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Rosh Hashanah Begins Sunday Evening, September 29

Yom Kippur Begins Tuesday Evening, October 8



See inside for details

5779/5780

September

2019



Elul
Tishrei

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1 Elul	2 2 Elul Labor Day Office Closed	3 3 Elul Community Blood Drive 2:00 pm	4 4 Elul Healing the Holy Land lecture by Dr. Yehezkel Landau 8:00 pm	5 5 Elul Yarncraft Group 9:00 am Torah Study 10:30 am Security Committee 6:00 pm	6 6 Elul CL 6:53 Shabbat Alive! 6:30 pm Services 8:00 pm	7 7 Elul Shabbat Morning Celebration 9:30 am Services 9:30 am Keter Shem Tov Award Luncheon <i>Shoftim</i>
8 8 Elul First day of Sunday School Yiddish w/Shirley Lelchuck 11:00 am @ Eitz Hayim In Derry Solar Project & LED Ribbon Cutting 4:00 pm	9 9 Elul Ritual Committee 8:00 pm	10 10 Elul First day of Weekday Religious School Sisterhood Board 6:30 pm	11 11 Elul Avodah Shebalev 9:30 am Lifelong Learning 6:30 pm	12 12 Elul Yarncraft Group 9:00 am Torah Study 10:30 am	13 13 Elul CL 6:40 Services 8:00 pm	14 14 Elul Services 9:30 am Yedidim Popup Potluck Havdalah 5:30 pm <i>Kit Teitzei</i>
15 15 Elul "Raise the Roof" - Men's Club Breakfast - 9:30 am Nashua Multicultural Festival (O/S) 1:00 pm	16 16 Elul	17 17 Elul BOD 6:30 pm	18 18 Elul Finance Committee 6:30 pm	19 19 Elul Yarncraft Group 9:00 am Torah Study 10:30 am	20 20 Elul CL 6:28 Hannah Rothenberg Bat Mitzvah Yedidim Build-a-Shabbat 5:30 pm Services 8:00 pm	21 21 Elul Services 9:30 am Selichot Service 7:00 pm <i>Ki Tavo</i>
22 22 Elul Yedidim and Sunday School Apple Picking 9:30 am Treasurer Office Hours 10am-12pm Rabbi at Cemetery 1-2pm Mem Service at Davis 2:15pm	23 23 Elul	24 24 Elul	25 25 Elul Avodah Shebalev 9:30 am	26 26 Elul Yarncraft Group 9:00 am Torah Study 10:30 am	27 27 Elul CL 6:15	28 28 Elul <i>Nitzavim</i>
29 29 Elul Services 8:00 pm	30 1 Tishrei Services 9:00 am – main sanctuary ReNewYEAR Service 10:00 am - school			Aug. Su Mo Tu We Th Fr Sa 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		Oct. Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Take All the Time You Need

I am excited about Rosh Hashanah.

Not because of the large captive audience, no. It's because the Jewish New Year is fundamentally *hopeful*. And we could use more of that right now.

Hopeful? I realize that might not be the first thing that comes to mind when you picture the High Holy Days. The Days of Awe. But the core of this season is *hope*. It's the belief that the way we live our lives individually really matters. On the largest scale imaginable – a God's-eye point of view. And that there is such a thing as a *teshuvah* – a course correction, even a turn-around, piloted by each of us singly and together.

I think a lot about whether services feel like *hope*, the way we do them.



Rabbi Spira-Savett

Hope requires reflecting, learning, connecting, uplifting, dreaming.

Here are two thoughts. One is – it's not only about the days of Rosh Hashanah and Yom Kippur, the services. *It's not only about the days and the services.* It's the whole month, known in the Jewish calendar as Elul. It takes time to set this agenda of hope and *teshuvah*. It takes different moves in different places, alone and in different groups.

We continue to experiment and pilot different approaches to the month of Elul. E-mail, meetups, study sessions, drop-in days on a question or a theme – watch for all of those. A day with resources and conversations about healing relationships. A day about changing our relationship to digital devices. A Shabbat morning with study workshops approaching all of this from every angle, from shofar to Bob Dylan.

But you can easily set up your own agenda, your own goals. With yourself, your family, your friends, your therapist, your rabbi, whoever can help.

The second set of thoughts is about services. We have two different kinds of services this year once again. After an enthusiastic response from last year, we have invited Eliana Light back to create with us and lead Re-NewYEAR. The cantors and I are always working on the elements of the Sanctuary service too.

It can be good to spend some time in a setting like the traditional service that is so different from our regular world, the usual ways we gather or experience sound and teaching. The real work of *hope* and transformation involves things like stepping far out of our comfort zone, enlarging our view to include people we don't

(Continued on the following page ...)

The Sun Shines In On Temple Beth Abraham

I want to personally invite you to the ribbon cutting event for the new solar electric system on Sunday September 8 at 4:00 p.m. Local leaders and dignitaries from the area and state have been invited. We hope that you can join us. The solar system was installed on the roof of Temple Beth Abraham during July and was activated in August. It will provide approximately 80% of the Temple's electricity needs.



President
David Sacks

As the sun shines in on TBA, we can all celebrate that we are making a positive contribution to the planet, while at the same time, reducing our operating utility costs. TBA did not have to pay any upfront costs. In order to achieve the maximum benefit, it would be ideal to buy out the system within 5 years. To this end, we will be looking to raise around \$100,000 over this period and we would welcome your support.

As you may recall, after the tragic day at the Tree of Life synagogue in Pittsburgh almost a year ago, a dedicated Security Committee was

formed to define practices, identify needs and set priorities. The committee closely collaborated with local law enforcement and garnered expert insight. The security committee learned of a grant being made available to religious organizations in NH. TBA submitted an application and we are pleased to let you know that TBA was awarded the maximum \$20,000. TBA is grateful to the Security Committee and the grant-writing team under the leadership of Mike Harris. We have a list of projects that are ready to go. We have also received a generous

(Continued on the following page ...)

Take All The Time You Need continued...

know personally, wondering what wisdom there may be in words, ideas, and melodies that weren't published just this year.

But even in the traditional service, by all means bring a book or magazine or article to read and chew on. Whenever I have been somewhere where I'm not leading the service, that's what I do. And we'll even be asking on our Facebook page for your suggestions of things to read

and listen to, related to all the themes of the High Holy Days.

Give yourself the gift of the whole month leading to Rosh Hashanah, and the days through Yom Kippur. What most excites me about this time of year – the thought of hundreds of us of all ages focused on reflection, transformation, and hope.

Do the hard thing and take time off of work and hold your kids out of school. It's not just for you – your presence is a gift to everyone else.

More ears for their prayers, no matter what part of the building you might be in.

And if I can help you as one of your resources, never hesitate to call or drop a note. You are what I am here for – the sermons will get written, don't ever worry you are interrupting something else.

I wish you all a *Shana Tova Um'tukah*, a good and a sweet New Year,

Rabbi Jon

The Sun Shines In continued...

donation that will allow us to tackle additional projects that exceeded the grant amount.

When it is summer, we all know that the High Holy Days are just around the corner. This year, Rosh Hashana begins on Sunday evening September 29. As promised, we will be having multiple service offerings. Besides our traditional service in the Main Sanctuary, we will again offer the ReNew Year service led by Eliana Light in the great room in the TBA Religious School. ReNew Year is a multigenerational learning musical service. We will also be providing a place for adults and kids to hang out, and provide snacks, coffee, and light refreshments. It will be wonderful to have as many of you experience

the High Holy Days with us.

It is important to keep in mind that while we wish to remain a welcoming congregation, we need to keep security considerations front and center especially over the high holidays. We will hire security personnel as per usual. It is essential that every member and guest that wishes to attend high holiday services, register online at www.tbanashua.org and indicate which services you plan to attend on each of the High Holy Days.

