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Temple Beth Abraham Bulletin

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Wishing You a Shanah Tovah 5776

שנה טובה ומתוקה

**Rosh Hashanah Starts Sunday, September 13
Services at 8:00 PM**

**Yom Kippur (Kol Nidre) – Tuesday, September 22
Services at 6:00 PM
Look Inside to S**



September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (17 Elul)	2 (18 Elul) Avodah Shebalev 9:30am Lunch Hour Teleconference 12:24 BABKA 8:00pm "Like Dreamers" by Yossi Klein Halevi	3 (19 Elul)	4 (20 Elul) CL: 6:57 Lunch Hour Teleconference 12:24 Friday Evening Services 8:00pm	5 (21 Elul) Havdalah 8:00 Ki Tavo Shabbat Morning Services 9:30am Community Selihot Program & Services at Adath Yeshuran 8:00pm
6 (22 Elul)	7 (23 Elul) Labor Day - Office Closed	8 (24 Elul) Faculty Meeting 5:30pm Full Board Meeting 6:30pm	9 (25 Elul) Lunch Hour Teleconference 12:24	10 (26 Elul) Torah Study 10:30-noon Lunch Hour Teleconference 12:24 Gimel Orientation 3:45pm	11 (27 Elul) CL: 6:44 Friday Evening Services & Board Installation 8:00pm	12 (28 Elul) Havdalah 7:47 Nitzavim Shabbat Morning Services 9:30am
13 (29 Elul) CL: 6:39 Erev Rosh Hashana Services 8:00pm	14 (1 Tishrei) Rosh Hashana Services 9:00am & 7:30pm Youth Services & Teen Program 10:00am	15 (2 Tishrei) Rosh Hashana Services 9:00am Youth Services & Teen Program 10:00am Evening Minyan 7:40pm	16 (3 Tishrei) Fast of Gedalia Lifelong Learning 8:00pm	17 (4 Tishrei) Torah Study 10:30-noon First Day Religious School 3:45pm	18 (5 Tishrei) CL: 6:30 Friday Evening Services 8:00pm	19 (6 Tishrei) Havdalah 7:33 Vavelech Shabbat Shuva Shabbat Morning Services 9:30am Lunch & Learn Family & Forgiveness 12:00pm
20 (7 Tishrei) First Day Sunday School 9:45am Gan Katan 10:00am J-Street Speaker 10:30am Service at Davis Funeral Home 1:00pm Rabbi at Cemetery 2:00pm	21 (8 Tishrei) School Committee Meeting 8:00pm	22 (9 Tishrei) Erev Yom Kippur Office Closes at 1:00pm Kol Nidre Services 6:00pm	23 (10 Tishrei) Yom Kippur Yizkor Services 9:00am Youth Services & Teen Discussion 10:00am Program/discussion 4:00pm Mincha / Ne'ilah 5:00p Congregational Break Fast 7:30pm	24 (11 Tishrei) Torah Study 10:30-noon Building the Sukkah 9:00am	25 (12 Tishrei) CL: 6:17 Friday Evening Services 8:00pm	26 (13 Tishrei) Havdalah 7:20 Hatzinu Shabbat Morning Services 9:30am
27 (14 Tishrei) Erev Sukkot Membership Welcome Open House 10:00am Jewish Family Life 5:00pm Welcome Back BBQ 6:15pm Sukkot Services 7:15pm	28 (15 Tishrei) Sukkot Office Closed Services 9:30am & 7:30pm	29 (16 Tishrei) Sukkot Office Closed Services 9:30am	30 (17 Tishrei) Chol Hamoed Sukkot			

You Work

Rabbi Arthur Green, the great modern scholar of Chasidism from Hebrew College, tells a story from his days living in



Rabbi Spira-Savett

Berkeley, California in the late 1970s. Around the corner from his house was a spiritual bookstore. In the window was a sign that said, in big letters: "Scientology Doesn't Work." Below that, in slightly smaller letters, the sign said: "Integral Yoga Doesn't Work." Below that, in smaller letters: "Christianity Doesn't Work. Sufism Doesn't Work."

At the bottom, in large letters, the sign read: "YOU WORK."

That's the whole secret of the *Yamim Noraim*, the "days of awe" leading to and through the High Holy Days. As Rabbi Green goes on to say, quoting the Kotzker Rebbe, being a pious person is nothing more and nothing less than "working on yourself."

Don't just think of Rosh Hashanah and Yom Kippur as days of services, three days with the themes of forgiveness and repentance. Step back and look at the gift of a season that helps us work on ourselves.

There is a whole month called Elul in the Jewish calendar. Four weeks to get oriented, to ask ourselves questions, take stock and to get ready and begin to act on our reflections.

The synagogue provides a structure and a support to the hard work of evaluating our lives. Each night during the week during this month, we blow the shofar at the end of the service to remind us to get to work. Most days I send out on the e-mail list a focusing thought or a Jewish teaching. We have programs on reflective themes, and books outside the Sanctuary along with my teachings each Shabbat. And of course I am available for one-to-one conversation, if you need a sounding board or advice.

When Rosh Hashanah gets here, you will see the incredible, inspiring fact of a community – hundreds

(Continued on the following page ...)

Time of Reflection, Time of Renewal

We are come upon the time of year in which we take a pause to reflect on our lives and to renew our commitment to our values.



President Michael Harris

It is a time of the year for soul searching and reaching out to others. It is a time to reflect on others we may have wronged or slighted and to seek to make amends. Everyone seeks their own path through this time. For some it is a very difficult time with much anguish. For some it is a time not particularly different from other times of the year, though we know the holidays approach.

The tradition provides us with a guide for renewal of spirit but perhaps in our fast paced lives, laden with commitments and pressures from

every direction, we do not have the time, the energy or the inclination to avail ourselves of this part of the tradition. Our lives, of course, will go on without going through an annual contemplative, introspective period but for some the effort and perhaps anguish entailed by these 'days of awe' lead to a great sense of refreshment and renewal as we enter the new year.

As it is often quite unpleasant to delve into our failings and shortcomings we may be able to find some assistance in this endeavor from our tradition. Like many other aspects of life, the sages have mapped out for us a way to make our way through this process. It may seem 'dated' to some to follow the ancient ways, but our earlier generations had to deal with many of the same issues, personalities and human failings

that we deal with in our own time. If we embrace it, we may find that the wisdom of the elders is actually quite current and useful in our own lives. If we are not used to availing ourselves of this annual opportunity to give thought to ourselves it may seem strange. We may find it more expedient or convenient just to carry on but on the other hand, if we summon the honesty and invest the effort to take a serious look at ourselves, our behaviors and our relationships, we may find it possible to enter the new year with a freshness and a sense of renewal that will energize us as we move forward.

Best wishes for good and a sweet year to come. May you be inscribed for good in the book of life.

שנה טובה ומתוקה
Michael Harris

You Work continued...

of people making the choice to set aside hours, often instead of work and school, to look at who we are individually and collectively. Each person who comes is giving a gift to all the others, even to the people whose faces you can't see across the Sanctuary.

The melodies, the deliberate pace, the sound of voices together – these are meant to encourage each of us, and to give us time to sit and think about the changes we hope for in ourselves, our relationships, and the world. Then we go out, outside of services, to try to take a step to make those changes happen.

Hopefully, on Yom Kippur, we put a seal on things. We determine to leave certain things behind, to grow

beyond them. We try to conclude with a new, clean slate. At the end, at the beautiful *Havdalah* gathering at the end of the fast, we experience what it is like to be without any record of wrong, with only the possibility of good in our lives and our group.

But don't forget that before, during, and after the services: You work. In both senses of the phrase. Only you can do the work. And when it seems daunting, know that you, as the unique image of God, most certainly work.

