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Join Us in January for These Special Events:

January 6

Jr. Congregation & Lunch & Learn

January 12 & 13

Zayin Class Services

January 20

Sisterhood Shabbat & Jr. Congregation

5778
2018

January

tevet
shevat



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER
S M T W T F S
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

1 14 tevet
Office Closed
NEW YEAR'S DAY

2 15 tevet

3 16 tevet
Avodah Shebalev
9:30 a.m.
BABA 8:00 p.m.
"The Music of Chance"
by Paul Auster

4 17 tevet
Torah Study 10:30 a.m.

5 18 tevet
CL: 4:08
Services 8:00 p.m.

6 19 tevet
Services 9:30 a.m.
Jr. Cong. 10:00 a.m.
Lunch & Learn noon
Jordan Schwartz, A Wider
Bridge.

7 20 tevet
Teen Philanthropy Meet &
Greet 12:30 p.m.

8 21 tevet
Ritual Comm.
8:00 p.m.

9 22 tevet

10 23 tevet
Lifelong Learning
8:00 p.m.

11 24 tevet
Torah Study 10:30 a.m.

12 25 tevet
CL: 4:16
Coffee, Tea, Rabbi at
Buckley's (Merrimack)
10:30 a.m.
Services 7:00 p.m.
Zayin Class Service

13 26 tevet
Services 9:30 a.m.
Zayin Class Service

14 27 tevet
Men's Club Breakfast
9:30 a.m.

15 28 tevet
MARTIN LUTHER KING
DAY

16 29 tevet
B.O.D. Meeting
6:30 p.m.

17 1 shevat
Avodah Shebalev
9:30 a.m.
Name Change Forum
8:00 p.m.
ROSH CHODESH

18 2 shevat
Torah Study 10:30 a.m.

19 3 shevat
CL: 4:24
Coffee, Tea, Rabbi at The
Inside Scoop (Bedford)
10:30 a.m.
Services 8:00 p.m.

20 4 shevat
Services 9:30 a.m.
Sisterhood Shabbat
Jr. Cong. 10:00 a.m.

21 5 shevat
Men's Club/Sisterhood
Trip to Mayyim Hayyim
Symphony NH Series
10:00 a.m.
Teen Philanthropy
12:30 p.m.

22 6 shevat

23 7 shevat

24 8 shevat
Coffee, Tea, Rabbi at
Riverwalk Cafe (Nashua)
10:30 a.m.

25 9 shevat
Torah Study 10:30 a.m.

26 10 shevat
CL: 4:33
Services 8:00 p.m.

27 11 shevat
Services 9:30 a.m.

28 12 shevat
Name Change Forum
10:00 a.m.

29 13 shevat

30 14 shevat

31 15 shevat
Avodah Shebalev
9:30 a.m.
TU B'SHEVAT

FEBRUARY
S M T W T F S
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

Beshalach

The Rabbi's Venture Fund

One of the common funds of a synagogue is the Rabbi's Discretionary Fund. This is an account that I can use for any purpose that could benefit the congregation or the wider community, and to help young people travel to Israel. The money comes solely from individual donations and is not part of your dues or other contributions.



Rabbi Spira-Savett

People often contribute in appreciation of something I have done at a time of a *simcha* (celebration) or a death, or because they know of some interests I have been supporting. Money from the *tzedakah* boxes at the evening minyan goes into the fund and is set aside to help with individual financial needs.

I provide an overall report to the Board, generally each year and also whenever they ask. Judy Goldstein, our Office Manager, reconciles the account, and the treasurer of the Board or his/her designee may audit the account from time to time. We do so in a way that ensures the privacy of individuals.

One thing I use the Rabbi's Discretionary Fund for is as a Jewish venture fund. For our strategic plan, I offered to do more of that, to invest in Jewish activities that come from our grassroots. I want to suggest a few of the kinds of things that I would love to invest in through the Rabbi's Fund in the coming months.

You will see below various multiples of \$180. In Jewish tradition, 18 is the numeric value of the two

Hebrew letters in the word *chai*, which means "life." It is customary to use multiples of 18 when giving *tzedakah*.

But first – if you have your own idea that you think would enhance Jewish life and community for any number of people, even if it's a small group, talk to me and I would be delighted to put \$180-360 toward it!