High Holy Day tickets are included for members in good standing. We sell High Holy Day tickets for guests of members and for non-members. As always, while the funds are necessary to enable us to operate TBA,

we will never turn away anyone because of finances.

If our standard pricing poses a hardship, then please contact our treasurer at treasurer@tbanashua.org to make special arrangements.

I want to make you aware of the Red Cross Blood Drive being hosted by TBA on Tuesday, September 3, 2:00 p.m. to 7:00 p.m. To schedule an appointment, call 800-RED-CROSS or visit RedCrossBlood.org and enter TEMPLEBETH (appointments preferred). Please be aware of the new blood donation eligibility requirements at RedCrossBlood.org. Blood donors will receive a Red Cross canvas tote bag.

In closing, I would like to wish all our students a successful return to colleges and schools. I am hoping that you had a wonderful vacation and are rested and ready to tackle the coming school year with all your energy and focus.

L'shalom

David Sacks

Beth Abraham Sisterhood *Gift Shop*

Hours

**During synagogue events and by
appointment**

**For questions or appointments
please e-mail Eileen at giftshop.tba@gmail.com
or call 603-883-8184 to leave a
message**

September Service Schedule

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

SPECIAL EVENT SERVICE

September 6

Shabbat Alive 6:30 p.m.; Traditional Service 8:00 p.m.

September 7

Keter Shem Tov Award
School Shabbat Morning Celebration

September 14

Blessing Before the Wedding of
Jessica Stern & Kevin Kelly

September 20 & 21

Hannah Rothenberg Bat Mitzvah

September 21

Selichot Service 7:00 p.m.

Oneg & Kiddush Sponsors

September 7

Board of Directors of Temple
Beth Abraham in honor of Keter
Shem Tov recipient, Alan Green

September 14

Linda Trapasso & David Stern in
honor of the upcoming wedding of
Jessica & Kevin

September 20 & 21

Maryellen & Craig Rothenberg
in honor of daughter, Hannah's
Bat Mitzvah

Flower Sponsors

September 13 & 14

Linda Trapasso & David Stern in
honor of the upcoming marriage
of Jessica Stern and Kevin Kelly

September 20 & 21

Maryellen & Craig Rothenberg
in honor of daughter, Hannah's
Bat Mitzvah

Hannah Rothenberg Bat Mitzvah September 21

Hi, my name is Hannah Rothenberg. My brother is Benjamin, who became a bar mitzvah in 2017. My parents are Maryellen and Craig. I am an 8th grader at Shaker Road School in Concord and I go to Eden Village Camp. I play the ukulele and enjoy listening to music. In my free time, I like to read, be creative, build forts at school, and hang out with my friends. I also love to travel and spent 3 weeks with a host family in Spain this past summer.



Community News

Condolences to:

- Bruce Labitt on the loss of his beloved father, Melvin Labitt
- Brenda Minsky-Lyons on the loss of her beloved father, Gerald Minsky

Best Wishes to:

- The Duchano-Ader family on Kayden's Bar Mitzvah
- Alan Green on being honored as TBA's 2019 Keter Shem Tov Recipient
- Ben & Eileen Freedman on Rebecca's engagement to Tom Driscoll

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

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BY TEMPLE BETH ABRAHAM
4 RAYMOND STREET
NASHUA, NH 03064-2317
(603) 883-8184
FAX (603) 594-8983
Religious School 883-9844
website: <http://www.tbanashua.org/>

RabbiJonathan Spira-Savett
PresidentDavid Sacks
Executive Vice PresidentOpen
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Vice PresidentMatthew Lee
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School SecretaryJessica Stern

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Shabbat Alive! Dinner at 5:30 p.m. & Services at 6:30 p.m. Friday, September 6

Upbeat Shabbat evening service guided by song leaders and accompanied by several of our musicians on instruments! 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 are posted on our website.

Reservations for dinner are greatly appreciated to make sure there is enough food.

Healing the Holy Land: *Interreligious Peacebuilding in Israel/Palestine*

Dr. Yehezkel Landau, renowned scholar and peace builder, is coming to Temple Beth Abraham September 4 at 8:00 pm.

A dual Israel-American citizen, Dr. Landau, is an interfaith educator, leadership trainer, author, and consultant working for over 35 years to promote Jewish-Christian-Muslim engagement and Israeli-Palestinian peace building. He will speak about the organizations he has helped found, as well as the books he has authored and co-edited.

He lectures internationally on interfaith relations and Middle East

peace issues, based on his past accomplishments. While living in Israel he directed the Oz Veshalom-Netivot religious peace movement during the 1980's. From 1991 to 2003 he co-founded and co-directed the Open House Center for Jewish-Arab Coexistence and Reconciliation in Ramle. Now at Harford Seminary he directs an interfaith training program for Jews, Christians, and Muslims called "Building Abrahamic Partnerships".

He is the author of *Healing the Holy Land: Interreligious Peacebuilding in Israel/Palestine* and co-editor of *Voices from Jerusalem: Jews and Christians Reflect on the Holy Land*.

Dr. Landau is a Senior Associate of Merrimack College's Center for the Study of Jewish-Christian-Muslim Relations, and Faculty Associate in Interfaith Relations at Hartford Seminary. He earned his A.B. from Harvard University (1971) and an M.T.S. from Harvard Divinity School (1976).

Everyone is welcome to attend this fascinating event and participate in the first event to mark the tenth year of BABKA (Temple Beth Abraham Book Klub Association).

The Philip Porter Religious School and Your Educational Leadership Team

Invites Students, Families, and Congregants to
A Shabbat Morning Celebration



Shabbat Shoftim • September 7



9:15 a.m. Coffee and light breakfast in the Gallery
9:45 a.m. - 10:45 a.m. Electives open to all

Including:
Leonard Cohen on Teshuvah
Judaism 201
Parenting in the New Year
Deep Dive Into a Prayer
Meditation

10:45 a.m. – 11:45 a.m. Faculty, students and their families will come together to engage in Torah, singing, and storytelling in the Chapel

9:30 a.m. – 11:45 a.m. Main Sanctuary services with the Keter Shem Tov Award

Celebration at the end of services and Kiddush lunch to honor Alan Green, Beth Abraham's Keter Shem Tov ("crown of a good name") with music of the Raymond Street Klezmer Band

"To Every Season Turn, Turn, Turn

As the summer season begins to wane, my thoughts wander to the start of the new year and the New Year. This summer I have been actively planning for the new school year. We are making some big changes, mostly in how we structure the school day. In both our Sunday school and weekday school, we will have an open classroom where students will be grouped sometimes according to grade and other times based on skills. Two teachers, includ-



Director of Education
Noreen Leibson

ing me, will co-teach the multiple grades. There will be time to meet in small groups and times to meet in the large group. Our teachers are actively working to plan for a great new year of school.

Another big change is that I will be working part time. I will be in the school on Sunday mornings and all day on Tuesdays and Thursdays. The really cool thing is that during the weekdays, I will co-teach with Darlene Drutman. On Thursdays, Rina Scharf will join us as our lead Hebrew Resource teacher. I believe our new plans will have a wholly positive and exciting impact on our students.

The most important thing to me remains my relationship with each

of you. I will always be here for you. If you want to talk to me or ask me a question, please don't hesitate to be in touch with me. Our community is very important. I want to make sure we stay strong and grow in our strength. *Hazak, hazak v'nithazek.* Strong, strong and we will be strengthened. We are good when we work together. I am looking forward to working with each of you as well as your children. Let us rejoice in our blessings and seek to bring justice into the world.

