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Rosh Hashanah Begins Sunday Evening September 9 Yom Kippur Begins Tuesday Evening September 18

See Inside For Holy Day Services Listings and Learning



5778-79
2018

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

2

22 elul

3

23 elul

Office Closed

9

29 elul

Services 8:00 p.m.

16

7 tishri

First Day Sunday School
BAP - Teen Philanthropy
12:30 p.m.
Mem. Prayers at Davis Funeral
Home 12:30 p.m.
Rabbi at Cemetery 1:30 p.m.

23

14 tishri

Services 7:30 p.m. CL: 6:22

30

21 tishri

Yedidim Fam. Sun.Sch.

4

24 elul

Sisterhood B.O.D. (o/s)
6:00 p.m.

11

2 tishri

Services 9:00 a.m. -
main sanctuary
ReNewYEAR Service
10:00 a.m. - school

18

9 tishri

Office closes at 1:00 p.m.
Services 6:15 p.m. - main
sanctuary
ReNewYEAR Service 6:15
p.m. - school

25

16 tishri

Office Closed
Services 9:30 a.m.

12

3 tishri

Educ.&Family Engagement
Comm. 6:30 p.m.
Lifelong Learning Comm.
8:00 p.m.

19

10 tishri

Services 9:00 a.m. -
main sanctuary
ReNewYEAR Service
10:00 a.m.-school

26

17 tishri

Avodah Shebalev in
the Sukkah 9:30 a.m.

5

25 elul

Avodah Shebalev
9:30 a.m.
BABA 8:00 p.m.
"Mathematician's Shiva"

13

4 tishri

First Day Weekday
Religious School

20

11 tishri

27

18 tishri

Pizza in the Hut
6:15 p.m.

7

26 elul

Services 8:00 p.m.

14

5 tishri

Services 8:00 p.m.

21

12 tishri

28

19 tishri

Services 8:00 p.m.

8

27 elul

Services 9:30 a.m.
Welcome Back Ice Cream
Social 3:00 p.m.

15

6 tishri

Services 9:30 a.m.

22

13 tishri

29

20 tishri

Services 9:30 a.m.
Lunch in the Sukkah

1

21 elul

Services 9:30 a.m.
Selihot Program and
Service 8:00 p.m.

Ki Tavo

8

28 elul

Services 9:30 a.m.
Welcome Back Ice Cream
Social 3:00 p.m.

Nitzavim

15

6 tishri

Services 9:30 a.m.

Vayeitech

SHABBAT SHUVA

22

13 tishri

Services 9:30 a.m.

Ha'azinu

29

20 tishri

Services 9:30 a.m.
Lunch in the Sukkah

CHOL HAMOEID

A Roadmap for the Days of Awe

If I could tell you one thing about Rosh Hashanah and Yom Kippur, it would be this: Don't wait for Rosh Hashanah to get ready for the new year.



Rabbi Spira-Savett

What Judaism calls the *Yamim Nora'im*, the awe-filled days, the awe-somely important days, is a period that begins a month before Rosh Hashanah. That month, named Elul, gives us time to look at ourselves and the world. There is no way we can do all of that only by sitting in services.

Teshuvah means returning or redirecting. It is what we are aiming for – to find something worth changing and in our power to stretch ourselves to actually change. Sometimes it's a small

thing, a habit that isn't good for us or annoying to the point that it complicates a relationship. Sometimes it's a major life reorientation, resetting our direction or our mission.

I called these days "awesomely important" rather than just "Days of Awe," to remind you that it's serious but not necessarily somber. *Teshuvah* is hard but it's actually hopeful, and joyful. In fact, An important way to focus on *teshuvah* is to start with gratitude. For all the good deeds you have done this past year – no matter how small you think they are, they are written in a Book of Memories before God. For the strengths you have inside, and the people who love you. For the idealists you know or know about who continue to inspire you.

Take time each day leading up to Rosh Hashanah for *today*, for appreciation of strengths and blessings. Then take the time to figure out what is eating at you, if you don't already know; and what you might do about it.

I don't know about you, but I only get so far with this by talking to myself. Here is an idea which might seem strange: use the word *teshuvah* when you are talking to your partner, a close friend, a therapist or counselor, a support group, a teacher, a rabbi. Tell them that at this time of year, you're supposed to be "doing *teshuvah*", which means returning or changing direction, and it involves figuring out something concrete that trips you up that you would like to change.

(Continued on the following page ...)

The Dog Days of Summer

The dog days of summer are upon us. And for me, this is the mental trigger that the new school year and the High Holy Days are coming. And this year, Rosh Hashanah seems earlier than usual, starting on September 9.



President David Sacks

I look forward to seeing the many familiar faces as well as meeting our newest members and guests. I am excited to welcome both young and old, the still and the restless, the singles and families and empty nesters, as we celebrate another Jewish new year together.

We have our usual traditional services under the leadership of Stan Juda and Rabbi Jon. If I am not mistaken, this

will be Stan's 20th year here and leading our services. *Yishar Ko'ach* (May your strength be enriched).

And for the first time, at Beth Abraham, we are introducing our ReNew YEAR service. This alternative multi-generational learning and experiential service will provide more opportunities for our community. ReNew YEAR will take place in the Hebrew School great space, and will be led by Eliana Light, her wonderful voice and the rhythm of her guitar. I wish to call out Esther Kosofsky who has been a shining beacon in helping execute on the vision for this service.

Please be sure to check the temple website for High Holy Day information including service start times and the melodies that we will use. We hope

you will find the time to listen to the melodies so that you can sing along in our various services.

I am also delighted to see the relaunch of the Yedidim program targeted for families with children 0-8 under the leadership of Jessie Mocle. Jessie has many ideas to help invigorate the offerings for our youngest. This is a strategically important offering to help our community grow in the category of families with young children.

I am encouraged by the energy that I am feeling amongst the Religious School staff, under the leadership of Noreen Leibson. We welcome back returning and new teachers. Rina Scharf has been teaching for as long as anyone can remember. I've heard

(Continued on the following page ...)

A Roadmap for the Days of Awe continued ...

I bet using the word makes a difference. Maybe the other person will sense how big a deal this is for you, and give you time they might not have otherwise. Maybe they'll just be fascinated about a concept in Judaism they've never heard of. Maybe they've heard the word but never heard someone take it seriously. Maybe they'll dig in and help figure out together why Judaism uses this metaphor of returning and redirecting, and what that could mean for you.

