

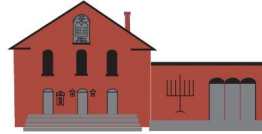
# The Doorpost

Temple Israel

Monthly Newsletter

September 2022, Elul 5782 - Tishrei 5783

## From the Rabbi's Desk



## Upcoming Events

### ***Return to Source***

What a pleasure it is to live on the Seacoast with sparkling water at nearly every turn. As a swimmer, I delight in the feel of the water, its buoyancy and softness. This summer I have had the pleasure of bobbing in the waves and taking long swims in the lakes of the Berkshires. And now, as we have entered the month of Elul, I find that water remains for me, the key image of this season as well.

Water is the source of life on this earth. It is the first form described in the Torah. *In the beginning, when God began to create the Heavens and the Earth—the earth being unformed and void, with darkness over the surface of the deep, and a wind from God sweeping over the water...* (Gen. 1:1-2) Water is the first stage in the creation of the earth. It is fluid, changeable, and it softens that which it contacts, so that a trickle of water over rock can create a wonder like the Grand Canyon over time.

*Continued on page 2*

### **High Holiday Information**

May be found on pages 16 - 17. Registration is requested for all in-person services. Kindly complete the online form or contact the temple office.

**L'Shana Happy  
Tova! New Year!**



### **Bat Mitzvah of Sydney Berg, p. 8**

9:30 am, Saturday, 9/3, Sanctuary

### **ELC First Day of School**

8:40 am, Wednesday, 9/7, Preschool Classroom

### **Hebrew School First Day of Classes, p. 6**

3:45 pm, Wednesday, 9/7, Grades 3 - 7

9:00 am Saturday, 9/10, all grades

### **Torah Inspired Yoga fall series begins, p. 11**

Saturday, 9/10. 9am, Social Hall

### **Cemetery Memorial Services, p. 15**

11:00 am, Sunday, 9/11, Dover & Somersworth

1:00 pm, Sunday 9/18, Portsmouth

### **Genizah Program for Students at the Cemetery**

4:00 pm, Wednesday, 9/14, Banfield Road

### **Reception for the Artists, p. 12**

7:30 pm (after services) Friday, 9/16, Shmooze

### **Interfaith Selichot Gathering, p. 3**

7:00 pm, Saturday, 9/17, African Burying Ground

### **Community Card-Making Workshop, p. 12**

4:00 pm, Wednesday, 9/21, outdoors/Shmooze

### **Portsmouth Walk to End Alzheimer's, p. 14**

9:30 am, Sunday, 9/25, Little Harbor School

### **High Holidays begin, see schedule p. 16 - 17**

### **Erev Rosh Hashanah service**

7:00 pm, Sunday, 9/25, Sanctuary

### **ELC and Temple Office are closed**

Monday, 9/26 and Tuesday, 9/27

**Complete CLASS AND COMMITTEE MEETING  
schedule continues on page 19.**

# From Rabba Kaya's Desk



**Rabba Kaya  
Stern-Kaufman**

*Continued from page 1*

As we move through the month of Elul, preceding the shift to a new year, the rabbis encourage us to use this time for *heshbon hanefesh*- to take stock of our selves, our behaviors, attitudes, and reactions. This month offers us the oppor-

tunity to gaze upon our own reflections. Have I reacted with anger when I could have responded with compassion? What is the condition of my relationships? Is there a particular relationship that needs repair? How have I supported my community? Have I contributed enough to the work for justice in our world? This type of self-assessment requires honesty and self-compassion. It requires a softening of the ego, whose grip can create a self-serving rigidity.

The following *kavannah*/Intentional Prayer was written by Rabbi Rachael Klein Miller for use before the ritual of immersion in a *mikveh*- a body of living waters. I offer it as a prayer for this season.

Immersion in water softens our form

Making us malleable,

Dissolving some of the rigidity of who we are.

This allows us to decide who we wish to be when we come out of the water.

The water changes us neither by washing away something

Nor by letting something soak into us,

But simply by softening us

So that we can choose

To remold ourselves into a different image.

*(From Ritualwell at ritualwell.org)*

Let us use this month of Elul to return to our own source, to catch a glimpse of the essence of who we truly are. As water softens rock, let us begin the process of softening our hearts so that when we come together on Rosh Hashanah, we can truly begin a new year.

With best wishes to you and your family for a sweet and healthy new year,

*L'shanah tovah tikateivu!*

Rabba Kaya



**"Blessing the Animals" at the Back to Shul festival on August 28. Yasher Koach to organizer Erik Martin and all the volunteers who contributed to this event! Photos throughout this issue were shared by Ron Sher, Deborah Levine, and Rabba Kaya.**

# Prayer

## Selichot

Saturday, 9/17, 7:30 pm, **Interfaith Gathering: Encountering the Divine Image, led by Rabba Kaya and Portsmouth Ministerium members**

Please join us for a community-wide gathering at the African Burying Ground on Chestnut Street in Portsmouth. Offerings of prayer, poetry, music, and *Selichot* liturgy will address the spiritual aspiration to recognize the Divine Image in every human being.

