

Opening Our House to Friends Old and New

by Elsa Conrad

AN OLD ADAGE says you should begin as you mean to continue. If that holds true, the new year at Betenu should be a great success after our Aug. 25 Meet & Greet with **Nate DeGroot**. We met new and potential members and saw many old friends.

We had told Nate that he would eat well at Betenu. Now he knows it's true!

for organizing the food and providing a very tasty Challah French toast.

Thanks also to Nate for the Holiday Holidays classroom stations, which included making personal and community resolutions, writing notes of apology and making paper shofars (very popular with the kids). You can often get to know someone through his or her work,



Rav Nate DeGroot introduces himself to three generations of the Belesca family.



Congregants of all ages were in attendance, with younger guests making paper shofars to prepare for the holidays.

Everyone enjoyed brunch, provided by executive board members and the Dube family. Special thanks to **Roberta Pavoll**



and Nate's explanations for each station showed the great deal of thought he has put into his introduction to Betenu.

The stations will remain through Rosh Hashanah, so our community can continue to reflect on holiday observance. The act of putting your thoughts on paper can help focus ideas and meditations, so we invite you to visit them.

As the High Holidays near, the executive board and I welcome your suggestions and thoughts for 5774 at Betenu. I look forward to seeing all of you soon.

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CONGREGATION BETENU

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“The magic of the Etch A Sketch is the chance to learn from our past actions, the chance to clear the board, the chance to start over and begin drawing anew.”

HIGH HOLIDAYS 5774: Life as an Etch A Sketch

by Rav Nate DeGroot

WELCOME to a new year, 5774. Welcome to another trip around the calendar, another summer fading into fall, another High Holidays, another cycle complete. This is a time for celebration and honoring, reflection and renewal, creation and transformation. This is a time for Etch A Sketches.

All year you have been turning knobs and sketching thin lines across that classic matte gray surface. Framed by its shiny red border, you have been crafting and drafting a life of lines, some vertical and some horizontal, intersecting and complementing one another, decisions and actions, thoughts and words. You have made mistakes along the way, retracing your steps on occasion; you've seen new possibilities emerge and you've journeyed down those paths. Since last High Holidays, you have created your own personal lineographic image, the artwork of your life.

Rosh Hashanah is the time we set aside to celebrate that artwork, to celebrate a year of life lived. It is a time to honor all that you are, all that you've become, your lines in all their beauty and their flaws, as they are right now. Let us live into that and celebrate with full and open hearts this Rosh



And on Yom Kippur, we shake and we shake, until the very lines that had come to define us are no longer visible. We are whole and we are nothing and we are reborn.

Hashanah, because the shaking begins soon after. The magic of the Etch A Sketch is the chance to learn from our past actions, the chance to clear the board, the chance to start over and begin drawing anew.

When Rosh Hashanah ends, we begin to slowly turn the board upside-down and gradually we start to shake. In doing so, we let go of the past and begin to dream towards the future.

OVER the ten Days of Awe, between Rosh Hashanah and Yom Kippur, we acknowledge the places where we strayed, where we let ourselves and others down. We shake a little harder, committing to improving ourselves and that which we want to get better at. As we approach Yom Kippur, we apologize to our loved ones, we seek forgiveness from ourselves and that which is beyond us, and we forgive generously. We shake more vigorously as we notice habits that we want to release ourselves from.

As soon as Yom Kippur ends, when we walk out of synagogue after *ne'ilah* (the evening service), we are commanded to drive in the first stake of our sukkah, to turn the knob of our Etch A Sketch for the first time this year, marking the first lines of a new self. We begin to rebuild our foundations at Sukkot, to reconstruct our identities, free from that which held us back the year before. After erasing the board at Yom Kippur, we are liberated to build something totally new, taking the learning from last year while leaving behind all we wish to, using the same materials and the same canvas to produce, over the year to come, the image we want to celebrate next Rosh Hashanah.

May your etching and your sketching this High Holiday season be full of joyous reflection, cathartic shaking, and beautifully liberated new lines!

**Questions or comments?
Please email Rav Nate at
rabbi@betenu.org.**

Five Ways to Lend a Hand This Month

BETENU needs you! With Rosh Hashanah and Yom Kippur nearly here, we'd like your help to make sure that everyone enjoys the smoothest, most fulfilling experience possible.

Here are five easy ways to get involved:

- 1 **Lead or help with children's services on Yom Kippur.**
- 2 **Greet congregants on Rosh Hashanah (Thurs., Sept. 5) or Yom Kippur (Sept. 14).**
- 3 **Hand out prayer books on Sept. 5 and/or Sept. 14.**



- 4 **Blow the Shofar.**
- 5 **Read a meditation in English.**

To volunteer or learn more, call **Elsa Conrad** at 879-9189 or **Sheryl Liberman** at 424-4609. You'll find that making your own contribution adds extra meaning to the holidays.

