

RABBI'S MESSAGE: VOLUNTEERING

From time-to-time, people ask me. "Why don't we have a Mitzvah (i.e. a volunteer) project for our Bnei Mitzvah students like many congregations have?"

The answer to the question is multi-faceted. We live in times where volunteer jobs have liability, in some cases volunteer jobs require extensive training and in many cases there is an age minimum. The bureaucracy to find volunteer jobs, assign the kids and supervise the results is non-trivial – and here is what I have learned: those who want to volunteer or who are pre-disposed to volunteering, will find ways to do it without the bureaucracy. Those who do it only for the credit, find ways to get the credit without doing the job.

Many of you know that I am on the "Mine Falls Park Advisory Committee" which monitors the 325 acre park in Nashua and makes recommendations for its upkeep and maintenance. We have a trail day every month from April to October. Sometimes, our volunteers are doing their "school-required public service credit." It has been clear that some of the students were far more concerned with how many hours of credit they were receiving than if or how much work they were doing for the park. Others worked diligently.

Some years ago, Betenu tried a policy of requiring service to the congregation as a quid pro quo for receiving an abatement. The net result was that full-paying members stopped volunteering because the assumption became: if you were volunteering, you were on abatement or schnorring. The policy has been dispensed with; because those who want to work for the good of the community do so because they want to – not because they have to!

If you think this is limited to Betenu, I once was asked at a soup kitchen where I was volunteering what I had done – since these days, public service is often mandated by courts in lieu of jail time. I later discovered that I was the only "real volunteer" working that day.

The basic values of Judaism teach us to work to make the world a better place and one way to do that is by volunteering. Seek out those opportunities as opposed to waiting around to make them happen. Your work will help with ti-kun o-lam (making the world a better place).

Be-ve-ra-cha,

Joshua L. Segal, Rabbi



BETENU INFO

SPECIAL NOTE: Some members of Betenu are physically sensitive to certain aromas coming from perfumes, colognes, hairsprays the like. These aromas can cause migraines and a host of other problems. Please be aware of that when you come to Betenu.

Please **DO NOT** bring scented items for the SHARE donation bin.

Betenu has natural cleaning products available for use. Please **DO NOT** bring your own cleaning products for oneg or other cleanup.

Thank you!



AND FOR ONLINE SHOPPING... TEXTBOOKS AND A MILLION OTHER THINGS...

Don't forget to shop through Betenu's link to Amazon.com. Betenu will receive a percentage of the purchase price.

You can shop for books and a million other things through this link. Just go to our website: www.betenu.org, put your cursor over "Search new and used, Amazon.com", and when the cursor changes, click. Or you can enter your search right there and click "Go".

It's that simple! And don't forget to purchase your textbooks here!

We receive about \$20 a month from this program - Thank you & keep shopping!!!!

BETENU ACCEPTS MC, VISA & Discover!

You can use MasterCard, VISA or Discover card to pay membership fees, school tuition, gift store purchases, or even to make a donation! Call the office (or stop in) to arrange the charge and let us know the amount and what it's for.



CONGREGATION BETENU

Rabbi: Joshua Segal 603-886-1633

or rabbi@betenu.org

President: Dave Spokane 603-672-0554

or president@betenu.org

VP Finance: Peter Stein 603-465-6036

VP Admin: Roberta Pavoll 603-672-9820

VP Educ: Sheryl Liberman 603-424-4609

Secretary: Elissa Kahn 603-673-8283

Treasurer: Joel Silberberg 603-472-8143

Trustee: Vivian McGuire 603-882-3139

Trustee: David Stern 603-880-0442

Trustee: Michael Goldstein 603-424-9953

Trustee@Large: Sara Murphy 603-465-7119

Past Pres: Elsa Conrad 603-879-9189

Newsletter Editor: Elissa Kahn



June 2010 (5770)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 7:30 pm Rabbi-led 1st Friday Service & Torah Study	5
6	7	8	9	10	11 7:30 pm Rabbi-led Service	12 Rosh Chodesh: Tammuz
13 Rosh Chodesh: Tammuz	14	15	16	17	18 7:30 pm Rabbi-led Service	19
20 Father's Day	21 7:30 pm General Bd Mtg—All are invited	22	23	24	25 7:30 pm Lay-led Service Take your dog to work day	26
27	28	29 Fast Day - 17th Tammuz	30			



