
May 2019 – Vol. 45, No. 08 • telephone: 603-883-8184 • e-mail: office@tbanashua.org • www.tbanashua.org



Upcoming



Yom HaShoah – May 2



Yom Hazikaron – May 8



Yom Ha'atzma'ut – May 9



Lag B'Omer – May 23

5779
2019

May

nisan
iyar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 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	JUNE S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 ³⁰ 24 25 26 27 28 29		1 26 nisan Education & Family Engagement 6:30 pm BABKA 8:00 p.m. "Judas" by Amos Oz	2 27 nisan Torah Study 10:30 a.m. Holocaust Remembrance@ NH Holocaust Memorial 4:15	3 28 nisan CL: 7:30 Musical Shabbat Service 6:30 pm Services 8:00 p.m.	4 29 nisan Services 9:30 a.m.
5 30 nisan Men's Club Breakfast 9:30 a.m. USY Cupcake Wars 2:00 p.m. Conversational Hebrew 3:00 & 4:15 p.m.	6 1 iyar	7 2 iyar	8 3 iyar Avodah Shebalev 9:30 a.m. Lifelong Learning Committee 8:00 p.m.	9 4 iyar Torah Study 10:30 a.m.	10 5 iyar CL: 7:38 Gimel Class Service 7:00 p.m.	11 6 iyar Services 9:30 a.m. Stained Glass Window Dedication 12:30 p.m.
12 7 iyar Yedidim Family Sunday School 10:00 a.m. Conversational Hebrew 3:00 & 4:15 p.m. MOTHER'S DAY	13 8 iyar Rosh Chodesh Ritual Comm. 8:00 p.m.	14 9 iyar Sisterhood Board Meeting 6:30 p.m.	15 10 iyar YOM HAZIKARON	16 11 iyar YOM HAATZMA'UT Torah Study 10:30 a.m.	17 12 iyar CL: 7:48 Services 8:00 p.m.	18 13 iyar Services 9:30 a.m. Shabbalom Service 10:30 a.m.
19 14 iyar BAP 12:30 pm Conversational Hebrew 3:00 & 4:15 p.m. Zimria Concert 5:00 p.m.	20 15 iyar VICTORIA DAY CANADA	21 16 iyar BOD 6:30 p.m.	22 17 iyar Avodah Shebalev 9:30 am Finance Committee 6:30 p.m.	23 18 iyar Torah Study 10:30 a.m.	24 19 iyar CL: 7:52 Services 8:00 p.m.	25 20 iyar Services 9:30 a.m.
26 21 iyar No School	27 22 iyar Office Closed	28 23 iyar	29 24 iyar	30 25 iyar Torah Study 10:30 a.m.	31 26 iyar CL: 7:58 Services 8:00 p.m.	

Spiritual Life

*Being spiritual.
Living mindfully.
Having faith. Praying.
Doing rituals.
Having a spiritual
practice.*



Rabbi Spira-Savett

I couldn't figure out in what order to write the bits of that first paragraph. Words matter, and the words we use about "religion" make a big difference in how we approach our lives and how we judge ourselves as people and as Jews. We are in a time when we don't agree on the words to use to describe.... this facet of life that I'm writing about.

We are also in an exciting time, when Jews have the freedom to figure out which of the bits in italics are important at all and which are most fundamental to living a good life.

I do think this is an exciting time to think about what Judaism, religion,

spirituality should be. I wouldn't trade this time for an earlier time, when new ideas and questions were shut out, even though more people might have looked "religious".

I'm going to use words like *spiritual* and *ritual*, but I am using them tentatively. As my debate teacher in high school used to tell us to say in our competitions, "All terms are operationally defined." I'll use them my way and explain them, and hopefully that will work.

To me, everyone has a *spiritual life*. It's not something you have to create separately. You might not call it that. *Spiritual* is a lens on our life. It's about the big questions we ask – or are afraid often to ask. What makes me at peace in my life – and am I at peace? What is my role in serving other people, in making the world better today or tomorrow? Am I paying attention to that? Am

I connected to other people in a way that's enough for me, that gives me roots, or am I lonely?

There's a "we" way to ask these same kinds of questions. Are we taking care of each other in our community? Are we paying attention to each other, celebrating together, helping each other mourn and heal?

None of what I am calling *spiritual* is a separate thing from our regular lives. We can think about these things or not. We can make ourselves think about them or not. But they are always there. And I do believe that these *spiritual* questions are the things that make us profoundly happy or profoundly sad.

So what about things like *rituals* and *praying*?

Rituals do two things for us. First, they are speed bumps. Rituals slow us down. I heard Rabbi Ira Stone, a
(Continued on the following page ...)

Acts of Loving Kindness

Dear Friends:

This has been an exciting year of discovery for Temple Beth Abraham but at the same time it has been a year of re-emerging challenges.



