

The Doorpost

Temple Israel

Monthly Newsletter

February 2022, Shevat - Adar I 5782



Many Pathways - Let's Connect



**Rabba Kaya
Stern-Kaufman**

We are blessed with a 3000-year-old faith tradition that through the millennia has developed many varied approaches to spiritual life. As a people, experienced in adversity, we have responded time and again by deepening our spiritual life. When faced with the destruction of the Second

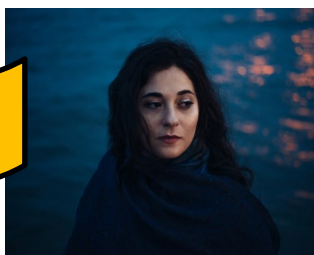
Temple, Torah study and commentary (*parshanut*) along with the study of Mishnah captured the imagination and hearts of our sages. When faced with the tragic brutality of the Crusades (12th century CE), Jewish mysticism subsequently emerged in Spain with the publication of a

Continued on page 2

We look forward to rescheduling our weekend program with Elana Arian.

New date coming soon!

Postponed



Upcoming Events

TIP Book Club discusses *The Book of Longings*, p. 16

12:00 pm, Tuesday, 2/1, Social Hall

NH Shaliach Ra'anana De Haas visits Hebrew School, p. 6

4:45 pm, Wednesday, 2/9, Social Hall

Alternative Kabbalat Shabbat Service

6:00 pm, Friday, 2/11 **NOTE NEW DATE**, via Zoom

S'mores, Havdalah, & Nerf Night, p. 6

6:30 pm, Saturday, 2/12, Parking Lot & Social Hall

Teen Meetup

6:30 pm, Saturday, 2/12, Parking Lot & Shmooze

Israel-Palestine, A Palestinian Perspective, with speaker Ghaith al-Omari, p. 11

10:30 am Sunday, 2/13, via Zoom

Tot Shabbat with Rabba Kaya

5:00 pm Friday, 2/18, Social Hall

ELC is closed for winter break

Monday, February 28 - Friday, March 4

CLASSES

Israel's Milestones & Their Meanings

10:30 am, Sunday, final session is 2/6, Zoom only

Senior Discussion Group

10:00 am, Thursdays via Zoom

Lunch & Learn with Rabba Kaya

12:30 pm, Thursdays 2/10, 2/17, 2/24, via Zoom

Complete CLASS AND COMMITTEE MEETING schedule continues on page 15. **Reminder: please log into your ShulCloud account to confirm meeting dates on the website calendar, as they are subject to change.**

From Rabba Kaya's Desk

Continued from page 1

foundational book of Kabbalah. The Zohar (published 13th century) revolutionized Jewish theology and ritual practice.

Innovations continue through the ages, including the rise of Hasidism in the late 18th century. This movement popularized Jewish mysticism and put emphasis on joy and the development of an individual relationship with God. Throughout the years, each new pathway addressed the fundamental desire and need to connect with the Divine Mystery at the heart of everything. Whether through prayer, poetry, meditation, movement, study, or learning, Judaism consistently communicates that Divine Presence is accessible. Each approach provides another avenue for connection.



I am delighted to share that this month we will open several additional pathways for individual and community connections. Beginning on February 10, we shall resume group learning with our weekly Lunch 'N Learn gatherings via Zoom, Thursday afternoons from 12:30 - 1:30pm. Together, we will explore the weekly Torah portion from a variety of vantage points including the *Mussar* tradition, Jewish mysticism, and Hasidism. Hebrew is not required.

For those who find connection through movement, Saturday morning yoga continues at 9:00 am, led by Allison Miller. We are blessed to have Allison joining us on many, though not all, Saturday mornings through June, so please check the calendar each week for class availability.

For those who enjoy a more contemplative prayer experience, please join us for an Alternative Kabbalat Shabbat service on the first Friday of each month. These services have more poetry, less Hebrew, and include time for contemplative practice.

Looking ahead, stay tuned for more information coming soon about the class I am teaching called ***Miller Introduction to Judaism Program***, from American Jewish University. Anyone interested in learning more about the basics of Jewish life is welcome to attend.

I look forward to seeing you all, whether on Zoom or in person. It is always nourishing to connect!

With blessings,

Rabba Kaya

**“Lunch N Learn” Torah Study returns,
February 10 through April 7**

**Thursdays, 12:30 - 1:30 pm via the regular Zoom
link for services**

Prayer

Yachad Shabbat continues!

9:10 - 9:50 Yoga in the chapel on 2/5, then taking a break and resuming 3/5.

Torah discussion with Rabba Kaya will return to the Thursday "Lunch N' Learn" format on February 10.



Candle Lighting

February 4, 4:42 pm

February 11, 4:52 pm

February 18, 5:01 pm

February 25, 5:10 pm

Service Times

Tuesday 5:30 pm, ZOOM ONLY through 3/8

Friday 6:00 pm (**winter schedule through 3/11**)

Saturday morning 10:00 am

** Zoom links to virtual services are in the weekly bulletin, with exceptions as noted.*

Service Notes

Friday, February 11, **Alternative Kabbalat Shabbat service via ZOOM ONLY.** This service will use the *Mishkan T'filah* siddur (prayerbook), which has more English, larger print, and more transliteration. The service will use familiar tunes.

