

# The Doorpost

Temple Israel

Monthly Newsletter

March 2022, Adar I - Adar II 5782

From the Rabbi's Desk



Upcoming Events

## In Need of Naches?

**Naches:** *the soulful pleasure that children bring to parents or other adults*

Coming into the synagogue on any Saturday morning is a delight! Children of all ages are scurrying to classes, heading to Junior Congregation in the Social Hall or entering the main sanctuary to join the community in prayer. The children are learning Torah, discovering many modes of prayer, and experiencing a community Shabbat.



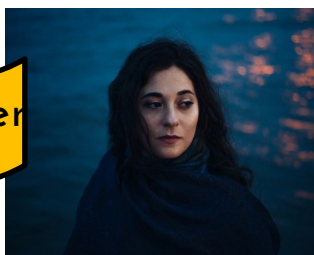
**ELC students parade with mini Torahs, fall 2021**

It has been such a treat for me to look out from the bimah and see children of all ages reading from the *siddur* (prayerbook), singing along, and even dancing to the prayers in the aisle. Toward the end

*Continued on page 2*

We are pleased to announce new dates for our weekend program with Elana Arian.  
November 18 - 20, 2022!

Now November



### ELC is closed for winter break

Monday, February 28 - Friday, March 4

### NH Gathering of Chevra Kadisha

5:30 pm, Saturday, 3/5, in Concord NH

### Learn to Make Hamantaschen (PJ Library), p. 9

3:00 pm, Sunday, 3/6, via Zoom

### Committee Chairs + Leadership Meeting, p. 15

7:00 pm, Tuesday, 3/8, via Zoom

### NH *Shaliach* Ra'anan De Haas visits Hebrew School

4:45 pm, Wednesday, 3/9, Social Hall

### Teen Meetup

6:30 pm, Saturday, 3/12, Chapel

### Hand in Hand Schools Presentation, p. 11

10:30 am, Sunday, 3/13, via Zoom

### Baking Hamantaschen with Helen, p. 9

11:30 am, Sunday, 3/13, via Zoom

### Bracelet Making Workshop, p. 18

1:30 pm, Sunday, 3/13, Social Hall

### Erev Purim Family Mini-Carnival, p. 9

5:00 pm, Wednesday, 3/16, Social Hall

### Community Megillah Reading, p. 9

6:15 pm, Wednesday, 3/16, Sanctuary

### TIP Book Club discusses *City of A Thousand Gates*, p. 20

12:00 pm, Tuesday, 3/22, Social Hall

### PJ Library Tot Shabbat Hop, p. 3

10:00 am, Saturday, 3/26, Garden Courtyard

Complete CLASS AND COMMITTEE MEETING schedule continues on page 15.

# From Rabba Kaya's Desk



**Rabba Kaya Stern-Kaufman**

*Continued from page 1*

of each service, students from all grades are invited to volunteer to lead several closing prayers. So many hands shoot up, it is a challenge to choose! What a joy it is for me to stand on the bimah together with our children enthusiastically

leading us in prayer.

If you are able to and comfortable attending in person, I highly recommend you join us for these Saturday morning services called ***Yachad Shabbat***, which means “Shabbat all together.” If you can’t come to the whole service, consider joining us for the last twenty minutes. I assure you, it will lift you up.

Looking ahead a few weeks, more joy is on the way as we will be celebrating Purim in person! Our Hebrew School students will enjoy a modified Purim Carnival on the eve of Purim, March 16 at 5:00 pm. This will be followed at 6:15 pm by a congregation-wide silly Megillah reading and chanting with many community participants. Please come in costume or at the least, sporting a festive hat, and join the fun! (More details on page 9.)

Spring is on the way, change is afoot and joy is accessible.

Come join us in celebration.

With blessings,

Rabba Kaya



**Above: TIP Teens meet in the chapel on February 12. We have a great group—please contact me if you’d like to be alerted about future meetings.**

**Below: preschool students practicing their Purim dances!**



**“Lunch N Learn” Torah Study returns,  
March 3, 10, and 17.**

**Thursdays, 12:30 - 1:30 pm via the regular Zoom link for services. Class reading link is posted on the website calendar as soon as it’s available.**

# Prayer

## *Yachad Shabbat continues!*

9:10 - 9:50 Yoga in the chapel on 3/5, 3/19, 3/26, 4/2.