President
David Sacks

First, the cemetery task force comprised of members from both the Ritual and Cemetery Committees has been working on a proposal to support our intermarried families with the most final act of loving kindness. As of now, only Jews may be buried in the our cemetery. There is a proposal that designates an area

of our cemetery in which the spouse and immediate descendants from a religiously intermarried couple will be able to be interred. Jewish members may be buried in this new section too. In this way we address the potential needs of a growing segment of our community while maintaining the Jewish character of our cemetery.

Decisions like these are never easy nor will they satisfy everyone but I am appreciative of the thoughtfulness of the task force and the proposal. This proposal will be coming before the Board of Directors and if approved,

will require a 2/3 majority vote of our community members in good standing, to take effect. We will continue to keep you apprised.

Another exciting initiative is the High Growth Committee that was borne out of a Board retreat. As we wrestled with what actions and steps the Board should take to transform our shul into a growing organization that could sustain itself for years to come, a decision was made to study other growing religious communities. The committee, led by Matthew Lee, has visited and interviewed nu-

(Continued on the following page ...)

current teacher of *Mussar*, the Jewish ethical tradition, describe rituals as “interruptive.” When you have a calendar of rituals, like Friday night Shabbat candles or the Jewish holy days, you are forced to stop – and forced to think.

Jewish rituals, also do something else. Each ritual invites us into a story, one that tells us something about our own lives that is bigger than us.

Shabbat candlelighting, for instance. The moment when the week ends and Shabbat begins tell us that even the Most Holy One needed to look at what currently is, say “this is very good” in gratitude for whatever is, and take a break to enjoy and recharge, before striving to make it even better.

Praying in a Jewish service, whether it’s a short one or a longer one,

beckons us into a longer story. All the prayer services are stories we can insert ourselves into. They start with creation – a world of chaos that takes on order and the potential for more order. Moral order. They thrill through the Exodus – a time of suffering and oppression that suddenly gives way to freedom and hope.

And every line or every prayer has its own part of the story, its own moment in a relay. What I love about praying, and about studying the prayers, is discovering or connecting to the moment I need to remember in the big story. Maybe it’s a prod I need today or this week. Maybe I need the same prod every week.

Rituals come with whispers, with songs, sometimes with food, sometimes with hugs and kisses. Because of that, rituals can actually be one of the easier ways to cultivate more of a spiritual focus.

Rituals are meant to be energy pods, clear reflecting mirror, and road maps. They are meant to inject something to carry through our ongoing lives.

Rituals aren’t ends in themselves. It’s only when that happens, when rituals become completely divorced from life, that religion gets a bad name.

In May, we’re trying a couple of different things with services to give an opportunity to explore these dimensions of our rituals. Our traditional services also have a lot of teaching. Check them out. Most of all, find a single new way to deepen your engagement with Jewish ritual as part of your own spiritual life.

L’shalom,

Rabbi Jon

merous shuls, temples and churches both in the vicinity and across the country. The committee has been learning what are the key elements that enable these organizations to thrive even in these modern times when religious affiliation is sharply on the decline. Thorough reports have been written and are available to any member wishing to join in our journey of discovery.

The next step is for a follow up workshop for the Board, committee chairs, other leaders and professional leadership on May 19 at 9:00 a.m. Here we may identify and prioritize both short-and mid-term initiatives that we may adopt to transform Beth Abraham into a high growth organization.

In March we held another of our very successful International Dinners. This time it was the savory and sweet flavors from Morocco. A packed house enjoyed the sumptuous dinner prepared with love and attention by the dedicated team led by Helen Honorow and Ben Freedman. We all wish there were more of these wonderful evenings but recognize the substantial time investment to make it happen. Still we will strive to host three of these per year. If we have more community support in the kitchen and planning, we could perhaps even contemplate more.

To show our affection and love for our planet and in a bid to reduce our operating costs, the Board approved two game-changing green initiatives that will be undertaken in short or-

der. We will be replacing every light bulb with an LED equivalent, save for a few near the bimah. This LED replacement project will substantially reduce our electric bill and was made possible by a very generous donation. The balance of the cost is being loaned from the endowment. The payback of this project is under nine years.

Secondly we have contracted with Revision Energy to install a solar panel system on the roof of our main building that can produce up to 83% of the electricity used by TBA. There is zero up-front investment for the organization and we pay a fixed negotiated reduced rate for electricity. We have the opportunity to buy out the system anytime after year 5 and further accelerate our savings. The

(Continued on page 6...)

May 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

Friday, May 3

Musical “Shabbat Alive” 6:30 p.m.

Traditional Friday evening service 8:00 p.m.

May 10

Gimel Class Service 7:00 p.m.

May 11

Stained Glass Window Dedication & Luncheon

Saturday, May 18

Traditional Service 9:30 a.m.
Shabbalom 10:30 a.m.

