



SHABBAT SHPIEL

OHEV SHOLOM — THE NATIONAL SYNAGOGUE

Volume 6, Issue 32

May 1, 2015

ANNOUNCEMENTS

This week's seudah shlishit is sponsored by David and Naomi Balto.

We are saddened to inform you of the passing of Steve Asher, father of Simma Kupchan and grandfather of Maia and Nina Kupchan, on Monday, April 27. Shiva will be at the family home (301 North Latches Lane, Merion, PA) through this Sunday, May 3. Evening services will begin at 7:30 PM. Visitors are asked not to come between 6:00-7:00 PM.

We are also saddened to announce the passing of Mechel Frydman, father of Rachel Brem, grandfather of Andrea Wolf, and great-grandfather of Eliana, Lirone, and Neshama Wolf. Shiva will be at the home of Drs. Henry and Rachel Brem (14 Huntersworth Court, Owings Mills, MD).

The **Ohev Annual Meeting** is **Wednesday, May 13** at 8:15 PM. All members are encouraged to join us!

Yeshivat Chovevei Torah Rabbinical School is honoring Sharon and Steven Lieberman for their extraordinary support on Monday evening, May 18, 2015, at Chelsea Piers in New York City. RSVP by Monday, May 4, for the dinner and inclusion in the Scroll of Honor. For more information, please call (212) 666-0036 or visit www.yctorah.org.

We would like to encourage everyone to attend the Sulam fundraising dinner on June 2. For more information, please visit www.sulam.adjournal.com.

Happy Birthday to...

Dava Berkman, Lila Braunstein, Richard Dweck, Arnold Einhorn, John Franzen, Jonas Grossman, Fawn Gwynallen, Peter Krauser, Adina Loeb, Abby Opert, Arielle Roth, Micah Salb, Ronald Sann, Shayna Sann, Jonathan Sherman, Yishai Sterne, Irving Torchinsky, Leora Troy, Ilan Walder, Danya Zakheim

THIS SHABBAT

Guest Speaker Israela Meyerstein

We look forward to this week's guest speaker, Israela Meyerstein for seudah shlishit! The Yiddish saying, "A small hole in the body produces a greater hole in the soul," reminds us that our bodies and spirits are interconnected. When we face life difficulties such as illness, injury, trauma, loss, or personal crisis, it is often a challenge to sustain our spirits. This presentation about her recently published book, Bridge to Healing: Finding Strength to Cope with Illness, will share how practical Jewish spiritual coping tools can help renew the spirits of patients, family members, caregivers, friends, health care professionals, and the stressed-out worried well.

Israela Meyerstein, LCSW-C, LCMFT, is a social worker with forty years of clinical experience helping families, couples, and individuals. She has trained hundreds of professionals in family and couple therapy, has taught college and graduate level courses, and has authored thirty professional articles. Bridge to Healing: Finding Strength to Cope with Illness is her first book.

THIS WEEKEND AT A GLANCE

Parsha — Achrei Mos-Kedoshim Friday, May 1

Mincha & Kabbalat Shabbat — 6:45 PM
Candle Lighting — 7:43 PM

Saturday, May 2

Shacharit — 9:15 AM
Mincha — 7:25 PM
Havdalah — 8:45 PM

Sunday, May 3

Shacharit — 8:30 AM
Mincha/Maariv — 7:45 PM

CALENDAR OF EVENTS

Friday, May 1

6:45 PM | Mincha & Kabbalat Shabbat

7:43 PM | Candle lighting

Saturday, May 2

9:15 AM | Shacharit with a Dvar Torah from Rabbi Herzfeld (followed by a communal lunch)

6:25 PM | Daf Yomi

6:55 PM | Shiur with Chaim Fruchter and Middle School Mishna with Maharat Ruth

7:25 PM | Mincha followed by Seuda Shelishit with a talk from Israela Meyerstein

(see page 1 for more information)

8:45 PM | Havdalah

9:15 PM | Ladies Night Out for Mosaics & Mojitos

(see next column for more information)

Sunday, May 3

8:30 AM | Shacharit

7:45 PM | Mincha/Maariv

Monday, May 4

6:30 AM | Shacharit

7:45 PM | Mincha/Maariv

8:15 PM | Guest Lecture from Shulem Deen

(see next column for more information)

Tuesday, May 5

6:30 AM | Shacharit

7:45 PM | Mincha/Maariv

Wednesday, May 6

6:30 AM | Shacharit

7:45 PM | Mincha/Maariv

Thursday, May 7

6:30 AM | Shacharit

5:30 PM | Lag B'Omer Concert and Carnival at Berman Hebrew Academy

(see next column for more information)

7:45 PM | Mincha/Maariv

Friday, May 8

6:30 AM | Shacharit

6:45 PM | Mincha & Kabbalat Shabbat

7:50 PM | Candle lighting

Saturday, May 9

Lylah Messinger's Bat Mitzvah

7:30 AM | Mashkimin

9:15 AM | Shacharit with a Dvar Torah from Lylah Messinger (followed by a communal lunch)

6:30 PM | Daf Yomi

7:00 PM | Shiur with Chaim Fruchter and Middle School Mishna with Maharat Ruth

7:30 PM | Mincha followed by Seuda Shelshit and a Shiur

8:52 PM | Havdalah

MORE UPCOMING EVENTS & SCHOLARS

Ladies Night Out for Mosaic and Mojitos

Saturday, May 2 | 9:15-11 PM

Location: Shul Apartment (Mosaic Workshop)

Make time for an evening out with the women—for sharing stories and song and fun as we continue to work towards completing the mikvah mosaic mural. Drinks and light refreshments will be served. Please RSVP to Rena Fruchter at renafpruchter@yahoo.com.

Guest Scholar: Shulem Deen

Monday, May 4 | 8:15 PM

Please join us for a talk from author Shulem Deen. He will speak on "Faith After Leaving Ultra-Orthodoxy: Does Modern Orthodoxy have a place for those who leave the Haredi world?" Dinner will be served. Copies of his book will be available for purchase.

Lag B'Omer Concert and Carnival

Thursday, May 7 | 5:30 PM

Location: Berman Hebrew Academy

Food, games, bounce houses, bonfire pit, live music! Please join us for this community-wide event. Free admission for festival and concert, with tickets available for purchase for food and games.

2015 Annual Gala Celebration | Sunday, May 31

We will be honoring **Avril & Michael Weisman** and **Harris Cohen** for their untiring efforts on behalf of our community. There will also be a special dedication of the Chadar Tikvah. We hope you can join us for this special event.

CLASS SCHEDULE

Daf Yomi

Meets Sunday, 7:45 AM; Monday — Thursday, following Mincha/Maariv; Friday, 5:45 AM; Saturday, 1 hr. before Mincha

Parsha Class for Women with Rabbi Herzfeld

Weekly on Mondays, 12:30 PM

Downtown Torah Study with Rabbi Herzfeld

Weekly on Wednesdays, 12:30 PM

(Meets at 607 14th Street, NW, Suite 800)

Wednesday Night Learning + Ohev-Rutah Program

incl. Jewish Ethics with Sherri Vishner

Weekly on Wednesdays, 7:45 PM

Daf Yomi for Kids with Rabbi Herzfeld

Weekly on Saturdays, 1 hour + 15 min. before Mincha

Shabbat Shiur with Chaim Fruchter

Weekly on Saturdays, 30 minutes before Mincha

Class with Rabbi Ben Mintz

Weekly on Sundays, 9:30 AM