

The Doorpost

Temple Israel
Monthly Newsletter

September 2023, Elul 5783 - Tishrei 5784



From the Rabbi's Desk



**Rabba Kaya
Stern-Kaufman**

The wind rushes through the trees at our new home, creating a swishing chorus of dancing branches and leaves. We are so grateful to be putting down roots in our new home in the woods of Eliot. We wonder how each season will present

itself; how the cycles of time will play out in the forest that surrounds our home. Today the hummingbirds flit about on our clothesline while bluebirds and goldfinches chase each other from

Continued on page 2

Shabbat Home Hospitality Needed, September - May

If you live within walking distance of Temple Israel AND have a spare bedroom, please consider hosting our

rabbinic intern for a Shabbat overnight in the year ahead. Reb Jacob (see his introduction on page 17) is a 4th year rabbinic student at Hebrew College. He (with his wife Julia on some Shabbats) will be with us for two Shabbats per month from September through May and he/they will need overnight housing. We are also seeking Shabbat meal hosts (kosher or vegetarian)!



Upcoming Events

Complete High Holiday Schedule pages 14-15

First Friday Tot Shabbat, p. 3

5:00 pm, Friday, 9/1, Chapel

Bat Mitzvah of Zora Nobel, p. 3

5:00 pm, Saturday, 9/2, Sanctuary

The Temple Office will be closed

Three Mondays in September: 9/4; 9/18; 9/25

First day of Hebrew School and Preschool, pp. 6-7

Wednesday, 9/6, Welcome back to all our students!

Family Breakfast & Hebrew School Orientation, p. 6

8:30 am, Saturday 9/9, Social Hall

Selichot Service, p. 3

8:00 pm, Saturday, 9/9, Courtyard & Sanctuary

Cemetery Memorial Visits, p. 14-15

Sunday, 9/10: 11am in Portsmouth, 12:30 pm in Dover,
1:30 pm in Somersworth

Morning Service with Shofar, p. 5

9:30 am, Wednesday, 9/13, Shmooze and Chapel

Teen Lounge Night, p. 6

6:00 pm, Wednesdays, 9/13 and 9/27, Social Hall

TIP Book Club Discusses *The Nobodies*, p. 20

12:00 pm, Thursday, 9/14

"Gifts of Imperfection" via Zoom, p. 16

4:00 pm, Thursday, 9/21

Outdoor Erev Sukkot / Shabbes Tisch Service, p. 3

6:30 pm, Friday, 9/29, Strawberry Banke

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

Reb Jacob is really looking forward to meeting all of us. For more information, please contact Fran Berman, vpituaal@templeisraelnh.org.

From the Rabbi's Desk

Continued from page 1

tree to tree. This morning a flock of chubby wild turkeys galumphing through the yard makes me laugh. Yellow and purple flowers are blooming in the garden Steve has lovingly created, the wonder of a partnership between man, nature and God. All these sights are beautiful and all are fleeting.

We are always living through cycles in time. The natural world presents this undeniable truth to us through the transformation of seed to root, to stem, to flower and fruit and back to seed again; through the circular change in seasons; through the life cycle of every individual. And our Jewish spiritual life is expressed through rituals that deepen our experience of cycles in time while providing us with a window into the Eternal, that which is beyond earthly time.

It is noteworthy that the very first mitzvah recorded in our Torah and given to our people in the wilderness of Sinai is the command to create a calendar. The first essential tool for living a life of true freedom is the establishment of a sacred order to the cycles of time that every generation experiences. Today, we find ourselves in the month of Elul, in preparation for the turn into a new spiritual year. Time moves through the Jewish calendar as a spiral (think of the round challah on Rosh Hashanah), returning us each year to familiar places and rituals, but in a new position on the journey. Just as time returns us to this place each year, we are called upon to return (*shuv*) to the essential truths and values that guide our lives. We are called to remember, that is, to re-member, to reconnect all that has become frayed or damaged.

In this month of Elul, we enter the cycle of return (*teshuvah*) to our core values and highest aspirations for all our relationships. We begin with contemplation and self-assessment. As the month culminates with Rosh Hashanah and crescendos with Yom Kippur, we move from inner work to outer change, from contemplation to the actualization of repairing relationships.

We have many traditional rituals and synagogue offerings to support us in this process. The sounding of the shofar at morning services this month is meant to awaken us, like a spiritual alarm clock, to the work of teshuvah that is now upon us.

On Wednesday, September 13, at 9:30 am, we will gather for donuts, coffee and schmoozing and at 10:00 am we will move to the Chapel for a short morning service including the sounding of the shofar.

On Thursday, Aug. 31, congregants joined me for a workshop entitled ***Cheshbon Hanefesh- An Accounting of the Soul***. The evening began with gentle yoga to soften, stretch and relax. We then explored several Mussar texts addressing our attitudes and behavior through small group discussions and contemplative journal-writing exercises.

May we all savor these last days of summer, as we deepen our awareness of the cyclical nature of life. And may we discover our capacity for creating peace in our lives and in our world.

Shanah Tovah U'metukah, a good and sweet new year.

Rabba Kaya

Prayer

Service Times

Weekday Minyan, Tuesday, 5:30 pm, ZOOM ONLY

Kabbalat Shabbat, Friday, 6:30 pm

Shabbat Morning, Saturday, 10:00 am, with participation from Hebrew School students (during the school year) and Torah reading. B'nei mitzvah services begin at 9:30 am. *Zoom links to virtual services are in the weekly bulletin with exceptions as noted. Members can also log into their ShulCloud account and find the Zoom links on the "Member Resources" page.*

Tot Shabbat with Rabba Kaya

- Friday, 9/1, 5:00 pm
- Friday, 10/20, 5:00 pm

Bat Mitzvah of Zora Nobel

- Saturday, September 2, 5:00 pm, Sanctuary, in person and via special Zoom link

Traditional Service

- Friday, September 8, 6:30 pm.