Community News

Deepest Sympathy to:

- Karen Herman on the loss of her beloved brother, Steven Stern
- Ron Weiss on the loss of his beloved mother, Alice Weiss Bucher

Best Wishes to:

- The Rezaoui family on Zach’s Bar Mitzvah
- Jessica Stern and parents, Linda Trapasso & David Stern on her engagement to Kevin Kelly

Welcome New Member

- Daniel Heck (Nashua)

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

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Help Us Build Something New in Shabbat Services in May!

**Friday Night, May 3, 6:30 p.m.
Shabbat Alive!**

Experience an upbeat Shabbat evening service guided by song leaders and accompanied by several of our musicians playing guitar, percussion, and clarinet. We’ll learn some new melodies, and some brief explanations will help unlock the joy and meaning of the service to begin Shabbat.

The service will be 45 minutes to an hour. Melodies will be posted on the Shabbat page of our website.

Food – there will be snacks out in the Gallery during services. If you would like to eat beforehand, join us beginning at 5:45 p.m. for a short dinner, \$7 per person.

**Saturday, May 18 10:30-11:30 a.m.
Shabbalom!**

Singing that’s joyful and soulful, some learning, and getting up close to the Torah! This is a service for all generations led by Noreen, Rabbi Jon, and others from our community. Breakfast and coffee will be out beforehand.

Save the Date

Temple Beth Abraham

Annual Meeting

Wednesday, June 5

6:00 p.m.



ANNUAL
CONGREGATIONAL
MEETING

Acts of Loving Kindness continued ...

buyout in Year 5 is approximately \$100,000 and reduces gradually thereafter. The Board will be looking to fundraise over the coming years and hopefully reach the \$100K target by 2024. Our deep thanks go to Mike Harris and Becky Green, who have collaborated on this noble and important project.

The Treasurer will be paying down the mortgage by the \$70K raised from the stained glass windows project. This will reduce our mortgage payment by 20%, another act of loving kindness from our dedicated and generous community.

However, despite all these positive steps, we once again are facing a severe deficit projected to be around \$70,000 for this year. Our biggest budget buster has been the reduced amounts from membership dues and surprisingly too, school tuition dues. This deficit will present some tough challenges for the road ahead. We desperately need the support of our members in our spring fundraiser. We

are very close to our record setting campaign mark achieved a year ago. Once again we ask for your help to help us close the gap.

I also wish to call on those delinquent on membership dues and/or tuition fees for our religious school. What is most disappointing is that there has been no response by these families to outreach by our Treasurer. We ask you to contact the Treasurer and make arrangements to contribute to our cooperative community. We have never turned away anyone who cannot afford either membership dues or school tuition fees. All we ask is that you be respectful and appreciative of our community and its assets and make an offer that we will ordinarily accept straight up, no questions asked. We treat all interactions with the utmost respect and confidentiality and don't worry, we aren't looking for tax returns or bank statements. We simply are struggling to continue to operate as is without increased participation.

If we are unsuccessful in substantially closing the deficit, then in order to present a balanced budget, we are being faced with tough choices. As your elected leaders, we must in love and respect for the community that we serve, exercise fiscal prudence. We recognize that our decisions may be questioned critically in the coming days. We have to place the financial stability and sustainability of this community first and foremost.

I believe that this too we can overcome. One for All and All for One.

L'shalom

David Sacks



**Please join the congregation for the
dedication of our Stained Glass Windows**



**Saturday, May 11
Kiddush Luncheon and Presentation
Following Services**

All twelve of the "Tribes" windows have been installed, completing the stained glass in our Sanctuary. Come and celebrate the donors who made these windows possible, and learn about the planning, designing and crafting of these windows

A Faithful Friend

“Who finds a faithful friend, finds a treasure,” says a Jewish Proverb. What makes a faithful friend a treasure? For me it’s the word, “faithful”. What does it mean to be faithful? What relationship does faithful have with faith? How is being a faithful friend akin to one’s sense of faith?



Director of Education
and Family Engagement
Noreen Leibson

These questions bubbled up for me in April when fellow congregant Bob Treitel invited my husband and me to the opening of the New Hampshire Jewish Film Festival. The documentary film was entitled *Carl Laemmle*. It told of the life of German born Carl Laemmle who came to the States in 1884 and ultimately started Universal Pictures. Carl was an immigrant who worked his way up to being a powerful and honest *macher* in the early film industry. But the most memorable thing he did in his life was save 300 German Jews from his hometown, Laupheim, from the Shoah (Holocaust) by

supporting them with money and jobs that allowed them to receive a visa to the United States.

While this film was inspiring and endearing, what brought it home was the fact that one of our synagogue families, the Treitel family, was saved by Carl Laemmle. Had Mr. Laemmle not acted on his values, the 300 families, including the Treitels would not be with us today. “Who finds a faithful friend, finds a treasure.” Carl Laemmle didn’t just express his concern for the Jews in Germany, he did something. What a treasure these families found in Mr. Laemmle, a faithful friend. He believed that he could do something, and he did.