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Saturday, September 3, [please note start time of 9:30 am](#), **Bat Mitzvah of Sydney Berg.**

Friday, 9/16, 6:30 pm, **Welcome & Jewish naming ceremony for Clare McIntyre**, at Kabbalat Shabbat Service, sanctuary

Saturday, 9/17, 10:00 am, Clare **McIntyre will give the d'var Torah** at Shabbat morning service.



## Kashrut questions?

For more information, read the full guidelines, which are posted on Shulcloud and on the bulletin board. And if you have questions, please send them to Kishka at [kashrut@templeisraelnh.org](mailto:kashrut@templeisraelnh.org).

## Candle Lighting

September 2, 7:00 pm  
September 9, 6:47 pm  
September 16, 6:35 pm  
September 23, 6:22 pm  
September 30, 6:09 pm

## Service Notes and Times

Tuesdays 5:30 pm, ZOOM ONLY

Fridays 6:30 pm

Saturday mornings 10:00 am [EXCEPT 9:30 am](#)  
[when celebrating a bar or bat mitzvah](#)

*\* Zoom links to virtual services are in the weekly bulletin, with exceptions as noted. B'nei Mitzvah celebrations use a special Zoom link.*



## Outdoor Kabbalat Shabbat Services on July 29 at Strawberry Banke.

Many thanks to Loren Selig for organizing the surprise tribute to Rabba Kaya, to Steve Kaufman for keeping the secret, to special musical guests Lisa Jane Lipkin and Jay Hitt, and to all who attended and sent cards and notes in advance, making this occasion very special!

# President's Message



Dear Fellow Congregants,  
During the month of Elul, which leads up to Rosh Hashanah, we have several rituals to prepare us for the High Holidays. Some of you are undoubtedly familiar with all of them, while others may be aware of only some of them. These

customs include:

- Blowing the shofar each morning (except on Shabbat) to awaken the soul and kick start the month-long spiritual accounting.
- Saying special penitential prayers at morning services.
- Visiting the graves of loved ones to remind us of those on whose shoulders we now stand and to prompt us to think about our own lives and the legacies we will leave for others.
- Reading Psalm 27 each day.
- Studying and taking time for personal reflection around our actions of the past year and seeking forgiveness from those we may have wronged.

This year I would like to focus your attention on the first and last of these customs. Today we frequently consider the sound of the shofar to be awe-inspiring, but in ancient times the shofar was used to sound the alarm in cases of danger. As we transition out of our pandemic condition of the past almost three years, I hope that when you hear the shofar it inspires you, but I also hope that it serves as a little bit of an alarm. During the pandemic, many of us have forsaken our previous habit of volunteering for our congregation. As temple

programming resumes, we are in dire need of helpers to expand our offerings and to ensure that those who are already volunteering avoid burnout. Without our volunteers organizing service participants, teaching classes, or leading activities, much of our programming would cease to exist. This is why it is so important that each member becomes involved.

As we move forward together into the new year, I encourage each of you to examine how you can expand your support of our temple community by volunteering. Many people had a chance to chat with committee members at the Back to Shul Fest. If you're still unsure where we could use your experience or which committee would be the best match for your interests, please contact me or the office and we will put you in contact with the correct person. If each member gives a little bit of time by participating on one or more committees, we'll be able to dramatically improve Temple Israel for the benefit of all.

Finally, in reflecting on the past year, I recognize that the year has been difficult for many of us. Ideally, we would each have opportunities to speak with each other directly so that we could apologize and ask forgiveness for things we have done that might have caused distress or offense. If you have an issue with me, I invite you to write or call me so that we may talk. And I realize that given the many demands on our time, we may not be able to connect. So, pre-emptively, I ask your forgiveness and offer mine to for any slights or other offense I may have caused or experienced. I hope all our members will be similarly generous to one another.

*L'shanah tovah tikateivu,*  
Robert Zimman



# Ritual Committee

## More Music Is Coming This Year!

By Fran Berman, VP Ritual

*Shanah tovah* – wishing you a sweet new year! I look forward to seeing our sanctuary and Zoom screen full to overflowing at our upcoming High Holidays services, which promise to be truly uplifting. Cantorial soloist Kochava Munro will again join Rabba Kaya in leading our Rosh Hashanah and Yom Kippur observances.

Thanks to the Temple Israel Music Fund and the Cultural Endowment Fund, music will play a bigger part in Temple Israel's Shabbat and holiday celebrations this year. Surveys have consistently shown that the congregation wants more music during services. Music helps many of us connect more deeply to the prayers and celebrations so central to Jewish life, and to feel more connected to one another. With that information in mind, the Ritual Committee approved a proposal this summer, which was then adopted by the Board of Directors, to hire Lisa Jane Lipkin and Jay Hitt to add music to numerous temple events in the year ahead. We are able to afford this due to grants from our Temple Israel Music Fund, an anonymous private donor, and the Cultural Endowment Fund.



