



## President's Message

by Elsa Conrad

**A**S JANUARY ends, Betenu once again proved that nothing can keep a good discussion down. Even the vagaries of winter in New Hampshire did not stop the wave of new activities we have planned now that **Rav Rebekah Goldstein** is back from Israel and ready to lead us.

Israel was the theme of Rav Rebekah's first weekend, Jan. 23-25, and she promises to thread experiences from her months in Israel throughout the winter and spring. After her first adult education session was postponed one day because of snow, the session went ahead, providing what attendees described as a thoughtful consideration of the situation in Israel in a positive spirit. If you missed it, keep an eye on our weekly and monthly calendars for our next adult education session.

Given how thought provoking the first session was, we may well offer



### Tu B'shevat Potluck Seder

Feb. 6, 2014 • 6:30 pm

Please RSVP via the lobby sign-up sheet, or contact our office.

Attendees are asked to bring a potluck dish, plus a Seder item.

another session on this topic. Inter-faith families is currently planned as our March discussion topic. Rav Rebekah has other ideas as well but is seeking input for future programs. As of press time, we are still working on a Betenu email address for her, but you can send suggestions to the Betenu office for the time being.

Your next opportunity to meet Rav Rebekah will be at our Tu B'shevat seder on Friday, Feb. 6. Combining a dynamic new spiritual leader with

one of the congregation's most beloved yearly events should provide fun and food for thought as well as one of the best meals you'll have this year. If you have not yet sent your RSVP, don't delay. There's a place at the table for you!



### Tree's Company

Betenu students proudly show off their January craft projects in honor of Tu B'shevat. For more on the origins and meaning of the "New Year for Trees," see our special section on pp. 4-5.

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### CONGREGATION BETENU

A Member of the Union for Reform Judaism

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On the Web:  
[www.betenu.org](http://www.betenu.org)

To submit articles or information, please visit [betenu.org](http://betenu.org) and use our email link.



*Please join us  
in acknowledging  
the generosity  
and achievements  
of these members  
and friends.*

## NEWS & NOTES

### ACKNOWLEDGMENTS

#### *Thank You!*

- ◆ All who cooked or helped with the Faith Episcopal brunch on Jan. 25, with special thanks to **Rowena Burstein, Elsa Conrad** and **John & Roberta Pavoll** for setup and serving
- ◆ **Barbara Bailey** and **Elaine Schwartz** for their awesome Sunday school tree craft project (page 1), which will adorn our Tu B'shevat seder tables
- ◆ **Steve & Pam Blotcky** for hosting the oneg on Jan. 23
- ◆ The **Conrad/Conley** and **Dube** families for donating bottled water
- ◆ **Ariel Crotty** for her Israel dance presentation
- ◆ **Nora Kirsh** for her office assistance
- ◆ The **Leary** family for hosting our Jan. 9 Shabbat oneg

### Yahrzeits

#### *In Loving Memory*

- ◆ **Joan Dickes**  
mother of Ellen Lubitz February
- ◆ **Matthew Werner**  
brother of Sara Murphy February 2
- ◆ **Leon Earl "Nick" Nixon**  
cousin of Elissa Kahn February 6
- ◆ **Rene Fierman**  
mother of Barbara Bailey & Elaine Schwartz February 6
- ◆ **Stanley Moses "Papa" Krohn** February 8
- ◆ **David Michelson** February 11
- ◆ **Maurice "Maury" Franks**  
father of Paul Franks February 13
- ◆ **Kate Berger Gross** February 14
- ◆ **Betty McCoy**  
friend of Elissa Kahn February 15
- ◆ **Stanley Moses "Bud" Krohn, Jr.** February 18
- ◆ **Goodman Burstein**  
father of Sanders Burstein February 19
- ◆ **Wayne Lamminen**  
brother of Lin Robinson February 25
- ◆ **Harold Sandhaus** February 25
- ◆ **Stella G. Leczynski**  
aunt of Pam Blotcky February 28