July 2010 (5770)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 7:30 pm Lay-led Service	3
4 Independence Day	5	6	7	8	9 7:30 pm Lay-led Service	10
11	12 7:30 pm Executive Board Meeting Rosh Chodesh: Av	13	14	15	16 7:30 pm Rabbi-led Service	17 Shabbat Chazon
18	19 Erev Tisha B'Av	20 Tisha B'Av	21	22	23 7:30 pm Lay-led Service	24 Shabbat Nachamu
25	26 Tu B'Av	27	28	29	30 7:30 pm Lay-led Service	31

BETENU BITS

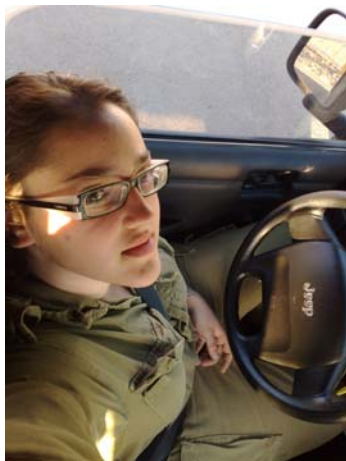
IT'S A BOY!

Raphael Conrad Rosen was born April 26 to Joshua & Pamela Rosen. Mazel tov to the parents & to Ben Rosen who became an uncle!



MAZEL TOV

Nicole Clarke for making the Dean's List at Quinebaug Valley Community College



MAZEL TOV

INBAL LIMOR who has become a career soldier in the IDF (Israel Defense Force)

MAZEL TOV

ERAN LIMOR who graduated from the CENTER FOR DIGITAL IMAGING ARTS with a degree in ANIMATION



FEDERATION ANNUAL MEETING

Sunday, June 6th, 10am

Celebrate with **Peter Stein** when we honor him with the Shem Tov Award.

For more info on the annual meeting activities: <http://www.jewishnh.org/>.

RSVP required for luncheon: 627-7679



BETENU BITS

MAZEL TOV

Sarah Goldstein on her Bat Mitzvah.

MAZEL TOV

Erika Rosenthal, who graduates from Shrewsbury High School on June 3rd.

MAZEL TOV

Abby Starin who received her Associate of Science in Nursing from Manchester Community College on May 19, 2010. She is well on her way to becoming an RN.

MAZEL TOV

Craig Liberman who passed his Assistant Manager test.

JUNE BIRTHDAYS

Gavin Belesca
Alex Prolman
David Schwartz

BETENU BITS



KABBALAH ON THE DECK AT BETENU

Left to right: Eitan Zeira , Amy Cielinski , Carolee Clarke & Sheryl Liberman (above), Elissa Kahn (below)





COMING UP AT BETENU continued...



RABBI-LED FIRST FRIDAY SERVICE

Friday, June 4th, 7:30pm

- ✧ family-friendly service followed by an
- ✧ oneg followed by
- ✧ Torah study with Rabbi.



GENERAL BOARD MEETING

June 21st, 7:30pm

All are invited to attend the general board meetings which are even months (February, April...), usually the third Monday at 7:30pm. Talk to Dave Spokane ahead of time if you are interested in putting something on the agenda.

BETENU PAGES

JOIN THE EDUCATION COMMITTEE

The Education Committee is looking for new members to participate and contribute ideas about the procedures, functioning, and operations of the Sunday school. If this is you, please call Sheryl Liberman at 603-424-4609.

THANKS TO THE BOARD FOR ANOTHER YEAR OF SERVICE, WHICH ENDS IN JULY!

BOARD CHANGES (beginning in August):

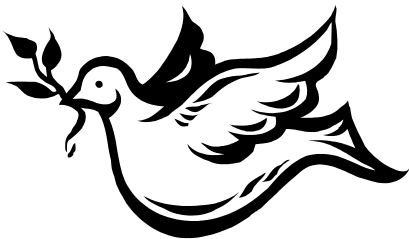
Mike Goldstein will be our new president.

Welcome to Bob Rimalover, who joins us as Executive Trustee.

There are board positions still open if you or anyone you know is interested in serving. Just contact any board member. (phone numbers are on page 2).

BETENU PAGES**תורה****תורה****BETENU THANKS**

- ✧ May oneg hosts: the Dzen family, the confirmation class families, the Goldstein family, and all who contributed to the onegs.
- ✧ Dave Spokane for our new answering machine.
- ✧ Peter Stein for fixing the bathroom faucets.
- ✧ All who attended the annual meeting.
- ✧ All who sent proxies for the annual meeting.
- ✧ Everyone who helped by taking trash or recycling home.

