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TU BISHEVAT SEDER
5:30 p.m. SUNDAY, JANUARY 20



Just One of Many Activities Listed Inside!

5779
2019

January

tevet
shevat



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 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 24 25 26 27 28 29 30 31		1 24 tevet Office Closed NEW YEAR'S DAY	2 25 tevet Education and Family Engagement Committee 6:30 pm BAKA 8:00 pm	3 26 tevet Torah Study 10:30 am	4 27 tevet CL 4:07 Services 8:00 pm	5 28 tevet Services 9:30 am Family Shabbat Morning Service 10:00 am <i>Va'era</i>
6 29 tevet Yedidim Family Sunday School 10:00 am Conversational Hebrew 3:00 & 4:15 pm	7 1 shevat Judaism 201 6:15 pm Prayer: The Amidah ROSH CHODESH	8 2 shevat	9 3 shevat Lifelong Learning Committee 8:00 pm	10 4 shevat Torah Study 10:30 am	11 5 shevat CL 4:15 Yedidim Build a Shabbat Workshop 4:45 pm Services 8:00 pm	12 6 shevat Sisterhood Shabbat 9:30 am <i>Bo</i>
13 7 shevat SNHJMC Breakfast 9:30 am BAP 12:30 pm Conversational Hebrew 3:00 & 4:15pm	14 8 shevat Ritual Committee 8:00 pm	15 9 shevat BOD 6:30 pm	16 10 shevat Avodah Shebalev Meditation 9:30 am Finance Committee 6:30 pm	17 11 shevat Torah Study 10:30 am My (Stuart Sherman) Visit to Nepal & Trekking in the Annapurnas - 8:00 pm	18 12 shevat CL 4:23 Services 8:00 pm	19 13 shevat Services 9:30 am Junior Cong. & Tot Shabbat 10:00 am MLK Discussion following services Yedidim Dad's Night Out <i>Beshalach</i>
20 14 shevat No Sunday School Tu BiShevat Seder 5:30 pm	21 15 shevat MARTIN LUTHER KING DAY TU B'SHEVAT	22 16 shevat	23 17 shevat	24 18 shevat Torah Study 10:30 am	25 19 shevat CL 4:32 Services 8:00 pm	26 20 shevat Vav Class Shabbat 9:30 am Yedidim PopUp Potluck Havdalah 4:00 pm <i>Yitro</i>
27 21 shevat Para Mashgiach Class 9:15 am Conversational Hebrew 3:00 & 4:15 pm	28 22 shevat Judaism 201 6:15 pm The Torah	29 23 shevat	30 24 shevat Avodah Shebalev Meditation 9:30 am	31 25 shevat Torah Study 10:30 am	FEBRUARY S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	

Ahavah – Love is Three Challenges

Even though much of December hasn't been that cold and snowy, by now we're in the season that drives us a bit more into our own homes. Winter itself is a challenge to connecting with other people. So it's a good time to meditate on a core principle of Judaism: *V'ahavta*, "and you shall love."



Rabbi Spira-Savett

There are a few *mitzvot* in the Torah that come in this form. *V'ahavta et Adonai Elohecha*—"and you shall love Adonai your God." That's what we say in the Sh'ma. *V'ahavta l'rayacha kamocho*—"and you shall love your neighbor like yourself." *V'ahavta* is also the language of the *mitzvah* to love the alien, the outsider-insider.

Rabbi Amichai Lau-Lavie points out that all these *mitzvot* related to love are prefaced with "and", the

letter *vav* in Hebrew. He teaches two things from this *vav*. First is that *vav* means "but" as well as "and." So the *mitzvah* of loving often comes as a "but", as something we are supposed to do in the face of a situation when not-loving is real or seems more warranted than loving.

Rabbi Lau-Lavie also draws a lesson from *vav* as the biblical Hebrew word for a "hook." Loving—whatever it is—is something we often have to hook onto, to attach to, to help us climb somewhere else without losing our footing.

Our long tradition of commentary frames *ahavah*, love, as (at least) three challenges.

#1 – More Than a Feeling

That's not just a song by Boston. Maimonides explains that the Torah's concept of love is doing. It's visiting the sick, comforting mourn-

ers, and other kinds of things that aren't comfortable. We don't wait until we feel sensitive or sensitized to act out *ahavah*.

So in the winter in particular, be on the lookout for people who need attention. If you don't see someone in your life because it's hard for them to get out, or the season makes them melancholy, reach out. Action is the *vav*, the hook.

#2 – More People

Ahava is at some point a metaphor. Neuroscience and evolutionary psychology seem to have concluded that we have enough bandwidth in our brains to track about 150 people. We can't love many more than that the way we love those who are family and friends.

So the Torah comes and commands us to use other parts of ourselves to

(Continued on the following page ...)

Transformation Into a Delightful High Growth Organization

Shalom,

By the time you read this, the holiday season will be behind us.