With blessings for a healthy and inspiring New Year

Shana Tova U'metukah

Noreen Leibson

School and Family Calendar of Events

Saturday, Sep. 7	Shabbat Shoftim – School Shabbat Morning Celebration
Sunday, Sep. 8	First day of Sunday School
Sunday, Sep. 8	Yedidim Sunday School For more information, see the Yedidim page
Tuesday, Sep. 10	First day of Weekday School
Saturday, Sep. 14	Yedidim Popup Potluck Havdalah For more information, see the Yedidim page
Friday, Sep. 20	Yedidim Build-a-Shabbat For more information, see the Yedidim page
Sunday, Sep. 22	Yedidim and Sunday School Apple Picking

Keter Shem Tov Award

September 7

Join with us as we celebrate Alan Green as he is presented with this year's Keter Shem Tov Award at Shabbat services and the kiddush luncheon following. The Raymond Street Klezmer Band will be playing at the luncheon which will make the event even more festive.

Alan and his wife, Becky, have been Temple members since 1977. He has served as community *mohel* for most of that time. He is a member of the Raymond Street Klezmer Band and Zimria. He has served on TBA's Executive Board and many temple committees.

We look forward to recognizing Alan for his many accomplishments, and for his life of service, tradition, and Tikuun Olam. He truly wears the Crown of a Good Name. Alan will also be honored at Jewish Federation's Annual Meeting on September 15, when they present their Shem Tov Awards.

BREAKING NEWS

PHILIP PORTER RELIGIOUS SCHOOL
NEW START TIME for WEEKDAY SCHOOL

4:00 p.m.

SCHOOL CALENDARS WILL BE AVAILABLE AT
THE START OF SCHOOL
SUNDAY, SEPTEMBER 8,

What's New? Changes in the Philip Porter Religious School

The 5780 New Year will bring us some interesting changes. As you read about the changes, please know that they are based on feedback the Education Team has received and reflecting on our shared mission and vision.

Education Team – Noreen Leibson, Jessie Mocle and Rabbi Jon make up the team. They meet weekly to plan, reflect and create in order to strengthen our programs and work toward meeting the needs of our families.

Open Classroom – For both Sunday school and weekday school, our back two classrooms will be made into one large room. It will be used as an open classroom. What does this mean? Our students in grades K-4 will come together to learn and build community. Also on the weekdays, students in grades 4-7 will be together in their learning.

With smaller class sizes, we thought it would feel good to create a larger group. There will be times when the students will work together and other times when they will be grouped by skill or grade level. Teachers will work in cooperation and in collaboration.

Yedidim Family Sunday school is growing. This year, they will meet twice a month on Sundays. The Gan Katan (4 year olds) will be a part of this endeavor. For this, Jessie Mocle will be the teacher of record.

New weekday start time – Last year, we continued to see students coming in late due to their public or private school ending times and the distance from where they come. In recognition of this, *school will start at 4:00 p.m.*

Monthly Family Shabbat programming – Please check your

calendars for the monthly Shabbat Family programs entitled “Shabbalom”. The format and content will change a bit each month. Please note that this will take the place of Junior Congregation and Tot Shabbat.

School wide Shabbat service – In place of class Shabbat services, we will engage in an all school service, one in the fall and one in the spring. The services will include all of our students and their families. This will happen in the main sanctuary, and we hope members of the congregation will join us to support of our students. The dates are: Friday, November 15 and Saturday, March 28.

Family Engagement Programs – Once each month, families will be invited to an interactive program. Jessie Mocle will herald this series of monthly programs. Stay tuned for more details.

Welcoming Back Our Faculty For 5780

Where would be without our amazing faculty? In truth, our teachers work with diligence and with a caring heart. They are the leaders of learning in the school. They are the shepherds who tend our flock.

This year, we are pleased to welcome back:

Michelle Rothberg, Gan-Bet
 Laura Hegfield, Gan – Bet
 Belin Hegfield, Gan - Bet
 Rina Scharf, Dalet -Zayin
 Darlene Drutman, Hai - Zayin
 Rabbi Jon
 Noreen Leibson, Hai-Zayin
 Sarah Becker, madricha

And a welcome to our new madrichim –

Bekah Savage

Noah Weiss



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Bus: (603) 882-1850 • Fax: (603) 882-2910



SEPTEMBER EVENTS



Family
Engagement &
Yedidim Director
Jessie Mocle

WELCOME BACK TO A NEW YEAR WITH EXPANDED YEDIDIM PROGRAMMING!

Dear friends - we're excited to announce an expanded mission for the Yedidim Young Families program! Previously, Yedidim was aimed at families with children aged 0-8, but we're now welcoming kids up to age 13 and their families with exciting age-appropriate offerings! Be sure to check out our website at www.tbanashua.org/yedidim.html for up-to-date information and to register for our amazing events.

Looking forward to seeing you soon!

Yedidim Family Sunday School

Join us for your child's first Hebrew School experience at the Yedidim Family Sunday School(YFSS)! Aimed at kids 2-4 years old and their parents, 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. Now meeting twice a month for extra learning!

Register NOW at www.tbanashua.org/yedidim.html

Sunday, September 12 and 22, 10:00 a.m. - 12:00 p.m.
Religious School

Build-a-Shabbat Dinner

Your kids will love this fun approach to celebrating Shabbat! Join us for a short, joyful, and interactive Friday night service, and delicious kid-approved dinner. Build wonderful Shabbat memories with your child at the Yedidim Build-a-Shabbat!

Register at www.tbanashua.org/yedidim.html

Friday, September 20, Temple Beth Abraham:
5:30 pm - 6:00 p.m. - Little kid (ages 0-5) service
6:00 p.m. - 7:00 pm - Dinner
7:00 pm - 7:30 p.m. - Big kid (ages 6-13) service

Potluck Popup Havdalah

Interested in an easy, family-friendly, low-key way to celebrate the spirit of Shabbat? Then Potluck Popup Havdalah is for you! Whether you attend one, or host a Potluck Popup Havdalah in your home, Yedidim families will bring the kid-friendly dairy or pareve food and dessert, and together we'll experience the gentle fellowship of saying goodbye to Shabbat. Now open to families with children aged 9-13!

Register at www.tbanashua.org/yedidim.html

Saturday, September 14, 5:30-7:00 p.m.
Host Family home - for security reasons, we do not publish the host family's contact information - please register NOW for the address!

Special September Program: Family Apple Picking



Join us for our third annual
Apple Picking Event at Lavoie's Farm!

You will enjoy short morning services, apple picking, songs and stories!

Register NOW at www.tbanashua.org/yedidim.html to receive instructions on where we'll meet.

Sunday, September 22, 10:00 a.m. - 12:00 p.m.

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



Save the Date:

- October 5: Mom's Night Out
- October 6 and 24: Veteran's Presentation and Holiday Card Challenge
- October 27: Crop Walk

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

Our New Herb Garden Is Available For Use At All Simchas and Food Events

There is a new herb garden near the back door of the synagogue that contains basil, parsley, cilantro, dill, oregano, thyme, chives, sage and scallions for your use in the temple

kitchen! There is also a smaller raised bed garden behind the kitchen filled with mint! These gardens were donated for your use by Alan and Becky Green in honor of Becky's

father Ross. Please feel free to use them in your TBA kitchen cooking. The kids and non-gardeners can check them out and learn how herbs grow!!

Men's Club Happenings

Blink... and there you go... summer's over. On the bright side, your craving for Sunday mornings filled with extraordinary breakfast fare, compelling speaking guests and quality schmoozing are about to be satisfied!!

Our first breakfast event of the year will be held at 9:30 a.m. Sunday morning, September 15 and is open to the entire community! We will be collaborating with the Life Long Learning Committee for what is sure to be a fascinating breakfast and presentation as we welcome Rick and Laura Brown of Handhouse Studio, who will share with us their pursuit to restore a historic Polish synagogue and the making of their documentary, "Raising the Roof", www.polishsynagogue.com. Joining Rick and Laura will be our own Liliane Szynger and Abner Taub and Becky and Alan Green, who have visited the synagogue site and will add their colorful commentary!