#### 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

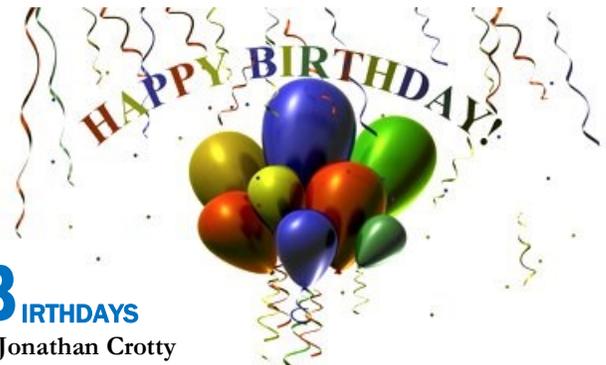
**Oneg/Interfaith Representative:** Roberta Pavoll 672-9820

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

**Rabbi Emeritus:** Joshua Segal [emeritus@betenu.org](mailto:emeritus@betenu.org)

### BIRTHDAYS

- ◆ **Jonathan Crotty**
- ◆ **Rachel Liff**





## FROM THE EDUCATION COMMITTEE

### Progress Reports to Parents on Feb. 1

Parents of Betenu students should look for progress reports on Sunday, Feb. 1. There will also be a parent presentation on Israel during assembly. Please contact **Sheryl Liberman** at 424-4609 / [saml54@comcast.net](mailto:saml54@comcast.net) if you have questions.

### Confirmation Class on Feb. 8

The next Confirmation class will be on Feb. 8 at 9:30 am.

### Student Assisted Shabbat Service on Feb. 13

Our Grades 4-6 students will take a leadership role at Betenu's Shabbat service on Friday, Feb. 13 at 7 pm. Please be sure to come out and show your support for our Betenu leaders of tomorrow.

### Sunday Craft Assembly on Feb. 15

At 11 am on Sunday, Feb. 15, we will host another of our family craft sessions. Parents bringing children under 6 are asked to remain present for supervision.

### Musical Shabbat Service on Feb. 27

The fifth of our musical services with Sarah Noyovitz takes place at 7:30 pm on Friday, Feb. 27. Join us!

### March 8 Parent and Bar/t Mitzvah Meetings

Rav Rebekah will be meeting with parents at 9:15 am on March 8, followed by a parent meeting for Bar/t Mitzvah students.



## SCHOOL BULLETINS

### Attendance/Service Requirements

To maximize learning opportunities for our religious school students, the following annual requirements should be met by June 30, 2015:

- ◆ *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

### Torah for Tots (and Parents), 10:30 am to Noon on March 14

Help your children age 6 and under explore and take part in a Shabbat service at Betenu from 10:30 am to noon! Slightly older siblings are welcome too. Led by Sandra Whitman, this special morning will feature interactive prayers, songs and dance. A story and brief discussion of the weekly Torah portion will also be included, followed by a Kiddush and time for kids to socialize. Call our office for information or to sign up!

### Do a Parent Presentation on Israel!

If you have 15-20 minutes to talk to our Sunday school students about your favorite Israel topic, we'd love to hear your thoughts about Israel's history, food, sports, recipes, culture, music ... anything! Topics so far have included pumpkins, inventions and dance, so the only limit is your imagination! To schedule your presentation, call Sheryl or the office today.



Infographic and content courtesy of Aish.com

## QUICK QUIZ

- ❶ What does the "Tu" in Tu B'shevat mean?
- ❷ Tu B'shevat marks the new year for what living thing?
- ❸ True or false—on Tu B'shevat, Persian Jews traditionally gave children bags of fruit to wear around their necks

## ANSWERS

1. The 15th day of the month of Shevat. 2. Trees. 3. True.

*Tu B'shevat • Feb. 3-4*

## Cultivating a Fruitful Life

**"A PERSON  
IS LIKE THE TREE  
OF A FIELD,"  
the Torah tells us.**

**On Tu B'shevat we look to  
nature for metaphors that  
might help us strive for  
spiritual perfection:**

*How can I best live  
a fruitful life?*

*Am I connected to a warm  
and nurturing community?*

*Am I receiving proper  
spiritual nourishment?*

**Our Tu B'shevat seder is a  
great way to explore these  
themes. Join us for a  
friendly potluck meal on  
Friday, Feb. 6 at 6:30.**

**To learn how you can take  
part, see this month's  
cover article or contact  
the Betenu office to RSVP.**

## TU B'SHVAT "SEDER"

Developed by the great kabbalist Arizal, this meal of 10 fruits and 4 cups of wine is structured like a Passover Seder – with a text that explores “fruits” as a metaphor for spiritual perfection.



On Tu B'Shvat, we pray for a beautiful etrog on the following Sukkot.