President David Sacks

We had a wonderful Chanukkah at Temple Beth Abraham topped off by a jam packed party on the 5th night. It was a truly memorable experience seeing the room full of light, fun, and many smiling faces. My personal favorite was when Zimria sang and the kids participated holding up signs. The sing along led by the Klezmer band was spot on. I am grateful to all that participated and

made it successful especially to the organizing committee led by Becky and Alan Green, and to the many who helped them.

Holidays aside, the Board of Directors has been hard at work. In November, the board held a retreat to align on goals for the 2018-19 year. Out of that energetic meeting, came a clear set of goals that were cascaded either into board committees or to Rabbi Jon, Noreen and the rest of our professional staff.

The board agreed that the highest priorities would be to study other growing religious organizations, both

Jewish and not Jewish, to assess what are they doing, that is driving their growth. To this end, a new committee, the High Growth Organization (HGO) committee was formed under the able leadership of Matthew Lee. Bringing all of his excellent consulting experience to bear, the committee has already identified target communities and contacted them. Site visits and interviews are already being scheduled. This will be a tremendous opportunity for those on the committee and additional interested people, who are supporting the site visits and interviews,

(Continued on the following page ...)

add to the circle of concern. The *mitzvot* of “love your neighbor” and “love the stranger” kick in *after* we max out our built-in caring capacity. Where the brain says stop, the *vav* says: “*But* love....”

We are taught to ask ourselves: What do I owe other people who I don’t know, whether in my town or across the world, as if I did know them?

#3 – Generate Love From Your Outrage

There are two ways to be outraged at injustice. One is rooted in hate – hate for the perpetrators of injustice.

The other is rooted in love – fierce solidarity with people who are oppressed or exploited or mistreated.

Hate is so much of the air we are breathing now, or struggling to breathe. The *vav* of *v’ahavta*

says – *but* when you catch yourself hating, find the *hook*, the person or people you mean to be loving. Love of those you are standing by, or standing up for, will power you far longer than hate of their oppressors.
* * *

The mitzvah of “and/but love” is powerful, demanding, transformative. It is, according to Rabbi Akiva, one of the central principles of the entire Torah. This winter, when you find yourself wanting to withdraw – love instead.

*L’shalom,
Rabbi Jon*

Transformation continued ...

to learn and understand firsthand what makes these growing organizations tick. If you have an interest to participate in this committee, or the site visits, please contact Matthew at mj_lee@mac.com. We look forward to analyzing our findings and from there determining key actions that we can adopt at Temple Beth Abraham so that we too can transform into a high growth organization.

Another area was membership growth and increased delightful engagement of our membership. To this end, the outreach and communications committee is looking into ways to engage our existing membership. There will be a strong focus on the communication methods and tools. They are looking at our website, facebook page and more. We want our members to know what is happening and to make it easy to find information. We can also invest in efforts to expand our membership. But we must make sure that our members are happy and feel engaged. Then they may tell others who may come along and experience the same thing. This

is incredibly important because if we work hard to bring on new members of our shul, then we best make sure that they enjoy being here.

Related to this goal, are the goals for the Rabbi and the Education Director. The Rabbi’s goals include engaging with small groups of members, and to see subgroups form. This aligns with what we have learned from Relational Judaism. People may need more than one connection point to find reasons to engage in the community. The Rabbi is also focused on expanding the successful ReNew Year program into an occasional Shabbat service by providing options to our main traditional service from time to time perhaps even in the main sanctuary. Of course we will keep our traditional service almost all of the time but occasionally offer some variation to appeal to those seeking something different, whether it be a more modern orthodox service to a family learning service. The Rabbi’s third goal relates to delivering excellence in education in Hebrew and Jewish values. These goals cascade well into the goals for the education

director, which are improving family Shabbat attendance, expanding the Hebrew language program, improving school-parent communication and reinvigorating teen engagement and USY. TBA is offering a 12-week course in conversational Hebrew led by a highly regarded teacher from Boston, Itai Gal. There are 2 levels, beginner and advanced and these are open to people of all ages. If you are interested, please contact Noreen at director@tbanashua.org.

With renewed energy and focus, the leadership of our community is focused singularly on making your experience a delight and catering to your needs. Please don’t hesitate to reach out with your feedback and ideas to Rabbi Jon, Noreen, Sarit Itenberg, our education and family engagement committee chair. We aim to delight you!

