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## Shabbaton With Eliana Light



**Friday, October 12 to  
Sunday, October 14**

**See inside for details!**

5779  
2018

# October

tishri  
cheshtan



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER  
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

7 28 tishri

8 29 tishri  
Ritual Comm. 8:00 pm  
CANADIAN  
THANKSGIVING  
COLUMBUS DAY

14 5 cheshvan  
Sisterhood Paid-Up  
Luncheon w/Eliana Light  
12:15 pm  
USY at Urban Air  
Adventure Park 2:00 pm

15 6 cheshvan

21 12 cheshvan  
Men's Club Breakfast  
9:30 am  
Yedidim Family Sunday  
School 10:00 am  
BAP - 12:30 pm

22 13 cheshvan

28 19 cheshvan  
CROP Walk 12:00 pm

29 20 cheshvan

30 21 cheshvan

31 22 cheshvan

1 22 tishri  
Services 9:30 am & 5:40 pm  
w/Yizkor, followed by Family  
Simchat Torah Service

SHEMINI ATZERET  
YIZKOR

8 29 tishri

2 23 tishri  
Office Closed/No School  
Services 9:30 a.m.

SIMCHAT TORAH

9 30 tishri

3 24 tishri  
Educ.&Fam.Engagement  
Committee 6:30 pm  
BABKA 8:00 pm  
"The Storyteller" by Jodi  
Picoult

10 1 cheshvan  
Avodah Shebalev  
9:30 am  
Lifelong Learning Comm.

ROSH CHODESH

17 8 cheshvan

16 7 cheshvan  
Sisterhood Bd. 6:00 pm  
B.O.D. 6:30 pm

ROSH CHODESH

16 7 cheshvan

18 9 cheshvan

19 10 cheshvan  
Rebekah Savage Bat  
Mitzvah  
Service start time TBD

NOACH

20 11 cheshvan  
Services 9:30 am  
Rebekah Savage Bat  
Mitzvah

4 25 tishri  
Torah Study 10:30 am

5 26 tishri  
Jodi Watterson Bat  
Mitzvah  
Service start time TBD

6 27 tishri  
Services 9:30 am  
Jodi Watterson Bat  
Mitzvah

Beresht

11 2 cheshvan

12 3 cheshvan  
Torah Study 10:00 am  
Yedidim Shabbat 4:45 pm  
Services 8:00 pm  
Eliana Light Shabbaton

13 4 cheshvan  
Services 9:30 am  
Eliana Light Shabbaton  
Lunch & Learn

NOACH

18 9 cheshvan

19 10 cheshvan  
Rebekah Savage Bat  
Mitzvah  
Service start time TBD

20 11 cheshvan  
Services 9:30 am  
Rebekah Savage Bat  
Mitzvah

Lech Lecha

25 16 cheshvan

26 17 cheshvan  
Services 8:00 pm  
Daniel Vig Bar Mitzvah

27 18 cheshvan  
Services 9:30 am  
Daniel Vig Bar Mitzvah  
Yedidim Havdalah in a  
Box 4:00 pm

NOVEMBER  
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

## Love Your Neighbor, in Study and Action

Well it wasn't my goal of 75, but during Elul I did study the Torah's commandment of "love your neighbor as yourself" with 30 different people. Some came more than once! It was energizing for me to meet people and delve into Torah and commentaries at four coffee places, one home, two different times at the synagogue, and two web conferences.



Rabbi Spira-Savett

Each discussion was different. Some were more about close-up relationships, and some were about wider circles of responsibility. We discussed whether love is about attitudes, emotions, or actions—or some combination. I got to deliberate with Democratic activists and committed

libertarians – sometimes in the same circle! We even roped in a Christian professional Bible scholar one time, who happened to be having coffee at the same time as we were.

By the end of the month I was even more convinced that this kind of Torah study around ethics has something unique to offer us and the world we are part of. It is a meeting place, where we talk out our own reflections, join centuries-old debates, and summon contemporary thinkers from in and out of the Jewish world. It's a goal of mine to continue this kind of study in different formats and places throughout the year.

One important strand of interpretation around "love your neighbor" is political – our responsibilities in the community, to care for people and

make sure justice is established and done. October is a big month for that in our local Jewish community. We have two Beth Abraham traditions, and one new opportunity that I hope will become a tradition.

Every election cycle, the Southern New Hampshire Jewish Men's Club hosts a political forum where candidates for federal and state office have a chance to speak and answer questions submitted by the community. This year the event will be on Sunday, Oct. 21.

We expect to have candidates for Congress and Governor, and hopefully for the State Senate as well. I am honored to be moderating the forum once again. We always draw citizens from beyond the Jewish community,

*(Continued on the following page ...)*

## Engage and Make a Difference

I am a big believer that people take action because they are either motivated or irritated. I am in awe of those who can act due to motivation alone. I am from the camp that needs to be irritated by a situation before I step up and take action and get involved.



President  
David Sacks

This was the case when I was living in Bedford and watched one attempt after another fail in bringing a public high school to Bedford. Finally, I joined the campaign and got elected. From my position on the school board, I was able to shape the message and tweak the campaign. A year later in 2005, the vote passed

the necessary 60% threshold and Bedford had its high school. The school opened in 2007 and is one of the top schools in the area.