Friday, February 18, 5:00 pm, **Tot Shabbat with Rabba Kaya in the Social Hall**, kindly register on the website calendar.

For a congregant's perspective on the temple's yoga classes, please see Amy Hyett's article on page 16!

Welcome Allison Miller, our new

Shabbat morning yoga instructor

Shabbat morning yoga class update: Jonas Amberger will no longer be teaching due to scheduling conflicts. We are grateful to Jonas for launching this program. Keep up with him at www.Shilo-Farm.com.

We are pleased to introduce our new yoga teacher: Allison Miller.

Practicing Hatha Yoga since 1997, Allison has trained with a wide range of teachers on specialties including mindfulness-based stress reduction, trauma-sensitive yoga, and meditation practices.



A licensed Clinical Psychologist, Health Service Psychologist, and teacher, Allison approaches each practice as an opportunity to connect with our true nature. She is honored to facilitate yoga at Temple Israel, where such inspiration can be drawn from the Torah and experienced through the practice.

President's Message



Dear Fellow Congregants,
Rabbi David Wolpe tells us that, "Judaism is about relationship—with others, with God, with the tradition itself."

During the last two years the pandemic has made maintaining and building

our relationships within the Temple Israel community much more difficult than in the past. An integral part of the process of building relationships is participating in the many aspects of our Temple. Whether it be volunteering on a committee, attending services, or taking advantage of the educational events we offer, each activity provides an opportunity to maintain and build our relationship with others, with God, and with our tradition itself.

Since many of us have spent very little time in our building in the last two years, you may be finding it difficult to identify a place where you would feel comfortable volunteering. Alternatively, you may have talents or abilities that would be helpful to our congregation and would provide you a way to participate, but the congregation has yet to learn about them. In either case, by completing our Community Engagement Questionnaire you can help us help you.

Our Community Engagement Questionnaire is located in the Forms section of ShulCloud and is designed to help you engage with the Temple Israel community in many ways, from volunteering time and skills, to joining a committee or activity group,

to connecting with others who share your experiences or interests. The questionnaire is intended to be completed by each adult member of our congregation and contains questions in six areas as follows:

- Demographics and Life Experiences
- Committees and Activity Groups
- Synagogue Operations
- Chesed Squad
- Skills
- Hobbies and Interests

I encourage each of you to complete the questionnaire so that we can help you find a way to build your relationships with others in our Temple community. Please contact the Temple office if you need help getting into ShulCloud or have difficulty finding the questionnaire.

Hopefully this year will be better than the one we left behind and we will once again be able to get together in our building to restore our past relationships and create new ones.

Robert Zimman

Nominating Committee Gets Rolling!

The Annual Meeting is coming up in a few short months, on Monday, May 8, and several board member positions will be rotating.

The Nominating Committee would love to hear from you! If you are interested in serving on the board and would like more information about available positions, or have a candidate to suggest, please contact committee chair Amy Hyett via email, nominating@templeisraelnh.org.

Ritual Committee

Yahrzeits: Honoring Our Departed Family Members

By Fran Berman, VP Ritual

I observe the yahrzeits of several of my close family members during the winter months, so this time of year has me thinking about how our Jewish traditions help us remember those we've lost. Traditionally, on the anniversary (in the Jewish calendar) of the person's death, we light a yahrzeit candle, which burns for about 24 hours. We also recite the Mourner's Kaddish, preferably with a minyan of ten Jewish adults present. And finally, we give tzedakah in memory of our loved one.

When I light the yahrzeit memorial candle, its warm light brings me both sadness at the loss of the loved one I am remembering and a renewed sense of the glow this person's life has left behind. Most of our supermarkets now sell yahrzeit candles in their sections of kosher food, quite often located in the "ethnic foods" row. The temple also has yahrzeit candles for sale on the counter of the gift shop. I usually buy the candles that come in a small glass. Over the years, I've learned that these small glasses are wonderful for use by small children, or for kiddush if you are having a Shabbat dinner or havdalah ceremony. After burning the candle, I wash out the glass and either keep it or donate it to a local thrift store.

Reciting the Mourner's Kaddish means finding a service at which there will be a minyan. We have services on Tuesdays at 5:30 pm, Fridays at 6:00pm, and Saturdays at 10:00 am. You can say Kaddish in person or over Zoom. When we reach the Mourner's Kaddish, near the end of the service, Rabba Kaya reads the names of those we are

remembering that week, and mourners rise to recite the Kaddish. The yahrzeit list is derived from the information each of us provides to the temple about the yahrzeits we observe.

Now that we use Shulcloud, you can review the yahrzeit information on file by clicking the blue "my Yahrzeits" tile. If you would like to add a Yahrzeit, you can email the temple office or add information directly into the system so that you will be notified when your family member's yahrzeit is coming up.

