presbyterian Hospital in New York and the Robert Wood Johnson Foundation to help prevent teenage suicide. Sonia ran that program in South Jersey. She also ran a group for people who had lost someone to suicide.

Despite all her professional responsibilities, Sonia found the time to study and complete her doctorate in 1991 at the Fielding Institute, in Santa Barbara, CA, "which had been started for working women who had a hard time getting into doctoral programs." Armed with an old computer, she took courses online, and would meet monthly with a professor at the Philadelphia airport. During the summers, she went to Santa Barbara for a few weeks. It took her about five years to get her doctorate. She stayed with the Gloucester Mental Health Center for

25 years, retiring in 1998. Since then, Sonia has a part time private practice in Voorhees, NJ.

Standing in a supermarket checkout line one day, she met Bob Dishler. "Bob was a talker," she said. He worked for the C.E.T.A. (Comprehensive Employment and Training Act), getting people connected to the workforce. "I was interested in all these social problems and we started talking," she recalled.

"He brought me back into the synagogue. During my single life, I wasn't part of it anymore," she said. "He was a gabbai, and head of the House and Design Committee. We married in 1981, after living together." They were together for some 30 years.

"At the beginning, it was uncomfortable for us, because his first wife was still at GJC," Sonia said, so they joined a havurah at the Kaiserman JCC, and, she said, "a woman handed me the music and trope (musical notations in the Torah and haftarah). I knew how to read Hebrew. I taught myself the trope. Ron Anbar taught me Torah and Haftarah. For my 60th birthday, in 1992, I wanted to have a Bat Mitzvah, because a woman couldn't even get an aliyah when I was growing up."

They had always kept a connection to the Germantown Jewish Centre. "Rabbi (Sanford) Hahn kept saying, 'Do you want to do that much?' My Bat Mitzvah was on the first day of Passover. It will be 25 years next year. I read the maftir, the haftarah, and made a speech. Then I started reading Torah. Lately, whenever they ask me, I do the haftarah," which she recently read for the Hazak Shabbat. "If you want me to come to services, give me something to do," she said, smiling.

With two children and eight grandchildren, Sonia continues to stay intellectually and physically engaged. She was a docent for an exhibit at the Kimmel Center about Pope John Paul and the Jews. She participates in an inter-

continued on next page

The Study of Mussar

By Linda Kriger

Me think of ourselves as good peo-ple. And for the most part, we are. But we may be unaware that during the course of every day, self-absorption can unconsciously creep into our relationships. We may not listen as a spouse or a child tries to communicate with us. We may casually make a remark that hurts someone we work with or have a casual relationship with. We become angry at drivers whom we think drive poorly. We may even think that because we do social justice work or take care of others who are sick or old, that we already do too much giving and we could do with a little more self-caring.

The practice of Mussar offers a wake-up call in all these situations and many more. It provides a toolbox that enables us to balance the need for self care with the need to take care of others.

Similar to when we endeavor to transform our lives – whether losing 10 pounds or getting sober - Mussar requires conscious and attentive daily work. Weekly classes delve into the 13 middot, or character traits that origi-

nated with Benjamin Franklin and were translated into so many languages that they came to the attention of Rabbi Israel Salanter of Lithuania, who created a curriculum around them. Traditionally, the middot were taught in a punitive manner in yeshivas. Rabbi Ira Stone, rabbi emeritus of Beth Israel-Beth Zion in Center City, has adapted Mussar for the modern age.

Each student meets weekly with a hevruta, someone from class to study the text and to deal with troubling personal incidents during the week. We journal daily – through writing or speaking aloud - relating how we behaved in situations the day before and noting when we acted out of our yetzer ha rah. We become acquainted with the sly functioning of our yetzer ha rah – often translated as the evil impulse, but which modern Mussar calls self-absorption.

We begin the study of Mussar with seder – order. Mussar tells us that unless our possessions and schedules are in order, we do not have room to attend to the needs of the other. Some other traits include patience, humility, righteousness (not self-righteousness), calmness, trust

and one of the most salient middot or traits: shtikah – or silence – when we take a moment before we speak to consider whether what is about to come out of our mouths will help or harm the situation at hand.

You are invited to enter into this effective ethical mindfulness training. People who have studied Mussar find that it has improved their relationships with their closest others, with themselves, with co-workers and with people they encounter during the course of their daily lives.

Book:

Mesillat Yesharim by Moses Chaim Luzzatto (Ramchal) with commentary by Rabbi Ira Stone.

Teacher:

Linda Kriger

Schedule:

Eleven Sessions: Tues 7-9 pm, Sept. 6, 13, 20, 27; Nov. 1, 8, 15, 22, 29; Dec. 6, 13. Please call the office for fee structure.

Member Spotlight

Continued from page 9

faith dialogue between Jews and Catholics at St. Joseph's University.

"Another important part of my life is that when I retired, I got into golf and bridge," Sonia said. "I got a hole-in-one at the Bala Golf Club. My son and nephew were with me that day. I'm also the bridge chairman there."

Sonia is attached to GJC because, she said, "They accepted me. It's their egalitarianism. That was the big thing. I could get up and read Torah and haftarah. To me it's an amazing privilege considering the environment I grew up in."