So what does this have to do with Temple Beth Abraham? After watching the numbers in our shul and Religious School decline over the recent years, I stepped up and joined the board. After a few years on the board, I volunteered to go one step further and assume the presidency. For me, it was all about trying to take proactive steps to see if we can turn the corner and grow the congregation and school.

I have oftentimes found myself talking to members who seem to be frustrated with one thing or another. My ask of you? Come forward, share

the idea. Who knows? You might get to participate in a ground-breaking change in our shul and who knows where this will lead.

One such example, was the idea to propose a name change from Temple Beth Abraham to Beth Abraham Synagogue and Jewish Center, during the prior year, that was sponsored by my fellow board member, Jeff Weiss. Jeff felt that we could get more attention with a name change, attract new members and the proposed name would better capture the culture and the many things that we do at Beth Abraham.

During the process, we held several forums and ultimately a vote. While the vote failed, we learned a

*(Continued on the following page ...)*

as our forum has a reputation for serious and informed questions. It's not a debate format; each candidate meets with us separately.

Every single year, Beth Abraham has the honor of hosting the CROP Hunger Walk for the Nashua Area Interfaith Council. More than 400 people from more than 20 faith congregations and groups raise more than \$40,000, to support local and international anti-hunger organizations.

It is amazing to have our building as full as on the High Holy Days, to share the bimah with other faith leaders and the mayor of Nashua, to meet people from other congregations and then to enjoy a meal and the amazing music of our Raymond Street Klezmer Band and the New Fellowship Gospel Choir.

The CROP Walk is on Sunday, Oct. 28 and more information about how to participate in the preparation or in the walk is in the bulletin.

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*Engage and Make a Difference continued ...*

lot from our members. We heard good reasons for changing and for staying the same. But one thing was a point of universal consensus. If we are really saying that we are a *Jewish Center* then we need to deliver on that promise.

While there are many great things happening, I want to draw your attention to two of the biggest ideas that will be ground breaking in achieving our vision of growth and being a *Jewish Center*. They are the relaunched Yedidim program and the ReNewYEAR High Holiday services.

Yedidim is designed for families with children 0-8. There are many

Our *Tzedek* (Justice) Committee is working this fall with the Unitarian Universalist Church to engage with the neighborhood between our two congregations. In partnership with the Granite State Organizing Project, we will be going door to door to encourage people to vote and to find out what the key concerns and issues are for people in the neighborhood.

This is an area that historically was once the center of the Jewish community in Nashua. Our previous Beth Abraham building was a number of blocks south and east of where we are now. We hope to reestablish our roots in this part of town, and see how we can be partners and allies for the people who live there. We plan to be out on two Sunday afternoons, October 21 and November 4.

Research has found that when you ask someone if you can mail them a reminder about voting and they agree, participation increases substantially. That is part of the canvassing work. We are not campaigning for any party

or candidate, but encouraging the vote and researching the needs of our closest geographic neighbors in town.

And of course, everyone who is eligible should vote. Inform yourself about the candidates and issues. If you have kids, make sure to bring them with you to the polls, to experience the thrill of freedom and democracy! As I never tire of telling you, a voice in selecting our leaders is something that few people, and few Jews, have ever had in all of human history.

Michael Walzer, the Jewish activist and political philosopher, writes: "...think of the welfare of the most vulnerable people in the country. And then vote, gladly, for the candidate who minimizes their vulnerability." I can think of no better Jewish maxim for the upcoming election.

*L'shalom,*

*Rabbi Jon*

fun and engaging activities such as Shabbat in a box program, Mom's Night Out, Dad's Night Out, Family Havdalah services once a month and so on. Jessie Mocle is energized to reshape the look and feel of our membership with kids 0-8. There is so much more to talk about here. If you know of families with young children, please direct them to Jessie to learn more about Yedidim.

I feel confident in claiming that the ReNewYEAR experiment has been a resounding success. The alternative high holy day service was just a twinkling of an idea that was in the minds of Esther Kosofsky and myself a year ago. Fast forward a year. The great space in the Reli-

gious School was packed to capacity on both days of Rosh Hashanah (weekdays, mind you), delivering an engaging learning and family experience. The gallery in the main building was empty but for the two board members greeting members and guests between 10 and 11:30, while both services were in full swing. The reports from attendees of how they enjoyed the alternative service and tunes were overwhelmingly favorable. So much so, that I have already asked Eliana Light, the leader of our alternative service if she is able to commit to TBA for next year. I am happy to say that she is. ReNewYEAR is here to stay!