Come to services this year with your own *teshuvah* agenda. Prime yourself, even if your own progress report or your sense of where you are heading is vague. Services remind us how powerful it is to be with hundreds of people who all share the agenda of *teshuvah*, though it's different for each of us. We encourage each other, we draw courage

The Dog Days of Summer continued...

it's about 40 years. Michelle Rothberg will be teaching for the 18th year. I, like many, have fond memories of Rina and Michelle teaching our children, many of whom have gone on to high school, college and beyond.

In order to be responsive to parent and student demands on their weekday time, the religious school will pilot a Sunday-Tuesday schedule for 3rd grade. The older grades will continue with Tuesday-Thursday. Our Religious School is a critical part of our programs at the shul. Please continue to share your feedback with us.

I want to highlight that our good friend and facilities manager, Richard Bryant is celebrating his 20th anniversary with us this month. Richard makes many of our special occasions run smoothly with his efficient set up of the Temple facilities.

Also, our office manager, Judy Goldstein is now beginning a transition to

from the fact that while our quests may be unique, we're in it together.

This year we are enlarging what we are doing through services for Rosh Hashanah and Yom Kippur. We have spent almost a year reflecting on what you have told us about the services we have been leading, and on the fact that many people haven't been coming to services at all in the past few years.

So I continue to work on our Sanctuary service – how to make the traditional prayers meaningful and inspiring, how to use my time to teach you in ways that are focused and helpful. And we are adding another experience we are calling ReNewYEAR. On all three mornings of the holy days and on the evening of Yom Kippur, you can spend time with Eliana Light, a very special musician-educator who is up and coming and already nationally known in the Jewish community.

a part-time role. She has been in her role for over 20 years and the shul office runs like a well oiled machine.

Our board and committees have started the new year in full swing. I want to call out the great work by our Ritual Committee. On a recent Shabbat we had a discussion on how we would address weddings for a couple where one is not Jewish. The discussion was just another stepping stone to underscore our commitment to being inclusive and welcoming.

I am also thrilled to see the Membership Committee getting a rebirth under the leadership of Leon Goldstein and Wendy Kolopsky. This committee is essential in helping us increase awareness of the many facets of TBA for the greater community and to continue to welcome in new members and guests.

We have also experimented with Facebook advertising to increase awareness for our Hebrew School and the ReNew YEAR services. This

Eliana's experience is for anyone – it's for learning, it's for a different pace in a more flexible framework, it's for people of all ages. She has been working with us to design something unique, drawing on her talent as a singer and composer, her teaching skill, her spirituality, and her own life experiences. Ask us more about it, or try it out. Feel free to spend time in both services any day.

But come prepared – work on *teshuvah* ahead of time. On your own, and take advantage of our opportunities for study and discussion. Be in touch with me to talk or to ask me any questions. I look forward to starting the new year together!

Shana Tova Umetukah – Wishing you a good and sweet New Year,

Rabbi Jon

effort is ground-breaking for our Temple and gratitude is extended to the yeomen's efforts by the Outreach Committee led by Daniel Palmer. We are still looking for a chair of our house committee. Michael Harris has been gracious to serve in the interim. It would be ideal for someone who has building experience. We have found that this knowledge is helpful in guiding the organization in facility decisions.

In closing please be aware that primary election day in NH is on the second day of Rosh Hashanah. I want to thank Rabbi Jon for all his work in collaborating with the Secretary of State and sharing the absentee voting options and requirements with our community.

I would like to wish you and your family a wonderful and uplifting High Holy Days and new year.

L'shana tova tikateivu v'teichateimu,
David

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

See High Holy Day Schedule on separate page

Oneg, Kiddush & Flower Sponsors

August 24 & 25

Deborah & Robert Goldstein
in honor of son, Jackson's Bar
Mitzvah

ANNUAL APPEAL FUNDRAISING CAMPAIGN UPDATE

The members of the Fundraising Committee would like to heartily extend our thanks to those of our congregants who contributed to this year's Annual Appeal. We are pleased to announce that we have received a total of \$50,284 in donations. Your generous support is what makes our synagogue the strong and vibrant community that it is. This year's donations exceeded our fundraising budget and enabled us to finish the fiscal year within \$1,000 of break-even for the first time in four years.

From all of us on the Fundraising Committee to each of you, *Todah Rabbah* – thank you very much!



Community News

Best Wishes to:

- Deborah & Robert Goldstein family on Jackson's Bar Mitzvah
- Judy & Steven Goldstein on the marriage of Dan to Allison Concannon
- Ruth & Mike Harris on the birth of granddaughter, Amina Yael Harris
- Shirley Shapero on her 100th birthday
- Jean & Marty Lorrey on the birth of granddaughter, Ella
- Judy & Richard Wolfe on the birth of granddaughter, Hannah Shai
- Marsha & Sandy Geyer on Ben's marriage to Samantha Grose
- Sheryl Rich Kern on the marriage of Dan to Shiran Bennun
- Betsy & Ben Siegel on the birth & baby naming of daughter, Mackenzie
- Stephanie & Mike Rosenblum on the birth of granddaughter, Orly
- Elaine & Buzz Brody on their 50th wedding anniversary
- Gina & Bob Vega on their 50th wedding anniversary

Deepest Sympathy to:

- Barbara Lester on the loss of her beloved father, Julian Waldmann
- Phyllis Shapiro on the loss of her beloved mother, Anna Shapiro

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

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*Affiliated with United Synagogue of
Conservative Judaism*



A New Year, A New Beginning

"When you look into your heart as the New Year starts, may you discover a new sense of possibility, a new belief in the gifts you have to share, and a renewed commitment to your faith and your dreams."



Director of Education
and Family Engagement
Noreen Leibson

This heartfelt quote found its way into my inbox, and I knew that I had to share it with all of you. Breaking it down, I acknowledge that indeed our hearts lead our way if we allow ourselves to take a risk and allow ourselves to be vulnerable. Where is my heart leading me? If I am truly open, my heart may lead me to the infinite number of possibilities that life offers. In our tradition, each year we are offered a chance to reflect and renew. What lies before us? What challenges will we face, and what beauty will we experience?

This summer, I spent a good portion of time reflecting on the past year asking myself: What worked? What needs tweaking, and what needs a new direction. I did not do this alone. Through our first parlor meetings, I listened to what our families had to say, to see what I could learn from them. I asked them what they wanted from the Jewish community and especially what they wanted for their children in learning about Judaism.

