

Temple Beth Abraham Bulletin

September 2017 – Vol. 43, No. 11 • telephone: 603-883-8184 • e-mail: office@tbanashua.org • www.tbanashua.org



The Holy Days are Approaching!

See inside for a guide to the Holy Days

Saturday, September 16

Selichot Service, 9:00 p.m.

Erev Rosh Hashanah

Wednesday, Sept. 20 8:00 p.m.

Rosh Hashanah

Thursday, Sept. 21, 9:00 a.m. & 7:30 p.m.

Rosh Hashanah

Friday, Sept. 22 9:00 a.m.

Kol Nidre

Friday, Sept. 29 6:00 p.m.

Yom Kippur

Saturday Sept. 30 9:00 a.m. & 4:45 p.m.

Detailed High Holy Day Service Schedule Inside



5777-78
2017

September

elul
tishri



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	14 elul	15 elul	16 elul	10 elul CL: 7:01 Services 8:00 p.m.	11 elul Services 9:30 a.m.
3 12 elul	4 13 elul Office Closed	5 14 elul	6 15 elul BABKA 8:00 PM "Rhapsody in Schmitz..."	7 16 elul First Day Religious School	8 17 elul CL: 6:48 Services 7:00 p.m. Benjamin Palmer Bar Mitzvah	9 18 elul Benjamin Palmer Bar Mitzvah Services 9:30 a.m.
10 19 elul First Day Sunday School Men's Club Breakfast 9:30 a.m. JFNH Annual Meeting 4 p.m.	11 20 elul LABOR DAY Ritual Comm. 8:00 p.m.	12 21 elul Treasurer's Office Hours 5:00 - 6:00 p.m.	13 22 elul Avodah Shebalev 9:30 a.m. Lifelong Learning	14 23 elul	15 24 elul CL: 6:36 Hungarian Shabbat Dinner 6:00 p.m. Services 8:00 p.m.	16 25 elul Services 9:30 AM Jr. Cong. 10:00 a.m. School Welcome Back Havdalah 6:00 p.m. Selhot 9:00 p.m. Nitzavim-Vayelech
17 26 elul Yedidim / Sunday School Apple Picking at Lavoi's Farm in Hollis 9:30 a.m. Service of Remembrance at Davis Fun Home 1:00 p.m. Rabbi Jon at Cemetery 2:00 p.m.	18 27 elul Yedidim Mom & Dad's Group 10:30 a.m.	19 28 elul	20 29 elul CL: 6:25 Services 8:00 p.m.	21 1 tishri Services 9:00 a.m. Youth Services & Teen Discussions 10:00 a.m. Evening Service 7:30 p.m.	22 2 tishri CL: 6:22 Services 9:00 a.m. Youth Services/Teen Discussions 10:00 a.m. Shabbat Services 8:00 p.m. FALL BEGINS	23 3 tishri Services 9:30 a.m.
24 4 tishri	25 5 tishri	26 6 tishri	27 7 tishri Avodah Shebalev 9:30 a.m.	28 8 tishri	29 9 tishri Office Closes at 1:00 p.m. Kol Nidre 6:00 p.m.	30 10 tishri Services 9:00 a.m. Youth Services/Teen Discussion 10:00 a.m. Mincha/Maariv 4:45 p.m.
FAST OF GEDALIAH OBSERVED					KOL NIDRE	YOM KIPPUR YIZKOR

Preparing For a New Year

For the High Holy Days to mean something in your life, you have to do some things first to get ready. In the Jewish tradition, the month called Elul, leading up to Rosh Hashanah, is a time of introspection and exploring the possibility of change in our selves and our lives.



Rabbi Spira-Savett

You would never start a race without warming up. So too, you can't expect Rosh Hashanah and Yom Kippur to do all the work of renewal, if you start only on the holy days.

So what should we be doing in the meantime?

The High Holy Day prayerbook itself points us toward three practices, three themes. They are called *teshuvah* ("return" or inner change), *tefillah*

("prayer" or spiritual centering), and *tzedakah* (giving to further justice).

Teshuvah is all the work on ourselves that could lead to a change in how we act. Sometimes the change we need, or achieve, is large, and sometimes it's something small but profound nonetheless. Sometime it's about the up close in our lives, and sometimes it's in our approach to the wider world.

People approach *teshuvah* in all kinds of ways. By setting aside quiet time to think. By talking with a friend, or by talking with a therapist, or by talking with a rabbi. By making a personal inventory. By sitting around with a group of friends and doing this together. By reading a book and letting a challenge sink in. By studying the Torah of *teshuvah*, as taught by great rabbis such as

Maimonides or Avraham Yitzchak Kook. (Yes, we'll offer that in the synagogue!)

Maimonides says that the process involves recognizing a wrong, resolving to turn away from it, and then working on the action or behavior. He teaches that the test of *teshuvah* is a situation where you have failed before, but now you act well.

Tefillah is traditionally prayer, but there are other practices as well – meditation, mindfulness exercises, contemplating in the outdoors, studying some theology about our place in the universe and the divine energy that moves us and can move through us.

Whatever the practice, though, we each need time to ask the big question of our tradition, first put by God to Adam: "Where are you?"

(Continued on the following page ...)

Taking Stock

As we approach the Days of Awe and the coming of the New Year, 5778 (תשע"ח) it is once again the time of year in which we take a pause to reflect on our lives



President
Michael Harris

and to renew our commitment to our values. 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.

תכלה שנה וקללותיה, תחל שנה וברכותיה
"Be done with the last year and its curses, let the new year and its blessings commence!"

