



# The Voice

**Office and Worship:** Unitarian Universalist Congregation of Frederick (UUCF), 4880 Elmer Derr Rd., Frederick, MD 21703

## Time, Stress, Shabbat, and Inner Peace

**Rabbi Marc A. Gruber**



**D**ecades ago, in 1999, James Gleick wrote a book entitled *Faster, The Acceleration of Just About*

*Everything*. He suggests that everything is being accelerated. The book helps us to reconsider time and the pace of our lives. Let us consider some ways Gleick illustrates our human shaping of time.

- Let us begin with a personal question. In elevators do you punch the Door Close button to save a few seconds? Always? Sometimes? Never?
- According to Gleick, politicians average 8.2 seconds to answer a question. That is what we mean by a sound byte.
- In Japan, Fumio Komatsuzaki installed a time punch machine for his customers. He offers all you can eat at a rate of thirty-five yen per minute (in 1999). So, diners rush to punch the clock, load their trays

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## Our Mission

To be an inclusive Reform Jewish congregation that is family-focused, community-oriented, emphasizes spiritual and cultural identity, and is dedicated to the Jewish education of all generations.

## Will it ever end?

**Message from Dan Sieger, President**



2020. This is certainly shaping up to be one humdinger of a year. This is the second article I wrote for this month's Voice. It seems that after I wrote the first one; I left it, and

although, I have auto saved turned on my Word program, the system rebooted at some point and didn't save. So, I had to start all over again. 2020 strikes again. This year is feeling like a song that my oldest loved when she was a toddler. The song that never ends, sung by Sheri Lewis and Lamb Chop, but it feels like the words should be 2020 is the year that never ends. Yes, it goes on and on, my friends.

This year started like any other, with people making resolutions (that they hope to hold themselves to - at least until Valentine's Day), and then slowly, quietly the world started to change and no one could stop it. Then, overnight the world stopped. People were told to stay in their houses; kids stayed home from school; people started to work from home; kids started school online; people started to lose their jobs. If you choose to leave your house, you are not able to go see family, friends, or attend services. You were only allowed to go to grocery stores to get food. The hottest item of 2020 is toilet paper. You were asked and then mandated to wear masks. With people getting sick, hospitals ICU's filling up, and people dying, some people treated masks as their fundamental human right not to wear one. This completely boggles my mind. This isn't solely your issue. It is everyone's issue. All of us need to work together to get a handle on Covid-19 and develop treatments and vaccines. Like the old saying goes, the strongest chain is only as strong as its weakest link.

Times like this push people to the edge. People develop anxiety and depression as they feel that their world is not under their control. Mental health issues become more apparent. For people with already diagnosed anxiety, depression, PTSD or any other illness, their condition can take them down a long dark road that appears to them to be unstoppable and unclimbable. This is where we can practice the Jewish value of *Tikun Olam* – repairing our world.

Reach out to someone that you typically don't talk to on a regular basis. Say 'Hello, how you doing?' and then listen. Listen to their thoughts, fears or anything that they want to talk about. This one small act could be just a 5-10 minute call, but it could be the act that holds that weak link together that day and provides the light to their dark day. Now, you may think that you don't have anyone that is feeling this way. But, you don't know. People hide their fears and weaknesses. If the person you talk to is not feeling that way, then it is just a friendly conversation and that is something everyone needs these days.

As you all know, I recently lost my brother and want to thank everyone that has reached out and expressed their thoughts. Please reach out to someone each day: that one call could make a difference to more than just that one person.

As we move into the High Holy Day season, it is important to keep others in our hearts and minds. In the past, we would collect items for individuals in need during the High Holidays. We would donate to homeless shelters and other organizations. Since we will be meeting virtually this year, please do what you can to help. I look forward to seeing everyone at High Holiday services.



## High Holidays 2020

**Jodi Duckhorn**

Congregation Kol Ami of Frederick is proud to offer our 18th season of High Holiday religious programming and our first with Rabbi Marc Gruber.

The High Holidays are a time in our lives when we typically reflect on the previous year, while making resolutions for the year ahead. 5780 has been challenging and different in many ways.