Shana Tova Um'tuka – Wishing you a good and sweet year,

Rabbi Jon

Community News

Condolences to:

- Earl Prolman on the loss of his beloved wife, Marilyn Prolman
- Pearl Kern and the Kern family on the loss of her beloved husband, Gabe
- Phil Levy on the loss of his beloved sister, Lynne Myers
- Jerry Manheim on the loss of his beloved father, Isidor Manheim
- Arlene Shapiro on the loss of her beloved sister, Rosalyn Lewis

Mazel Tov to:

- The Schenkman family on Arielle's Bat Mitzvah
- Perry & Jan Silver on son, Scott's engagement to Lauren Howard

Welcome to New Members:

- Elaine & Ari Salis (Bedford)
- Jennifer & Loren Foxx (Bedford)

To all those people in our community who are ill we wish you a complete & speedy recovery

News from BABKA

BABKA resumes our meetings on Wednesday September 2. Please join us in discussing *Like Dreamers* by Yossi Klein Halevi.

Wednesday, October 7, our book is *The Paris Architect* by Charles Belfoure.

Meetings begin after minyan at 8 PM and end at 9:30 PM. We always welcome new attendees to join our lively discussions filled with interesting ideas and complimented by light refreshments.

Nancy Dornier, Facilitator

Welcome Open House

What:

Temple Beth Abraham invites all prospective and new members to join us for a "Welcome Open House." Come and meet Rabbi Jon, Michael Harris (President), Board and Committee Members and learn more about Temple Beth Abraham and all that we have to offer. A light breakfast will be served.

Where:

Temple Beth Abraham
4 Raymond Street
Nashua, New Hampshire

When:

Sunday September 27
From 10:00 AM - 11:30 AM
RSVP by September 18:

Judy (Administrative Office)
603-883-8184

or

RSVP ([Click Here](#))



September Service Schedule

Services are held every Friday evening at 8:00 PM (unless otherwise noted), Saturday at 9:30 AM and Monday –Thursday at 7:30 PM.

SPECIAL EVENT SERVICES

High Holiday Schedule
(elsewhere in Bulletin)

Saturday Sept. 5

Selichot 8 PM at Temple Adath
Yeshuran (Manchester)

Friday, Sept. 11

Board Installation at 8 PM

Oneg & Kiddush Sponsors

August 15

Darlene & Charles Drutman in honor of Darlene receiving her new Hebrew name

September 19

Charles & Darlene in memory of her mother, Pauline Quart

September 26

Ida & Les Mildenberg in honor of his mother, Marion Mildenberg's 90th Birthday

COMMUNITY SELICHOT PROGRAM AND SERVICE

Saturday, Sept. 5 at 8:00 PM

Temple Adath Yeshurun, 152 Prospect St. in Manchester.

On a Saturday night before Rosh Hashanah, it is traditional to gather for a service of seeking forgiveness. Join Rabbi Beth Davidson, Rabbi Eric Cohen, Rabbi Jon Spira-Savett, and Rabbi Peter Levy for a short film and discussion about forgiveness, followed by a brief service.

Break the Fast Sponsors

Bev & Chuck Gerson in honor of our community and Jean & Marty Lorrey in honor of granddaughter, Mia's first birthday.

High Holy Days Flower Sponsors (Sanctuary & Chapel)

Rosh Hashanah: Ruth & Mike Harris wishing the community a Happy New Year, Earl Prolman in memory of his beloved wife, Marilyn, Henrietta Freedman in honor of Eileen & Ben Freedman's anniversary, and Deb & Lew Snapper in honor of their grandchildren.

Yom Kippur: Leon Goldstein & family in loving memory of his wife, Ronnie Jean Goldstein, Barry & Deb Sack in loving memory of his parents, Myra & Martin Sack, and Leslie & Eliot Paisner in honor of Rabbi Jon.

Memorial Service and Cemetery Visitation

Davis Funeral Home will be holding a Service of Remembrance on Sunday, September 20, at 1:00 PM. Rabbi Spira-Savett will be at the Beth Abraham Cemetery from 2:00 to 3:00 PM that same day.

DAYTIME ACTIVITY GROUP

"The Daytime Activity Group plans to dine out on a day to be decided each month. For information, please call Marilyn Greenspan 429-1675 marlar10@comcast.net For information on the Mahjongg game, please call Sandi McCurdy, 881-5856; smccurdy1@comcast.net."

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*Affiliated with United Synagogue of
Conservative Judaism*



Rabbi Liaison Committee

This committee meets three to four times per year to provide a forum for discussions between the rabbi and a representative group of congregants.

If you have an issue relating to the rabbi that you aren't able to resolve directly, you can contact one of the committee members.

Marsha Feder, chair
marshafeder@gmail.com

Jane Goodman
janegoodman4@gmail.com

Louis Haskell
louishaskell@hotmail.com

Larry Rubin
litlrube@gmail.com

Nancy Dorner
nedorner@yahoo.com



Nashua/Milford presents

“Music Together with Hebrew”

This is a wonderful way for young Jewish families to connect with one another at Temple Beth Abraham.

Open to All!

Children ages birth to five and the adults accompanying them will sing, dance, explore instruments and rhythm chants as well as learn some age-appropriate songs for Jewish holidays and traditions.

Thursday *OR* Friday mornings

11:15 A.M. -12:00 P.M.

Ten-week sessions begin September 17 , 2015.

For more information contact Heidi Lovitz at director@tbanashua.org or call (603) 883-9844

These classes will be led by Amy Conley, M.Ed. Amy is a preschool music specialist, educator and performer. She opened the first Music Together program in NH in 1997 (Milford) and has been a music specialist for Jewish Community Centers in Newton, MA and Brookline, MA along with many other early childhood programs in MA and NH. Her CD's for children include Grow Your Own Music, I Sing Every Day, and Adirondack Adventure. She also performs extensively for seniors and children's birthday parties. Visit www.AmyConleyMusic.com for more information about Amy's programs and the Music Together curriculum.



Do You Want a New Laptop or Tablet?

Don't Know What to Do With Your Old One?

Donate laptops or tablets to Temple Beth Abraham Religious School! Devices should be in good working condition, able to connect to the internet and run programs or apps that will help students learn Hebrew!

Our Hebrew lab is currently well equipped with many resources but we do not have a technology center. Children are accustomed to using technology in their secular school settings and would be thrilled to be able to take advantage of all the Internet has to offer in Hebrew language learning.

We will accept ipods or other mp3 players as well to supplement our current listening center.

For more information or to donate, contact Heidi Lovitz at director@tbanashua.org or call (603) 883-9844.

A New Year for Beth Abraham Religious School

For many families in our congregation, the summer was a time to rest, recharge, vacation and relax. For the staff and many of the volunteers and parents of Beth Abraham Religious School, the summer gave us the



Director of
Education &
Programming
Heidi N. Lovitz

opportunity to do the work of planning a wonderful year for our school families, creating new programs and putting some shine on the old ones. The results of the work of the previous year became more tangible as we went through the summer. It is a very exciting time for our school community, forging new pathways to learning and continuing to improve on our quality education.

When our teachers meet for their first faculty gathering and professional development, they will be introduced to the themes and priorities for our school for this year. Whether they are teaching Hebrew, Torah, Prayer or Jewish Values, they will be guided by these questions:

*How does this lesson further our goal of **building community and creating relationships**?*

*Are we helping our students to **develop good character** through the lessons from our text? Will they go out into the world and be better people because of what we are doing in school?*

*Is this lesson going to engage families and lead to a **Jewish Family Life Experience**?*

Building Community and Creating Relationships

From the time the students enter the building this year through the last time they walk out, faculty and staff will create opportunities for children and

families to connect. Throughout the season of school registration, starting in the springtime and continuing through the summer, the conversation that I have had with parents more than any other is about being part of the Jewish community. Families are looking for ways to connect, share experiences, get together and celebrate. It may be possible to acquire some of the skills of Jewish life independently and individually, but it is coming together that inspires us as a Jewish community.

