

## RABBI'S MESSAGE: WHERE IS THE NEWS?

Last month, there was unemployment, a war in Iraq, a war in Afghanistan, a crisis in health care and the list continues. And yet, as I watched the news, I saw endless coverage of a drunk who fell in front of a subway, the Amanda Knox trial, Tiger Woods' infidelity, etc.

There is more outrage about insignificant things than there are about the millions ignored by our health care system, the foreclosures and the bodies of deceased Americans returning from Asia.

There seems to be an analogy here with the Middle Ages. How did they keep the peasants in line? It wasn't the incompetence of the government. Let's distract the population by blaming it on someone else and we Jews became a convenient someone else.

Collectively, our news media are ignoring or at minimum downplaying the real issues. It's bad enough that we are wasting the news times from the issues about which there should be outrage to obsessing about Tiger Woods.

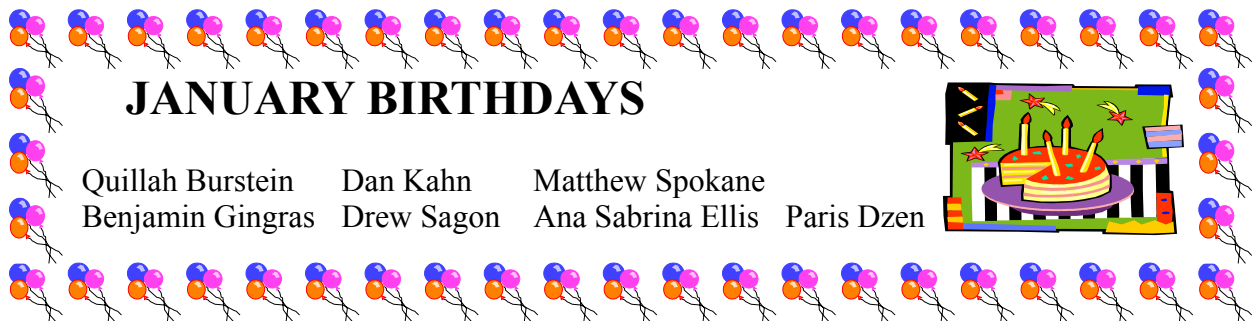
There is an old saying, "We get the kind of government we deserve." In listening to the history of Congress – it was not about crushing the opposition but there was a general understanding that we were all working for the common good and the way to common good was to negotiate and compromise.

History has shown that if and when chaos reigns in government, it is the Jew who suffers first. Get involved and demand the real news. The lives we save may be our own.

*Be-ve-ra-cha,*

Joshua L. Segal, Rabbi

Note: Rabbi Segal is on vacation for the month of January. He is available by email and/or cell phone for emergencies. If direct rabbinic needs occur while he is out of town, Rabbi Segal has arranged for coverage with others of NH's rabbis.



Quillah Burstein    Dan Kahn    Matthew Spokane  
Benjamin Gingras    Drew Sagon    Ana Sabrina Ellis    Paris Dzen



## 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



# January 2010 (5770)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:30 pm Lay-led Service  New Year's Day	2
3  9:30 am Religious School #14	4	5	6	7	8  7:30 pm Lay-led Service	9
10  9:30 am Religious School #15	11	12	13	14	15  7:30 pm Lay-led Service	16  10:30 am Tot Shabbat #3  Rosh Chodesh: Shevat
17  9:30 am Religious School #16	18  7:30 pm Executive Board Meeting  MLK Day	19	20	21	22  7:30 pm Lay-led Service	23
24  9:30 am Religious School #17	25	26	27	28	29  Time 6pm Rabbi-led Pot-luck Tu B'Shvat Seder	30  Tu B'Shvat Shabbat Shirah
31  9:30 am Religious School #18						



# 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						



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## COMING UP AT BETENU...

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### TOT SHABBAT

January 16th, 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).



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### TU B'SHEVAT SEDER

Friday, January 29th—6pm doors open (seder starts at 6:30pm)

Hold the date for our famous Tu B'shevat seder on January 29th. Those attending the seder are asked to bring a seder item as well as a dish for the potluck supper. Seder items can be selected by choosing a leaf from the Tu B'Shevat wall hanging which will be in the front lobby. A sign up sheet will also be located there. People are also asked to sign up to help set up tables on Thursday evening, January 28th, to set up the evening of the seder, or to help with clean up after the seder.