Based on their feedback, we have made a few changes and have expanded some programs already in use. One content area in which we, Rabbi Jon, the Education and Family Engagement Committee and faculty, continued to develop is Jewish Values, *Middot*. We asked: How do Jewish Values form a

foundation for our Jewish and secular lives? This is a crucial question. It led us to expand our work with Shalom-Learning, a values-based integrated curriculum that looks at multiple aspects of our Jewish lives and connects all of this to a particular *middah*, value. Last year Hai and Vav (grades 5-6) worked with this curriculum. This year, we will add it to the Dalet (grade 3) and Zayin (grade 7) curriculum as well. Some of our teachers went to a series of training sessions at a conference in late July finding it very helpful.

We have also reviewed our goals for Hebrew. What do we want our students to know and be able to do regarding Hebrew? Hebrew is accessed through Torah study, Tefillot (prayers) and Modern Hebrew, the living language of the State of Israel. We want our students to develop a fluency in Hebrew reading. Fluency means being able to read a multi-syllable word with full accuracy and little hesitation. We want our students to feel confident in a Shabbat and Holy Day service. A part of that sense of comfort includes being able to pray along with fellow congregants and to be able to lead parts of the service. To accomplish this goal, we ask our students to come to services with their families. This is real life practice. This is how a child will become fluent in prayer Hebrew.

We want our students to know at least the beginnings of a modern vocabulary and the grammar to put together sentences.

Our faculty is gearing up to greet their students. All of us are planning for the new year and the New Year. We have some exciting special programs coming up. In October, we will welcome Eliana Light as our Artist in Residence. She will lead a series of workshops and services

and even entertain us on a Saturday evening with her musical talents. Eliana is a Jewish educator and a performing artist who lives and works in NYC. In addition to the Shabbaton, Eliana will be our ReNew YEAR leader. I strongly encourage you to join her sessions and experience a "Holy Day high"!

I am excited to welcome back Jessie Mocle as our Yedidim Director. She, too, has been a buzz with planning a variety of programs for families with children ages newborn to 8 years old. Speaking of exciting news - we are inviting 2-3 year olds to come, with their parents, one Sunday a month for a special taste of Sunday School. Please take a look at the Yedidim page to learn more about what will be happening this fall. I promise you that there will be lots of options for learning and building community.

Lastly, I want to share a shout out to our BAPs, teen philanthropists. Along with Dan Kassner, teens in grades 8 and up are invited to be a BAP (Beth Abraham Philanthropist). We want to see this past year's BAPs and other teens that would like to learn how to be a philanthropist join us on Sunday, September 16 for the first session. Please contact me for more information.

I am looking forward to welcoming back our students from last year and welcoming new students. Everything we do is for you!

May your life journey bring you to the school to learn and to grow.

May your heart guide you to a sense of satisfaction and fulfillment.

May we all come together as a part of the Beth Abraham community.

L'shana tova tikatevu

May you all enjoy a sweet & healthy New Year!

Noreen

Yedidim - Bringing Jewish Families Together

By Jessie Mocle, Yedidim Director

Raising a Jewish family in New Hampshire can sometimes be challenging, right? If you grew up here, as I did in my late teens, chances are there were only a few other Jewish kids in your school. The three of you likely nodded politely when you passed each other in the hallways, and if you weren't affiliated with a synagogue youth group or forced together in some class, you probably didn't have much to do with one another. Besides, that third kid was *super weird*, with her Canadian accent, unfashionable jeans and... Oh wait, that was me. Moving along!

Times have changed. I still wear unfashionable jeans, but now I'm raising a Jewish family of my own here in Nashua. And because I want to give my kids a different experience than the one I had growing up, together we have formed a young family group for families of all types: Jewish, interfaith, not originally born Jewish - all are welcome at Yedidim.

Yedidim means "friends" in Hebrew, and if you're looking for new friends to help you through the joyful mess of raising Jewish children in New Hampshire, then this is definitely the group for you. If you have children between the ages of newly minted and eight years old, please join us. We regularly gather together to form community, learn together, provide support to one another and have fun. Given the exciting programming we have planned for the coming year, there will be plenty of opportunities to volunteer or host an event! Please feel free to contact me with

your availability to help, questions or comments: yedidim@tbanashua.org.

Here's a rundown on what we have on the docket. Please call the school office (603) 883-9844 or visit our website for more information and to register.

Yedidim Family Monthly Sunday School

Aimed at kids 2-3 years old and their parents, this innovative monthly program is family facilitated with planning support and guidance from the school. We will create a fun and engaging environment where students will learn about Jewish Holy Days, Hebrew language, and Jewish values through age-appropriate activities, games and songs. Yedidim Family Sunday School takes place on Sunday mornings from 10:00 a.m. - 12:00 p.m.. *The first class is on September 30* - register early before spots fill up!

"Build a Shabbat" Workshop

Join us for a monthly Shabbat related craft, kid-approved dinner and short, joyful, song-filled, kid-friendly Friday night service. Your kids will receive their own Build a Shabbat Workshop apron to use for the duration of the workshop series and then to take home, as well as a commemorative pin upon completion of each project. *The first workshop takes place at Temple Beth Abraham on Friday, November 9 at 5:00 p.m.*

Havdalah in a Box - Just Add Shabbat Spirit

Havdalah in a Box contains everything you need to celebrate the departure of Shabbat (candle, spices, wine and a few other surprises). If

you'd like to host a potluck Havdalah in your home, Yedidim families will bring a dairy or *pareve* (non-meat, non-dairy) food, and each month we'll experience the gentle fellowship of saying goodbye to Shabbat. *The first Yedidim Havdalah will take place on Saturday October 27 at 5:00 p.m.*

MNO - Moms' Night Out! DNO - Dads' Night Out!

This events are for Moms and Dads to enjoy a night out. Events to include paint your own pottery night, group retail therapy at the Merrimack outlets, and watching a real movie at the real theatre. For Dads we are suggesting hikes and watching the games with other guys. Both of these programs are intended to give both Mom and Dad a break, and a chance to make new friends. More information coming soon.

Library and Lunch

For stay-at-home moms, dads and their kids! We'll meet monthly at local libraries in the area, listen to storytime, let the kids play with library toys, and go out to lunch afterward! You know your kids will only want to eat macaroni and cheese, but at least you don't have to make it yourself! More info coming soon.

