



This Month, There's Something for Everyone

by Elsa Conrad

AUTUMN is a season marked by transitions, and this October the shifts are particularly notable here at Betenu.

After beginning the month with the solemnity of Yom Kippur, we move to the festive holiday of Sukkot. Later we'll transition into the new year of Torah reading at Simchat Torah. Then, as the days shorten, we'll see the end of the growing season and immediately swing into fall.

At Betenu, October will feature no fewer than four different styles of Shabbat observance:

- ◆ Kol Nidre and Yom Kippur services fall on Shabbat this year (Oct. 3-4). **Rav Nate DeGroot** will lead us, aided by cantorial soloist **Howard Solomon** and guitarist **Sarah Noyovitz**. Nate will then leave for Israel almost immediately, perhaps winning the prize for biggest transition.
- ◆ Sarah will be with us for a musical Shabbat the following week (Oct. 10), celebrating Sukkot and her transition into rabbinical school.
- ◆ Thanks to **Rabbi Emeritus Joshua Segal's** continued participation on the NH Board of Rabbis, Betenu will take part in the annual pulpit swap Oct. 17.

YOM KIPPUR SERVICES

Friday, Oct. 3 7:30 pm

Saturday, Oct. 4 10:30 am

BREAK-THE-FAST

Saturday, Oct. 4 7:00 pm



We hope you'll come out to services on Oct. 17 and welcome **Rabbi Beth D. Davidson** of Temple Adath Yeshurun in Manchester. Even though Rabbi Davidson is a New Yorker, please take it easy on her—she's a Mets fan!

- ◆ Our lay-led service on Oct. 24 will be enlivened by the participation of our fifth through seventh grade students. They're working hard to master speaking and understanding the Hebrew prayers, and this will be their chance to show their accomplishments.

It's a wide variety of styles, but one thing they all have in common is *you*. As Betenu continues to evolve in our observances, your input can help us evaluate ideas to build our future. Please join us for many or all of these Friday nights in October to support and to learn from our different leaders.

Throughout this newsletter, you will see thanks extended to all the hard-working volunteers who have helped to make the holiday season

special. We want to add our own thanks to everyone who contributed their time, energy and effort. May they and all of our community be written and sealed in the Book of Life for a good year.

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CONGREGATION BETENU

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On the Web:
www.betenu.org

To submit articles or information, please visit betenu.org and use our email link.



The High Holidays went smoothly due to the efforts of many wonderful people. Please join us in acknowledging and thanking all of our volunteers and contributors!

NEWS & NOTES

ACKNOWLEDGMENTS

Thank You!

- ◆ All who attended and took part in our holiday services
- ◆ **Barbara Bailey** and **Elaine Schwartz**, for leading religious school craft activities and hosting an oneg
- ◆ **Pam & Steve Blotcky**, **Allison Leary**, **Sheryl Liberman**, **Sara Murphy**, **Roberta Pavoll**, **Bob Rimalover** and the **Spokane family** for hosting onegs
- ◆ **Sanders Burstein** and **Elsa Conrad**, for giving out holiday readings and honors
- ◆ **Elsa Conrad** and **Maureen MacGregor**, for leading children's services on Rosh Hashanah and Yom Kippur
- ◆ **Ariel Crotty** for organizing our Bertucci's fundraiser
- ◆ **Faith Episcopal Church**, for generously catering our Break-the-Fast meal
- ◆ **Larry Liberman**, **Vivian McGuire** and **Mark Starin**, for greeting HHD attendees
- ◆ **Sarah Noyovitz**, for her guitar accompaniment and leadership during services
- ◆ **Howard Solomon** for his talents as cantorial soloist
- ◆ **Roberta & John Pavoll**, for flowers to adorn our *bimah*
- ◆ **Our school students and parents** for setting up chairs, tables and books during holiday services—not to mention their food drive contributions
- ◆ **Dave Spokane**, for transporting yard sale remainders and arranging their donation
- ◆ **Jen Therrien**, for babysitting during holiday services



Happy Birthday!

- ◆ **Jalen Creed**
- ◆ **Erik Rimalover**

"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 (or use one of your own) and bring it back full for Yom Kippur on Saturday, Oct. 4. Donations will be delivered to SHARE.

