



Starting Strong Toward a Great 5774

by Elsa Conrad

AS A TEACHER, I consider August the calm before the storm. But with the High Holidays coming, August at Betenu is anything but calm.

There are many tasks, and many ways you can help make this year a success.

On Aug. 25, we will host an Open House to introduce our rabbinic intern, **Nate DeGroot**. (See story below.) Your help is welcome. We have jobs large and small, such as decorating, cooking and moving tables, to make this event a success. If you have time, please contact me or the Betenu office.

There are many ways you can help make this year at Betenu a success— not only with your financial support, but with your participation.

In addition to members, we have invited unaffiliated Jews in our area to meet Rav Nate and consider Betenu as their house, too. If you know people who are considering joining a synagogue, please encourage them to attend. Of course, we also hope that you attend on Aug. 25. It's a chance to see old friends, greet new ones and show your support for Rav Nate as he meets Betenu.

In August you can also expect mail from Betenu, including holiday information and admission cards, as well as your first invoice for 2013-2014.

Your financial support makes everything possible. Money is hard to discuss, especially when many are struggling with their finances. At Betenu, we've always welcomed members no matter how much they can afford to give, and we are conscious of the need for thrift. But, like you, we have monthly bills to pay.

Please return your payment letter and first payment promptly. And, if you can, please consider an extra gift to Betenu.

With your help in these two areas, we can start strong and build to a great year.



Meet & Greet Brunch, Aug. 25 at 10:30 am

Save the date! This event is a great chance to discuss plans for the upcoming High Holidays. If you haven't met our Rabbinic Intern, **Nate DeGroot**, there's no better time to get acquainted. We're also welcoming any unaffiliated Jews interested in connecting with our community, so be sure to pass the word if you know someone. And, of course, there will be plenty of food and fun activities for the kids. Why not stop by?



IN THIS ISSUE

President's Message

News & Notes

Rav Nate DeGroot on Elul

High Holidays Guide

August/September Calendars

Yizkor & Holiday Booklets

Food Drive

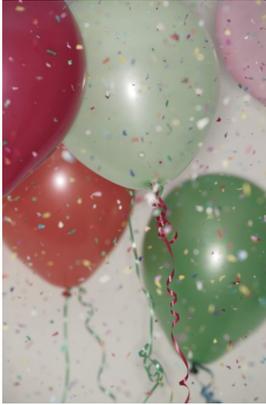
CONGREGATION BETENU

A Member of the Union for Reform Judaism

5 Northern Boulevard
Amherst, NH 03031
(603) 886-1633

On the Web:
www.betenu.org

To submit articles or information, email:
betenu@nii.net



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



NEWS & NOTES

ACKNOWLEDGMENTS

Happy Birthday!

- ◆ Olivia Spokane
- ◆ Isabel Starr
- ◆ Andrew Dube
- ◆ Elisabeth Rodil

Interested in Seeing the Dead Sea Scrolls?

A limited number of spaces are available for Betenu's planned trip to the Boston Museum of Science exhibit, "Dead Sea Scrolls: Life in Ancient Times."

Displaying scroll fragments and antiquities from Israel, this unique exhibit offers fresh insights into our Jewish heritage. Time and date will be determined based on interest. If you wish to join our group for the trip into Boston, please contact **Elsa Conrad** either by phone (879-9189) or email.

YHRZEITS

In Loving Memory Of:

- ◆ **William Feathers**
father of Yvonne Vogel **August 2**
- ◆ **Miriam Macks**
grandmother of Elsa Conrad **August 3**
- ◆ **Saul Berl**
father of Jetta Darrow **August 5**
- ◆ **Pearl Houts**
mother of Patrice Liff **August**
- ◆ **Paula Hurwitz**
aunt of Elaine Silberberg **August 15**
- ◆ **Sheppard Werner**
cousin of Sara Murphy **August 15**
- ◆ **Faith Flagler**
mother of Susan Rodil **August 21**
- ◆ **Julian Vogel**
father of Ben Vogel **August 23**
- ◆ **Sandra Throw**
sister of Lin Robinson **August 25**

School Registration Time!

We are now accepting students for the 2013-2014 school year. Congregation Betenu Religious School offers a comprehensive Jewish education for students in grades K-7, including Jewish Studies, Hebrew, music, art, dance, holiday programming, and Rabbi-taught Bar/Bat Mitzvah preparation. The school features a qualified, caring, and experienced staff, small class sizes, and weekly Sunday sessions. For registration forms or questions, please contact **Sheryl Liberman** by calling 424-4609, or by sending her an email.



SCHOOL NOTES

- ◆ The first day of classes is Sunday, Sept. 8.
- ◆ A Parent Information Meeting is scheduled for 9:15 am on Sunday, Sept. 15. Our teachers will work with you to ensure a great learning experience for your child, so be sure to attend!