Idea #1 – Giving Circles: A giving circle is a group of people who decide to pool some amount of their *tzedakah* (charitable or justice giving) to make a more potent gift for some purpose. Giving circles study how philanthropies and philanthropists set priorities, as well as Jewish teachings about the effect of giving on the self and others. They learn

(Continued on the following page ...)

Have you ever given thought to what's in a name? As Jews, we often attach great significance to the names we give our children. Sometimes they signify characteristics such as courage, mercy, piety, righteousness or others. Sometimes they preserve the memory of a loved one or embody their characteristics. For us, names express meaning. They are who we are.



President Michael Harris

Over the last few years, as the community and the Board of Directors have been implementing our strategic plan, a dissonance has developed between who we are and the name of our congregation, and more so between who we would like to become and our name.

What's in A Name?

Our strategic plan, which was approved in 2016 after over a year of work by a dedicated committee and much input from the community, developed several guiding principles that provide a focus for the work of our committees and for the Board of Directors as we develop programs, spiritual and educational offerings and outreach to the Jewish community in an ever-expanding geographical area.

As articulated in the strategic plan:

It is the mission of Beth Abraham to be a welcoming and inclusive community for its members and their families; to provide a place of prayer and worship; to educate all ages in the spirit of Conservative Judaism; and to be a center for social, cultural, and

educational programs that promote the values and spirit of Judaism.

Vision Statement: *To become the center for Jewish Living in Southern New Hampshire (and northern Massachusetts). To be an inclusive organization rooted in and focused on Jewish traditions, worship, education, values, social activities and philanthropic services for the community it serves.*

One of the goals identified in the strategic plan was to reconsider the name of the congregation. Again, from the strategic plan:

As can be seen in the history that follows, this congregation has had several versions of its name since its inception. This is a time of transition in the demographic of the Jewish

(Continued on the following page ...)

about organizations, usually local ones, up close. Sometimes they hold fundraisers.

Not long after I arrived here, I issued this challenge and the Jewish Women's Giving Circle formed. It continued for several years. We met regularly, studied some Torah, developed a *tzedakah* mission statement, invited nonprofit leaders to talk, visited organizations. They decided early on to invest in low-income mothers and their families, in a different way each year.

I would be happy to give \$360 as a matching grant toward any new giving circle. This could be a group of friends or a group who already share a common interest. I can help you find other people who would be interested.

Idea #2 – Beth Abraham Jewish Concierge: You don't have to live in our area to be a member of our community. A lot of people have lived here and been influenced by their time in Beth Abraham. Many are grown children of our community, but there are others too who have

moved because of a work transfer or retirement, for instance.

If you've been here and are now elsewhere, we can help you find Jewish connections or resources wherever you are. The "Jewish Concierge" would respond to your request and devote an hour or a few to researching and connecting you with things on the ground in your current community, or perhaps online.

Idea #3: College Projects for *Tikkun Olam*: I have done this once before. If you are in college, you can submit a project that you are already doing for a class or an organization that contributes to *tikkun olam* (repair of the world). Your entry would state whether the impact is direct – the project itself – or how it enables you to be a more effect change agent in the future. Entries will be judged by a panel of Beth Abraham members who are active in civic organizations and politics, without a family member currently in college.

Each semester a \$360 award will be given that you can use as a stipend toward some good work you will do – perhaps to fund an unpaid or low-paying internship, or toward fees or summer rent so can you do such work. Your only obligation would be to present your work here to the community on a Shabbat, evening, or Sunday morning.

I've got some other ideas too. How about a **Beth Abraham Hebrew app**, which would explore each week a key Jewish word? How to pronounce it, where to find it in the prayers and the Torah, what are the important teachings that flow from this idea, how to sing or chant it in a service, where to read more.

I hope I got your juices flowing. And if you'd like to contribute to a fund that supports such things and more, you can do so via our website or a check made out to "Rabbi's Discretionary Fund."

L'shalom,
Rabbi Jon

population in New Hampshire. If we want to be considered the center of Jewish Life in Southern NH, we should consider a name change. One possibility is Beth Abraham Synagogue and Jewish Center...