Nonperishable foodstuffs such as condiments, juices, cereals, pancake mix, and syrup are urgently needed. Other important sundries include brown paper bags, toilet paper, large size diapers and personal hygiene products (no scented items, please). For other donation ideas, visit sharenb.org.

CONGREGATION BETENU OFFICERS

Co-Presidents: Elsa Conrad 879-9189, Sheryl Liberman 424-4609

VP Finance: Bob Rimalover 672-5629

VP Education: Pam Blotcky 882-4029

VP Administration: Barbara Bailey 880-9355

Membership: Mark Starin 486-8083

Trustees: Steve Blotcky 882-4029, Allison Leary 672-4774, Vivian McGuire 882-3139, Roberta Pavoll 672-9820

Trustees At-Large: Sara Murphy 465-7119, Joel Silberberg 472-8143

Oneg/Interfaith Representative: Roberta Pavoll 672-9820

Publicity: Barbara Bailey 880-9355, Marcella Dube 673-9412

Rabbi Emeritus: Joshua Segal emeritus@betenu.org

Yahrzeits

In Loving Memory

Ida Teitelbaum

mother of Reva Wunderlich

October

Max Symbol

grandfather of Lynda Schaeffer

October

Frieda Symbol

grandmother of Lynda Schaeffer

October

Leonard Weintraub

father of Jane Holly Weintraub

October 14

Oscar Levinson

step-grandfather of Paula Silver

October 17

Samuel Schuldwach

grandfather of Lenny Wasserman

October 20

Marshall David Levin

October 22

Robert Gustav Fries

October 27

Welcome to the New Year

by Rav Nate DeGroot

OVER the last year, Betenu has embarked on the sacred relationship and community building that comes with welcoming a new spiritual leader. We have witnessed the *b'nei mitzvot* (the bar and bat mitzvah) of two of our stellar young members. Our children have engaged in a year of creative and generative learning with our religious school teachers and staff. We have celebrated with one another new life transitions, many holidays, and the seasons passing. Our adults have explored some of the most central topics in Judaism with remarkable curiosity and valuable perspectives. We have mourned deeply and supported those among us in their mourning process. And we have prayed bravely, sharing words, sharing melody, sharing song, and sharing from our heart.

This sort of reflection is a part of the ongoing and cyclical practice aimed at aligning our intentions with our actions, our dreams with our reality, and our hopes with our lived experience, for the sake of as whole a future as possible. Now we turn our attention to the future, and begin to make out the path that lies ahead.



Through this High Holiday season, we can support one another in clarifying what is important to us as a community.

BETENU is in a moment of leadership transition—not simply with a new rabbi, but more importantly, within its own membership. To the parents of religious school students and to the younger generation, this is more and more becoming your community to build, your chance to shape your Jewish future. What do you want that to look like? The time is now to step up and to step in.

Starting after Yom Kippur, Betenu begins a period of rabbi-less community for the first time in a long while. This winter, you'll have the opportunity to dedicate yourselves alongside a new rabbinic leader, Rebekah Goldman, who will be serving with you for Betenu's next chapter. How much more powerful will it be if you can welcome Rebekah into a community that has taken the mantle of lay-leadership seriously these next

few months, and has stepped in to stabilize its foundation while taking an active and empowered role in planting seeds for its future?

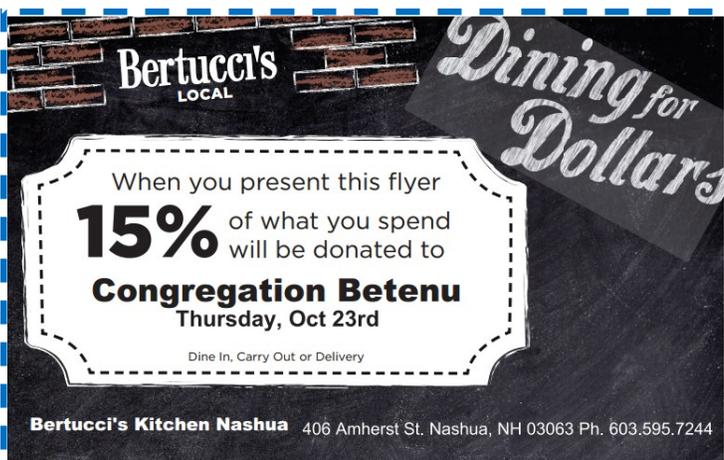
With all this transition comes opportunity to refocus and recommit. My hope is that through this High Holiday season, we can support one another in clarifying what is important to us as a community and dedicate ourselves to building towards that.