This year, our High Holiday services will be webcast only. We never imagined a virtual world, but here we are striving not to lose sight of the important parts of our lives. We need spirituality, we need to connect and engage, and we need to be together safely.

This is a year of independent reflection for you and your family. We look forward to closing out the year together as a community with a spirit of reflection and connectedness to help propel us into a 5781 filled with health, hope and happiness.

For more information, visit [kolamifrederick.org/worship/holidays/](http://kolamifrederick.org/worship/holidays/) or feel free to email [highholidays@kolamifrederick.org](mailto:highholidays@kolamifrederick.org) with any questions.

### Children

Children's programming is intended for children ages 5 to 10 years old (generally K through 5th grade). In lieu of children's services, we will provide a High Holiday activity bag to children who register. There will be 3 pick-up locations on September 13 from 12-1 pm (Frederick) and 4-6 pm (New Market and Adamstown). Activity bag pick-up locations will be provided after registration.

To receive an activity bag, you must register **no later than September 4**: [kolamifrederick.org/childrens-programming-registration/](http://kolamifrederick.org/childrens-programming-registration/)

Please note: after registering online, you will receive a confirmation email right away. If you do not receive a confirmation email right away, your registration was not complete. If you have any problems filling out the online form, please email [webmaster@kolamifrederick.org](mailto:webmaster@kolamifrederick.org).

We are also asking for volunteers to make a video:

- reading your favorite High Holiday children's story, or
- sharing a holiday recipe including making the recipe, or
- making a children's craft with directions

Videos will be accessible to families through our congregation's restricted YouTube channel. Only those with the link can access the videos. If you are interested in making a High Holiday video, please contact Joanna Sieger at [education@kolamifrederick.org](mailto:education@kolamifrederick.org).

## Schedule of High Holiday Services

High Holiday Services will be webcast. In the beginning of September, information about how to connect to the webcast will be shared with members by email.

### Rosh Hashanah

**Friday, September 18**

7:30 pm Evening Service

**Saturday, September 19**

10:00 am Morning Service

### Yom Kippur

**Sunday, September 27**

7:30 pm Kol Nidre and Evening Service

**Monday, September 28**

10:00 am Morning Service

2:00 pm Afternoon Discussion Group\* led by Rabbi Gruber and Eric Dubbin (Zoom)

4:00 pm Yizkor

5:00 pm Ne'ilah Service

\*Please note the afternoon series of discussion groups is intended for adult participants.

### Yizkor Book

In memory of those no longer with us, a Yizkor book will be read during the Yizkor Service on Yom Kippur. This will include only the names submitted by members on their membership applications. You may email [highholidays@kolamifrederick.org](mailto:highholidays@kolamifrederick.org) **no later than September 21** with additional names to be read during the Yizkor service. Please be sure to include the name of and relationship to the congregant.

### Mitzvot

Members are encouraged to perform the traditional mitzvah of *tzedakah* for the High Holidays.

## When is it appropriate to give a donation to the synagogue?

Receiving an honor in the Synagogue is a special experience. It draws a blessing for the individual, family and entire community, and much more so when this honor occurs during the High Holidays.

It is a custom in many *shuls* around the world to associate a donation/pledge with the privilege of being honored in front of the Torah on the High Holidays. It is considered to be very meritorious to connect these honors with an act of *tzedakah*.

It is also customary, as a thank you, to make extra donations of charity to the synagogue at the time of a *yahrzeit* or when a clergy member officiates at a life cycle or other special event for a family.

## From Rabbi Marc Gruber

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from the buffet table, and concentrate intensely on efficient chewing and swallowing. They try not to waste time talking to their companions before rushing back to punch out. It is so popular in Japan that at lunchtime when the restaurant prepares to open, Tokyo residents wait in line.

With all the labor-saving devices and the hustle and bustle, it seems that we have less and less time to spare. Sometimes it even seems that we have become slaves to the technology that is intended to improve our lives.

Now, our sense of time is challenged by the Covid-19 lockdowns. We are in our homes much more of the time than typically is the case. I have heard more than a few people complain that they have lost track of the days. The days seem less differentiated from one another and blur together.