"Rivalling the greatest wooden architecture in history, the synagogues of 18th-century Poland inspired artists Rick and Laura Brown of Handhouse Studio to embark on a 10-year pursuit—to reconstruct the elaborate roof and painted ceiling of the Gwoździec synagogue. Leading over 300 students and professionals from 16 countries, the Browns

grapple not just with the echoes of World War II when these buildings were destroyed by the Nazis, but also with warped timbers, tricky paints, and period hand tools. By the end of the project, they have done more than reconstruct a lost synagogue: they have recovered a lost world. The Gwoździec roof was unveiled in 2014 as the centerpiece of the POLIN Museum of the History of Polish Jews in Warsaw."

As always, you can count on a fabulous breakfast spread including eggs, potatoes, bagels, whitefish salad, associated veggies and schmears, some fruit and all the coffee you want! The cost for breakfast is \$8.00 for paid up members and spouses or \$12.00 for non-members. Breakfast is optional... if you would like to join us for the presentation... it is expected to begin at 10:00 a.m. Because we are expecting a larger than normal turnout, your RSVP for breakfast would be greatly appreciated to breakfastsvp@snhjmc.org

Plans have been finalized for our October breakfast. On Sunday morning October 13, Rabbi Joshua Segal, the author of *A Field Guide to Visiting a Jewish Cemetery: A Spiritual Journey to the Past, Present and Future*, and the Rabbi Emeritus of Congregation Betenu, will speak

on Jewish cemeteries and their place in the community. Look for more details as they become available!

While you have your calendars out, please note the following dates as men's club breakfast dates for the coming season: September 15; October 13; November 17; December 15; January 12; February 16; March 1 – Annual Children's Breakfast; March 7 – Evening event, Purim Ball; March 22; April 19; May (tbd).

'Tis the season for renewal of your membership and payment of dues! Membership dues for the current year, as always fully tax deductible, will remain at \$36.00 and help us offset the cost of bringing you fantastic food and programming. Dues may be paid at breakfast or sent in to David Fox, our Treasurer. Information for mailing payments may be found at www.snhjmc.org. Please consider a donation to the Bruce Retchin/Neil Gorin fund and help us to support the educational endeavors of the youth in our community.

For continuous updates on Men's Club activities, to learn more about joining the Men's Club, or to learn how to pay your Men's Club dues, visit us at www.snhjmc.org or join our Facebook group by searching **SNHJMC: Southern NH Jewish Men's Club!**

The Story Behind Raise The Roof At TBA On September 15

"Artists Rick and Laura Brown are not Jewish and not Polish, and yet they set out to rebuild Gwoździec, a magnificent wooden eighteenth century synagogue in Poland that was later destroyed by the Nazis. Their vision inspires hundreds of people to join them, using their hands, old tools and techniques to bring Gwoździec's history, culture, science, and art back to life." (<https://www.polishsynagogue.com/about-the-film>)

The Gwoździec roof was unveiled in 2014 as the centerpiece of the POLIN Museum of the History of Polish Jews in Warsaw.

Their efforts were documented in the film *Raise the Roof* which was produced by Handhouse Studios. Temple Beth Abraham will host a discussion by Rick and Laura Brown.

Synagogue members will also discuss their trip to Poland.

Come to Temple Beth Abraham, 4 Raymond St, Nashua, NH, on Sunday, September 15 for the discussion and a bagels and lox breakfast.

9:30 a.m. Breakfast by the Southern NH Jewish Men's Club, \$8 SN-HJMC members, \$12 nonmembers, paid at the door. RSVP is requested but not required. The RSVP email is: breakfastsvp@snhjmc.org



10:00 a.m. Presentation, free (suggested donation \$10).

This event is open to all. Brought to you by the Temple Beth Abraham Lifelong Learning Committee and the Southern NH Jewish Men's Club.

Find TBA on Facebook at www.facebook.com/TempleBethAbraham/ and <https://www.tbanashua.org/>



Community Blood Drive

Tuesday, September 3, 2:00 p.m. to 7:00 p.m.

If you are interested in donating, please check out the up-to-date blood donation eligibility requirements at [RedCrossBlood.org](https://www.RedCrossBlood.org)

Appointments are preferred but not required.

To schedule an appointment call (800) REDCROSS or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) and enter TEMPLEBETH

Donors will receive a Red Cross tote bag.

SHIRLEY LELCHUCK TO GIVE YIDDISH TALK

TBA member Shirley Lelchuck will be presenting a talk, "A Bissel Yiddish," at Etz Hayim Synagogue, 1-1/2 Hood Road, Derry, NH, on Sunday, September 8, from 11:00 a.m.-1:00 p.m.. Shirley will be accompanied by Alan Green. This is part of Etz Hayim's adult education program and is open to the public. Although some noshes will be supplied, please BYOB (Bring Your Own Brunch). An RSVP is requested so that they can have a head count (603-432-0004 or office@etzhayim.org). Come and learn some helpful Yiddish phrases, and have fun!

Coming Events and Programming

Brought to You by the Lifelong Learning Committee

Red Cross Blood Drive

Tuesday, September 3, 2:00 p.m. to 7:00 p.m.

Special presentation to Beth Abraham community by Yehezkel Landau

Wednesday, September 4, 8:00 p.m.

Handhouse Studio - Gwozdziec synagogue reconstruction for the POLIN Museum of the History of Polish Jews in Warsaw.

Sunday, September 15, 9:30 a.m.

Ongoing:

Torah Study with Noreen and Rabbi Jon

Thursdays from 10:30 a.m. to Noon. Beginning September 6. Come once or many times.

For more than 18 years, congregants and members of the wider community have been studying Torah every week during the academic year. Here's how it works – we open the Torah to where we last were and someone reads the next paragraph in Hebrew and someone in English. Then we talk about anything people want to discuss or react to. We follow tangents, bring in other readings, look at many translations of the same word or passage. We look at ancient commentaries and modern ones from all kinds of angles – linguistic, historical, scientific, psychological, philosophical. We let the Torah lead us to discussions about life and whatever practical or deep questions anyone wants to raise. Noreen and Rabbi Jon are there to bring resources and as scholars of traditional Jewish commentary.

This year, we are picking up with the later chapters of the story of Avraham and Sarah. Come once, periodically, or all the time. No prior knowledge of Torah and no Hebrew required.

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 our Library catalog for a book to read

Save the Date!

BABKA, October 2

Eternal Life by Dara Horn

Lunch & Learn, November 23

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.

Sponsor Flowers/Kiddush/Break-Fast

Throughout the year, there are many weeks when there are no events, and during these weeks it falls to Sisterhood to supply (and pay for) the kiddush and the flowers for the synagogue.

Do you have a special Birthday, an Anniversary, Promotion, or want to honor someone?

You can sponsor a kiddush or oneg! Choose a week/any week! You can sponsor an Oneg or Kiddush for \$350.00

What does this get you?

Sisterhood will supply:

- Challot, wine, grape juice
- Drinks, coffee, tea
- Pastry and fruit
- Bagels and pita
- 2 salads
- Gefilte fish, horseradish, her-ring
- Cream cheese, and butter as well as the plattering, set up and clean up!

If you want something extra, just talk to us! There's room for more! Contact Ida Mildenberg (idas-tangermildenberg@gmail.com)

Want to sponsor the flowers for Shabbat or High Holidays, or sponsor the Break-Fast? Contact Diane Toth (ditoth@comcast.net), and she will take your pledge of

\$100.00 for Shabbat flowers, \$150.00 for flowers on RH or YK, or \$250.00 for the Break-Fast celebration.

TEMPLE BETH ABRAHAM GOES GREEN!

SOLAR PANEL SUNDAY



LEARN ABOUT OUR NEWLY INSTALLED SOLAR PANELS!

- Hear from Revision Energy about this initiative
- Understand the benefits & cost-savings of solar
- Celebrate the ribbon cutting
- Enjoy light refreshments



SUNDAY, SEPT 8

4:00 to 5:00 p.m.