Wishing you and your family a successful and happy 2019

*L’shalom
David*

January Service Schedule

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

SPECIAL EVENT SERVICE

January 5
Family Shabbat

January 12
Sisterhood Shabbat
January 19

Jr. Congregation & Tot Shabbat
Martin Luther King Discussion
following kiddush

January 26
Vav Class Shabbat
Kiddush & Flower Sponsors

January 12
Kiddush - Beth Abraham
Sisterhood in honor of
Sisterhood Shabbat

Flowers - Cheryl &
Mark Liebling in honor of the
baby naming of granddaughter,
Sasha

January 19
Kiddush - Leon Goldstein in
memory of father, Ben Goldstein,
brother, Rudy Goldstein & father-
in-law, Harold Hurwitz



Community News

Best Wishes to:

- Noreen Leibson & Mitch Wolper on the engagement of daughter, Emma to Jonah Chazin
- Mark & Sandy Dickens on the birth of twin grandsons, Brody Ethan and Spencer Joseph Aronow
- Sandie & Seth Leonard on the birth of grandson, Nikos Robert Leonard

Deepest Sympathy to:

- Tal Dagan on the loss of his beloved father, Joseph Dagan
- Laura Thomson and family on the loss of her mother, Shirley Shapero at the age of 100

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

Sisterhood Shabbat January 12

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

Please join us for the service and the luncheon afterwards.



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Men's Club Representative

*Affiliated with United Synagogue of
Conservative Judaism*



Please Join Us
for the
Vav Class
Shabbat Morning Service
on

Saturday, January 26
9:30 a.m.

followed by a delicious
Shabbat luncheon
Help support our young stu-
dents in their on-going learn-
ing

Hope to see you there!
Aliyah, Aaron, Sophie,
Shoshana, Sarinah and
Morah Darlene

"Mah Tov"

Family Shabbat Morning Learning Service

Specifically designed for families to learn and pray together



January 5, 2018

Bagel Breakfast at 9:30

Service program following breakfast

Join us for a simply delightful Shabbat morning

Learn about the week's parasha, Va'era

Dance with the Torah

Take a close look into the Torah and learn a new idea about the week's parasha

Learn what the prayers mean through translation and interpretation

This is a hands-on prayer experience

Our goal is to fill the chapel and raise the roof with our energy!

Religious School Events and Dates

January 5: Family Shabbat Service – 10:00 a.m.

January 6: Yedidim Family Sunday School – 10:00 a.m.

Conversational Hebrew Classes

Beginners Class - 3:00 p.m.

Intermediate/Advanced Class – 4:15 p.m.

January 11: Yedidim Build a Shabbat Workshop – 4:45 p.m.

January 13: Beth Abraham Philanthropists (BAP) – 12:30 p.m.

Conversational Hebrew Classes

Beginners Class - 3:00 p.m.

Intermediate/Advanced Class – 4:15 p.m.

January 19: Tot Shabbat – 10:00 a.m. in the Youth Lounge

Junior Congregation – 10:00 a.m. in the Chapel

January 26: Vav Class Shabbat – 9:30 a.m.

Yedidim Potluck Popup Havdalah – 4:00 p.m.

January 27: Conversational Hebrew Classes

Beginners Class - 3:00 p.m.

Intermediate/Advanced Class – 4:15 p.m.

עברית, עברית עברית, דבר עברית! Hebrew, Hebrew, Hebrew, Speak Hebrew!

I first heard this chain of Hebrew words almost twenty years ago when Mitch and I began a 10-year adventure working at Camp Ramah New England. Hebrew was the foundational language of the camp. Hebrew was embedded in where we ate (*hadar ochel*), where we slept (*tzrif*), where we swam (*agam*), the field where kids played ultimate Frisbee (*migrash*), and on and on. I believe that if you ask Stan Juda, he would tell you that in his day Hebrew was the main camp language!



Director of Education
and Family Engagement
Noreen Leibson

For most of us, Hebrew is the language of Torah and prayer. Modern Hebrew is associated with Israel or with Israelis here in the states. In the school, we study ancient Hebrew: the Hebrew of Torah and prayer. This has always been the practice of the afternoon or Sunday school even when I was a student back in the 60's. But today, we are bringing in the beauty and "coolness" of Hebrew as it is spoken in Israel. We are doing this in our classrooms *and* in a new class that will begin in early January, open to the entire TBA community.

Do you want to be able to speak in Hebrew? Do you want to be able to understand what your Israeli friends are saying? Do you want to add another living language to your life skills? If so, consider joining our new conversational Hebrew class, *Ulpan New Hampshire*. Whether you are at the beginning level of speaking Hebrew or are advanced or even somewhere in between, this series of Hebrew language learning is for you! The class is open to all ages – grandkids can bring their grandparents, wives can come with their husbands, grooms can attend with their brides. Or come solo. There will be a seat for everyone. Let's become a Hebrew speaking community. *Raiyon tov, ken?* (A good idea, yes?)

In *Pirkei Avot*, Rabbi Tarfon taught: "It is not your responsibility to finish the work [of perfecting the world], but you are not free to desist from it either" (2:16). How can we understand this teaching and take it into our own lives? Learning is the foundation of life. We are born, and our parents teach us through example and with love. We read books, we go to school, and we join clubs and stretch our minds and bodies through our activities. Learning is more than an academic pursuit; it's a life long process where we learn not only about holidays, Hebrew and prayer but also about ourselves.

