

## **RABBI'S MESSAGE: IT'S ALL ABOUT THE KIDS? NOT.**

For the people who get it, they find their way there! They have mastered the skills and they enjoy the experience of being there. They go through the mechanics and they talk to the other people whom they encounter. While they share a space with many people, they are also alone with God. And although they have done it many times there is something on a higher plane that keeps them returning again and again. They can do this at many locations in the world and the skills when mastered, readily transfer.

For some who don't get it, they may drop out. But when they get older and have a family of their own, they figure, "I remember doing it as a kid and it is something that kids do." Occasionally, by seeing the experience that their children are having, they figure – maybe this is worth my learning about this in greater depth.

Others realize that this venue is a totally safe place for teenage children to be with their families, at a time in life when teens don't want to be seen with their families anywhere else.

Some, who didn't figure out what they missed when they were younger, all of a sudden get it at second exposure. They recognize the abiding value and beauty of what they are experiencing and become intimately involved with it for the rest of their lives. And there are others who drop out again and aren't seen until the grandchildren are ready for this piece of cultural, societal exposure.

Still others, who had no exposure to it in their youth, just try it and become converts to this spiritual experience.

This month is Purim and I hope you will join us at the temple when we turn the world upside down and experience the levity of Judaism. By the way: In the spirit of Purim, the above paragraphs are about skiing and ski areas – but it could equally well have been about Judaism and synagogues.

Happy Purim.

*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](http://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 NOW 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](mailto:rabbi@betenu.org)

**President:** Dave Spokane 603-672-0554  
or [president@betenu.org](mailto: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

## PRESIDENT’S MESSAGE: FOOTPRINTS

2010 started with an exciting work opportunity for me to travel for the first time “across the pond” to London and Tel Aviv. Although on business, I did get the chance to tour for a day in each city, and I was given the important task of sending postcards to Olivia’s first grade class as part of a project they were doing. Being the good father, I sent off a postcard from London with a note to the class saying “there’s lots of great history here in London, much more than in the US – you should plan a field trip!” Then I arrived in Israel, and scratched out another postcard – “there’s even more history here than there was in London – another field trip!”

So, 5000+ years of history in Jerusalem, 2000+ years of history in London, 500+ years of history in the US, and about 30 years of history at Betenu. In each case, history happens one day at a time, one year at a time, and is formed by the deeds and actions of the people who live it.



A friend of mine on Facebook recently posted the Bernard Meltzer quote, “There is no better exercise for your heart than reaching down and helping lift someone up.” We have opportunities every day to help lift someone up. It can be a few words of encouragement, offering a helping hand, volunteering time, or giving to a cause.

Judaism teaches “Tikkun Olam”, or “repairing the world.” I hope that as individuals and as a Betenu community, we will continue to seek and seize the opportunities to make a difference, and have a positive impact on the way we’re remembered in our history.

L’Shalom  
Dave

**JANUARY BIRTHDAYS**

Stephanie Ditman  
Rachel Liff  
Julia Neefe  
Johanna Stein  
Sarah Vogel  
Zachary Swartz  
Daria Dzen

**MAZEL TOV**

Ellen Hoffman, who became a grandmother on December 23rd with the birth of Brayden Clinton Deiley.. Mom Jen and baby are doing well.



# February 2010 (5770)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i> 7:30 pm Lay-led Service	<i>6</i>
<i>7</i> 9:30 am Religious School #19	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i> 7:30 pm Rabbi-led Service	<i>13</i> 10:30 am Tot Shabbat #4  Shabbat Shekalim
<i>14</i> 9:30 am Religious School #20  Rosh Chodesh: Adar	<i>15</i> 7:30 pm General Bd Mtg—All are invited  Presidents Day	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i> 7:30 pm Lay-led Service	<i>20</i>
<i>21</i> 9:30 am Religious School #21	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>  Fast of Esther	<i>26</i> Purim Party Time TBD 7:30 pm Rabbi-led Purim Service	<i>27</i>  Shabbat Zachor / Megillah reading
<i>28</i> <u>NO</u> Religious School  Purim						