We are lucky; we have a remedy to counteract the frenetic pace and stressful, and sometimes dehumanizing, conditions of modern life. We call it Judaism; we are heirs to an amazing tradition that, when we make the most of it, focuses our attention on people, grounds us in values, and centers us in community. We are especially blessed with a weekly gift called shabbat.

The shabbat commandment crystallizes the Jewish world view. Shabbat is a celebration of our fundamental ideas about life. From Genesis (2:1-3) we learn to begin in the rhythm of the universe. The shabbat extends its purpose to the sanctity of each person created in God's image. On shabbat we renew our appreciation of God's splendid world and our recognition that we are part of it. Deuteronomy (5: 15) reminds us that everyone rests; master, slave, and even farm animals.

Sadly, today in America, shabbat is either Saturday, our national errand day, or a time to complete all our household

chores. This practice allows us to concentrate on our work the other days of the week. Shabbat no longer liberates us, but merely enables us to work for our masters even harder. One quality of shabbat in Israel that I cherish and enjoy is that the stores are closed. Perhaps folks are forced to do so, but on shabbat families spend time at leisure together.

**“Shabbat shalom is much more than a greeting. It is a wish and a reminder to use this day to make ourselves whole again by rekindling our spirits, not just resting our bodies.”**

Shabbat helps us avoid some ill effects of stress. Especially during this time of pandemic, shabbat observance can help us find a rhythm for our week and differentiate our days. In our shabbat prayers, we say *yinafash*. This Hebrew word means rest and refreshment. It has the same root as *nefesh*, person, soul, and individual. Shabbat teaches about rest. Resting is not simply sleeping or remaining idle. It is refreshing and renewing our souls and selves. “Shabbat shalom” is much more than a greeting. It is a wish and a reminder to use this day to make ourselves whole again by rekindling our spirits, not just resting our bodies. We celebrate *oneg shabbat*, the delight of shabbat, and we learn that creativity and joyous activity are keys to reducing stress, improving health, and recovering wholeness. That is why on shabbat, tradition commands us to engage in intimate relations with our spouse. Love and passion are as much an aspect of shabbat observance as prayer and meditation.

Shabbat refreshment, one day, every week, may be a difficult prescription for well-being, but it can make a world of difference, and a difference for our world. As we enter the new year, give yourself and your family the gift of shabbat. It means abandoning work, chores, and shopping. It means a delicious meal and spending time together as a family. Shabbat can help us learn to reserve time to love, to speak, and to share the precious thoughts in our minds. It means listening to one another. It means time for community. It is true, shabbat may not be an easy day. Being holy is more difficult than being rich or successful. Observing shabbat does not happen easily; it takes practice. This practice can heal our souls, our families, and our neighborhoods. George Carlin, z”l, noted, “Life is not measured by the number of breaths we take, but by the moments that take our breath away.” Through shabbat we cultivate openness to such moments.

After *havdalah*, when we return to the work week, some of us may find that we exhibit some peculiar symptoms. Be careful, you may be contagious. You might find that you have an amazing ability to enjoy each moment. You could lose interest in judging other people and in judging yourself. Your ability to worry may be severely inhibited. You might succumb to frequent and overwhelming feelings of appreciation and even attacks of smiling. Lastly, it may happen that you are increasingly susceptible to the love extended by others and have uncontrollable urges to return that love. If this is the case, you may very well have contracted a rare condition known as inner peace. It is the one hazard of increased shabbat observance. Enjoy it!

From our home to yours, Renee and I wish you *l'shanah tovah oo'metukah* – a good and sweet new year.

B'vrakha – with blessing,  
Rabbi Marc Gruber

# Religious School Teachers

## Religious School Update

**Joanna Sieger**

Religious school begins on Sunday, September 13, 2020 at 10 a.m. We are going virtual this year and are very excited about the curriculum and education model we've developed. Special thanks to the Education Committee: Samantha Lieberman, Sabrina Nail, Ali Lazorchak, Angela Kearny, and Michael Cohen for all their time and work over the summer to prepare our school. School will be held every Sunday from 10-11 a.m. and each class will meet an additional time during the week.