In 1899 the Jewish community had grown in numbers, the Beth Abraham Society was formed, and the assets of Agudas Achim Lodge were transferred to the Society. In 1901, articles of association were prepared to serve as the charter of the Beth Abraham Congregation.

In the late 1950's, as the congregation was growing, the community

began a fund drive to build a new 'Temple-Center,' which resulted in the building of a new synagogue on the plot of land donated by Philip Porter on Raymond Street. The Temple-Center was dedicated in 1960 as memorialized in the photographic display on the right of the synagogue entry way. In the 1950's many synagogues were adopting the name Temple and the name of the congregation was changed from Beth Abraham Congregation to Temple Beth Abraham.

We come back to the question, "What's in a Name?"

In furtherance of the vision and goals developed in the strategic plan, *To be the premier center for Jewish life in Southern New Hampshire and Northern Massachusetts*, the Board of Directors has adopted and decided to recommend to the congregation to ratify a change to the name of the congregation, that being:

Beth Abraham Synagogue and Jewish Center

This will be accomplished by vote of the congregation. A special congregational meeting will be held on Sunday, 11 March to deliberate and

(Continued on page 6...)

January 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

January 6

Jr. Congregation & Lunch & Learn

January 12 & 13

Zayin Class Services

Services on Fri., Jan. 12 at 7:00 p.m.

January 20

Sisterhood Shabbat Jr. Congregation

Oneg, Kiddush & Flower Sponsors

January 6

Kiddush sponsored by Bill Schwartz & Sheryl Rich Kern

January 12 & 13

Parents & Religious School in Honor of Zayin Class Shabbat

January 19

Leon Goldstein in memory of his brother, Rudy Goldstein & his father, Benjamin Goldstein

January 20

Flowers & Kiddush lunch sponsored by TBA Sisterhood in honor of Sisterhood Shabbat

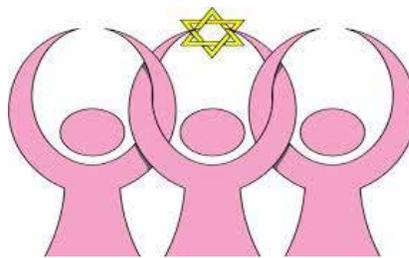
Interested in Chanting Torah or Haftarah?

Contact Stan Juda (888-8731) to select a Haftarah, or Rabbi Jon for a Torah reading assignment.

Sisterhood Shabbat January 20

Each year, we set aside one Shabbat morning to celebrate the contributions of the Sisterhood to the Temple. In addition, this is an opportunity to honor the women of the congregation for their service and to highlight their participation in the religious life of our synagogue.

Please join us for the service and the luncheon afterwards.



Community News

Best Wishes to:

- Phyllis Shapiro & David Toub on the birth of their grandson Brantley Forrester Toub

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

A Taste of Jewish Cuba

Our next Congregational Shabbat dinner culinary experience takes us to Cuba. Jews, being spread all over the world have adapted to local ingredients and food customs.

Cuban Jews are mostly from a Sephardic background. Many food dishes will be very recognizable but with a Cuban twist.

We are planning to sample a few Cuban appetizers, Matza Ball soup (Cuban style), Cuban Roasted Chicken with Mojo Sauce, Seasoned

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Men's Club Representative

*Affiliated with United Synagogue of
Conservative Judaism*

Black Beans, Cuban Style Zucchini In Cuban Style Cherry Tomato Sofrito, and a few surprises yet to be tested!

We of course are looking for interested volunteers to help prepare these delicacies!

This dinner is scheduled for **Friday night February 9**. Contact Helen Honorow at Helen@barrylawoffice.com or Ben Freedman to volunteer to help. Cost will be reasonable as usual!

What's In A Name continued...

vote on the proposed change to the name of the congregation.

Prior to the congregational meeting, there will be two informational sessions to hear about and discuss the reasons for making this change. One will be a week day evening following minyan, Wednesday, 17 January at 8:00 p.m. and the other will be on a Sunday morning, 28 January at 10:00 a.m. Everyone is invited to come, engage and discuss.

There are several considerations that have gone into the choice of **Beth Abraham Synagogue and Jewish Center** as the new name for our congregation, among others:

- **Beth Abraham** for who we are, for welcoming, for tradition
- **Synagogue** because we are Conservative
- **Jewish Center** to reach out to the greater Jewish community as the center of their and our Jewish life

We hope you are as excited about our name change as we are. Please come, participate and engage with others in the congregation as we entertain what surely will be lively discussions at our informational forums on 17 and 28 January. Hoping to see you there.