Why do I share this story with you? This is a righteous story that we all need to know. Our own community is greater thanks to Carl’s courage and determination to do what was right, to seek justice. While this is an extreme example, we all can find ways to be a faithful friend, a person you can depend on to do the right thing. Sometimes, this means phoning a friend who has gone through difficult times, or supporting someone when he or she is

down. It might look like someone welcoming you to a new place. It’s all about taking action.

In our school, your children are making friends. These friends will travel with them through their years at the school and hopefully beyond. One of my goals is to help families find friends in our community. Regular attendance at school is like water to a budding friendship. In fact, some of our students are disappointed when their friend misses a day of school. But we understand that we have to go beyond the walls of our building to help bond relationships that happen outside of our building. Toward that goal, we will find more ways to bring families and kids together outside of the synagogue and school. There are so many possibilities in how we can do this but one essential ingredient we need is your collaboration and participation. I want the school and synagogue to be a meeting point and then a jumping off point. Share your ideas with us. Tell us what you want for your children and for yourselves. We are here for you. We want to be your faithful friend.

Noreen

School and Family Calendar of Events

Friday, May 3	Family Friday Evening Service, 6:30 p.m.
Sunday, May 5	USY Cupcake Wars - Contact Ari Friedman for more info
Friday, May 10	Gimel Class Dinner and Service 6:30 p.m.
Sunday, May 12	NH Shlichah Noam Wolf Visit
Sunday, May 12	Yedidim Family Sunday School, 10:00 a.m. - For more information, see the Yedidim page
Thursday, May 16	NH Shlichah Noam Wolf Visit
Saturday, May 18	Shabbat “Shabalom” An alternative service for families
Sunday, June 2	Last day of Sunday School - Includes the Jason Schenker Memorial Walk-a-Thon followed by the Israeli Festival
Thursday, June 6	Last day of Weekday School
Sunday, June 9	Shavuot Student Celebration
Conversational Hebrew meets on May 5, 12, and 19	

What's Happening At The School This Month??

Just before school broke for Pesach and school vacation, all of our students enjoyed dabbling into tasty Pesach activities. The Sunday school kids made matzah under the guidance of Daniella Yitzhak, a mom of three. The students also enacted the Passover story using a cool game, called The River Walk. Students in the weekday program enjoyed a Tuesday Pesach elective day. Some students painted and decorated glass Elijah cups and Miriam cups for their Seder. Another group of students made matzah and the third group made two kinds of charoset. Then we gathered together to eat the matzah and charoset and sing some silly Seder songs.

After Pesach, we return to school April 30. We will welcome the first Shabbat in May with a musical service beginning on Friday, May 3 at 6:30. Join us as we nibble, sing, play and *daven*. It will be an early evening of rousing our souls to welcome in the beautiful Shabbath Queen. There will also be a Shabbat

morning extravaganza on May 18. Prepare to be wowed. Both of these Shabbat programs are open to all congregants.

I hope all of you will come to Friday evening services on May 10th to support and celebrate our Gimel students as they come to the Bimah to lead the congregation in prayer. As our *parochet* (Ark curtains) say: L'dor v'dor, from generation to generation. Let us join together to help sustain the newest generation.

Noam, our Israeli Shlichah, will be visiting our students on Sunday, May 12th and Thursday, May 16. Noam always brings her vibrant energy and love for Israel to our students. Her energy is contagious. Our support and love for Israel is vital to the Jewish community here and abroad.

Our USY will be hosting the annual delicious Cupcake Wars on Sunday May 5 at 3:30 p.m. Ari Friedman, co-President, will host this fun program at her home. This

activity is open to all kids ages 12 and up. Be in touch with Ari for more details. Speaking of details, our BAP team will meet two more times this semester to work on the delivery of their fundraising. Look for more on teen programs coming soon. Finally, our Modern Hebrew ulpan class continues through May 19. If you are interested in learning more about this class, please be in touch.

The last days of the school year are June 2 for our Sunday school and June 6 for our weekday classes. We will gather, young and old, on Shavuot, Sunday, June 9 for a celebration of our students and our faculty, including our teacher volunteers. Please join us to celebrate our incredible students and awesome faculty.

Noreen.....

Religious School Registration

It's that time of year again! School registration for the fall is coming! Pre-filled forms will be sent out to returning families. If you'd like to register your child or children for the first time, there will be a blank version of the form available soon as well. However if you would like to have a spot held for you for the fall, feel free to email school@tbanashua.org with your child(ren)'s name and

grade and parental contact info. If you have any questions please reach out to our Director of Education and Family Engagement, Noreen Leibson at director@tbanashua.org. We believe that cost should never be a barrier to education. If you have any financial worries regarding your child(ren) attending, please reach out.