We enter the New Year as a Jewish Community with bright prospects and having achieved several important goals over the last year. Let me start with הידור מצווה 'beautification of the Sanctuary'. You may recall that last year I mentioned that the Interior Committee had embarked upon a major project, the installation of twelve additional stained glass windows, the Twelve Tribes Windows. At the time,

I mentioned that two had been sponsored and were being fabricated. Now as I sit in the sanctuary on Shabbat morning, I gaze up at the windows and imagine the tribes gathering to hear Moshe address them, wondering what it must have been like. Soon to be added are: Yehuda (the Lion) and Yosef (a fruitful vine). Remaining, still looking for sponsors, are Naftali (the deer), Benyamin (the wolf), Issachar (the donkey) – I can't wait to see the donkey – and Dan (the scales of justice). Some say that the Ethiopian Jews are descendants of the tribe of Dan.

As I mentioned, sponsorship of these windows is for a double mitzvah: in addition to 'beautification of the sanc-

(Continued on the following page ...)

During the short daily minyan through the month, we blow the shofar. I will be teaching, in the evenings and on Shabbat, about words in the prayerbook that can give a focal point. *Tefillah* isn't the same as the accomplishment of *teshuvah*. But it can be the prod and it can be the guide that helps us in our *teshuvah*.

Tzedakah is a reminder that the goal of *teshuvah* isn't only individual, and it isn't only in our family circles. We need to change our relationship to the world, to do a better job of putting our unique individual qualities in service of kindness and justice.

So this is a month to focus on acts of *tzedakah*. This could mean making a more serious commitment to an organization whose work you believe in. It could mean standing up more firmly, and more often, in the face of anti-Semitism and racism. It could mean deciding which of the many kinds of suffering in our community you will be willing to learn more about, at the risk of pain and anger and doubt when it doesn't seem to get better.

If you do these things, then Rosh Hashanah and Yom Kippur services will help you turn a corner. In the

room filled with so many people, all taking time off to make their lives and the world better, you will be amazed. Our voices together will be uplifting. We will move in unison, and help each other.

Watch for opportunities we organize to get ready during these weeks leading up. And look for good resources on the outside, whether they come in a Hebrew form or not. I wish us all a *Shana Tova Umetukah*, a good and a sweet New Year!

Rabbi Jon

tuary' their sponsorship also serves to erect our place of worship by reducing the mortgage, as in days of old when people brought their precious items to Bezalel as he was building the Sanctuary in the desert.

Another project of the Interior Committee, which will soon be installed in the Social Hall, is the stunning quilt by Joy Mainemer from Psalm 81, which, appropriately enough, says 'Make music to God, the Source of our strength.'

שאו זמרה ותנו תוף כינור נעים עם נבל:
תקעו בחרוש שופר.

("Sing loud, sound the drums, sweet sounding violins and pipes. Blow the Shofar for the New Moon.") Those who attend Wednesday evening minyan may recognize these words from the Psalm for Thursday. May it enhance our festive occasions.

The Ritual Committee recently reviewed the state of our tallitot available for members and guests and found it wanting. The Chevra Kadi-sha (Burial Society) very generously offered to sponsor our acquisition

of beautiful new tallitot, which will be out for the holy days.

Those of you who attended our annual meeting may have heard me lament the lack of nominated officers and directors. Well, I want to let you know that people have stood up to the occasion. David Sacks has been appointed Executive Vice President and Jeff Masors Vice President. Additionally, Jeff Weiss, Chris Savage and Daniel Palmer have newly been appointed as Directors. In addition to our other new Board members, Matthew Lee and Eileen Beckhardt-Freedman, and the new representative of the Men's Club, Mark Dickens, this brings a lot of new energy and new ideas to the Board and to our committees.

We would also like to welcome our new staff members. Jessie Mogle has been appointed Assistant Director of Education with a focus on outreach to young families and teen programming. Jessica Stern has been hired as the new Religious School administrative assistant with an additional focus on communication

and publicity for synagogue events. Loren Foxx has also been retained to help set up additional contemporary communications channels and to unify our image. Working with a strategic plan, staff and others, Loren has developed a new logo for the synagogue, which will be rolled out in the near future.

You may have heard me comment over the past year or two that our facilities are aging and in need of sometimes planned and sometimes unplanned maintenance projects of growing magnitude. One such project relates to the school entry, where drainage and ice issues have caused a good deal of damage. Fortunately, a very generous donor has made a substantial matching donation in honor of our this-year Keter Shem Tov honoree, Jane Goodman. Jane has for many years been very active on the School Committee and this donation in her honor, along with matching funds from others in the congregation, will be dedicated to remedying the considerable maintenance issues with the school entryway.

(Continued on page 6...)

September Service Schedule

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

SPECIAL EVENT SERVICE

September 8 & 9

Friday Services at 7:00 p.m.
Benjamin Palmer Bar Mitzvah
Saturday 9:30 a.m.

September 16

Junior Congregation

High Holy Day Service Schedule

(also in other section)

Saturday, September 16
Selichot Service, 9:00 p.m.

Erev Rosh Hashanah

Wednesday, Sept. 20 8:00 p.m.

Rosh Hashanah

Thursday, Sept. 21, 9:00 a.m. &
7:30 p.m.

Rosh Hashanah

Friday, Sept. 22 9:00 a.m.

Kol Nidre

Friday, Sept. 29 6:00 p.m.

Yom Kippur

Saturday Sept. 30 9:00 a.m. &
4:45 p.m.