Please accept my best wishes for good health, happiness and prosperity as we enter the new year of 2018.

שלום וברכה
Michael Harris

By Linda S Trapasso

Did you know that there is a Hadassah chapter for the greater Nashua area? It's the Southern New Hampshire chapter, and is part of the Hadassah Northern New England Region (NNER).

I am a Life Member and sat on several committees when our chapter was active. Some of the women I remember have left the area, and some are still here. To some of you, Hadassah may be your mother's or grandmother's organization. But let me assure you – Hadassah is thriving with a whole

We Have Hadassah!

new generation of engaged women!

Hadassah, the Women's Zionist Organization of America, is a volunteer organization that inspires a passion for and commitment to its partnership with the land and people of Israel. It enhances the health of people worldwide through its support of medical care and research at the Hadassah Medical Organization in Jerusalem. Hadassah empowers its members and supporters, as well as youth in Israel and America, through opportunities for personal growth, education, advocacy, and Jewish continuity. There are

over 330,000 participants in Hadassah in the US.



Won't you join us and make a difference?

We are currently planning a program for early in 2018. Watch for more details!

In the meantime, if you have an interest, let me know by sending your name and contact information to hadassahsnh@gmail.org. You can check out Hadassah at www.hadassah.org.

Circles Greater Nashua Poised to Begin!

Circles helps people who are moving from the beginnings of stability toward a sustainable income in part by creating together a supportive community. We are looking for 21 middle- or upper-income "Allies" from all over the Greater Nashua community, who in groups of 2-3 participate in a circle with a "Leader" working on her/his own plan for self-sufficiency. Leaders and Allies meet regularly in a community gathering, each Circle on its own and then all the Circles together to share a meal and program.

The commitment for Allies is generally the first and third Tuesday evenings of each month from 6:00-8:00 p.m. for dinner and gatherings at the Main Street United Methodist Church in downtown Nashua. Allies contact their Leaders each week by phone or e-mail briefly as well. During the summer months the routine will be different.

The first Circles meeting is Tuesday, Feb. 13. For more information, there is an information session on Tuesday, Jan. 9 at the Main Street United

Methodist Church, 154 Main St.. You can also contact Laurie Skibba, Circles Coordinator, at (603) 820-5688, or Rabbi Jon, who was on the founding organizing committee.

Circles Greater Nashua was initiated by the Nashua Area Interfaith Council and is now a program of Harbor Homes, part of the Partnership for Successful Living.



The Tree of Life

At the close of the Torah service we return the Torah to the ark, the *Aron HaKodesh*. As the curtain is closed, we sing: “*Aytz Hayim Hi*”; “It is the Tree of Life for



Director of Education
and Family Engagement
Noreen Leibson

those who grasp it, and all who uphold it are blessed.” This is one of the ways we describe the Torah, as a tree, a tree of life. How might Torah be seen as a tree? How does this idea resonate with you? A tree is a life of its own, and it can also support and sustain the life of others in many ways. A tree provides sustenance, and it offers a home to many a creature. So, too, does Torah provide us with sustenance and shelter. Torah is the spiritual life for Jews. The text of the Torah is rich with stories and rules, hopes and challenges, renewal and transformation.

At the end of January, a time of year in this part of the world when our trees become barren of its leaves and seemingly life, we celebrate Tu BiShevat, the new year of the trees. It may seem counter intuitive to

celebrate the blessing of trees at this time of year but what other time of year do we need the hope and the ability to maintain the vision that life will return to the trees and thereby to us? The hibernation of the trees represents a kind of hibernation of our souls. While those who take to the slopes may welcome the snow, for others it’s a time to shelter in place. Even the days are shorter, and we have less natural light. There is a sense that the natural world around us is sleeping, almost like a bear that goes into hibernation.