Beth Abraham Gallery

What Does Sisterhood Do for You?

These past two years, under Becky Green's leadership, Sisterhood has made a lasting mark on TBA. We can now boast 105 members, we have held successful rummage sales, and Mah-Jong tournaments. We have revamped the kitchen equipment, supplied Judaica through the gift shop, run the Fair-Trade Coffee Houses, streamlined onegs and kiddushes, trained accommodators and donated to the stained-glass windows.

In addition, we have quietly provided funeral lunches and support for grieving families. In March, we had the first of what we hope is an annual event (Purim Ball) with the Men's Club. We have instituted the Bar and Bat Mitzvah "Wall of Fame" which highlights the young men and women who are the newest members of our adult community.

One of the most impactful things, in my mind, that we have accomplished is spearheading the "Green Initiative". Our synagogue, under Becky's leadership, has a composting program, and has reduced our carbon footprint by using glass dishes and linen tablecloths for events. Further, we now have solar power, and energy efficient lighting throughout the synagogue, thanks in large part to Becky's foresight and tenacity. I can only hope, in some small measure, to carry on in her footsteps.

In the coming year, Sisterhood has

a new board and some new goals. We plan on partnering again with Men's club as well as Yiddidim, and the Life-Long Learning committee to support Jewish life and learning. We will continue to send packages to college students, provide High Holiday Flowers and the community Break-Fast.

Don't have time during the days? Want to help in other ways? We have a task that will fit you! Some of the ideas we are thinking about for the coming year are:

October 13	Paid up event
November 3	Mah Jong mixer
Nov. 5&6	Rummage Sale
January 11	Sisterhood Shabbat
March 7	Purim Ball
March 22	Mah Jong mixer
April 22&23	Spring Rummage Sale
*TBD	Pareve Baking Party

Pride Shabbat
Challah Baking workshop
Tai Chi for everyone
International Crafting Extravaganza
Make and Take art workshop with a spiritual twist

Israeli Independence Day Seder
Jazz/Musical performance
"My Jewish Journey", exploring the journeys of our women

Do you have another idea? An area of interest? Would you like to help out with any of the programs that are listed here? You don't have to be part of the Board to help. Please contact ANYONE on the Sisterhood board (Carol Gorelick, Marsha Feder, Becky Green, Rozzie Sandler, Liz Eckley, Roselee Treitel, Rena Perelmutter, Ruth Harris, Eileen Beckhardt-Freedman, Eileen Morin and Ida Stanger-Mildenberg), and let us know. We will find something that suits you!

I look forward to the coming two years, and only hope that I, too, can make a positive impact on the fabric of our synagogue, and enhance the Sisterhood experience for everyone!

L'Shalom!

Carol Gorelick/President

nashuasisterhood@gmail.com

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.

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603-930-3952 or paulmoverman@gmail.com

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 Karl Schenker for aunt, Naomi Katzenstein
 Sandy & Mark Dickens for daughter, Carrie Dickens
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All other donations made from mid-July through will be listed in the October bulletin



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הקשר היהודי שלך

Your Jewish Connection

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

Making Community!

When you live in a community, are you automatically part of that community? Yes and no. Yes, because you live there. No, because you may not be involved with the people around you. So how do you get involved and become a full member of the community?



Here at Temple Beth Abraham, we are a community, and everyone has a different idea of what that means. But to begin thinking of oneself as part of a community, you need to “visit” and make friends. Come to Shabbat services or weekday minyan. Talk to whoever starts talking to you, or go up to someone and say hello. Come to an event. With the High Holy Days approaching, the TBA calendar will be getting busy, and you should plan to join us.

One of my personal strengths is knowing that I am part of the TBA community. Through good times and bad, this community has been a constant in my life. I may not always want to share the details of my life, but I know who would listen should I decide to call on them. I was recently reminded that I have been a TBA member for 30 years. I was surprised at the number, as it does not seem that long though I have many good memories.

A [NY Times article](#) from November 2018, discusses the Jewish communities of America and how they have

evolved. It also describes five books on the Jewish religion and community in America. These books make it clear that everything is changing, at least for non-Orthodox Jews.

Transitions are now a common occurrence.

Because of the Shoah and pogroms, many Jews



came to America. That generation faded, and their children became parents. These parents are also fading as their children come to the forefront. One generation was in awe of the establishment of the State of Israel, another generation takes Israel for granted. The gulf between generations is wide, yet community can bring them together. Sid Schwarz's article at the Forward, titled [Making a Spiritual Future for America's Jewish Community](#), is about understanding others and yourself in the American Jewish community.

To live a full Jewish life requires engagement with other Jews, a Jewish community. Though one celebrates holidays and observes many customs in the home, a Jewish community offers a chance to be with others while praying, studying, eating, celebrating, mourning, and more. In addition, the Jewish community reinforces the Jewish home experiences

and helps create and perpetuate a Jewish life. The Jewish community connects all and keeps us from being invisible.

Judaism is about connections. [The Art of Making Jewish Connections](#) at JewishBoston.com, puts it this way: “... if Judaism is to continue to thrive as a culture and as a religion, we must create more paths to connections. While we are all connected on the surface

by the Jewish common denominator, what that means to each of us and how we connect to ourselves, to each other and to our communities varies tremendously.” Read the full article for different perspectives on community and for a link to the *2015 Greater Boston Jewish Community Study*.

So please reach out and make connections and community at TBA!



Alan J Green, MD

Certified Mohel

מוהל מוסמך



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Yahrzeits

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

September 6 & 7

A. Orin Leonard, father of Seth Leonard
 Bernard Pally, father of Sandy Greenbaum
 Bertram Eichel, father of Leigh Eichel
 Edna Gelman, mother of Haywood Gelman
 Goldie Gorodetsky, mother-in-law of Rochelle Goren
 Irving Shapiro, father of Richard Shapiro
 Jack Kirsh, father of Robert Kirsh
 Jacob Scharf, husband of Reghina Scharf, and father
 of Atara Kirsh & Loren Scharf-Thibeault
 Jeff Meltzer, father of Stephen Meltzer
 Marie Guillemette, mother of Debra Sack
 Peggy Sproul, sister of Nancy Cantor
 Rosa Elkina, grandmother of Samuel Fain
 Rose Horowitz, mother-in-law of Laura Horowitz
 William Golub, father of Larry Golub
 William Lyons, father of Colleen Lillstrang
 Edward Klein Simon Cohen

September 13 & 14

Pearl Pally, mother of Sandy Greenbaum
 Marion Goldmuntz-Garfunkel, mother of Claudine
 Cohen
 A. Joseph Savage, father of Chris Savage
 Michael Blic, friend of Sam & Sara Brest
 Herman Hallet, father of Harriet Shanzer
 Erez Chipman, grandson of Sandee Goldberg
 Zelda White, mother-in-law of Marc Gilman
 Lillian Ackerman, mother-in-law of Ann Ackerman
 Doris Borer, mother of Lynda Levine
 Benjamin Ginsberg, father of George Ginsburg
 John Grosch, father of Jacquelin Yellin
 Jane Heffner, sister of Herbert Shanzer
 Rebecca Rogin Diskant, great aunt of Abner Taub
 Bessie Soroken Bessie W. Gordon
 Jacob Heckman Romola Lebowitz-Greenblum
 Leonard Shapiro Sarah Simberg