High Holy Day Services This Year

Sanctuary Services are led by Rabbi Jon Spira-Savett, Chazzan (cantor) Stan Juda, David Sacks and Jonah Savage, with participation by our Zimria choir on the first day of Rosh Hashanah and on Yom Kippur, and other congregants of all ages leading readings and chanting Torah and Haftarah.

And this year we are launching *ReNewYEAR* in the Great Room of the Religious School with energetic, friendly and musical Jewish artist and educator *Eliana Light*. Learn through stories, sing familiar melodies & new songs, engage in prayer & Torah, and hear the shofar like you've never experienced it before. For all ages and backgrounds!

This year we are asking that everyone register for the services you plan to attend so we can set up the right number of places and know who we are welcoming in each service! You are free to change your mind later, and to attend more than one service on the same day. Register online through tbanashua.org, or call the office at (603) 883-8184.

Sunday, Sept. 9

8:00 p.m. Evening service for Rosh Hashanah First Day, Main Sanctuary

Monday, Sept. 10

9:00 a.m. Main Sanctuary service begins, First Day
10:00-11:30 a.m. ReNewYEAR With Eliana Light
11:40 a.m. (approx.) Rabbi Jon's sermon, shofar blowing
2:00 p.m. (approx.) Tashlich ceremony at the Nashua River downtown
7:30 p.m. Evening service for Second Day, Main Sanctuary

Tuesday, Sept. 11

9:00 a.m. Main Sanctuary service begins, Second Day
10:00-11:30 a.m. ReNewYEAR With Eliana Light
11:40 a.m. (approx.) Rabbi Jon's sermon, shofar blowing
4:00-4:45 p.m. PJ Library -- Songs and storytelling with Eliana Light

Tuesday, Sept. 18

6:15-8:15 p.m. Yom Kippur Kol Nidrei Service, Main Sanctuary
6:15-7:15 p.m. ReNewYEAR Family Service With Eliana Light

Wednesday, Sept. 19

9:00 a.m. Main Sanctuary service begins
10:00-11:30 a.m. ReNewYEAR With Eliana Light
11:40 a.m.-12:00 p.m. Rabbi Jon's sermon, Yizkor memorial prayers
2:00 p.m. The G!D Project: Talking About the Divine, Differently -- With Eliana Light
4:00 p.m. Open forum with Rabbi Jon
5:15 p.m. Main Sanctuary service continues
5:15 p.m. The G!D Project discussion for teens
6:15 p.m. Ne'ilah final service begins -- all together in Main Sanctuary
7:30 p.m. Final shofar, Havdalah and breaking the fast

Hour-by-Hour Road Map of Sanctuary Services

Evening Services

Rosh Hashanah – Sunday, Sept. 9 at 8:00 p.m. ≈ Monday, Sept. 10 at 7:30 p.m.

Yom Kippur (Kol Nidre) – Tuesday, Sept. 18 at 6:15 p.m.

On Sunday and on Yom Kippur, Rabbi Jon shares some framing thoughts about the holy day, the prayers in the service, and our 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 our words or not. We recite litanies of responsibility, and we tap over our hearts to break the barriers between ourselves and people around us.

Morning Services (times after start are approximate)

Rosh Hashanah – Monday, Sept. 10 and Tuesday, Sept. 11 ≈ Yom Kippur – Wednesday, Sept. 19

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 time during the day, and we get ready to receive its guidance. We sing *Avinu Malkeinu* at the end of this part of the service, a litany of striving for hope and forgiveness. On Yom Kippur, we recite again the alphabetical confessions, to ourselves and each other and toward the Divine.

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, first explorers of spirituality and community. On Yom Kippur, we ponder the idea of a fresh slate for ourselves and the world, through the eyes of ancient priests and prophets. We pray for family, friends, and community members who need healing.

11:40 a.m. 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 of direction), *tefillah* (prayer and spiritual introspection), and *tzedakah* (giving and justice); about the meaning of our life in a new year.

2:00 p.m. First Day of Rosh Hashanah -- *Tashlich*

We go to the Nashua River to throw bread into moving water, symbolically washing away our year's wrongs.

Yom Kippur Afternoon

2:00 p.m. – G!D Project for Adults With Eliana Light

Explore questions of belief and conceptions of God with our educator-musician in residence.

4:00 p.m. – Open Forum With Rabbi Jon

5:00 p.m. – G!D Project for Teens With Eliana Light

5:00 p.m. Yom Kippur -- Mincha (Afternoon) Service

We read the code of ethics at the center of the Torah, and the Jonah story about an evil city turning to righteousness.

6:15 p.m. Yom Kippur – Ne'ilah Service

We take final moments to reflect. We begin with a final charge from Rabbi Jon and a song with Eliana, and Stan Juda leads us through our final prayers cleansing ourselves from wrongs. beginning.

7:30 p.m.

We 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 front and everyone else to be close by as we finish.



ReNewYEAR

reset
rejoice
recharge
reconnect
reflect
restart
relate
renew

ReNewYEAR is:

High Holiday Services led by **Eliana Light**, nationally-known Jewish songwriter and educator.

Multigenerational & Family-friendly

With tots and nonagenarians, singles and couples, parents and children, empty-nesters, grandparents and grandchildren.

- Singing new songs with beats; and traditional melodies in new styles
- Learning -- whether you're a seeker or experience

LOOKING FOR A CHANGE...

For Jewish New Year Services This Fall?

Something shorter! Upbeat! Language explained! New understandings! Connecting words with prayer! Musical! Engaging participation!

JOIN US FOR A NEW EXPERIENCE FOR THE HIGH HOLY DAYS!

Together through Song & Story

Reflection and ritual, we'll demystify and reconstruct prayer and practice, while tapping into the wonder and potential of these sacred days.

ROSH HASHANAH
Monday 9/10 & Tuesday 9/11

KOL NIDRE
Tuesday 9/18

YOM KIPPUR
Wednesday 9/19

Together, we'll explore how we can each be our best selves and play our part to make the best world in the new Jewish year.

ReNewYear information and registration contact
Judy Goldstein at Temple Beth Abraham:

office@tbanashua.org
603-883-8184 or
visit **www.tbanashua.org**

 **TEMPLE BETH ABRAHAM**
NASHUA, NEW HAMPSHIRE

Welcome *Eliana Light* – for High Holy Days and Again in October!