*(Continued on page 9 ...)*

## October 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

#### October 1

Shmini Atzeret 9:30 am & 5:40 pm (Yizkor observed at both)

6:00 PM Light Dinner & 6:30 Family Simchat Torah Service

#### October 2

9:30 a.m. Morning Service - Simchat Torah

#### October 5 & 6

Jodi Watterson Bat Mitzvah  
Friday Night Service Time TBD

#### October 12 & 13

Eliana Light Artist in Residence weekend

12:30 Lunch & Learn

#### October 19 & 20

Rebekah Savage Bat Mitzvah  
Friday Night Service Time TBD

#### October 26 & 27

Daniel Vig Bar Mitzvah

### Oneg, Kiddush & Flower Sponsors

#### September 28 & 29

Ellen Zucker in memory of her mother, Arlene Levenson

#### October 5 & 6

Beth & Terry Watterson in honor of Jodi's Bat Mitzvah

#### October 19 & 20

Alyse & Chris Savage in honor of Rebekah's Bat Mitzvah

#### October 26 & 27

Ellen & Harry Vig in honor of Daniel's Bar Mitzvah

## Community News

### Best Wishes to:

- Joy & Carlos Mainemer on the birth of grandson, Alfred Sandel
- Eitan & Gaby Zeira & Zahava Salomon on the marriage of Elie Zeira & Kevin Bunge

### Deepest Sympathy to:

- Herb Shanzer on the loss of his beloved sister, Jane Heffner

### Welcome New Members:

- Linda Saleh (Nashua)
- Daniel Levin & Sarah Gold (Nashua)
- Michael & Ali Arnou (Nashua)
- Wendy and David Traverse (Dunstable, MA)
- Cameron Gray (Brookline)
- Ilana Itenberg & Oleg Urim (Nashua)

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

## Sukkot Feasting with Beth Abraham Families

A gathering for Havdallah, fruit and wine at the home of Sarit Itenberg and Jonathan Greenblatt will be held on Saturday, September 29, meeting at 6:45 p.m. Their address is 8 Knoll Crest Drive in Bedford, NH.

We will have a dairy pot luck with maariv service on Thursday, September 25 at 6:00 p.m. at the home of Sara and Sam Brest at 35 Woodland Drive in Nashua.



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Men's Club Representative

*Affiliated with United Synagogue of  
Conservative Judaism*



## Nashua Crop Hunger Walk October 28



Registration noon;  
walk begins 1:30

*NEW 3.3 mile route*

[www.nashuacropwalk.blogspot.com](http://www.nashuacropwalk.blogspot.com)

Talk to your recruiter or sign up on line at [www.crophungerwalk.org/nashuanh](http://www.crophungerwalk.org/nashuanh)

## Jodi Watterson Bat Mitzvah

Jodi Watterson, daughter of Terry and Beth Watterson, will be called to the Torah as a Bat Mitzvah on Saturday, October 6, *Parashat Bereshit*.



Jodi is a seventh grade student at Hudson Memorial School in Hudson, NH. Jodi loves to dance and currently takes classes in ballet, contemporary, and tap. She also loves to read and write, which has given her the inspiration for her mitzvah project, where she will be reading and writing with young children.

## Rebekah Savage Bat Mitzvah

Hi, I'm Rebekah Savage and I am in 7<sup>th</sup> grade at Pennichuck Middle School in Nashua. I have been a student at Temple Beth Abraham Hebrew School since Kindergarten. I love to sing, act and play the ukulele along with currently being on the Pennichuck volleyball team. I enjoy hanging out with my family and friends. My parents are Alyse & Chris. My two brothers, Jacob and Jonah, have both been Bar Mitzvah at Beth Abraham and are my biggest role models. I look forward to becoming a Bat Mitzvah and leading the congregation on October 20 which is also my 13th birthday and am excited to share it with all the people I love.



## Daniel Vig Bar Mitzvah

Daniel Vig is a 7<sup>th</sup> grader at the Marshall Middle School in Billerica, Massachusetts. He enjoys dinosaurs, dragons, animals, all things lime green, and wants to be a paleontologist when he grows up. Daniel is the son of Harry and Ellen Vig. He will be called to the Torah as bar mitzvah on October 27.



## For Our School Families Up-Coming Events and Important Dates

- **Family Simchat Torah with light supper** – Monday, October 1 at 6:00 p.m.
- **Shabbaton With Eliana Light** – October 12 – 14
- **Yedidim Shabbat With Eliana** – Friday, October 12 at 4:45 p.m.
- **Family Shabbat Morning Service With Eliana** – Saturday, October 13 at 10:00 a.m.
- **Lunch and Learn With Eliana** – Saturday, October 13 after services
- **Havdalah, Dessert and Concert With Eliana** – Saturday, October 13 at 7:00 p.m.
- **Sunday School Visit With Eliana** – Sunday, October 14 at 9:30 a.m.
- **Yedidim Sunday School** – Sunday, October 21 at 10:00 a.m.
- **Beth Abraham Philanthropists “BAP” (teens)** – Sunday, October 21 at 12:30 p.m.
- **Noam Wolf, NH’s Shlichah School visit** – Thursday, October 25 at 4:00 p.m.
- **Junior Congregation** – Saturday, October 27 at 10:00 a.m.
- **Yedidim Havdalah** – Saturday, October 27 - see Yedidim page for more information

## Preparing

Preparing for the New Year and preparing for the new school year share a number of similar action steps. First, there are many plans that have to be finalized.