Torah discussion with Rabba Kaya returns to the Thursday “Lunch N’ Learn” format, meeting 3/3, 3/10, and 3/17.



## Candle Lighting

March 4, 5:19 pm  
March 11, 5:27 pm  
March 18, 6:36 pm  
March 25, 6:44 pm

## Service Times

Tuesday 5:30 pm, ZOOM ONLY through 3/8  
Friday 6:00 pm (**winter schedule through 3/11**)

**Friday 6:30 pm on 3/18 and later**

Saturday morning 10:00 am

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

## Service Notes

Friday, March 4, **Alternative Kabbalat Shabbat service, IN-PERSON SERVICE.** 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, March 25 & Saturday, March 26, **Shabbat Services will be led by Kochava Munro.**

Saturday, March 26, 10:00 am, **Outdoor Tot Shabbat with PJ Library**, 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](http://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,  
In his seminal book,  
*Relational Judaism: Using  
the Power of Relationships  
to Transform the Jewish  
Community*, Dr. Ron  
Wolfson tells us:

***Judaism in its very essence  
is a relational religion, born  
of a covenant between God and the people Israel,  
sustained for millennia by a system of behaving,  
belonging, and believing that grows and evolves  
through time and space.***

“Relational Judaism” is an initiative in forward-thinking congregations about how to use the power of relationships to transform congregations into inspiring communities that offer a sense of belonging, purpose, and meaning. In other words, the most successful congregations are those in which members say, “I keep returning to my temple because that’s where I find my meaningful friendships.”

During the past month, your board of directors and committee chairs have begun exploring how we might adopt this principle to improve the way we do things at Temple Israel. We started with board members and committee chairs completing the “Relational Engagement Assessment” sponsored by the United Synagogue for Conservative Judaism (USCJ). The purpose of the survey was to help us identify both our strengths and our opportunities for improvement, in how we build and maintain relationships within our congregation.

The USCJ program manager analyzed the responses to the survey and Miriam Abrams-Stark, the USCJ

Synagogue Consultant for our Northeast District, led our board and committee chairs through a workshop where we reviewed and discussed the results, focusing on the areas for improvement. As a result of this workshop and discussion at the subsequent board meeting, we have decided to hold a facilitated retreat to which all interested temple members will be invited to attend. We plan to brainstorm ideas and prioritize next steps in pursuing this initiative. Our tentative plan is to hold this in-person retreat shortly after Pesach. Although we have yet to determine a specific date, I encourage all interested members to contact the temple office so that you are contacted with details as they become available.

As we go through this process, I hope that we can all remember that as Wolfson tells us:

***What really matters is that we care about the people we seek to engage. When we genuinely care about the people, we will not only welcome them; we will listen to their stories, we will share ours, and we will join together to build a Jewish community that enriches our lives.***

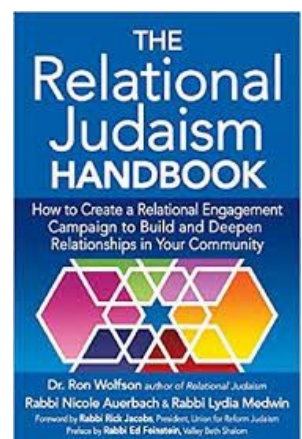
Robert Zimman

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Interested in learning more  
about this initiative?

The temple library has  
copies available of Dr. Ron  
Wolfson’s book, *The  
Relational Judaism  
Handbook*.

Contact the office to  
borrow a copy!



# Ritual Committee

## Wearing a Kippah and Tallit: What's It All About?

By Fran Berman, VP Ritual

As a diverse congregation that includes people from all branches of Judaism as well as many other faith traditions, we arrive with different experiences that shape our behavior. Some of us are unaccustomed to wearing a head covering or putting on a prayer shawl at services or are unsure whether or not we should do so. The Ritual Committee has developed some guidelines about the why and when for wearing these items. We hope these guidelines will help clarify what the *kippah* and *tallit* represent and whether or when to wear them.



### Kippah

Wearing a *kippah* (a *yarmulke* in Yiddish) is not a religious commandment, but a custom that shows respect for God and for sacred space.

*Kippot* (plural) come in many shapes and materials, from fabric to leather to crocheted yarn to wire and beads; they may be plain or patterned. Feel free to wear a *kippah* of your own or borrow one (along with a clip to secure it) from the baskets near the entrances to the building, at the back of the sanctuary, and near the stairs to the bimah.