### **Joanna Sieger, Director of Education**

After teaching school for eight years in Kol Ami's Religious School, Joanna became the Director of Education in 2018. She is also the director of the Beth Sholom Early Childhood Center in Frederick, where she teaches the two-year-old class. Additionally, she serves on the Executive Committee of Kol Ami as the Immediate Past President, having served as the President from 2016 – 2018. She is the mother of three children: Molly, Zachary, and Sarah. She feels that our children's religious school education is incredibly important because it is where our youth gain their sense of community.



### **Angela Kearney, Kindergarten, 1st and 2nd Grades**

Angela Kearney and her husband, Mike, live with their dog "Maggie" in Middletown. They have 3 daughters, Amanda who owns a local salon studio, our middle daughter Morghan, who works as a dispatcher in Washington county and our youngest who is attending Towson University. They also have two grandsons. Angela and Mike own a few local businesses. Happy Paws, Inc. and Strike Zone batting cages. Angela is currently working with MSquared Dog Training. Mike retired from Rockville City Police Department and now works for "I Drive Smart", teaching teens to drive safely. The Kearneys have been Kol Ami members for 6 years.



### **Michaela Black, 3rd Grade**

Michaela is happy to be teaching the 3rd grade class once again. It is her third-year teaching for Congregation Kol Ami of Frederick. She has three children, 2 cats, one dog and a bunch of chickens. Michaela lives in the mountains between Camp Airy and Camp Louise. During the week she helps her husband Colt run their funeral home. Michaela loves to read outside and decorate cakes.



### **Colt Black, 4th and 5th Grades**

Colt Black has been a member of Congregation Kol Ami for over 3 years. He graduated from American Academy McAllister Institute of Funeral Services in New York, NY in 2009 with an Associate's Degree in Funeral Service. Colt is a licensed Maryland Mortician, Pennsylvania Funeral Director and Maryland Life Insurance Producer. Colt also holds multiple emergency services credentials issued by the University of Maryland Fire/Rescue Institute. He is the owner of Black's Funeral Home in Thurmont, MD. Colt is married to his loving wife Micheala and is the proud father of his children Denver, Atlas and Liberty. When not working Colt enjoys spending time with family, and outdoor sports. Colt is looking forward to another successful year teaching.



### **Joe Anderson, 6th Grade**

Joe is a Virginia native who relocated from Richmond to Frederick in 2013 with his wife, Michelle, and daughter, Anna, a third grader at Oakdale Elementary. He is a data scientist for the Army, and he has taught high school and college students Bioinformatics and Internet of Things Engineering. This is Joe's second year teaching religious school, and he is excited for a great year of learning. He is looking forward to meeting the students and parents. He also builds motorcycles, welds, does woodworking, and has two lazy girl pit bulls that show up on camera from time to time. Joe wants everyone to have a great year and do some mitzvot.



### **David Bass, 7th Grade**

David grew up in Bayside, Queens with his mom and younger brother. He had his Bar Mitzvah and Confirmation at Temple Beth Sholom, a Reform Temple in Queens, and was active in BBYO throughout high school. David has a bachelor's degree in History and Africana Studies and a master's degree in Special Education and Public Administration (MPA). David currently serves as the Hillel Director at Gettysburg College and as an Academic Tutor for College Living Experience. David is a member of the Kol Ami Board of Trustees.



### **Tom Brancato, 7th Grade**

Tom grew up with his parents and twin sisters on Long Island, NY. After high school, Tom attended Rensselaer Polytechnic Institute (RPI) where he received his bachelor's degree in computer science and math. Upon graduating, Tom began his career as a software engineer working for Lockheed Martin. Tom holds master's degrees in systems engineering from Cornell University and economics from Binghamton University. After about a year of study, and almost a decade of living a Jewish life, Tom converted to Judaism last year. Tom enjoys bike riding, tennis, baseball, theater, and eating out at the great restaurants Frederick has to offer.

# Congregation Kol Ami of Frederick Offers a Modern Approach to Religious School with ShalomLearning

**This fall, Congregation Kol Ami of Frederick will proudly offer the ShalomLearning program for grades K-7.**



## Values Curriculum

The ShalomLearning's values-based curriculum explores seven Jewish values and their relevance in our everyday lives. Students will learn to use Jewish sources to make responsible decisions and build positive relationships.