Character Development and Moral Education

Our faculty began last year viewing a short film titled “The Science of Character” and worked with the “Mensch Periodic Table” (yes there is such a thing!) through the year to remind themselves and the students of the values that we prioritize as Jewish people. This year, we will begin the year together as a school community viewing a video by the same filmmaker titled The Making of a Mensch. The film will premier globally on our first day of school and we will be among over 4,000 classrooms participating in the second annual Character Day! From the website: “This new 10 minute film takes the science explored in the first film and reframes it through the lens of the ancient Jewish teachings of Mussar. The film and discussion materials are a wonderful opportunity to revitalize these teachings around character development that date back to the 10th century, and reengage us all in how these Jewish tools are applicable to our 21st century lives.” School families and community members are invited to join us to view the film and participate in the discussion.

Jewish Family Life Experience

Jewish education takes place in many settings and most of them are outside of the classroom! Parents are truly the ultimate Jewish educators. This year, families will be asked to participate in a number of “Jewish Family Life Experiences” to compliment the learning done in the school. Families will be offered choices that include participating in a Jewish book group together, working with other families on a Tikkun Olam project, learning together through the Bar/Bat Mitzvah year, attending Family Shabbat Dinners and services other than class Shabbatot, learning about cooking and kashrut and much more.

“The more Torah, the more life; the more schooling, the more wisdom”. It is the Torah that brings us into the synagogue. It is our education that sends us into the world. We hope these experiences will empower our families to go out into the world with a Jewish lens and live a fulfilling Jewish life.

In addition to these priorities, we have brushed up our Hebrew program, added technology to our Hebrew lab, created a satellite hub for Hebrew learning in Bedford, NH, refined our Tefillah curriculum, hired new faculty, took time for our own learning and carved out a bit of time to spend with our own families and friends! It has been a wonderful summer and I look forward to a great year!

Shana Tova U'metukah! May you all have a good and sweet new year!

*Heidi N. Lovitz
director@tbanashua.org*



Temple Beth Abraham Religious School Back to School Information

Gimel (Grade 3) Orientation

September 10, 2015, 3:45 – 5:30 PM

Parents and Students will meet the teacher and get an introduction to the Gimel Year

First Day for Gimel through Zayin (Grades 3- 7) Students

Thursday, September 17, 2015, 3:45 PM. – 6:15 PM

First Day for Sunday School Students (Grades K-2) and Gan Katan

Sunday, September 20, 2015, 9:30 a.m. – 12:00 noon

TBA High School for Jewish Studies will begin after the High Holy Days! Watch for registration information coming soon!

Save the Dates! Mark your Calendars!

Welcome Back Barbecue, Jewish Family Life Experience Fair, Erev Sukkot Services and Dinner in the Sukkah

September 27 – Late afternoon/evening

Junior Congregation and Shabbat Sh'laymah in September and October

Rosh Hashanah, September 14 and 15, 10:00 AM – 12:00 Noon

Yom Kippur, September 23, 2015, 10:00 AM. – 12:00 Noon

Jr. Congregation and Shabbat Sh'laymah, October 3, 10:00 AM – 12:00 Noon

Shabbat Yachad for the entire community including

Parent Congregation and Lunch and Learn!

Shabbat, October 31

Fancy NANCYS'
ELITE HAIR DESIGNERS
SALON & SPA
603-891-0202

Early appointments available for Bar/Bat-Mitzvah's or Weddings. Offering Color, Cutting, Styling, Keritan Smoothing Treatments, Facials, Face & Body Waxing, Eye Brow Threading, Pedicures and Manicures. Bring this ad to receive 10% off any service.

A beautiful way to celebrate a special occasion or to remember someone

<i>Note cards</i>	<i>\$7</i>
<i>Certificate cards</i>	<i>\$18</i>
<i>Bima flowers</i>	<i>\$85</i>

Call to reserve your dates for bima flowers or to have a personalized message sent for you.

*Temple Beth Abraham Sisterhood
Flower Fund
Diane Toth · 889-5234*

Coming Events and Programming Brought to You by the Lifelong Learning Committee

Fall

Modern Jewish Families – Genealogy, interactive discussion on methods and resources

Caring for Our Parents – Talking with Our Parents, an interactive conversation for adult children and their parents

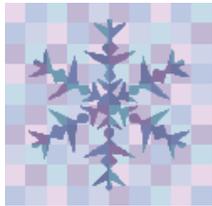
Steve Weintraub and band, performing and discussing Yiddish dance at Starry, Starry Night (co-sponsored with Religious School Committee) and at a Sunday event (co-sponsored with Men's Club and an anonymous donor)

1913: Seeds of Conflict, explores the divergent social forces growing in Palestine before World War I, when Arabs and Jews co-existed in harmony; video presentation followed by discussion



Winter

Rabbi Shmuly Yanklowitz, scholar in residence, teaching about Judaism and Social Justice



Modern Jewish Families – BABKA, book discussion of *The Mothers* by Jennifer Gilmore, includes a variety of topics on motherhood and becoming a mother; after Sisterhood Shabbat/luncheon; book available at Sisterhood Gift Shop (co-sponsored with Sisterhood)

Caring for Our Parents – Care Facilities, interactive discussion on selecting facilities

Boston Jewish Music Festival, Kabbalat Shabbat and concert with musical artists

Caring for Our Parents – Legal Concerns/Financial Documents, interactive discussion on what to do

Modern Jewish Families – Creating New Rituals, interactive discussion on why and how to create rituals

Spring – Planning underway

Monthly

Our fabulous *Lunch and Learn* – learn from the Rabbi and others as we discuss the topic of the month. Topics vary, and the Rabbi and Committee encourage suggestions.

Watch for More Details in the Coming Months

Sponsorships and Donations (any size) are welcome for all events brought to you by the Lifelong Learning Committee.

The Lifelong Learning Committee provides programming and events of interest to our Beth Abraham community and the larger Jewish and non-Jewish community in the surrounding area. We welcome suggestions so please let us know what is of interest to you.

Contact Jeff Masors lifelonglearning@tbanashua.org or
Heidi Lovitz director@tbanashua.org 603-883-9844.



 <p style="text-align: center;">Special events in the spiritual journeys of your family members</p>	
<p style="text-align: center;">Capture the moment!</p>	<p style="text-align: center;">(603) 397-0378 www.peterpowellphotography.com</p>

Lifelong Learning for September

– Participate Once or Many Times

Torah Study with Rabbi Jon

Thursdays beginning September 10, 10:30 AM to Noon

We resume our study of the biblical Ketuvim (“writings”) and will look at some texts related to the holy days of the month of Tishrei.

36 Minutes: Lunch Hour Teleconferences on Teshuvah (Personal Change) and Forgiveness in the Teachings of Maimonides

Call in from 12:24-1:00 PM on Sept. 2, 4, 9, 10

Phone number 1-605-475-5950, passcode 613613#

If you don't have free long distance calling, contact Rabbi Jon.

36 minutes is “Double Chai”, 2 times 18, which stands for life. Reflect on last year's life and next year's life, as we make our way through Rabbi Moses Maimonides' classic teachings on personal change and forgiveness. Learn and discuss his principles and practical thoughts relating to introspection, forgiveness, anger, and free choice. Hopefully the time catches those with lunch hours starting at 12:00 or 12:30!

Lunch and Learn: Family and Forgiveness

Saturday, September 19 after services

Discussion Facilitated by Carol Mann-Cohen,

TBA Member and Adjunct Faculty in Social Work, Boston College

BABKA

Wednesday September 2.

Please join us in discussing *Like Dreamers* by Yossi Klein Halevi.

Wednesday, October 7, our book is *The Paris Architect* by Charles Belfoure.

Kabbalah with Eitan Zeira

Times and places to be announced

Towers MOTOR PARTS

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An Exciting Year Ahead for Sisterhood!

