

RABBI'S MESSAGE: CHANUKA, CHINUCH AND EDUCATION

Most Hebrew words have a three-letter root. The root for Chanuka is the same root as Chinuch or education. In English there is little similarity between the verb, "to learn" and the verb "to teach". In Hebrew, both are based on Lamed, mem, daled. Lo-meid, to learn – me-la-meid, to teach or in understanding the underlying concept of Hebrew verbs, "to cause to learn".

The fact is, teachers don't teach. The best that a good teacher can do is to facilitate learning. I had a professor at seminary who used to tell a story about being asked at a cocktail party, "What do you do for a living?". He responded, "I am a teacher." When asked, "What do you teach?" he replied, "I teach students. If I have no students, I teach Bible."

I want to thank our teaching staff, Rahel, Sonia, Sandra, Nina and Rachel. The commitment of these people to be there 30-Sundays per year at salaries that are only a bit better than a stipend is a tribute to their commitment to make our school work.

They face the struggle of dealing with absenteeism caused by issues other than health, students who don't do homework, parents who balk at some of the most simple requirements, to name a few.

Sheryl Liberman has been acting VP of Education and has done a wonderful job of coordinating the interface between the Executive Board and the Religious School.

At this season of Chanuka/Chinuch, happy Chanuka greetings are certainly appropriate, but next Sunday, take a moment to say thanks to our teaching staff.

Le-sha-lom,

Joshua L. Segal, Rabbi



Jewish Federation
OF NEW HAMPSHIRE

SUPER SUNDAY HELP NEEDED

December 12th at Temple Beth Abraham

Once a year the Jewish Federation of New Hampshire holds its fundraiser, Super Sunday. People from each congregation help with phone calls and other tasks (no, you don't have to make phone calls to volunteer). If you can give some time, please contact Elsa Conrad at mmeconrad@grolen.com or 603-879-9189.



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: Michael Goldstein 603-424-9953

or president@betenu.org

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Trustee@Large: Sara Murphy 603-465-7119

Past Pres: Dave Spokane 603-672-0554

Newsletter Editor: Elissa Kahn



December 2010 (5771)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chanuka— 1st candle	2 Chanuka— 2nd candle	3 6:30pm Pot- luck dinner & candle lighting 7:30pm Rabbi-led Service 3rd candle	4 Chanuka— 4th candle
5 9:15am Religious School #12 Chanuka— 5th candle	6 Chanuka— 6th candle	7 Rosh Chodesh: Tevet Chanuka— 7th candle	8 Rosh Chodesh: Tevet Chanuka— 8th candle	9 Chanuka ends	10 7:30pm Rabbi-led Service	11
12 9:15am Religious School #13	13	14	15	16	17 7:30pm Rabbi-led Service 10th Tevet - Fast Day	18
19 9:15am Religious School #14	20 7:30pm General Board Mtg	21	22	23	24 6:30pm Pot- luck dinner 7:30pm Lay-led Service	25
26 <u>NO</u> Religious School	27	28	29	30	31 7:30pm Lay-led Service	

January 2011 (5771)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9:15am Religious School #15	3	4	5	6 Rosh Chodesh: Shevat	7 7:30pm Lay-led Service	8
9 9:15am Religious School #16 & Parent Meeting	10	11	12	13 7pm PBM & Adult Ed— Diane Covert Xray Project event	14 7:30pm Lay-led Service	15 10:30am Family Shabbat #4
16 9:15am Religious School #17	17 7:30 Executive Board Mtg MLK Day	18	19 Erev Tu B'Shvat	20 Tu B'Shvat	21 6:30pm Rabbi-led Tu B'Shvat Pot-luck Seder	22
23 9:15am Religious School #18	24	25	26	27	28 7:30pm Lay-led Service	29
30 9:15am Religious School #19	31					