May our roots ground us as our branches grow out and up. May this next chapter and your response sustain Betenu for years to come. *L'shana tovah!* Happy New Year!

Dine for Dollars at Bertucci's, Oct. 23

On Thursday, Oct. 23, diners presenting this "Dining for Dollars" ticket at the Bertucci's restaurant at 406 Amherst Street in Nashua will have 15% of their check value donated to Congregation Betenu. It's a delicious win-win!

This offer includes your choice of dine-in, carry-out and delivery, so circle Oct. 23 on your calendar and make it a date at Bertucci's.



CLIP AND
PRESENT AT
BERTUCCI'S
OF NASHUA
ON OCT. 23—
AND SHARE
A FEW WITH
FRIENDS!

Rabbi Beth Davidson to Lead Oct. 17 Pulpit Swap

Congregation Betenu is honored to welcome **Rabbi Beth D. Davidson** of Manchester's Temple Adath Yeshurun, who will lead our Oct. 17 services at 7:30 pm. A native of New York City, Rabbi Davidson has led TAY since 2005 and is president of the Greater Manchester Clergy Association.



Rabbi Davidson

We strongly encourage everyone to attend and give her a warm Betenu welcome!

FROM THE EDUCATION COMMITTEE

by Sheryl Liberman

Post B'nei Mitzvah Classes

This month's class dates are Oct. 5 and Oct. 19, from 9:30 am to 11 am.

Musical Shabbat Service on Oct. 10

The first of our musical services with **Sarah Noyovitz** takes place at 7:30 pm on Friday, Oct. 10. It's a great way to combine spirituality, learning and fun! To learn more, call Sheryl Liberman at 424-4609.

Oct. 12 Craft Activities, 11 am

Our Sunday morning craft hour is a fun time for kids and adults alike! Younger siblings can also take part with a parent. Come out and show off your skill with paper, scissors, glue and heaps of imagination.



Upcoming Parent Presentation

Continuing our series of parent talks on how we find connections with Israel, Dave Spokane will speak on Oct. 19.

Class Participatory Service, Oct. 24

Something new this year at Betenu is a monthly service with participation by students in our religious school, starting on Oct. 24 with grades 5-7. Students are practicing to take part in the following prayers: Candle Blessings, *Barchu*, *Shema*, *V'abavta*, *Avot* and *Aleinu*. Be sure to come out and see Betenu's future leaders take part in our Shabbat service, at a family-friendly 7 pm starting time.

School Attendance Requirements

To maximize learning opportunities, we recommend these annual guidelines:

- ◆ **Sunday School classes**
All ages: 27 sessions



- ◆ **Shabbat/Holiday services**
Grades K-3: 4 or more services
Grades 4-5: 7 or more services
Grades 6-7: 15 or more services

Sunday School at Betenu has had a strong start this year, thanks to our staff and committed volunteer education committee. We hope students will keep coming prepared to learn and wearing big smiles! Contact me or **Elsa Conrad** at 879-9189 with your ideas, concerns and interests so that we can further our children's Jewish education.

On Death and Dying

by Rabbi Emeritus Joshua Segal

OUR Yizkor service says (*Gates of Repentance*, pg. 484), “If some messenger were to come to us with the offer that death should be overturned, but with the one inseparable condition that birth should also cease; if the existing generation were given the chance to live forever, but on the clear understanding that never again would there be a child, or a youth, or first love, never again new persons with new hopes, new ideas, new achievements; ourselves for always and never any others—could the answer be in doubt?”

Even if we, in all honesty, answered—yes, there is a doubt—we are still faced with conflicting *mitsvot*. We are told, “be fruitful and multiply.” We must somehow make space for the next generation and death is one way of doing that.

Now I’ve thought about the immortality issue from the perspective of a healthy, vigorous person—and I am in no hurry to complete my earthly time. But I have also seen the very old, the very sick and the very feeble, for whom death is an honest-to-goodness reward.