# March 2010 (5770)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Shushan Purim	<i>2</i>	<i>3</i> RSVP DUE For Shabbat Across America	<i>4</i>	<i>5</i> 6:30pm Rabbi-led Shabbat Across America	<i>6</i> Shabbat Parah
<i>7</i> 9:30 am Religious School #22	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i> 7:30 pm Rabbi-led Service	<i>13</i> Shabbat HaChodesh
<i>14</i> 9:30 am Religious School #23 Daylight Savings begins	<i>15</i> 7:30 pm Executive Board Meeting	<i>16</i> Rosh Chodesh: Nisan	<i>17</i>	<i>18</i>	<i>19</i> 7:30 pm Rabbi-led Service	<i>20</i> 10:30 am Tot Shabbat #5
<i>21</i> 9:30 am Religious School #24	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i> 7:30 pm Lay-led Service	<i>27</i> Shabbat HaGadol
<i>28</i> 9:30 am Religious School #25 Search for Chametz	<i>29</i> Pesach 1st seder	<i>30</i> 6pm Rabbi-led Passover 2nd seder	<i>31</i> Pesach			



## COMING UP AT BETENU...

### TOT SHABBAT

February 13th, 10:30am

For the little ones kindergarten and under: bring a healthy snack and a drink and join the fun as Rahel leads with music and movement. Note: please accompany your child(ren).



### GENERAL BOARD MEETING

February 15th, 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.



### PARENT-LED PURIM PARTY?

February 26th, before services

We are looking for a parent or two to chair a Purim Party for the kids. If interested contact Rahel at 603-554-1459 or [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com).

Followed by...

### RABBI-LED PURIM SERVICE

February 26th, 7:30pm

Fun for everyone. Dress up if you like and we'll see you there.





## COMING UP AT BETENU...(cont.)



### SHABBAT ACROSS AMERICA/CANADA

March 5, 2010 at 6:30pm  
(RSVP deadline: March 3rd)

Once again this year, on Friday, March 5th, Congregation Betenu is joining with synagogues throughout North America in sponsoring “Shabbat Across America”. Coordinated by the National Jewish Outreach Program, we will learn about and share the beauty of Shabbat as a community. The evening will begin with a short, interactive prayer service and explanation of Sabbath customs and rituals, followed by a pot-luck meal and joyous song.

Want to help? We need help with setup and cleanup, and volunteers for D’var Torah.

Please contact: Rahel at 603-554-1459 or [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com), or  
Elissa at 603-673-8283 or [eckahn@hotmail.com](mailto:eckahn@hotmail.com).



### TOT SHABBAT

March 20th, 10:30am

For the little ones kindergarten and under: bring a healthy snack and a drink and join the fun as Rahel leads with music and movement. Note: please accompany your child(ren).



### RABBI-LED PASSOVER SECOND SEDER

Tuesday, March 30, 6 pm

Join your Betenu family for the Rabbi-led traditional seder on the second night of Passover. It will be a potluck supper, so everyone needs to bring a pesadicha dish. (If you have any questions on whether or not a specific food is kosher for Passover, please call the temple office). Families should bring a main dish, and individuals, a side dish or a dessert. The cost is \$5 per person, or \$18 per family, to cover the cost of wine, matzah, seder plate items, and paper goods.



We will be using the Rabbi’s revised Haggadah. Copies are available to purchase for your home Seders. To preview a copy, or to purchase the Haggadah at \$6.00 per copy, please call the temple office.

Please call to reserve your seat(s): 886-1633, or use the sign up sheet on the front table.

Please volunteer to help with setup or cleanup and let us know if you are interested in helping plan and prepare our popular seder.





## 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](mailto: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](mailto:SAML54@comcast.net).

### KABBALAH GROUP

Saturdays at 12:30pm—once a month  
January 23rd at Betenu

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](mailto:SAML54@comcast.net).

Video of Sh'ma Meditation by Rabbi Aryeh Kaplan:

[www.youtube.com/watch?v=x9bwEFS7Btk&feature=related](http://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 is ongoing for 2009-10 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](mailto:rahel@rahelmusic.com).

## COMMUNITY HAPPENINGS



### COMING ATTRACTION



### SAVE THE DATE

### APRIL 10-18, 2010



Jewish Federation of NH  
698 Beech Street, Manchester, NH  
Tel: 603-627-7679  
[www.jewishnh.org](http://www.jewishnh.org)



Building community  
...you belong!