Selichot Service

- Saturday, September 9, 8:00 pm, Havdalah in the courtyard followed by 9:00 pm service in the Sanctuary

Morning Service with Shofar

- Wednesday, September 13, 9:30 am, Shmooze

Candle Lighting

September 1, 7:01 pm

September 8, 6:49 pm

September 15, 6:36 pm

September 22, 6:24 pm

September 29, 6:11 pm

Meet our Rabbinic Intern

Reb Jacob Chatinover, at Shabbat services

- September 8 & 9; September 22 & 23

Erev Sukkot / Shabbes Tisch

- Friday, September 29, 6:30 pm, at Strawberry Banke, led by Rabba Kaya Stern-Kaufman. Bring a dairy/vegetarian/ pareve dish to share and your own chair. Services will be live streamed on the TIP Facebook page. In case of inclement weather, services will be held in the Sanctuary and will be accessible via the usual Zoom link. The gathering will be a dairy/ pareve/ vegetarian potluck in the Social Hall.

Hoshana Rabbah Service

- Friday, October 6, 10:00 am at Rabba Kaya and Steve's house; address provided in the registration confirmation email. Bring a chair, tallit, lulav and etrog, tefillin if it is your custom to do so, and vegetarian / dairy / pareve dish to share!

Alternative Service

- Friday, October 6, 6:30 pm

President's Message



Jared Nabel
President

Fellow TIP Community Members,

Shanah Tovah!

In my column this month, I would like to share with you some good news from our community.

Don't call us, we'll call you! Board members will be making their annual

holiday outreach phone calls to members of the congregation. Listen for their friendly voices on your phone or answering machine! We appreciate this regular opportunity to connect with temple members.



Yasher Koach to Margie Wachtel, who accepted the Shem Tov Award for exceptional volunteer service, presented by the Jewish Federation of NH. JFNH Executive Director Allyson Guertin shared a photo taken of Rabba Kaya, Margie, and her husband, Morey, at the meeting in Bedford.

Temple Israel's **Holocaust Torah scroll** is currently receiving tender, loving restoration under the capable hands of Rabbi/Sofer Kevin Hale, who is one of a select few sofrers approved to work on

Torahs (including the one entrusted to Temple Israel) that are owned by the Memorial Scrolls Trust. VP Ritual Fran Berman delivered the Torah scroll to Rabbi Hale in Northampton, MA, a few weeks ago. The Torah in its dark blue mantle and wrapped in two *tallitot* was transported with great care and buckled with a seat belt. We plan to welcome back the Torah scroll with a special celebration at a siyyum with Rabbi/Sofer Hale on Wednesday, October 25. Look for more details as the date approaches.

I was happy to see so many congregants and visitors enjoying Back to Shul Fest on August 27. Kudos to organizing maestro Erik Martin, and all the volunteers! Thanks also to Dan Comly for sharing the photos he took of the festivities.

להתראות L'hitraot, (See You Soon),

Jared Nabel



Ritual Committee

High Holidays, Here We Come!

By Fran Berman, VP Ritual

It's time to get ready for the High Holidays! Rosh Hashanah starts at sundown on Friday, September 15, and continues through the weekend, making it convenient for many who have work or school during the week. Yom Kippur follows nine days later, beginning with Kol Nidre on Sunday evening, September 24, with Monday as a full day of prayer and fasting.

A dedicated team of volunteers has been working with Rabba Kaya for the past three months to make Temple Israel's High Holidays a fulfilling, welcoming experience for all.

- Rabba Kaya and cantorial soloist Eliana Willis have planned beautiful services that will inspire, inform, and engage us through words and music, with active participation by more than 50 congregants during the services.
- Ilene Kanoff will again lead our Youth Services on each morning of the holidays for children in grades 1-5.
- Dinah Berch will again host a Tot Story Time for our youngest family members (ages 0-5) and their parents.
- Childcare is available by pre-registration during Rosh Hashanah and Yom Kippur.

We have worked hard to arrange parking, security, technology, audio/video access, break-the-fast, publicity, shofar blowing, and so much more. All the information for High Holidays is available in our High Holidays Hub on the web at www.templeisraelnh.org/holidays/high-holidays-2023/, with links to register for the varied events

we will sponsor. Our holidays are supported financially by the Cultural Endowment Fund and by the generous contributions of the Temple Israel community.

Please note that because the first day of Rosh Hashanah is also Shabbat this year, you will not hear the shofar until the second day of Rosh Hashanah; *Tashlich* is also shifted to the second day of Rosh Hashanah.

If you have not yet signed up to attend our High Holiday services, please do so today!

Pre-registration is required for all services, and we especially need a head count for our catered Break-the-Fast meal at the end of Yom Kippur.

We look forward to seeing you and greeting you in person (or on Zoom) as we welcome the new year of 5784. *Shanah tovah!*



Fran Berman
VP, Ritual

Hear The Blast of the Shofar Wherever You Are!

Wednesday, September 13

Join us at 9:30 am for donuts, followed by a short morning service that includes sounding



of the shofar to awaken our souls to the work of repair. If you have your own shofar, bring it and join in the mitzvah of blowing the shofar at morning worship during Elul. Available via Zoom using the regular link for services.