Director of Education  
and Family Engagement  
Noreen Leibson

Then we need to collaborate with the teachers and leaders to make the beginning of the year monumental, something that will inspire, lift up and engage our community into a sense of sacred space, sacred work. A sacred space is a place where you feel safe and are able to breath deeply and open up to new ideas and feelings.

As I write this, Rosh Hashanah has passed and Yom Kippur looms ahead. Much of my time has included collaborating with our guest spiritual leader, Eliana Light. Working with Eliana has brought me a powerful sense of pure spirituality. Being present in the sanctuary where she led us in prayer through song and story, a new lens to take in the work of the holiday filled me with joy and awe. I hope each of you had an opportunity to be a part of the High Holy Day work, *avodah*, in some way. Perhaps you *davened* with Eliana or maybe you davened at the main sanctuary. Others of you may have been out of town with family or perhaps you were at your

favorite place, which to you is also a sacred place.

The doors to the school opened before Rosh Hashanah. Given that the school was set for the holy days, we had to share the space and find ways to learn both together and as individual classes. With thanks to Morah Julieann, our students used sidewalk chalk to write their misdeeds, things they want to change, and practiced a unique form of *Tashlich*. Since we have no river nearby, each student was given a balloon filled with water. After a countdown, they all threw their balloons onto the sidewalk in the back of the school right at the spot where they wrote their misdeeds. It was a remarkable moment to watch our misdeeds just wash away.

As I look ahead to the next month, there is a great deal on the calendar. I suggest that everyone take a look at the events and dates for the next few weeks. Also, please take a look at the Yedidim page for programs and activities for our families with young children. We are excited to offer a monthly Sunday school program for families with children ages 2 – 3 years old. Jessie Mocle, our Yedidim Director, is heading this program. Please see the Yedidim page for more information not only about this month's program but also about the many events created for Yedidim families.

The BAP team is taking off on Sunday, September 16. We have 10 teens that will work together along with teen leader, Dan Kassner. That so many of last years teens are returning for another year of philanthropy is a statement about our teens' keen ability to see the need for acts of *Chesed* and *Tzedakah* for our community.

Finally, I am excited to share that Eliana Light will be back with us for a Shabbaton during the weekend of October 12-14. This weekend will have opportunities for all of our congregants to find some time with Eliana. Please look at the flyer to find out what is happening over that weekend. There is something for everyone including a rocking Havdalah, dessert and concert. Eliana will also help to lead our first Family Shabbat Morning service on the 13<sup>th</sup>, to be held in the chapel.

As we move forward in the Jewish year, we will celebrate Sukkot and Simchat Torah. During Sukkot we erect a sukkah in our yard. For those of you who are unable to take on this mitzvah, our synagogue will set up a giant sukkah where we can sit together. A sukkah is more than a few meager walls and thin roof. It is a shelter. As we gather under the sukkah I hope you will imagine the idea of *Sukkat Shalom*, a shelter of peace. May we all come together to create a sanctuary of peace.

*Hag Sameach*

*Noreen*



## OCTOBER EVENTS

### A Very Special Yedidim Shabbat: Featuring Eliana Light!



A joyous Shabbat experience awaits your whole family at Beth Abraham this month. Educator and performer Eliana Light will lead us in song and prayer - with a story and craft thrown in for extra Shabbat fun. Dinner provided.

Register at [www.tbanashua.org/yedidim.html](http://www.tbanashua.org/yedidim.html)

Friday, October 12, 4:45 p.m.

Temple Beth Abraham

4 Raymond Street, Nashua, NH 03064

### Yedidim Family Sunday School

Sunday, October 21  
10:00 AM - 12:00 p.m.  
Religious School

Join us for your child's first Hebrew School experience at the Yedidim Family Sunday School! Aimed at kids 2-3 years old and their caregivers, this innovative monthly program is caregiver-facilitated with planning, support and guidance from subject matter experts and certified teachers. We will create a fun and engaging environment where students will learn about Jewish holidays, Hebrew language, and Jewish values through age-appropriate activities, games and songs.

Register at [www.tbanashua.org/yedidim.html](http://www.tbanashua.org/yedidim.html)



### Havdalah in a Box - Just Add Shabbat Spirit

Interested in an easy, low key way to celebrate the spirit of Shabbat? Havdalah in a Box contains everything you need to celebrate the departure of Shabbat, and your friends will do the rest. If you'd like to host a potluck Havdalah in your home, Yedidim families will bring the dairy or pareve food and dessert, and we'll experience the gentle fellowship of saying goodbye to Shabbat. Register at [www.tbanashua.org/yedidim.html](http://www.tbanashua.org/yedidim.html)



Saturday, October 27, 4:00 p.m.  
Host Family home - register for address!

