



Looking Ahead for the New Year

by Elsa Conrad

THE Holiday season encourages us to look eagerly toward a new year, as well as back at the year just completed. Now that the holidays are over, here at Betenu we're looking forward to the projects and activities in 5774.

Our most significant look forward will take place in early November. On Saturday, Nov. 2, **Alex Dube** will become a Bar Mitzvah. Alex is the first Bar Mitzvah we've had in more than two years. Watching his commitment to becoming a Jewish adult, as well as his family's help in reaching this goal, affirms the future of the Jewish people and of our congregation. It also highlights the dedication of our religious school faculty.

Now that the holidays are over, we're looking ahead to new projects and activities in October and November.

Alex will help lead services on the evening of Friday, Nov. 1, before being called to the Torah for the first time on Nov. 2. Needless to say, Alex will be surrounded by friends and family, but the presence of Betenu members matters, too.

BAR MITZVAH INVITATION

Betenu members are invited to join in celebrating Alexander Craig Dube as he is called to the Torah as a Bar Mitzvah on Nov. 2, 2013. Services take place at 10 am. We hope to see you at this proud event, the first Bar Mitzvah at Betenu in nearly three years. Save the date!



Alex Dube, shown in Torah study with Rabbi Joel Baron.

I urge you to come to one or both services to encourage and applaud Alex's accomplishment.

Encouraging young members also has inspired a new event. On Saturday, Oct. 19, **Rav Nate DeGroot** will lead a discussion on "Taking Your Jewish Identity to College," to help our young adults consider the role Judaism will play in their lives during these critical years. Studies indicate that many lose touch with their Jewish heritage during college. If you know someone in or approaching college, please bring him or her. Pizza will be served!

Pizza is also prominent in our fundraising this month. Thanks to **Steve Blotcky**, Betenu will profit from a UNO Dough Raiser that takes place from Sunday, Oct. 6 to Wednesday, Oct. 9. Just order your pie of choice at the Amherst Street UNO; when you present the special ticket, UNO will return a percentage of your bill to us. If you need a coupon, just turn to page 3 of this newsletter. Or go to the Betenu website. We encourage you to share tickets with your friends and family as well. From a personal standpoint, my son Ben is really looking forward to it, and we'd love to see you there!

IN THIS ISSUE

President's Message

UNO Fundraiser

Education Update

Rav Nate DeGroot

October/November Calendars

CONGREGATION BETENU

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The High Holidays at Congregation Betenu went smoothly, thanks 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 participated in High Holiday services
 - ◆ Steve Blotcky for organizing our Uno's fundraiser
 - ◆ Marcella Dube for her help in the Betenu office
 - ◆ Faith Episcopal Church for sponsoring our delicious "Break the Fast" meal
 - ◆ Sari Lessard and Ken McAdams for their help with Yom Kippur children's services
 - ◆ Sara Murphy and Steve Blotcky for office help
 - ◆ Bob Rimalover for taking care of High Holidays chairs and tables
 - ◆ Holiday cantorialist Howard Solomon
 - ◆ Mark Starin for updating our Facebook page
- Happy Birthday!*
- ◆ Erik Rimalover

YHRZEITS

In Loving Memory

- ◆ Ida Teitelbaum
mother of Reva Wunderlich October
- ◆ Max Symbol
grandfather of Lynda Schaeffer October
- ◆ Frieda Symbol
grandmother of Lynda Schaeffer October
- ◆ 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
- ◆ Leonard Weintraub
father of Jane Holly Weintraub October 14

CONTRIBUTORS (AS OF SEPTEMBER 20)

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- ◆ Steven & Sally Lowen
- ◆ Maureen MacGregor
- ◆ Joel & Susan Mascott
- ◆ Vivian McGuire
- ◆ Joel Moses
- ◆ Sara & Dan Murphy
- ◆ Andrew Prolman
- ◆ Barbara Rottenberg
- ◆ Lenny & Elyse Wasserman
- ◆ Jane Holly Weintraub

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- ◆ Jeannette Begin

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BETENU BITS

This Fall, our Sunday religious school students will be creating a video project. If you enjoy using your camera, we'd appreciate your help. To learn more, get in touch with **Sheryl Liberman** or **Elsa Conrad**.

**VIDEO
HELP
WANTED**



FROM THE EDUCATION COMMITTEE

By Sheryl Liberman

EACH September, before school starts, the Education Committee sits down with the teachers to plan the upcoming year. Our dedicated, caring teachers include **Nate DeGroot**, Betenu's rabbinic intern; **Sandra Whitman**, who teaches Jewish Studies; **Sonia Campeanu**, who teaches Hebrew; our classroom aide, **Stacey Liberman**; and yours truly, who teaches the pre B'nei Mitzvah class (this year featuring URJ's *Pirkei Avot-Bridge to our Tradition* curriculum).

Our goal is to give your children a foundation of Jewish learning that

will last a lifetime. This surely cannot be accomplished in our short 30-week school year. So, what else can be done to help foster your family's Jewish identity? Become a part of our Betenu community year-round.

- ◆ Help get your children to school on time—9 am sharp.
- ◆ Ask your children what they did in Sunday school, or to ask them to share a prayer with you.
- ◆ Look at their "Weekly Lesson" notes.
- ◆ Participate in Betenu's social events: Bingo night, Uno's fundraiser or other opportunities to get involved.



- ◆ Attend Shabbat services as often as you can and host an Oneg with another family.
- ◆ Help monitor morning drop off or afternoon pick up.

Your visible support not only keeps Betenu's Sundays running safely and smoothly—it also gives your children the message they "belong." Their Jewish identity will be integrated into their everyday lives.