You may also sign up by contacting the office 886-1633.

Donate and help us exceed the number of trees we planted in Israel last year!

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### 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).



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### 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.

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### KEEP US UPDATED

Please let us know if your contact info has changed (address, phone, email...). You may email the office at [betenu@nii.net](mailto:betenu@nii.net), call the office at 603-886-1633, or call Elissa at 603-673-8283.

Thanks!

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



**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 603-672-3682 or rahelmusic1@yahoo.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.



**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:

- |              |                                           |
|--------------|-------------------------------------------|
| Jan 1: Open  | Feb 5: Open                               |
| Jan 8: Open  | Feb 12: Rubin, Newman & Juszczak families |
| Jan 15: Open | Feb 19: Rice, Rubin-Baker families        |
| Jan 22: Open | Feb 26: Open (Purim Service)              |
| Jan 29: Open | 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.



## UPCOMING EVENTS:



*Weary Grace: The Life and Times of an MS-Endowed Democracy Warrior*

### Please join us to meet author, **NANCY TOBI**

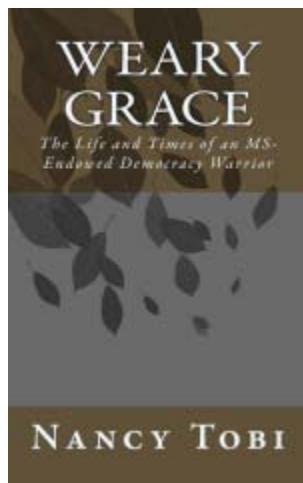
Congregation Betenu, Saturday, January 16, 2010 at 4:00pm

Readings will be followed by a short Havdallah service and POT-LUCK dinner

### **Weary Grace: The Life and Times of an MS-Endowed Democracy Warrior** (Book Price: \$15.00)

By Nancy Tobi Visit [www.wearygrace.com](http://www.wearygrace.com)

This collection of personal essays was written when I had stepped back from my democracy advocacy work in order to heal myself and my family. We needed healing for a number of reasons, some of which stemmed from my activism, some from my MS, but most of which I imagine are common to all families. *Weary Grace* is reflections from a difficult time as I tried to wade through the complexities of my own human existence. Reading through these essays now I see how much I have changed just in the time since I've written them. I am further along on my path. I have come to terms with the MS. My passions seem quieter, but I am more content. It is humbling and somewhat embarrassing to read back on those days, but it was what it was and there it is.



#### **About the author:**

Nancy Tobi is co-founder, former Chair, and website editor for Democracy for New Hampshire (DFNH). She is also Founder and Chair of the NH Fair Elections Committee, Advisor to Election Transparency Coalition and Legislative Coordinator for Election Defense Alliance. Nancy is the author of numerous articles on election integrity, including "The Gifts of HAVA: Time to Ask for a Refund," "The Myth of Verified Voting," "We're Counting the Votes: An Election Preparedness Kit," and "Hands-on Elections: An Information Handbook for Running Real Elections, Using Real Paper Ballots, Counted by Real People". Her chapter on election reform fallacies is included in the April 2008 book "Loser Take All" edited by Mark Crispin Miller.

[www.wearygrace.com](http://www.wearygrace.com)

**UPCOMING EVENTS:****YOUR HELP NEEDED: FEC LUNCH****Catered by Betenu****Date: January 17th**

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.

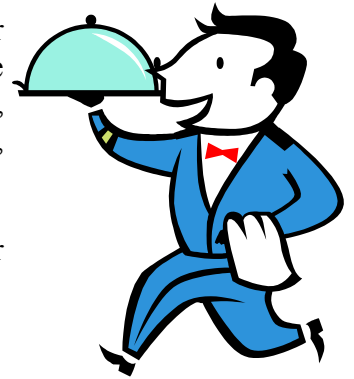
Food can be dropped off at Betenu at the beginning of Sunday school, or brought (by 10 AM) directly to:

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!