### COMING IN NOVEMBER!

#### **"Build a Shabbat" Workshop**

Your kids will love this creative monthly approach to celebrating Shabbat! Each month, join us for a Shabbat-related project, 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, as well as a commemorative pin upon completion of each project. If your child attends all six workshops, they will earn a certificate of achievement and a special gift! Build memories with your child, and enjoy using the special crafts they create at your own Shabbat table at home afterward! **November 9, 4:45 p.m.**

For more information or to volunteer,  
contact Jessie Mocle:  
[yedidim@tbanashua.org](mailto:yedidim@tbanashua.org)

## Greater Nashua CROP Hunger Walk

"We walk because they walk." Our 34<sup>th</sup> year! This year the walk takes place on Sunday, October 28 beginning and ending at Temple Beth Abraham, 4 Raymond Street in Nashua. Registration is from 12:00 p.m. to 1:00 p.m. with opening ceremonies at 1:00 p.m. and stepping out at 1:30 p.m.. This year the walk features a new and different and interesting shorter route for all.

The Greater Nashua Area CROP Hunger Walk has raised over one million dollars in its previous 33 years. The money raised fights hunger and poverty around the world and provides refugee and disaster relief through Church World Service, as well as locally through four agencies—Nashua Soup Kitchen

and Shelter, Salvation Army, St. John Neuman Food Pantry, and Corpus Christi Food Pantry. The Nashua Area Interfaith Council sponsors the event.

More information is available at <http://nashuacropwalk.blogspot.com>.

And you can find us on Facebook! Just look for Nashua Cropwalk.

To sign up, see your recruiter to make sure that you have all the tools you need to be a CROP walker! You can also 'walk on the web'. Your recruiter will set up a team page on the website, or you can start your own team and raise money on line. Just go to the blogspot site above and click on the CROP stop



sign to enter our page on the CWS website, then select or start a team! If you can't walk, be sure to sponsor a walker, or make a team donation. We look forward to seeing you! We can also always use volunteer help at the event if your feet aren't made for walking!

Any questions please contact Becky Green at [nashuacropwalk@gmail.com](mailto:nashuacropwalk@gmail.com). We look forward to seeing you!

## Interfaith Burials in Our Cemetery?

In keeping with Beth Abraham's philosophy of increasing inclusiveness, the Ritual and Cemetery Committees have initiated discussion about interfaith burials in the Beth Abraham Cemetery. Currently, only people who are halachically Jewish, by birth or conversion, may be interred. Both committees did detailed study, with Rabbi Jon, of pertinent texts and a recent opinion

papers from the Committee on Jewish Law and Standards of the Rabbinical Assembly. It was felt that it is reasonable to pursue study of this issue, and a small working group made up of members of both committees will be meeting to address potential challenges. If a decision is made to consider implementation of interfaith burials, open congrega-

tional forums will be scheduled so that all of our members will be able to participate in discussion of this initiative. Ultimately, such a policy would require approval of our Board of Directors.

*Alan Green, Chair, Cemetery Committee*

*Helen Honorow, Chair, Ritual Committee*

*Engage and Make a Difference continued ...*

If you have any feedback or thoughts on anything going in TBA then please don't be shy. Engage, and contact a board member, Rabbi Jon, or Noreen Liebson and share your feedback.

Who knows? Your feedback could be the missing idea that finds meaning for more new and existing members? We can never know what pushed the vote for the

Bedford High School over 60% in 2005? And who knows which particular activity is driving a rise in new member applications for our shul and our school. What we do know is as in Bedford then, a lot of engaged people have pitched in with their ideas and energy. I feel the same engagement happening here in TBA.

Engage and be part of the Jewish Center in Nashua known as Temple Beth Abraham.

*B'shalom*

*David*

## **Todah Rabbah!**

### **Thank You to Everyone Who Worked on High Holy Day Services and Programming**

*Baalei Tefillah (Cantors):* Stan Juda, David Sacks, Jonah Savage

**ReNewYEAR Leader:** Eliana Light

**Torah Readers:** Lilly Harris, Baruch Harris, Shoshana Green, Avraham Harris, Isaiah Baker, Jacob Sacks, Lela Spira-Savett, Alex Bonneau,

*Haftarot:* Stephanie Wolf-Rosenblum, Bob Feder, Jane Goodman, Ben Freedman

*Baalei Tekiah (Shofar):* Bob Feder, Ben Freedman

**Zimria (chorus):** Julie Oliver (director), Becky Green (organizer), Laura Hegfield, Cheryl Liebling, Colleen Lillstrang, Barbara Garnick, Liz Eckley, Kasia Grossman, Jane Goodman, Audrey Steinberg, Larry Rubin, Chris Savage, Matthew Lee, Alan Green, Paul Garnick, Bill Schwartz, Davida Rubin-Baker, Chur Masors, David Sacks, Rozzie Sandler and Carol Gorelick  
**Gabbaim (Torah service and Bimah assistants):** Mitch Wolper, Leon Goldstein, Elaine Brody

**Hayom Chanters:** David Friedenberg, Carlos Mainemer, Les Mildenberg

**Avodah Service Readers:** Rozzie Sandler, Sheryl Rich-Kern, Laura Horowitz

**Snacks –** Carol Gorelick, Bill Barry and Helen Honorow

**High Holy Honors Organizing Committee:** Chris Savage, Les Mildenberg, Barry Sack, Richard Cohen, Craig Parsons-Kerins, Stan Juda