## Hebrew Curriculum

Using the ShalomLearning Hebrew program, we will teach your children to read Hebrew, chant prayers, and understand their meaning. At home, students in grades 3-7 can log into the ShalomLearning portal to practice.

## Virtual Classroom

Learning together in a virtual classroom, students will interact with each other in a real-time, teacher-led class. By being able to log in from home (or anywhere), students understand that learning and Judaism happen everywhere, not just in the Religious School.



## CONTACT

Joanna Sieger  
education@kolamifrederick.org  
www.kolamifrederick.org

[www.shalomlearning.org](http://www.shalomlearning.org)

## Meet and Greet with Rabbi Gruber

On July 20, Kol Ami congregants had an opportunity to meet with Rabbi Marc and Renee Gruber. Respecting the constraints necessary in the time of the COVID-19 pandemic, members met during pre-arranged times, wearing masks and maintaining physical distances. In August, congregants socialized during virtual parlor meetings in the comfort of their homes using zoom-mediated communication. Watch the weekly bulletin for more opportunities to engage with Rabbi Gruber and fellow Kol Ami members.



**Torah...“It is a tree of life to all who grasp it, and whoever holds on to it is happy; its ways are ways of pleasantness, and all its paths are peace. (Proverbs 3:17-18)**

**The Parshyot for September and October are as follows:**

**September 5 – *Ki tavo*, Deuteronomy 26:1-29:8**

The Israelites are encouraged to show thanks to God for their freedom and bountiful harvests by tithing 10 percent of their crops.

**September 12 – (*Selihot*) *Nitzavim-Vayeilech*, Deuteronomy 29:9-31:30**

Moses tells the assembly that God’s covenant applies to them and to all following generations, but they need to follow His commandments. Moses prepares the Israelites for his death and announces Joshua will succeed him.

**September 19 – *Rosh Hashanah***

**September 26 – *Yom Rishon shel Rosh Hashanah*, Genesis 22:1-19**

These verses, known as “The Akeidah” or “the binding,” describe how God tests Abraham by calling on him to sacrifice his son. (Conservatives celebrate Shabbat Shuvah today by reading Ha’azinu, Deuteronomy 32:1-52.)

**October 3 – *Sukkot*, Leviticus 23:33-44**

Describes the Feast of Tabernacles (or “Feast of Ingathering” in

Exod. 23:16) to celebrate harvest season.

**October 10 – *Shemini Atseret/Simhat Torah*, Deut. 33:1-34:12, Genesis 1:1-2:3**

The final day of Deuteronomy, in which Moses provides his valedictory song before blessing the people one last time and ascending Mount Nebo. And we start anew, “In the beginning...”

**October 17 – *Bereshit*, Genesis 1:1-6:8**

God creates the world and everything in it, but humans quickly give Him second thoughts.

**October 24 – *Noach*, Genesis 6:9-11:32**

God causes a flood, sparing only Noah’s family and the animals gathered on the ark. Life starts over with the Noachide Laws and the rainbow. People build a city with the Tower of Babel; then God scatters them.

**October 31 – *Lech L’cha*, Genesis 12:1-17:27**

Abram, Sara, and Lot travel to Canaan, then to Egypt. Abram has a son (Ishmael) with his maidservant Hagar. God establishes a covenant with Abram.

**Wish your friends a happy birthday and give to Kol Ami!**

Everyone likes to be remembered, and it’s time to celebrate our October and November birthday congregants.

All you have to do is cut out the list, place a checkmark next to the name(s) of those you want to send a greeting, (at \$1.00 per greeting), and sign the list the way you want your name written on the card. Please make your check out to Congregation Kol Ami of Frederick, and mail it to: Judi Feldman, 5005 Small Gains Way, Frederick, MD 21703.

Judi will send out a festive card, to each recipient, with the names of those sending birthday wishes. Please respond ASAP and before Sep 25 for both months.

**Very Important:** Please check the list and make sure we did not omit your name or the name(s) of your family members. If you have any questions, please call Judi at (216) 402-5543. Thank you very much!