Jay Hitt and Lisa Jane Lipkin

Those who have attended our outdoor Kabbalat Shabbat services have come to know Lisa and Jay's music, but you may not know much about them. Lisa's background includes a BA in Music from Rutgers University; experience as a composer, arranger, studio musician, and vocal coach; and post-graduate courses in cantorial music and prayerful song leading at the Academy of Jewish Religion, the Alliance for Jewish Renewal, the Joey Weisenberg/Hadar Institute, and the Davennen Leadership Training Institute. She has served as a cantorial soloist and choir director in numerous synagogues. Jay is an accomplished guitarist and singer/songwriter in his own right. A talented folk musician, Jay has put out several records and performed at folk festivals and concerts nationally. Lisa and Jay live in Hancock, NH.

This year you will hear Lisa and Jay at many of our holiday celebrations, and Lisa will add her voice on the bimah during a number of Saturday morning services in our sanctuary. All of this is made possible because of donations to the Temple Israel Music Fund and the Cultural Endowment Fund. Some other uses of the Music Fund this year include supporting the Kol Kahol Jewish bluegrass band at the Back to Shul Fest and klezmer music at Simchat Torah.

To help keep music flowing at Temple Israel, please donate to the Temple Music Fund and/or the Cultural Endowment Fund ([www.templeisraelnh.org/donate](http://www.templeisraelnh.org/donate)). Donations may be made in honor or in memory of friends and loved ones.

Wishing you and your families a sweet and healthy new year!

# Hebrew School



**Erik Martin**  
Head of School

## Hebrew School Begins 9/7.

We look forward to welcoming students back to the building! Please say hi to your returning teachers, and give a special welcome to new teacher Ilene Kanoff.

Meanwhile, we all had a great time at the Back to Shul Fest on

August 28, as seen in the photos below.

It wouldn't have happened without a lot of hard work behind the scenes and contributions from many congregants and friends of Temple Israel. I'd like to offer special thanks to the Endowment Committee and Jewish Federation of NH for generous financial support; PJ Library Coordinator, congregant, webmaster extraordinaire Dinah

Berch; House Committee members led by Doug Tilton for help with setup and teardown; Marketing Committee members for printed materials and promotion; committee chairs and members for hosting games and activities. A shout out to Brotherhood members for preparing the delicious falafel sandwiches and Richard David Grossman for the shofar-blowing workshop! We thank the band Kol Kahol for contributing great music, North East Ice Cream for the truckload of frozen confections, Strawberry Banke for the use of their space, and the Music Hall for loaning us the stage and the truck to transport it to the venue.

In school news, parents attended an orientation on Wednesday, 8/31. If you missed it, or have any questions, feel free to contact me via email, [headofschool@templeisraelnh.org](mailto:headofschool@templeisraelnh.org); or via phone, 603-436-5301, ext. 14.





# Early Learning Center



**Tammy Roberge**  
Director, ELC

Shalom,  
From July 18-22, the Early Learning Center held our week-long summer camp with returning students and students who will be starting with us in September. We started each day with drop off on the playground. It was a HOT week, but we managed to stay cool with cold

snacks, a water sprinkler, and water play in the discovery table.

By mid-morning, when it got too warm to be outside, we came in for classroom fun. The social hall provided us with a cool venue for some gross motor skills practice.

We want to thank the Sonatina Center for providing music, the Wentworth Senior Living Home for planning a summer Grand Pals visit, and Dinah Berch for being our Ice Cream Fairy!



The Early Learning Center preschool reopens for the 2022 -2023 school year on Wednesday, September 7. We are looking forward to another great year at the ELC.

Tammy and the ELC team, Elian, Laura, Steve, and Amy

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

**Photos, clockwise from top right: visiting the Grand Pals at the Wentworth Senior Living Home, indoor play, a visit from the Ice Cream Fairy, outdoor play with the discovery table, and kicking a ball at Prescott Park.**



# Bat Mitzvah / Adult Hebrew



The congregation is warmly invited to the

**Bat Mitzvah of Sydney Berg**

**Saturday, September 3, 2022**

My name is Sydney Berg. I attend the Portsmouth Middle School. I enjoy baking, lacrosse and soccer. Judaism is important to me because my family has learned the traditions and now it is my turn.

By Kathryn Mulhearn, Instructor

## **Adult Hebrew Class Schedule for Fall 2022 - 2023**

Classes meet via Zoom. Times/days are subject to change. Classes begin October 12, 2022.



**Hebrew for Beginners** - Aleph-bet Beginner

**Tuesdays, 6:30 pm - 7:30 pm**

Text: *Teach Yourself to Read Hebrew* (EKS, revised edition). Ideal for those new to Hebrew reading or who want to refresh their pronunciation and basic reading skills for further study. Good starting point for prayerbook, biblical, and modern Hebrew.

**Prayerbook Hebrew** - Intermediate level

**Wednesdays, 7:00 pm - 8:00 pm**

Ongoing class. Text: *Prayerbook Hebrew The Easy Way* (EKS)

**Biblical Hebrew Grammar** - Intermediate level

**Mondays, 4:00 pm - 5:00 pm**

Ongoing class. Text: *First Hebrew Primer* (EKS, 3rd edition with explanatory notes)

**Tanakh Translation** - Intermediate to advanced level

**Wednesdays, 3:00 pm - 4:15 pm**

Ongoing class. Text: *Sefaria Digital Library* (online)

Students should purchase their texts through Israel Book Shop in Brookline or online. Please register through the Temple office. Suggested donation of \$18 per semester.