The end of summer always brings a sigh. Knowing that shorter days and busier schedules are ahead can feel daunting. But with that comes the knowledge of new beginnings: the celebration of the New Year, the introspection of Yom Kippur, and the excitement of new plans and new programs. Sisterhood is excited to announce the program roster for this coming year.

Our program year begins on Sunday, October 4th at 9:30 AM with our annual membership brunch. This is always a well-attended program and lots of fun. We will enjoy appetizers in the Sukkah and then move into the Social Hall for

Brunch. TBA's own Kerry Schneider will be performing for us in a program entitled "Songs We Loved Growing Up!" This should be great fun and, we suspect, there may even be some singing along! Please let us know if you need babysitting or a ride to the event. We look forward to seeing you there! Please see RSVP information below.

December will bring our return to the Nashua Soup Kitchen. This is a wonderful opportunity to give back to the Nashua community and help other volunteers organize and distribute hundreds of food baskets to those in need. The dates for this have not yet been announced so stay tuned – we will let you

know as soon as possible. This is such a feel-good event and we are never at a shortage for volunteers. Last year we even received Temple Beth Abraham T-shirts!

Just a bit of a teaser: our Passover Program will be on Sunday, April 3, at 4:30 PM so be certain to **SAVE THE DATE!** The Sisterhood will be hosting a special Women's Seder. We will have a full Seder, a unique Haggadah, and much wonderful music, singing, discussion, and celebration. More information will follow in the months ahead but, in the meantime, block out this date to be with us. You won't want to miss this!

So, as you can see, we have some exciting things planned. For now, please RSVP for the Membership Brunch on October 4. RSVP to Carol Kaplan at cakaplan@hotmail.com (603 860-4163) or to Carol Mann-Cohen at carolmanncohen@gmail.com (603 216-2849).

*Thanks and see you in October,
Carol and Carol*

WANTED !

YOUTH ADVISOR

Temple Beth Abraham Nashua USY

Do you want to work with
GREAT TEENS?
Do you want to **LEAD** and
Help Shape Young Minds?
Do you want to **DEVELOP** our
FUTURE Jewish leaders?
Temple Beth Abraham is
looking for a **GREAT** Senior
USY Advisor for our
AWARD WINNING
CHAPTER OF THE YEAR

**THEN A SUPER
REWARDING
FUTURE AWAITS YOU!**

Must be Energetic, Highly
Organized, Motivating and Excellent
with Teens

Contact Heidi Lovitz, Director of Education and
Programming at director@tbanashua.org or call
(603) 883-9844

Youth Advisor – Part Time:
Aprox. 10 – 12hrs. per month • (July 1 – June 30)

Key responsibilities include: Lead overall development and retention efforts of our USY (grades 9-2) chapter. Host and supervise program activities. Maintain active communication with chapter board, synagogue youth, Director of Education and Programming and regional personnel. Coordinate publicity and facilitate transportation for all youth programming with assistance from Director.

Candidates for this position should have knowledge of the Conservative movement and its youth programs, the ability to work with young adults, parents and the congregational professional staff.

Must have own transportation and be willing to staff events on Shabbat and weekends including some overnights for local and regional events.

Something to Think About

Once again we approach the Yamim Noraim, the Days of Awe, long before most of us are ready. As the snowy winter gave way to spring and then summer, it seemed we would have so much time to take stock, to make and execute new plans for ourselves, our families, and our community before September rolled around again. There would be camp and visits from Israeli relatives and trips to the beach and picnics and so much time. And here we are.



Elaine Brody

As a child, my High Holy Days were filled with the pungent smell of the gefilte fish my Bubbe was boiling in the kitchen, the sticky sweetness of teiglach, services at our synagogue before a visit to the shul where my grandmother prayed, and family get-togethers where there would be conversations...and the occasional argument...about a wide variety of topics. Children were never excluded.

Frequently, my mother would say, "The older you get, the faster the time goes by." And I would smile as if in agreement although I was sure she was wrong. Or... I would say, "Oh, Mom." Turns out she was right about time...and many other things. How I wish she were still here so I could tell

her I understand. I am at a place in my life where I have to come to terms with fleeting existence and great loss even as I continue to work for the causes I believe worthwhile and make plans for the exciting tomorrows I expect to spend with family and friends.

As you prepare for these holidays, take time to reflect, make amends where needed, commit to the welfare of our synagogue community and the community at large, make something sweet and sticky, and always include your children in the process.

Buzz and I wish everyone Shana Tova U'Metuka, a good and sweet year... filled with things to think about.

*L'hitraot,
Elaine*

Honey Cake Mitzvah Project

Every Bar/Bat Mitzvah student has a mitzvah project to perform. Anne Sherman will be making fleece baby blankets for New Hampshire Child and Family Services. In order to raise money for supplies, she is selling home-made honey cakes for the High Holidays. All proceeds from the honey cakes sales will go towards buying supplies to make the blankets. Purchase pareve apple or orange honey cakes (loaf size) for \$7.50 each. The cakes will be made in the Temple Beth Abraham kitchen.

Please e-mail your order to mitzvahcakes@gmail.com or complete the form below and mail to Mitzvah Cake Project, c/o Anne Sherman, 110 Hawthorne Village Rd, Nashua, NH, 03062

Order deadline is Friday, September 4th. The honey cakes will be available for pick up at Temple Beth Abraham on Thursday, Sept 10th from 5:00pm till minyan. Other arrangements for pickup can be made upon request.

Preferred payment is by cash or gift card to Joanne's Fabrics.

Name _____ Phone _____

Email Address: _____

	Quantity	
Orange Honey Cake Loaf		
Apple Hone Cake Loaf		
Total		x \$7.50 = \$

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee

Written by Linda S Trapasso

Find Your Place in Community

Temple Beth Abraham is a Jewish community, and we are part of the larger Jewish community of New Hampshire, New England, the United States, the diaspora, etc. But what exactly is my place, and your place, in community?

According to myjewishlearning.com:

It is no accident that the Jewish people call themselves “Am Yisrael” – “the people of Israel” – rather than “Dat Yisrael,” or “the religion of Israel.” A sense of peoplehood has long been the defining characteristic of the Jews.

Community is a defining characteristic of Jewish life. Most of us are familiar with the [Jewish Community Centers](#) or JCCs. They are major recreational, social, and fraternal outlets for the Jews they serve. And lately, these communities also advocate for the rights and values of Jews in their communities and around the world. What began as the Hebrew Young Men’s Literary Association in 1854 has grown into 350 centers and camps across the United States and Canada, according to the [JCC Association](#).

The world is changing, and [Jewish] communities are changing.

[Jews for Judaism](#) is an international organization that provides a wide variety of counseling services, along with education, and outreach programs, that enable Jews of all ages to rediscover and strengthen their Jewish heritage. There are a variety of programs, some of which may be useful if you’ve been a target of pro-secting or Christian outreach. This is a worldwide community for those wanting to keep Judaism strong for themselves, their family, and their community.



On the West Coast, if you are Latin and Jewish, you can find kindred souls at the [KEN Jewish Community](#). Here you can maintain your Latin values and culture while strengthening your Jewish identity and building a connection to Israel. KEN was founded by Mexicans and other Central and South American Latin Jews to meet their needs for community and Judaism.

[Jewish Community Action](#) brings together Jewish people from diverse traditions and perspectives to promote understanding and take action on social and economic justice issues in Minnesota. When Rabbi Shmuly Yanklowitz comes to TBA in December, we will learn about these issues. And we will continue to hear about these issues now that the presidential campaign has begun.

[Keshet](#) is a national grassroots organization that works for the full equality and inclusion of lesbian, gay, bisexual, and transgender (LGBT) Jews in Jewish life. Here in New Hampshire, we are a state that allows gay marriage. So it makes sense that we be aware of the LGBT community and the Jews in that community who are our family, friends, and neighbors. Attending a retreat through [Nehirim](#) may help our understanding and strengthen our bonds with the LGBT community.