In these shorter, darker days, the light will burn brightly at the Religious school. Our students will continue to expand their knowledge essential to Jewish life. In addition to their class days, we will gather on two *Shabbatot* for children’s services on January 6 and 20. At these times we will welcome our students to a Shabbat experience created to meet their needs and levels of engagement. Olga Fain will lead the Tot Shabbat on January 6. This Shabbat program for our youngest meets in the school building at the same time as the other student services happen. Betsy Siegel leads the *Tefillat Chaverim*, a Shabbat learning service that is geared to children in grades Gan – Bet, K-2.

For those students in Gimel-Hay (grades 3-5), the Junior Congregation has parts for all who attend. I am the facilitator for this service. All services break for a snack. Parents are always invited to join us.

The Zayin class will lead the congregation in prayer on *Shabbat Va’era*, January 12 and 13. I hope you will attend in support of their study and preparation. That goes for our Vav class as well. Their service is being held on the first Shabbat in February, *Parashat Yitro*, February 2 and 3.

The end of January brings us to the celebration of Tu BiShevat. Did you know if you plant some parsley seeds on Tu BiShevat, you would have your own homegrown parsley for your Seder? Here we are full circle and back to nature. I started with recognizing the essence of the tree both in our yards and forests and in our Holy Ark. How awe-some is the cycle of Jewish holidays, each connected, one to the other. May each of you find the holiness in your daily lives and make the connections from day to day.

L’shalom

Noreen

Proposed New Name for Our Synagogue:

Beth Abraham Synagogue and Jewish Center

Should we change the name of the synagogue?

Please participate in the discussion during our informational sessions:

Wednesday, January 17, 8:00 p.m., after minyan

Sunday, January 28, 2018, 10:00 a.m.

Come to the special congregational meeting to vote!

Sunday, March 11, 10:00 a.m.

Education and Programming From the Lifelong Learning Committee

BABKA Book Club – Paul Auster, *The Music of Chance*, Wednesday, Jan. 3, 8:00 p.m.

Torah Study with Rabbi Jon and Noreen - Every Thursday 10:30 a.m. to 12:00 p.m.

We are studying the story of Noah. We look at the text in Hebrew and translations, study traditional Jewish commentaries, and read modern analysis from a variety of philosophical, historical and scientific perspectives. During this month or next, we will look at Elie Wiesel's essay on Noah, exploring the parallels between the biblical character and the Holocaust survivor.

Lunch and Learn: Jordan Schwartz, *A Wider Bridge* - Saturday, Jan. 6 After Services

"A Wider Bridge" builds support for Israel and its LGBTQ community through personal rather than political relationships with Israel and LGBTQ Israelis, providing leaders, organizations and communities, both in Israel and North America, with opportunities for engagement, advocacy, and philanthropy. "A Wider Bridge" promotes LGBTQ equality in Israel, and equality for Israel in North American LGBTQ communities, as people move from demonizing and delegitimizing Israel to understanding, empathy, and engagement. Jordan is the son of Beth Abraham member Bill Schwartz, and Mid-Atlantic Region Development Associate for "A Wider Bridge."

Coffee, Tea, Rabbi

Join me and other congregants for informal conversation about any Jewish topic you have. Or help me study a couple of texts I am carrying around – from the Talmud about the nature of giving and receiving tzedakah, from the Torah teachings of the Slonimer Rebbe z"l ("of blessed memory")

Friday, Jan. 12 10:30-11:30 a.m., Buckley's Bakery and Cafe, 436 Daniel Webster Hwy., Merrimack

Friday, Jan. 19, 10:30-11:30 a.m., The Inside Scoop, 260 Wallace Rd., Bedford

Wednesday, Jan. 24, 10:30-11:30 a.m., Riverwalk Cafe, Railroad Square, Nashua

Lunch and Learn: Professor Jay Wexler, "Religion and the Constitution"

Saturday, Feb. 3 After Services

How far does First Amendment protection of free exercise of religion extend? Does a business owner have to provide products for a same-sex wedding if he objects on religious grounds? Do organizations have to include coverage for contraceptives in their insurance plans? When would a law or executive order exempting people from certain rules on the basis of strongly held religious or moral beliefs be constitutional? Explore these issues with Professor Jay Wexler, author of *Holy Hullabaloo: A Road Trip to the Battlegrounds of the Church/State Wars*, and former clerk to Associate Justice Ruth Bader Ginsburg.

rabbijon.net, @TBARav, Rabbi Jon's Podcast on iTunes

Teachings on the weekly Torah reading and current events through a Jewish lens, podcasts, and music.