MAY EVENTS



Yedidim Director
Jessie Mocle

NEW PROGRAM: CAMP YD! THE YEDIDIM SUMMER CO-OP CAMP

Are your kids home this summer? Join us to plan a summer full of activities with a Jewish flavor! Together we can design and execute weekly activities that will keep our kids happy, learning and growing. Arts and crafts, sports, field-trips, cooking, outdoor water fun - anything you can think up, we can make a reality! Let Jessie know if you can participate!

Planning meeting on **May 8, 6:30 p.m., Religious School**

Build-a-Shabbat Workshop

Your kids will love this creative approach to celebrating Shabbat! Join us for a Shabbat-related project, kid-approved dinner and short, joyful, Friday night service. Your kids will receive their own Build-a-Shabbat Workshop apron. If your child attends all of the 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!



Register at www.tbanashua.org/yedidim.html

Friday, May 31, 5 p.m. - 6:30 p.m.
Temple Beth Abraham

Back By Popular Demand: YEDIDIM DAD'S NIGHT OUT!

It's all fun and games this month! Join other dads at **Boards and Brews** in Manchester for a night of play and camaraderie. Check out their menu and game options at

<https://boardsandbrewsnh.com/>

Register at www.tbanashua.org/yedidim.html

Saturday, May 11, 6:30 p.m. - 9:30 p.m.
941 Elm St, Manchester, NH 03101

Potluck Popup Havdalah

Interested in an easy, low-key way to celebrate the spirit of Shabbat? Potluck Popup Havdalah delivers a complete service in a box, containing everything you need to celebrate the departure of Shabbat. If you'd like to host a Potluck Popup Havdalah in your home, Yedidim families will bring the kid-friendly dairy or pareve food and dessert, and we'll all experience the gentle fellowship of saying goodbye to Shabbat.



Register at www.tbanashua.org/yedidim.html

Saturday, May 25, 5:00 p.m.
Host Family home - register for address!

YFSS

Join us for your child's first Hebrew School experience at the Yedidim Family Sunday School (YFSS)! Aimed at kids 2-3 years old and their caregivers, this innovative monthly program is led by a certified teacher and subject matter expert. We have created a fun and engaging environment where students learn about Jewish holidays, Hebrew language, and Jewish values through age-appropriate activities, games and songs.

Register at www.tbanashua.org/yedidim.html

Sunday, May 12, 10:00 a.m. - 12:00 p.m.
Religious School

For more information or to volunteer, contact Jessie Mocle: yedidim@tbanashua.org

Thankful For Community

Last month, we enjoyed a delightful Shabbat honoring Rina Scharf for her work in our community. Rina is an extraordinary teacher, bringing love for her art straight into the hearts of our children. When Rabbi Jon invited all of Rina's students up to the bimah toward the end of the service, we saw people who had Rina as a teacher in Rhode Island, Haverhill, Lowell and here. The bimah was filled with people from youngest to oldest. It was a very touching moment. I know Rina was overjoyed to be honored in such a pure and poignant manner.

During lunch, many former students got up to share their memories of being Rina's students. We presented Rina with a booklet of over 60 accolades by her former and current students. In her honor, a gold leaf will be set on the branches of our

Tree of Life in the synagogue gallery.

As I have said numerous times in the past, it takes a village to raise a child. In this case, it took a village of volunteers to make this event so successful and meaningful to Rina. I would first like to recognize and thank Ida Mildenberg. Ida planned the elaborate menu and not only organized the making of the delicious and interesting food; she spent hours in the shul kitchen. Thank you Ida, may your strength be enriched. I would also like to thank those who came to help set the tables, make a special dish or two or create a scrumptious dessert.

Stephanie Wolf-Rosenblum

Ruth Harris

Liz Barron

Jane Goodman

Sara Brest

Darlene Drutman

Ben Freedman

Robin Rubin

Jessica Palmer

Kasia Grossman

Deb Goldstein

Kitah Vav

In conclusion, I would like to share our appreciation for the many families who made a donation to help sponsor the event. Their names are listed in the bulletin on the donation page. I would like to share a deep appreciation for their generosity and support.

Rav todot, – Many Thanks

Noreen

Dear Fellow Congregants and Friends,

I was overwhelmed with joy to see so many of you at the service and luncheon in my honor. Your generosity and support truly touched my heart. It's actually me who feels honored by you who have entrusted your children to me as their teacher. The most amazing moment during

services was seeing the bimah filled with current and former students. Some of my students today are children of former students. It's hard to think about 40 years. They went by so quickly. I see that now as I look back. Thank you for your love and

confidence in me. I am ever grateful to be a teacher in our school.

I would like to thank Rabbi Jon, Noreen Leibson, Ida Mildenberg and all those who helped to make this possible. I feel truly blessed.