**EDUCATION****Sunday Religious School Personnel:**

VP Education: Sheryl Liberman

Principal: Rahel Limor

Hebrew: Sonia Campeanu

Jewish Studies: Don Wunderlich

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).





## 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)



**BETENU PAGES**

**CHANUKA CANDLE LIGHTING 5770 / 2009**



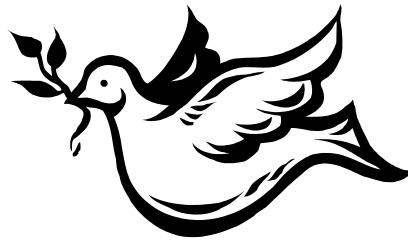
**▲Elsa Conrad & Benjamin lighting their chanukiah.**



**BETENU PAGES**

**DONATIONS**

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



**Diantha Gross  
Education Endowment Fund**

Geoffrey and Wendy Gross

**Rabbi's Discretionary Fund**

Stephen & Nancy Sagon

Brian Grodman

In memory of Sonia Campeau's mother, Shifra.

In Memory of Miriam Brown's mother, Flora

**General Fund**

Elissa Kahn

In memory of Elsa Conrad's father, Rabbi Ernst Conrad.

In memory of Sonia Campeau's mother, Shifra.

In memory of Elissa's Grandmother, Ruth Clarke.

In memory of Elissa's Cousin, John Marcuccio.

In memory of Miriam Brown's mother, Flora.

In Honor of the birth of Ellen Hoffman's Grandson

Elliot Pritikin



**Yahrzeits for  
JANUARY**



Dr. Maurice Godine .....	father of Julia Thomas .....	January
Murray Grant.....	friend of Joel Silberberg .....	January
Sylvia Florence Finkelstein..	.....	January 1
Sumner Stern.....	father of David Stern .....	January 1
Alan Blotcky .....	father of Steve Blotcky .....	January 1
Sigmund Werner .....	father of Sara Murphy.....	January 3
Sylvia Linda .....	sister of Martha Sandhaus.....	January 7
Morris Sigel.....	father of Martha Sandhaus.....	January 8
Sarah Applebaum.....	grandmother of Elyse Wasserman.....	January 10
Philip Wasserman .....	grandfather of Lenny Wasserman.....	January 12
May Kirschner.....	mother of Amy Kirschner.....	January 15
Mollie Segal .....	mother of Joshua Segal.....	January 19
Harold Rimalover.....	father of Robert Rimalover.....	January 22
Evelyn Brenner .....	mother of Marcia L. Fine-Maroon.....	January 23
Edith A. Melnick.....	mother of Sonia Ascher .....	January 28
Sol Kabel.....	father of Allan Kabel .....	January 30



תודה

BETENU  
THANKS

תודה

- ✧ December oneg hosts. The Belesca and Getchell families and all who contributed to the onegs.
- ✧ David Stern for replacing the doorbell.
- ✧ Rahel for the Hannukah Meditative Service.
- ✧ Dave Spokane for the Hannukah pictures.
- ✧ Rabbi Segal for hosting the non-Christmas party on December 25th (and for “lay-leading” that night.
- ✧ All who donated to SHARE.



Yeshar Koach (Right on!) to the BECKER, COOLIDGE, ORENBERG & JONES families whose contributions fed donuts to NINE Israeli soldiers during the Chanukah week!  
[www.stogether.org/happychanukah](http://www.stogether.org/happychanukah)

Thanks to: the Becker, Coolidge, Orenberg and Jones families!

National Donut Week 2009:

[http://www.stogether.org/index.php?/news/news\\_releases/national\\_donut\\_week\\_2009](http://www.stogether.org/index.php?/news/news_releases/national_donut_week_2009)

## COMMUNITY HAPPENINGS

**COMING ATTRACTION**

**SAVE THE DATE**

**APRIL 10-18, 2010**

**NEW HAMPSHIRE JEWISH FILM FESTIVAL**  
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!**



## 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

# SHABBAT ACROSS AMERICA/CANADA



**MARCH 5, 2010**