Birthday greetings from: \_\_\_\_\_  
(Please indicate how the cards should be signed, i.e. Mr. and Mrs. Smith, Jane Smith, or The Smith Family)

**October Birthdays**

- Gershon Blakmore
- Robert Blumenthal
- Judy Bravman
- Brett Dabruzzo
- Mia Farber
- Jeannie Fawley
- Alexis Fogelson
- Jonah Freedman
- Bridget Friedman
- Amy Gober
- Andrew Gordon

- Scott Gordon
- Sylvia Guralnik
- Hunter Kelleher
- Samantha Koitz
- Steven Lazerowich
- Jacob Levitan
- Lindsey Levitan
- Brooke Lieberman
- Newton Plaisance
- Brody Schwab
- Ellen Steinbach
- Katelyn Vaughan

**November Birthdays**

- Jared Berkowitz
- Eric Dubbin
- Jodi Duckhorn
- Berta Farbman
- Sonya Goldstein
- Amy Gordon
- Duane Haldeman
- Andie Hoffrichter
- Olive Medovoy
- Marsha Meehan
- Anne Miller

- Mary Mills
- Aliyah Newberry
- Asher Newberry
- Julian David Polak
- Jaques Reifman
- Kerry Reynolds
- Jonathan Rottenberg
- Hadrian Vaughan
- Dennis Whitaker
- Nelson Zahler

## These are the Words

Charolette Mayberry

These are the words at the beginning of Deuteronomy, the last book of Torah, and what incredible words they are. You may think the whole Torah is nothing but words, so what makes these different? These are the words that make the entire Biblical project clear at last. These are the words spoken by Moses to the Israelite people as we were standing at the banks of the Jordan River, waiting to cross over to the Promised Land. Moses spent the last month of his life teaching his followers how to build a moral civic society.

What place does religion hold in a moral civic society, you may ask? Our great philosopher Maimonides, who lived and wrote in Spain during the 12th century, tells us that in order for a soul to reach fulfillment we must first take care of our basic human needs such as safety and security, that we will have adequate food and housing for our families. Only then can we begin thinking about matters of the mind, heart, and soul. Now we can think about building a moral civic society. (This sounds like the precursor to Maslow's hierarchy of needs theory, which is the cornerstone for all social and medical sciences in use today.) Keep in mind that the people Moses is teaching have never known freedom, dignity, or hope. Their parents were born into slavery in Egypt, and this generation has spent their lives wandering in the desert as exiles, being fed by manna from heaven, finding water from rocks and being led by God in a pillar of fire. They have experienced and learned so much in their wanderings that God and Moses hope they have gained sufficient wisdom to finally understand the meaning of the Covenant at Sinai, made so many years ago between God and their parents.

What is a Covenant? Covenants are a secular invention which contains a promise between two groups of people. There is archaeological evidence of their existence even before the time of Abraham. They were normally made between nations by kings and can be described as a peace treaty. The idea of God giving up power to enter into a Covenant with an earthly people of no standing or place in the world was absolutely revolutionary. This is what happened at Sinai, and our story should have stopped there, but alas the people were not ready. Slavery was too close behind them. It took forty years to mature and make a physical journey that should have been a few days on foot.

Rabbi Jonathan Sachs wrote an essay about the language of Covenant that is unique to the book of Deuteronomy. In the essay, he lists a few words that are integral to the building of a moral civic society. I would like to share.

### Listen

Shema (listen) is the most important word in the book; it occurs ninety-three times in Deuteronomy. God expects us to listen and internalize the commandments and live by them.

### Love

The verb love appears fifteen times in Genesis, but it always refers to the love between humans. It appears twice in Exodus, and twice in Leviticus where we are commanded to love our neighbor and the stranger. Numbers does not mention love. The word appears twenty-three times in Deuteronomy and always refers to the love of God for Israel and Israel's love of God. Our prophets, poets, and mystics have long referred to the relationship between God and Israel as a love affair. Perhaps Deuteronomy is the source of this metaphor. The most famous use of the verb is heard in the commandment, "You shall love the Lord your God with all your heart, all your soul, and all your might." (Deut. 6:5)

### Joy

We are told that when we reach the Promised Land we are to rejoice in our prosperity and happiness. *Simcha* (joy) must be shared in order to build a religious community, a fact many of us are now painfully realizing.