So, have you figured out what community you are in? In reality, does it matter? Just remember these five things:

- ✧ Be Generous
- ✧ Volunteer
- ✧ Be Aware
- ✧ Be Considerate
- ✧ Get Involved



We can all make a huge difference in our communities by following those simple steps. So what are you waiting for? Go make a difference ([source](#))



Let's talk about **WATER** in the **WEST BANK!!**

and how it affects Israeli-Palestinian relations and the peace process

Mark your calendar for **Sunday September 20 at 10 AM. at TBA.**

David Sacks will show slides of his eye-opening trip beyond the Green Line this spring.

Guest Speaker **Mary Alexander** serves as the U.S. representative to EcoPeace, a regional environmental peacebuilding organization focused on water issues. She also chairs its International Advisory Committee, a group of distinguished environmentalists, ME scholars, faith-based leaders and long-time EcoPeace supporters. Before joining EcoPeace, Ms. Alexander worked for 20 years in public policy for Panasonic until retiring to obtain a certificate in Natural History Field Studies and becoming a Virginia Master Naturalist. Ms. Alexander has a particular interest in the Middle East as a result of her work in the late 1970s with the U.S. State Department in Damascus, Syria. She has worked with EcoPeace since 2010, when she was recruited by Bob Cole, past international advisor to EcoPeace and founder of the organization's International Advisory Committee.

Shaina Wasserman New England Regional Director, J Street

This program is sponsored by J Street and Alan and Becky Green**

**J Street is a moderate pro-Israel, pro-peace, pro 2-State solution political & educational organization that has formed to raise a new voice in the political arena around Israel. New Hampshire has a newly formed J Street Branch with leadership in the Portsmouth area. Alan and Becky attended the national J Street Conference in March. We hope to get more J Street NH involvement in Southern NH. (J Street is named after the 'missing street' in Washington DC which goes as a planned city from I street to K street. It represents a 'missing voice' in American politics around Israel.)

Israeli-style brunch and coffee will be served

This program is **free**, just **sign up** so we have enough seats.

Email greendocsnashua@gmail.com if you plan to attend

Road Map of High Holy Day Services

Evening Services

Rosh Hashanah – Sunday, Sept. 13 at 8:00 PM ≈ Monday, Sept. 14 at 7:30 PM

Yom Kippur (*Kol Nidre*) – Tuesday, Sept. 22 at 6:00 PM

On Sunday and on Yom Kippur, Rabbi Jon shares some framing thoughts about the holy day, the prayers, and the community. On Yom Kippur, the Kol Nidre prayer focuses us on the power of our words to create commitments, and the significance of living up to them or not. We recite litanies of confession, enumerating the wrongs we take responsibility for.

Morning Services (times are approximate)

Rosh Hashanah – Monday, Sept. 14 and Tuesday, Sept. 15 ≈ Yom Kippur – Wednesday, Sept. 23

9:00 AM Services Begin

We prepare our bodies, souls and voices to concentrate on the themes of the day. We open the ark and perceive the Torah for the first times. We sing Avinu Malkenu at the end of this part of the service on Rosh Hashanah, part of a litany of prayers that promise hope and forgiveness. On Yom Kippur, we recite again the confession, which we will repeat throughout the day.

10:00 AM Torah Service

We take out the Torah and bring it all around the congregation, close to every person. We pray for family, friends, and community members who need healing. On Rosh Hashanah, we delve into the story and dilemmas of the family of Sarah and Abraham, the Torah's pioneers of community and spirituality. On Yom Kippur, we ponder the idea of a fresh slate through the eyes of ancient priests and prophets.

11:30 AM Rabbi Jon's Sermon

(followed by shofar on Rosh Hashanah and Yizkor memorial prayers on Yom Kippur)

12:00 PM Musaf Service

We sing and recite some of the most dramatic prayers -- about our deeds written in the Book of Memories; about the power of teshuvah (personal change), tefillah (prayer and spiritual introspection), and tzedakah (giving and compassion); about the meaning of our life in a new year.

Tashlich

Right after morning services on the first day of Rosh Hashanah, we go to the Nashua River to throw bread in the water, symbolizing the washing away of our wrongs of the past year.

Yom Kippur Afternoon

4:00 PM Program or discussion

5:00 PM Mincha/Neilah Services begin

We read the story of Jonah, and for a final time enumerate our wrongs and seek a new beginning.

7:30 PM Conclude with the blowing of shofar, the Havdalah candle, and breaking the fast

Each morning of the Holy Days:

- **Childrens' services for grades K-2 and 3-6 10:00 AM - 12:00 PM**
- **Teen discussion groups beginning at 10:00 AM**

GLOSSARY OF TERMS FOR THE HIGH HOLY DAYS AND SERVICES

"Ch" always means the guttural "h" sound, as in "Chanuka."

Teshuvah תְּשׁוּבָה -- literally, "return". We return to our true souls, to the right path, to God and to one another. *Teshuvah* is the word that is often translated as "repentance."

Cheshbon HaNefesh חֶשְׁבוֹן הַנֶּפֶשׁ -- "self-accounting" or "reflecting on the soul". This is an important dimension of *teshuvah*. It is the Jewish term for introspection and taking careful stock of our actions and our relationships.

Yamim Nora'im יָמֵים נֹרָאִים -- "Days of Awe/Reverence". *Yamin Noraim* can refer specifically to the ten days from Rosh Hashanah through Yom Kippur, or can include the preceding month when we prepare ourselves through *cheshbon nefesh* and prayer.

Elul אֱלוּל -- the name of the month in the Jewish calendar that precedes Rosh Hashanah. Elul is the period particularly devoted to *Teshuvah* and *Cheshbon HaNefesh*. One interpretation explains the name of the month as an acronym for the biblical phrase "I am my beloved's and my beloved is mine" *Ani L'dodi V'dodi Li* אֲנִי לְדוֹדִי וְדוֹדִי לִי. In other words, Elul is the time when our soul finds God or its true nature once again.

Tishrei תִּשְׁרֵי -- pronounced "Tish-ray", this is the Hebrew name of the month that begins with Rosh Hashanah. It is both the culmination of the *Yamim Nora'im* and the month that continues with the festivals of Sukkot and Simchat Torah, celebrating bounty and the conclusion of the Torah reading cycle. We sometimes refer to "the Tishrei holy days" as a group.

S'lichah סְלִיחָה -- "forgiveness". Some of the prayers are referred to as *S'lichot*, prayers about forgiveness. In modern Hebrew, *s'lichah* means "excuse me, pardon me."

Machzor מַחְזֹר -- the name of the special holy day prayerbook. The Hebrew literally means "cycle." The regular prayerbook is called the *Siddur* סִידוּר, the "ordering" or "arranging" of the prayers.

Kippur כִּיפּוּר -- the word usually translated as "atonement". *Kippur* refers to cleansing from the residue that our wrong actions leave on ourselves and on the community. "Atonement" is an English word, made up of the words "at one" -- coming together.

Chet חֵטְא -- the word usually translated as "sin." In biblical Hebrew, *chet* has the connotation of an arrow that has missed its target and hit something else.

Vidui וִידוּי -- "confession". In general, Judaism values verbal confession of our wrongs, to one another and before God. Yom Kippur prayers include *Vidui* recitations that mention wrongs for every letter of the Hebrew alphabet.

Amidah עֲמִידָה -- the standing prayer, which we say individually at our own pace. In our congregation, we wait for each individual to finish before we continue together. People say the words of the traditional Amidah in the prayerbook, their own prayers, or a combination.

Mi-sheberach מִשְׁבְּרַךְ -- "May the One Who Blessed", the first words of the prayer for healing that we say at one point during the Torah reading. We refer to the whole prayer by that name. When someone is sick, she might ask, "Will you say a *Mi-sheberach* for me?" Saying a name out loud or to yourself during the *Mi-sheberach* is a way of strengthening support for that person and declaring that his suffering and his life deserves attention, from others and from God. *Mi-sheberach* does not flow from belief that God sends physical healing to some and not others.