New Social Events This Year

We have begun monthly "Social Sundays" from noon to 1 pm. They include lunch and a fun activity—inside or outside the temple. We also hope to offer movie nights and Havdallah services. If you have older children, consider attending our "Taking your Jewish Identity to College" pizza party and discussion on Saturday, Oct. 19. Events like these can only thrive with your encouragement, ability to chaperone occasionally, and your desire to nourish your child's Jewish soul. Life is busy; how we spend our time gives clear meaning to our priorities.

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 with smiles! Contact me or Elsa with your ideas, concerns and your offers to help embrace our Betenu children's Jewish education.

Eat at UNO, Raise Dough for Betenu

Oct. 6-9, diners who present this ticket at the UNO restaurant at 593 Amherst St. in Nashua will have part of their check's value donated to Betenu. Win-win! You enjoy a great meal, and Betenu benefits. Print and share tickets with friends and family, too—you'll find more in your weekly newsletter!

Clip & use
by Oct. 9.
Be sure
to share a
few with
others!





EAT, DRINK & RAISE MONEY!

**Come support a DOUGH RAISER to benefit
CONGREGATION BETENU**

**UNO® WILL DONATE UP TO 20% OF
YOUR CHECK TO THIS FUND**

**Date:
October 6th-9th**

**Location:
593 Amherst St. Nashua
603-886-4132**



Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

Pizzeria Uno Corporation ©2011 823P

Present this to your server

As we enter back into daily routines, we are presented with the opportunity to put our personal holiday lessons to the test. And this is one of the deep teachings of *hol*.

***Chag hol sameach!* Happy holiday of the mundane!**

by Rav Nate DeGroot

AFTER more than fifty days of Jewish holiday—a time of digging deep, singing loud, eating well (or not at all), and praying hard; a time that has spanned Selichot, Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah; a time that dates back to early August; a time that has ushered us through repentance and introspection, rebirth and new beginnings—we have finally arrived at our first days of *bol*, of non-holiday, that we've had in quite some time. And this is cause for celebration!

If you feel like you've just lived out the plot of the unwritten *Berenstein Bears and Too Much Holiday*, you're right where you're supposed to be. We are asked to stretch ourselves during this season in ways that are unthinkable—spiritually, emotionally, communally. Looking back, we wonder in amazement how we even made it through. Just coming out the other side intact is worthy of our joy and demands a sense of accomplishment. The fact that it is over urges us to gratitude.

But as we enter back into our daily routines, as we acclimate to the every day structures of our lives, as we revert to old habits and integrate new ones, we are presented with the opportunity to put our deep personal and communal work to the test. And perhaps



this is one of the deep teachings of *bol*.

During High Holidays, everything is set up for us to succeed. We take the days off of work. We dress up. We have a festive meal. We fast. We surround ourselves with loving and supportive community so we can do our work together. We tap into memories of the past and of loved ones. We wait all year for the holidays. We create the exact environment conducive to our spiritual work.

During the holidays, the cards are stacked in our favor. During *bol*, they're stacked against us.

IT IS IN the routine of *bol* where our grand visions of self get put in competition with the demands of the day to day, where our words and our deeds, our hopes and our actions, our visions and our realities meet. It is in the everyday—when we're pulled in so many directions at once, trying to accomplish all there is to accom-

plish before the sun sets ever earlier each day—that we get a helpful mirror into just how successful our internal work was. As opposed to the holidays, when we dedicate expansive time to configuring a spiritual self of integrity, during *bol*, we must often act instinctively, in the moment, without time to meditate. During *bol*, our impulses and our tendencies reveal themselves. During *bol*, we get to rise to the challenge.

Hol is a time to celebrate the work we have done over these last weeks and months, as individuals and as a community, while cultivating and inhabiting a motivation to live as our highest selves, particularly in the mundane of life. Our next holiday is almost two months away—Hanukkah. In the meantime, I wish you a *chag bol sameach*—a joyous mundane. May it be a time of stepping into the self that you want to be, over and over again, throughout all of *bol*. Happy not-holidays!

Questions or comments?
Please email Rav Nate at rabbi@betenu.org.

October at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Rosh Chodesh B'nei Mitzvah Student-led Service, 7:30	5 Noach Rosh Chodesh
6 Religious School, 9 am	7 UNO Fundraiser Oct. 6-9 593 Amherst, Nashua	8	9	10	11 Rabbi-led Service, 7:30 pm	12 Lech Lecha
13 Religious School (Rav Nate), 9 am	14	15	16	17	18 Rabbi-led Service, 7:30 pm	19 Vayeira <i>Taking Your Jewish Identity to College, 4 pm</i>
20 Religious School (Rav Nate), 9 am	21	22	23	24	25 B'Nei Mitzvah Student-led Family Service, 7 pm	26 Chayei Sarah
27 Religious School, 9 am	28	29	30	31		

November at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Rosh Chodesh Rabbi-led Service, 7:30 pm	2 Toldot Alex Dube Bar Mitzvah, 10 am
3 Rosh Chodesh Religious School (Rav Nate) , 9 am	4 Rosh Chodesh	5 Election Day	6	7	8 Lay-led Service, 7:30 pm	9 Vayetze
10 Religious School, 9 am	11 Veterans Day	12	13	14	15 Rabbi-led Service, 7:30 pm	16 Vayishlach
17 Religious School, 9 am	18	19	20	21	22 Lay-led Family Service, 7 pm	23 Vayeshev
24 Religious School (Rav Nate), 9 am	25	26	27 Erev Hanukkah	28 Hanukkah Thanksgiving	29 Rabbi-Led Hanukkah Celebration, 7:30 pm	30 Miketz Hanukkah
1 Dec NO RELIGIOUS SCHOOL						