FROM THE EDUCATION COMMITTEE



SCHOOL NOTES

- ◆ Sunday school begins Sept. 8 at 9 am. Don't miss it!
- ◆ Bring writing implements, water, a snack and a smile.
- ◆ Parents, be ready to sign all consent forms and provide any missing information on registration forms.
- ◆ Parents are welcome to join us for Sukkah building on Sept. 15.
- ◆ We need morning and noontime monitors each week. Why not sit in, and see first-hand what your children are learning?

Parent Meeting on Sept. 15

At our 9 am Parent Meeting on Sept. 15, the updated Parent Handbook will be distributed. Come with your questions! It's also a great time to volunteer your time for a little fun, helping with upcoming social events. For details, please contact **Sheryl Liberman** at 424-4609.

Honoring Loved Ones on Yom Kippur

Betenu will be distributing a Yizkor Memorial Booklet on Saturday, Sept. 14 to honor deceased relatives and friends. The booklets will be handed out on Yom Kippur at the Yizkor service, and the names in the booklet will be read aloud at that service.

To honor your loved ones, email the following information to betenu@betenu.org by Wednesday, Sept. 4:

- ◆ Name to be memorialized
- ◆ Relationship to donor
- ◆ Donor name.

Please enclose a minimum donation of \$6 per name, in a check made out to Congregation Betenu. (Note that we do not ask for a donation for names of people who died in the last year.) Checks should be mailed to Congregation Betenu, 5 Northern Blvd, #1, Amherst, NH 03031.



High Holidays Food Drive

To help those in need, we ask you to take one of our empty bags during the Sept. 5 service and return it full of nonperishable foodstuffs and items by Sept. 14. Donations will be delivered to SHARE. For ideas, visit www.sharenh.org. Thank you!



The High Holidays at a Glance

KEY DATES

- ▶ Rosh Hashanah services are Wednesday, Sept. 4 at 7:30 pm and Thursday, Sept. 5 at 10:30 am. Yom Kippur begins with Kol Nidre on Friday, Sept. 13 at 7:30 pm. Services go all day on Saturday, Sept. 14, starting at 10:30 am and including a break period from around 1 pm to 3:30 pm.

ADMISSION/TICKETS

- ▶ Betenu has sent out High Holiday Admission letters to all members in good standing. We also provide admissions at no cost to military personnel and students. Non-members may call Betenu at 886-1633 to order tickets in advance. Any non-member who purchases tickets for the High Holy Days and chooses to join the temple by the end of December, will receive full credit toward dues. Cost per adult ticket is \$200.

PARKING

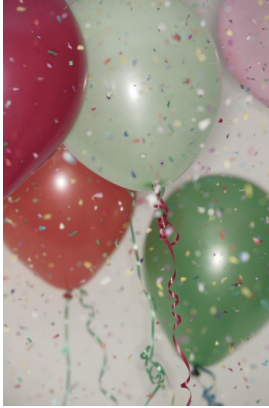
- ▶ **Please respect and follow these important parking rules:**

- ◆ The roadway behind Betenu is a FIRE LANE. Parking behind Betenu is prohibited.
- ◆ The three legal spaces beside the building are reserved for the Rabbinic Intern, the Cantorial Soloist, and the President. Please respect this.
- ◆ The five legal spaces directly in front of Betenu's front door are reserved for handicapped access.
- ◆ For evening or weekend services, parking is available in the condo lot.
- ◆ For weekday services, parking is NOT available in the condo lot. It is a work day and the offices all use the parking lot. Please park on Northern Blvd or on Columbia Drive on the side of the street closest to Betenu. Only handicapped parking is available!
- ◆ You may also park in far end of the Wal-Mart lot (closest to Betenu).

COURTESY

- ▶ **For a more enjoyable High Holiday experience, please follow these guidelines:**

- ◆ Please bring your admission letters with you to ALL services. This will expedite entry. For people without letters, there will be another line requiring you to fill out information, show identification, and make financial arrangements.
- ◆ Members have preferential seating in the sanctuary until 15 minutes before each service begins.
- ◆ When taking your seat, please move all the way to the end of the row. DO NOT leave seats empty in the middle of the row. This way there will be room for all.
- ◆ Parents with children in the babysitting room should sit upstairs so you can be found quickly if needed.
- ◆ Remember the solemnity of the Kol Nidre and Yizkor services on Yom Kippur.
- ◆ Parents should use their best judgment to determine whether their children can sit quietly for these services. Otherwise, parents may be asked to take their children upstairs to the Kindergarten room.
- ◆ Babysitting will be available during the morning services on both Rosh Hashana and Yom Kippur in the Kindergarten room.
- ◆ Junior services will be available. If you have any questions, call 886-1633. *L'shanah tovah!*



Join us this month
in celebrating these
member milestones,
contributions and
achievements.