# Israel Affairs

## Congregants Travel with Israel Outdoors

By Jenn Bell

On June 9, Sage Beresin and Shauna Rubin participated in their Birthright trip to Israel with the organization **Israel Outdoors**. Sage is a junior at St. Lawrence University and Shauna is a junior at Quinnipiac University.



**Shauna and Sage at the Western Wall**

The 10 day trip included a visit to Tiberias, rafting on the Jordan River, visiting Kinneret (the Sea of Galilee), Mt. Hermon, Tzfat, Netanya, Tel Aviv, a 3:45 am hike up Masada, and a swim in the Dead Sea. In Jerusalem, the group engaged in a political seminar and had a geopolitics tour, spent a day in Yad Vashem, the Holocaust Museum, visited Mt. Hertzal and spent an evening at the Shuk (outdoor market).

In their final days, Sage and Shauna went to the Old City of Jerusalem, the Western Wall, and celebrated 'nei mitzvah of some of their group members. Throughout the program, the girls enjoyed Shabbat dinners and many lively

discussions about Judaism and Israel. One of the highlights was a visit to a Bedouins encampment, staying in tents alongside camels, enjoying the stars, a big bonfire, and live music.



Sage and Shauna both learned a great deal about the history of Israel and what everyday life is like for Israelis today. They both felt like the biggest benefit of the trip was connecting with Jewish young adults from across the country and gaining a deeper understanding of many facets of Judaism.



## Kiddush Crew Seeks Volunteers!

We would like to offer Kiddush luncheon on the first Shabbat of the month.

That's just a few luncheons between now and the end of 2022. We are hoping to have these on days that the Covid rating is Yellow or Green. Please contact Helen Hanan to indicate your interest. One of the "Kitchen Committee" members will try to be there for your maiden voyage into our well-equipped kitchen. Helen: 917 453-3975, [helenshanan@hotmail.com](mailto:helenshanan@hotmail.com)



# Donations

**Received July 28 - September 6, 2022.**

## **CEMETERY FUND**

Leonard Baer in memory of Earle and Miriam Fox.

## **CULTURAL ENDOWMENT FUND**

Sig and Fran Westerman in memory of their daughter, Sally Jacoby. Inez Hirshberg Hanau.

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

Peter and Jennie Dinnerman in memory of Peter's father, Maurice Dinnerman. Jonathan Levy and Patricia Forsythe. Stan and Rita Robbins in memory of Stan's aunt, Lillian Rubin, and in memory of Stan's father, Sidney Robbins. Joyce Meenes in memory of her father-in-law, Lewis Meenes.

## **DUES ABATEMENT FUND**

Sandell Morse in memory of her cousin, Harriet Hirsch. Julie Serrano in memory of her mother-in-law, Peggy Handlen.

## **HEBREW SCHOOL FUND**

name. Amy Feitelson in memory of her father, Joseph Feitelson. Gaiel Spaien in memory of her parents, Albert Spaien and Frances Spaien.

## **INSTITUTIONAL OPERATING ENDOWMENT FUND**

Thomas Slater in memory of Florence and Saul Slater.

## **LIBRARY FUND**

The Rubin family in memory of Marsha Cohen, "beloved mother and gramcee."

## **PRAYERBOOK FUND**

Andrea Shapiro in honor of Hebrew language teacher Kathryn Mulhearn.

## **PRESCHOOL FUND**

Claudia Leblanc in memory of her grandmother, Irene Morin.

## **RABBI'S DISCRETIONARY FUND**

Steve and Debbie Paul in memory of Steve's father, Irving Paul. Karl Singer in memory of his father, David Singer. Paul Rothman and Emily McEntee. Elissa Kaplan Senter. Sandell Morse "With gratitude for Rabba Kaya's guidance on my continuing spiritual journey." Anonymous donor.

## **RABBI DAVID SENTER MEMORIAL FUND**

Eve Kennedy Spaien in loving memory of Frances "Fritzie" Spaien.

## **TIKKUN OLAM FUND**

Karen Mott in memory of her sister, Shirley Jimison.

## **TZEDAKAH FUND**

Cynthia Freedman and Marcia Blacker in memory of their grandmother, Annie Freedman. Marilyn Zimman in memory of her mother, Ruth E. Epstein.

## **HIGH HOLIDAY CONTRIBUTIONS**

Rebekah Udoh and Daniel Agbajor. Eve Kennedy Spaien in loving memory of Al and Fritzie Spaien. Marlyn Miller. Erica & Joe Shapiro. Stephen Weisbuch. Olivia Hibbel and Lawrence Taylor.



**"Jewish Bluegrass" band Kol Kahol performs at the Back to Shul Festival on August 28.**

# Torah Inspired Yoga

By Allison Miller

This year the Temple will once again offer Shabbat yoga on select Saturdays (see Calendar) from 9-10am in the Social Hall. I want to explore the questions you may be asking yourself: Why would I practice yoga on Shabbat? What is the connection between yoga and Shabbat?