### We ask that you wear a *kippah* when you

- enter our synagogue for study, prayer, or celebration.
- enter the sanctuary, regardless of your religious affiliation or gender.
- come up to the bimah for any reason.

### Tallit

A *tallit* (or *tallis*, in Ashkenazic pronunciation) is a prayer shawl with *tzitzit*, ritually knotted fringes, on its four corners. The fringes are a reminder of the covenant between the Jewish people and God. Using Jewish numerology to count the threads and knots that make up the *tzitzit* yields a sum of 613, equal to the 613 commandments (*mitzvot*) contained in the Torah.

When reciting the full *Sh'ma* prayer, it is customary to gather and hold the four corners of the *tallit* and to kiss the *tzitzit* each time we say the word "*tzitzit*" in the final paragraph. A person having an *aliyah* during the Torah reading touches the *tzitzit* of one corner of the tallit to the Torah scroll and then kisses the *tzitzit* before saying the blessings before and after the reading.

*Tallitot* (plural) can be made from wool, silk, or other material. They can be plain or highly decorated. Wrapping ourselves in a *tallit* can help us be in a prayerful state, but because wearing *tzitzit* is a commandment, only someone who is Jewish should wear a *tallit*. If you don't have your own *tallit*, please feel free to borrow one from the racks near the entrance to the sanctuary or near the bimah.

It is traditional for Jewish men to wear a *tallit* at morning services, whether on Shabbat, holidays, or weekdays. As an egalitarian synagogue, we extend this tradition to ALL Jewish adults (13 years or older).

### We ask all Jewish adults (13 or older) to wear a *tallit*:

- when attending a morning service.
- when honored with an *aliyah* or other role during the Torah service.

### In our Youth Education Program:

- All students are asked to wear a head covering during classes and services.
- Faculty, madrichim, and students who have celebrated their bar/bat/kabbalat mitzvah are expected to follow the guidelines regarding *tallitot*.

Wishing you all a happy and joyous Adar!

# Hebrew School



**Erik Martin**  
Head of School

## Jews In Space!

Wednesday, March 9

Have your children join Ra'anah de Haas, our *Shaliach*, this month as he takes on the final frontier with Israeli space exploration. In our first two sessions, we learned about the solar system (In Hebrew) and

the Israeli space agency Space IL. We'll be focusing on Ilan Ramon, the first Israeli astronaut.

## Purim Carnival and Megillah Reading

Wednesday, March 16

Put on your costumes and grab your groggers, it's time for Purim! At long last, we'll be getting together again to celebrate Mordechai and Queen Esther while we boo Haman (boooooo!). Join us for fun carnival games, prizes, and of course the Megillah reading.

Registration is required for the carnival this year. Please sign your family up for a time slot so we can maintain social distancing in the Social Hall. No Hebrew School class meetings today.

## S'mores Havdalah

Saturday, April 2

Our last s'mores havdalah was such a success that we need to do it again! This time, you'll need to earn your marshmallows— this month's theme is an "escape room."

The prize at the end of the puzzle is everything you'll need to roast your dessert! Test your wits with this fun and exciting game!



Photos above, right: s'mores havdalah. Below and right: teams strategizing for Capture the Flag and Nerf night.



# Early Learning Center



**Tammy Roberge**  
Director, ELC

Shalom,  
February was mostly a cold month, but the ELC enjoyed a few days of snow play on our playground. One of the objectives of early childhood education is to prompt children's imaginations by asking them to take an item used for a specific purpose and find a different

purposeful way to use it. The children certainly did this, using our teeter-totter as a snow slide. They also created a snowperson, with their teachers contributing a scarf and hat.

We visited the Wentworth Senior Living Home for our Grand Pals Program. It is always so much fun to see the children interact with the residents and show their abilities to be *menschen*.

The Portsmouth Recreation Department invited the ELC to create love- and friendship-themed decorations for the evergreen in Market Square.

We created paper hands holding a heart, with two fingers folded down to say "I love you" in sign language, along with our classroom motto, ***One World One Love***.

If the weather is nice, take a walk downtown and see the paper hand cutouts waving in the breeze.

We are starting to learn about Purim and the Megillat of Esther. On March 9, Laura Sher will join us to bake hamantaschen with the students. The ELC also loves Fridays with Rabba Kaya. She is teaching us some holiday songs and a dance to be performed at the Purim family celebration on March 17.