Flower Sponsors, Oneg & Kiddush

September 8 & 9

Jessica & Daniel Palmer in honor of their son, Benjamin's Bar Mitzvah

July 21 & 22

Flowers sponsored by Jane Goldsmith in honor of Laura Horowitz's special Birthday

Kiddush Luncheon sponsored by Laura Horowitz in honor of son, Jonathan's & her special birthdays

Bar Mitzvah of Benjamin Miles Palmer

Benjamin Miles Palmer, son of Jessica Bladd Palmer and Daniel Palmer, brother of Sophie Love Palmer, will be called to



the Torah as a Bar Mitzvah on Saturday, September 9. *Parashat Ki Tavo* is the 50th weekly Torah portion in the annual Jewish cycle of Torah reading. This fall Benjamin will begin his 8th grade year at Hollis Brookline Middle School. When he's not busy studying, Benjamin enjoys spending time with his friends. He's also an avid ski racer for the Pat's Peak Race Team where he competes in Slalom and Giant Slalom events, a competitive soccer player, and a drummer in the school jazz band. In summertime, Benjamin continues his Jewish learning at URJ Camp Eisner in the Berkshires where he's been a camper for four years.

We Gratefully Thank Our High Holy Day Flower Sponsors

- Deb & Lew Snapper in honor of their children & grandchildren
- Rena & Ernest Perelmutter in loving memory of their parents, Jack & Belle Perelmutter & Rabbi Abraham & Betty Feldbin.
- Nancy & Ralph Keyslay family wishing the congregation a Happy, Healthy New Year
- Sandie & Seth Leonard in honor of the marriage of daughter Anat to Zachary Wookey

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Wendy KolopskyGabrielle Zeira
Matthew Lee

Rebecca Green - Sisterhood Representative
Mark Dickens - Southern NH Jewish
Men's Club Representative

*Affiliated with United Synagogue of
Conservative Judaism*



- Carol Mann-Cohen & Richard Cohen in loving memory of his mother, Esther Cohen
- The Earl Prolman Flower Fund in loving memory of wife, Marilyn Prolman

Yom Kippur Break the Fast After Nei'lah... is Graciously Sponsored by the Following Generous Donors

- Bev & Chuck Gerson in honor of their family & friends
- Jeannie & Marty Lorrey in honor of their children & granddaughter
- Karen & Jerry Herman in honor of their friends and family
- Lisa & Dan Guttman in loving memory of Annie Kasher & Ruth Stein

Taking Stock continued...

We are very excited about the recent affiliation of the Southern New Hampshire Jewish Men's Club with the synagogue. We look forward to many joint programming opportunities, the first of which will be the Men's Club breakfast on Sunday, November 5, when the synagogue will be hosting the renowned scholar Susannah Heschel. We look forward to seeing you there.

Temple Beth Abraham is honored to have been asked to provide a venue for the Jewish Federation of New Hampshire annual meeting on 10 September. We look forward to hosting Federation members from all over the state. All are welcome.

Lots of good news! Lots of new energy!

Have a healthy and a happy New Year!

שנה טובה ומתוקה!
שלום וברכה

Michael Harris, President

BABKA News

BABKA book discussions will be starting up again in September. We hope everyone had a fun summer full of time for reading.

Our schedule of book choices is listed here so you can start reading ahead. Copies of all our choices are available in the TBA Sisterhood Judaica Shop for purchase. Some of our choices are available through the Nashua Public Library's Interlibrary Loan program; please let Ellie, Merle, or any other BABKA member know if you are interested.

We look forward to seeing you at our meetings, sharing snacks and your viewpoints.

September 6 – *Rhapsody in Schmalz: Yiddish Food and Why We Can't Stop Eating It* by, Michael Wex

October 18 – *Becoming Malka* by Mirta Ines

November 1 – *The Hours Count* by, Jillian Cantor

Community News

Condolences to:

- Claudia Haime on the loss of her beloved mother, Florence Aisner
- Debbie Brown on the loss of her beloved father, Rich Brown
- Pam Bruckman on the loss of her beloved sister, Gail Rosengard
- Gordon Hegfield on the loss of his beloved brother, Robert Hegfield
- Judy Parsons-Kerins on the loss of her beloved mother, Barbara Parsons
- Caren Pelletier on the loss of her beloved father, Andrew Levine
- Bill Goodman on the loss of his beloved father, Sidney Goodman
- Richard Cohen on the loss of his beloved mother, Esther Cohen
- Family of Alan Soifert on his passing
- Chis Devine & family on the loss of his beloved wife Tammy

Best Wishes to:

- Deb & Barry Sack on the marriage of son, Doug to Melissa Moore

Welcome New Members:

- Erica & Andrew Patmos (Hudson)
- Jessica Stern (Goffstown)

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

Temple Beth Abraham Religious School

Invites You to



A Family Havdalah

For families with children of all ages

Saturday, September 16

Beginning at 6:00 p.m.

There will be family mixer games featuring "Jerusalem Squares"

A light dairy meal will be provided and the evening will close with a Havdalah service.

Please RSVP by September 14 to school@tbanashua.org

Save the Date
Sisterhood Fall
Rummage Sale
Drop-Off
Day, Tuesday,
October 24
Sale
Day, Wednesday,
October 25

A Season is Set for Everything ...

*“To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under
heaven”*

For many of you, these words may sound familiar. The Byrds, an American band, put out this song, *Turn, Turn, Turn* in the 60's. It was part of the new age of peace and love. But the essence of this song is much older than even this. Its lyrics were taken from Ecclesiastes, in Hebrew known as *Kohelet* in the Bible. It is part of the *Ketuvim*, Writings. Attributed to King Solomon, it represents an aged person looking back on his life and seeking to understand life's purpose.

As it is written: “A season is set for everything, a time for every experience under the heaven...” (3:1). Jewish practice follows the seasons through the waxing and waning of the moon. As summer comes to an end, the days become shorter and the weather begins to change. In the late part of summer, the Religious School will reopen its doors to our children and their families as we welcome them back to the school. In this season, we return with a glow



Director of Education
and Family Engagement
Noreen Leibson

from the summer sun ready to open our minds and our souls to learning, to questioning, to exploring our Jewish teachings. This is a wondrous cycle, almost like a merry-go-round turning around and around as we go up and down.