Last month, the Ritual Committee decided that it is time to trim our yahrzeit list, as it only gets longer with the years. In the coming months we will only read the names of people who have a relative within our current congregation. The published list (in the weekly bulletin and in the *Doorpost*) will also include the names of people who still have relatives in touch with the temple (to receive notification of the yahrzeit), and also people who remain in our collective memory. Contact Heather in the temple office if you have any concerns or questions about your relatives' yahrzeit.

The third component of remembering a yahrzeit is making a charitable contribution in memory of the person you are remembering. Our temple has a host of funds to which you can donate. You can see the full list on the Donate page of our website: www.templeisraelnh.org/donate. You can also reserve a plaque on our Yahrzeit Memorial Lights board, so that your loved one's name will be remembered permanently on the date of their yahrzeit. Find the form to reserve a plaque in the "Forms" section of ShulCloud: *Yahrzeit Memorial Lights form*.

Hebrew School



Erik Martin
Head of School

Returning from winter break, we celebrated Tu BiShvat, also known as the birthday of the trees.

Thanks to PTO members Ryan Kaplan, Jessica Schnur, and Dov Yellin for helping with the “Seder in a Box” program. We needed

trees’ qualities of strength and flexibility, as New England’s

winter weather did not respect our event plans!

A few highlights from last month:



What is Strength?

Kitah Hey and *Kitah Vav* (fifth and sixth grade) students designed their own t-shirts inspired by the theme of *gevurah* (strength).

The class had a great discussion led by teacher Karen Mott

about what makes a person strong: qualities such as kindness, caring, perseverance, and helping others. (Above, students model their finished creations.)

“Blessings” Scavenger Hunt

Students raced around the Social Hall, Shmooze, and downstairs hallways on a recent Wednesday afternoon, finding the words and pages that made up their class’s assigned blessing. *Kitah Gimmel* and *Kitah Dalet* (3rd and 4th graders) assembled theirs first (below), but the other classes weren’t far behind.

Upcoming Events

“Jews In Space” continues

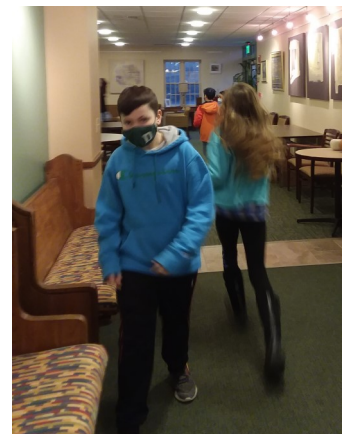
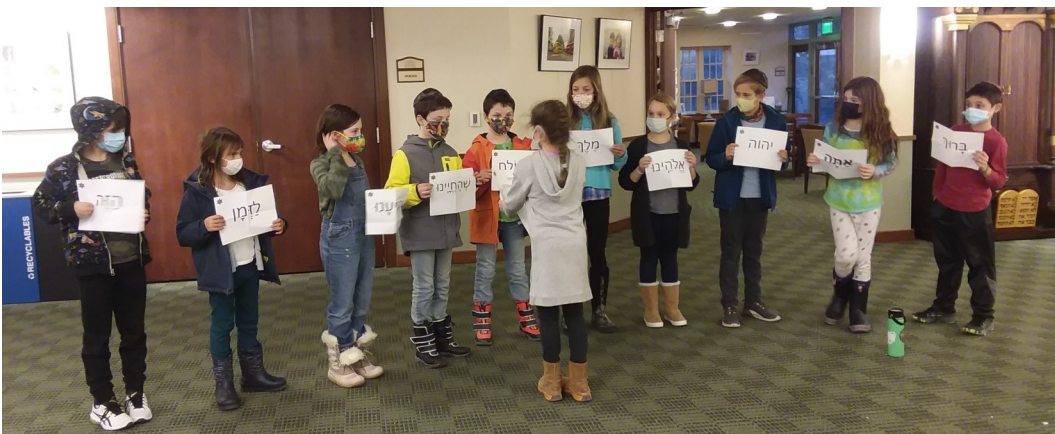
Last month, NH *Shaliach* Ra’anan de Haas led a dynamic program about the solar system, teaching students the Hebrew names of the planets. Next session: Wednesday, February 9.

S’mores Havdalah & Nerf Night

Saturday, February 12, 6:30 pm

What could be better than hot s’mores on a cold night and a Nerf battle royale to top it off?! Join us for havdalah, roasting marshmallows, and Capture the Flag in person at the synagogue. May the odds be ever in your favor!

Participants are expected to bring their own nerf guns. All participants must be masked while indoors. **Kindly register on the website calendar** to receive weather-related updates.



Early Learning Center



Shalom,

The ELC returned from vacation on January 3rd, 2022. The students began to learn about Tu BiShvat, known as the birthday of the trees.