Rina Scharf





Keter Shem Tov Award 'Crown of a Good Name'

**For that special person that you have noticed
working tirelessly around the synagogue**

Each year we ask our congregants: Which active member of the synagogue stands out as working tirelessly and devoting time and effort to improve the life of our synagogue and community? This prestigious acknowledgement is not given out every year and is only given out once in a members lifetime. The nominee must be an active member in good standing with a long list of accomplishments, and not currently a member of the Board of Directors or an employee of the synagogue.

Please send an email (office@tbanashua.org with Keter Shem Tov Committee in the subject line) or write a note (Temple Beth Abraham, 4 Raymond Street, Nashua, NH 03064-2317, Attn: Keter Shem Tov Committee) with the name of your nominee and your rationale for nominating that person. Include the nominee's accomplishments and contributions (not financial) to both Temple Beth Abraham and the community at large.

The award will be presented at Temple Beth Abraham at services. The awardee will also be honored at the Jewish Federation of New Hampshire's annual meeting.

Nominations will be accepted through May 15.

Names of High School & University Graduates Wanted

We will be listing the names of all our high school and college graduates (including advanced degrees) in the June bulletin. If your child (or grandchild) will be graduating this year, please notify the Temple office by May 16. For high school graduates, we would like to know

your child's name, the school they are graduating from and "if applicable, the school or program they will be attending. For university graduates, please let us know the school they are graduating from and the degree he/she will be receiving.



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Coming Events and Programming

Brought to You by the Lifelong Learning Committee

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

Judas by Amos Oz

Lunch & Learn, Saturday, May 11, After Services

Dedication of the 12 Tribes Sanctuary Windows

Ongoing:

Torah Study with Rabbi Jon and Noreen Leibson

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

Rabbi Jon wants to study a page of Talmud about tzedakah (giving) that is new to him!

Watch for announcements to join him at one of the following coffee places, or arrange a different time and place for him to meet you and/or a group of people

The Inside Scoop in Bedford

Riverwalk Cafe in Nashua

Buckley's Bakery in Merrimack

The Village Bean in Windham

Buckley's Bakery in Hollis

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.

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

Search the TBA Library catalog for a book to read

Save the Date!

BABKA, June 5

Kosher Chinese by Michael Levy

Annual Israel Festival, June 2

Lunch & Learn: June 15

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 programming.

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

Walkathon for the Jason Schenker Memorial Library

Sunday, June 2 9:30 a.m.



Calling all community members!

It's time to rally for this year's walkathon (a one mile walk in the school neighborhood). Rabbi Abraham Joshua Heschel, an esteemed teacher, scholar and civil rights activist said: "When I marched in Selma, I felt my feet were praying." On June 2, when we gather to march, we will be celebrating not only our Jewish community in general but our school specifically. Walk to honor our teachers, walk to support the beautiful library in our school, walk to strengthen our bounds to each other.

Please consider making a donation. The Jason Schenker Memorial Library was established in honor of Jason's work and dedication to music education for children and adults. The funds raised at our walkathon help to support the Jason Schenker Memorial Library in our school as well as special music programs for our synagogue community. Our goal is to reach 100% participation in donations. Please give what you can.



(Students must be accompanied by a parent to stay for the Israeli festival)

Pledge Sheet

Checks may be made out to: TBA

Student's name _____

Sponsor's name	Amount Paid
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

יום ירושלים YOM YERUSHALAYIM



Shalom Yisrael שלום ישראל

Israel Street Festival

Join the Temple Beth Abraham community in celebration
Presenting The Zimria Choir in the Paskol/Israeli Musical
Soundtrack

Sunday, June 2 / 28 Iyar

Festival 10:00 a.m. to 1:00 p.m.

Visit the many famous sites in **Jerusalem**
Eat Falafel at Sarah & Sam's King David Café
Kikar Zion open mic coffee house
Search for ancient artifacts in the archeological dig
Shop & Stroll Ben Yehudah Midrehov (pedestrian mall)
Visit the Kotel (Western Wall) to send your prayers
Israeli Dancing

Invite Friends

Free entrance, free Israeli flags, free popcorn

For more information call 603-883-8184 or email office@tbanashua.org

Men's Club Happenings

Hard to believe it's already May. Seems like yesterday it was September and we were gathering for our first breakfast of the year. As we reach the culmination of another fantastic year of men's club programming, we have a lot to be thankful for. Our membership is growing...our programming remains exceptional...and more of you are joining us each month to learn, break bread and network amongst friends!

Special thanks to Dr. Bill Goodman for joining us in April. His presentation on the top health issues facing us was terrific! Important reminders for us all to be more aware of our health and cognizant of the warning signs that something might be brewing we need to seek help for!

As we get ready to convene for our last breakfast of the year, and elect a new Board, we would like to thank everyone on the current Board for their service, especially our outgoing President, David Fox. While all that happens may seem seamless to you, our Board, under the vision and leadership of David has gone the extra mile to secure programming that has been both compelling and educational. While next year's slate includes a couple of new names, many of the old familiar will be staying on in some capacity. Always looking for fresh faces and new ideas, so if you have an interest being a part of the future direction of the club, throw your hat in the ring.