Hebrew School / Family Programs



Erik Martin
Head of School

First Day of Hebrew School

Wednesday, September 6

4:00 - 6:00 pm (Note new time!)

We look forward to welcoming your children back to school!

Please remember that our

Wednesday grade 3 - 7 classes

will start at 4:00 pm and

dismiss at 6:00 pm.

This promises to be an amazing year with new programs like Hebrew Through Movement and project-based learning initiatives woven into the curriculum. Still need to enroll your child(ren) in the school year? It's not too late! Visit the Temple website to register today!



Welcome Back Family Breakfast and Parent Orientation

Saturday, September 9, 8:30 am

Join us for bagels and schmear to celebrate the beginning of the school year! Breakfast served at 8:30 in the social hall. Students will be dismissed to classes at 9:00. A short parent orientation session will follow from 9:00 - 10:00.

Sushi In The Sukkah Teen Event

Sunday, October 1, 12:00 - 1:30 pm

Strawbery Banke Sukkah

Celebrate the Feast of Booths by rolling out your own sushi rolls while you decorate the sukkah with your friends! Come hang out with Jewish teens from

around the Seacoast for a fun afternoon in the sukkah. We'll nosh on delicious sushi and then roll out our own "candy sushi" for dessert.

Free and open to all Jewish teens, 13 and up. Please register through the temple website calendar so we can provide enough sushi for everyone!



Pizza in the Hut

Wednesday, October 4, 6:00-7:30 pm

Strawbery Banke/Temple Israel Sukkah

Bring the family and join us after Hebrew School for a pizza and salad dinner in the sukkah! Celebrate the festival with the entire community. We'll enjoy a meal together and shake the lulav.

Free and open to the community; donations are accepted and appreciated! Kindly register on the temple website calendar to help us plan for refreshments.



Back to Shul Fest was a great success! See page 13 for details, photos, and many thank-yous!

Early Learning Center

Shalom,

Our Summer Camp 2023 experience was mostly sunny and mostly hot! Ten children attended our



July camp week. About half were new students who will be joining us for pre-school in September. All had a joyful time playing with fellow students and meeting their teachers, Miss Tammy and Miss Elian.



Camp started each morning with outside activities on the playground.

On Tuesday, PJ Library Coordinator and TP congregant Dinah Berch arrived as the "ice cream fairy."

After reading a book, she created ice cream sundaes with us.

On Thursday, we walked over to the Wentworth Senior Living Home for our Grand Pals program.

The children danced under colorful parachute fabric, and sang and clicked their

rhythm sticks with the residents.



Friday, we played indoors in the Social Hall due to the



Tammy Roberge
Director, ELC

stormy weather. Some of the campers rested after a week filled with so much fun! We enjoyed Shabbat together and waved goodbye for a few short weeks. The new school year begins Wednesday, September 6.



Questions about the ELC? Call me: 603-436-5301, ext. 23, or send me an email at preschooldirector@templeisraelnh.org. Tammy and the ELC team (Elian, Laura, Steve, Amy, and Marge)

Teen Lounge / Kulam



Teen Lounge Nights

Two Wednesdays a month. See TIP website calendar for full schedule. **Kickoff September 13!**

6:00 - 8:00 pm, ages 13+

Is your teen looking for something to do on a Wednesday night? Come hang out with Jewish teens from around the Seacoast for a casual lounge night at Temple Israel and a chance for teens to be teens with other Jewish kids. Activities will change from night to night. Join in for a movie, a game night, to make some cool decorations for the Sukkah, or just hang and chat!

Free and open to all Jewish teens; includes pizza dinner!

See the Temple Israel calendar for a full schedule of lounge nights and register to let us know you're coming.

Kulam Begins October 22

New Teen Education Program

One Sunday/month, see TIP calendar for schedule.

Meets at 5:00 pm, pizza dinner included.

Promoting *shleimut* (individual well-being), *hesed* (connection), and *tzedek* (just action) through monthly gatherings, dialogue, Jewish texts, games, and interactive activities.

Facilitated by Rabba Kaya, the Kulam curriculum creates a safe space that fosters open and honest discussions. Participants will:

- Have fun in a Jewish space with other Jewish teens
- Connect with Jewish wisdom
- Become equipped to develop healthy relationships
- Be inspired to make a positive difference
- Gain insight into current social issues in the world

Open to ALL Jewish teens, ages 13-16

Cost: \$108 per teen for Temple Israel members

\$144 per teen for non-members

Price includes all materials, caring professional staff, pizza dinner, and friendships for a lifetime!

[Register](#) via the TIP website calendar.

Moving Traditions
Kulam

New Teen Program
Where Jewish teens ask big questions about:

- *shleimut*, individual well being
- *hesed*, connection
- *tzedek*, just action
- identity, equity, and justice

through honest and open dialogue, Jewish texts, games and other interactive activities, teens explore these issues together

Monthly classes
Sundays @ 5:00pm
Includes pizza dinner!

Temple Israel
Portsmouth, New Hampshire

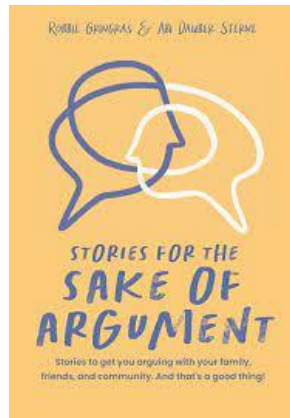
Israel Affairs / Sisterhood

By Emma Rous, Chair, Israel Affairs Committee

Stories for the Sake of Argument

Coming Sunday, November 5 at 10:00 am, the IAC

will host a workshop on conducting conversations when opinions are polarized, a highly relevant topic for both Israel and the United States. Sadly, many synagogues avoid discussing Israel because the conversations become too contentious. The authors of



the book *Stories for the Sake of Argument* are Israeli educators who believe that we need to have more arguments, not fewer, but need the tools to talk with people with whom we disagree.