CONGREGATION BETENU OFFICERS

President: Elsa Conrad 603-879-9189
VP Finance: Bob Rimalover 603-672-5629
VP Education: Sheryl Liberman 603-424-4609
VP Administration (Acting): Barbara Bailey 603-880-9355
Secretary: Pam Blotcky 603-882-4029
Membership: Mark Starin 603-486-8083
Trustees: Steve Blotcky 603-882-4029, Susan Rodil 603-878-4677, 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 rabbi@betenu.org
Rabbi Emeritus: Joshua Segal emeritus@betenu.org

Elul: 40 Days of Searching

by Rav Nate DeGroot

ON TUESDAY NIGHT Aug. 6, as the sun sets, the Jewish month of Elul will begin. This period of 40 days takes us right up to Rosh Hashanah, when Elul gives way to the month of Tishrei and the High Holidays officially begin. And while Rosh Hashanah, Yom Kippur, and Sukkot get all the hype this time of year, though well deserved, that deep period of spiritual cleansing and rebirth known as “the Days of Awe” is made possible by Elul and these 40 days.

Elul, translated into Aramaic, means “search.” Now is a time when we search out our own truest inner selves, engaging in a process called *heshbon ha'nefesh*, or accounting of the soul – a couple hundred year old tradition whereby we look inwards and take a spiritual accounting of how and who we've been in the last year in order to facilitate our growth into our fullest and most realized selves. In Hebrew, Elul is said to be an acronym meaning “I am my Beloved's and my Beloved is mine.” Now is a time for intimacy with the Divine, a time when God the King is said to be off of God's throne and “in the field,” more accessible and personal.

The second time Moses went up to Mount Sinai – after the children of Israel made their golden calf and Moses angrily threw down and broke the

“That deep period of spiritual cleansing and rebirth known as ‘the Days of Awe’ is made possible by Elul and these 40 days.”

original tablets – is seen as the beginning of Elul. The 40 days Moses spends pleading for forgiveness from God serve as a mythic symbol of the *teshuvah*, the returning to our most centered and grounded selves through awareness and repentance.

During Elul, it is customary to hear the blowing of the *shofar* every day, a ritual wake-up call and reminder for us to stay awake to the spiritual work that is being asked of us today. Other customs of Elul include checking to make sure our *tefillin* and *mezuzot* are kosher. We study the High Holiday prayer books, give *tzedakah*, recite Psalm 27 in our prayers, and visit our loved ones who have passed. We participate in special daily *selichot* services in Elul, to help us confront and ask for forgiveness for those moments when we've missed the mark or come up short.

I think it's safe to assume that none of us at Betenu will engage in all of these practices for all of Elul. And that's okay! Still, I invite each of you to engage in some of these practices in some way for some portion of Elul. Maybe journal a bit by yourself, recounting your last year.

Maybe sit down with your children and reminisce or make new year's resolutions. Call your parents, perhaps, to tell them you love them and ask them about their favorite High Holiday traditions, or fall traditions. And if you're looking to prepare in community, come to Betenu on Sunday Aug. 25, for a chance to engage in some hopefully meaningful and pretty pain-free, valuable, adult and kid-friendly interactive High Holiday prep!

Whether or not you can attend on Aug. 25, I invite all of you to be aware during this time of mystical and cosmic preparation, to pay attention to what's happening inside you, to tune into how you're feeling, and reflect on the past year. Even if you forget to do this, trust that this holy time is all around you, and sink into all that Elul has to offer, spiritually and personally.

I look forward to seeing you on Rosh Hashanah, soul stretched out, self accounted for, ready to enter the Days of Awe with the openness, humility, and vulnerability to come out the other side more fully you.

B'shalom,
Rav Nate

Questions and comments are always welcome. Email Rav Nate at rabbi@betenu.org.

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 include your deceased loved ones, email this information to betenu@betenu.org by Sunday, Sept. 1:

- ◆ 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.

Save Big and Make a FREE Donation to Betenu

Aug. 24, Macy's will hold its “Shop for a Cause” sale.



With a \$5 sales voucher, you can save up to 25% on most Macy's purchases—and the \$5 goes to Betenu.

To buy your sale vouchers, stop by the Betenu office on Fridays before services, around 7:15-7:30 pm. Or contact **Sheryl Liberman** or **Elsa Conrad** today.

High Holidays Guide



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 will be sending out High Holiday Admission letters to all members in good standing. We will 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 \$285.