A story is told about an elderly couple who pass away and discover heaven. Everything is perfect and he turns to her and says, “if it weren’t for all those vitamins and oat bran, we could have been here years ago!”

ONE of the problems of death is that we don’t know what happens when we die, and that’s probably good. If we knew it was great, we might want to hurry our existence out of this world. If it were horrible, we might live our lives in constant terror. The uncertainty of life is a blessing and a curse.

Studies have indicated that there is a stressful uncertainty with death. Those who believe powerfully in orthodox spiritual traditions (Catholicism, Evangelical Protestants, Orthodox Jews and Atheists) have the lowest stress levels. Atheists know they are going nowhere. Everybody else knows they are going somewhere! Those of us who are liberal or even agnostic have doubts which elevate stress.

INITIAALLY, the Midrash tells us, people just died. A person would be walking along and sneeze and drop dead on the spot. The sneeze was the soul departing, which is why we say, “God bless you” after a sneeze. We are encouraging the soul to return to the body. Only at the end of Genesis are we told that a messenger is sent to Joseph saying “Jacob, your father, is sick.” The conclusion they draw is that Jacob was the first to experience sickness as a prelude to dying.

The sickness associated with death may also be a blessing. It allows each of us an amount of time to put our affairs in order and to make our good-byes. Too many people find themselves quoting Woody Allen who said, “I don’t mind dying. As long as I don’t have to be there.” The end of life is not to be missed. A good Jewish life demands our presence from birth to death.

Excerpted from Rabbi Segal’s Rosh Hashanah sermon of 1994, this and other materials are available for study at betenu.org/archive.



Jacob Blessing the Sons of Joseph, by Rembrandt

After death the Kaddish gives survivors a perspective: Let God be glorified and sanctified throughout the world; let the world become a perfect place soon in YOUR lifetime and let us say: *Amen. be-cha-yei-chon u-ve-yo-mei-chon u-ve-cha-yei de-chol beit yis-ra-eil.*

NOTICE how the text of the Kaddish turned from third person talking about God to second person plural, namely—talking to the others present. The message being given is: “God, I don’t understand why You did this to me, but I accept it as part of the overall price of living and will continue worshipping you. And to the rest of you present, the messianic Age did not arrive soon enough to help my loved one, but my wish for you is that the messianic age will happen before each of you is faced with death.”

We work to preserve it, but mortality is the price of life whether long or short. For a well lived life, mortality and even sickness can be a blessing. *Va-yar E-lohim et kol a-sheer a-sa*—God saw all that God had made, *ve-bi-nei tov mot*, and in the ultimate end, death is good.

October at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Kol Nidre Service with Nate DeGroot, 7:30 pm	4 Yizkor & Yom Kippur Services, 10:30 am Break-the-Fast meal, 7 pm
5 Religious School, 9 am	6	7	8 Sukkot begins at sunset	9 Sukkot	10 Musical Sukkot Service w/Sarah Noyovitz, 7:30 pm	11 <i>Chol Hamoed</i>
12 Religious School, 9 am	13	14	15 <i>Hoshanah Rabbah</i>	16 <i>Shemini Atzeret Yizkor</i>	17 PULPIT SWAP: Rabbi Beth Davidson, TAY 7:30 pm <i>Simchat Torah</i>	18 <i>Bereshit</i>
19 Religious School, 9 am	20	21	22	23	24 Student Participation Service (Grades 5-7), 7 pm	25 <i>Noach Rosh Chodesh</i>
26 Religious School, 9 am	27	28	29	30	31 NO SERVICE	

November at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <i>Lech Lecha</i>
2 Religious School, 9 am	3	4	5	6	7 Lay-led Service, 7:30 pm	8 <i>Vayera</i>
9 Religious School, 9 am	10	11 Veteran's Day	12	13	14 Student Participation Service (Grades 2-4), 7 pm	15 <i>Chaye Sarah</i>
16 Religious School, 9 am	17	18	19	20	21 Musical Service w/Sarah Noyovitz, 7:30 pm	22 <i>Toldot</i>
23 Religious School, 9 am	24	25	26	27 Thanksgiving Day	28 NO SERVICE	29 <i>Vayetze</i>
30 NO RELIGIOUS SCHOOL						