Our school program can be seen as a merry-go-round. The learning content circles each year but as we go up and down, we are exposed to new ways to look at and explore big Jewish ideas. Each year we approach our lives with a new lens, a lens that comes from our growth and experiences. This year we are introducing two new curricular programs. One is for the Sunday school and the other is for Hai (Grade 5) and Vav (Grade 6). In addition, our Zayin (Grade 7) class will be experiencing a new way to learn both knowledge and practice through a combination of school time and monthly family education.

Our teachers are excited to return to the classroom and even during the summer, many of them have come in to the school to set up their classroom, work on their curriculum and attend training seminars. All we need now is YOU!

By now, families will have received an August packet filled with information about the new school year. I

have updated the family handbook and ask that everyone read it over. Some of it you may already be familiar with the content but there are new items as well.

The first day of weekday school is Thursday, September 7, and September 10 for Sunday school. On that Sunday, we will have a parent welcome. This is for our registered students and for families that are interested in learning more about the Sunday school program. There will be a family Havdalah on Saturday, September 16 open to all. Please check the calendar for more events and programs.

As I bring this article to a close, I am thinking about the seasons and how they arrive each year, not exactly the same but we know we can count on each season to move us through the year. May this year be one filled with love, joy and peace. May each of us continue to explore and learn new ideas and new skills. May it be a year of personal growth for all of us. May this year be your year, one you will always remember.

With wishes for *Shana Tova u'Metukah*, a healthy and sweet New Year.

L'shalom

Noreen

Temple Beth Abraham Religious School Invites You to a Parents Welcome

For 3rd – 7th grade: Thursday, September 7 at 5:30 p.m.

For Sunday School: Sunday, September 10 at 11:15 a.m.

Take this opportunity to meet Noreen Leibson, Director of Education and Family Engagement

Talk with Rabbi Jon

Meet other parents • Talk with school committee members... Find out how YOU can get involved!

Temple Beth Abraham 2017 Annual Fundraising Campaign

70 Donors * * * * 15 New Donors

24 4-Year Donors

Total Donations = \$43,111

4 Year Total = \$168,038

On Behalf of the Entire Fundraising Committee Thank You for Your Generous Contributions

Esther & Lionel Arlan	Stanley Juda	Martin & Debra Rothberg
David & Ann Bardin	Carol Kaplan	Lawrence & Robin Rubin
Bernard & Elaine Brody	Marc & Wendy Kolopsky	Barry & Debra Sack
Nancy Cantor	Bruce Labitt & Ellie Schwartz	Howard & Susan Schiff
Stewart & Claudine Cohen	Matthew & Stephanie Lee	Herbert & Harriet Shanzer
Mark & Sandy Dickens	Shirley Lechuk	Richard Shapiro
Benjamin Freedman & Eileen Beckhardt Freedman	Seth & Sandie Leonard	Joel & Carole Shyavitz
David Freedman & Laura Kahn	Diane Lerman	Dorothy Silber
Gary & Mara Friedman	Philip & Carol Levy	Perry & Janis Silver
Paul & Barbara Garnick	Mark & Cheryl Liebling	Lewis & Debrah Snapper
Jeanne Gerard	Colleen Lillstrang	Rabbi Jonathan & Laurie Spira-Savett
Charles & Beverly Gerson	Jeffrey & Karen Masors	Robert & Naomi Steinberg
Jane Goldsmith	Les & Ida Stanger Mildenberg	Abner Taub & Liliane Sznycer
Leon Goldstein	Nancy & Gregory Moore	Betty Tobias
Steven & Judy Goldstein	Michael & Eileen Morin	Diane Toth
Rochelle Goren	Ernest & Rena Perelmutter	Linda Sue Trapasso
Alan & Rebecca Green	Howard Price	Robert & Gina Vega
David & Gabrielle Green	Earl Prolman	Leonard & Debbie Waldman
Marilyn Greenspan	Raymond Street Klezmer Band	Howard & Pennie Wallach
Steven & Claudia Haime	Sheryl Rich-Kern	Peggy Weisman
Michael & Ruth Harris	Marilyn Rosen	Terre A Weisman
Laura Horowitz	Michael Rosenblum & Stephanie Wolf-Rosenblum	Eitan & Gabriele Zeira
	Samuel & Esther Rosenzweig	Anatoly Zhuk

Learn the Ukulele!

For adults, Beginner class begins at TBA, taught by Amy Conley, M.Ed. No musical experience necessary, easy and fun to learn! Great songbook. Thursday, 12:30-1:15 pm, starts September 14. www.AmyConleyMusic.com or call 603-249-9560.

\$16/week, \$30 Songbook.

Also Music Together classes, early childhood music and movement, ages birth to five with the adults who love them, Thursday morning at TBA, 9:15-10:00 and 10:15-11:00 a.m.

Yedidim September Events

Yedidim is the name of a network of Southern New Hampshire Jewish and interfaith families with children who are between newborn and five years old. We regularly gather to form community, learn together, provide support to one another and have fun. For more information or to volunteer, contact Jessie Mocle: yedidim@tbanashua.org

Tot Shabbat & Music Together with Hebrew

Tot Shabbat is a magical experience for young children between the ages of 0-4. You will enjoy singing, dancing, child-friendly crafts and a snack. Join us with your little ones!

Saturday, September 16, 10:00 a.m. - 11:30 a.m.

Also this month, we will have a very special Tot Shabbat with age-appropriate activities to learn about Yom Kippur on:

Saturday, September 30, 10:00 a.m. - 11:30 a.m.

Mom and Dad's Group



This month, join us for a nosh and a laugh on:

Monday, September 18, 10:30 a.m. - 12:00 p.m.

Monday, October 16, 10:30 a.m. - 12:00 p.m.

Monday, October 30, 10:30 a.m. - 12:00 p.m.