This in-person workshop will meet with Israeli facilitators via Zoom. Participants will buy the book of stories for \$10, to be used in the workshop and in follow-up discussion groups. Book ordering is included with online registration via the website calendar. While the workshop is specifically geared to discussions about Israel, attendees will learn tools to help with any discussion with others whose viewpoints differ.

Please register by October 2.

The committee would like to thank the Cultural Endowment Fund and Rachel Kurshan for making this event possible.

The committee also hopes to host a series of Israeli speakers throughout the year.

By Rachel Dennis, Sisterhood Chair

We are beginning to plan Sisterhood events for this coming year. Visits to the Maine Jewish Museum in Portland, ME and the Mikveh Mayyim Hayyim in Newton, MA, as well as Rosh Chodesh gatherings and a L'dor V'dor brunch are all being considered. Our weekly Craft and Kvetch get-togethers will begin again.

Please email me at Sisterhood@templeisraelnh.org with any ideas, comments or questions you may have. I look forward to seeing you at our next meeting on Sunday, October 15. There will be no September meeting.

Tikkun Olam Committee - Food Drive Reminder

The Tikkun Olam Committee reminds you to please consider donating non-perishable food or other requested items for our High Holiday drive to



benefit Seacoast Family Promise. See the website High Holiday hub for their Wish List. Many thanks!



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Donations

Donations received July 29 - August 25, 2023.

ANNUAL FUND

Betty Wachtel.

CULTURAL ENDOWMENT FUND

Ken and Holly Grossman in memory of Ken's mother, Molly Grossman and in memory of his father, Barney Grossman. Ellen Farber in memory of her mother, Hatalie Filler.

DINNERMAN-ROTTENBERG EDUCATIONAL ENDOWMENT FUND

Gail Spaen in memory of her parents, Al and Fritzie Spaen. Stan and Rita Robbins in memory of Stan's aunt, Lillian Rubin, and in memory of his father, Sidney Robbins. Joyce Meenes in loving memory of Mary Rottenberg, beloved mother and grandmother.

HEBREW SCHOOL FUND

Gail Bradbard in celebration of the birth of Brendan, son of Darla and Jimmy, grandson of Steven Gold and Diane Hartman.

KIDDUSH FUND

Krause Zahler Family Fund of the Dallas Jewish Community Foundation. Warren Zahler writes, "We spent the most enjoyable Shabbos with your community. Thank you for our recent aliyah. Hazak Hazak! Continued success with your important work!" Judy and John Craig In loving memory of Rose Lapkin, Judy's paternal grandmother.

LIBRARY FUND

Joel and Judith Goldstein in memory of loved ones.

PRESCHOOL FUND

Steve Sacks in memory of his father, Burton Sacks. Marilyn Zimman in memory of her mother, Ruth Epstein.

RABBI'S DISCRETIONARY FUND

Allison Miller and Shaw Tilton in loving memory of Allison's mother, Susan Lynn Miller. Lisa and Jack Ohayon in memory of Lisa's father, Sheldon Goodman.

Amy Feitelson in memory of her father, Joseph Feitelson. Andy and Patty Diengott in memory of Andy's father, Fred Diengott. Linda Cote in memory of her father, Louis Mackles. Paul Rothman & Emily McEntee. Mike Steinberg in memory of his father, Leon Steinberg.

TIKKUN OLAM ENDOWMENT - SANFORD ROBERTS FUND FOR SOCIAL JUSTICE

Barbara Rosenstein in memory of her husband, Morton Rosenstein. Ira Schwartz.

TZEDAKAH FUND

Cynthia Freedman and Marcia Blacker in memory of their grandmother, Annie Freedman. Eve Kennedy-Spaen and Gail Spaen in loving memory of their mother, Fizzie Spaen.

BACK TO SHUL FEST CONTRIBUTORS

- **Partners and supporters:** Strawberry Banke, The Jewish Federation of New Hampshire, Temple Israel's Cultural Endowment Fund, New Hampshire Humanities, J. Verne Wood Funeral Home, M. Saunders Wholesale Fruit and Produce, The Music Hall, the Helman Family, Rouse Family, and Cherry-Liston Family.
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Cemetery / Library

Reflections from the Consecration of a Jewish Section at Pine Hill Cemetery

By Cathi Cherry-Liston

Our small group gathered under the oak tree, our shelter from the warm morning sun. None of us had previously participated in the ritual of consecrating a Jewish cemetery, though a couple had witnessed rabbis consecrating a single gravesite by walking it seven times.

Rabba Kaya explained that the walk around the perimeter of our cemetery set its physical demarcation, representing the physical act of separation. Thus, we embarked on our journey to make Temple Israel's "traditional" cemetery holy ground. As we walked, Rabba Kaya chanted each verse from Psalm 91 and we took turns reading the English interpretation. In essence, this psalm expressed confidence that God will be our shelter and protector, and it is our choice to accept our dependence on God.

Is it easy for you to depend on Adonai even during hardship and sorrow? Or is it a life-long challenge to find refuge in God's universe? Psalm 91 provides vivid images of blessings and curses encountered by both our ancestors and us. "...You will not fear the terror of the night, the flight of an arrow by daylight, the plague stalking in the dark, or the scourge that may ravage at noon...For He will order His angels for you, to guard you wherever you go..."