Breakfast – Sunday, May 5

On May 5 we will hold our final breakfast of the year. This is our annual meeting during which we will review the year, go over Men's Club finances and vote on any by-law amendments and, most importantly,

vote on our latest Board slate. The slate for fiscal year 2020 is as follows:

Executive Board

President: Don Gorelick

Vice President: Sam Fain

Treasurer: David Fox

Secretary: David Hunt

At-large Members

Mark Dickens

Marty Fabian

Mike Lipkind

Paul Moverman

Adam Wolff

We are still looking for a couple of men to join the Board as at large members. It's not very time consuming – so why not join us in shaping the men's club going forward. If you are interested email David Fox at: President@snhjmc.org.

Once we have taken care of business, we will welcome Eli Feldman to share with us a short presentation

on his experience in Israel last year. Eli received a scholarship award from the Bruce Retchin/Neil Gorin fund to help fund his trip and wanted to share with us highlights of his adventure.

As always, we kick off breakfast at 9:30 a.m. 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 more information, and to RSVP for breakfast (please), email breakfastsvp@snhjmc.org.

Paul Moverman Genealogist

30 years of Jewish Genealogical research with extensive experience in Family Research, Family Tracing and Unification, Migration and Immigration, Oral History Interviews, including Documenting Family Histories and Holocaust Research.

***FREE 1 Hour Consultation
for TBA Congregants!***

Please call or email to schedule your appointment!
603-930-3952 or paulmoverman@gmail.com

5:00 p.m. Sunday May 19

Zimria Spring Choral Concert

There will be cocktails, hors d'oeuvres, and dessert.

Adult \$25 in advance, \$30 at the door

Youth \$15 in advance, \$20 at the door

To register in advance:

<https://www.tbanashua.org/event/zimria-concert.html>



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For more information, or to purchase a leaf, please call 883-8184 or office@tbanashua.org



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Another Successful Sisterhood Rummage Sale— THANK YOU!

Thanks to everyone who made our April 2-3 Rummage Sale a success! Thanks to all of you who cleaned out your homes and donated your no-longer-needed belongings to the sale. Thanks to those who publicized our sale—in print, on-line, via email and with flyers and signs posted around Nashua. Thanks to Richard Bryant for readying our Social Hall, setting up the tables and clothing racks for displaying our sale items. Thanks to the volunteers who sorted through the many, many bags and boxes of donations and set up for our sale. Thanks to those who volunteered on our sale day—helping our customers, tidying our tables, cashiering, and more. Thanks to those who shopped, prepped and cooked so that our volunteers could enjoy delicious lunches on both set-up and sale day. Thanks to those who packed up the Social Hall at the end of our sale and carried the bags and boxes of unsold stuff to our parking lot for pickup by the Epilepsy Foundation.

Without all of you, there would be no Sisterhood Rummage Sale!

With our Rummage Sale, we recycle our belongings to be used again. We help those in need by providing them a source of inexpensive clothing and household goods. We raise funds for the TBA community and for the Nashua area non-profits that we support. And we have fun in the process!

We'll be regrouping to do it all again in the fall, after the High Holidays. Hope you'll be a part of it!

Thank you,

Robin Rubin and Carol Gorelick



Shavuot Student Celebration

Sunday, June 9

*Dear Fellow Congregants,
join us to celebrate our wonderful
students*

Service begins at 9:30 a.m.
Torah Service begins around 10:30 a.m.
Experience the reading of The Ten Commandments

Students will be recognized after the
Torah service around 11:15 a.m.
Our students will lead us in concluding the morning service
Followed by a delicious Luncheon

Awards and Recognitions

- ☆ Philip Porter Award
- ☆ Keter Ivrit / Crown of Hebrew
- ☆ Chai Award for attending 18 services throughout the year
- ☆ Recognition of graduating seniors
- ☆ Volunteer appreciation

הקשר היהודי שלך

Your Jewish Connection

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

The Jewish Diet

This topic came to me as we were approaching Pesach. This is a holiday where we change our way of eating, stop eating bread and associated foods, and eat matzah.

Have you noticed that most Jewish holidays are about food? We mark the fall harvest with Sukkot, and the spring harvest is marked by Pesach and Shavuot. We enjoy fried foods at Chanukkah. Food is important – without it, many things fail, such as reproduction. Food affects survival.

Let me share this description of the Jewish dietary laws:



“It is by no mere coincidence that our deepest and most profound religious attachments are to celebrations that center on eating. The Seder remains the most popular Jewish event in North America. Sharing food goes back to the earliest memories of family and community.

“All cultures regulate eating. Some, like the Anglo-Saxon, do so informally, without explicit legislation; Anglo-Saxons simply do not eat dogs, cats, or horses. Others, like Jews, do it formally with much fanfare and with very specific laws in sacred documents.