September 20 & 21

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

September 27 & 28

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

High Holy Days Service Schedule

Sunday, September 29

8:00-9:00 p.m. First Evening Rosh Hashanah Service

Monday, September 30

9:00 a.m. First Day Rosh Hashanah Main Sanctuary service begins

10:00-11:30 a.m. ReNewYEAR in Great Hall in School Building

11:35 a.m. Rabbi Jon's sermon, followed by Shofar service

12:30 p.m. Tashlich ceremony at Nashua River with Eliana Light

1:30 p.m. Main Sanctuary service concludes

2:00 p.m. Tashlich ceremony at Nashua River with Rabbi Jon

7:30-8:00 p.m. Second Evening Rosh Hashanah Service

Tuesday, October 1

9:00 a.m. Second Day Rosh Hashanah Main Sanctuary service begins

10:00-11:30 a.m. ReNewYEAR in Great Hall in School Building

11:35 a.m. Rabbi Jon's sermon, followed by Shofar service

1:30 p.m. Main Sanctuary service concludes

Tuesday, October 8

6:00 p.m. Kol Nidre ceremony in Sanctuary

6:15-7:30 p.m. Main Sanctuary service

6:30-7:15 p.m. ReNewYEAR in Great Hall in School Building

7:15-8:00 p.m. Song circle with Eliana Light in Great Hall

Wednesday, October 9

9:00 a.m. Main Sanctuary service begins

10:00-11:30 a.m. ReNewYEAR in Great Hall in School Building

11:35 a.m. Rabbi Jon's sermon

12:15 p.m. (approx.) Yizkor memorial prayers in Main Sanctuary

1:45 p.m. (approx.) Main Sanctuary service break for afternoon

2:00 p.m. Discussion led by Eliana Light

5:00 p.m. Services resume

6:00-7:00 p.m. Ne'ilah concluding service

7:00 p.m. Havdalah and congregational break fast

Did You Know...

That the Shofar is blown each day during weekday services in Elul, the month leading to Rosh Hashanah?

That Selichot is a special service on a Saturday night before Rosh Hashanah? It's an overture to the High Holy Days, when we say for the first time prayers of awe, confession and forgiveness and hear the melodies of the High Holy Day services for the first time.

Main Sanctuary Services

Sanctuary Services are led by Rabbi Jon Spira-Savett, Chazan (Cantor) Stan Juda, and David Sacks, with participation by our Zimria choir and other congregants of all ages leading readings and chanting Torah and Haftarah. You can find familiar and new melodies through our website on the High Holy Day page.

ROGER PELLERIN
President



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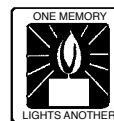
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Hour By Hour Road Map of Sanctuary Services

Evening Services

On Sunday and on Yom Kippur, Rabbi Jon shares some framing thoughts about the holy day, the prayers in the service, and our community. On Yom Kippur, the Kol Nidre prayer focuses us on the power of our words to create commitments, and the significance of living up to our words or not. We recite litanies of responsibility, and we tap over our hearts to break the barriers between ourselves and people around us.

Morning Services (times after start are approximate)

9:00 a.m. Services Begin

We prepare our bodies, souls and voices to concentrate on the themes of the day. We open the ark and perceive the Torah for the first time during the day, and we get ready to receive its guidance. We sing Avinu Malkeinu at the end of this part of the service, a litany of striving for hope and forgiveness. On Yom Kippur, we recite again the alphabetical confessions, to ourselves and each other and toward the Divine.

10:00 a.m. Torah Service

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

11:35 a.m. Rabbi Jon's Sermon

Followed by Shofar on Rosh Hashanah and the procession of the Torah around the congregation before its return to the Ark.

12:00 pm. Musaf Service

We sing and recite some of the most dramatic prayers -- about our deeds written in the Book of Memories; about the power of *teshuvah* (personal change of direction), *tefillah* (prayer and spiritual introspection), and *tzedakah* (giving and justice); about the meaning of our life in a new year.

On Yom Kippur it starts a bit later, after Yizkor memorial prayers at 12:00 or 12:15. This part of the service is a time to recall members of our immediate and extended families and our friends. We encourage you to stay and participate even if you are blessed with parents who are still living.

12:30 and 2:00 p.m. First Day of Rosh Hashanah -- Tashlich

We go to the Nashua River to throw bread into moving water, symbolically washing away our year's wrongs. It's a physical ritual after a morning of words. Eliana Light leads the first group and Rabbi Jon leads the second.

Yom Kippur Afternoon

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

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

6:00 p.m. -- Ne'ilah Service

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

7:10 p.m. -- Conclusion and Break Fast

We conclude with the blowing of shofar, the Havdalah candles, and breaking the fast. Anyone who wants to can blow their shofar, we invite all the children to the front and everyone else to be close by as we finish.

About Eliana Light

Raised in Memphis, TN on soul music and synagogue life, Eliana's passion for Jewish life and learning shines through all her work.



Meaningful music, powerful prayer, excellent education, and creative consulting... It's all directed from one heart and towards one goal:

To help individuals discover themselves within the depth and richness of Jewish life, and to take ownership of their Judaism.

She has released two albums of original Jewish music, *A New*

Light and *Eliana Sings (About Jewish Things!)*. Her songs can be found on PJ Library compilations and are used by educators, song-leaders, and clergy all over the country.

Eliana has performed and taught at various Jewish gatherings, including the Union for Reform Judaism Biennial, the NewCAJE Jewish Education Conference, Limmud New York, Songleader Boot Camp, Hava Nashira, and the DeLeT Masters Program at Brandeis University.

She is the author of *Hebrew in Harmony*, a curriculum published by Behrman House that teaches prayer and Hebrew through music.

In 2017, Eliana founded the *G!D Project*, an educational initiative focused on accessible, meaningful conversations about G!D and spirituality through ritual, text, and creativity.

Eliana graduated the Jewish Theological Seminary with a Masters in Experiential Jewish Education in 2016 and is based in New York City. She's been blessed to work with amazing NYC organizations, including B'nai Jeshurun, Park Avenue Synagogue, the JCC of Manhattan and the Harlem JCC, Romemu, The New Shul, and Lab/Shul. She is also the co-founder of Shira B'dira, a singing-focused traditional egalitarian prayer community.

ReNewYEAR @ Beth Abraham

Are you or your family looking for a change for High Holy Day services? Something shorter and upbeat with everything explained, a bit more informal?... Are you ready to mix it up? With guitar and drumming, connecting the words with praying, in an engaging Jewish community... If yes, then **ReNewYEAR@Beth Abraham** is for you!

Together, through song and story, reflection and ritual, we'll demystify and reconstruct prayer and practice, while tapping into the wonder and potential of these sacred days.

ReNewYEAR services are led again this year by **Eliana Light**, a nationally-known Jewish songwriter and educator. These creative services will be multigenerational

and family-friendly with tots and nonagenarians, singles and couples, parents and children, empty nesters, grandparents and grandchildren, all together. We'll sing new songs with beats and traditional melodies in new styles as we get up close with a Torah scroll and a ram's horn.

Whether you're a seeker or experienced in the tradition, this is a new kind of learning for the High Holy Days. Together, we'll explore how we can each be our best selves and play our part to make the best world in the new Jewish year.

Re:NewYEAR Services will be held at Temple Beth Abraham Religious School's Great Space at 5 Raymond Street in Nashua, on the mornings of Monday, Sept. 30 &

Tuesday, Oct. 1 for Rosh Hashanah and Wednesday, Oct 9 for Yom Kippur. On Sept. 30, we'll also be going down by the riverside in Nashua after a light lunch for Tashlich, the symbolic casting off of sins.

For more **re:NewYEAR** information and registration, please contact the office at Temple Beth Abraham office@tbanashua.org or 603-883-8184. Visit tbanashua.org to see more **Re:NewYear @ Beth Abraham**.

Together this fall in September, join us to **ReNewYear@Beth Abraham**.

*reset • rejoice • recharge • reconnect
reflect • restart • relate • renew*

ReNewYEAR

reset
rejoice
recharge
reconnect
reflect
restart
relate
renew

ReNewYEAR is:

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

Multigenerational & Family-friendly

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

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



LOOKING FOR A CHANGE...

For Jewish New Year Services This Fall?