Temple Beth Abraham Religious School - 5 Raymond Street, Nashua, NH 03064



Join Us for Apple Picking!

Yedidim and Sunday School Students are invited to join us at our second annual at Apple Picking Event!

Lavoie's Farm in Hollis, NH
on **Sunday, September 17 at 9:30 a.m.**



Lavoie's Farm
172 Nartoff Rd
Hollis, N.H. 03049
www.lavoiesfarm.com

We'll have morning services, apple picking, songs and stories!

In case of rain, we will meet at the TBA Religious School
5 Raymond Street, Nashua, NH 03064

RSVP by email: yedidim@tbanashua.org

Welcome Back Havdalah Social!

Summer has ended, and the real fun has just begun! Yedidim and all school families are cordially invited to join us for a hearty welcome back social! See your friends from last year, and make new ones. Light dinner and dessert will be served, along with some games and time to mingle!

Please RSVP so we will know how much food to prepare! Please also consider volunteering to help prepare the meal on Friday, September 15th! Together we can create a really special event! Contact Noreen Leibson to RSVP and volunteer: director@tbanashua.com



Saturday, September 16: Light dinner at 6:00 p.m., Havdalah at 7:50 p.m.

Temple Beth Abraham, Nashua, NH - 4 Raymond St, Nashua, NH 03064

Something to Think About

Suddenly, without warning, the High Holy Days are almost here. In some homes holiday cooking and freezing has already begun! We joke about whether the holidays are “early” or “late” this year, and a rabbi is always there to remind us the date is the same every year on our lunar calendar.



Elaine Brody

During these weeks of Elul, as we rush around getting children back to school and putting away the summer stuff, we should take time to reflect upon the year that is coming to an end. What are we most and least proud of? Which actions would we repeat, and which do we wish we hadn't done? How can we

improve our world and ourselves in the coming year? Consider posing these questions to your children in an effort to help them understand the meaning of these Days of Awe. Maybe, by the time you break your fast from Yom Kippur, you will have chosen one thing you can plan to work on going forward.

As you enter the Sanctuary this Rosh Hashanah you will see that eight of the Twelve Tribes windows have been set in place adding to the beauty of the space. Of the four windows remaining, one will be reserved as a “community” window. If you wish to sponsor a window but don't have ten thousand dollars, we have a plan. If you have twenty-five or five hundred or one thousand dollars or any other amount you would like

to contribute, make your donation specifying it is for the community window. We will pool all of those donations. When they reach ten thousand dollars, we will have the window fabricated, and the text on the donor plaque will be “Given in gratitude for the Beth Abraham Community by its members.”

Reflection and *tzedakah* are integral to the observance of Rosh Hashanah and Yom Kippur. I hope I have once again offered you something to think about. From our home to yours come wishes for a sweet and meaningful new year.

*Shanah tova u'metukah,
Elaine*

SAVE THE DATE!



The Jewish Fascination with Islam:
How Jewish Scholars Created
the Field of Islamic Studies



Presented by
Susanna Heschel
Professor, Dartmouth College

Sunday Brunch, November 5

Brought to you by:
Temple Beth Abraham Lifelong Learning Committee • Temple Beth Abraham Sisterhood
The Southern NH Jewish Men's Club
Details to follow!

Temple Beth Abraham, 4 Raymond St, Nashua, NH 03064
Office 603-883-8184 or office@tbanashua.org
Web www.tbanashua.org
Facebook www.facebook.com/TempleBethAbraham/



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

BABKA meeting, Wednesday, September 6, 8:00 p.m.

“Rhapsody in Schmaltz: Yiddish Food and Why We Can’t Stop Eating It” by Michael Wex.

Ongoing:

Torah Study with Rabbi Jon

Thursdays from 10:30 a.m. to Noon. Come once or many times.

Rabbijon.net and [@TBARav](https://www.instagram.com/TBARav)

Teachings on the weekly Torah reading and current events through a Jewish lens, podcasts, and music.
Rabbi Jon’s high holy day sermons are posted.

Save the Date!

BABKA meeting, Wednesday, October 18, 8:00 p.m.

“Becoming Malka” by Mirta Ines. NOTE date change due to holidays!

BABKA meeting, Wednesday, November 1, 8:00 p.m.

“The Hours Count” by Jillian Cantor.

Susanna Heschel of Dartmouth College, Sunday Brunch, November 5

The Jewish Fascination with Islam: How Jewish Scholars Created the Field of Islamic Studies

Honoring Veterans, Shabbat, November 11

A special Shabbat program to honor our veterans, past and present.

Joyce Antler of Brandeis University, Sunday Brunch, November 19

Making Trouble: The Subversive Tradition of Jewish Women Comedians

Have Ideas? Want to Help? Join Our Committee!

Contact Jeff Masors at lifelonglearning@tbanashua.org or Rabbi Jon at rabbi@tbanashua.org.

Contribute to the Elizabeth Fischer Memorial Fund to support our ongoing scholarly and cultural special programming.

Consider sponsoring a specific speaker/event or the food for an event. Contact the office or Rabbi Jon.



SAVE THE DATE!

Making Trouble:

The Subversive Tradition of
Jewish Women Comedians

Presented by

Joyce Antler, Professor *Emerita*, Brandeis University

Sunday Brunch, November 19

Temple Beth Abraham, 4 Raymond St, Nashua, NH 03064

Office 603-883-8184 or office@tbanashua.org

Web www.tbanashua.org • Facebook www.facebook.com/TempleBethAbraham/

Details to follow!



Southern NH Jewish Men's Club Happenings

L'Shanah Tova! For the Southern NH Jewish Men's Club (SNHJMC), this New Year is also an inaugural year, as we will be beginning our first year as a fully affiliated entity of Temple Beth Abraham (TBA). That's right! This past June, the TBA Board of Directors approved our request for affiliation!

