

Hevrat Herald

September 2026 Newsletter



SCHEDULE FOR UPCOMING SHABBAT SERVICES

Location: Chesapeake Room at Ingleside King Farm

Time: 7:45pm



September 4 – Musical Shabbat led by Cantor Caron Dale

September 18 – **No Services**

Zoom Link for Services:

<https://us02web.zoom.us/j/2407676518?pwd=cG5QdGRBQ0lGK1Q1ZlJUQktTc0M5QT09>

One of the beauties of Hevrat Shalom is the warm sense of community. During the High Holy Days, it would be particularly meaningful to have each congregant participate in our communal services. If you would like to do a reading in English or Hebrew, read names during Yizkor, welcome people at the door, or participate in another way, please contact Joanna Cohen by email at hevratshalom.cohen@gmail.com or by phone at 301-875-4846 by Monday, September 7. Let us know when you will be at services, and we will be sure to include you in a meaningful way.

Here's to a more caring, safer, and healthier 5787!

L'Shanah Tovah!
Cantor Caron Dale

HOLIDAYS 2026: MARK YOUR CALENDARS!

Rosh Hashanah:

- Friday, September 11 @ 7:45 PM; Ingleside Candle lighting followed by Erev Services at 8 PM
- Saturday, September 12 @ 10 AM – 12 PM; Services

Yom Kippur:

- Sunday, September 20 @ 7:45 PM; Kol Nidre Services
- Monday, September 21 @ 10 AM – 12 PM; Services
- Monday, September 21 @ 5 PM; Break-the-Fast, sponsored by the Jewish Events Committee (JEC). **See next page for more information.**



Yom Kippur Break-the-Fast

On Monday, September 21, join us for a Break-the-Fast at 5:00 PM in the Cultural Arts Center (CAC) of IKF. Due to limited seating, reservations are required, and we ask that guests be limited to four.

The cost for this year's buffet is 38.25 dining points for Ingleside residents and \$42.25 for non-resident Hevrat Shalom members and other guests. Non-resident Hevrat Shalom members should sign up through Lou Robbins.

Registration begins Monday, August 31.

Ingleside residents: Please register through Cubigo by clicking:

Dining > Place Request > Reservations > Add New > Break Fast > Party Size > Community Members > Confirm

Registration on Cubigo is available for 1–8 people. If you would like a table for a group of 8, the group leader should register everyone in the party. Tables will be reserved for groups of 8. Individuals who are part of a group of 8 should not register separately, as this will result in being charged twice. There will be open seating for all other group sizes.

Non-resident Hevrat Shalom members and other guests: Please contact Laurie-Ann Ellis at 240-499-9035 to register.

If you need assistance with registration, please contact Lou Robbins at 703-772-8566.

A graphic with a yellow background. The text "YOM KIPPUR" is in a large, dark grey serif font. Below it, the words "EAT PRAY LOVE" are in a sans-serif font. "EAT" is blue, "PRAY" is orange, and "LOVE" is purple. A blue horizontal line is drawn through the middle of the word "EAT".

YOM KIPPUR
~~EAT~~ PRAY LOVE

About Hevrat Shalom Congregation

Congregation Hevrat Shalom has provided Sabbath and holiday services for 27 years. Rabbi Reuben Levine was our founding rabbi, followed by Rabbi Arnold Saltzman, who was previously a cantor and Cantor Emeritus at Adas Israel. Arnold brought to the congregation many Nobel Prize - winning Friday night speakers - our FOS, "Friends of Saltzman." We are grateful as well for Rabbis Peter Novak and Stan Levin, and for our current clergy, Rabbi Lisa Levine and Cantor Caron Dale, who has been with us for the past 17 years, and Rabbi David Abramson.

Our synagogue's life is sustained by many devoted people, including Co-President Louis Robbins, Vice President David Elkaim, and board members Judith Marcus and Harriet Adler. We very much appreciate Beth Zimet, who graciously writes our donation thank-you notes. We are also very grateful for the ongoing support of Ingleside at King Farm, its dedicated staff, and its welcoming Jewish Committee, with whom we partner for many special occasions. I also want to acknowledge the important contributions made by Joanna Cohen, our Administrative Assistant, and Lindsay Chapin, our bookkeeper.