Eliana Light is an award-winning songwriter and educator who empowers people to make Judaism their own through song, experiential education, and prayer. She has put out two albums of original Jewish music, *A New Light* and *Eliana Sings (About Jewish Things!)*, and travels the country



providing artist-in-residence weekends, teaching at conferences, and consulting with synagogues to create intentional, meaningful prayer experiences for adults and children alike. Her songs have been featured on PJ Library compilations and are used by educators, song-leaders, and clergy all over the country. Eliana has performed and taught at the Union for Reform Judaism Biennial, the NewCAJE Jewish Education Conference, Limmud New York, Songleader Boot Camp, Hava Nashira,

and the DeLeT Masters Program. She is the author of [Hebrew in Harmony](#), a curriculum published by Behrman House that teaches prayer and Hebrew through music. She is also the founder of [the G!D Project](#), an educational initiative focused on accessible, meaningful conversations about G!D and spirituality through ritual, text, and creativity. Eliana received her Masters in Jewish Experiential Education from the Jewish Theological Seminary in 2016, and is based in New York City. www.elianalight.com

SAVE THE DATE

October 12-14

We will welcome back Eliana Light for a Community Shabbaton!

Events will include:

Special Friday Morning Torah Study

Friday Night Yedidim Service and Dinner

Friday Night Service

Family Shabbat Morning Service

Saturday Evening Concert

Sunday School Guest

and the Sisterhood Paid Up Luncheon on Sunday!

Make sure to mark your calendar! We look forward to seeing you!

Frequently Asked Questions

Is there parking?

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 city regulations.

Do I need a ticket to come to services?

Every member of Beth Abraham who is in good standing receives tickets for every 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 have not arranged ahead of time, please come and one of the greeters will 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.

If I go to the ReNewYEAR service, can I also go to the Sanctuary service?

Yes! You can go between the services as long as you leave and enter at appropriate times. If you go to the ReNewYear service, you will be able to go afterward to the Sanctuary and hear the rabbi's sermon, be there for the shofar blowing service, and say Yizkor memorial prayers on Yom Kippur.

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 rooms where services are taking place, as close or as far back as you like.

Will I be lost if I don't know Hebrew or have never been to services before?

Our community is made up of people from every imaginable background. The combination of our individual perspectives, questions, and prayers is what makes our High Holy Day services particularly powerful. Our ReNewYEAR service is particularly designed to be a learning service. If you do not know Hebrew, most of the prayers in the Sanctuary service that we sing together are transliterated phonetically into English. Those melodies are also [available on our website](#). The rabbi intersperses explanations through the service, and we have material at the synagogue or that you can [download ahead of time](#) about the themes and ideas of the service.

Are there special places or activities for children?

Children are welcome in all of our services and activities. This year we are launching a second service called ReNewYEAR, which is multigenerational and planned with children in mind as well as adults. On Rosh Hashanah after we are hosting a program in collaboration with the PJ Library of the Jewish Federation of New Hampshire, for families with children ages 8 and under.

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

Absolutely! Children of any age can experience services 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 of the Main Sanctuary or closer to the door in the ReNewYEAR service, in case you need to take a break with your child 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?

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. On Yom Kippur, you can bring snacks for your children, and if you need a little food for medical reasons, we ask that you step outside or to a nonpublic area when you eat. 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.

(Continued on the following page ...)

(FAQs Continued...)

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.

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.

Can I use my cellphone?

We observe the holy days by the traditional rules for Shabbat and festivals. Cellphones, cameras, and electronic devices are not used in the synagogue. If you have a profession that requires you to be reachable, 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 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, the library toward the back entrance, or the kitchen in the Religious School Building. We ask that you be mindful of the fact that even quiet conversations carry toward the prayer spaces, 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 or the Great Room in the school.

Memorial Prayers Sunday, September 16

12:30-1:15 p.m.
Davis Funeral Home

1:30-2:30 p.m.
Rabbi Jon available to say
prayers at Beth Abraham
Cemetery

***May Their Memory Be
a Blessing***

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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 ימים 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 מַחזור -- 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 חֵט -- 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.

(Continued on the following page ...)

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 מִשְׁבֵּרַךְ -- "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 קִדְּשׁ יָתוֹם -- 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 תִּכָּתֵב -- 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"

A Holy Day Request For Those Who Wear Cologne, Perfume or Scented Products, Including Lotions

By Stephanie Wolf-Rosenblum, M.D.

It is estimated that more than half of U.S. adults are allergic to something. For most allergy sufferers, reactions range from 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.

Does this sound melodramatic? Well, sadly, it isn't. I will never forget that when I was in college, an undergraduate student died of an allergic reaction after eating in a restaurant where peanut butter was added as an unexpected ingredient to a dish she had ordered. And similar stories have been published every year since. Immediate reactions to bee stings or peanuts, also known as anaphylaxis, are just one type of life-threatening allergy. And you do not have to eat something to have such a reaction. For an unlucky few, an allergy-causing protein on the skin or inhaled through the nose (smell

comes from airborne particles) can cause the same reaction. The throat closes, the body swells and the blood pressure drops dangerously low. Without adrenaline shots, a person can quickly become a “Code Blue”.

But another variety of allergic reaction can be equally dangerous. In people with asthma, fragrances from perfumes and cosmetics 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. In my career as a lung specialist, I saw this happen far too many times.

Allergy and asthma sufferers get pretty good over time in identifying and avoiding 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. Sadly,

there are members of our Temple Beth Abraham Community who are unable to attend High Holy Day 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 High Holy Days. 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 603-598-1530.

Thank you for listening to a Jewish mother/doctor.

Shana Tova

Stephanie



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The Tradition of Sending Rosh Hashannah 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 Shana 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 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.

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

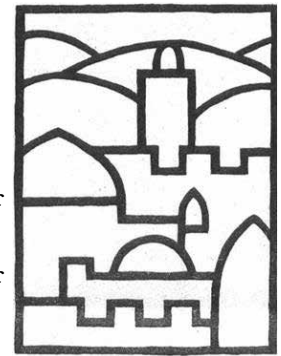
carry us immediately to the ultimate vision of Jerusalem, the city of peace and the heart of the Jewish people carrying the message of a peaceful year.

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.

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.

Shana Tovah!



**The Jerusalem Card,
designed by Jonathan
Kremer**



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



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

HIGH HOLY DAY CARD ORDER FORM

2018/5779

With the coming of the Jewish New Year, this year on 9 September 2018, the Temple Beth Abraham Sisterhood is once again sponsoring a community Shana Tovah High Holy Day greeting card. We will gladly send everyone on your list a beautifully designed New Year's Shana Tovah card in your name.