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

Email me, [preschool.director@templeisraelnh.org](mailto:preschool.director@templeisraelnh.org) or call 603-436-5301 Ext. 23.



Photos, below left: snow play in the playground. Right: reading a story with our Grand Pals.



# Tikkun Olam

## Your Voice Is Needed

By Ellen Fineberg

Members of Temple Israel's Tikkun Olam Committee are assisting Team Seacoast to welcome and support an Afghan family in Portsmouth. The family arrived in Portsmouth over a month ago and, thanks to our area's generosity, are comfortably settled. People often ask what they can do to help and what the family needs. What this family—and all other Afghan families—need now is our advocacy.

Last summer, about half of the 76,000 leaving Afghanistan bound for the US entered our country as "Humanitarian Parolees." This is different from other immigration statuses. Our new Afghan neighbors in Portsmouth and their 36,000 compatriots can only be here legally for two years. They are authorized to work and will receive some benefits, but they are not on a path toward permanent residency—or a green card. After two years, unless they can get asylum status (a difficult step, made even more difficult by a huge backlog) they will be subject to deportation.

Currently there is a push in Congress to pass the Afghan Adjustment Act which will provide a

clear path for Humanitarian Parolees to become permanent residents and get green cards. If you'd like to help our new Afghan neighbors, you can do so with a phone call to our NH Congresspeople. It's important to act quickly. Please contact Senators Jeanne Shaheen (603) 750-3004 and Maggie Hassan (603) 433-4445 and Representative Chris Pappas (603) 285-4300 to ask them to pass the Afghan Adjustment Act. Here is a website with more information about the Act:

<https://religionnews.com/2022/02/07/hias-pushes-for-bill-to-make-afghans-eligible-for-permanent-residency/>

## Update from Chair Shelley Hartz

The Tikkun Olam Committee has been working diligently to expand the synagogue's connection to the larger community. We are represented on Team Seacoast, a group of local volunteers working to resettle Afghan families in our area. To date, we have one family resettled in Portsmouth and learning about day-to-day life in America.

The Tikkun Olam Committee is also developing a group to discuss articles, podcasts, and books about social justice, equity, and belonging. The group will be open to the entire community and we hope to have our first meeting in April. Along those same lines, we are working with Rabba Kaya to create a Human Rights Shabbat for the community.

Finally, we would love to hear your voice regarding Tikkun Olam at Temple Israel. If you have ideas, thoughts, or suggestions, or would like to join the committee, please reach out to Shelley Hartz –

[tikkunolam@templeisraelnh.org](mailto:tikkunolam@templeisraelnh.org).



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# Celebrating Purim at TIP!



## Ready, Set, Let's Bake Hamantaschen

Sunday, March 6, 3:00 pm

Learn to make hamantaschen with PJ Library. Register for the Zoom link and recipe.



Sunday, March 13, 11:30 am

Bake with Helen! Make some hamantaschen for *Shalach*



## Erev Purim Family Carnival, 5:00 pm Megillah Reading, 6:15 pm

Wednesday, March 16

Come in costume, mask or silly hat. Make some noise! Please register for a family time slot to play games in the Social Hall, followed by the Megillah reading and Purim silliness.



## Share the Joy!

On March 16, Erev Purim, please bring:

- Shalach Manot bag to share
- Non-perishable, non-expired foods for neighbors-in-need.

Two special mitzvot for Purim are giving gifts of delicious treats to one another (*shalach manot*) and gifts to the needy (*matanot laevyonim*). Suggestions for your *shalach manot* bag: Hamantaschen, citrus fruit, individually wrapped Hershey's Kisses, Sunkist

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**Temple Israel**  
Portsmouth, New Hampshire

# Endowment Funds

## Eight questions and answers to make you an expert on our Endowment Funds.

By Ira Schwartz, Endowment Fund Committee Chair

### Q1. How many endowment funds does Temple Israel have?

A. Beginning with the Cultural Endowment Fund, established in 1986, we now have five funds.

### Q2. What are these funds and what do they do?

A. The **Cultural Endowment** and **Center for Jewish Education (CJE) Endowment** funds support educational and cultural activities that bring congregants into our temple and keep us active, interested, and involved. The **Institutional Operating, Dinnerman-Rottenberg Educational**, and the **Legacy Endowments** support the operating budget, which allows the temple to function.