With that spirit of partnership and care, we welcome the Jewish New Year 5787 and our 28th year together as a congregation. I invite each of you to help sustain the warmth and vitality of Hevrat Shalom. It takes all of us to keep our congregation alive and flourishing.

May we all be inscribed in the Book of Life, and may the year ahead bring health, peace, and blessings to our community.

Wishing you and your loved ones a happy, healthy, and sweet New Year.

Shanah tovah umetukah

Steve Permison, MD
Founder and Co-president



Charming Customs of Rosh Hashanah

One of the most well-known and charming customs of *Rosh Hashanah* is the eating of apples and honey. As we begin our holiday meals (after reciting the *Kiddush* and *Motzi*), we dip pieces of apple in honey, recite the *b'rakhah* over apples (“...*borei p’ri ha-eitz*”), and eat this symbolic food. The roundness of the apple reminds us of the cycles of nature and the calendar, and both the apple’s sweetness and the honey

symbolize our hope that the coming year will be a *shanah tovah u-m’tukah*, a good, sweet year.

Another level of the profound symbolism of this simple act is reflected in the brief prayer that we add when we eat the apple and honey: “*Y’hi ratzon mi-l’fanekha adonai eloheinu veilohei avoteinu* [may it be Your will, Adonai our God and God of our ancestors,] *she-t’hadeish aleinu shanah tovah u-m’tukah* [that You renew for us a good, sweet year].” Why don’t we ask God to give us, or promise us, or ensure for us a good, sweet year? Why “renew?”

The significance of this specific word is that one of the important themes of the High Holy Days is renewal. *Rosh Hashanah* and *Yom Kippur* are, at best, a time of renewal: in our interpersonal lives, in our professional lives, in our religious and spiritual lives. The Days of Awe provide the occasion for us to strive to hear more clearly the Divine Voice and to respond more fully to it. They provide us the occasion, as a congregation, for renewal of our commitment: to the Jewish community, to sharing meaningful and important experiences with one another, to exploring and experiencing Jewish tradition with renewed commitment and creativity.

Thus, the phrase “*she-t’hadeish* [that You will renew]” is directed to ourselves, no less than to God. Our little prayer over the apples and honey voices more than our hope that God will renew for us a good, sweet year. It is a challenge to us: to join God in that process of renewal and, in so doing, to enjoy the sweetness and fulfillment of Jewish life.

I'm looking forward to being with you as we celebrate the new year and dedicate ourselves to our spiritual renewal.

Rabbi David L. Abramson
Adjunct Rabbi

Rabbi Abramson is new to our congregation. However, he is well known to our local Jewish Community. Rabbi Abramson serves as Adjunct Rabbi to Congregation Beth El on Old Georgetown Road in Bethesda, and as a rabbi, teacher and pastoral caregiver for the JSSA (Jewish Social Services Agency) of Montgomery County.

Website Update

Our website is currently undergoing updates as we work to make sure our information is accurate and up to date.

PayPal services are temporarily unavailable during this process.

Thank you for your patience and understanding!



Yahrzeits for September

Bernard Bahr	Father of Ted Bahr
Brenda Cohen	Wife of Herb Cohen
Bess Feigen	Mother of Gerald Feigen
Lynn Chaitovitz	Sister-in-law of Marlene Erlich (8 Elul)
Morris Crausman	Father of Joel Crausman
Alvin Dahlquist	Father of Kay Permison
Frank Goldstein	Father of Edith Isaacs
Jacob Goodstein	Father of Elaine Gillespie
Beatrice Karson	Sister of Sandra Wolk
Dr. Herbert Kolb	Father of Claudia Zaritsky
William Niewood	Father of Sandra Pincus-Rush
Esther Permison	Mother of Steve Permison
Sol Rosen	Uncle of Steve Freedman
Benjamin Schnapp	Father of Lois Fishman
Sonia Segal	Mother of Nina Olin
Max Schabb	Father of Marie Schwartz
Helen Silverman	Wife of Gene Silverman

MAY THEIR NAMES BE FOR A BLESSING....

אחז"ל (אמרו חכמינו זכרונם לברכה

If you have any additions or corrections, please contact Lou Robbins at lou.robbs@outlook.com.