Your donation will benefit the community and all of the programs we support. Community greetings will consist of one card with all contributors names included.)

To take advantage of this special offer, and support the community: Send a list of recipients (by September 6), including NAMES and ADDRESSES, and a check made payable to TBA Sisterhood to:

TBA Sisterhood
4 Raymond Street
Nashua, NH 03064

Attn: Rosh HaShanah Cards

Be sure to include YOUR NAME and phone number in case we have any questions.

Donation	Number of Cards	Total
\$3.00 per card		
\$25.00 for 12 cards		
\$60.00 for 36 cards		
\$118.00 for community card*		
Add \$2.00 per card for Out of Town Mailing		
	Total	

*Community card: your name is included on every community card sent

[illegible]

הקשר היהודי שלך

Your Jewish Connection

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

Rosh Hashanah – How Sweet It Is!

“The purpose of ritual is to render the invisible visible,” wrote Cantor Alan Lew. Plan-



ning a memorable Rosh Hashanah meal and celebration as a family can enrich your holiday experience and strengthen your connection to Jewish tradition. Rosh Hashanah is a perfect time to get creative while reflecting on the past year and celebrating the new one. Revel in new perspectives, new tastes, new traditions, and new understandings of ancient traditions.

Rosh Hashanah is the day G-d created Adam and Eve. We celebrate it as the head of the new year. You can find information on celebrations and traditions at MyJewishLearning.com and Chabad.org. For a host of details about the holiday, peruse Jeffrey M. Cohen's [1,001 Questions and Answers on Rosh Hashanah and Yom Kippur](#).

Did you know that a central observance of this Holy Day is hearing the sound of the shofar, the ram's horn? The Torah refers to Rosh Hashanah as the “day of the shofar blast.” (Numbers 29:1) For me, this is one of the highlights of the holiday. Hearing that sound fill the sanctuary is so awesome!



Of course, what would a Holy Day be without food? At Rosh Hashanah we eat symbolic foods (*simanim*) meant to help ensure a good new year. [The Spruce Eats](#) lists 10 *simanim* for the holiday. Can you name the 10 simanim? The reason we have honey on this Holy Day is...look at Smithsonian.com for the answer. Check out a HuffingtonPost.com article on Rosh Hashanah food's spiritual meaning.

Gather the family and consider using a new tradition for your celebrations. For ideas, read [World Jewry's Rosh Hashanah Traditions](#) to learn about French, Ethiopian, Indian, Cuban, and Israeli traditions. For some activities, see [New Things To Do For Rosh Hashanah](#).



Maybe you're looking for some new recipes using apples and honey? Go to kveller.com for inspiration. [Food52](#) offers up 23 sweet recipes (not just dessert!) for the holiday. [Haaretz](#) lists menus for Sephardi, Ashkenazi, Asian, and Israeli Rosh Hashanah dinners.

L'shana tova tikatev v'etichatem! (May you be inscribed and sealed for a good year!)



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HIGH HOLY DAY TICKET INFORMATION

Reciprocity With USCJ Synagogues for Guest Tickets

Rosh Hashanah begins on the evening of September 9. This year congregants and guests will have 2 services (traditional in main sanctuary and ReNewYear in school building) to choose from. Tickets are required for High Holy Day services at Temple Beth Abraham in either building. 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.

Tickets for non-members of the Temple who live in the Greater Nashua area are available at a suggested donation of \$180.00 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 Thursday, September 6, from 6:00 to 8:00 p.m.M.* If you cannot come on this day but would still like to meet with the treasurer you may contact him via email at treasurer@tbanashua.org to schedule another time.

Healing Minyan Before the Holy Days

Wednesday, August 29 7:30 p.m.

Led by Laura Hegfield and Rabbi Jon

The High Holy Days are a time that evokes strong images and emotions related to life and death, pain and healing. For some they are difficult days, because of people in our lives who are no longer with us or because we or someone close to us are not whole or healed as the year comes to a close.

This service is for anyone, to pray and meditate on healing for yourself, for others, for both. It is a way to help each person draw out the power of healing that comes from the spirit of God in us and among us, and from the compassion of everyone else. We can bring our pain and prayers before God in a holy place, and allow ourselves to leave some of it here, to ask God to recognize it and share it and to be within us as a force of healing. There will be melodies, meditations, readings, quiet times, time to say the Sh'ma and the Kaddish.

Sukkot and Simchat Torah 5779 Schedule

Sunday, Sept. 23

7:30 p.m. Evening Service -- 1st Night of Sukkot (in the Sukkah weather-permitting)

Monday, Sept. 24

9:30 a.m. Morning Service -- 1st Day of Sukkot

7:30 p.m. Evening Service -- 2nd Day of Sukkot

Tuesday, Sept. 25

9:30 a.m. Morning Service -- 2nd Day of Sukkot

Thursday, Sept. 27 – Pizza in the Hut! Dinner in the Temple Sukkah

6:15 p.m. \$3 per person – RSVP online or to office

Saturday, Sept. 29 – Lunch in the Sukkah after Shabbat services

Sunday, Sept. 30

7:30 p.m. Evening Service – Shmini Atzeret

Monday, Oct. 1

9:30 a.m. Morning Service and Yizkor -- Shmini Atzeret

5:45 p.m. Afternoon Yizkor Service

6:00 p.m. Family Simchat Torah Celebration – Dinner and Service

Tuesday, Oct. 2

9:30 a.m. Morning Service -- 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 August 29.



The Love Your Neighbor Elul Study Challenge

Part of the process of *teshuvah* (returning, redirecting) is studying what the Torah says about relationships between people and our responsibilities in the world.

One of the unique ways the Jewish community can reshape the world in the new year is by bringing into action our teachings about compassion and justice.

What better way to do both of those things than to study this month a verse that is at the literal *center of the Torah*:

וְאָהַבְתָּ לְרֵעֶךָ כָּמוֹךָ, *V'ahavta l'ray'acha kamocha* “Love your neighbor as yourself”

The tradition of Jewish commentary on this phrase, each word, and its context in the Torah make clear that this is not some vague and gooey teaching, but opens up a set of challenges and questions that we have to figure out how to apply in our personal lives and as citizens.

The challenge:

I would like to study this verse during the month of Elul between now and Rosh Hashanah with at least 75 people. I hope many will be people who don't already usually study Torah.