For me, there are many occasions during which I struggle to feel God's refuge, guidance, and love, sometimes when I need it most and especially when I think I don't. Honestly, I am not alone on this journey. It's a pathway traveled with other

Jews, non-Jews, family and friends, as on this summer morning in the company of a special few who shared a sacred journey of consecration. To be in their company, to breathe in the breath of Adonai, is one of the ways God affirms God's presence in my heart and soul.

New LGBTQ+ Fiction at the Library!

The books are for a range of ages, from juvenile to young adult. They will be on display in the library for the month of September. Come check them out!



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Arts Review Team



Deborah Levine
Chair, Arts Review
Team

Back to Shul Fest took place on August 27. People of all ages stopped by our booth for face painting and card-making. These Rosh Hashanah cards will be sent to homebound congregants, veterans, and spiritual leaders of other faith traditions, as well as to hospitals and nursing homes.



September exhibit - a new show will include photographs, crafts, and paintings created by talented Temple Israel members and local Jewish artists. Featured will be Shaula Levenson, Paula Singer, and others. **An opening reception is planned for Friday, September 22, after services.**



Percussion: "Hand Drumming for Beginners" led by John Felice will continue on Thursdays from 3:30 - 5:00 p.m. The fall session begins September 7.

A new Marimba Basics class is being considered for beginners in the fall, depending on level of interest. (For more details, feel free to contact ArtsReview@templeisraelnh.org).

The new film ***Golda***, starring Helen Mirren, is playing a limited engagement at the Regal Cinema in Newington. Showtimes online.



Synopsis: *Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.*



On the lighter side, if you are an Adam Sandler fan, Netflix has just released his film, "You Are So Not Invited to My Bat Mitzvah." Good family entertainment.

Shanah Tovah U'metukah

Adult Class / Shul Fest

Have you ever considered having an Adult Bar/Bat/Kabbalat Mitzvah?

We are forming an Adult B'nei Mitzvah class! If you've always thought you'd like to celebrate your bar/bat/kabbalat mitzvah, maybe this is your time!

Who is it for?

Any Jewish adult who did not have a bar/bat/kabbalat mitzvah earlier in their life

OR

did have a bar or bat mitzvah but wants to do it again, with more depth.

Participants will have the opportunity to:

- deepen their knowledge of Judaism
- learn to chant Torah and haftarah
- learn to lead parts of the Shabbat services
- learn to give a dvar (talk) about the weekly Torah portion

Note: The above is a menu of options. Students will set their own goals.

Who will teach it?

Initially, the class will be taught by rabbinic intern Jacob Chatinover. If it continues past May, Rabba Kaya or another experienced teacher will take over.

How long is this process going to take?

It could take 6 months to 18 months, depending on the interests and Hebrew skills of the students.

When will the class meet?

We are considering either Sunday afternoon or evening or Thursday afternoon or evening. If you are interested, let us know which time works best for you. For more information, email vpitruat@templeisraelnh.org.



Back to Shul Fest: what a great day!

Over 250 attendees enjoyed games, activities, a delicious kosher lunch prepared and served by the Brotherhood, plus cotton candy and sno-cone treats sponsored by the Sisterhood. Jewish bluegrass band "Jacob's Ladder" played a variety of songs that had the crowd up and dancing.

Please see page 10 for a list of supporting partners and financial contributors. We appreciate you!

Among the many volunteers who helped make an event this large run smoothly, a special "Yasher Koach" goes to

- Organizing committee led by Erik Martin, with Dinah Berch, Shelley Hartz, Heather Tomlinson, Doug Tilton
- Rabba Kaya Stern-Kaufman and Mayor Deaglan McEachern
- Ryan Kaplan and the Brotherhood kitchen crew
- Rachel Dennis and Sisterhood members
- Committee chairs and volunteers at the activity tables
- TIP teens for their help with the dunk tank!
- Dan Comly for sharing his photos.



Celebrate the High Holidays with Temple Israel!

www.templeisraelnh.org/high-holidays-2023

Join us to welcome the New Year in prayer and song, led by Rabba Kaya Stern-Kaufman and cantorial soloist Eliana Willis. Attend in person in our historic sanctuary or over Zoom. RSVP requested for some events.



High Holiday Services

Temple Israel Historic Sanctuary
Rosh Hashanah and Yom Kippur Services in person and via Zoom.



Tashlich

Prescott Park, Portsmouth
A ritual casting off of our sins at the water's edge. Additional locations listed on our website.



Family Programming

Rosh Hashanah & Yom Kippur
Children are always welcome in our main service. We also offer a story time, youth service and babysitting.



Community Break-Fast

Temple Israel Social Hall
Join us for a catered kosher break-fast. Advance registration is required.



Rosh Hashanah

Begins sunset of Friday, September 15, 2023



Yom Kippur

Begins sunset of Sunday, September 24, 2023



Sukkot

Begins sunset of Friday, September 29, 2023



Shemini Atzeret & Simchat Torah

Begins sunset of Friday, October 6, 2023



Calendar

SHANA TOVA & HAPPY NEW YEAR FROM TEMPLE ISRAEL!