One of the best ways to think about it is to consider this quote from Rabba Kaya's June 17, 2022 **Water from the Well** column. She wrote,

*"...we are called upon, every day, to create the internal conditions that will enable an experience of connection with the Divine Mystery."*

That is a beautiful and precise way to describe yoga: It helps us create those internal conditions. And in doing so, it both prepares us for prayer, and is prayer itself; it is both an activity in harmony with Shabbat, and an expression of it.

One way yoga helps us create those internal conditions is simply by calming our nervous system, and teaching us how to do so consciously. When our nervous system is calmer, i.e., not in an activated "fight or flight" state, we are calmer, and we begin to see more clearly, with greater kindness, and compassion. It helps us quiet and focus our minds. And as our minds quiet, we begin to notice and ask, what's here in this quiet stillness? Who am I when I'm not worrying, distracted, or pressured? What's most important now? What am I grateful for? You might notice that these are the kinds of questions one asks in temple, and that they are comfortably, if not spontaneously, asked in the inner space created when we practice yoga.

As Rabba Kaya wrote, we have *"... the capacity to build an internal sanctuary, a makom, a place for the Divine Presence to dwell...to create a centered, balanced, and loving inner state, so that the Divine Presence may be expressed through us. But it takes a commitment to some regular spiritual practice, one that helps us to open our awareness to the blessings in our lives and the profound ways in which all is connected. This is the gift of Shabbat, connecting and expanding our awareness, for building an inner Mishkan."* Please join me in developing your own regular spiritual practice, and inner sanctuary, by trying Shabbat yoga.

You can find out more details on the Temple website where you can register, print and sign a waiver to bring with you when you arrive at your first class.

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## Lulav & Etrog Orders

Order via the online form or contact the temple office. \$45 per set. Kindly place your order by September 23. You will be contacted when your lulav and etrog set is ready for pickup.





# Arts Review Team

By Deborah Levine, Arts Review Team Chair

August has been an exciting month for art and related activities at Temple Israel. We completed a summer class of hand-drumming for beginners with stalwart leader John Felice, culminating in a performance at the Back to Shul Fest on August 28. Also, many children and teens had fun with painting and balloon twisting, sponsored by the Arts Review Team at our booth. Many chose animal themes and appeared on stage with Rabba Kaya for the "Blessing of the Animals."

Some congregants and friends have caught a glimpse of paintings by Alan Shulman that have been on view in the social hall since mid-August. Immigrants from Ukraine and other displaced individuals peer at us from the walls, reminding us of their courage and sad plight, which recalls experiences our own ancestors may have endured. We are moved to do what we can do today to help the brave Ukrainians who are living through the Russian invasion.



Photographs at left and below by Ron Sher: attendees at the Back to Shul Fest enjoyed face painting and balloon creations at the Arts Review Team booth.



On September 16 at 7:30 pm, we will have the opportunity to meet artists Alan Shulman and Emily Corbató at a reception following Friday night services. Emily has provided us with a photographic exhibit based on her 2001 trip to Ukraine and a fellowship from



Brandeis entitled "All Good," – the greeting used by Ukrainians, regardless of their circumstances. (Three of her photos are shown at right).

The first exhibit is of girls from a Jewish orphanage who are of bat mitzvah age.



Another poignant display is of Bubbes and Zaydes, portraits of elders, along with photographs of their apartments and street scenes. Also on display are photos in sepia of Israel, taken by Ms. Corbató in the 1970s. She will be happy to share stories and answer questions at the upcoming reception.

**A community card-making event** in celebration of the new year will be held on Wednesday, September 21, from 4:00 – 5:00 pm, outdoors (weather permitting), co-sponsored by the Chesed Squad and our Hebrew School. Registration is encouraged to help us plan for materials.

# In Our Community

## Joyful news!

**Elissa Kaplan Senter and Arnold Schwartz** are planning their Love & Jewish Commitment Ceremony on November 13, at 3:00 pm at The Laguna Woods Village Greens Restaurant. Rabbi Joe Mendelsohn will be officiating. Elissa can be reached at her address in the TIP directory. A Zoom link will follow closer to the date.



Mazal tov to **Rabba Kaya Stern-Kaufman and Steve Kaufman**, on the wedding of daughter **Sophie Shrum**, to **Joseph Tracy**, on September 8 in the Berkshires.



*Mazel Tov*  
מזל טוב

## As the 2022 - 2023 membership year gets underway, we welcome new members!

- Adam Levy, Tina Goldkind-Levy, and daughter, Ruth, Rye, NH
- Lisa and Jacky Ohayon, Hampton, NH (welcome back to the Seacoast!)
- Trevor Law and Jeffrey Neo, Portsmouth
- Kira Lew and Steven Greenberger, Hampton
- Zacharia and Kristin Nobel and daughter Zora, South Berwick.
- Katie Fleisher and Philip Taylor and daughter Poppy Fleisher, Hampton
- Sophia and Nathan Sassoon and son Noah, Portsmouth
- Sabrina Schaefer and Jeffrey Radin, Portsmouth

## Lost & Found Reminder

Missing an umbrella, lunch bag, water bottle, or pair of glasses? Please check the coat closet near the elevator for found items.