Rabbi Jon's High Holy Day and many Shabbat sermons are posted.

Save the Date! - Lunch and Learn, Saturday, February 24

Ellysheva Zeira from the Lower East Side Tenement Museum

Join Our Committee! We meet next on Wednesday, Jan. 10 after evening minyan.

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

Contribute to the Elizabeth Fischer Memorial Fund to support TBA's ongoing scholarly and cultural special programming. Consider sponsoring a specific speaker/event or the food for an event. Contact the office or Rabbi Jon.

Mishlo'ah Manot

Temple Beth Abraham Religious School continues the "Mishlo'ach Manot" tradition, which means "sending gifts." This Purim custom expresses joy over the victory of Esther, who frustrated Haman's plot to annihilate the Persian Jewish community in the 5th century B.C.E. **Send a gift basket** of homemade Hamantashen, sweets, treats and a few new surprises to your friends and family in the congregation. These baskets will be delivered to you to give out.



Each family will receive one basket, with a card listing all those thoughtful individuals who made a donation on their behalf. If you received one last year and you would like to send a basket, remember, it is a mitzvah and a wonderful way to support the Religious School! With online ordering it is easier than ever!



ON LINE ORDERS (Preferred way to order) can be completed through Temple Beth Abraham Website - tbanashua.org

Baskets will be delivered on February 18th

Baskets are \$9 each with a minimum purchase of \$18

For those purchasing 18 or more baskets, your name will be listed on the cards to all congregants receiving a basket.

If you prefer a paper order form, please use the form included with this flyer. Checks are payable to Temple Beth Abraham Religious School.

ALL BASKET ORDERS MUST BE RECEIVED NO LATER THAN February 6

(We cannot guarantee delivery for late orders)



Order Form for Purim Baskets

Ordering: Baskets are \$9.00 each with a minimum purchase of 2 baskets

If 15 or more baskets are ordered, your name will be on every card that congregants receive.

Congregant Names (We have the addresses of our congregants)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ # of additional Non-Congregant Baskets at \$9 each = _____
These will be delivered to you on February 18th for you to distribute

To order a card, please complete the name and address below

Name and address:

Something New For Teens ...

Teen Philanthropy – A Special Practice of Tzedakah
Parents and Teens

Join us Sunday, January 7 at 12:30 p.m.

For a “Meet and Greet”

At the Religious School

Are you looking for community service?
Do you need volunteer hours?

Calling all teens grades 9 and up to participate in an action-based committee brought together with the purpose of developing a philanthropic approach to supporting an important cause.

Philanthropy literally means “the love of humankind”. The practice of philanthropy is about giving money for a purpose or a cause that would benefit humankind as well as other creatures with whom we share the planet. This program is tailored to meet the needs and interests of Jewish teens in our community and all of Southern New Hampshire and Northern Massachusetts.

In this program, teens will learn about philanthropy as a way to generate funds for the benefit of those who are in need. Dan Kassner will lead the teen committee. Dan is a high school history teacher as well as a basketball coach. He has a solid professional background in working with teens in both the public schools as well as Jewish Day School.

Time framework: 5 two-hour sessions held once a month.

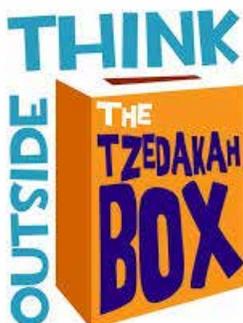
First Session: January 21 from 12:30 p.m. – 2:30 p.m.

Location: Beth Abraham Religious School

To learn more about the program and to meet Dan, please join us on Sunday, January 7 at 12:30 p.m.

Shimon, son of Rabban Gamliel, taught: “It is not what one says but rather what one does that makes all difference in the world.”

Let’s join together and make a difference!



הקשר היהודי שלך

Your Jewish Connection

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

Mikvah, The Ritual Bath

For more than 3,500 years, observant Jews have been making trips to a ritual bath called the *mikvah*. Their immersion is a purification and many experience tremendous positivity from it in terms of their marriage, their sense of self, and their connection to G-d ([Jew in the City](#)). According to [NHPR](#), the *mikvah* is having a resurgence and being used for more than the *mitzvah* of *taharat hamishpacha* (family purity).