### Q3. Can you spend the principal of these endowments?

A. Of course not! (Although funds would be accessible in case of an extreme emergency.) Only the interest payments are spent on programming or operations. The rest accumulates with additional contributions.

*“As my fathers planted for me before I was born, so do I plant for those who will come after me.”  
- the Talmud*

### Q4. Which fund is the most important?

A. They are all important, but I think the Institutional Operating Endowment will ensure our long-term future for decades and decades, and the Cultural Endowment will keep us Jewish.

### Q5. What kinds of activities are supported by the Cultural Endowment Fund?

A. Lots and lots, both pre-and post-Covid, including art exhibits in the Shmooze and Social Hall, preschool music and cooking programs, Rabbi Bernstein’s talk on the Passover Haggadah, the Hanukkah concert, the Community Passover Seder, klezmer bands for Simchat Torah, Professor Sarah Wolper’s “Jewish life in the Arab World” talk, the Yom Ha-shoah speaker, “From Bimah to Broadway” concert, Israel Affairs Committee programming, and many others. If you suggest an educational or cultural program, we will likely support it.

### Q6. Where are the Endowment Funds invested?

A. Historically, we have purchased Israeli Bonds, an investment which also helps to support the State of Israel. The Endowment Fund Committee regularly reviews its investment philosophy.

### Q7. How much money is in the endowment funds?

A. There is currently \$1.2 million in the combined funds, but less than half of that is in the Institutional Operating Fund. This particular fund must grow 20-fold for us to have the financial security we need.

### Q8. How do I contribute to the Temple Israel Endowment Funds?

A. I thought you would never ask! Contributions are easily made on our website. Click on Donate and then scroll down to the Endowment Fund of your choice. A solicitation letter will also be mailed to the congregation during our Passover holiday season.

# Israel Affairs Committee

## Hand in Hand Schools Zoom Presentation

10:30 am, Sunday, March 13



**Hand in Hand** יד ביד

American Friends of the Center for Jewish-Arab Education in Israel  
יד ביד | המרכז לחינוך יהודי-ערבי בישראל (ע"ר) | بدأيد | 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 this event via the website calendar or by contacting the temple office.



## English B'Yachad—Online English Tutoring

by Jewel Davis

Volunteer as an English tutor to Israeli young adults from disadvantaged communities who seek improved English fluency and confidence to better compete in the Israeli job market. Join our community of experienced professionals, improving the lives of Israelis while expressing and strengthening your connection to Israel. Through English B'Yachad you can volunteer in Israel, from home! Watch this video (youtube link below) to learn more or contact Marla at [mgamoran@skillvolunteerisrael.org](mailto:mgamoran@skillvolunteerisrael.org).

Jewel Davis is the local Temple Israel contact.

<https://www.youtube.com/watch?v=AW73EKa99TQ>



## Nominating Committee Gets Rolling!

The Annual Meeting is coming up in a few short months, on Monday, May 9, and several board member positions will be opening.

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](mailto:nominating@templeisraelnh.org).

# Donations

Received January 28, 2022 - February 23, 2022.

## **CEMETERY FUND**

Lisa Roseberry in memory of Sheldon Krasker.

## **CULTURAL ENDOWMENT FUND**

Barbara Levenson in memory of Sheldon Krasker.

Naomi Fishbein in memory of Sheldon Krasker.

Jennie & Peter Dinnerman in memory of Shel Krasker. Barbara Levenson in memory of her grandfather, Jacob Simon. Jewel Davis in memory of her mother, Frances Lowe Davis.

## **DINNERMAN-ROTTENBERG EDUCATIONAL ENDOWMENT FUND**

Joyce Meenes in memory of her loving father, Sam Rottenberg, and in memory of her dear husband, Ron Meenes. Barbara Fox in memory of her grandfather, Rev Jacob Segal. Joyce Meenes in memory of her dear grandmother, Bessie Abrams.

## **HEBREW SCHOOL FUND**

Michael, Laura, Hannah, Ally, and Lily Rubin in memory of Paul Rubin, father and grandfather. Naomi Fishbein in memory of her father-in-law, David Fishbein. Michelle Baer in memory of her father, David Davidson.

## **INSTITUTIONAL OPERATING ENDOWMENT FUND**

Paula & Stuart Boxer in memory of their fathers, David Rosengard and Louis Boxer. Myrna Promer, Dan & Tania, Aaron and Anna Promer, in memory of Howard J. Promer, always in our hearts.