When and How:

If you are interested in *hosting a study salon* at your home or setting up a study time with me for you or a small group somewhere, contact me as soon as possible!

Or, come to one of these ready-made opportunities:

Love Your Neighbor Café (coffee, tea, etc are on me!)

Thursday, Aug. 16 10:00-11:00 a.m. A&E Coffee Roasters
135 Rte 101A, Amherst

Friday, Aug. 17 10:30-11:30 a.m. Buckley's Bakery and Café
436 Daniel Webster Hwy, Merrimack

Wednesday, Aug. 22 1:00-2:00 p.m. The Village Bean
33 Indian Rock Rd (Rte 111), Windham

Tuesday, Aug. 28 11:00 a.m.-12:00 p.m. Riverwalk Café
35 Railroad Square, Nashua

Lunch Hour Torah – call in or participate by video through the web

<https://zoom.us/j/5530075723> or (929) 436-2866/(669) 900 6833, meeting ID 553 007 5723

12:00-1:00 p.m. Wednesday, Aug. 22; Thursday, Aug. 30

Beit Midrash Intensive – 2 Hours of Torah (With Snacks)

6:30-8:30 p.m. Thursday, August 16 and Tuesday, August 28

at Temple Beth Abraham (20 minute interlude for minyan at 7:30 p.m.)

Coming Events and Programming

Brought to You by the Lifelong Learning Committee

BABKA Book Club meeting, Wednesday, September 5, 8:00 p.m.

The Mathematician's Shiva by Stuart Rojstaczer

Professor Susannah Heschel, Men's Club Breakfast, Sunday, September 23

For more information, see the article in this bulletin

Ongoing:

Torah Study with Rabbi Jon and Noreen

Thursdays from 10:30 a.m. to Noon. Come once or many times. We are beginning the story of Abraham and Sarah.

Rabbijon.net and @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 Book Club, Wednesday, October 3

The Storyteller by Jodi Picoult

Lunch & Learn: Eliana Light, Saturday, October 13

Have Ideas? Want to Help? Join Our Committee!

Contact Jeff Masors at jmasors@gmail.com or Rabbi Jon at rabbi@tbanashua.org.

Contribute to the Elizabeth Fischer Memorial Fund to support TBA's ongoing scholarly and cultural special programming.

Considering sponsoring a speaker or event. Contact the office or Rabbi Jon.

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TEEN PHILANTHROPY PROGRAM

This past year, Temple Beth Abraham established its first Teen Philanthropy program for our teens (8th to 11th graders). This program gave our students the opportunity to learn about philanthropy, as well as engage directly with their own philanthropic action plan. Throughout our five sessions last year, students were able to identify what philanthropy really means, how philanthropy differs from non-profit organizations and charities, and how philanthropy ties into Judaism and the students' Jewish identities. The students also created a plan of action to engage in philanthropy in our local Nashua community. We started by identifying our values as

a group of philanthropists. We then talked about our local community and its needs. By matching our values with the community's needs we were able to determine how to engage in philanthropy in the most meaningful way in our community. As a group, the students chose to raise and donate money to a charity called "End 68 Hours of Hunger." This organization helps to support young children who rely on the meals provided by their schools, by providing them with enough food to last through the weekend. In line with our values, the students believe that it is paramount for young people in Nashua to be in "food secure" situations, especially

during school hours. By donating our time and energy to support this cause, our group was able to raise more than \$1000 on behalf of this organization.

We are very excited to continue this program in the coming school year 2018-19. We plan to expand the program to 9 sessions and go even deeper into philanthropy and what it means to our teens as citizens of the community, the country, and the world.

Thank you for all the support this year!

Daniel Kassner

Susannah Heschel Speaks on "The Jewish Fascination with Islam" - September 23

Jewish scholar Susannah Heschel will be at Temple Beth Abraham on Sunday, September 23, to talk



about the role of Jewish scholars in establishing the academic field of Islamic studies. This is one of Heschel's current areas of interest and research, and is a work in progress. She is an exceptional scholar, the recipient of numerous grants and awards, including four honorary doctorates. Heschel has published her own work and edited, translated, and published numerous works by her father, Rabbi Abraham Joshua Heschel.

Susannah Heschel is the Eli Black Professor of Jewish Studies at Dartmouth College. She focuses on Jewish-Christian relations in Germany during the 19th and 20th centuries, the history of biblical scholarship, and the history of anti-Semitism. She teaches various classes in the departments of Jewish Studies; Medieval and Renaissance Studies; Religion; and Women's, Gender, and Sexuality Studies.

9:30 a.m. Optional Breakfast by the SNHJMC, \$8 SNHJMC members, \$12 non-members, paid at the door. 10:30 a.m. Presentation, free (suggested donation \$10).

This event is open to all. Brought to you by the Temple Beth Abraham Lifelong Learning Committee and The Southern NH Jewish Men's Club. For more information and to RSVP, call 603-883-8184, email office@tbanashua.org, or visit the Web www.tbanashua.org.

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Something to Think About

The other day I heard someone say how early Rosh Hashanah is this year. I smiled to myself remembering the first time I heard a rabbi note that this Holy day comes on the same date every year. You just have to use the right calendar.



Elaine Brody

I love everything about these Holy day from preparing the traditional foods my family loves to being in the synagogue with family and friends.

When I take my seat on the bima on Rosh Hashanah morning this year, I will have been assisting with our

High Holy Day services for twelve years, and it is an honor. Some of the things I love about being on the bima are seeing everyone coming and going, watching children scan the crowd to find their parents, catching the eye of someone I haven't seen in a long while, exchanging a few private words with congregants who come to the bima for their honors, and, especially, hearing the chorus of voices joined in prayer. I always hope the atmosphere of these Days of Awe will linger with people and influence some to try more regular attendance at services throughout the year.

Don't be surprised if the crowd in the main sanctuary seems smaller this year. Many families will be discovering the alternate experience being held in the school building. Don't dismiss this service as being for "the kids". Consider dividing your time between the two services. You may find joy in the unexpected... or return for comfort in the familiar. Either way... it's something to think about.

From our home to yours, *Shanah Tova uM'tukah*

*L'hitraot,
Elaine*

Southern NH Jewish Men's Club Happenings

Shanah Tova!- from the board of the Southern NH Jewish Men's Club (SNHJMC)! What an exciting year we have planned. We look forward to welcoming back our regulars and invite those of you who have not joined us in the past to come see what all the talk is about.