SEPTEMBER / OCTOBER 2023 | ELUL 5783 / TISHREI 5784



High Holiday
Registration

SUN 10 KEVER AVOT- CEMETERY VISITS
11am: Temple Israel Cemetery, Banfield Rd, Portsmouth
12:30pm: Pine Hill Cemetery, Dover
1:30pm: Forest Glade Cemetery, Somersworth

FRI 15 EREV ROSH HASHANAH SERVICES
7pm: Main Service

SAT 16 ROSH HASHANAH DAY 1
9am: Main Service & Babysitting
9:30am: Story Time
10:15am: Youth Service

SUN 17 ROSH HASHANAH DAY 2
9am: Main Service & Babysitting
10:45am: Youth Service
TASHLICH & SHOFAR
1pm: Prescott Park, Portsmouth
3:30pm: Boat Launch, Exeter
See website for additional locations

SUN 24 KOL NIDRE* - EREV YOM KIPPUR
6pm: Main Service & Babysitting
*Due to the solemn nature of this service, admittance will be limited at certain times. To ensure admittance, please arrive before the start of services.

MON 25 YOM KIPPUR
9am: Main Service & Babysitting
9:30am: Story Time
10:15am: Youth Service
4:45pm: Minchah/Jonah
6pm: Neilah
7:18pm: Final Shofar & Havdalah
7:30pm: Community Break-Fast (Registration required)

FRI 29 SUKKOT POTLUCK
6:30pm, Strawberry Banke, Portsmouth

SUN 1 SUKKOT SERVICE WITH LULAV & ETROG
10am: Temple Israel Sanctuary
SUSHI IN THE SUKKAH (TEENS!)
12pm: Shapiro House Sukkah, Strawberry Banke, Portsmouth

WED 4 SENIORS IN THE SUKKAH
12pm: Shapiro House Sukkah, Strawberry Banke, Portsmouth
Sponsored by Jewish Federation of New Hampshire

PIZZA IN THE HUT
6:30pm: Address sent upon registration, Portsmouth

SAT 7 SIMCHAT TORAH CELEBRATION
7pm: Main Service (sanctuary & Zoom)

October

Annual High Holiday Food Drive

Rosh Hashanah through Yom Kippur - Leave bags in the Court Street Lobby
We are collecting food for Seacoast Family Promise; see the website High Holiday hub for their wishlist.

High Holiday FAQ



Can anyone come to High Holiday services?

Yes! You are welcome at all of our High Holiday services, whether you are a member, a non-member, or a visitor. Tickets (pre-registrations) are required, however. When you register online, we encourage you to donate as you are able to offset our costs. Please contact the office with questions or requests.



Will there be security?

We take security very seriously and are following a security plan developed by our Security Committee in conjunction with Portsmouth Police and national advisory groups. Large bags and backpacks are not permitted in the building, and all attendees must register in advance.



Can my children attend High Holiday services?

Children are welcome in our sanctuary. "Busy bags" and children's books are located in the rear lefthand corner of the sanctuary. The Temple library also offers a place for quiet play if children need a break during services.

Babysitting is available in the preschool classroom for children ages 2-5 (pre-registration required).



Where can I park for services?

Temple Israel on-site parking will be reserved for those with limited mobility, who should request a parking pass from the office for the holidays. Anyone who is able to walk should consider the public parking areas near the South Mill Pond, the High-Hanover Parking Garage, or the Foundry Parking Garage, all within a 15-minute walk of Temple Israel. Some parking is also available at Strawberry Banke, which has generously allowed us to park there for High Holidays. ***Please note: On-street metered parking has a two-hour limit, which is strictly enforced, and (unlike in recent years, when we had a forgiveness plan with the city) any tickets issued will be your responsibility.***



What if I need a ride to services?

Please notify the Temple office in advance if you need a ride for any of the High Holiday services. We will try to match you with someone who can drive you to and from the Temple.



What accommodations do you have for handicapped access?

Our Court Street entrance is accessible by a ramp, and the main sanctuary can be reached using an elevator near the Court Street lobby. The on-site parking is reserved for those with limited mobility, who can request a parking pass from the office in advance of the holidays.



When can I hear the shofar?

This year, shofar will be blown during morning services on the second day of Rosh Hashanah (September 17), sometime after 11 am. We will also blow shofar during Tashlich on September 17 on the pier in Portsmouth's Prescott Park at 1 pm and in Exeter's Swasey Parkway at the boat launch at 3:30 pm. The final shofar blast of the holidays will be at the end of Neilah (7:18 pm) on Yom Kippur (September 25).

Is a Break-the-Fast meal available?



Temple Israel will be host a kosher dairy/pareve Community Break-Fast meal following Mincha/Neilah on September 25 at about 7:30 pm. Separate registration is required; please go to www.templeisraelnh.org/high-holidays-2023 to register.

Can I volunteer to help at High Holiday services?



Volunteers are needed to serve as greeters and ushers at in-person services and family services. Please email VPRitual@templeisraelnh.org if you are interested in volunteering.

Looking for more High Holiday resources?



Visit our High Holiday Hub at www.TempleIsraelNH.org/High-Holidays-2023 and view our Resources page for everything from Tashlich resources to surviving High Holidays with Children to a music playlist compiled by Rabba Kaya and former sermons!

High Holiday Preparations

Kosher Meat, Delivered to Portsmouth for Rosh Hashanah!



By Judy Craig, coordinator
The Butcherie, the renowned Brookline MA kosher grocery store, will deliver to Temple Israel Portsmouth four times per

year beginning this Rosh Hashanah. Everything from their store will be available. Minimum order will be \$100, delivery fee \$20 per order, with all orders delivered to the temple for pickup. Order [online](https://butcherie.com/#!/_/Brookline-Massachusetts) at https://butcherie.com/#!/_/Brookline-Massachusetts. Questions? Contact Judy Craig, jcraig1234@gmail.com.

A Gift of Learning from the Hadar Institute!

A collection of engaging scholarly articles on the many themes of the High Holiday season including forgiveness, transformation, shofar, and



community. The pages are filled with new and old teachings on Rosh Hashanah, Yom Kippur, Sukkot and Simchat Torah as well as links to new Jewish music for the holidays. Pick up in the Shmoozatorium or foyer.