What does this mean? It means that TBA now has under its umbrella a men's club! Since 1982, the SNHJMC has been catering to the social and educational needs, and bellies, of men in Southern New Hampshire by way of our Sunday breakfast programs. Going forward, we will continue to offer the great programming we always have, while also collaborating with other TBA organizations for joint program-

ming and cross participation. Furthermore, the SNHJMC will hold firm to its charter of remaining an organization completely open to the entire Jewish community regardless of affiliation. Truly a win-win situation for everyone!

Kickoff Breakfast

The SNHJMC board has been actively working on programming for the upcoming year. Our first breakfast event of the season will be held on Sunday morning, September 10 at 9:30 a.m. We are very excited to kickoff our year with special guest, Michael Apfelberg, President of the United Way of Greater Nashua. Michael will join us to provide an overview of the United Way including the impact it has on the 12 local communities it primarily serves. The

breakfast will be held at TBA and as always will be preparing our fabulous breakfast to include eggs, potatoes, bagels, lox, whitefish salad, veggies, fruit, juice and coffee. The cost for breakfast is \$8.00 for paid members and \$12.00 for guests. SNHJMC dues are \$36.00 annually, and may be paid at the door. RSVPs are encouraged for planning purposes to breakfastsvp@snhjmc.org.

Our remaining breakfast dates are as follows: October 8, November 5, December 10, January 14, February 11, March 4 (children's), March 18, April 15 and May 6. Keep an eye out for details on programs in the TBA bulletin and announcements, on our website: snhjmc.org or follow us on facebook!

International Dinner Shabbat Returns

Based on the success of past dinners and comments we have received, it's time for another Community International Shabbat dinner. After much thought, research and experimentation we have chosen to explore the cuisine of Hungary, of Jewish Hungry, to be exact.

If Hungarian mushroom soup, chicken paprikash, shlishkes, lesco (*Jewish style*) and a few other delicacies interest you, then reserve **September 15** for a taste treat.



We'll be sending out an email soon to formally solicit help and to make reservations. It's great fun in the kitchen to work with oth-

ers preparing a community meal and



then enjoying the fruits of our labor with a Shabbat celebration.

This is always a popular event so be sure to make your reservation when a formal announcement is made via a soon to come flyer. If you haven't been before, we generally get close to 120 people!

The cost in the past has always been a bargain and will remain that way!

So, work up your appetites, bone up on your Jewish Hungarian history and join us in the kitchen and at the Shabbat dinner table.



	<p><i>Special events in the spiritual journeys of your family members</i></p>
<p><i>Capture the moment!</i></p>	<p>(603) 759-0084 peter.in.peterborough@gmail.com</p>

Road Map of High Holy Day Services

Evening Services

Rosh Hashanah – Wednesday, Sept. 20 at 8:00 p.m. ≈ Thursday, Sept. 21 at 7:30 p.m.

Yom Kippur (*Kol Nidre*) – Friday, Sept. 29 at 6:00 p.m.

On Wednesday 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 after start are approximate)

Rosh Hashanah – Thursday, Sept. 21 and Friday, Sept. 22 ≈ Yom Kippur – Saturday, Sept. 30

9:00 a.m. 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 a.m. Torah Service

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

11:30 a.m. Rabbi Jon's Sermon

(Followed by Shofar on Rosh Hashanah and Yizkor memorial prayers on Yom Kippur)

12:00 p.m. 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

3:45 p.m. Program/discussion – Asking Big Questions

4:45 p.m. Mincha/Neilah Services begin

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

7:15 PM Conclude with the blowing of shofar, the Havdalah candles, and breaking the fast. Anyone who wants to can blow their shofar, we invite all the children to the bimah and everyone else to be close by as we finish the final service.

Each morning of the Holy Days:

- **Childrens' services 10:00 AM - 12:00 PM**
- **Teen discussion groups beginning at 10:00 AM**

In the Name of Shalom Bayit Please Leave Your Scented Products at Home

By *Stephanie Wolf-Rosenblum, MD*

It is hard for me to believe that Mike and I have been spending Rosh Hashana at TBA for 30 years! (I spent one Rosh Hashana in the NICU at Shaare Tzedek Hospital in Jerusalem the year that our beloved grandson, Yonatan, was born, but that is a story for another day...) During these 3 decades, we have been privileged to have so many of you in our lives, maybe at different times or for different reasons. So for us, the holidays are not only meaningful as a time for inner reflection and gratitude for all of our blessings, but also as a chance to share this experience with all the people that make up the community we call home.

Making people comfortable in our home at TBA means many things. It means going out of our way to greet people we don't know, leaving certain seats open for those who have mobility challenges and watching out for each other when we fast. Another important way we can make sure that everyone feels comfortable is to leave our scented products at home. Why is this important?

It is estimated that more than half of U.S. adults are allergic to something, and a new study I read this week is

that many allergies first appear in adulthood. For those with "contact" or touch allergies and "inhalational" or breathing allergies, 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 (or cologne or scented hairspray)?

In people with asthma, these products can and do trigger severe reactions. Fragrances can make the airway tubes of the lung spasm and swell, causing uncontrollable coughing or, worse, an inability to breathe. When this happens, asthma inhaler medicines may not even work—they can't get in! It doesn't take a lot to make some people sick—I have seen and treated these people in the ICU! And every year, thousands of people in the US die after suffering an asthma attack. For them, avoiding exposure to "triggers" is a key safety factor.

So those who suffer from allergies and asthma 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 ventilation 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. Also, these products stick to hands easily, and they can be transferred from a door knob or seat. Sadly, members of our TBA family have told us that they are not able to attend services, or they sometimes are forced to leave in the middle due to getting sick from these products.