PARTICIPATION

- ▶ We would greatly appreciate volunteers willing to help with the following:
 - ◆ Set up and break down seating
 - ◆ Serve as children's services leader and aide for Sept. 5 and Sept. 14
 - ◆ Shofar blowers
 - ◆ English readers (contact Elsa Conrad, mmeconrad@hotmail.com/879-9189)
 - ◆ Hebrew readers (contact Sanders Burstein, sanders.f.burstein@hitchcock.org)
 - ◆ Junior ushers (a great way for young people to participate)
 - ◆ Office assistance with booklets and administrative chores

HOLIDAY ADS

- ▶ An announcement in our Holiday Booklet is a great way to share holiday wishes or honor loved ones. Ads should be submitted in .jpg format by Aug. 15. Email them to betenu@nii.net. Sizes and prices are as follows:
 - ◆ Full-page ad (4" w x 6.5" h): \$100
 - ◆ Half-page ad (4" w x 3" h): \$60
 - ◆ Quarter-page ad (2" w x 3" h): \$36

YIZKOR BOOKLET

- ▶ On Yom Kippur, Congregation Betenu issues a Yizkor Memorial Booklet honoring deceased relatives and friends. Booklets will be handed out at the Yizkor service, and the names in the booklet will be read aloud at that service. To include names in this booklet, please provide us with the following by Sunday, Sept. 1:
 - ◆ Name to be memorialized / Relationship to donor / Donor name

This should be emailed to betenu@betenu.org by DATE HERE, accompanied by a mailed donation (minimum: \$6 per name) with check payable to Congregation Betenu. We do not request a donation for people who have died in the past year. Mailed checks go to Congregation Betenu, 5 Northern Blvd, #1, Amherst, NH 03031.

High Holidays Guide



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 questions or concerns, please call the Betenu office at (603) 886-1633.

L'shanah tovah!

August at Betenu

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|-------------------|-------------------|----------|--|---|
| | | | | 1 | 2 Lay-led Service, 7:30 pm | 3 Re'eh |
| 4 | 5 | 6 Rosh Chodesh | 7 Rosh Chodesh | 8 | 9 No Service | 10 Shoftim |
| 11 | 12 | 13 | 14 | 15 | 16 Lay-led Service, 7:30 pm | 17 Ki Tetze |
| 18 | 19 | 20 | 21 | 22 | 23 Family Service with Children's Prayer Books, 7 pm | 24 Ki Tavo |
| 25 Meet & Greet with Rav Nate DeGroot, 10:30 am | 26 | 27 | 28 | 29 | 30 Student-led service, 7:30 pm | 31 Nitzavim/ Vayelech Selichot |
| | | | | | | |

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 Religious School, 9 am; Parent Mtg, 9:15 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 |
| 29 Religious School, 9 am; Bar Mitzvah Parent Mtg, 9:15 am | 30 | | | | | |
| | | | | | | |

Place Your Ad in Betenu's High Holidays Booklet

An announcement in our booklet is a great way to share holiday wishes or commemorate loved ones. Sizes and prices are as follows:

Full-page ad
(4" w x 6.5" h) \$100

Half-page ad
(4" w x 3" h)
\$60

Quarter-page ad
(2" w x 3" h)
\$36

If you know anyone who owns a small business, our booklet is also an affordable way to reach potential customers. Be sure to spread the word!

Deadline/Format:

All ads should be submitted in .jpg format by Aug. 15. Please email them to betenu@nii.net.

You Can Be An Aliyot Reader—It's Easy!

by Sanders Burstein

SINCE the first time I chanted a blessing in front of the Torah as a Bar Mitzvah, I have always found a special thrill in belonging to a people with such a powerful connection to their heritage; it's hard to describe, and it has never diminished.

To help you feel that same thrill when standing at the Torah this Rosh Hashana and/or Yom Kippur, there will be opportunities for everyone. You may read a blessing or portion in English or in Hebrew. We can provide transliteration, or an MP3 to help you learn to chant in Hebrew. Or you may decide to read in English just for the chance to stand at the Torah. That is the type of inclusion we're looking for.

I will find a blessing or portion for everyone who contacts me. Please email me to indicate your preference for Rosh Hashana morning, Yom Kippur morning, or Yom Kippur afternoon. Or all three! I will work with you so you can be included and feel that same timeless thrill, this upcoming High Holiday season.



"Let All Who Are Hungry, Come and Eat"

As we fast on Yom Kippur, think of others who also know hunger. Please take one of the bags available at Betenu during Rosh Hashanah service on Thursday, Sept. 5, and bring it back full for Yom Kippur on Saturday, Sept. 14. Donations will be delivered to SHARE.

Needed items include nonperishable foodstuffs such as condiments, juices, cereals, pancake mix, and syrup, in addition to brown paper bags, toilet paper, large size diapers and personal hygiene products (no scented items, please). For details and other donation ideas, visit www.sharenb.org.