Tammy Roberge
Director, ELC

We used a Tu BiShvat-themed workbook to learn why trees are so important. We compared this

information to a poster that congregant Marjorie Gruzen donated to the ELC, showing what trees give us, like wood for building our homes, writing paper, books, and even toilet paper. We talked about air and how trees give us oxygen and we give trees carbon dioxide. Trees give us fruits and nuts and provide homes for animals.

Since it's not tree-planting season here in New Hampshire, we started an amaryllis plant to observe its growth. We soaked wheat berries to grown micro-greens. The students also had a

Photos: this month the ELC students learned a lot about trees and their fruits and nuts.

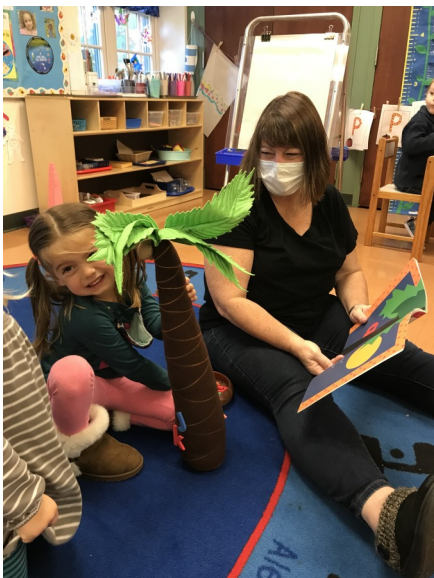


chance to use a grinding mill to grind barley and wheat to use for baking.

We celebrated Tu BiShvat with a seder and tried different kinds of fruits and nuts that grow on trees: some with a pit (dates), some foods where we only eat the inside (oranges, bananas), and some foods where we eat the whole thing (grapes).

Tammy and the ELC team (Elia, Laura, Steve, & Amy)

Email me, preschool.director@templeisraelnh.org or call 603-436-5301 Ext. 23.



In Our Community

Call for volunteers

By Shelley Hartz, Tikken Olam
Committee Chair

Portsmouth is getting new neighbors! At this time, Neighborhood Support Team Seacoast is preparing to welcome an Afghan family, including two parents and potentially four young children.

Volunteers are needed to help with childcare in the upcoming months. This will help the family attend necessary appointments and in an emergency. If interested in volunteering, you will need to fill out a volunteer form which includes a background check. Please contact Sharyn Zunz – Sharyn.Zunz@unh.edu or Shelley Hartz – shartz@pingry.org if you are interested or would like more information.



Seacoast Family Promise Needs Cooks

by Rachel Dennis.

We are looking for home cooks to help prepare dinners on six Wednesdays: March 2, May 4, July 13, Sept. 21, Nov. 16 and Dec. 14. Volunteers will be sharing the cooking with at least one other person on the Temple Israel team. The meal is cooked in your home and dropped off at a Seacoast Family Promise residence in Greenland.



Seacoast Family Promise supports local families experiencing homelessness. This is a great opportunity to help people.

If you would like more information, please

email Rachel Dennis, rajode@comcast.net.

FREE AT-HOME RAPID COVID TESTS

You can now order home COVID tests from www.covidtests.gov. Each household is able to order four test kits. They will be sent via USPS and delivered in 7-12 days.



HELEN HANAN

SALES ASSOCIATE

O: 603.334.1900

C: 917-453-3975

NH # 070731

Helen.Hanan@NEMoves.com

www.helenhanan.cbintouch.com

111 MAPLEWOOD AVENUE, SUITE C
PORTSMOUTH, NEW HAMPSHIRE 03801

 **COLDWELL BANKER** | REALTY

Owned by a subsidiary of Realty Brokerage Group LLC. 

Call for Art

The theme for our spring exhibit is "New Growth." We will consider writing, fabric works/quilts, fine art, and photographs. Please submit work by March 15, 2022.

For more information, please contact the temple office or Art Review Team Chair Deborah Levine.

Sustainability Snippet

By Christine Caputo, Sustainability Committee Chair

The TIP Sustainability Committee is excited to announce two new initiatives that we will be rolling out in 2022. We hope you will support these initiatives; small changes will go a long way in moving us towards a more sustainable way of life, and in demonstrating our commitment to improving the health of our planet.

The first is that TIP will implement a Ban the Bottle campaign. Americans throw away 3 billion empty plastic bottles every year, and only 12% of those end up in recycling streams. Our planet is drowning in plastic pollution – so we will be encouraging the use of reusable water bottles. You can fill your bottles in the Shmoozatorium sink at the newly installed reverse osmosis water purifier. If you forget your own bottle, there are a few in the cabinet above the sink in the Shmooze – help yourself and enjoy using it going forward!



We have TIP Sustainability stickers for you to attach to your own bottle to show your support for this initiative. Ask how you can get yours! If you'd like to donate a few bottles, please sanitize them (in the dishwasher) and add them to the supply in the cabinet.