So now you know another way you can help create a welcoming and safe environment in our synagogue, especially around the holidays. Please do not wear *any* perfume, cologne, aftershave or scented hairspray when you come to shul. 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,

Stephanie

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.

Frequently Asked Questions

Where do I park?

Beth Abraham has a good-sized parking lot, and if you come within the first 30-60 minutes of services you are likely to get a spot. You are welcome to park along the side streets in the neighborhood, such as Raymond, Chester, Berkeley, and Wood Streets. Please make sure not to block anyone's driveway and to respect a distance of 25 feet from any intersection according to Nashua regulations.

Do I need a ticket to come to services?

Every member of Beth Abraham who is in good standing receives tickets for every adult member of the household. Others arrange for tickets ahead of time and make a donation. We do not turn anyone away at the door. If you do not have a ticket, one of the greeters will talk with you to find out your name, answer questions, and welcome you. We would give you a ticket at that point with some information about Beth Abraham and an encouragement to make a donation to help us remain able to offer our services for the whole community.

Where am I allowed to sit in services?

Anywhere! Beth Abraham has no assigned or pre-arranged seating. You are welcome to be in any part of the Sanctuary, as close or as far back as you like.

Are there special places or activities for children?

We have babysitting for the youngest children (up through age 5), a service for children in grades K-2, a service for children in grades 3-6, and discussion groups for teens. Information about each place is on the services information page of the bulletin and will be posted at both entrances to the synagogue.

Can I bring my kids into services, even if they are little?

Absolutely! Children of any age can experience the service and be fascinated by many dimensions – the big room, the sounds of singing, the intangible atmosphere of introspection. Being together with your child or children can be profound for you too. If you have a child who makes noise or is active, try sitting toward the back and feel free to come and go through the door at the back whenever you need to, so other people can concentrate. But a little noise from young people contributes a good energy. Do make sure to supervise your children, whether they are in the service or in the open spaces.

Can I bring snacks for my children?

You can! We are a kosher facility, so you can bring fresh fruit and vegetables, whole or cut up in your home or prepared anywhere so long as they are plain; packaged snacks and drink boxes that have a kosher certification symbol on them, typically a U or a K with a circle around it. Foods baked in your home may not be brought in. If you have a question, or if you have special dietary needs that are hard to meet this way, ask Rabbi Jon ahead of time.

Do I have to wear a tallit (prayer shawl) or a kippah (covering for the head)?

Our norms are as follows. All men, whether Jewish or not Jewish, wear a kippah. Women are encouraged to do so but not required. Jewish men are expected to wear a tallit, and Jewish women are encouraged to do so as well but not required. If a woman is going up to the bimah in front for an honor, she needs to wear a head covering during the time she is in front of the congregation. We have both tallitot and kippot available for people to use.

(Continued on the following page ...)

Frequently Asked Questions continued...

Can I use my cellphone?

We observe the holy days by the traditional rules for Shabbat and festivals. Cellphones, cameras and the like are not used in the synagogue. If you have a profession that requires you to be reachable, such as a doctor, please set your device to vibrate, turn it off as soon as you perceive a call, and then walk outside the building to pick up a message or return a call.

What arrangements do you have for people who are disabled or have limited mobility?

We always save some seats that are easy to get to, by aisles and near the main doors into the Sanctuary. The ushers will be happy to help you.

Can I bring crayons or markers, or something else to occupy a child during services?

Traditionally, writing is considered a violation of the holy day rules. Our suggestion is stickers that can be put on paper. Books are also great, especially topical ones.

Can I take a break during services? Where can I go?

Yes, you certainly can leave during services. There are certain times when it is not appropriate to leave – usually when the congregation is standing. You are welcome to be in the Gallery, which is our big open foyer/lobby, or in the Library toward the back entrance. We ask that you be mindful of the fact that even quiet conversations carry toward the Sanctuary, even when the doors are closed. So keep conversations very quiet, and if you are talking find a place that is far from the Sanctuary, and also not right next to another room where an activity with children is taking place.

HIGH HOLY DAY TICKET INFORMATION

Reciprocity With USCJ Synagogues for Guest Tickets

Rosh Hashanah begins on the evening of September 20. 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 12, from 5:00 to 6:00 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.

GLOSSARY OF TERMS FOR THE HIGH HOLY DAYS AND SERVICES

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

Teshuvah תשובה -- 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 חשבון הנפש -- "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 ימי נוראים -- "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 אלול -- 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* אני לדודי ודודי לי. In other words, Elul is the time when our soul finds God or its true nature once again.

Tishrei תשרי -- 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 סליחה -- "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 מִחְזוֹר -- the name of the special holy day prayerbook. The Hebrew literally means "cycle." The regular prayerbook is called the *Siddur* סידור, 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 חַטָּא -- 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.

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

Amidah אַמִּידָה -- 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-vo 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"

The Tradition of Sending Rosh Hashanah Cards

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 *Shana Tovah* High Holy Day greeting card. What better way to mark this time of the year than with the art of the season, the art of the Shanna 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 Holy Day 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 Holy Day 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 Holy Day prayer book and/or from the Torah.

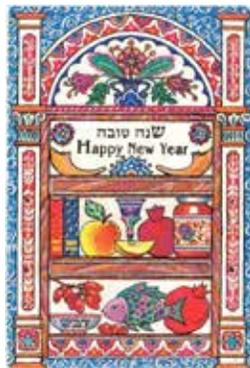
Three contemporary cards were selected from our Shana Tova collection for a closer examination.

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 – *Shana 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 – Shanna 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 Holy Day 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.

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



Happy New Year – Shannah Tovah’ card designed by Barak Ovadia

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 Jerusalem Card, designed by Jonathan Kremer

The third card, ‘The Holy Days

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



‘The Holidays a Joyful Season’ designed by Ruth Weiner Harris

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.

These are but three examples of many. Practically anything nice can be and has been used for a *Shana Tova* 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.