We will never get to the end of learning new ideas and new ways, but as Rabbi Tarfon teaches, it is our obligation to continue to tread on the cycle of learning and to make our world a better place, a place where compassion, kindness to others, and empathy is the rule rather than the exception.

One school example of this is that all of our students are engaging in Hebrew in many ways, places and forms. Our creative juices are flowing with the school wide *Etz Brachot*, Tree of Blessings, project as kids finish making their own blessings.

Here is a sneak peak at some of the awesome blessings created by our students.

"Thank you God for making trees so we can get wood and then we can build shelter." Natalie, Kitah Gimel

"I'm thankful for my toy kitty because at night she makes me feel safe." Eve, Kitah Gimel

"Baruch Ata Adonai, thank you God for freedom." Hayley, Kitah Vav

B'shalom,

Noreen

Saturday, April 6
Honoring Rina Scharf
Services begin at 9:30 a.m. followed by a luncheon.
Look for more information in the next bulletin!



JANUARY EVENTS



Yedidim Director
Jessie Mocle

Yedidim keeps picking up steam! Thanks to the kind sponsorship of member family Rina and Jeff Zampieron, Yedidim celebrated its first inaugural Chanukah party! Popup Potluck Havdalah: CHANUKAH EDITION saw delicious potluck offerings, coupled with Chef Jeff's spectacular latkes! There was plenty of playtime for the kids, and scintillating conversation topped with a l'chayim of refreshing moscato for the adults! As always, we enjoyed the camaraderie of a joyous and peaceful Havdalah (plus some Chanukah songs!) to round out the fun.

The next day, we had a very special guest at our Yedidim Family Sunday School. Rabbi Jon came in with his guitar, and we had a wonderful Chanukah dance party to celebrate the last night of Chanukah. In addition to learning about the holiday, our cohort of 2-3 year olds are well on their way to learning Hebrew. They are becoming increasingly comfortable understanding and using simple verbs like la'amod (stand) and lashevet (sit), as well as body parts and colors. We keep increasing our class size as new students join us. If you're interested, there's always room for more! In February we're planning a really special Yedidim outing - stay tuned!

NEW EVENT COMING IN FEBRUARY: YEDIDIM FAMILY OUTING!

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 five 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, January 11, 4:45 p.m. - 6:30 p.m.
Temple Beth Abraham

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, January 26, 5:00 p.m.
Host Family home - register for address!

NEW PROGRAM: YEDIDIM DAD'S NIGHT OUT!

Dads: take some time for yourself this month, and enjoy the Bruins with other Yedidim dads! Hockey, frosty beverages and adult conversation - sounds like a plan! Yedidim Dad's Night Out takes place this month at **Boston Billiard Club & Casino!** Be there before the puck drops at 7:00pm as the Bruins play the Rangers.

Register at www.tbanashua.org/yedidim.html

Saturday, January 19, 6:45 p.m. - 9:30 p.m.
Boston Billiard Club - 55 Northeastern Blvd, Nashua

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, January 6, 10:00 a.m. - 12:00 p.m.
Religious School

Coming Events and Programming

Brought to You by the Lifelong Learning Committee

BABKA meeting, Wednesday, January 2, 8:00 p.m.

Open discussion of your favorite books

For more information about BABKA, see the article in this Bulletin

Judaism 201: Advanced Introduction to Judaism
Mondays, January 7 & 28, 6:15-7:30 p.m.

Jan. 7 – Prayer: The Amidah

Jan. 28 – The Torah

Thursday, January 17, 8:00 p.m.

My Visit to Nepal and Trekking in the Annapurnas

Photo-Journal and Presentation by Stuart Sherman

Saturday, January 19, after services

Discussion: MLK, Heschel, and the Religious Teachings of the Civil Rights Movement

Rev. King's legacy consists of both the movement he helped lead and the distinctive religious teachings that guided it. We will explore the ideas of love, justice, and their inter-relationship in religious thought through excerpts from the writings and speeches of both

Rev. King and Rabbi Abraham Joshua Heschel.

Ongoing:

Torah Study with Rabbi Jon and Noreen Leibson

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

Rabbijon.net and @TBARav

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

Rabbi Jon's high holy day sermons are posted.

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

Search the TBA Library catalog for a book to read

Save the Date!

BABKA, February 6

The Lemon Tree by Sandy Tolan

Lunch & Learn: Turkish Cultural Center of New Hampshire, February 16

Sabit Er, Executive Director will be leading the discussion

Lunch on foods representative of the magnificent Turkish cuisine, and learn about the history, culture, and regions, as well as about the current political environment of this endlessly fascinating country at the crossroads of East and West. Mr. Er also will talk about the Turkish Cultural Center of New Hampshire and its mission of "promoting respect and mutual understanding among all cultures and faiths ... to create a harmonious environment

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.

Something to Think About.

As promised, I am writing this column from New Zealand. We are, as always, delighted to be back with our friends and in familiar surroundings...to say nothing of escaping the cold New Hampshire winter. It is so easy to fall into the familiar patterns of daily life.