Our second initiative is that beginning in March 2022, TIP will begin composting all food waste and will use exclusively compostable dinnerware for all events. By composting, we can reduce the waste we send to landfill up to 50% and decrease methane generation (a potent greenhouse gas). We will compost all plates, cutlery, hot and cold cups, and napkins, along with food waste. Signs will indicate which materials go in our new compost, recycling, and trash bins. You'll find the new bins in the Shmoozatorium, the Social Hall, and upstairs. Our compost will be picked up by Portsmouth's own industrial composting company, Mr. Fox. Plus, we will get a bag of compost back from Mr. Fox to use in our garden!

Members of our committee will be on hand at temple events to help educate people about our new composting/recycling system. If you'd like to be an Eco-leader to help at events, we'd love to have you on the team – please contact us via email at sustainability@templeisraelnh.org! (All ages welcome – this would be a great project for a bar/bat/kabbalat mitzvah student.)

Thank you to our Board of Directors and House Committee for supporting these initiatives.

Claire Siegel would like to express her appreciation to members and friends for their generous donations in memory of her husband, Barry Siegel, as well as for the many kind expressions of sympathy and support extended to her family.

Chevra Kadisha

By Richard David Grossman

A *chevra kadisha* ("sacred society") is an organization of Jewish men and women who see to it that the bodies of deceased Jews are prepared for burial according to Jewish tradition. Male members of the *chevra kadisha* prepare the male bodies and female members of the *chevra kadisha* prepare the female ones.

The task of the *chevra kadisha* is considered the ultimate mitzvah — an act of kindness that cannot be repaid. This work is therefore referred to as *chesed shel emet* ("charity of truth"), paraphrased from Genesis 47:29, the verse in which Jacob asks his son Joseph to swear to do him a favor of *chesed v'emet* and not bury him in Egypt. Joseph then promises to bury Jacob in the burial place of his ancestors.

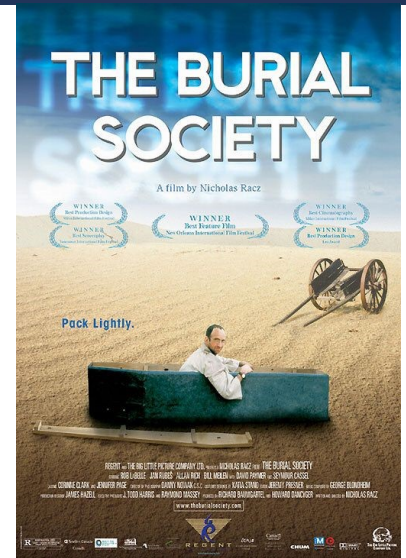
At the heart of the *chevra kadisha's* tasks is the ritual of *tahara*, or purification. The body is first thoroughly cleansed and is then ritually purified by immersion in, or under, a continuous flow of water from the head over the entire body. After being purified, the body is dressed in *tachrichim* (shrouds), of white pure muslin or linen. The *tachrichim* symbolically recall the garments worn by the *Kohen Gadol* (High Priest). After the body is shrouded, it is placed in its casket and the casket is closed.

Since the members of the *chevra kadisha* would only gather on what is considered to be a sad event, a tradition developed to balance that situation. The 7th of Adar (*Zayin Adar*) is the day *Moshe Rabbeinu* (Moses, our teacher) was born and the same day on which he died 120 years later. When Moses died, God alone did the work

typically performed by members of the *chevra kadisha*. It has become the custom of *chevrai kadisha* world-wide to mark the *yahrzeit* of *Moshe Rabbeinu* by gathering for a festive meal.

Members, rabbis, and their spouses or significant others of the *Chevrai Kadisha* of the State of New Hampshire (the greater Nashua area; the greater Manchester area; Bethlehem Jewish community; and of course, us - the Seacoast) will follow this tradition and gather for a festive meal and a movie on Saturday evening, March 5, (erev 3 Adar II) from 5:30 pm to 9:30 pm at the Common Man Restaurant (25 Water Street) in Concord, NH. We will meet in their large banquet room. The meal will be buffet style, with vegetarian and fish selections. The movie *The Burial Society* will be screened. It is a film noir thriller with comedic elements, and includes a *tahara* scene.

If you are a member of the Seacoast *Chevra Kadisha*, you and your spouse or significant other are cordially invited to join this auspicious gathering. As a way of saying Thank You for your service as a member (or for your sacrifice as a spouse), there is no charge for either of you to attend. Please contact Heather Tomlinson in the temple office and provide her with both your name and the name of your companion. Any questions about the affair, or about the work of the temple's *chevra kadisha*, can be directed to Richard David Grossman.



Israel Affairs Committee

Israel-Palestine: A Palestinian Perspective, with speaker Ghaith al-Omari

10:30 am, Sunday, February 13

By Emma Rous, Chair, Israel Affairs Committee

The Israel Affairs Committee is pleased to host this presentation via Zoom in conjunction with the "Israel's Milestones" Hartman course. The whole TIP community is invited to attend with class participants. Please register via the 2/13 website calendar entry to receive the Zoom link.