## Tzedakah Committee

The Tzedakah Committee has funds available to help take some pressure off those in need. We can provide help in many forms including gift cards for food and gas as well as paying pressing bills. Please contact Rabba Kaya and she will forward a confidential request to the committee.

# Tikkun Olam

## SISC Update

By Jewel Davis, Tikkun Olam Committee Member

Temple Israel Portsmouth is one of the faith community Members of SISC (Seacoast Interfaith Sanctuary Coalition). We ensure that sanctuary is available in the seacoast of NH for immigrant families facing the threats of detention, deportation, family separation and violence. We are especially helpful to those whom ICE has placed in detention in the Dover, NH prison facility. SISC works to free them as soon as possible, find living spaces with faith community members, assist with needs including food, grocery shopping, hygiene, rides, overnight volunteers, study help, and play dates, etc.

Right now, congregant Carolina Barba has been incredibly generous to offer housing and many other kinds of support including fellowship to a young man named Mastan from Africa who feared for his life in his home country. He is now taking a course at Great Bay Community College and needs rides from Hampton to Great Bay Community College in Newington and back home again. His class meets from 12:00 pm to 3:00 pm at Great Bay on Tuesdays and Thursdays.

We are also looking for more volunteers to join SISC. We meet once a month on Zoom led by Maggie Fogerty, usually the third Sunday of the month but this month we're meeting on September 11 at 4:00 pm. If you have any interest in paying it forward in this way and representing our Temple in a positive light, please call Jewel Davis, 978-239-4500 for more information.

## Walk to End Alzheimer's

Mark your calendar to join temple members in the annual fundraiser Walk to End Alzheimer's on Sunday morning, September 25. Participants meet at the Little Harbor School in Portsmouth, with the grounds opening at 8:30 am, an opening ceremony at 9:30 am, and the walk beginning at 10:00 am.

You'll find a registration link on the temple website calendar. Please join us to support this important cause!

## Mindfulness-Based Bereavement Support Group continues! Additional sessions added for September, see p. 19

In this 75-minute weekly facilitated grief support group, participants will have space to recognize, allow, and process feelings and challenges related to losses they have experienced. Group discussion will be facilitated by Allison Miller, PhD, a skilled clinician with over 20 years' experience helping clients face the most confusing, difficult, and painful life moments, on a journey to finding joy, meaning, and purpose again. Free and open to the public.



### HELEN HANAN

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# High Holidays

## HIGH HOLIDAYS

All High Holiday services will be led by Rabba Kaya Stern-Kaufman and Cantorial Soloist Kochava Munro. Services will be available in-person and through Zoom.

**Sun. Sept. 11:** 11:00 am Pine Hill (Dover) Cemetery Memorial service; 12:00 pm Forest Glade (Somersworth) Cemetery Memorial service, led by Cathi Cherry-Liston and Jodie Aviles

**Sat. Sept. 17:** 7:00 pm Selichot Interfaith Gathering, African Burying Ground

**Sun. Sept. 18:** 1:00 pm Portsmouth Cemetery Memorial service led by Rabba Kaya

## ROSH HASHANAH

**Sun. Sept. 25:** 7:00 pm Erev Rosh Hashanah service

**Mon. Sept. 26: Rosh Hashanah Day 1 morning service from 9:00 am – 12:15 pm**

Time TBA: Family Service

1:00 pm Tashlikh and shofar blowing at Prescott Park

3:30 pm Tashlikh and shofar blowing at Henry Law Park, Dover

**Tues. Sept. 27: Rosh Hashanah Day 2 morning service from 9:00 am – 12:15 pm**

## YOM KIPPUR

**Tues. Oct 4:** 6:15 - 7:45 pm Kol Nidre service

**Wed., Oct. 5 Yom Kippur morning service from 9:00 am – 1:00 pm**

Time TBA: Family Service

11:35 am Rabbi's sermon

11:50 am Yizkor

Break: 1:00 pm - 4:45 pm

4:45 pm - 5:45 pm Afternoon Service (Jonah)

6:00 pm Neilah Service

6:59 pm Final Shofar Blowing / End of Fast: 6:59 pm

7:15 pm Break the Fast Meal

## Annual Food Drive

On Erev Yom Kippur, we will dedicate our annual food collection to Seacoast Family Promise. SFP is a neighbor helping neighbor organization for families with children experiencing homelessness. Please consider filling a bag (or two!) to help.



Non-perishable items only may be left in the SANCTUARY LOBBY (State Street) between Rosh Hashanah and Yom Kippur.

Or you can send a check to SFP - 27 Hampton Rd, Exeter, NH 03833. Please include "Temple Israel Member" in the memo line of the check.