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

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

Together through Song & Story

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

ROSH HASHANAH

Monday 9/30 & Tuesday 10/1

KOL NIDRE

Tuesday 10/8

YOM KIPPUR

Wednesday 10/9

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

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

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

FAQs (and some less frequently-asked questions too)

Where do I park?

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

Where am I allowed to sit in services?

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

Are there special places or activities for children?

Children are welcome in all of our services and activities, all the time! This is also the second year of our ReNewYEAR service, which is multigenerational and planned with children in mind as well as adults. It meets across the street from our main building in the Religious School space. During that service on all three mornings there will also be a place for children and parents to sit or play in.

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

Absolutely! Children of any age can experience services and be fascinated by many dimensions – the big and full room, the sounds of singing, the intangible atmosphere of introspection. Being together with your child or children can be profound for you too.

If you have a child who is making noise or moving around, try sitting toward the back of the Main Sanctuary if you are in that service, or closer to the door in the ReNewYEAR service, in case you need to take a break with your child. But a little noise from young people contributes a good energy! Do make sure to supervise your children at all times, whether they are in the service or in the open spaces.

Can I bring snacks?

You can! We are a kosher facility, so you can bring:

fresh fruit and vegetables, whole or cut up in your home or in a store without other ingredients

packaged snacks and drink boxes that have a kosher certification symbol on them, typically a U or a K with a circle around it.

Foods baked in your home may not be brought in (even the rabbi's families abide by this rule).

On Yom Kippur, you can bring snacks for your children, and if you need a little food for medical reasons, we ask that you step outside or to a nonpublic area when you eat. If you have a question, or if you have special dietary needs that are hard to meet this way, ask Rabbi Jon ahead of time.

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

Traditionally, writing is considered a violation of the holy day rules. One suggestion is stickers. Manipulative toys that do not make noise are also great.

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

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

Can I use my cellphone in the synagogue?

We observe the holy days by the traditional rules for Shabbat and festivals. Cellphones, cameras, and electronic devices are not used in the synagogue. This helps us focus on why we are here and on the people who are here with us. If your work requires you

to be reachable, please set your device to vibrate, turn it off as soon as you perceive a call, and then walk outside the building or to an isolated corner somewhere to pick up a message or return a call.

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

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

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

Yes, you certainly can leave during services. There are certain times when it is not appropriate to leave – usually when the congregation is standing. You are welcome to be in the Gallery, which is our big open foyer, the library toward the back entrance, or the kitchen in the Religious School Building.

We ask that you be mindful of the fact that even quiet conversations carry toward the prayer spaces, even when the doors are closed. So keep conversations very quiet, and if you are talking find a place that is far from the Sanctuary or the Great Room in the school.

Is it okay to bring my own reading material, even something not from a Jewish source, that helps me think about the themes of the holy day or the process of *teshuvah* (change)?

Yes! You will find a cart in the Gallery with a lot of Jewish books curated by Rabbi Jon to read instead of or in addition to the prayerbook. And absolutely bring any book, magazine, or printed material that you think will help you focus, as long as it is printed and not electronic. Some suggestions and links to things you might want to print out and bring will be sent out during the month prior to Rosh Hashanah as well.

GLOSSARY OF TERMS FOR THE HIGH HOLY DAYS AND SERVICES

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

Teshuvah תשובה -- literally, "return". We return to our true souls, to the right path, to God and to one another. *Teshuvah* is the word that is often translated as "repentance."

Cheshbon HaNefesh חשבון הנפש -- "self-accounting" or "reflecting on the soul". This is an important dimension of *teshuvah*. It is the Jewish term for introspection and taking careful stock of our actions and our relationships.

Yamim Nora'im ימים נוראים -- "Days of Awe/Reverence". *Yamin Noraim* can refer specifically to the ten days from Rosh Hashanah through Yom Kippur, or can include the preceding month when we prepare ourselves through *cheshbon nefesh* and prayer.

Elul אלול -- the name of the month in the Jewish calendar that precedes Rosh Hashanah. Elul is the period particularly devoted to *Teshuvah* and *Cheshbon HaNefesh*. One interpretation explains the name of the month as an acronym for the biblical phrase "I am my beloved's and my beloved is mine" *Ani L'dodi V'dodi Li* אני לדודי ודודי לי. In other words, Elul is the time when our soul finds God or its true nature once again.

Tishrei תשרי -- pronounced "Tish-ray", this is the Hebrew name of the month that begins with Rosh Hashanah. It is both the culmination of the *Yamim Nora'im* and the month that continues with the festivals of Sukkot and Simchat Torah, celebrating bounty and the conclusion of the Torah reading cycle. We sometimes refer to "the Tishrei holy days" as a group.

S'lichah סליחה -- "forgiveness". Some of the prayers are referred to as *S'lichot*, prayers about forgiveness. In modern Hebrew, *s'lichah* means "excuse me, pardon me."

Machzor מַחזור -- the name of the special holy day prayerbook. The Hebrew literally means "cycle." The regular prayerbook is called the *Siddur* סידור, the "ordering" or "arranging" of the prayers.

Kippur כיפור -- the word usually translated as "atonement". *Kippur* refers to cleansing from the residue that our wrong actions leave on ourselves and on the community. "Atonement" is an English word, made up of the words "at one" -- coming together.

Chet חטא -- the word usually translated as "sin." In biblical Hebrew, *chet* has the connotation of an arrow that has missed its target and hit something else.

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

Amidah עֲמִידָה -- the standing prayer, which we say individually at our own pace. In our congregation, we wait for each individual to finish before we continue together. People say the words of the traditional Amidah in the prayerbook, their own prayers, or a combination.

Mi-sheberach מִשְׁבְּרַךְ -- "May the One Who Blessed", the first words of the prayer for healing that we say at one point during the Torah reading. We refer to the whole prayer by that name. When someone is sick, she might ask, "Will you say a *Mi-sheberach* for me?" Saying a name out loud or to yourself during the *Mi-sheberach* is a way of strengthening support for that person and declaring that his suffering and his life deserves attention, from others and from God. *Mi-sheberach* does not flow from belief that God sends physical healing to some and not others.

Kaddish Yatom קִדְּיֵשׁ יָתוֹם -- the Mourners' Kaddish, a prayer recited by people in the first year of mourning a close relative or on the anniversary of the death. In our congregation, anyone who wishes may stand in support. Some people choose to say Kaddish for a close friend, or in honor of people for whom no relative may be observing the practice.

Torah תּוֹרָה -- specifically, the first five books of the Bible, which are written in the Torah scroll. Torah is also a general word for all the teachings of Judaism throughout time.

Talmud תַּלְמוּד -- the collection of discussions that made up the first phase of the "oral tradition", discussing both laws and ideas, through about the sixth century of the Common Era. When we talk about "The Rabbis", we mean specifically the rabbis mentioned in the Talmud.

Midrash מִדְרָשׁ -- an interpretation or story that suggests or illuminates possible meanings of the Torah that shed light on questions of our day. "The Midrash" also refers to the first books that have midrash in them, from the era of the Talmud.

Some traditional ways to greet people during this season:

Shana Tova שָׁנָה טוֹבָה -- A Good Year

Shana Tova U-me-tuka שָׁנָה טוֹבָה וּמֵתוּקָה -- A Good and Sweet Year

There is a custom of eating apples and honey to signify this wish!

L'shana Tova Ti-ka-tay-voo לְשָׁנָה טוֹבָה תִּכָּתֵב -- May You Be Written For a Good Year

This greeting draws from a legend depicting God writing down our destinies for the new year in a "Book of Life."

G'mar Chatimah Tova גְּמַר חֲתִימָה טוֹבָה -- A Good Final Sealing

This greeting, specifically for Yom Kippur, picks up on that legend, particularly the notion that our destiny is sealed in the book on Yom Kippur.