Mr. al-Omari's talk will focus on internal Palestinian politics and prospects for peace.



About the speaker: Mr. al-Omari is a Senior Fellow at the Washington Institute for Near East Policy, and formerly the Executive Director of the American Task Force on Palestine. He served as advisor to the negotiating team during the 1999 - 2001 permanent

-status talks and participated in the Camp David summit and the Taba talks. In addition, he held various other positions within the Palestinian Authority. He was the lead Palestinian drafter of the Geneva Initiative, an unofficial model peace agreement negotiated between leading Palestinian and Israeli public figures.

Mr. al-Omari is a lawyer by training and a graduate of Georgetown and Oxford universities. Prior to his involvement in the Middle East peace process, he taught international law in Jordan and was active in human rights advocacy.

Mark your calendar for March 13

Hand in Hand Schools Zoom Presentation



Hand in Hand יד ביד ידאביד

American Friends of the Center for Jewish-Arab Education in Israel
יד ביד | המרכז לחנוך יהודי-ערבי בישראל (ע"ר) | يدأبيد | مركز التربية العربي اليهودي في إسرائيل

Throughout its history, Israel's national education system has operated separate schools for Jewish and Arab children. Hand in Hand exists to overcome this historic division through a growing network of bilingual, integrated and multicultural schools and communities. Hand in Hand schools serve both Jewish and Arab children, employ both Jewish and Arab teachers, and use both Hebrew and Arabic as primary languages of instruction. Additionally, Hand in Hand's community programs engage thousands of Jewish and Arab parents in holiday celebrations, dialogue, language classes, and family activities.

Hand in Hand's founder and the CEO of American Friends of Hand in Hand, Lee Gordon, will be giving a Zoom presentation about Hand in Hand to Temple Israel Portsmouth on Sunday, March 13, at 10:30 am. We encourage parents and older religious school students to attend this special event.

You can register for either or both of these events via the website calendar or by contacting the temple office.



Annual Fund Appeal

ANNUAL FUND APPEAL 2021

By Joanne Samuels, Chair, Development Committee

This year's focus is to preserve our *sukkat shlomecha*, shelter of peace, which keeps us safe from the storms of nature and continues to be a welcoming center for Jewish study, prayer, celebrations, and culture.

Thanks to your generosity, donations exceeded our goal of \$60,000, ending with a grand total of \$103,258!



The campaign is officially closed for this year. A complete listing of contributors and dedications will be published in the temple's Annual Report in May and posted soon in the Court Street entry. We also look forward to thanking donors in person at an event later this spring.

Much appreciation also goes to the members of the Development Committee for their efforts on this campaign: Matt Allen, Marjorie Levy Beck, Fran Berman, Beth Salzman, and Ira Schwartz.

January contributions are gratefully acknowledged at every level of giving:

Friends: Shaula & Dana Levenson.

Contributors: Julie Whitehouse in memory of her father, Dr. Michael A. Mittelman.

Donations to other temple funds

Received December 31, 2021 - January 27, 2022.

CEMETERY FUND

Lenny Baer in memory of Shirley Fishbein.

CULTURAL ENDOWMENT FUND

Bernice Richman in memory of her sister, Shirley E. Richman. Paula Pressler in loving memory of her mother, Estelle Israel. Barbara Levenson in memory of Shirley Fishbein. Barbara Levenson in honor of Amy Hyett's receipt of the Shem Tov award. Dana & Shaula Levenson in memory of Dana's mother, Shura Levenson. Jim & Myra Fishbein in memory of Shirley Fishbein.

DINNERMAN-ROTTENBERG EDUCATIONAL ENDOWMENT FUND

Barbara Fox in memory of her grandmother, Dora Lena Segal. Rita & Stan Robbins in memory of Michelle Robbins, and in memory of Bessie and Murray Marcus.

DUES ABATEMENT FUND

Jane LeSavoy in loving memory of William Chernin. Beth Zinderman in memory of her daughter, Lauren Elizabeth Burnham.

HEBREW SCHOOL FUND

Nancy & Dennis Roffman, in memory of Dennis's father, Nathan Roffman. Gail Bradbard in memory of Marty Berk. Naomi Fishbein in memory of her husband, Arnold Fishbein. Adina Linden in memory of her sister, Nordia Kay.

INSTITUTIONAL OPERATING ENDOWMENT FUND

Robert & Marilyn Zimman in memory of Marilyn's father, Alexander Epstein. Gloria Moldoff in memory of her aunt, Rose Fisher, and in memory of

Donations

Continued from p. 12

her uncle, Harold Fisher. Sue & Steve Tober in memory of Sue's mother and father, Rosalyn Schwartz and Daniel Schwartz, and in memory of Steve's father, Benjamin Tober. Selma Freedman in memory of Shirley Fishbein. Arline Koiles in memory of Shel Krasker. The Mathis family, in loving memory of Sheldon Krasker. We miss him so much, Marylin & Mark, Alison, and Brian.

KIDDUSH FUND

Richard Mei, Jr., "in celebration as I begin my Jewish life."