Strawbery Banke Sukkah builders needed!

Sunday, September 10, 1:00 pm to inspect and make any necessary repairs.

Tuesday, September 26, 3:00 pm to construct and decorate the Shapiro House sukkah. Rain dates: Wednesday-Thursday, September 27-28, 3:00 pm.

The Gifts of Imperfection: Brené Brown through a Kabbalah Lens

Thursday, September 21, 4:00 pm via Zoom

Rabba Kaya will introduce speaker Melanie Gruenwald in this special virtual presentation hosted by Valley Beit Midrash.

Register via the website calendar to receive the Zoom link. Select the

option "My synagogue is hosting this event with VBM" to avoid the registration fee. A confirmation email will include the Zoom link.

ABOUT THE EVENT:

Dr. Brené Brown's teachings on vulnerability, courage, worthiness and shame will serve as the text, and Kabbalah will serve as the commentary. We will engage together in this guide to living a whole-hearted life, weaving Dr. Brown's research and anecdotes with the timeless teachings of Kabbalah.

ABOUT THE SPEAKER:

Executive Director of Kabbalah Experience, Melanie Gruenwald brings over 25 years of non-profit leadership and community-organizing to her position. Engaged with senior citizens, families, college students, and teens, Melanie has extensive professional experience with communal leadership and informal Jewish education.



Clergy Introductions

Meet Rabbinic Intern Jacob Chatinover

Jacob Chatinover is honored to be joining the clergy team as Temple Israel's first rabbinic intern. Jacob is entering his final year of study at the rabbinical school of Hebrew College in Newton, MA. In his many roles as an educator, he has taught all ages, including in Hebrew College's Teen Beit Midrash, and he has served as a Jewish outdoor educator at Teva, Hazon, Pearlstone, Eden Village Camp, Ramah in the Rockies, and Bamidbar Wilderness Therapy. His prior synagogue experience includes roles as a rabbinic apprentice and as b'nei mitzvah program director. Jacob has studied at Yeshivat Yesodei HaTorah, the Northwoods Kollel, and Yeshivat Hadar, and holds a BA in Near Eastern & Judaic Studies from Brandeis University.

Jacob brings deep learning, passion, and experience to his work. His favorite type of Torah learning is when a text describes an experience



we've had with a perfect image. In addition to Torah learning, Jacob likes singing, sleeping outdoors, mending things, pickling, collecting quotes, and reading comic books.

Lulav & Etrog Orders - deadline extended!

Order via the online form or contact the temple office. \$50 per set. Please place your order by September 8. You will be contacted when your lulav and etrog set is ready for pickup.

Meet Cantorial Soloist Eliana Willis

Eliana Willis is a prayer leader, Torah teacher, and Jewish environmental educator. She has led song and prayer in various settings including The Center for Small Town



Jewish Life, Isabella Freedman Jewish Retreat Center, Kavod Boston, Nehar Shalom Community Synagogue, and Camp Ramah in the Rockies. She is a rising fifth-year rabbinical student at Hebrew College.

Eliana is passionate about building spirited and songful prayer spaces. She is excited to daven with the Temple Israel community for the High Holidays.

High Holiday Music Playlist

Rabba Kaya and Eliana Willis have put together a playlist of songs and music for our services. We encourage you to learn some of the new tunes in advance so that we can all enter more fully into the beautiful liturgy of this season. Playlist link is included in the weekly bulletin.



Yahrzeits

September Yahrzeits

1. Belle Silfen, Sophie Sados, Irene Morin, William Olney, Martin Erwin Cohen, Selma Odell, Ray Alterman, Margaret Thompson, Sylvia Rae Kandel, Sanford Roberts
2. Jacob Hooz Jr., Sadie Gouse, Lolly Silverman, Matthew Fleece, Michael Youngfellow, Robert Dick, Hyman W. "William" Krasker
3. Mildred James
4. Sumner Savsovitz, Salle Roffman, Samuel Kramer, Benton Dearborn
5. Louis Atkins, Mildred Lobel, Ruth Epstein, Rose Lapkin
6. Hyman Kovnit, Jacob Gerstein, Helen Samson, Hilda Rutstein, Yakov Shumskiy, Jennie Small
7. Samuel Tober, Maureen Sher, Aaron Ginsburg, Sadie Liebson
8. Fanny Slome, Hugo Dieterich
9. Judith Olson, Joseph Karol, Sandra Proud
10. Pauline Alkon, Rose Paul, Anne Diamant, Alfred Heilbronner, William Lederman, Roberta Baer
11. Kenneth Fox, Leo Shoer, Martin Elkin, Philip Verner, Vilan Belopolsky
12. May Levy, Jack Pearl, Charles Kram
13. Molly Winebaum, Isadore Kotlus, Alex Siegel, Edwina Scharff, Milton Lincoln
14. Dov Ben Shuster, Frances Winer, Herman Winick, Annie Hooz