**In loving memory of Sheldon Krasker:** Donna & Stuart Levenson. Selma Freedman. Myrna Promer, Dan Promer & family.

## **KIDDUSH FUND**

Fran Berman in loving memory of her mother, Harriet Berman, and her husband, Harry Klein.

## **LIBRARY FUND**

Bill & Ellen McQueeney in loving memory of John McQueeney.

## **RABBI'S DISCRETIONARY FUND**

Randy Spratt and Sharen Eidelberg-Spratt in memory of Paula Shtrum. Ellen Farber in memory of her late husband, Jack Farber. Ted Molnar in honor of Rabba Kaya.

## **TIKKUN OLAM FUND**

Robert Black in memory of his father, Arthur Black, his mother, Jeannette Black, and his uncle, Henry Greenberg.

## **TZEDAKAH FUND**

Rita Benjamin in memory of her father, Solomon Emmer. Lorrie & Dick Grossman in memory of Sally Bock's mother, Sue Weiskopf. Selma Freedman in memory of her father, Morris Klaiman, and in memory of her brother-in-law, Norman Freedman.



**Ah, February.** Congregant Jared Nabel shared this photo, taken during a recent snowstorm.

# NH Jewish Film Festival

**March 31 - April 10, 2022**

**Bonus Week April 11 - April 24**

NH Jewish Film Festival is excited to announce a premier lineup of eleven truly outstanding and diverse feature-length films and a 5-film shorts program that will excite, enlighten, and provoke you, our audience.

The films will be presented this year as a multi-access experience, featuring both in-theater and virtual screenings of films from around the globe.

During the bonus week, for 48 hours after unlocking, you can view virtually four of the films that were previously shown in theaters.

Pass and Ticket Sales Are Now Open!

Save Money -- Buy a Festival Pass

<https://www.nhjewishfilmfestival.com/>

For Additional information or questions please call the Jewish Federation at 603-627-7679 or email [filmfest@jewishnh.org](mailto:filmfest@jewishnh.org)

**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’anan de Haas.



Find more information and purchase tickets at [www.nhjewishfilmfestival.com](http://www.nhjewishfilmfestival.com).

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



**A Multi-Access Festival Featuring Both In-Theater and Virtual Screenings**

**200 Meters | Apples and Oranges | The Automat | Fiddler's Journey to the Big Screen  
Cabaret | Greener Pastures | Neighbours | Persian Lessons  
Tiger Within | The Un-Word | Upheaval: Journey of Menachem Begin**

**SHORTS PROGRAM**

**Beefies | Ganef | Masel Tov Cocktail | The Shabbos Goy | Tattooed Torah**

# Yahrzeits

## March Yahrzeits

## 28 Adar I - 28 Adar II 5782

1. Wendy Drager, Myer Siegel, Gertrude Isenstein, Alvin Efron, Abraham Grossman, Rose Green, Jack Naparsteck, Stephen Bauer, Arline Lieber, Bessie Shapiro, Mary Paisner
2. Alan Rudolph, Stanley M. Epstein, Sarah Moldoff, Benjamin Tober, George Freedman, Sidney Cohen, John (Mac) McQueeney, Harvey Ludwig
3. Harry Klein, Sam Leiderman
4. Moe Rosenblum, Norman Torf, Charlotte Mackles, Roberta Segal Ohlemacher
5. Ida Blank
6. Nancy Medoff
7. Joanne Solomon, Hilda Benjamin
8. Sheila Kaplan, Herbert Richard Greene, Daniel Schwartz, Albert Woolfson, Clarice Yoken, Debbie N. Most
9. Robert Berman
10. Katie Levy, Ron Sussman, Edward Goldman, John Selden
11. Jerry Slutzky, Bessie Partoll
12. Bessie Marcus, Lena Ackerman
13. Helen Krassner, Max David Mendelovitz, Louis Baer
14. Margaret Levine, Ida Wenig, Corinne Wiseman, Herbert Cohen
15. Frances (Fannie) Goodman, Katie Robbins
16. –
17. Joseph William Fritz, Richard H. Goldberg
18. Hester Schwartz
19. –
20. Morris Greenfield
21. Joseph Greenberg
22. Susan Knussen, Margie Blanding
23. Rose Baumstein
24. Sarah Trubowitz, Deeda Wharton, Ilene Levin, B. Shafran, Melvin Intriligator
25. Rosamond E. Hiller, Betsey Weiss
26. –
27. Lucille Abelson, Peter Dricker, Helen Eskin
28. Libbye Halperin
29. Howard J. Promer, Ruth S. Dinerman, William Hirshberg
30. Bernard Levy
31. Charles Johnston