In Israel, Tu B'Shvat is a day of environmental awareness. Trees are planted in celebration.



## BLESSINGS



The blessing before eating fruit is:

*“Baruch Atah Ado-nai Elohai-nu Melech HaOlam, boray pri ha-aitz.”*

*“Blessed are you God, King of the Universe, Who creates the fruit of the tree.”*



ON TU B'SHVAT, IT IS CUSTOMARY TO EAT A "NEW FRUIT" AND SAY THE SHE'HECHEYANU BLESSING:

*“Baruch Atah Ado-nai Elohai-nu Melech HaOlam, she'hechyanu vi'kiymanu vi'higyanu lazman hazeh.”*



*“Blessed are You, God our Lord, King of the Universe, Who has kept us alive, sustained us and brought us to this occasion.”*



Infographic courtesy of [Aish.com](http://Aish.com)

**TREEVIA:** When a child is born in Israel, it's customary to plant a tree – a cedar for a boy, a cypress or pine for a girl.

## IN BRIEF

### Bring in Your 2014 Calendars

Drop off your old calendars at Betenu and we'll donate them to Home, Health & Hospice for recycling. It's a great way to de-clutter and help others!

### Jewish Music Festival Starts Feb. 27

The 2015 Boston Jewish Music Festival includes four dates in New Hampshire and musicians from around the world performing everything from Yemeni blues and Irish folk to ancient Jewish choral music and contemporary klezmer. Tickets and information about the festival are available at [www.bostonjewishmusicfestival.com](http://www.bostonjewishmusicfestival.com).

### Hannaford Gift Card Fundraiser

Convenient for all your Hannaford shopping, these popular cards are still available with 5% of proceeds going to Betenu. Contact the office or call **Elsa Conrad** at 879-9189 to order cards.

### Shop at Amazon, Benefit Betenu

Buying online can benefit Betenu at no cost to you with the AmazonSmile program. Just follow these simple steps once and it's automatic:

- ◆ Go to [smile.amazon.com](http://smile.amazon.com) from the web browser on your computer or mobile device.
- ◆ Login to your Amazon account.
- ◆ Select Betenu as your preferred charity in the “Your Account” section. We're listed as *Congregation Betenu C/O J. Ditman*.
- ◆ Every time you shop at [smile.amazon.com](http://smile.amazon.com) afterward, we'll receive a half-percent of each sale's proceeds. It's that easy!

### March Newsletter Deadlines

Early submissions are greatly appreciated. Please email articles and information no later than Friday, Feb. 20.

# February at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 School, 9 am  Progress Re- ports & Parent Presentation	2	3 Tu B'shevat	4 Tu B'shevat	5	6 Tu B'shevat Seder w/ Rav Rebekah, 6:30 pm	7 <i>Yitro</i>
8 School w/ Rav Rebekah, 9 am  Confirmation Class, 9:30 am	9	10	11	12	13 Class-Led Service for Grades 4-6, 7 pm	14 <i>Mishpatim</i>
15 School, 9 am  Parent Presentation & Crafts, 11 am	16 General Board Mtg., 7:30 pm	17	18	19	20 Lay-Led Service, 7:30 pm	21 <i>Terumah</i>
22 NO SCHOOL	23	24	25	26	27 Musical Service w/ Rav Rebekah & Sarah Noyovitz, 7:30 pm	28 Adult Ed w/Rav Rebekah, 11 am

# March at Betenu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 School w/Rav Rebekah, 9 am  <i>Hamentashchen</i> Class, 11 am	2	3	4 Purim	5 Purim	6 Purim Service w/ Rav Rebekah & Sarah Noyovitz, 7:30 pm	7 <i>Ki Tisa</i>
8 School w/ Rav Rebekah, 9 am  Parents Mtg, 9:15 am; Bar/t Mitzvah Mtg	9	10	11	12	13 Lay-Led Service, 7:30 pm	14 <i>Vayakhel</i> <i>Pekude</i>  Torah for Tots, 10:30 pm
15 School, 9 am	16	17	18	19	20 Class-Led Service for Grades 1-3, 7 pm	21 <i>Vayikra</i>
22 School, 9 am  Craft Assembly, 11 am	23	24	25	26	27 Service w/ Rav Rebekah, 7:30 pm	28 <i>Vayikra</i>  Interfaith Family Presentation w/ Rav Rebekah, 11 am
29 School w/Rav Rebekah, 9 am	30	31				