LIBRARY FUND

B.R. Fein in memory of her father, Leon S. Fein. Veta Stone in memory of her mother-in-law, Elizabeth Stone.

MUSIC FUND

Sharen Eidelberg-Spratt & Randy Spratt in honor of Rabbi Benjamin Spratt & Cantor Micah Morgovsky Spratt. Fran Berman in loving memory of Carl Wallman. Myrna Promer in memory of Shirley Fishbein.

RABBI'S DISCRETIONARY FUND

Beth Zinderman in memory of her daughter, Lauren Elizabeth Burnham. Shepard Broad Foundation, Steve Goldin and family, in honor of Doug Tilton. Karl & Paula Singer in memory of Karl's mother, Anne Singer. Laura & Ron Sher in memory of Laura's father, Ronald Gross.

SECURITY FUND

Jerrold Pollak & Marilyn McGair.

TIKKUN OLAM FUND

Kenneth Ernstoff in honor of Hank and Estelle Ernstoff.

TZEDAKAH FUND

Joanne Samuels with best wishes to Dan Hastie for a speedy recovery. Helen Hanan in memory of her friend, Ruth Balin, in memory of her husband, Julian Meltzer, and in memory of her mother, Ann Hanan. David Cline with best wishes to Dan Hastie for a speedy recovery.

CORRECTION to January listing: Two donations to the Tzedakah Fund were improperly credited. The acknowledgment should have read: **in loving memory of Barry Siegel, and in loving memory of Rachel Promer, by Myrna Promer, Daniel Promer, & family.** *Sincere apologies for the error.*

The NH Jewish Film Festival presents

The New Jew

Israeli TV series
"binge fest"

March 1 - March 15.

This event includes a post-series Zoom discussion on 3/15 with series creator Moshe Samuels and NH Shaliach Ra'anana de Haas.

Find more information and purchase tickets at www.nhjewishfilmfestival.com.

Many thanks to the TIP Cultural Endowment Fund for supporting the NH Jewish Film Festival's 2022 season.



Yahrzeits

February Yahrzeits

1. Selma Schwartz, Lillian Roberts, Theodore Davis
2. Harry Halprin, Jeanette Black, Werner Loeb, Jack Farber, Lillian Miller
3. David Fishbein, Sophie Sandler, Robert Shaines
4. Louis Taube, Golda Zarrow, Solomon Emmer, Morris Salden, Suzanne Sherman
5. Jacob Segal, Steven Israel, Beatrice Newton, Marjorie Ellen Ryder, Robert Fox, Lena Rosenberg, Michael Stocklan
6. Bessie Abrams, Pauline Applebaum, Victor Ohayon, Phyllis Klaye, Gerald Goldstein, F. Mark Reinhart, Norman Brill, Louis H. Silverman, Katie Grossman
7. Philip Hornblas, Rabbi Seymour Siegel, Sima Gagh, Bruce Krassner, Micki Pastor, Joseph Nicole, Idel Mackles
8. Bernard Frim, Sarah Simmons, Frances Kniaz, Rachel Leah Tayyabkhan, Peter L. Hooz
9. Peggy Aaby, Joseph Cohen, Marie Mayer, Louis Horwitz
10. Morris Klaiman, William Shoer, Michael Fox, Morris (Murray) Marcus, Charles West
11. William I. Woolfson, Lazar Kantor, Jack Lessow, Perla Ohayon, Mendel Feldman, Robert Spratt
12. Ann Belinsky, Abraham Levitt, Benjamin Gersh, Sam Rosenfield, Barney Roach, Ralph Harrison, Stephen Stocklan, Harry Fleischman

30 Shevat - 27 Adar I 5782

13. Benjamin Cohn, Rose Osher, Jack Shulman, Jonathan Brann, David Davidson, Edward Baer, Margaret Levor Gutman, Bessie Stromer
14. Henry Greenberg, Louis Forman, Philip Cohen, Ari Legerstee, Fivesh Grossman
15. Minnie Brown, Solomon Levine, Robert Leavitt, Alexander Vero, Lillian Greenfield
16. Lena Gorman, Shirley Ginsberg, Bertram Marks
17. Sylvia Kahn Hillson, Louis Boxer, Daniel Newman
18. Dorothy Schwartz, Milfred Kniaz, Eli Gaffen, Helen Ruth Levy
19. Ann G. Schwartz, Elaine Rosenfeld, Lottie Nannis, Louis Samuels, Gerald "Jerry" Cherry, Carolyn Gaffin
20. Jacob Krasker, Henry Robbins, Pearl Rosenthal, Rabbi Norman Geller, Henry B. Glick
21. Sarah Greenberg, Rose Koiles, Harriet Berman, Sophie Feldman, Sondra Rechy, Duy Davis
22. Harry Rosen, Sumner Levy, Barbara F. Silverman, Jacqueline Boibeaux, Bette Aschkenasy, Esther Bavman, Ida Kirzner, Hyman Levy
23. Doris Freedman, Ira Goldberg, Seth Lampert, Paul Rubin, Roslyn Albert, Frank Anker, Max B. Sanders
24. Gus Cronheim, Megan DuPrie, Arthur Shaver, Reb Aaron Rosenbaum, Sarah Atkins, Frank Birch, Ethel Trubowitz, Celia Pindrus, Ida Isacoff,

Need to recite Mourner's Kaddish? Please join our minyan online or in person on Tuesday, Fridays, and Saturdays. See schedule on page 3. A prayer to say a personal Kaddish without a minyan is also available on our website, or contact the office to receive it by mail or email.