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1950 Lafayette RD.  
suite 106 box 6  
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603 436 3377  
1 800 550 3377  
- nwgranite@hotmail.com

**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.



# Annual Appeal Donors



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# Annual Appeal

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# Arts Review Team

## 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 30, 2022.

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

## Bracelet-making workshop



Sunday, March 13, at 1:30 pm.

Please join us in the social hall for a fun crafting activity. No experience required!

Thanks to the Cultural Endowment Fund for

supporting this FREE event. Please register via the website calendar so that we can plan for materials. Covid status permitting, refreshments will be provided.

## Attention, Mah Jongg players!

Interested in forming a new group? Seeking players for your current group?

Please contact the temple office to make a connection!



By Deborah Levine, Arts Review Team Chair

Greetings from sunny Florida! Spring is coming and we are looking forward to stretching artistic wings with upcoming workshops, exhibitions, and events.

On Sunday, March 27, at 2:00 pm, please join us for a play reading: *The Sisters Rosensweig*, by Wendy Wasserstein. The play

focuses on three Jewish-

American sisters and their lives. *The New York Times* review of the original

production wrote that the play is: "...[a]

captivating look at three uncommon women and their

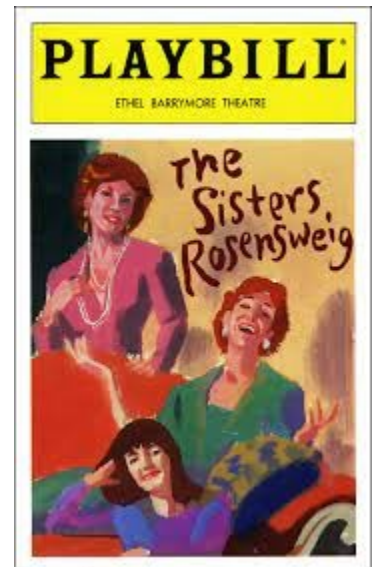
quest for love, self-

definition and fulfillment. But underlying the comedy is an empathetic concern for the

characters and for the prospects of women today. "

Wasserstein received the William Inge Award for Distinguished Achievement in American Theatre for this play, as well as numerous Tony Award nominations including best play, actress, costume design, and direction.

Madeline Kahn took home the Tony for best actress, playing the role of Gorgeous Teitelbaum.



Playwright Wendy Wasserstein

# Sustainability Snippet

By Christine Caputo, Sustainability Committee Chair

Composting at TIP begins the week of Feb 28, so make sure to properly sort your waste!



As noted last month, we 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



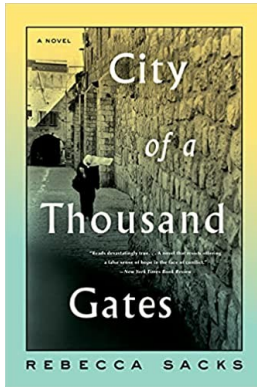
generation (a potent greenhouse gas). We will compost all plates, cutlery, hot and cold cups, and napkins (along with food waste). Signs will indicate which materials go in our new compost, recycling, and trash bins.

You'll find the new bins in the Schmooze, 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!

**COMPOSTABLE ITEMS**

**ALL FOOD SCRAPS INCLUDING:**

- Meat
- Meat Bones
- Eggshells
- Bread
- Seafood (including shells)
- Fruits & vegetables (pits & nuts too)
- Coffee grounds & filters
- Soiled pizza boxes
- Wooden stirrers
- Sugar packets
- Brown paper napkins & towels
- Teabags (staples removed)
- Ground Tea
- Muffin wrappers
- Flowers & floral trimmings
- Corks
- Plastic - PLA#7 
- Certified BPI Packaging



### TIP Book Club pick for March

***City of a Thousand Gates*, by Rebecca Sacks**

**Please join us in the social hall at 12:00 pm on Tuesday,  
March 22, 2022, for a lively discussion!**

## Temple Israel Portsmouth

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



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