Two Mussar Group Graduations with Rabbi Ira Stone



Women's Club News

By Marcy Fish (co-president), Yona Diamond Dansky (outgoing co-president), and Sandy Meyer (incoming co-president)

he Women's Club calendar has wound down to the quiet schedule of the summer. The year just ending included fascinating programs about the artist Frida Kahlo, the political pulse from Eli Lake and the fun of cake decorating. There were also the ongoing/annual events, many co-sponsored with other groups: Women's Clothing Giveaway (co-sponsored with Social Justice Committee), Sharing our Stories-Sharing our Lives, Welcome Back Brunch, Paid-up Membership Brunch, Purim Bash, Women's Shabbat, and Torah Fund Brunch. The calendar for the 2016-17 year is already packed with programs and activities! There will be multiple interesting topics covered related to health and well being.

Women's Club is a group of women who get together to learn, eat, socialize, but most of all—to support GJC. We are but one of the groups within this amazing community of communities and we welcome all women of GJC. One focus is on fund-raising. The Little Shop, the Purim Bash and Building Beauti-

ful. These huge endeavors benefit general funds in the synagogue as well as many specific items. Did you know that each year Women's Club raises \$25,000 for the synagogue? Did you know that each year Women's Club raises \$18,000 for the Religious School? That we provide gifts for all who celebrate becoming a Bar or Bat Mitzvah and all Confirmands? That we supply holiday treats for the school? That we send care packages to our college students? This year we will also

help sponsor the Rosh ha-Shanah kiddush for all of GJC.

The new covers for the Torah scrolls in the Charry Sanctuary and the Magil Chapel, the WC Building Beautiful project for this past year, are well on their way! The fabrics for the Charry scrolls have been hand-dyed and, after Pesach, they traveled to Israel to begin the process of assembly, where artist Jeanette Kuvin Oren has a studio. The new Torah mantles will be dedicated during this year's Rabbi Elias Charry Memorial Shabbat in November.

Please feel free to come to a WC Board meeting. The first of the fall will be Tuesday evening, September 6th at 7 pm at GJC. They are all open meetings! Shop at the Little Shop (by the way, summer hours begin mid-June, open on Wednesdays and Fridays). Come to programs. Support this awesome place we call home!



Honoree Sandy Meyer & family at the Torah Fund Brunch



Torah Fund Brunch Speaker Dr. Lila Berman



Enjoying the Torah Fund Brunch







Women's & Men's Club Installation

Women's Club Israeli Shopping & Dining Trip

Women from Germantown Jewish Centre ventured to Olde City for an evening of Israeli-themed shopping and dining. This was the second annual field trip to My Little Redemption, a boutique carrying clothes exclusive-

ly from Israeli designers. The owner, Galit Carmely, provided wine and nibbles and fashion advice. The participants tried on outfits and dresses and jewelry and, communally, made comments, suggestions and lots of "oooohs and aaaahs," as women paraded before the mirror. And, during the fun, the group raised \$300 for GJC's General Fund. Ms. Carmely generously donated 10% of all sales. After shopping, the group crossed the street and ate hummus, Israeli salad, pita, shakshouka and toubeoleh at Café Ole.



Dorshei member, Mindy Brown, commented, "Galit's shop is filled with innovative Israeli designers' clothing, inspired by the idea that fashion should be easy and fun to wear. . . . Great company, lovely clothes, and a fantastic dinner!"



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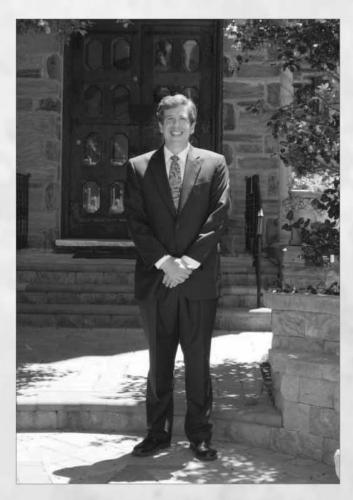
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in memory of Rebecca Tobias, wife in memory of Isaac Feinberg, father refuah shleimah to Rosalie August, friend

in honor of Rabbi Annie Lewis, for her wonderful presence in the GJC community

in honor of Sandy Meyer, as honoree of the Women's Club Torah Fund

in honor of Joan Silver, on her very special birthday in honor of Paul Minkoff, on his special birthday in honor of Bev Somerson, on her very special birthday

in memory of Rose Applebaum, mother in memory of Steven Asher, husband in memory of T'ai Merion, grandson in memory of Abraham Goldenberg, brother in memory of Charles Wasserman, uncle in memory of Edward Kulberg, father