HANUKKA CANDLES

From Israel Postal Authority Bulletin

The Hanukka Festival commemorates the dedication of the Holy Temple following the victory of the Jews over the Greek Syrian forces, lead by Antiochus Epipheneas, in the year 164 BCE. During Antiochus' rule, the Jews were forbidden to keep their religious laws and were forced to practice idolatry. The Holy Temple was desecrated by idol worshipping. The Jewish rebellion was led by Matityahu the Hasmonean and his sons, with Yehuda HaMaccabee at the head. They liberated and purified the Temple. Tradition tells that the candles were rekindled by one small jug of oil which had not been rendered impure by the Greeks. The miracle of Hanukka is that the jug was miraculously refilled so that the oil lasted for eight days. It is customary to light an additional Hanukka candle on an eight-branched Hanukka lamp, for each evening of the eight day Festival. An additional ninth candle is called Shamash and is used to light the other eight candles. The Shamash is in the center or on the side of the Hanukka lamp.

This series of Hanukka stamps, designed by Igal Gabay, comprises eight stamps representing the eight days of the festival. The stamps depict objects associated with Hanukka and on the right side of each stamp is an illustration of a Hanukka lamp with candles – an additional lighted candle is shown to represent each day of the Festival.



The stamp showing the First Candles was issued on December 9, 1993. It illustrates an Oil Lamp from the Talmudic Period that is at the Reuben and Edith Hecht Museum at the University of Haifa. This lamp, made of Clay, is decorated with a seven-branched menorah.



The stamp showing the Second Candle was also issued on December 9, 1993. It illustrates a lamp carved in stone and is the work of a Yemenite artist who lived in Jerusalem. It is in the shape of a building which recalls Yemenite Architecture and is now in Jerusalem at the Israel Museum.



The stamp showing the Third Candle was also issued On December 9, 1993. Lighting the Hanukka lamp From the Rothschild Miscellany, Northern Italy, c.1470 and is now in the Israel Museum in Jerusalem. The Rothschild Miscellany is one of the finest Hebrew Illuminated manuscripts. The pages are richly decorated with colorful paintings and gold leaf.

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The stamp showing the Fourth Candle was issued on November 27, 1994. It illustrates the Hanukka Lamp from Mazagan, Morocco and is also in the Israel Museum in Jerusalem. The lamp was made from available materials – A sardine can, pieces of cloth, and slivers of glass. The Lamp reflects the practice of converting every day objects into ritual artefacts.



The stamp showing the Fifth Candle was issued on December 14, 1995. It depicts a Folding Hanukka Lamp from the Lodz Ghetto in Poland C.1944. It is Now at Yad Vashem, Jerusalem. The miniature lamp was crafted in silver in the Lodz Ghetto and was dedicated to Mordechai Chaim Rumkowski, whom the Germans had chosen to head the “Judenrat” – the Jewish Council. When folded the lamp looks like a closed book.



The stamp showing the Sixth Candle was issued on December 23, 1997. A coin from the Bar-Kokhba War (132-135 CE) is shown. It is at the Israel Museum in Jerusalem. During the war led by Bar Kokhba against the Romans, coins were issued which were overstruck on contemporary currency to demonstrate sovereignty. Most of the emblems on these coins express the aspirations of the Jewish people to rebuild the Holy Temple. The coin which appears on the stamp shows a jug which some scholars believe was an oil vessel and thus the connection to Hanukka.



The stamp showing the Seventh Candle was issued on December 23, 1997. It depicts the Spinning-top “Bezael”. It is in the Eretz Israel Museum in Tel Aviv. It is customary, while the Hanukka Candles are burning, to give children a spinning top to amuse them. The initials on the top stand for a phrase in Hebrew indicating “a great miracle happened here which refers to the miracle of the Hanukka.



The stamp showing the Eighth Candle was issued on December 1, 1998. This Hanukka Lamp is in the Israel Museum in Jerusalem. The motif on this lamp was taken from a 19th century sculpture of Matityahu the Hasmonean by Boris Schatz, founder of the Bezalel Art Academy in Jerusalem.





CHANUKAH LIGHTING THE CANDLES

On the first night, you light only the shamus and one Chanukah candle. By the eighth night, you light all of the candles. Candles should be added to the menorah from right to left (like Hebrew writing). The shamus candle is lit first. While holding the shamus candle, recite the following blessings. After reciting the blessings, use the shamus to light the Chanukah candles from left to right (newest to oldest). Candles should be left burning until they go out on their own. They must burn for more than half an hour.