“But why these prohibitions?

“All cultures view certain foods as dangerous. The dangers may come from a variety of circumstances. The food may belong to the gods and not to humans. It may be prepared

in the wrong way. It may be eaten at the

wrong time. It may be restricted to social groups other than your own.

“In Jewish culture, which was a meat eating culture, the danger lay in blood. Blood was a food that belonged to G-d alone. To drink blood was to steal the food of G-d and to risk the punishment that would almost certainly ensue. Blood-eating carnivorous animals were not considered proper (kosher) for eating. Kosher vegetarian animals, like cows, sheep, and goats, had to be killed in a kosher way allowing for the maximum bleeding of the slain animal. And, as an extra precaution, the meat had to be salted to draw out the last vestiges of the blood. (Ironically, humans could eat meat or fowl, but the beasts or birds they chose to eat could not. Even pigs, which are on the edge of vegetarianism, were excluded because of their piggish habit of eating any blood-soaked refuse in sight.)

“In time these dietary restrictions became an intimate part of Jewish identity. Long after most Jews had ceased to believe that blood was the food of G-d, long

after they had stopped believing that eating blood was dangerous, they continued to

obey the laws and observe the prohibitions. Eating habits begin in childhood and are reinforced by community approval and disapproval. As long as Jews lived in closed, tight-knit communities, the dietary laws retained their power. Jews obeyed them because they were Jews, and because there was some vague unconscious fear that if they failed to obey something terrible would happen.”

This description by Rabbi Sherwin T. Wine made me think about food and how we, as Jews, approach it. It also made me think of what it means today to observe the dietary laws. Society and food production have changed significantly since the Jews began following this dietary code. Food for thought, don't you think?



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Yahrzeits

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

May 3 & 4

Bernard Toth, husband of Diane Toth
Ben Gotlieb, great-grandfather of Rabbi Jonathan Spira-Savett
Joel Deifik, brother of David Deifik
Harry Sack, grandfather of Barry Sack
Lillian Lappe, grandmother of Tal Dagan
Maida Sproul, mother of Nancy Cantor
George Hayden, father of Claretta Malin
Clarice Schoenberger, mother of Kerry Schneider
Tobias Schnitzer, grandfather of Liliane Sznycer
Ann Sunstein, friend of Sandee Goldberg
Ann Sunstein, friend of Diane Toth
Ida Kosofsky, mother of David Kosofsky
David Pearlstein Gertrude A. Sandberg
Murray B. Alte Leah Goodman
Louis Folsom Dr. Abbott Winograd

May 10 & 11

Judith Gorelick, first wife of Donald Gorelick
David Arthur Goldberg, father of Sandee Goldberg
Edward Corr, grandfather of Erica Patmos
Howard Katz, brother-in-law of Judy Goldstein
Russell Sproul, father of Nancy Cantor
Melvin Berger, husband of Joan Berger
Louis Rudnick, grandfather of Janis Silver
Pinhas Solomon, uncle of Zahava Salomon
Israel Smith, grandfather of Noreen Leibson
Lisa Pollack, daughter of Stanley Pollack
Louis Brownfield, grandfather of Larry Golub
Joseph Freedman, husband of Henrietta Freedman & father of Benjamin Freedman
Etta Tanzer Morris Finkel
Harold Silverstein Morris Weisberg
Elizabeth Fischer Irvin Harry Nichols
Charles Brown Ida Kaufman
Hyman J. Sharpe Esther Finkel

May 17 & 18

Jerry Rich, father of Sheryl Rich-Kern
Sam Borer, father of Lynda Levine
Dr. Richard J. Kern, husband of Sheryl Rich-Kern
Max Greenspan, father-in-law of Marilyn Greenspan
Michelle Fagin, mother of Robert Goldstein
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Ezekiel Simon Yechiel Landesman
Morris Lifman Jacob J. Rothenberg
Eva Bruckman Naomi Shpindler
David Dickerman Joan Soifert
Max Blankenberg

May 24 & 25

Irving Schwartz, grandfather of Donald Gorelick
Barbara Siegel, Godmother/Aunt of Miriam Goldman
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Samuel M. Poskanzer, father of Elaine Brody
Eleanor Paisner, mother of Eliot Paisner
Bernard Yellin, father of Michael Yellin
Hyman Farber, father of Sandra Gaffney
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(May Yahrzeits continued ...)

May 31 & June 1

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William Cohen, father of Myra Krulik
Irma Badillo, mother of Mark Liebling
Samuel Goldman, grandfather of Barry Sack
Raynard Braverman, father of Marlene Grosky
James Allen Klain, brother of Matthew Klain
Dr. Jean Rothenberg, grandmother of Daniel Grossman
Eleanor Savett, grandmother of Rabbi Jonathan Spira-
Savett
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Michael Schenker, father of Karl Schenker
Dr. Robert Rothenberg, grandfather of Daniel Grossman
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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
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