Yahrzeits / Meetings

Jim Goodman, Seymour Simmons

Continued from page 1

25. Isaac Rottenberg, Lorraine Kotlus,
Francis J. McCarty

26. Morris (Mike) Levy, Ruth Heller, Irving Katz,
Loretta (Lucky) Levy, David Rosengard,
Ida Rubin, Katherine Goldberg, Louis Poyourow,
George J. Feinberg

27. Nathan Levine, Norman Freedman,
Carol Schultz, Celia Weinberg, Irving Tober,
Joel Perlman, Mary Low, Samuel Rosenberg,
William Schoonmaker

28. Louis Schopick, Abraham Prostkoﬀ, Eli Oil,
Frances Dricker, Patrick Jackson, Ida Barr

COMMITTEE MEETINGS

Development Committee

7:00 pm, Wednesday, 2/2

House Committee

7:00 pm, Thursday, 2/3

Membership Committee

7:00 pm, Monday, 2/7

Executive Committee

7:30 pm, Wednesday, 2/9

Education Committee

7:00 pm, Thursday, 2/10

Board of Directors

7:00 pm, Tuesday, 2/15

Tikkun Olam Committee

7:00 pm, Thursday, 2/17

Ritual Committee

7:00 pm, Tuesday, 2/22

Marketing Committee

4:15 pm, Monday, 2/21

*Note: Committee meetings are being held via Zoom at
this time unless otherwise noted.*

Tzedakah Committee Reminder

The Tzedakah Committee recognizes that congregants may be facing unexpected financial circumstances at this challenging time. We have funds to help take some pressure off of those in need. Please contact Rabba Kaya and she will forward the request to the committee.

All requests will be held in strict confidentiality.

Life Cycles

*Our community grieves with those suffering the
loss of beloved family members.*

Condolences to **Elliott Fishbein** and his family
on the passing of **Shirley Fishbein**.

Condolences to **Elaine Krasker** and her family
on the passing of **Sheldon Krasker**.

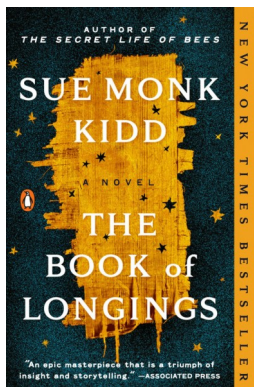
Sibson - Hall Monument Co.

Memorials ,Markers, Lettering
Cleaning and Repairs

John A Hall

1950 Lafayette RD.
suite 106 box 6
Portsmouth ,N.H. 03801

603 436 3377
1 800 550 3377
nwgranite@hotmail.com



TIP Book Club pick for January/February

***The Book of Longings*, by Sue Monk Kidd**

**Please join us in the social hall at 12:00 pm on Tuesday,
February 1, 2022, for a lively discussion!**

Temple Israel Portsmouth

Board of Directors

Robert Zimman, President

Amy Hyett, Past President

Ian Kaner, VP Education

Fran Berman, VP Ritual

Loren Selig, Secretary (Recording)

Amy Borne, Financial Secretary

Richard LeSavoy, Treasurer

Tobey Harman, Director

Marc Hiller, Director

Rachel Kurshan, Director

Ben Martindale, Director

Mel Prostkoff, Director

Joanne Samuels, Director

Julie Serrano, Director

Yoga on Shabbat—a perfect “practice”

by Amy Hyett

This year, whenever I’ve been able to take advantage, I have attended yoga at temple before services on Shabbat mornings. What a gift this practice has been. I drop off my kids at Hebrew School and head upstairs to our beautiful chapel for a welcoming 50 minutes of yoga. This beginner-friendly class is open to all. Shabbat is the time to take a pause from our normal activities and reflect on our busy lives, and yoga is an ideal way to do just this.

A Quick Shabbat Yoga Q & A:

Q. What do I wear?

A. Workout clothes are fine. I tend to wear leggings and a tank with a services-appropriate sweater dress on top.

Q. Will I feel pressure to attend services afterward?

A. You are welcome to do so, of course, but it is not at all required or expected.

Q. What if I haven’t practiced yoga before?

A. All levels of experience are welcome! Come try it!

I hope to see you at yoga soon.



Temple Israel

200 State Street

Portsmouth, NH 03801

603-436-5301

Office hours: weekdays, 8:30 am - 3:30 pm



Proud member of USCJ