## Items requested:

- Skippy or Jiff peanut butter
- Grape and strawberry jam/jelly
- Canned tuna
- Coffee filters
- Individually wrapped snacks such as cookies, Cheese-its, Fig Newtons, fruit gummies, goldfish, etc.
- Pasta and pasta sauce
- Boxed mac & cheese
- Boxes of rice (NOT huge packages)
- Pancake syrup and/or pancake mix
- Special K cereal and/or Honey Nut Cheerios
- Liquid dish soap
- Liquid laundry detergent: **Please no pods**
- **NO canned veggies**

***Please check the expiration dates on food items before donating!*** Thank you!

# Celebrate the High Holidays with Temple Israel - Rosh Hashanah!

Registration Required - See <https://www.templeisraelnh.org/HH2022/> for info



## Erev Rosh Hashanah

Sunday, Sept. 25, 7 pm  
Temple Israel & Zoom

Join us to welcome the New Year in prayer and song, led by Rabba Kaya Stern-Kaufman and cantorial soloist Kochava Munro. Attend in person in the historic Sanctuary or over Zoom.



## Rosh Hashanah Day 1

Monday, Sept. 26, 9 am  
Temple Israel Sanctuary & Zoom

Services will be led by Rabba Kaya Stern-Kaufman and cantorial soloist Kochava Munro.



## Tashlich & Outdoor Shofar Service

Monday, September 26  
Prescott Park, Portsmouth - 1 pm  
Swasey Park, Exeter - 3:30 pm  
Henry Law Park, Dover - 3:30 pm

Join us at one of three locations for an outdoor Shofar Service and Tashlich, the ritual casting off of our sins., traditionally performed by throwing bread into water.



## Rosh Hashanah Day 2

Tuesday, Sept. 27, 9 am  
Temple Israel Sanctuary & Zoom

Services will be led by Rabba Kaya Stern-Kaufman and cantorial soloist Kochava Munro.



## Rosh Hashanah for Families

Monday, Sept. 26, 10:15 am  
Temple Israel Social Hall

Family service, geared for children in grades 1 - 5 will be led by Ilene Kanoff.



## Babies & Tots

Monday, Sept. 26,  
Temple Israel

Preschool story time for ages 2-5 will be held from 9:30 am to 10:00 am in the chapel. Baby sitting will also be available. Email or call the Temple Office for details.

(603)436-5301 • [www.templeisraelnh.org](http://www.templeisraelnh.org)  
200 State Street, Portsmouth, NH 3801



**Temple Israel**  
Portsmouth, New Hampshire

# Celebrate The High Holidays with Temple Israel - Yom Kippur

Registration Required - See <https://www.templeisraelnh.org/HH2022/> for info



## Erev Yom Kippur - Kol Nidre

Tuesday, October 4, 6 pm  
Temple Israel Sanctuary & Zoom

As the sun sets, begin the solemn Day of Atonement in community, led by Rabba Kaya Stern-Kaufman and cantorial soloist Kochava Munro.



## Yom Kippur Morning

Wednesday, October 5, 9 am  
Temple Israel Sanctuary & Zoom

Morning services for the Day of Atonement led by Rabba Kaya Stern-Kaufman and cantorial soloist Kochava Munro. We will take a break from 1:00 pm to 4:45 pm.



## Yom Kippur Afternoon & Neilah

Wednesday, October 5, 4:45 pm  
Temple Israel Sanctuary & Zoom

Services resume with Mincha, chanting from the story of Jonah, Neilah, and the final shofar blast. After Havdalah, stay to break fast with a catered kosher meal in the Social Hall.



## Yom Kippur for Families

Wednesday, October 5, 10:15 am  
Temple Israel Social Hall

Family service geared for children in grades 1 - 5 will be led by Ilene Kanoff. Preschool story time (ages 2-5) will be held from 9:30 am to 10:00 am in the chapel. Baby sitting will also be available. Email or call the Temple Office for details.



## Break the Fast

Wednesday, October 5, 7 pm  
Temple Israel Social Hall

Please join us for a catered kosher break-the-fast in our Social Hall. Advance registration is required.



## Annual High Holiday Food Drive

Rosh Hashanah - Yom Kippur  
Leave bags in the Sanctuary Lobby

On Erev Yom Kippur, we will dedicate our annual food collection to Seacoast Family Promise. SFP is a neighbor helping neighbor organization for families with children experiencing homelessness. Please consider filling a bag (or two!) to help. See website for more info.

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200 State Street, Portsmouth, NH 3801