### Remembering, Not forgetting

How many times as Jews are we told to remember? What is so important that we must remember? We must remember the early experiences of the Jewish people. Maintain the Passover Seder, read the Torah, preserve the traditions. The memories are essential to our identity. We know what it feels like to be afflicted, therefore we must never afflict others.

### Handing On of Memory and Identity

"Take to heart these instructions with which I charge you this day. Teach them to your children. Recite them when you stay at home and when you are away, when you lie down and when you get up." (Deut. 6:6-7). The Hebrew verb LMD, to learn or teach, is first seen in Deuteronomy and appears seventeen times. With this commandment the whole community of Israel becomes a nation of students and teachers.

These are the words that have sustained the Jewish people throughout many improbabilities and some impossibilities. These are the words that give us hope of someday obtaining that moral civic society for all people.

# UPCOMING EVENTS



## Bar Mitzvah of Hyatt Gordon

October 17, 2020

Hyatt is the son of Amy and Scott Gordon and brother to Merritt (11) and Beckett (9). He is entering 7th grade at Urbana Middle School. Hyatt likes to play soccer, the saxophone, electronics, sports, reading and building legos. One of Hyatt's favorite activities is attending Camp Shores. He has been a camper there for 9 years. Finally, he enjoys spending time with his dog, Zippy.

## Join us for Torah Study

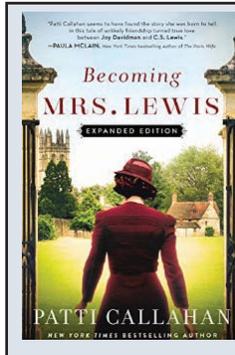
Mondays at 12:30 p.m.  
September 7, 14, 21  
October 5, 12, 19, 26

## Join us for Services

Sept. 11, 18, 19, 27 and 28  
October 2, 16 and 17

## Please welcome new members!

Leiba and Gerald Cohen  
Jeanne and Stan Binder



## Sisterhood Book Club

Wednesday, Sept. 9 at 12:30 p.m.

Location: Zoom link will be provided at a later date

**Becoming Mrs. Lewis** by Patti Callahan

Go the following link to RSVP and read a synopsis of the book: <https://www.signupgenius.com/go/4090a45a9a92d6-kolami2>

## Sisterhood Coffee

Wednesdays, Sept. 2 and Oct. 7

Come meet your friends and let us know what is happening in your life. Go to this Zoom link for our September coffee.

<https://zoom.us/j/92495529673?pwd=eTA0RWNKcVN3eHdFZDdBcDI0YXJlZz09&status=success>



## Save the Date!

Saturday, October 10, 2020

**Kol Ami Social Distancing Style – Part 2**

We had such a great response to our first online Trivia contest last April, that we decided to do it again.

On Saturday, October 10, 20 trivia questions will be sent out to all participants. The cost is only \$10 per person/e-mail. Check the weekly bulletin for more information.

So brush up on your trivia, start studying, and have fun while helping Kol Ami!

The trivia contest is open to all Kol Ami members, their families, and friends. Any questions, contact David Silberman at: [dssilberman@aol.com](mailto:dssilberman@aol.com).

## Update from the Communications and Public Relations Committee

**Diane Rifkin and Steve Lazerowich**

The Communications and Public Relations Committee has been meeting virtually to update our website. We are working to update photos and content, engaging Rabbi Gruber, committee chairs, and Board members to assist us in this effort. To keep our website attractive and current, we encourage congregants to send any quality photos to Steve Lazerowich (stevenlazerowich@gmail.com) and Diane Rifkin (communications@kolamifrederick.org). Please consider sending photos of individuals or families participating in Jewish activities such as lighting the Shabbat or Havdalah candles, Jewish educational activities, or any upcoming congregational social action activities (even if done virtually such as collecting hygiene items for SHIP).

The photo(s) should be clear, in focus, and should be in JPEG format. Please send photos in their "actual" size (rather

than the small, medium, or large size that the cell phone offers). Please also provide a short description of the event being photographed. As a courtesy, please ask the individual(s) in the photo for their consent for their photo to appear on the Kol Ami website. Once we are able to meet in person again, we will be reaching out to you to obtain new photos of groups of congregants celebrating Jewish events. Photos posted to Facebook cannot be used for the website.