Elaine Brody

It is, I think, the same at home. We establish a schedule and a pattern for our daily lives, become comfortable with it, and we find it difficult to break out of that pattern to make changes. Change takes an effort we often feel is too great until we actu-

ally do it. Then we wonder why we waited so long.

The change I'd like to suggest for you is to start coming to the weekday evening minyan once a week. With a minimum of ten people at this short service, we ensure that people who are in the period of mourning for a recently deceased loved one or observing a yahrtzeit will be able to recite the kaddish. What you will find may surprise you. Some people come on the same evening each week. A rapport is built. You find out about their jobs and families. You get to know congregants and visitors who are outside your regular circle of friends. You may become

part of a new circle, or they may join to widen yours. When I am at home, I am part of the Thursday evening minyan. Some of us get together for a light dinner before minyan, others just meet at the synagogue. The service is short. The benefit is immeasurable.

It is, as always, something to think about.

*L'hitraot
Elaine*

BABKA NEWS

Get a head start on your New Year's resolution to read more by joining us after minyan on **Wednesday, January 2**, for an informal discussion about books (with Jewish themes or by Jewish authors) that have resonated with us in a positive or negative way. They may even be books we're curious about, but haven't had a chance to read.

Perhaps you're looking for an entry point into Jewish literature. This is a great opportunity for those of you who would like to experience BABKA for the first time, either as an observer or a participant.

Our **February** title, *Lemon Tree: An Arab, a Jew, and the Heart of the Middle East*, is a true account of the long-term relationship that developed between the adult child of Holocaust survivors and a Palestinian man whose family had lived in the house until 1948.

Our choices for 2019 include fiction by American and Israeli authors, a biography, and nonfiction. Take a look at the titles we've chosen.

02/06/19 *Lemon Tree* by Sandy Tolan

03/06/19 *Forest Dark* by Nicole Krauss

04/03/19 *Famous Father Girl* by Jamie Bernstein (Leonard Bernstein's daughter)

05/01/19 *Judas* by Amos Oz

06/05/19 *Kosher Chinese* by Michael Levy

07/03/19 no meeting

08/07/19 *Journey to the End of the Millennium* by A. B. Yehoshua

09/04/19 *Eternal Life* by Dara Horn

10/02/19 *Last Watchman of Old Cairo* by Michael David Lucas

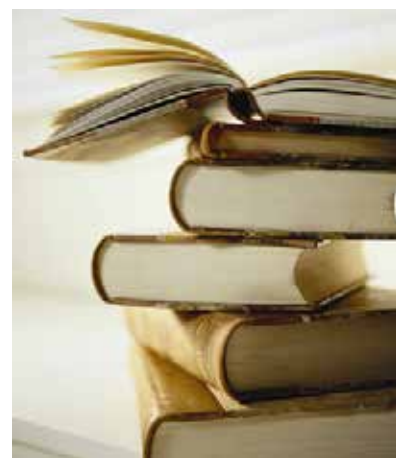
11/06/19 *My Father's Paradise* by Ariel Sabar

12/04/19 planning meeting for 2020

We welcome you to join us at any of these discussions, even if you haven't read the book.

*** BABKA: Beth Abraham Book Klub Association**

Ellie Schwartz



5:30 p.m. SUNDAY, JANUARY 20

TU BISHEVAT SEDER



Celebrate the birthday of trees through a “seder” drawing on mystical themes and connections with the Land of Israel

Seder is open to all ages and is organized by Rabbi Jon and Karen Herman. Cost is \$3/person. Please RSVP on our website or contact the main office.



**TEMPLE
BETH ABRAHAM**

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for TBA Congregants!***

Please call or email to schedule your appointment!
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הקשר היהודי שלך

Your Jewish Connection

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

Looking for Israeli Food?

If someone asked you about Israeli food, what would you say? What comes to mind? Many people think of falafel, hummus, *za'atar*, or <your pick>. Let's take a brief tour of the Israeli culinary scene, where we'll discover much, much more than falafel and hummus.

A good place to start is at [Sher She Goes](#), a



NYC-based photographer/writer duo chronicling their adventures, one of which happens to be Israeli food and the 10+ Israeli foods to try. This article has much useful information, such as Before You Go: About Israeli Cuisine, Tel Aviv Food, Jerusalem Food, and Northern Israel Food. The authors suggest markets and restaurants to go to, as well as a list of must-try foods.

Melinda, founder of and blogger for Kitchen-Tested.com, is a food blogger, food photographer, and

recipe developer. She states that her blog Kitchen-Tested has made a name for itself in the kosher food industry. Her list of [55 Jewish food bloggers](#) is extensive, to say the least, as well as worldwide.

The Spruce Eats covers recipes, cooking tutorials, and kitchen tips and is part of The Spruce family covering lifestyle topics. Its article on [Top 10 Israeli Food Blogs](#) has links to each blog with descriptions. You may need to translate the blogs into English, but the photography is helpful.