**ReNewYEAR Planning Committee:** David Sacks, Noreen Leibson, Esther Kosofsky, Olga Fain, Carol Gorelick, Matthew Lee

**Greeters:** Alex Bonneau, Lisa Bonneau, Amy Cielinski, Caroline Cielinski, Eileen Freedman, Mara Friedman, Leon Goldstein, Carol Gorelick, Don Gorelick, Becky Green, Mike Harris, Wendy Kolopsky, Esther Kosofsky, Chur Masors, Jeff Masors, David Sacks, Paul Sandler, Rozzie Sandler, Sharon Weiss, Gabi Zeira,

**Flower Sponsors:** Sandie and Seth Leonard, Terre Weisman, Rena and Ernie Perelmuter, Earl Prolman

**Break Fast Sponsors:** Bev and Chuck Gerson, Karen and Jerry Herman, Nancy and Ralph Keyslay

**Break Fast Setup and Cleanup:** Laura Horowitz, Diane Toth, Marty Lorrey, Judie Boyd and crew

**Memorial Book:** Ben Freedman, Judy Goldstein, Diane Toth

**Sound:** Dennis Schneider, Ira Grollman

**Thank you to our tireless and dedicated synagogue staff:**

Richard Bryant for setting up and maintaining all of our prayer and programming spaces,  
Judy Goldstein and Jessica Stern for all their hard work in the office

Diane Toth for the extra hours

# *Shabbaton With Elíana Light*

**Friday, October 12 to  
Sunday, October 14**

**Friday, October 12, 10:00 – 11:30 a.m.**

Adult Torah Class – The Avraham and Sarah Story

**Friday, October 12, 4:45 p.m.**

Yedidim Shabbat for Young Families – With Song and Prayer – Includes Child Friendly Dinner

**Friday, October 12, 8:00 p.m.**

Leading Shabbat Evening Services

**Saturday, October 13, 10:00 – 11:30 a.m.**

Family Shabbat Morning Service

**Saturday, October 13, 12:30 p.m.**

Lunch and Learn – Reading Parashat Noah through the lens of the G!D Project

**Saturday, October 13, 7:00 p.m.**

Havdalah – Dessert – Let the Light Shine Concert

**Sunday, October 14, 10:00 a.m.**

Guest Song Leader for Sunday School

**Sunday, October 14, 12:30 p.m.**

Sisterhood Paid Up Luncheon

**RSVP for concert and Yedidim Shabbat at  
[www.tbanashua.org](http://www.tbanashua.org)**



## Something to Think About

Many years ago I wrote a column that some people found offensive. I was very involved with Women's American ORT at that time, and ORT had a fundraising program called "Mother to Another". For a donation of \$25, ORT would provide their students with a kit of toiletries and other small necessities. In my column, I suggested that families could forgo a meal or two at their favorite fast food place and earmark the funds they saved for this project. (You can tell it was a long time ago because you could get a meal for a few people at a fast food place for less than \$25!) I thought it would be an easy way to do a good deed, and, possibly, teach our children a life lesson. Imagine



Elaine Brody

my surprise when several people approached me to say I had no right to tell them how to feed their families or how to spend their money.

Well, I'm doing it again. As you know, we have a group of congregants who volunteer at the Nashua Soup Kitchen on Tuesday mornings. It is a rewarding and humbling experience. Recently Buzz and I were working there when one of the staff took me to see the "birthday room". This room, filled with new toys and books is a place parents can go to choose a few gifts for their child's birthday...gifts the child most likely would not receive if the parents had to buy them. The staff person mentioned that they did not really have age appropriate gifts for children ages 14-17, and that gift cards would be great.

I was transported back to my ORT days. I have no more right today than I did then to tell people what to do with their money. Still, I would like you to consider the following: Talk to your children about forgoing that fast food meal or something else that is a want, not a need. Take them with you to buy a \$25 gift card for Walmart or Target or CVS or Walgreens or bowling or the movies or some other activity your teen might like.. Donate the card to the Nashua Soup Kitchen and Shelter Birthday Room.

As usual, it's something to think about.

*L'hitraot,  
Elaine*

## Southern NH Jewish Men's Club Hosts

### Meet the Candidates Breakfast on Sunday, October 21

The SNHJMC ([www.snhjmc.com](http://www.snhjmc.com)) is proud to announce that on Sunday October 21 we will be hosting our bi-annual "Meet the Candidates" Political Breakfast at Temple Beth Abraham. Over the past 20+ years the SNHJMC has hosted many of the candidates for state and national office and we are doing the same again this year.

The Meet the Candidates Breakfast will be held at Temple Beth Abraham, 4 Raymond Street Nashua, NH on Sunday, October 21, 2018. Breakfast will begin at 9:15 a.m. and the forum will start at 10:00 a.m. This year, the Q&A sessions are expected to include

major party NH Congressional, and Gubernatorial candidates, who will speak and take questions submitted by the audience. In addition, other candidates in attendance will be invited to introduce themselves at the end of the program. TBA's own Rabbi Jon Spira-Savett will be moderating the morning.

This is an excellent opportunity to participate and learn about the candidates running for office during such an exciting time in NH politics. There will be a charge of \$8 for SNHJMC members and each family member and \$12 for non-members to cover our famous lox and bagels breakfast with all of the fixings. Membership can be paid at the door. We look forward to seeing you there.