Kickoff Breakfast

We come out of the box swinging on Sunday morning, September 23, as the Men's Club and the Lifelong Learning Committee are co-sponsoring a morning with Jewish scholar Professor Susannah Heschel, who joins us to talk about the Jewish fascination with Islam. Heschel is the Eli Black Professor of Jewish Studies at Dartmouth College and this topic is a current area of her interest and research.

The morning kicks off with breakfast (optional) at 9:30 a.m. and is open to the entire community. If you have not had the opportunity to attend a Men's Club breakfast

recently, grab your spouse, significant other or friends and come on down. Our kitchen crew will be preparing a sumptuous feast of eggs, potatoes, bagels, lox and whitefish salad with accompanying veggies, fruit, juice coffee and tea. The cost for breakfast is \$8.00 for Men's Club members and \$12 for non-members. For those interested only in the presentation portion of our morning, which is free (\$5.00 suggested donation), please plan to arrive at 10:00 a.m. This will be a very well-attended breakfast so we are requesting RSVP's for breakfast. For more information, and to RSVP for breakfast, call 603-883-8181 or email office@tbanashua.org. Coffee and pastries will be available to all after breakfast has been served.

Political Breakfast

It's also an election year... an extraordinary one at that. Hopefully you have all requested your absentee ballot from your respective town clerks so that you may vote without

concern for the conflict with day two of Rosh Hashanah. In keeping with tradition, the Southern NH Jewish Men's Club will be hosting its always-popular candidate's forum on Sunday Morning, October 21. Once the final races are set, we will work to secure the leading candidates for the significant races that will impact us all going forward. More on that in September!!

Our remaining breakfast dates for the 2018/2019 year are as follows: November 18, December 16, January 13, February 10, March 3 (children's), April 7 and May 5. Mark your calendars and keep an eye out for details on programs in the Beth Abraham bulletin and announcements, on our website: snhjmc.org or follow us on Facebook!

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Attention
Philip Porter Religious School
students and families
and Yedidim families

You are invited to meet at the synagogue on
Saturday, September 8 at 3:00 p.m.
for a



Welcome Back Ice Cream Social
Meet your friends and classmates
Make new friends
Hang out with your teachers
Enjoy some fun games

*What a great way to begin
the new school year
No cost*

Hello From The Membership Committee!

Our current committee has had its first meeting and we hope you will be as excited as we are!

Our intent is to not only bring in new members but also serve our current members. We are seeking volunteers to join us and help out at Social events.

Current plans are: Singles / Couples Havurah, Jewish Cooking Class, Moms Night Out, Sunday is Funday, Havdalah & Hounds, and many more! We hope to see you at High Holy Day services!

Come have some fun.

L'Shana Tova,

Leon Goldstein

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 appreciation
 Dan Goldstein &
 Allison Concannon wedding
 Teen Philanthropy
 Noreen Leibson
 Bette Lasky
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 Allison Concannon wedding
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Yahrzeits

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

August 31 & September 1

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

September 7 & 8

Evelith Lewis, aunt of Judy Goldstein
Lillian Zalkind Hurwitz, mother-in-law of Leon Goldstein
Bernard Shapiro, uncle of Richard Shapiro
Jules Schanler, father of Eileen Beckhardt Freedman
Martin Comen, father of Amy Sherman
Selma Schneider, mother of Dennis Schneider
Louis Prolman, father of Earl Prolman
Sonny Farber, brother of Sandra Gaffney
Elias Cohen, first husband of Shirley Lechuk
Louis Klayman, father of Betty Tobias
Marie Guillemette, mother of Debra Sack
Morris Rayman, father of Florence Silver
Pauline Quart, mother of Darlene Drutman
Helena Pelovitz, mother of Robert Pelovitz
Morris Savett, great-uncle of Rabbi Jonathan Spira-Savett
Frieda Zorn Sherman, mother of Esther Arlan
Ruby Baum, sister of Shirley Lechuk
Adri Eisman, mother of Merle Carrus
Nathan Kamenske Shirley Cohen
Celia Berman Guy Ellerman
Elliot D. Winograd Pearl Cohen Susan Goodman Betky

September 14 & 15

Ron Stephan, good friend of Zahava Salomon
Toby Rubin, mother of Lawrence Rubin
Mary Adams, grandmother of Martin Cielinski
Gerald Cantor, husband of Nancy Cantor
Max Stern, grandfather of Michael Harris
Lita Jaffe, aunt of David Stern, & great-aunt of Jessica Stern
Carl Friedman, grandfather of Gary Friedman
Jack Sherman, grandfather of Steven Haime
Alison Lynn Wagenberg Ethel M. Gordon
Isaac Silverstein Thomas A. Klein Ethel Gould
Morris Weisman

September 21 & 22

Rita Rogin, mother of Abner Taub
Rachel Boroda, mother of Edward Boroda
Morris Leibson, grandfather of Noreen Leibson
Donna Cohen, sister of Diana Stern
Charlotte Isenbergh Kessler, mother of Marcia Weiss
Belle Drutman, mother of Charles Drutman
Annette Cooper, mother of Marsha Feder
Lewis Gordon, father of Cindy Burrows
Lillian Brand Hyman Romer Julius Soifert
Hyman Gordon Sarah B. Kaplan Arlene Levenson

September 28 & 29

Bernard Getto, father of Leslie Getto
Philip Shear, father of Shirley Lechuk
Pauline Prolman, mother of Earl Prolman
Phyllis Farrer, aunt of Abner Taub
Ann Shear, mother of Shirley Lechuk
Esther Cantor, mother-in-law of Nancy Cantor
Isaac Masors, father of Jeffrey Masors
Ruth Fishman, mother of David Green
Minnie Sack, grandmother of Barry Sack
Karen Kurtz, sister of Richard Wolfe
Isidore Rosenzweig, father of Samuel Rosenzweig
Ho-Young Kang, father of Chong-Cha Treitel
Bertha Landsman, great-grandmother of
Rabbi Jonathan Spira-Savett
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 Marcia Weiss for sister, Fran Dibner
 Marsha Geyer for father, Isaac Stearns & sister, Anne Stearns

Liliane Sznycer for mother, Vera Sznycer, grandmother, Hedwig Bornstein, and cousin, Ruth Wittenberg
 Mark Liebling for father, Stanley Liebling

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
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