The newest *mikvah* in the greater Boston area is Mayyim Hayyim, which looks more like a spa than a traditional *mikvah*. In ancient times, the *mikvah* was most commonly used by women – and men – for ritual cleansing after coming in contact with death and for *taharaot hamishpacha*. Today, traditional immersion usually is explained as a spiritual purification, to mark the pass-

ing of potential life that comes with each menstrual cycle. It's also commonly used for conversions to Judaism. However, the *mikvah* also is being used today as a kind of spiritual therapy – for everything from getting over a miscarriage, to completing a round of chemotherapy, to finishing a doctoral degree, or after breaking up with a boyfriend.

You can view these videos to learn more:

[What is a Mikvah?](#) An introduction to the Jewish Ritual Bath on YouTube

[Mikvah: Splish Splash Is It a Jewish Bath?](#) on Jew in the City



Join the SNHJMC and TBA Sisterhood when they tour Mayyim Hayyim in January. Look elsewhere in the Bulletin for details and sign up!

For details on all kinds of mikvah topics, go to [Mikvah Facts](#) or [Chabad](#). To learn about how one uses a *mikvah*, see [My Jewish Learning](#). For some history, visit the [Jewish Women's Archive Encyclopedia](#) and the [Jewish Virtual Library](#).

One interesting item is that if you are in Israel, you can have a personal *mikvah in your home* (Hidabroot)! Just imagine that!

Women of the Wall Presentation

By Linda S Trapasso, TBA Sisterhood

If you did not go to the Women of the Wall event on December 4, you missed something wonderful. The event was co-sponsored by several organizations and held at Congregation Shalom in Chelmsford, MA. The speaker, Lesley Sachs, Executive Director of Women of the Wall, was engaging and passionate. The video she played highlights the struggles women have to pray with tallitot, tefillin, and Torah scrolls at the Western Wall.

The fight to pray as they wish at the Western Wall, which is Orthodox,

has lasted 30 years, and it is not finished. This organization is striving to change the status quo and to expand civil rights, human rights, and religious freedom in Israel.

Women of the Wall is involved in establishing a pluralistic, egalitarian, and equal prayer space at the Western Wall, and looks forward to religious pluralism in Israel. It has taken three years to obtain an agreement for this type of space, but who knows when it will come into existence?

The effort of these women should inspire and empower all women around the world of any Jewish denomination to find their spiritual voices and create meaningful Jewish identities.

For more information, visit www.womenofthewall.org.il to sign up for their newsletter, to read the history of women praying at the Western Wall, to join them live over the Internet for [Rosh Chodesh](#), and to support their efforts.



Something to Think About

There is an old saying that life happens while we are making other plans. I had planned to write this column while celebrating Chanukah with friends in New Zealand. Instead I am writing a very personal column from home because, just before we were to leave for our NZ sojourn, I found out I have a breast



Elaine Brody

tumor that has to be removed. I will have surgery the week of December 18. We are not unpacking our suitcases. As soon as I am given permission to fly, we'll be on our way.

I received this diagnosis following my routine annual screening mammogram. So here's what I want from you. Don't just think about this. If you are a woman over forty and you are not getting annual screening

mammograms, make an appointment now. If you are a man who knows a woman who is not getting regular mammograms urge her to make an appointment now.

Thank you for being such a supportive community.

*L'hitraot,
Elaine*

SNHJMC Happenings

The Southern NH Jewish Men's Club has a lot of exciting breakfasts and activities planned for the coming months! We had our most recent breakfast on Sunday December 10 that was well attended, and lots of great conversation and food was had by all! To stay up to date on all of the great things the SNHJMC is doing, please check out our website at www.snhjmc.org or find us on Facebook.

Our Next SNHJMC Breakfast- Sunday January 14 - 930 a.m.

The SNHJMC is proud to announce that our speaker for our January Breakfast is Bill Leblanc, Region Coordinator for Guiding Eyes for the Blind. **Guiding Eyes for the Blind** has provided assistance for blind and visually impaired people with trained Guide Dogs, at no-cost to the blind and visually impaired,

since its inception in 1954. Bill is going to speak to us about Guiding Eyes, how their program works as well as the currently hot topic of service animals in our area. He has been with Guiding Eyes for the Blind for over 20 years and is excited to speak with the SNHJMC on Sunday January 14.