BLESSINGS OVER THE CANDLES

(Each night) **Barukh atah Adonai, Eloheinu, melekh ha'olam asher kideshanu b'mitz'votav v'tzivanu l'had'lik neir shel Chanukah. (Amein)**

Blessed are you, Eternal our God, sovereign of the universe who has sanctified us with God's commandments and commanded us to kindle the lights of Chanukah. (Amen)

(Each night) **Barukh atah Adonai, Eloheinu, melekh ha'olam she'asah nisim la'avoteinu bayamim haheim baziman hazeh. (Amein)**

Blessed are you, Eternal our God, sovereign of the universe who performed miracles for our ancestors in those days at this time. (Amen)

(On the first night only) **Barukh atah Adonai, Eloheinu, melekh ha'olam shehecheyanu v'kiymanu v'higi'anu laz'man hazeh. (Amein)**

Blessed are you, Eternal our God, sovereign of the universe who has kept us alive, sustained us, and enabled us to reach this season. (Amen)

COMING UP AT BETENU



CHANUKA POT-LUCK DINNER, CANDLE LIGHTING & RABBI-LED SERVICE

Friday, December 3rd, 6:30pm

Service starts at 7:30pm

Oneg with latkes, etc following the service



POT LUCK & CHANUKA PARTY

Bring a dish and come early for pot luck dinner & fun at 6:30pm (no pork or shellfish please).



We still need volunteers to bring:

- ✧ latkes (12-15 more latkes needed);
- ✧ suf ganyot (white powdered jelly doughnuts);
- ✧ Sour cream
- ✧ Applesauce
- ✧ A few more deserts

Please contact ROBERTA PAVOLL to coordinate at: 603-672-9820.

BRING YOUR CHANUKIOT

Please bring your chanukiot, candles (available from the gift shop if you forget), and matches as we light three candles.

GENERAL BOARD MEETING

Monday, December 20th, 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 our President, Mike Goldstein, ahead of time if you are interested in putting something on the agenda.

Please feel free to talk to any board member (see page 2 for phone numbers). You may also leave a note in our suggestion box on the wall outside the office.

POT-LUCK DINNER & SERVICE

Friday, December 24th, 6:30pm Service at 7:30pm

Join the Rabbi for the annual pot-luck dinner and "lay"-led service.



COMING UP AT BETENU continued...**INSIDE TERRORISM; THE X-RAY PROJECT****Thursday, January 13, 2011 @ 7:00pm**Congregation Betenu (www.betenu.org), 5 Northern Blvd., Amherst, NH 03031 (603) 886-1633

Inside Terrorism (www.x-rayproject.com) is a photography exhibit which uses actual x-rays and CT scans from the two largest hospitals in Jerusalem to explore the most important social issues of our time: the effects of terrorism on a civilian population.

Diane Covert: The idea for *Inside Terrorism* began to coalesce in my mind in 2002 as a personal response to terrorism and to my discomfort with the way terrorism has been justified in some circles. This is a documentary of survivors of terrorism. Much like photographer Mathew Brady documented the Civil War; people in emergency rooms today are documenting the effects of terrorism. The exhibit is another form of "straight" photography - that is photographs made with an unaltered spectrum of light. With that technology, we are able to look inside terrorism.

Apart from the relentless need to see reality, artists also want to comment upon it. The X-rays and CT scans in this exhibit are new ways to make figurative images and portraits. They represent life in the modern cross-section of these artistic traditions – both the desire to observe and describe reality with the most modern techniques available, and the need to think and talk about it.

OPEN TO THE PUBLIC - Donations Accepted**Recommended for mature audience**

COMING UP AT BETENU continued...**PARENT MEETING**

coming up

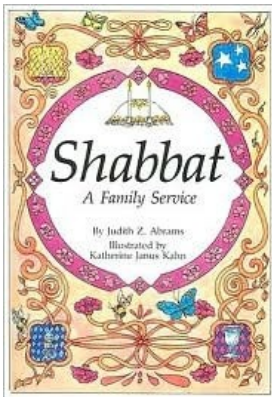
January 9th, 10:30am

Stay tuned for details.

