



Temple B'nai Abraham

Temple B'nai Abraham
President – Betsy Ramos

The Temple Shofar
Rabbi - Julie Pfau

Sarah Seidel Sisterhood
President - Shira Lowry

5769

TEVET - SHEVAT

JANUARY

2009



A Message From Rabbi Julie

This semester, I have been taking a class on Rebbe Nahman of Brazlav. Rebbe Nahman was a complex personality, and his spiritual life was characterized by conflict. He struggled with feelings of depression, isolation, and separation from God, but he also experienced times of joyful connection with God. His writings reflect the challenge of living with difficult feelings and the longing to transcend them.

As we conclude Hanukkah and begin to move out of the darkest time of the year, I am reminded of Rebbe Nahman's lifelong struggle to move out of those dark spiritual times. One of the spiritual practices he used to do this was *hitbodedut* – a practice of seclusion or isolation. But rather than being the kind of isolation practiced by many who suffer depression or social anxieties, *hitbodedut* is a kind of isolation from other people in order to open up space for a more intimate connection with the divine. It is not so much an isolation *from* people as it is an isolation *with* God.

For Rebbe Nahman, *hitbodedut* involved making time to go out into nature and talk to God in complete honesty – sharing his struggles and most difficult feelings, as if with a trusted companion, in the language that was most comfortable for him. Rebbe Nachman understood that there are many paths to form a connection with God – praying the formal Hebrew prayers in a *minyan* is a vital practice, but one that needs to be balanced with time for individual prayer. Community can sustain us in dark times and celebrate with us in joyful times, but *hitbodedut* can bring a deep awareness of the presence of the divine in every moment and every place, and this provides comfort and multiplies joy in whole new dimensions.

I look forward to sharing more of Rebbe Nahman's life and teachings, and welcome any questions you might have about *hitbodedut* and other spiritual practices.

Shalom,
Rabbi Julie

In the interest of increasing her accessibility, Rabbi Julie has reserved times each week when she will be available for your phone calls and to respond to your non-emergency communications. Those times are:

Sundays 8:00 - 9:00 pm

Mondays 8:00 - 9:00 pm

Thursdays 3:45 - 4:30 pm

For urgent and time sensitive communications, please note this in the subject line of emails and leave a voicemail as well. Rabbi Julie will be checking phone messages each day, and, in case of an emergency, will respond in a timely manner.

~ 58 Crosswicks ~ PO Box 245 ~ Bordentown, NJ 08505 ~ (609) 298-1527 ~ www.bnai-abraham.org ~
~ Temple Shofar Editor ~ Shiri Haines slhaines2@yahoo.com ~



Temple B'nai Abraham is affiliated with
the Jewish Reconstruction Federation.

www.jrf.org

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Shabbat Service Dates and Times



Friday, January 2

Shabbat Evening Service at 7:30 p.m.

Friday, January 9

Shabbat Evening Service at 7:30 p.m.

Oneg – Reyes & Kobrin Families

Friday, January 16

Tot Shabbat at 6:00 p.m.

Shabbat Evening Service at 7:30 p.m.

Saturday, January 24

Shabbat Morning Service at 9:30 a.m.

Friday, January 30

Shabbat Evening Service at 7:30 p.m.

GIFT CARD PROGRAM

It has been a slow year for gift cards. Please contact Marsha Dowshen 298-5306 to get your grocery store gift cards and support Temple B'nai Abraham every time you shop.

RELIGIOUS SCHOOL

Thank you to Faith Hupfl for providing snacks for this month's Religious School classes.

SOCIAL ACTION NEWS

Temple B'nai Abraham continues to look out for those in need! Please help out by bringing to the temple non-perishable food items for the St. Mary's Food Pantry. We are still delivering meals once a month to homeless at the Pine Motel, together with the Crosswicks Methodist Church!