ISRAEL21c is the publisher of an online news magazine covering 21st century Israel. Its article on [Best Cookbooks for Israeli Food](#) includes Israeli chefs and others, living around the globe, preparing Israeli-style food.

Before you start your own Israeli food adventure, check out [The Es-](#)

[sential Ingredients That Define Israeli Cuisine](#) at Eat Sip Trip. It can be difficult to summarize the array of foods found in Israeli cuisine. A typical Israeli meal can consist of 12 or more different small plates, each one originating in different countries and with its own mix of spices, vegetables, tahini sauces, and grilled meats. Read the article to learn the ingredients most often found in these dishes.

The Israel Forever Foundation cultivates personal connections to Israel. Food is one way of achieving that goal. The [Bring the Tastes of Israel into Your Kitchen](#) article includes recipes for soups, salads, main dishes, barbecue, and desserts. You also can sign up to receive recipes directly via email.



At feedfeed, a crowdsourced digital cooking publication and community, there is a wonderful list of [Israeli food recipes](#) curated by Meirav Gavish, a Tel Aviv local. She says, "I have a special interest in fresh, local food, and in the influence of cooking heritage and traditions from all over the globe on the Israeli cuisine." Her list includes salads, appetizers, main dishes, and a few sweets.

So time to get cooking! I'm going to see what I can add to my own cooking repertoire. Bete'avon!

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Conversational Hebrew

Ulpan New Hampshire

Starting Sunday, January 6, 2019
For all ages and levels!



Have you been itching to have a conversation בעברית, in Hebrew? If so, this class is for you!

Our new Conversational Hebrew class will offer two levels, beginner and intermediate for more advanced speakers. These 13 classes, beginning on Sunday, January 6, are designed for all ages. The classes will be held in the Religious School building.

This class is being taught by Itai Gal. Itai is a fluent Hebrew speaker and has a Masters of Jewish Education from Hebrew College.

Beginner level: 3:00 p.m. – 4:00 p.m.

Intermediate level: 4:15 p.m. – 5:15 p.m.

Cost for the class is \$150. Each additional student from the same family will receive a 10% discount on their tuition, bringing the cost to \$135. There is no registration fee for the class.

Tuition for one: \$150 for all 12 sessions

Tuition for additional family members: \$135 for all 12 sessions

Sessions dates:

- January 6, 13, 27, February 3, 10, March 10, 17, 31, April 7, 14, May 5, 12, 19 (Bonus class!)

You may register and pay online or complete this tear-off form. Please include a check with your registration.

Name: _____ Additional Family Member Name: _____

Address: _____ Phone Number: _____

Tuition enclosed: _____ Student Level: ☐ Beginner ☐ Intermediate / Advanced

Signature _____ Date _____

Temple Beth Abraham Goes Green

Sisterhood first began to seriously look at our environmental responsibilities in the fall of 2018. Concern



was raised about our use of 'single use plastic' in the TBA kitchen, most especially the use of plastic knives, forks and spoons. We purchased compostible wooden flatware and tried it out at Simchat Torah and later at the Cropwalk.

Then we were lucky to connect with Justin Munroe of GrowNashua

Justin made a presentation to the Sisterhood Board



about GrowNashua's community composting project which supports immigrant and low-income workers and the community gardens. The Sisterhood board voted to purchase his compost pick-up service which we began at Simchat Torah. The wooden utensils are compostible, so they went into his bins along with food scraps. Justin picks up the 5-gallon bin of kitchen scraps and food waste on Mondays and replaces it with a clean empty bin. We were his first non-residential contract and we certainly needed more than a single 5-gallon bucket per week, especially in the very busy month of October! As we worked out our larger need for buckets, squirrel-free storage, and pick up, Justin noted that *in the first 6 weeks of the project, we had kept 1025 pounds of food scraps out of the landfill!!*

Justin also spoke at our Sisterhood Paid Up meeting in October, and was one of the recipients of our annual gifts to local charities. We learned about his impressive Community Garden program.

You can see his first community garden near the parking lot behind St. Joseph's hospital. And the more recent addition behind Bagel Alley across from the post office!

Meanwhile, not really finding the wooden flatware too easy to work with for an actual meal, we began utilizing glass dishes and reusable flatware, and washing them (or asking accommodators to wash on Shabbat using our dishwasher). Judie Boyd hired and is training more dishwashers. We ordered 100 more glasses to supplement our supply of only ~160. Soon an automatic soap and rinse aide dispenser will be installed on our dishwasher.

Jessica Mocle approached Sisterhood to ask what Yedidim should use for their monthly Shabbat dinners. The Sisterhood Board decided that we should begin education about our values with our youngest members. Accordingly we voted to pay 2 hours per month of accommodator time to wash their dishes on Shabbat. Our youngest kids are eating off glassware monthly!