Kaddish Yatom קַדִּישׁ יְתוּם -- the Mourners' Kaddish, a prayer recited by people in the first year of mourning a close relative or on the anniversary of the death. In our congregation, anyone who wishes may stand in support. Some people choose to say Kaddish for a close friend, or in honor of people for whom no relative may be observing the practice.

Torah תּוֹרָה -- specifically, the first five books of the Bible, which are written in the Torah scroll. Torah is also a general word for all the teachings of Judaism throughout time.

Talmud תַּלְמוּד -- the collection of discussions that made up the first phase of the "oral tradition", discussing both laws and ideas, through about the sixth century of the Common Era. When we talk about "The Rabbis", we mean specifically the rabbis mentioned in the Talmud.

Midrash מִדְרָשׁ -- an interpretation or story that suggests or illuminates possible meanings of the Torah that shed light on questions of our day. "The Midrash" also refers to the first books that have midrash in them, from the era of the Talmud.

Some traditional ways to greet people during this season:

Shana Tova שָׁנָה טוֹבָה -- A Good Year

Shana Tova U-me-tuka שָׁנָה טוֹבָה וּמְתוּקָה -- A Good and Sweet Year

There is a custom of eating apples and honey to signify this wish!

L'shana Tova Ti-ka-tay-voo לְשָׁנָה טוֹבָה תִּכְתְּבוּ -- May You Be Written For a Good Year

This greeting draws from a legend depicting God writing down our destinies for the new year in a "Book of Life."

G'mar Chatimah Tova גְּמַר חֲתִימָה טוֹבָה -- A Good Final Sealing

This greeting, specifically for Yom Kippur, picks up on that legend, particularly the notion that our destiny is sealed in the book on Yom Kippur.

"An easy and meaningful fast"

***Tefillat Yitzchak: Guide to the High Holy Day Prayers
and Perspectives on Jewish Prayer
Rabbi Jon Spira-Savett***

Finding meaning in prayer is not one issue, but many. What could participating in a prayer service do for me? How can I find meaning in prayers written a long time ago, in a style and an idiom that is not familiar? Where can I find a meeting point between my *Kavvanah*, the intentions I bring to the service, and the traditional service itself?

Here are four ways you can orient yourself to prayer generally. Warning: You might think that one angle contradicts another. I see it differently, as four perspectives or lenses on the same thing.

Words About God = Godly Words

Despite all the words in the Torah and the *Machzor* (High Holy Day prayerbook), we have no sure knowledge of God. That is what Jewish philosophers have said for centuries. Yet our study and our prayer are of course full of descriptions of God.

Rabbi Harold Schulweis teaches a different way of understanding all the descriptions and metaphors about God. He calls his approach “predicate theology”, because he argues that the most intelligible thing in a sentence like “God is merciful” is not the subject, but what comes at the end. When we associate an idea with God, we are saying: this is a Godly quality.

Each time we encounter a sentence in the prayers that characterizes God, Rabbi Schulweis instructs us to turn it around. “God heals the sick” becomes: Healing the sick is Godly. Thus, upholding those who fall is Godly. Being slow to anger is Godly. Liberating those who are oppressed is Godly. Protecting the Jewish people is Godly.

In this perspective, the prayer liturgy is not just for us, but about us. Praying is an ethical experience. The words point us toward the qualities of ourselves that are Godly, and the prayers urge us to use those qualities in our lives in the most powerful way possible.

Facing God

Think about the staging of the sanctuary. It is meant to be a place of majesty. We bow as though before royalty, and of course many of our prayers use the metaphor of God as a king.

It is good for us to bow our heads..... ***For more, download the whole booklet at <http://rabbijon.net/rabbijon/high-holidays.html> or pick up a booklet during Rosh Hashanah services***

This year on the 16th of Elul - Monday, August 31

TECH TASHLICH

Tashlich תַּשְׁלִיךְ (pronounced “tahsh-leech” with the Hebrew ch) is the traditional Rosh Hashanah ritual of throwing away our wrongs and bad habits into a river to be carried away.

The 16th of Elul (think of bits, bytes, and powers of 2) is a good day to pick one antisocial digital behavior and throw it away for the New Year!

Maybe it's....

- * answering your phone while you're talking to someone
- * checking e-mail while you're out with family or friends
- * spending too much time on social media at the expense of more important things

On the 16th of Elul, reflect by yourself or take some time with family or friends to talk about how technology is affecting your lives and relationships, in good ways and bad.

Since technology can be useful, if you need a good idea or have one to share, see the Tech Tashlich group of Facebook or Twitter ... but not too much! Or write down your idea the old-fashioned way and bring it to your local synagogue.

Brought to you by rabbis in New Hampshire

Rabbi Jon Spira-Savett - Temple Beth Abraham in Nashua

Rabbi Eric Cohen - Temple Israel in Manchester

Rabbi Beth Davidson - Temple Adath Yeshurun in Manchester

Rabbi Robin Nafshi - Temple Beth Jacob in Concord

HIGH HOLY DAY TICKET INFORMATION

Reciprocity With USCJ Synagogues for Guest Tickets

Rosh Hashanah begins on the evening of September 13. Tickets are required for High Holy Day services at Temple Beth Abraham. All members in good standing (50% of their obligations paid, or prior financial arrangements made) will be mailed tickets. Children (through college age) of members do not require tickets.

Temple Beth Abraham offers reciprocity (tickets at no cost) for out of town family members who wish to attend our services and for those visiting the area for the High Holy Days who belong to another synagogue. If your guest is a member of another USCJ (United Synagogue of Conservative Judaism) affiliated synagogue, please have their synagogue send us a letter

or form indicating they are a member in good standing and would be eligible for tickets.

Guest tickets for relatives who are unaffiliated and do not live in the Greater Nashua area may be purchased for \$50 if the person is attending services for one holiday (Rosh Hashanah or Yom Kippur) and \$75 if the guest is attending services for both holidays. Please let us know the name of the guest so we can fill out the ticket.

We also sell tickets to non-members of the Temple who live in the Greater Nashua area. We ask a donation of \$500.00 per person.

We welcome all who wish to attend High Holy Day services at Temple Beth Abraham. **Cost is never a barrier.** If

you wish to attend and cannot afford the suggested donation, please call the synagogue office (883-8184) or contact the treasurer (treasurer@tbanashua.org) and an arrangement will be made.

If you cannot come to the Temple during normal business hours and need to purchase guest tickets, non-member tickets, or talk to the Treasurer to make financial arrangements or pay dues before the High Holidays, the Treasurer will be available in the temple office on Tuesday, September 1, from 6:00 – 7:30 PM and on Thursday, September 3, from 6:00 to 7:30 PM. If you cannot come on either of these dates but would still like to meet with the treasurer you may contact him via email at treasurer@tbanashua.org to schedule another time.

Please Remember Leave your Scented Products at Home

The holidays are a great time for hitting reset. The New Year is a time to bring out our finest inner selves and to look our best. For some, that means wearing scented products. I am writing to gently remind you but to passionately plea with you to leave your scented products at home when you get ready to join your community at high holiday services. Why?

It is estimated that more than half of U.S. adults are allergic to something. For most, reactions range from minor annoyance to serious discomfort—from skin rashes to “hay fever” to migraines to stomach upset and beyond. But for others, allergies can be life threatening.

Sound melodramatic? Sadly, it isn't. Every year people die after being stung by a bee or exposed to peanuts, so-called anaphylaxis. The throat closes,

the body swells and the blood pressure drops dangerously low. Without adrenaline shots, a person can quickly become a “Code Blue”. What does that have to do with perfume?