The breakfast will start at 930 a.m. and be at Temple Beth Abraham. Our famous Bagels, lox, whitefish, veggies, eggs, potatoes and more breakfast will be served! Cost is \$8 for members and \$12 for non-members and membership can be paid at the door. You can't get a top quality breakfast for this price anywhere in town! Please let us know if you can make it at breakfastsvp@snhjmc.org.

Additional Breakfasts and Events coming up:

Sunday January 21 - Trip to Mayyim Hayyim for SNHJMC and Sisterhood members. RSVP to Alan Green via Becky at giftshop.tba@gmail.com or breakfastsvp@snhjmc.org and we can forward. More info can be found on our website or in upcoming SNHJMC e-mails.

Sunday Feb 11 - SNHJMC Breakfast featuring Erik Lesniak- Fisher Cats and minor league baseball themed discussion

Sunday March 4 - SNHJMC Children's Breakfast-with the Ocean Lady (wildly popular "Explore the Ocean World" presentation & breakfast... FREE breakfast for all kids!)

Sunday March 18- Breakfast with a speaker TBD.

Thank you from the SNHJMC.

Sharing A Hearty Welcome To Our New Teen Teacher Daniel Kassner

Dan was born in Sharon, MA and has lived in New Hampshire now for a year after living in Chicago for the past five years. Currently, Dan is a high school history teacher at Tewksbury Memorial High School where he teaches US History and Modern World History. Dan is also the Director of Camps and Clinics, ASA Hoops, a basketball program in New Hampshire. Prior to that he taught at The Chicagoland Jewish Day School in Deerfield, IL, now known as Rochelle Zell Jewish High School. Besides US History, he also taught Middle Eastern Studies and Jewish Studies.

Dan earned his Bachelor of Arts in History at University of Wisconsin – Madison and his Master of Science in Education at Northwestern University.

Dan shared that he loves history and has a passion for learning about Judaism, Israel, and connecting his Jewish roots to the present. He is excited to be our new leader for *The Teen Philanthropy Program* and is looking forward to working with teens in the area to really make a difference in the local and larger community. I hope you will introduce yourself to him when you see around the shul.

Tikkun Olam: Repairing the World

Members of Temple Beth Abraham are making a difference in so many ways.

The *Chesed* (caring) committee serves the needs of congregants: providing meals after funerals, visiting the elderly, driving members who are unable to drive, cooking meals for families experiencing illness, etc.

If you are interested in joining these efforts email marshafeder@gmail.com.

The *Tzedek* (Social Justice) committee is learning about human rights issues, especially those that affect our local area, and looking for ways we can support those in need. Many of our members donate their time to the Nashua Soup Kitchen and Shelter. Others have been involved in speaking out in support of im-

migrants.

The issues that we will consider for actions in the future:

- Immigration and Refugee re-settlement
- Health Care
- Poverty/hunger/homelessness
- Gun violence
- Domestic violence
- Opioid crisis
- Racism/anti-Semitism/discrimination
- LGBT rights

Environmental concerns

If you are interested in joining these efforts or would like to be informed of events of this type, email marshafeder@gmail.com.

Yedidim Young Family Havdalah Program

Participating in **Havdalah** is a special way to mark the end of Shabbat. Just as we light candles and bless the wine on Friday night to guide us into the holy time of Shabbat, so too do we perform a similar ritual to show our reluctance to leaving Shabbat and re-entering the working week. We light the braided candle, bless the wine, and smell the fragrant spices as we bid farewell to the Shabbat day.

Saturday, January 6, we will share a communal third Shabbat meal and make Havdalah. **Sarit Itenberg and Jonathan Greenblatt** will be our hosts for this first Havdalah of the new secular year.

Havdalah and Potluck

Saturday, January 6 • 4:30 – 6:30 p.m.

8 Knoll Crest Drive Bedford, NH

This is a potluck event. Please bring a dairy or parve (no meat) dish to share. Please RSVP by emailing Noreen Leibson at director@tbanashua.org

This program is open to families with children from infant to 6 years old. Of course older siblings are welcome!



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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
litrube@gmail.com

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