\*\*\*RSVP is not required, but it is appreciated, as we'd like to get a rough count of attendees. So if possible, please send RSVP's to [breakfastsvp@snhjmc.org](mailto:breakfastsvp@snhjmc.org) beforehand. \*\*\*

Additional upcoming notes: The next 3 breakfasts following the Meet the Candidates event that the SNHJMC is hosting will be on November 18, December 16 and January 13. We are continually working to secure excellent programming and are always open to ideas and suggestions about what the membership would like to see! Please consider coming and joining us for an amazing breakfast on one of the dates above. The value and quality of our breakfast cannot be beat!

## Coming Events and Programming

### Brought to You by the Lifelong Learning Committee

**BABKA Book Club meeting, Wednesday, October 3, 8:00 p.m.**

*The Storyteller* by Jodi Picoult

**JTS Livestream: Nadine Strossen, Tuesday, October 9, 7:30 p.m.**

**"HATE: Why We Should Resist It with Free Speech, Not Censorship"**

See details on the website <http://www.jtsa.edu/segal-fall-2018>

**Lunch & Learn: Eliana Light, Saturday, October 13, after services, "Reading Parashat Noach Through the Lens of the G'd Project"**

### Ongoing:

**Torah Study with Rabbi Jon and Noreen**

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

**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!

**JTS Livestream: "Reimagining End-of-Life Care: A Multi-Faith Exploration,"**

**Thursday, November 1, 7:15 p.m.**

See details on the website <http://www.jtsa.edu/reimagining-end-of-life-care-a-multi-faith-exploration>

**BABKA Book Club, November 7**

**"A Broken Hallelujah: Rock and Roll, Redemption, and the Life of Leonard Cohen" by Liel Leibovitz**

**Lunch & Learn: Honoring Jewish Veterans, November 10**

Have Ideas? Want to Help? Join Our Committee!

Contact Jeff Masors at [jmasors@gmail.com](mailto:jmasors@gmail.com) or Rabbi Jon at [rabbi@tbanashua.org](mailto: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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# הקשר היהודי שלך

## Your Jewish Connection

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

### How's Your Child's Mental Health?

This column is a bit different from most of my columns, and has no Jewish focus. However, it does focus on the mental health issues facing late adolescents (15-18 year olds) and young adults (ages 18-24). These groups have high levels of stress not seen previously in these age groups (see [Psychology Today](#)). Research shows that anxiety or depression affects nearly 1 in 5 students. But why are these disorders so prevalent? Social media and technology are factors, as well as mobile phone addiction (yes, this is real). In addition, there is a certain competition between real life and virtual life, thanks mostly to social media (see [The Conversation](#)).

As a parent, you are familiar with the emotional ups and downs many young adults experience in college and high school. Colleges are overwhelmed by the numbers of students seeking mental health services. [The Washington Post](#) reported "...students have been taking action themselves through peer-run mental-health clubs and organizations." This step appears to be working for students. If your child has an ongoing mental health condition, the National Alliance on Mental Illness (NAMI) offers [tips on managing the condition](#) in college, with ideas on what to do to prepare for college and after arrival.

What can parents do? First, [Parent Wellness Promotes College Student Wellness](#). It may surprise you to know that college students think about their parents often and are

impacted by their wellness. Students feel stressed out when their parents experience problems. So get on board and check out four areas where you can take action.

Second, [How Parents Can Help When Anxiety Hurts Academic Performance at College](#). This article provides questions to ask your child about anxiety and steps you can take to help them control or overcome it.

Third, [One Small Change](#) in your life can actually make all the difference in the world. Suggestions in this article are learning to say "No", showing more kindness, ditching tobacco, eating fruits and veggies, reading more, eating healthy, drinking more water, moving more and sitting less, and expressing gratitude. These are great ideas for everyone, not just students.

There are resources available to you, as parents, and to your child.

[College Wellness](#) is a resource page for promoting happiness and health in the college years.

[Grown & Flown, Parenting Never Ends](#) is a web site covering a range of issues relating to raising children ages 15-25.

[Three Essential College Wellness Guides for](#)

[Parents](#) describes three books: *The Campus Cure* by Marcia Morris, M.D.; *Your Kid's Gonna Be Okay* by Michael Delman, M.Ed.; and *Prepare to Leave the Nest* by Debby Fogelman, M.A., PsyD.

[Critical Mental Health Resources](#) for College Students from the Center for Online Education is a list of resources available online and state by state.

Instead of keeping quiet about mental health challenges, we should talk about them and share our experiences. I know if I had some of these resources on hand years ago, things would have been smoother during the college transition. Here's wishing you and yours a smooth ride!