In people with asthma, scented perfumes and colognes can and do trigger severe reactions. Fragrances can make the airways of the lung spasm and swell, causing uncontrollable coughing or, worse, an inability to breathe. When this happens, asthma inhalers may not even work – they can't get in! Thousands of people die each year after suffering an asthma attack, and avoiding exposure to triggers is a key safety factor.

Allergy and asthma sufferers get pretty good over time in identifying and avoiding those triggers. But in public places, that just may not be possible; the same heating and ven-

tilation systems that circulate the air also circulate the particles that cause the reaction, so sitting far away from people wearing perfume isn't even an option. Sadly, there are members of the synagogue who have told us that they unable to attend services or sometimes are forced to leave in the middle of services due to this problem.

So now you know another way you can help create a welcoming and safe environment in our synagogue, especially around the holidays. Please avoid wearing *any* perfume, cologne, aftershave or scented hairspray when you come to shul. It doesn't take a lot to make someone sick. And if you have questions, please don't hesitate to contact me at the hospital at 577-3004.

Thank you for listening to a Jewish mother/doctor.

Shana Tova,

Dr. Stephanie Wolf-Rosenblum

HIGH HOLY DAY BABYSITTING SERVICE

TBA Sisterhood is once again organizing a babysitting service for young children (newborn to 5 years old) during the High Holy Day religious services.

The Babysitting Room will be located in the school building. Babysitters will be non-TBA members selected and hired by Sisterhood.

There will be plenty of toys and some “structured” holiday activities.

Snacks, drinks and sandwiches will be provided. Any other supplies or equipment that your child needs should be brought from home, labeled with your child’s name.

The cost of the babysitting service will be \$15 per child per session (see session times listed below).

In order to ensure that we will, at all times, have enough sitters for the number of children that attend, the babysitting will be by reservation only.

RESERVATION FORM FOR BABYSITTING

Parent Full Name _____ **Phone** _____

Child’s Name _____ Age _____

Child’s Name _____ Age _____

Child’s Name _____ Age _____

Please identify any food allergies: Name(s) _____
Item(s) _____

Are you interested in helping with a holiday activity (e.g. story, craft) during a morning babysitting session? ____ Yes ____ No

Number of children who will attend the following babysitting sessions @\$15 per child, per session

ROSH HASHANAH

- ____ Monday morning 9/14 (9:30 AM – 12:00 AM)
- ____ Tuesday morning 9/15 (9:30 AM – 12:00 AM)

YOM KIPPUR

- ____ Wednesday morning 9/23 (9:30 AM – 12:00 PM)

\$ _____ total enclosed

Please send completed reservation form and check by September 9 to TBA
(Make check payable to TBA Sisterhood)

TBA Sisterhood
4 Raymond Street
Nashua, NH 03064

Attn: High Holy Day Babysitting

Sukkot and Simchat Torah 5776

Thursday Morning, Sept. 24 from 9:00 AM – Come help us build the Temple Sukkah!

Sunday, September 27

5:00 PM Jewish Family Life Experience Fair

6:15 PM Welcome Back BBQ - \$10/adult, \$6/child, Family max \$30

7:15 PM Evening Service -- 1st Night of Sukkot

Monday, September 28

9:30 AM Morning Service -- 1st Day of Sukkot

7:30 PM Evening Service -- 2nd Day of Sukkot

Tuesday, September 29

9:30 AM Morning Service -- 2nd Day of Sukkot

8:00 PM Shabbat Evening Services

Saturday, October 11

9:30 AM Shabbat Morning Services

Sunday, October 4

7:30 PM Evening Service -- Shmini Atzeret

Monday, October 5

9:00 AM Morning Service and Yizkor -- Shmini Atzeret

5:45 PM Afternoon Yizkor Service

6:00 PM Family Simchat Torah Celebration

Tuesday, October 6

9:00 AM Morning Service for Simchat Torah



LULAV AND ETROG ORDERS

We will be placing lulav and etrog orders for the synagogue and for congregants who would like a lulav and etrog set for their home on Sukkot. The cost is \$50 per set. If you would like to order a set, please contact the office (883-8184 or office@tbanashua.org) and send in your payment by September 11.

Beth Abraham Traveling Sukkah

We will be holding Traveling Sukkah meals and services at congregant homes during Sukkot.

These will be pot-luck dairy or pareve (non-dairy/non-meat) meals

Sara & Sam Brest (35 Woodland Dr. in Nashua) will be hosting a meal on Saturday, October 3. Dinner begins at 6:30 PM with evening minyan outside at 7:30 PM. Please contact Sam or Sara at 889-5574 or email sarabrest@comcast.net to RSVP and offer to bring a pareve item.

Check your email for announcements of other dates and locations.



6 Mountain Laurels Dr. ~ Nashua, NH 03062
603.888.9000 ~ www.skymeadow.com

Sky Meadow is the perfect facility to host your Bar or Bat Mitzvah, Wedding, Golf outing or even a Corporate event. You do not have to be a member, so please call or email for further information.

Celebrate a Simcha Purchase a Leaf on our Tree of Life

- Bar and Bat Mitzvahs • Births • Graduations • Weddings • Anniversaries • Honors
- Special Birthdays • Best Wishes & Congratulations

The cost to purchase a leaf is \$225.

Leaves may be inscribed in English, Hebrew or both.

For more information, or to purchase a leaf, please call 883-8184 or office@tba.mv.com

The Art of the Shanah Tovah Card

Ruth Weiner Harris, Temple Beth Abraham Sisterhood

With the coming of the Jewish New Year, The Temple Beth Abraham Sisterhood is once again sponsoring the Shanna Tovah High Holiday greeting card. What better way to mark this time of the year than with the art of the season, the art of the Shanah Tovah card. 'Shana Tova' (literally, 'Good Year') is the Hebrew name of the greeting card for the Jewish New Year. It is one of the most beautiful artistic Jewish visual expressions. The Shana Tova card is a form of 'Hidur Mitzvah' – beautification of a Mitzvah, through which we wish each other a good year, a sweet year and many other blessings for the coming year.

It is believed that the custom started in Germany in the 14th century. The earliest cards in museums and private collections, however, are from the middle of the 19th century and like any other form of art, they reflect the time and place in which they were created.

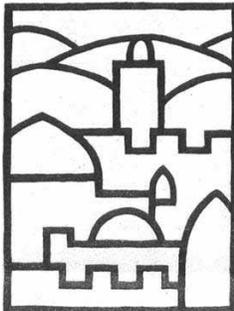
Although the High Holiday season is a solemn time of reflection and introspection, cards can be found for all people and all seasons, from motifs directly related to the holidays: Shofar, Mahzor (High Holidays prayer book), apples and honey, etc.; to other common Jewish symbols such as: Magen David, Torah or biblical figures. In Israel, there is a wide variety of cards: military cards, political cards, famous people cards (Herzl and Maimonides are popular), and many more. Flowers and fruit are common to symbolize a blooming and fruitful year. In many cases, the wording on the cards are quotations from the Holiday prayer book and/or from the Torah.

Three contemporary cards were selected from our Shana Tova collection for a closer examination. Selecting just three cards is not easy since many of the cards are quite special and each represents its own unique style or idea. The three presented here represent three quite diverse unique designs, representative of three different approaches to the Shana Tova card. The first, 'A Happy New Year – Shanah Tovah', is traditional; the second, 'Jerusalem', is starkly modern; and the third, 'The Holidays Joyful Season', is a contemporary approach to traditional themes.

'A Happy New Year – Shanah Tovah' card designed by Barak Ovadia, is a typical Rosh HaShanah card with holiday symbols. It depicts some items typical of the Rosh HaShanah Seder, and other High Holiday symbols: apples and honey, pomegranates, fish, a Kiddush cup, flowers and a Shofar. It is arranged in an Aron Kodesh (Ark) composition with a golden ornate background.