Meanwhile, what about recycling? Many of you had seen the pile of recyclables in the corner of the kitchen. These were being taken periodically to the Nashua dump on a residential sticker. This was not correct nor sustainable. Richard Bryant, our Facility Manager, contacted the waste company that empties our trash dumpster. We now have two lidded 96 gallon recycle bins in the corner of the kitchen which the company picks up when Richard calls that they are full!

You may have heard that recycling is changing. In January 2018 China stopped accepting plastic and other

contaminated waste from the world. This has created a crisis in recycling streams. New options are being assessed. But it has become increasingly important that the recycling be correct and clean. Any contamination by food waste invalidates the whole lot as it causes increased sorting and cleaning costs. Please be aware that the new recycle bins require these posted rules to be followed or we'll be fined or lose our contract.

On December 14 the City of Boston implemented an ordinance banning single-use plastic bags. Such a policy is already successfully in place in Somerville and Cambridge. And is most of Europe.

The principles of Reduce, Reuse, Recycle should be our mantra. REUSE is really the theme in our successful twice yearly rummage sales! REUSE your dishes and cups! REDUCE waste!! RECYCLE what can be recycled!



These principles as described below are being approved by the Sisterhood and Men's Club boards and will likely become policy at TBA by February 1.

Sisterhood is proud of our leadership in this commitment to Tikkun Olam by all of us at Temple Beth Abraham!!

Proposed policy regarding Environmental Initiative at Temple Beth Abraham

Tikkun Olam, repairing the Earth, is an inherent Jewish value. Landfills are overflowing with plastic waste and rotting food contributing to environmental pollution of the land and the ocean.

(Continued on the following page ...)

TBA Goes Green continued ...

Therefore we commit to the following practices at Temple Beth Abraham:

- Composting of all food waste.
- Recycling of all recyclable materials, consistent with current policy of waste removal service
- No (single use) plasticware to be used for any event at Temple Beth Abraham, with the exception of:
 - Plastic glasses used for water, which recycle
 - Plastic ziplock bags, wrap and containers for food storage
 - Compostible wooden flatware, compostible plates, paper plates and napkins can be used
- Whenever feasible, washable glass dishes, glasses, cups and flatware should be utilized and washed according to public health guidelines.

Becky Green on behalf of Sisterhood

Sponsorship Opportunities

As part of our ongoing caring for the physical needs of the synagogue we have a number of sponsorship opportunities both large and small.

School: We recently had to redo the school roof and remove the skylights, which were leaking. Several substantial donations enabled us to accomplish most of this work. We still need to complete the interior ceiling restoration. Sponsorship opportunity: \$10,000

School Security: A very generous donation is making it possible for us to upgrade the school entryway to enhance security. Several additional items are required including

a camera, video doorbells, electrical work, etc. Sponsorship opportunity: \$1,000

The Sanctuary: We need to acquire and install a fan for the sanctuary ceiling, provide for the electrical and installation work it requires. Sponsorship opportunity: \$5,000

We are adding two panels to our memorial display in the chapel. Sponsorship opportunity: \$4,000

Each of these can be broken down into smaller pieces (1 video door bell, \$200). If you would like to contribute to the sponsorship of any of these needs, please contact the office, the treasurer, or Mike Harris.

Mishy Harman's Evening of Conversation on December 10

Chanukkah 5779 ended Monday, December 10, at sunset. The gift of Chanukkah at Temple Beth Abraham continued for close to forty of us that evening with the visit of Israel Story's co-founder and host, Mishy Harman.

Israel Story, Israel's most popular podcast, began in 2014 after Mishy was inspired by a road trip through the U.S. and was captivated by Ira Glass's "This American Life." Mishy entertained and moved us with the story of the beginnings of Israel Story and how it has grown to have listeners throughout the world. He played excerpts of podcasts, including one conversation with an Israeli expat in Wisconsin raising buffalo,

another conversation with his father about his father's house-mate, Golda Meir, and a third conversation with an Eritrean refugee who translated Anne Frank's diary into his native language. "These are the stories you'd tell a friend over a plate of hummus on a Friday afternoon, the stories you'd share with your partner at the end of the day – Everyday stories, told by, and about, regular Israelis."

We also heard Mishy's intriguing personal story. He grew up in Jerusalem and completed his military service. He studied history at Harvard, archeology at the University of Cambridge in England, and wrote his PhD, the biography of the first Protestant missionary in Ethiopia,

at Hebrew University. He is now residing in Cambridge, Massachusetts, where his wife is a student at Harvard Divinity School.

Israel Story episodes are available in both English and Hebrew at israelstory.org. The Israel Story crew also tours the U.S. with Live tours. These shows have a theme, such as "Israel in Love," "Roomies" or "Besties" and include the story teller (often Mishy), video, music, and dance. I attended a Live show last January and loved every minute of it. We are hoping – and planning – to bring a live tour to New Hampshire. Contact the Lifelong Learning Committee or Rabbi Jon for more information.

Ellie Schwartz



Chocolate and coffee: What could be better?