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# **Temple Beth Abraham Sisterhood Paid-Up Luncheon**



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571-1090**

**Sisterhood membership dues may be paid online at  
[TBANashua.org->Community->Sisterhood](http://TBANashua.org->Community->Sisterhood), or by check or credit card “at the  
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## Groucho Marx and Moses Mendelssohn

*Submitted by Ellie Schwartz, [ellie.schwartz1@gmail.com](mailto:ellie.schwartz1@gmail.com)*

Groucho Marx and Moses Mendelssohn, Barbara Streisand and Vladimir Jabotinsky, Hank Greenberg and Moses. Where can you find all those notable figures together? Look no further than the Temple Beth Abraham Library! We now have all thirty eight titles in the Jewish Lives series.

From the Jewish Lives website:

Jewish Lives is a prizewinning series of interpretative biography designed to explore the many facets of Jewish identity. Individual volumes illuminate the imprint of Jewish figures upon literature, religion, philoso-

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Jewish Lives is a partnership of Yale University Press and the LDB Foundation. Ilene Smith is editorial director. Anita Shapira and Steven J. Zipperstein are series editors.

*We are planning to purchase more titles as they are published.*

*You can view information about the Jewish Lives books by going to this link:*

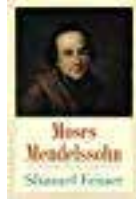
<https://www.librarycat.org/lib/tbanashua>

*Enter "Jewish Lives" in the "search for" box.*

*An older interface to the library catalog is available from the TBA website . Select:*

- Education
- Lifelong Learning
- Synagogue Library
- Select "Jewish Lives" from the All Collections drop down menu on the left.

*To borrow a book from the library, write your name, the date, and the title of the book on the signout sheet (located on the cabinet nearest the window).*



## TIME FOR ANOTHER...



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**12:30 p.m. - 5:00 p.m.**

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# Yahrzeits

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

## October 5 & 6

Morris Sacks, father of David L. Sacks  
 Frances Vega, mother of Robert Vega  
 Benjamin Gallant, father of Jason Gallant  
 Robert Farrer, uncle of Abner Taub  
 Samuel J. Tobias, husband of Betty Tobias  
 Jerry Kolopsky, father of Marc Kolopsky  
 Beatrice Sandler, mother of Paul Sandler  
 Fela Manheim, mother of Jerry Manheim  
 Helen (Bart) Skolnick, mother of Debrah Snapper  
 Ruth Homer, daughter of Shirley Lelchuk  
 Leland Gelman, brother of Haywood Gelman  
 John Grossman, father of Daniel Grossman  
 Carl Lewis                      Max Horowitz  
 Judy Katz                        Mildred Etlinger  
 Sylvia F. Marshall            Leo E. Nason  
 Rachel Brownstein          Lillian Klein  
 Joseph Schafer

## October 12 & 13

Madeline Kasner, sister of Rochelle Goren  
 Frances Lewis, mother of Judy Goldstein  
 Carrie Lerman, mother-in-law of Diane Lerman  
 Belle Perelmutter, mother of Ernest Perelmutter  
 Louisa Schwartz, mother of Reghina Scharf, and  
 grandmother of Atara Kirsh  
 William Shapero, father of Laura Thomson  
 Barton Gaffney, son of Sandra Gaffney, and brother of  
 Sean & Heath Gaffney  
 Clodagh Lyons, mother of Colleen Lillstrang  
 Jay Porter, father of Todd Porter  
 John Gaffney, husband of Sandra Gaffney, and father  
 of Sean and Heath Gaffney  
 Rebecca Jacobson, mother of Avis Greenstone  
 Sidney W. Rappaport, father of Bette Lasky  
 Lois Weisman, mother of Terre Weisman, and  
 mother-in-law of Peggy Weisman  
 Elma Baldauf, mother of David Baldauf  
 Samuel Weisman              Herman Brownstein  
 Annie Dishler                  Allen Harry Soifert  
 Eva Goldman                    Jennie M. Harkaway

## October 19 & 20

Jim Freedman, husband of Yvonne Freedman  
 Anne Linder, mother of Rosely Cohen  
 William Kessler, brother of Marcia Weiss  
 Moshe Greenblatt, father of Jonathan Greenblatt  
 Lorraine Goren, sister of Carol Levy  
 Estelle Lorrey, mother of Martin Lorrey  
 Carolyn Stern, mother of David Stern, and  
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 Leonard Friedman, father of Gary Friedman  
 Morton Levy, father of Jane Goodman  
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 Anne Devine, mother of Christopher Devine  
 Jacob Yezerksy, grandfather of Shirley Lelchuk  
 Zelma Getto, mother of Leslie Getto  
 Caroline Kliegman, mother of Judy Wolfe  
 Harry Rosen                    Esther Wolfson  
 Philip Porter                  Gertrude Liffman  
 Toby Soifert

## October 26 & 27

Elias Dolinsky, grandfather of Robin Golub  
 Dorothy Garber, aunt of Steven Goldstein  
 Caye Katzenstein, aunt of Karl Schenker  
 Ruth Ginsburg, wife of George Ginsburg, and mother  
 of Lisa Lewis  
 Louis Drillings, step father of Martin Rothberg, and  
 grandfather of Michelle Rothberg  
 Claire Watterson, mother of Terence Watterson  
 Rose Kozak, mother of Diane Toth  
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   Peggy Sproul  
 Samuel Fain for grandmother, Rosa Elkina  
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