'A Happy New Year – Shannah Tovah' card designed by Barak Ovadia



The Jerusalem Card, designed by Jonathan Kremer

The Jerusalem card, designed by Jonathan Kremer, is an abstract image of Jerusalem, using a heavy line on a white background. The design is striking and very well balanced. Curved mountains, arches, domes and the unmistakable Jerusalem skyline carry us immediately to the ultimate vision of Jerusalem, the city of peace and the heart of the Jewish people carrying the message of a peaceful year.

The third card, 'The Holidays a Joyful Season', is a generic festival season card by Ruth Weiner Harris. It is a typographic design containing, in the inner circle, the commandment from the Torah: 'And thou shalt rejoice in thy festivals and be glad.' This is surrounded by Sukkah-like delicate olive branches which make a 'Sukkat Shalom', a Sukkah of Peace. This card is meant to be sent throughout the holiday season.



'The Holidays a Joyful Season' designed by Ruth Weiner Harris

These are but three examples of many. Practically anything nice can be and has been used for a Shanah Tovah card. It is both important and rewarding to keep this tradition up.

An order form for the community Shana Tova card is on the opposite. Take advantage of the service our Sisterhood is offering, and be part of this beautiful Jewish tradition.

Shanah Tovah!

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**Save the Date for Temple Beth Abraham Religious School's
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Starry Starry Night
Saturday evening, November 21**



LET'S DANCE...TO KLEZMER!

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Temple Beth Abraham is excited to welcome Steve Weintraub, a traditional and contemporary Jewish dancer and choreographer. Weintraub was born and raised in New York City and learned to dance under the tutelage of Alvin Ailey and Erick Hawkins. Klezmer-style dancing borrows from other European folk styles, and Weintraub has an international reputation for leading joyous, easy-to-follow dances that draw on this tradition. Weintraub's dancing guarantees this will be a great party!

Steve Weintraub will be giving a talk on Sunday morning in conjunction with the Southern New Hampshire Jewish Men's Club monthly breakfast, co-sponsored by Temple Beth Abraham's Life Long Learning program!

Make sure BOTH programs are on your calendar!

Watch for more information coming soon or contact Heidi Lovitz, Director of Education and Programming at director@tbanashua.org or (603) 883-9844

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Temple Beth Abraham

Holiday Happenings Throughout the Year

Do you have a favorite Jewish Holiday?

Pick one or more of your favorite Jewish holidays and join the committees that will be working on exciting celebrations for the whole community. It is never too early to start planning for a great experience!

Add your ideas and help make this year a fun, successful year of celebrations at TBA!

Sukkot Block Party

Travel From neighborhood Sukkot to TBA in a progressive meal style with fun activities for every member of the family at each sukkah. Enjoy a main course in our own Beth Abraham Sukkah!

Chanukah Celebration

Last year we included a menorah-making contest, Chanukah craft corner for young children and our own Sisterhood shared favors for our children to take home. Consider expanding the idea and holding a menorah auction with home made menorahs, dreidel designing or a host of other activities!

Purim Ball

Dress in costume, walk the Red Carpet, enjoy an elegant dinner, dance the night away!

Passover

Celebrate the second seder with family and friends from our TBA Community, together at the synagogue. Help to prepare parts of the seder, volunteer to lead a section, suggest ways to make the tables and the environment festive, or any other ideas that you would like to contribute!

Shalom Yisrael, Israel Celebration

Take a virtual tour of Israel, enjoy Israeli food, listen to Israeli music, shop in an Israeli market, take a camel ride in the desert, eat in a Bedouin tent, climb a Masada rock wall! The possibilities are endless!

Shavuot

Meet Me at Mount Sinai and Learn through the Night

Services, dinner, study, learn to make blintzes, breakfast and Shacharit at sunrise.

For more information or to volunteer to work on a holiday, contact Heidi Lovitz, Director of Education and Programming at director@tbanashua.org or call (603)883-9844



Temple Beth Abraham Sisterhood Fall Rummage Sale



Schedule:

DROP-OFF and SET-UP: TUESDAY, October 27, 9am – 4pm

If the Synagogue doors are not yet open, please drop-off donations at the rear of the social hall.

SALE SCHEDULE: WEDNESDAY, October 28, 9am – 3pm

PACK UP TIME: WEDNESDAY, October 28, 3 - 5pm

What to Donate:

Fall/Winter Clothing
Outerwear
Accessories
Jewelry
Housewares and Kitchen Items
Bed, Bath and Decor Items
Small Appliances and Electronics
Sporting Equipment
Baby and Child items
Art and Books
CDs and DVDs
Games and Toys

How to Help:

1. Donate merchandise

2. Volunteer

Have fun, see old and meet new friends, and enjoy a delicious lunch.

Call:

Ricki Klopfer 465-7654

Email: RickiK4@aol.com

Proceeds from this sale help support the Temple Beth Abraham Synagogue, Sisterhood, Religious School and local area charitable agencies in need!

Yahrzeits

*During Friday evening and Saturday morning services,
Memorial prayers will be recited for the following:*

September 4 & 5

Diana Brest, mother of Sam Brest
Herman Schenker, uncle of Karl Schenker
Henry Louis Weiss, father of Ronald Weiss
Jan Shapiro, wife of Richard Shapiro
Matilda Gallant, mother of Jason Gallant
Edna Beatrice Hunt, mother of David Hunt
Arlene Oppenheim, sister of Earl Prolman
Kalla Freiberg, mother of Beverly Gerson
Rosa Singer Zeckel, mother of Sandy Dickens
Gloria Cohen, mother of Diana Stern
Rose Kemp, mother of Mildred Etlinger
Bertha Toub, mother of David P. Toub
Ettie Sherman, grandmother of Steven Haime
Allan Goff, father of Allison Sharpe
Esther Cohen, mother of Sara Brest
Minnie Goldberg, grandmother of Herbert Shanzer
Rose Yellin, mother of Michael Yellin
Cecile Dubrovinski
Bessie R. Folsom
Ray R. Lynch
Florence Marshall
Jean Pozanek
Julius Tanzer

September 11 & 12

Louis Klayman, father of Betty Tobias
Lillian Zalkind Hurwitz, mother in law of Leon Goldstein
Jules Schanler, father of Eileen Beckhardt Freedman
Evelith Lewis, aunt of Judy Goldstein
Marie Guillemette, mother of Debra Sack
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Martin Comen, father of Amy Sherman
Selma Schneider, mother of Dennis Schneider
Louis Prolman, father of Earl Prolman
Frederick Berger, grandfather of Jason Himmelstein
Sonny Farber, brother of Sandra Gaffney
Max Heller, father of Barry Heller
Pauline Quart, mother of Darlene Drutman
Morris Rayman, father of Florence Silver
Ruby Baum, sister of Shirley Lechuk
Guy Ellerman, brother of Kate Prolman
Morris Savett, great-uncle of Jonathan Spira-Savett

September 11 & 12 Continued ...

Adri Eisman, mother of Merle Carrus
Nathan Kamenske
Pearl Cohen
Elias Cohen
Susan Goodman Betky
Elliot D. Winograd

September 18 & 19

Alison Lynn Wagenberg, daughter of
Howard S. Wagenberg
Mary Adams, grandmother of Martin Cielinski
Toby Rubin, mother of Lawrence I. Rubin
Gertrude Berger, mother of Melvin Berger
Gerald Cantor, husband of Nancy Cantor
Max Stern, grandfather of Michael Harris
Jack Sherman, grandfather of Steven Haime
Carl Friedman, grandfather of Gary Friedman
Ethel M. Gordon
Thomas A. Klein
Isaac Silverstein
Morris Weisman
Ethel Gould

September 25 & 26

Annette Cooper, mother of Marsha Feder
Rita Rogin, mother of Abner Taub
Charlotte Isenbergh Kessler, mother of Marcia Weiss
Julius Soifert, father of Joan Soifert
Louis Etlinger, husband of Mildred Etlinger
Sophie Lowenberg, mother of Stephen Lowen
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