**DONATIONS**

Congregation Betenu acknowledges with appreciation the following contributions made during the month of May

Carolee & Gordon Clarke
Donation of hand soaps

Elissa Kahn in remembrance of
Marilyn Franks, cousin of Paul Franks

Elissa Kahn in remembrance of
Louis Paonessa, Elissa's grandfather

**BETENU THANKS
Religious School**

- ✧ Rahel Limor for all her help running the school from Israel.
- ✧ Stacey Liberman for her help at Religious School.
- ✧ Sheryl Liberman for keeping things running smoothly.
- ✧ Thanks to the school staff and Education Committee for a wonderful year.

School staff:

Sheryl Liberman, VP Education;
Rahel Limor, Principal;
Sonia Campeanu, Hebrew;
Don Wunderlich, Jewish Studies;
Sandra Whitman, Grades 1 & 2;
Nina Matouka, Assistant Teacher and
Madrachim: Dan Thompson,
Alison Chakuroff, Rachel Liff,
Izzy Starr

Education Committee:

Rabbi Segal, Rahel Limor,
Sheryl Liberman, Dave Spokane,
Pam Blotcky and Steve Blotcky

Substitute Principals:

Pam Blotcky, Sheryl Liberman,
Jen Starr, Amy Kirschner and
Rabbi Segal

Elissa Kahn in remembrance of
Avigdor Arikha, Holocaust survivor



BETENU PAGES

It is with great sadness that we inform you of the passing of Marilyn Franks, cousin of Paul Franks, who passed away on April 29th.

May the Holy One bring peace to all who mourn.

Sadly we inform you of the death of Avigdor Arikha, Holocaust survivor and Israeli painter, who passed away one day after his 81st birthday.

May the Deckelbaum family and all who mourn be comforted among the mourners of Zion.

Some sources about Mr. Arikha's life:

- <http://www.marlboroughgallery.com/galleries/graphics/artists/avigdor-arikha/biography>
- <http://www.nytimes.com/2010/05/01/arts/01arikha.html>
- <http://www.telegraph.co.uk/news/obituaries/culture-obituaries/art-obituaries/7712032/Avigdor-Arikha.html>

To see some of his art, use Google Images "Avigdor Arikha obituary"



Yahrzeits for JUNE



Harry Fox	uncle of Sheryl Liberman.....	June
Maria Montes	mother of Carola Goodman.....	June 1
Shirley O'Malley.....	aunt of Pam Blotcky.....	June 4
Louis Paonessa.....	grandfather of Elissa Kahn.....	June 6
Harry Groden	grandfather of Karen Satz	June 11
Hyman Rosenthal.....	grandfather of Elyse Wasserman	June 11
David Friedland.....	uncle of Steve Blotcky	June 11
Lucille Cooper.....	mother of Roberta Pavoll	June 14
Harold Rosenblume.....	grandfather of Paula Silver	June 15
Martha Gross Williger	June 15
Max Hoffman.....	father of Ellen Hoffman	June 22
Rose Lillian Lerner	mother of Arnold Lerner	June 25



ADULT EDUCATION

HEBREW LANGUAGE INSTRUCTION, TORAH STUDY AND MORE

Bar / Bat Mitzvah... not the end of the road! There's Torah study with the Rabbi, Hebrew language instruction with Rahel, Kabbalah Havruta with Eitan Zeira, and plenty of other learning opportunities throughout the year. Maybe you have an idea, or would even like to teach a class. If so, contact the office 886-1633 or Betenu@nii.net.

Quench your thirst — jump into the well of Judaic studies.

(Rahel's classes are offered at a discount to Betenu members.)



ROSH CHODESH FOR WOMEN

Join the Rosh Chodesh group for a short service, group discussion and nosh. For more information contact Sheryl Liberman 424-4609 or SAML54@comcast.net.

KABBALAH GROUP

Saturdays at 12:30pm—about once every 3 weeks

Congregation Betenu and Temple Beth Abraham have a Kabbalah group. The suggested book is Inner Space by Kaplan. For more information contact Sheryl Liberman 424-4609 or SAML54@comcast.net.