**POST BAR/BAT MITZVAH
CLASS / ADULT EDUCATION**

January 13th, 7pm

Please see the previous page for description.

**FAMILY SHABBAT**

January 15th, 10:30am

Please join us for a FAMILY SHABBAT service led by Rahel. We will learn prayers, blessings, sing songs, tell stories, and dance! The service will be followed by a pot-luck lunch. Please bring a dish if you intend to stay for lunch. No pork or shellfish please. This new format replaces our Tot Shabbat service and is open to the entire family (all ages). Family services will take place monthly at Congregation Betenu. Religious school students can receive service credit for attending a family service.

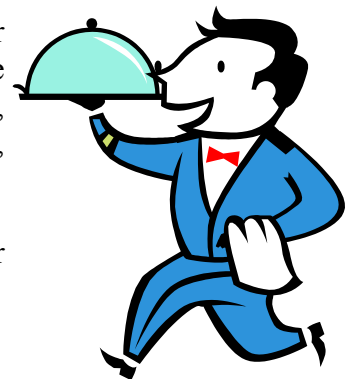
YOUR HELP NEEDED: FEC LUNCH**Catered by Betenu****Date: Sunday, January 16th - rain date: Sunday, January 23rd**

Each year the Faith Episcopal Church in Merrimack caters our Yom Kippur Break-the-Fast and we cater their annual meeting. We need volunteers to make or purchase meals and desserts, hot and cold. We also need people for setup, serving and cleanup from 10-12:30 (all or part). Please contact our coordinator, Roberta Pavoll 672-9820.

Food can be dropped off at Betenu at the beginning of Sunday school, or brought (by 10 AM) directly to:

Faith Episcopal Church, 590 Daniel Webster Highway, Merrimack, NH

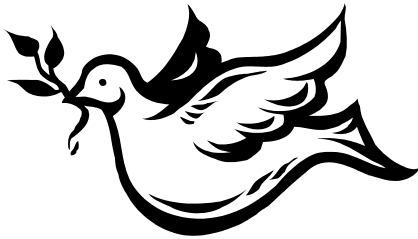
For directions:

<http://www.faithnh.org/contact.html>.**They do a wonderful job for us—let's return the favor!****PROGRAMMIN MEETING**

Monday in January, date TBA

Bring your ideas to the programming meeting. There will be opportunities for volunteering. If you cannot attend, but would like to have some input or volunteer, please let the office know: 886-1633.

BETENU PAGES



BETENU THANKS

DONATIONS

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

General Fund

Rabbi Segal

Gordon and Carolee Clarke

Suzanne Maine
For School Purposes

High Holy Day Appeal

Shelly Osborne


David Rosen

Benjamin Rosen

- ✧ November oneg hosts: the Conrad family, the Juszczak family, Rabbi Segal and all who contributed to the onegs.
- ✧ November lay-leaders: Elsa Conrad and Sheryl Liberman.
- ✧ Doug Hirsch for isolating our internet problem
- ✧ Bob Rimalover & Dick Brown for their continued computer support.
- ✧ Joel Silberberg for the submission of the Hanukka Candles stamps article for this newsletter.
- ✧ Rabbi Sarah Rubin for coming to Betenu for the Pulpit Swap.
- ✧ Sheryl Liberman for bringing donations to SHARE.
- ✧ Everyone who helped by taking trash or recycling home.

DECEMBER BIRTHDAYS

Jenna Goldstein	Cam Prolman	Nathan Wagman
Ian Lewis	Dara Schwartz	Sophia Dube
Dina Maron	Rosie Thomas	Noah Doherty
Geoff Osborne	Eric Vogel	Jade Leblanc



BETENU PAGES

We regret to inform you of the death of Anne Werner, mother of Sara Murphy, who passed away on Nov. 26, 2010.

May God console the family along with the other mourners for Zion and Jerusalem.