**BETENU PAGES**

It is with great sadness that we inform you of the passing of David Franks, brother of Paul Franks. May the Holy One bring peace to all who mourn.



**YAHRZEITS FOR  
JANUARY**



Joan Dickes .....	mother of Ellen Lubitz.....	February	
Matthew Werner .....	brother of Sara Murphy .....	February	2
Stanley Moses ‘Papa’ Krohn .....		February	8
David Michelson .....		February	11
Maurice “Maury” Franks .....	father of Paul Franks.....	February	13
Kate Berger Gross .....		February	14
Charlotte Dinkelopiel .....	grandmother of Judith Silverman .....	February	14
Arlene Mignault .....	friend of Rahel Limor .....	February	15
Betty McCoy .....	friend of Elissa Kahn .....	February	15
Stanley Moses ‘Bud’ Krohn Jr.....		February	18
Gertrude Kantorowicz.....	aunt of Sonia Ascher.....	February	18
Goodman Burstein .....	father of Sanders Burstein .....	February	19
Thelma Schiff.....	Grandmother of Fern Seiden .....	February	22
Wayne Lamminen .....	brother of Lin Robinson .....	February	25
Harold Sandhaus .....	husband of Martha Sandhaus.....	February	25

**ONEG SHABBATS**

To host an Oneg, one brings the desserts, fruit, 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:

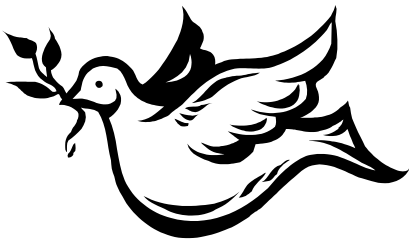
- Feb 5: Open
- Feb 12: Rubin-Newman & Jusczak families
- Feb 19: Rice, Rubin-Baker families
- Feb 26: Open (Purim Service)
- Mar 5: Open (Shabbat Across America)



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

**תודה****BETENU  
THANKS****תודה**

- ✧ January oneg hosts. all who contributed to the onegs.
- ✧ All who helped with the FEC lunch:
  - ✧ Jen Starr and Sheryl Liberman for transporting food;
  - ✧ Elsa Conrad, Roberta Pavoll, Rowena and Quillah Burstein and Jen Starr for setup;
  - ✧ Roberta Pavoll, Elsa Conrad, Sheryl Liberman, Rabbi Segal, Carolee Clarke, Elissa Kahn, Joel & Elaine Silberberg, Rowena Burstein, Maureen MacGregor, Pam Blotcky and the Spokane family for food donations;
  - ✧ Roberta Pavoll and Elsa Conrad for cleanup.
- ✧ Tu BiShevat Seder help: all who helped with setup and cleanup.
- ✧ Dave Spokane for the Hannukah pictures.
- ✧ Rabbi Segal for hosting the non-Christmas party on December 25th (and for “lay-leading” that night.
- ✧ Sandra Whitman and all the school kids for the Tu BiShvat Tree.
- ✧ All who donated to SHARE.
- ✧ Sheryl Liberman for bringing the items to SHARE.
- ✧ Mike Goldstein and Steve Goff for bringing the extra chairs downstairs.
- ✧ January lay-leaders: Sheryl Liberman and Elsa Conrad.
- ✧ The Rice and Spokane families for donating water.

**DONATIONS**

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

**General Fund**

Joel & Elaine Silberberg  
In memory of Paul Frank's brother,  
David Franks.

Elissa Kahn  
In memory of Paul Frank's brother,  
David Franks.



Tu BiShvat Tree thanks to Sandra Whitman and all the school kids



## 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](http://www.sharenh.org/food.html) and  
[www.nsk.org/CurrentWishList.asp](http://www.nsk.org/CurrentWishList.asp)

### OTHER ITEMS

For a list of other items needed please see:

[www.sharenh.org](http://www.sharenh.org) or 603-673-3660: seasonal clothes and new socks and underwear  
[www.nsk.org/CurrentWishList.asp](http://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](http://www.wsmnradio.com) Fridays from 9-10 am. Or go to [israelisreal.weebly.com](http://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](http://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**