"An easy and meaningful fast"

HIGH HOLY DAY TICKET INFORMATION Reciprocity With USCJ Synagogues for Guest Tickets

Rosh Hashanah begins on the evening of September 29. This year congregants and guests will have 2 services (traditional in main sanctuary and ReNewYear in school building) to choose from. Tickets are required for High Holy Day services at Temple Beth Abraham in either building. All members in good standing (50% of their obligations paid, or prior financial arrangements made) will be mailed tickets. Children (through college age) of members do not require tickets.

Temple Beth Abraham offers reciprocity (tickets at no cost) for out of town family members who wish to attend our services and for those visiting the area for the High Holy Days who belong to another synagogue. If your guest is a member of another USCJ (United Synagogue of Conservative Judaism) affiliated synagogue, please have their synagogue send us a letter or form indicating they are a member in good standing and would be eligible for tickets.

Guest tickets for relatives who are unaffiliated and do not live in the Greater Nashua area may be purchased for \$50 if the person is attending services for one holiday (*Rosh Hashanah* or *Yom Kippur*) and

\$75 if the guest is attending services for both holidays. Please let us know the name of the guest so we can fill out the ticket.

Tickets for non-members of the Temple who live in the Greater Nashua area are available at a suggested donation of \$180.00 per person.

We welcome all who wish to attend High Holy Day services at Temple Beth Abraham. Cost is never a barrier. If you wish to attend and cannot afford the suggested donation, please call the synagogue office (883-8184) or contact the treasurer (treasurer@tbanashua.org) and an arrangement will be made.

If you cannot come to the Temple during normal business hours and need to purchase guest tickets, non-member tickets, or talk to the Treasurer to make financial arrangements or pay dues before the High Holidays, **the Treasurer will be available in the Temple office on Sunday, September 22, from 10:00 am to noon.** If you cannot come on this day but would still like to meet with the treasurer you may contact him via email at treasurer@tbanashua.org to schedule another time.

The 16th of Elul – Monday, Sept. 16 – Is

TECH TASHLICH

Tashlich (pronounced “tahsh-leech” with the Hebrew ch) is the traditional Rosh Hashanah ritual of throwing away our wrongs and bad habits into a river to be carried away.

The 16th of Elul (think of bits, bytes, and powers of 2) is a good day to pick one antisocial or stress-inducing digital behavior and resolve to throw it away for the New Year!

Maybe it’s....

- answering your phone while you’re talking to someone
- checking e-mail while you’re out with family or friends
- spending too much time on social media when you should have quiet time

On the 16th of Elul, reflect by yourself or take some time with family or friends to talk about how technology is affecting your lives and relationships, in good ways and bad.

LULAV AND ETROG ORDERS

We will be placing lulav and etrog orders for the synagogue and for congregants who would like a lulav

and etrog set for their home on Sukkot. The cost is \$50 per set. If you would like to order a set, please contact the office (883-8184 or office@tbanashua.org) and send in your payment by September 13.

Memorial Service and Cemetery Visitation

Sunday, September 22

1:00-2:00 p.m.

Memorial service hosted by the Davis Funeral Home
led by Rabbi Jon

2:15-3:15 p.m.

Rabbi Jon will be at the Beth Abraham Cemetery to say prayers at loved one’s graves with anyone who wishes

HIGH HOLY DAY CARD ORDER FORM 2019/5780

With the coming of the Jewish New Year, this year on 29 September 2019, the Temple Beth Abraham Sisterhood is once again sponsoring a community Shana Tovah High Holy Day greeting card. We will gladly send everyone on your list a beautifully designed New Year's Shana Tovah card in your name. Your donation will benefit Sisterhood and all of the programs we support. Community greetings will consist of one card with all contributors names included. To take advantage of this special offer, use the form below to send a list of recipients (by September 16), including NAMES and ADDRESSES, and a check made payable to TBA Sisterhood c/o Ruth Harris. Be sure to include YOUR NAME and phone number in case we have any questions.

TBA Sisterhood High Holy Day Cards

c/o Ruth Harris
4 Raymond Street
Nashua, NH 03064

Donation amount	Number of Cards	Total \$
Single card \$3		
12 cards for \$25		
36 cards for \$60		
Community Card \$118 (your name is included on every community card sent out)		
Please add \$2.00 per card for OUT OF COUNTRY		
	Total	

Name	Street	Town	State/ Country	Zip code

Please Help Create a Fragrance-Free Holiday

An Important Part of our Making our Sacred Spaces Welcoming to All

By Stephanie Wolf-Rosenblum, M.D.

It was a case of the shoemaker's children...

After years of asking you to be aware of *your* lotions and hair sprays, and to avoid wearing cologne or perfume to synagogue, I was mortified to learn that one of *my* lotions (used for very chapped doctor hands) has a scent that was causing discomfort to a fellow congregant. Thankfully, that person knows me well enough to have felt comfortable saying something. I immediately found a replacement to wear when I am in shul.

Allergy and asthma sufferers get pretty good over time in identifying and avoiding triggers. But in public buildings, that is not usually possible; the same heating and ventilation systems that circulate the air also circulate the particles that cause the reaction, so sitting far away from people wearing scented products isn't even an option. Sadly, there are members of our Temple Beth Abraham Community who are un-

able to attend High Holiday services due to this problem. How common are allergies?

More than 1/2 of U.S. adults are allergic to something. For most, allergic reactions are annoying or uncomfortable. But for others, allergies can be life threatening. Every year, reactions to certain foods and smells cause serious breathing problems or even kill people. How is this possible? For the unlucky ones, an allergy-causing protein absorbed through the skin or inhaled through the nose (smell comes from airborne particles) causes the throat to close, the body to swell and the blood pressure to drop dangerously low. Without adrenaline shots, a person can quickly become a "Code Blue".

While these incidents of "anaphylaxis" are rare, the incidence of asthma in New England in general and in NH in particular is very high. For people with this condition, fragrances from perfumes and cosmetics can make the airways of the lung spasm

and swell, causing uncontrollable coughing or, worse, an inability to breathe. When this happens, asthma inhalers may not even work – they can't get in! Thousands of people still die each year after suffering an asthma attack. Last year, the Boston Globe highlighted an article about an otherwise healthy young woman who died just outside of an Emergency Room due to her asthma.

So now you know another way you can help to create a welcoming and health-safe environment in our synagogue, especially around the holidays. Please avoid wearing *any* perfume, cologne, aftershave, scented hairspray or scented lotion when you come to shul. It doesn't take a lot to make someone sick. And if you have questions, please don't hesitate to contact me at 603-598-1530.

Thank you for listening to a Jewish grandmother/mother/doctor.

Shana Tova!

Stephanie

Greater Nashua Crop Hunger Walk is October 27!

This is the 50th anniversary of the existence of Crop Hunger Walks. It is the 35th year for the Nashua walk.

We have raised over a million dollars over those 34 years to help hunger and poverty locally and around the world. Temple Beth Abraham proudly hosts the walk. A committee of millennials provides the hot dog BBQ meal, the Nashua Area Interfaith Choir entertains along with the Raymond Street Klezmer Band and the New Fellowship Gospel Choir. Beyond the importance of raising the money,

the walk demonstrates solidarity among many peoples and faith communities of the greater Nashua area.

This year we welcome the Souhegan Valley cropwalkers as their walk merges with ours. We'll be joined by walkers from Faith Communities in Amherst, Milford, Wilton, and Mason.

Becky Green is the coordinator. She is looking for a Temple Beth Abraham recruiter to solicit and coordinate our walkers. **Please contact her at**

nashuacropwalk@gmail.com **with questions or to volunteer.**

For more information, check out our website at www.nashuacropwalk.blogspot.com. Find us on Facebook! Or check the National Crop Walk website of Church World Service for our page <https://www.crophungerwalk.org/nashuanh/>.

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161 Kinsley Street
Nashua, NH 03060

info@barrylawoffice.com

Licensed to Practice in New Hampshire & Massachusetts