**Temple Israel**  
Portsmouth, New Hampshire



# Yahrzeits

## September Yahrzeits

1. Celia Goldman, Milton Klaiman, Michael Davis, William Kleinhandle
2. Celia Halprin, Helen Miller, Betty Doris Kates, Eleanor Goodman Sorrell
3. Krissy Yanofsky
4. Ruth Kovnit, Abraham Isaac Feldman, Bette Weissman, Mary Nicole, George Nielsen, Arthur Yaffee, Dyna Dykerman, Jerome Kurshan
5. Joseph Feitelson, Bertha Levenson, Fannie Salloway, Herbert Kahan, Fanya Mason, Myer Saunders, Nathan Issokson, Samuel Goldstein
6. Philip Levine, Esther Intriligator, Harry Stein, Frederick Lewis Diengott, Hatalie Filler
7. Pauline Berlin, Bernard Winebaum, Sheldon Goodman, Mary Rottenberg, Bernard Michaelson
8. Leah Green, Louis Mackles, Burton Sacks, Frances Spaen, John Talisman, Louis Sherman, Rebecca Borwick
9. Ephraim Green, Ernest Salloway, Clara Shamesman, Barbara Alperin
10. Rose Levine, Joseph Jalbert, Barbara O'Connor
11. Belle Silfen, Sophie Sados, Irene Morin, William Olney, Martin Erwin Cohen, Selma Odell, Ray Alterman, Margaret Thompson, Sylvia Rae Kandel
12. Jacob Hooz Jr., Sadie Gouse, Lolly Silverman, Matthew Fleece, Michael Youngfellow, Robert Dick, Hyman W. "William" Krasker

## 5 Elul 5782 - 5 Tishrei 5783

13. Mildred James
14. Sumner Savsovitz, Salle Roffman, Samuel Kramer, Benton Dearborn, Freda Fischer
15. Louis Atkins, Mildred Lobel, Ruth Epstein
16. Hyman Kovnit, Jacob Gerstein, Helen Samson, Hilda Rutstein, Yakov Shumskiy, Jennie Small
17. Samuel Tober, Maureen Sher, Aaron Ginsburg, Sadie Liebson
18. Fanny Slome, Hugo Dieterich
19. Judith Olson, Joseph Karol, Sandra Proud
20. Pauline Alkon, Rose Paul, Ann Diamant, Alfred Heilbronner, William Lederman, Roberta Baer
21. Kenneth Fox, Leo Shoer, Martin Elkin, Philip Verner, Vilan Belopolsky
22. May Levy, Jack Pearl, Charles Kram
23. Molly Winebaum, Isadore Kotlus, Alex Siegel, Edwina Scharff, Milton Lincoln
24. Dov Ben Shuster, Frances Winer, Herman Winick, Annie Hooz
25. Jacob Cohen, Benjamin Chertok, Bertha Gerstein, David Strauss, Jacob Hooz, Abraham Glaser, Abigail Michelson, Donald Spund
26. Samuel Kirzner, Mildred Gorman Pollack, Sarah Shoer, Nancy S. Hernandez
27. Ida Bradbard, Hyman Black, Dora Lightman, Meyer Simmons, Leon Steinberg, Bessie Fins, Arthur Lieberman, Samuel Roessler, Leib Borwick, Suzanne Rubenstein

**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

- 28. Baby Polimar, Saul Mark, Elias Leitman,  
Robert Morris, Sylvia Morris, Leonard Lane,  
Bernard Cooperman, Mary Singer,  
Samuel Golden, Morris Moses
- 29. Ella Blankenberg
- 30. Samuel Goodman, Rita Rabinowitz, Samuel  
Cohen, Michael Mittelman, Helen Holmes

**Reminder: please log into your ShulCloud account  
to confirm meeting dates on the website calendar.**

## CLASSES

### Mindful Bereavement Support Group

12:00 pm - 1:15 pm, Tuesdays, 9/6, 9/13, 9/20

### Yiddish for Beginners

11:00 am - 12:30 pm, Wednesdays

## COMMITTEE MEETINGS

### House Committee

7:00 pm, Thursday, 9/8

### Marketing Committee

1:00 pm, Wednesday, 9/12

### Executive Committee

7:30 pm, Thursday, 9/15

### Board of Directors

7:00 pm, Tuesday, 9/20

### Endowment Committee

7:00 pm, Thursday, 9/22

### Education Committee

7:00 pm, Thursday, 9/22

## Thank you, Temple Israel

Dan and Jeannie Hastie would like to thank Temple Israel congregants and staff for the many kind wishes extended to them after the death of their beloved son, Ben. Your thoughtfulness and support is very much appreciated.

## Life Cycles

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

Condolences to Administrative Director **Heather Tomlinson** on the passing of her mother-in-law, **Mary Tomlinson**.

Condolences to **Jill White**, on the passing of her father, **Larry Solomon**.

Condolences to the family of **James Sagner**, who passed away on August 21.

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

## 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



No Book Club meeting in September. We look forward to seeing you in October!

## Temple Israel Portsmouth

### Board of Directors

Robert Zimman, President

Jared Nabel, President-elect

Ian Kaner, VP Education

Fran Berman, VP Ritual

Doug Tilton, VP House

Loren Selig, Secretary (Recording)

Amy Borne, Financial Secretary

Richard LeSavoy, Treasurer

Matt Allen, Director

Marc Hiller, Director

Rachel Kurshan, Director

Ben Martindale, Director

Joanne Samuels, Director

Julie Serrano, Director

Dov Yellin, Director



## Temple Israel

200 State Street

Portsmouth, NH 03801

603-436-5301

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



Proud member of USCJ



Congregant **Richard David Grossman** has been busy blowing the shofar recently! He led a workshop with 25 participants at the Back to Shul Festival on August 28. Then on September 5, he contributed to the annual municipal observance of the signing of the Portsmouth Peace Treaty.

*Thanks to  
Fran Berman  
for sharing a  
photo!*