15 Elul 5783 - 15 Tishrei 5784

15. Jacob Cohen, Benjamin Chertok, Bertha Gerstein, David Strauss, Jacob Hooz, Abraham Glaser, Abigail Michelson, Donald Spund
16. Samuel Kirzner, Mildred Gorman Pollack, Sarah Shoer, Nancy S. Hernandez
17. Ida Bradbard, Hyman Black, Dora Lightman, Meyer Simmons, Leon Steinberg, Bessie Fins, Arthur Lieberman, Samuel Roessler, Leib Borwick, Suzanne Rubenstein, Sara Futeral Hibel
18. Baby Polimar, Saul Mark, Elias Leitman, Robert Morris, Sylvia Morris, Leonard Lane, Bernard Cooperman, Mary Singer, Samuel Golden, Morris Moses
19. Ella Blankenberg
20. Samuel Goodman, Rita Rabinowitz, Samuel Cohen, Michael Mittelman, Helen Holmes
21. Elsa Vero
22. Wilna Hufnagle, Lorraine Lasky, Israel Wiseman, Elizabeth LeSavoy
23. Werner Hufnagle, Gloria Blum, Taube Hornblas, Samuel Winer, Freda Fischer, Jack Rottenberg
24. Anne Lampert, Robert Reingold, Anna Oshry, Etta Auerbach, Gertrude Spratt
25. Stella Goodman, Bernice Levingston, Harold Duprie, Sarah Edelstein, Mark Shor, Sheldon Herman, Jonathan Warach, Marion Palmer
26. Philip Fox, Gertrude Fine, William Baer

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.

Life Cycles / Classes & Meetings

27. Lillian Lessow, Esther Milechman, Louis Shapiro,
Jacob Dinnerman, Annie Cohen, Jack Kalish,
Jacob Auerbach

28. Anna Handleman, David Goldberg, Rose
Krasker, Leah Selzer, Carl Prietz, Gerald
Landgarten, Michael Emmer, Julius Berenson,
Doris Stocklan, Pearl Zack, Michael Cowen,
Lawrence Barrows

29. Shirley Fleischman, Minnie Lederman, Louis
Golub, Samuel Miller

30. Hortense Bernheimer, Peter Solomon

Life Cycles

The community offers heartfelt condolences to
congregant Michael Schwartz and his family.
Michael's mother, Phyllis Schwartz, passed
away on August 17.

Introduction to Judaism Class 2023-2024

Thursdays, 7:30 to 9:30 pm via Zoom, offered by
North Shore Rabbis and Cantors Association

See the weekly bulletin for info and registration link.

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

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

CLASSES

Intermediate Biblical Hebrew Grammar

4:00 pm Mondays, via Zoom

Beginner Prayerbook Hebrew Grammar

NEW CLASS SCHEDULE TBA, via Zoom

Intro to Biblical Hebrew Grammar

6:30 pm Tuesdays, via Zoom

Yiddish for Beginners, Shmoozatorium

11:00 am - 12:30 pm, Wednesdays, 9/27, 10/4, 10/11

Advanced Torah Reading & Grammar

10:30 am Thursdays, via Zoom

Hand Drumming for Beginners Fall Session

3:30 - 5:00 pm Thursdays in the Chapel

COMMITTEE MEETINGS

Board of Directors

7:00 pm, Tuesday, 9/19

Education Committee

7:00 pm, Thursday, 9/28

Executive Committee

7:30 pm, Wednesday, 9/13

House Committee (in person at TIP)

6:00 pm, Thursday, 9/7

Israel Affairs Committee

3:30 pm, Tuesday, 9/19

Ritual Committee

7:00 pm, Tuesday 10/24 (no September meeting)

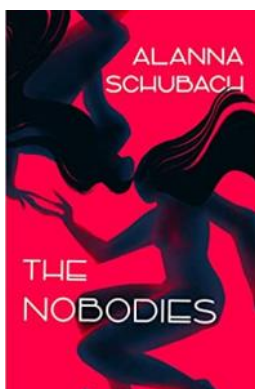
Sisterhood Meeting

9:00 am coffee, 9:30 meeting, Sunday, 10/15, Chapel

Tikkun Olam Committee

7:00 pm, Thursday, 9/21

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



TIP Book Club discusses *The Nobodies*, by Alanna Schubach

Thursday, September 14, at 12:00 pm

From the publisher's website: *The story of two young women whose friendship offered—and demanded—more than either should share. For fans of Sally Rooney and Claire North.*

"Sometimes I wondered if I imagined it," said Nina. "But deep down I knew I didn't."

Jess said, "We did too much damage for it not to be real."

Jess and Nina, Nina and Jess ... to everyone else they're typical best friends, sharing closeness and confidences in their own little world. But Nina and Jess have a secret. Simply by touching their foreheads together, they can swap bodies.

But how deeply can you sink into another's life before there's nothing left of you?

Temple Israel Portsmouth Board of Directors

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Temple Israel

200 State Street

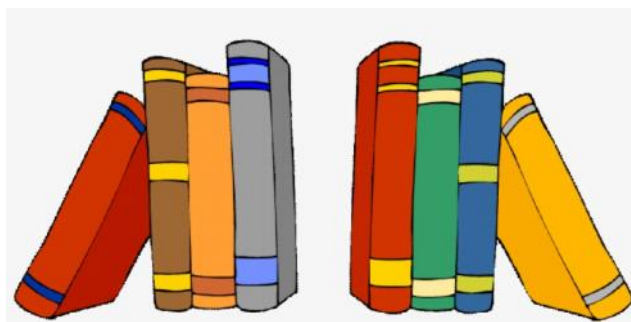
Portsmouth, NH 03801

603-436-5301

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



Proud member of USCJ



Call for children's/adult book donations!

Altrusa International of the Seacoast, dedicated to making our communities better through volunteer service, including promoting literacy, seeks book donations for Footprints Food pantry. This (501)(c)(3) organization, which serves Kittery, York and surrounding areas, also provides books to their client families and children. *No cookbooks, self-help, scholarly, or very old or damaged books, please.*

To coordinate a pickup, contact Judith Goldstein, jjgoldma@verizon.net. Thank you!