Saturday, February 9th 7:00 p.m.

Come to our **Chocolate Cafe** for delicious chocolate desserts (dairy) and samplings of coffees and teas all made from fair trade products.



Enjoy an evening listening to our local talent perform at an open mic. Program will begin with havdalah and a brief presentation on fair trade.

Presented by TBA Sisterhood.

Charge: \$12 per person (Proceeds will benefit the Chesed fund that provides meals for member families at difficult times)

Please RSVP if you plan to come so that we have enough desserts. You can RSVP online here: <https://www.tbanashua.org/event/fair-trade-chocolate-coffeehouse.html>

If you would like to participate in the open mic with songs, poems, jokes, or instrumentals, email Bob Feder (robertfeder1@gmail.com) to ensure a spot at the mic.

All are welcome to attend, but the open mic is limited to teenagers and adults.

GENERAL FUND

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Marlene & Jason Gallant
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Anatoly Zhuk

IN HONOR OF

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appreciation
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David Fox
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Israel Story event
Eva Klopfer
Mishy Harman program
Giving Tuesday

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Cynthia Dagan & family in appreciation
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Marlene & Jason Gallant in appreciation
Jodi Watterson & family Happy Hanukkah wishes to the congregation

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Yahrzeits

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

January 4 & 5

Morris Wolper, father of Mitchell Wolper
David Franks, brother of Paul Franks
Linda Kalp, mother of Brandon Kalp
Herta Schenker, mother of Karl Schenker
Florence Geyer, mother of Sanford Geyer
Meyer Streng, uncle of Henrietta Freedman
Lillian Schwartz, grandmother of Donald Gorelick
John Fabian, father of Martin Fabian
Lillian Furman, mother of Robin Golub
Benjamin Goldstein, father of Leon Goldstein
Gary Hamburger Annie Cohen
Louis Fischman Helen Nagler
Israel Newman

January 11 & 12

Hannah Freedman, mother of David Freedman
Norman Ackerman, brother-in-law of Ann Ackerman
Jacob Nhaisi, father of Anita Hazard
Mildred Krulik, mother of Arthur Krulik
Phillip Arlan, brother of Lionel Arlan
Rudy Goldstein, brother of Leon Goldstein
Elsie Ginsberg, mother of George Ginsburg
Nancy Marcoux, mother of Nancy Ferman
Laura Newman, mother of Sue Hurwitz
Maurice Mordoh, father of Alison Falk
Melvin Grosky, father of Richard Grosky
Nathan Mendelow, father of Marie Balcom
Norbert Bruckman Archie T. Sudhalter
Simon Delinsky Abraham B. Sharpe
Bessie Eva Sidell Evelyn Kesslen
Celia Herson Harry Shapiro
Lillian Kessler Harry Lynch
Myron Kasok

January 18 & 19

Morris Goldstein, father of Steven Goldstein
Dr. Franklin Lawrence Kessler, father of Marcia Weiss
Lucille Matzkin, mother of Fern Getto
Arthur Goldman, father of Samuel Goldman
Anna Zevin, grandmother of Sam Brest
Nathan Silverman, father of Marilyn Greenspan
Marilyn Rich, mother of Sheryl Rich-Kern
Miriam Aronson, sister-in-law of Laura Horowitz
Franklin Alberts, father of Nancy Keyslay
Rae Levine, aunt of Mark Levine
Ina Schwartz, mother of Elinor Schwartz
Theodore Levine, father of Mark Levine, & Jeffrey Levine
Paul L. Levine, Esq., cousin of Mark Levine
Dora S. Rothenberg Isaac Krentzel
Paul Dobin Goldie Winograd
Rose Canner Ethel Fischer
Edith Rotberg

January 25 & 26

Mary Freedman, mother-in-law of Henrietta Freedman
Helen Kraus, mother of Ann Fabian
Eva Freedman, mother-in-law of Yvonne Freedman
Ruth Teague, mother of Sandie Leonard
Neilan Brody, brother of Bernard Brody
Harry Freedman, father-in-law of Yvonne Freedman
Sylvia Cheifetz, mother of Gina Vega
David Landsman, father of Jeanette Chasin
Maurice Franks, father of Paul Franks
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Rozalia Dubrovinski
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Jerome Seligman for brother, Richard Seligman
Leila Kupper for father, Charles Winograd
Terre Weisman for father, Harold Weisman
Judith Berger for mother Mae Davis Soroken
Zahava Salomon for brother, Nachum Salomon
Terry Watterson for mother, Harriet Kimmel
Eileen Kates for father, Maurice Pozanek
Ernie Perelmutter for father, Jack Perelmutter
Rena Perelmutter for parents,
Rabbi Abraham & Betty Feldbin
David Freedman for mother, Hannah Freedman
Esther Rosenzweig for mother, Ann Landau
Arlene Shapiro for mother, Edith Shapiro
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Avis Greenstone for father, Harry Jacobson
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