**Yahrzeits for
December**



Sophie Starr	mother of Jen Starr	December
Fay Gladys Nichols	mother of Suzanne Maine	December 1
Shirley Sleight	mother of Kim Rimalover	December 3
Harry Rice.....	father of Alan Rice	December 8
John Marcuccio.....	cousin of Elissa Kahn.....	December 18
Peter Leslie Stewart.....	brother of Jamie Stewart	December 20
Ruth Mann.....	mother of Frank Mann	December 22
Sally Hurwitz.....	great-grandmother of Amy Juszczak	December 22
Edith Cohen.....	grandmother of Judith Silverman	December 24
Sophie Silver.....	grandmother of Paula Silver	December 25
Evelyn Lamminen.....	mother of Lin Robinson	December 25
Lois Goff.....	mother of Steve Goff.....	December 30
Eddie Lamminen.....	father of Lin Robinson	December 31

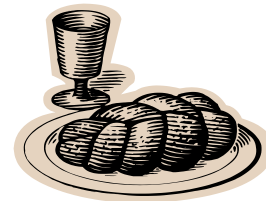
ONEG SHABBATS

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:

- December 3: Chanuka—various
- December 10: Open
- December 17: Open
- December 24: Open
- December 31: Open



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

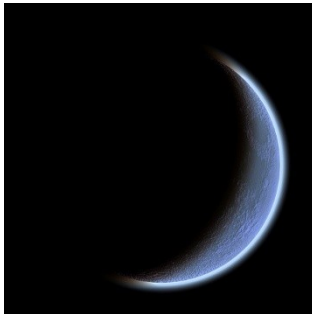
ADULT EDUCATION

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
Hebrew / Continuing Hebrew: Sonia Campeanu
Hebrew & Jewish Studies: Sandra Whitman

Principal: Rahel Limor
Hebrew Assistant: Nina Matovka
Madricha: Rachel Liff

ACCEPTING STUDENTS REGULAR RELIGIOUS SCHOOL / POST HEBREW SCHOOL

Registration is ongoing for 2010-11 for our weekly Sunday classes 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 BITS



Our new shlichah, Ore Ayah Dagan, at Betenu Sunday School talking to the kids about Israel.



The Ten Commandments Project in Sandra's class.



Family Shabbat—Chanuka



COMMUNITY HAPPENINGS

PJ Library Presents:

WHAT: PUPPETEER, MARTHA DANA



Martha Dana poses with her unicorn "Magic."
Photo by [Rich Beauchesne](#)

DATE: DECEMBER 19, 2010

PLACE: TEMPLE BETH JACOB

67 Broadway, Concord, NH

TIME: 12:15 – 2:15PM

COST: Suggested donation: \$5/child or \$18/family max. All donations of any amount accepted

Come enjoy a fun afternoon with family and friends while participating in an interactive puppet show. Have a “nosh” and lift your voices in song too!

R.S.V.P.: By December 12th to pjlibrary@jewishnh.org or eddebnh@comcast.net (Debbie Taylor of TBJ)

COMMUNITY HAPPENINGS



“HOLIDAY VIBRATIONS” SOUND HEALING BENEFIT CONCERT For The New Hampshire Food Bank

Opening Performance

American-Israeli folksinger, RAHEL, Unique "free-verse" style award-winning songs.

SPECIAL CONCERT PERFORMERS

- *JOSEPH CARRINGER, Australian Aboriginal Didgeridoo Sound Healer
- *RICHARD GANDIVA LORCAN, International Gong Master
- *BINDY JOHNSON, International Crystal Bowl Sound Healer
- *MICHAEL LONGRIDER, Native Flute Master and Wood Carver

JOINING TOGETHER TO OFFER A RELAXING AND
BALANCING HOLIDAY CONCERT.

SUNDAY, DEC.5, 2010

**THE HOLIDAY INN, 9 NORTHEASTERN BLVD., NASHUA, NH
OFFERING 2 PERFORMANCES**

12:00P.M. OR 4:00P.M.