Video of Sh'ma Meditation by Rabbi Aryeh Kaplan:

www.youtube.com/watch?v=x9bwEFS7Btk&feature=related





EDUCATION

Sunday Religious School Personnel:

VP Education: Sheryl Liberman

Principal: Rahel Limor

Hebrew: Sonia Campeanu

Jewish Studies: Don Wunderlich

Grades 1 & 2: Sandra Whitman

Assistant Teacher: Nina Matouka

Madrichim: Dan Thompson, Alison Chakuroff, Rachel Liff, Izzy Starr



ACCEPTING STUDENTS REGULAR RELIGIOUS SCHOOL / POST HEBREW SCHOOL

Registration has begun for 2010-11 for our weekly Sunday classes in Jewish studies, Hebrew, music and Bnei Mitzvah preparation for Grades 1-7 and our Rabbi-taught post Bnei Mitzvah classes for Grades 8 & 9. For questions or to get a registration form please call the temple office at 886-1633 or contact Rahel at rahel@rahelmusic.com.

BETENU PAGES

ONEG SHABBATS

To host an Oneg, one brings the food, drinks, and challah, and sets up and cleans up.

To sponsor an Oneg, one pays \$54 and the Oneg committee will purchase the food, set up and clean up. Either way you do it, you can honor a birthday, an anniversary, or any other special event in your life, by choosing the Oneg closest to that special date. Or you can remember the Yahrzeit of a loved one by hosting or sponsoring the Oneg on the Shabbat when you come to say Kaddish. If you have a date in mind, please call Roberta Pavoll at 672-9820.

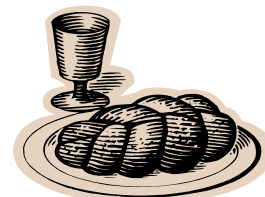
The following Onegs will be hosted by:

June 4: Open

June 11: Open

June 18: Open

June 25: Open



Won't you please choose an Oneg date and help foster the sense of community at Betenu? Thank you.



COMMUNITY HAPPENINGS



The Jewish Federation
of New Hampshire



JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

presents:

Fisher Cats Baseball



What: A great day of baseball with the Fisher Cats!

Date: June 6, 2010, 1:35pm game

Where: MerchantsAuto.com Stadium
One Line Drive, Manchester, NH

Details: 50 Complimentary box seats (1st come, 1st served)
\$7 group rate for additional tickets (in advance)
Fisher Cats hat give away (1st 2000 fans)
Chance for your child to throw out 1st pitch (ages 4+)
Run the bases following the game
Kosher hot dogs available for sale
Play area -- inflatable slide, bounce house, t-ball:
\$5/unlimited time

RSVP: pjlibrary@jewishnh.org or 627 – 7679

by May 30th. First Come, First Served Basis

Include your children's birthdates with your reply for a chance to throw out the 1st pitch. Meet Audrey Steinberg, PJ Library Coordinator, by MerchantsAuto.com Stadium's Front Entrance for tickets. Tickets donated by: Paul A. Pouliot "Tickets for Kids" program and Stephen Singer – Merchants Automotive



COMMUNITY HAPPENINGS

FOOD NEEDED!

The food pantries are in desperate need this year. Any donation would be appreciated. You may bring a food item directly to SHARE or the Nashua Soup Kitchen. If it is nonperishable, you may drop it off at Betenu (no scented products please) and we will deliver it to SHARE.

Wish lists: www.sharenh.org/food.html and
www.nsk.org/CurrentWishList.asp

OTHER ITEMS

For a list of other items needed please see:

www.sharenh.org or 603-673-3660: seasonal clothes and new socks and underwear
www.nsk.org/CurrentWishList.asp Questions? Call Carol at 889-7770 ext 21



“ISRAEL IS REAL”

Listen live on the radio WSMN 1590AM or via the Internet at www.wsmnradio.com Fridays from 10-11 am. Or go to israelisreal.weebly.com and click on Archives at the top to listen to previous weeks' shows. Now you can hear what you've been missing. Advertising and show sponsorship available.



Voice of ISrael Initiative of New Hampshire

Check the website for the next **VISION MEETING** and other important information. Meetings will be held on Wednesdays and Thursdays this year! All friends of Israel are welcome.

*Check out www.nh4israel.org
for more upcoming events,
articles and more...*

SOUTHERN NEW HAMPSHIRE JEWISH MENS CLUB

Membership form: <http://snhjmc.home.comcast.net/~snhjmc/resources/SNHJMCFORM.pdf>



**CONGREGATION BETENU
FIVE NORTHERN BLVD #1
AMHERST, NH 03031 USA**