NEWS & NOTES

ACKNOWLEDGMENTS

Thank You!

- ◆ Sara Murphy and Steve Blotcky, for office help
- ◆ Barbara Bailey, for planning and organizing the children's shofar activity at our meet & greet event
- ◆ Rav Nate De Groot, for the High Holidays stations
- ◆ The Dube Family, Vivian McGuire and Sara and Dan Murphy, for donating food and supplies

Happy Birthday!

- ◆ Matthew Schechter

Sponsoring an Oneg

It's easy! Just bring a challah and food to share—a sweet dessert, fruit or some finger foods, plus beverage. Then place them in in the Oneg Room before services. During clean-up, leftovers can be placed in the fridge. A signup sheet is in the foyer, or call 886-1633 about the date you have in mind. Thanks!

Y AHRZEITS

In Loving Memory Of:

- ◆ Norma Hayim Asher
mother of Nancy Sagon
September 1
- ◆ Jacob Hurwitz
great-grandfather of Amy Juscak
September 2
- ◆ Patricia Starin
mother of Mark Starin
September 6
- ◆ Edith Rosenthal
grandmother of Elyse Wasserman
September 7
- ◆ Marvin Wiener
father of David Wiener
September 8
- ◆ Gloria Cohen
mother of Diana Stern
September 9
- ◆ Samuel M. Cohen
father of Rich Cohen
September 9
- ◆ Lillian Goodman
mother of Jory Goodman
September 12
- ◆ Billy Palmieri
cousin of Elissa Kahn
September 13
- ◆ Mark Friedman
September 15
- ◆ Robert List
father of Diane Savage
September 17
- ◆ Marvin Spokane
father of Dave Spokane
September 20
- ◆ Alfred Ascher
father of Sonia Ascher
September 22
- ◆ Wanda Blotcky
mother of Steve Blotcky
September 22
- ◆ Dr. Ralph Rosen
grandfather of Benjamin Rosen
September 25
- ◆ Frances Korins
mother of Sarah Korins
September 26
- ◆ Herman Wasserman
father of Lenny Wasserman
September 27
- ◆ Dr. Edith Jagendorf Gitman
September 27
- ◆ Matthew Ben-Lesser
father of Eugene Lesser
September 28
- ◆ Morris Mailman
father of Steve Mailman
September 30

CONGREGATION BETENU OFFICERS

President: Elsa Conrad 603-879-9189
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VP Education: Sheryl Liberman 603-424-4609
VP Administration (Acting): Barbara Bailey 603-880-9355
Secretary: Pam Blotcky 603-882-4029
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Trustees: Steve Blotcky 603-882-4029, Vivian McGuire 603-882-3139, Susan Rodil 603-878-46777, Roberta Pavoll 603-672-9820
Trustees At-Large: Sara Murphy 603-465-7119, Joel Silberberg 603-472-8143
Oneg/Interfaith Representative: Roberta Pavoll 603-672-9820
Publicity: Barbara Bailey 603-880-9355, Marcella Dube 603-673-9412
Rabbinical Intern: Nate DeGroot rabbii@betenu.org
Rabbi Emeritus: Joshua Segal emeritus@betenu.org

Join Us for Dessert Potluck & Bingo, Sept. 28

Enjoy a sweet night of family fun! Save Sept. 28 for this always-popular event, which starts at 7 pm. To learn more, contact **Elsa Conrad** at 879-9189.



September at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Erev Rosh Hashanah, 7:30 pm	5 Rosh Hashanah, 10:30 am	6 Lay-led Service, 7:30 pm	7 Ha'azinu Shabbat Shuvah
8 First Day of Religious School, 9 am	9	10	11	12	13 Yom Kippur Kol Nidre, 7:30 pm	14 Yom Kippur, 10:30 am Break the Fast, 7 pm
15 School, 9 am; Parent Mtg, 9:15 am; Sukkah building, 11 am	16	17	18 Sukkot Begins at Sunset	19	20 Rabbi-led Sukkot Service, 7:30 pm	21
22 Religious School, 9 am	23	24	25	26	27 Rabbi-led Simchat Torah Service, 7:30 pm	28 Bereshit Dessert Potluck & Bingo, 7 pm
29 Religious School, 9 am; Bar Mitzvah Parent Mtg, 9:15 am	30					

October at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Rosh Chodesh Lay-led Service, 7:30 pm	5 Noach Rosh Chodesh
6 Religious School, 9 am	7	8	9	10	11 Rabbi-led Service, 7:30 pm	12 Lech Lecha
13 Religious School, 9 am	14	15	16	17	18 Rabbi-led Service, 7:30 pm	19 Vayeira <i>Taking Your Jewish Identity to College, 4 pm</i>
20 Religious School, 9 am	21	22	23	24	25 Lay-led Family Service, 7 pm	26 Chayei Sarah
27 Religious School, 9 am	28	29	30	31		