ADVANCE SALE TICKETS ARE ONLY \$14.00 PP

(MUST PURCHASE ADVANCE TICKETS NO LATER THAN NOV. 29TH)
TICKETS PURCHASED AFTER NOV 29TH PRICED AT \$30.00 PP CALL 603 912-5633 FOR TICKET
RESERVATIONS

SPONSORED BY:

www.crystaljadeshop.com

Nashua Holiday Inn

COMMUNITY HAPPENINGS



New England Retreat

Keep your spirits warm this winter

at the **NHC Winter Retreat**

December 10-12, 2010

Craigville Conference Center, Hyannis, MA on Cape Cod

Study Torah, learn new melodies, and celebrate a musical Carlebach-style Kabbalat Shabbat service to begin the weekend. Friday evening continues with dinner, singing, and study sessions. On Saturday, take time for spirited prayer, or walk on the beach, study accessible texts, and apply Jewish values to issues of social justice. Learn and sing new songs, stretch your body and your mind.

[Courses](#) are scheduled on Friday night, Saturday afternoon and evening, and Sunday morning. With many options, there's something for everyone.

A Children's Program, for kids between ages 2 and 12, is provided by experienced personnel. Special Judaic programming for ages 6-12 includes Torah study for kids and interested grown-ups on Saturday afternoon. Post- Bar/Bat Mitzvah children are invited to attend the adult sessions.

Craigville Conference Center is a collection of quaint 1890's style Cape Cod houses and picturesque village lanes, located on a bluff overlooking the Atlantic at Craigville Beach. Ponds and wildlife preserves complete the spiritual setting. It is located approximately three miles west of Hyannis, MA. Accommodations are simple, uncrowded, and comfortable. Single rooms are available. Meals are kosher, dairy / fish.

Arrival Information

Try to arrive at Craigville on Friday, December 10, between 2:00 and 3:45 pm to register and settle in. Candle lighting is at 3:45 pm. Orientation / Torah study session follows; Kabbalat Shabbat services begin at 5:15 pm, and dinner is at 6:30 pm. If you plan to arrive after dinner, let us know beforehand, and we'll save you some food. A schedule, directions, and packing information will be sent by email upon receipt of your registration. The retreat ends on Sunday morning at noon.

For more info: <http://www.havurah.org/ne-retreat>

Note: Some wonderful New Hampshire teachers will be there giving classes including: Rabbi Rieser of Derry, Rahel Limor, Betenu Principal (among other things), and Eitan Zeira of Temple Beth Abraham, who teaches Kabbalah.

COMMUNITY HAPPENINGS

Tikkun; An Ancient Healing Art

Three thousand years ago we instinctively knew the power of music and the Hebrew word of G-d. Music was often used to provide invaluable help in ancient times and it still proves effective today. The study of Torah, the Hebrew Bible, is said to profoundly effect our well-being; *refu'at ha'nefesh*, the healing of the soul, and *refu'at ha'guf*, the healing of the body.

"David hung his harp above his bed and when midnight would arrive the north wind would blow upon the harp causing music to emanate. David would immediately rise and begin studying Torah. He would continue his studies even as the first light of dawn appeared in the sky."
(Rabbi Shim'on Hasida, Talmud Tractate Berachot 3:b)

"And it came to pass, that whenever the spirit of melancholy from G-d was upon Saul, David would take the harp and play it with his hand, and Saul would feel relieved and it would be well with him, and the evil spirit would depart from Saul." (Samuel 16:14-23)

Rahel is a compassionate, insightful and sensitive musician who has been trained to play therapeutic music for comfort and relaxation, to nurture mind, body and spirit, to ease the life-death transition, and to create musical environments to support and enhance the healing process.

www.tikkunrahel.com

B"H

CONCERT WORKSHOP

Wednesday

December 15th

7:00-8:30pm

[Crystal Jade Shop](#)

151 Main Street

Salem, NH 03079

(603) 912-5633

angie@crystaljadeshop.com



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

COMMUNITY HAPPENINGS

INFO FROM SNHJMC Southern NH Jewish Mens Club

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

“ISRAEL IS REAL”



Listen live on the radio WSMN 1590AM or via the Internet at www.wsmnradio.com, every Friday from 10-11 am. Archived interviews can be heard at www.israelisreal.weebly.com.

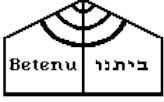
Advertising and show sponsorship available.



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...



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