Kol Ami is searching for a volunteer Layout Editor for our Voice Newsletter. Please contact Betsy Maymon at bmaydesign@comcast.net if you are interested in taking on this position. She would be happy to train you. The Voice is printed and posted on our website every other month (6 issues per year) and is an important mode of communication for our congregants.

## Congregational Kol Ami Ritual Committee

Congregation Kol Ami is restarting the Ritual Committee. The committee will meet four to six times a year with the committee chair, Eric Dubbin. The committee will work with Eric to identify practices that are meaningful to Congregation Kol Ami. Eric will in turn work with Rabbi Gruber to inform him about these practices. To be part of this important committee, please send an email to [president@kolamifrederick.org](mailto:president@kolamifrederick.org).

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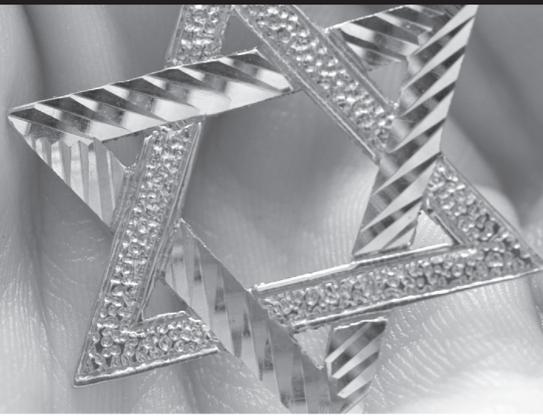
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Michael and Anne Cohen, in memory of Lucille Finley, mother of Charlie Nail

Frank and Ralene Damanti, in memory of John Karl Sieger, brother of Dan Sieger

Mike and Lili Loube, welcome to Rabbi Gruber and thank you for wishing Lili a good and successful back operation

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## Return Service Requested

Look out for more event information and updates in the weekly bulletin.

### September/October 2020 Upcoming Events

#### September 2020

Wed., Sept. 2	10:00 am	Sisterhood Coffee
Mon., Sept. 7	12:30 pm	Torah Study
Wed., Sept. 9	12:30 pm	Sisterhood Book Club
Fri., Sept. 11	6:30 pm	Erev Shabbat Service
Sun., Sept. 13	10:00 am	Religious School
Mon., Sept. 14	12:30 pm	Torah Study
Fri., Sept. 18	7:30 pm	Erev Rosh Hashanah Service
Sat., Sept. 19	10:00 am	Rosh Hashanah Service
Sun., Sept. 20	10:00 am	Religious School
Mon., Sept. 21	12:30 pm	Torah Study
Mon., Sept. 21	7:00 pm	Board of Trustees Meeting
Thurs., Sept. 24	6:30 pm	Girls' Night In
Sun., Sept. 27	10:00 am	NO Religious School
Sun., Sept. 27	7:30 pm	Erev Yom Kippur Service
Mon., Sept. 28	10:00 am	Yom Kippur Service

#### October 2020

Fri., Oct. 2	6:30 pm	Erev Shabbat Service
Sun., Oct. 4	10:00 am	Religious School
Mon., Oct. 5	12:30 pm	Torah Study
Wed., Oct. 7	10:00 am	Sisterhood Coffee
Sat., Oct. 10		Trivia Night
Sun., Oct. 11	10:00 am	Religious School
Mon., Oct. 12	12:30 pm	Torah Study
Fri., Oct. 16	7:30 pm	Erev Shabbat Service
Sat., Oct. 17	10:00 am	Shabbat morning service and Bar Mitzvah of Hyatt Gordon
Sun., Oct. 18	10:00 am	Religious School
Mon., Oct. 19	12:30 pm	Torah Study
Thurs., Oct. 22	6:30 pm	Girls' Night In
Sun., Oct. 25	10:00 am	Religious School
Mon., Oct. 26	12:30 pm	Torah Study
Mon., Oct. 26	7:00 pm	Board of Trustees Meeting