Shanna Tovah!

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

____ Thursday morning 9/21 (9:30 a.m. – 12:00 p.m.)
 ____ Friday morning 9/22 (9:30 a.m. – 12:00 p.m.)

YOM KIPPUR

____ Saturday morning 9/30 (9:30 a.m. – 12:00 p.m.)

\$ _____ total enclosed

Please send completed reservation form and check by September 15th to TBA (Make check payable to TBA Sisterhood)

TBA Sisterhood
 4 Raymond Street
 Nashua, NH 03064

Attn: High Holy Day Baby Sitting

הקשר היהודי שלך Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

Jewish Americans R Us

Like everyone else in the United States of America, Jewish Americans have a story to tell. The first Jewish person in North America arrived in 1585 ([Timeline in American Jewish History](#)). We have been here ever since, with permanent settlements taking hold in the mid-1700s, and we have made our mark.

To view our history, you can check out the PBS series “[The Jewish Americans](#).” Some of these videos are also on [YouTube](#). My Jewish Learning describes Jewish immigration to America as [three waves of Jews](#) – Sephardic, German, and Eastern European, each having their own impact. The USA’s founding fathers rooted their democracy in the Bible, and then identified with “the people of the book,” and Jewish symbolism became part of the culture (see [The secret amazing story of Jewish influence on the founding of American democracy](#)).

You can find other visual and audio items on the Internet, such as:



[American Jewish Hall of Fame](#) videos

“[The Jewish Americans](#)” and other videos at Facing History and Ourselves

[Webinars](#) and [videos](#) at American Jewish Archives

Online exhibits at [American Jewish Historical Society](#)

So, who are we now?

The Pew Research Center polled Jewish Americans and in 2013 released



“[A Portrait of Jewish Americans](#).” The Pew Center concluded “American Jews overwhelmingly say they are proud to be Jewish and have a strong sense of belonging to the Jewish people... the survey also suggests that Jewish identity is changing in America, where one-in-five Jews (22%) now describe themselves as having no religion.” [Huffington Post](#) reported on the

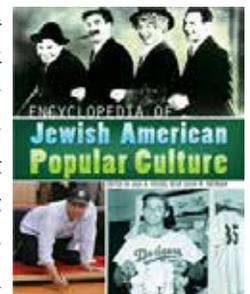
release of Pew’s 2013 survey results, noting that the answer remains complicated even after thousands of years.

There is additional research by the [American Jewish Population Project](#), run out of Brandeis University. The project synthesizes information from many sources, such as the US census, and is continually producing results as new information becomes available.

Have a look at [The American Jewish Experience in the Twentieth Century: Antisemitism and Assimilation](#) at the National Humanities Center. It describes what Jewish Americans have been through in the

twentieth century – struggles internal to the Jewish American community and outside influences on the community.

As long as we stand together, we will continue to grow, thrive, and contribute to America.



Alan J Green, MD

Certified Mohel
מודל מוסמך



22 Chester Street, Nashua NH 03064
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Yahrzeits

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

September 1 & 2

Jeff Meltzer, father of Stephen Meltzer
William Lyons, father of Colleen Lillstrang
Rosa Elkina, grandmother of Samuel Fain
Irving Shapiro, father of Richard Shapiro
Pearl Pally, mother of Sandy Greenbaum
Michael Blic, friend of Sam & Sara Brest
A. Joseph Savage, father of Chris Savage
Herman Hallet, father of Harriet Shanzer
Erez Chipman, grandson of Sandee Goldberg
Zelda White, mother of Rachel Davidson
Bessie Soroken Edward Klein
Bessie W. Gordon Jacob Heckman
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September 8 & 9

Lillian Ackerman, mother-in-law of Ann Ackerman
Benjamin Ginsberg, father of George Ginsburg
John Grosch, father of Jacquelin Yellin
Doris Borer, mother of Lynda Levine
David Posnick, father of Robert Posnick
Rebecca Rogin Diskant, great aunt of Abner Taub
Matilda Gallant, mother of Jason Gallant
Marie Guillemette, mother of Debra Sack
Edna Beatrice Hunt, mother of David Hunt
Jan Shapiro, wife of Richard Shapiro
Arlene Oppenheim, sister of Earl Prolman
Rosa Singer Zeckel, mother of Sandy Dickens
Kalla Freiberg, mother of Beverly Gerson
Herman Schenker, uncle of Karl Schenker
Gloria Cohen, mother of Diana Stern
Rose Kemp, mother of Mildred Etlinger
Bertha Toub, mother of David Toub
Henry Louis Weiss, father of Ronald Weiss
Cecile Dubrovinski Ray R. Lynch
Leonard Shapiro Julius Tanzer

September 15 & 16

Diana Brest, mother of Sam Brest
Ettie Sherman, grandmother of Steven Haime
Allan Goff, father of Allison Sharpe
Rose Yellin, mother of Michael Yellin
Esther Cohen, mother of Sara Brest

Yahrzeits September 15 & 16 continued...

Minnie Goldberg, grandmother of Herbert Shanzer
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Lillian Zalkind Hurwitz, mother in law of
Leon Goldstein
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September 22 & 23

Pauline Quart, mother of Darlene Drutman
Morris Rayman, father of Florence Silver
Ruby Baum, sister of Shirley Lelchuk
Guy Ellerman, brother of Kate Prolman
Morris Savett, great-uncle of Rabbi Jonathan Spira-Savett
Frieda Zorn Sherman, mother of Esther Arlan
Adri Eisman, mother of Merle Carrus
Alison Lynn Wagenberg, daughter of Howard Wagenberg
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Mary Adams, grandmother of Martin Cielinski
Gerald Cantor, husband of Nancy Cantor
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September 29 & 30

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Jack Sherman, grandfather of Steven Haime
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