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in honor of Linda Cherkas & Chaim Dworkin, on the marriage of Akiva Dworkin

in honor of Cyrilla Rosen, on her special birthday

in memory of Esther Sharlin, mother

refuah shleimah to Gary Kaplan, wife of Sharon Kaplan and son of Marty & Carol Kaplan

in honor of Denise Wolf & Paul Rudick, on the Bar Mitzvah of their son, Noah

in honor of Cyrilla Gaber Rosen, on her 85th birthday

in memory of William Diamond, father of Yona Diamond Dansky

in memory of Sophie Barash, aunt

in memory of Abraham Barash, grandfather in memory of Sylvia Brockman, mother in memory of Samuel Brockman, father

in honor of Paul Minkoff, on his special birthday in memory of Hilda Minkoff, wife of Paul Minkoff in honor of Joan Silver, on her special birthday in honor of Paul Minkoff, on his special birthday

in memory of Irvin Menin, uncle

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in honor of Michael & Marta Sivitz, grandparents of Madeline & Isabelle Bieber

in honor of Norman & Leah Schwartz, great-grandparents of Benyamin Schwartz

in memory of William Diamond, father of Yona Diamond Dansky in honor of David & Betsy Teutsch, on the engagement of their

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in memory of William Pietrzak, father

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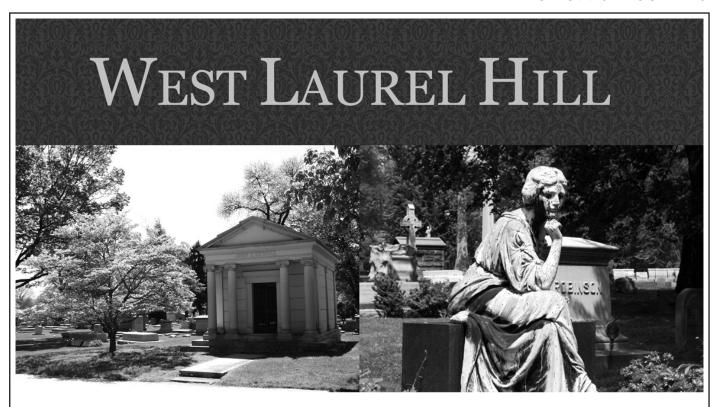
in honor of Diane Ajl & Neil Kitrosser, on the engagement, aufruf, and upcoming marriage of their son,

Jeffrey Ajl Kitrosser to Lauren Aliyah Berger. Mazal Tov!

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in memory of Donald Smith, father of Mark Smith

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in memory of Claire Moselle, mother in memory of Esther Myers, aunt in memory of Benjamin Seif, father in memory of Michael Sussholtz, father

in honor of Rabbi Annie Lewis, and the many contributions she has made to GJC as our wonderful Assistant Rabbi.

We will miss her! in memory of Samuel Ajl, father

in memory of Maurice Asher, father-in-law in memory of Rhea Asher, mother-in-law

in honor of Rabbi Adam Zeff, for helping us prepare for our wedding and for officiating at the ceremony

in memory of Seymour Beer, father in memory of Dora Nierenberg, mother

in appreciation of Rabbi Adam Zeff, with much appreciation from the whole Diamond family, for his help during this difficult time

in memory of Steven Asher, husband of Ina Asher

in honor of Maria Pulzetti

in memory of Beatrice Kitrosser, mother

in honor of Rabbi Adam Zeff

in memory of Kenneth A. Lieberman, husband in memory of Hilda Minkoff, wife of Paul Minkoff in honor of Rabbi Annie Lewis, with thanks in great appreciation of Rabbi Adam Zeff in memory of Kishor Raval, father in memory of Don Secrest, father in memory of Scott Sultar, brother

in memory of Mollie Needleman, grandmother

in memory of William Diamond, father of Yona Diamond Dansky

refuah shleimah to Deborah Fishman, friend

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in memory of William Diamond, father of Yona Diamond Dansky refuah shleimah to Ned Kripke, best wishes for speedy healing and comfort

in celebration of the marriage of Shira Friedman, daughter of Aryeh & Reena Friedman

in celebration of the marriage of Jeffrey Ajl Kitrosser, son of Diane Ajl & Neil Kitrosser

in memory of Edward I. Greenstone, father

in honor of Joan Silver, on her very special birthday

in honor of Bev Somerson, on her very special birthday refuah shleimah to Ned Kripke, friend

refuah shleimah to Ned Kripke, friend in memory of Nathan Erlbaum, brother in memory of Annetta Satkin, sister in memory of Fannie Berger, mother

in honor of Paul Minkoff, on his special birthday

in memory of Jerome Labovitz, father in honor of Joan Silver, on her birthday. All of our love on this special day.

in memory of Regina Spitzer, grandmother in honor of Paul Minkoff, on his special birthday refuah shleimah to Ned Kripke

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in memory of William Diamond, father of Yona Diamond Dansky in honor of Women's Club. Thank you for the college care packages.

in honor of Debbie Aron & Joel Fish, on their son Eli's graduation from the University of Wisconsin Business School

in honor of Judd Levingston & Hillary Kruger, on the Bat Mitzvah of their daughter, Serena

in honor of Laurance Rosenzweig & Hideko Secrest, on the Bat Mitzvah of their daughter, Mei

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in honor of Matthew & Yoel Solis, on the Bat Mitzvah of their daughter, Erica

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of their daughter, Jemma

in memory of Frances Winderman, aunt in memory of Charles B. Stern, husband



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