Wanted: granola bars! Thanks to all who have been contributing granola bars to our interfaith grocery bag project. Please keep this in mind and when you're out shopping, pick up a box to bring to the temple. We are making a difference for many unfortunate people suffering in these hard times. I wanted to share the message below from Anne Kettner, the neighbor who coordinates this effort, from the deliveries in December. Marcy Schwartz

Dear Friends,

Just wanted to wish you all a Merry Christmas and a Happy Hanukkah, and give you a quick update. On Monday evening we were able to deliver 70 - yes, 70 - really nicely filled grocery bags to the motels. We were able to go to all three motels - Pines, Laurel Notch, and Riverfront, and give something to almost everyone who was there. I cannot explain how much a bag of groceries means to the people at the motels. The folks we serve thank you all very much.

Perhaps this is a good time to reflect on what our co-operative effort has enabled us to do. We have been on this journey together since March 2006, over two and a half years. With an average of 25 bags a month for those 34 months, we have given out about 850 grocery bags. Pretty conservatively, each bag has been filled with at least \$15 worth of groceries (they have more than that lately, but they didn't start that way), and that adds up to about \$13,000 of groceries that we have given to the least fortunate in our midst. I don't know about you, but I am humbled by that number. The words "thank you" do not cover what I see on the faces of those we serve, but they're all I have. Thank you to all of you who have a part in this ministry, whether it is donating, gathering, assembling, giving up space in your church, delivering, or praying for this ministry, thank you.

Looking forward to working with all of you in 2009! Have a happy healthy New Year, Anne

Shabbat Candle Lighting Time

Friday, January 2 nd	4:23
Friday, January 9 th	4:30
Friday, January 16 th	4:37
Friday, January 23 rd	4:46
Friday, January 30 th	4:54

Thank you to Robin Affrime for donating new, much needed shivah prayer books.

YAHREITS

January 9

Eudell Rodd, friend of Linda Bowker
Lawrence Bowker, husband of Linda Bowker and
father of Jonathan Bowker

January 16

Ethel Speiser, mother of Bernie Speiser
Blanch Cantor, wife of Paul Cantor

January 23

Bernard Zeichner, father of Stan Zeichner
Julius Bloom, father of Randy Bloom
Jacob Epstein, great uncle of Brian Epstein
Jennie Groveman, long time founding family
Ella Kessler, mother of Henry Kessler
Jacob Najman, grandfather of Ashirah Lazarus-
Klein
Minnie Gutstein, one of our long time families
Rose Wasserman, mother of Linda Bowker

January 30

Ida Josephson, mother of Sam Josephson
Etheleen Pfau, grandmother of Rabbi Julie Pfau
Minnie Kaufman, grandmother of Phyllis Busch
Harry Gutstein, founding family member

Sisterhood News

There will be no Sisterhood meeting during the month of January. The January Sisterhood Meeting Jewelry Making Event has been canceled. The next Sisterhood event will be held on Wednesday, **February 18, 2009 at 7:00 pm** at the Temple where we will be having a Clothing Embellishment Craft Night. Participants will bring a clothing item of their choice that they can decorate. Decorating supplies (rhinestones, paints, charms, etc...) will be provided. It should prove to be a fun night!

February Oneg Shabbat and Sisterhood Hosts

February 14 Luncheon – Affrime Family
February 18 Sisterhood Craft Night: Clothing
embellishment – Ellen Wehrman & Nancy Belonzi
February 27 Oneg – Bryan Goldberg & Rona
Goldberg Families

If you are unable to serve on the date assigned to you,
you are responsible for finding a substitute. Please
inform the Sisterhood President that another
person/family will take your place (Shira Lowry (609)
440-9753 shira.lowry@berwickoffray.com)

Tot Shabbat News

We are thrilled that Rachel Schwartz and Karen Nissim have teamed up to coordinate our Tot Shabbat programming this year! We have gotten off to a great start, with a delightful group of families, good food, lots of singing and stories, and fun games and crafts.

We start the evening with candle lighting, *kiddush*, and *motzi*, and then share a meal together before moving into a short service, a story, and an activity. We have shifted the format a bit since last year – moving up to the sanctuary for the service, and learning some lively new songs. The children have been enjoying the continuing adventures of Sammy Spider as he learns (with them) about Jewish life and rituals, in spite of his mother's frequent insistence that spiders don't do such things, spiders spin webs. And, of course, every Tot Shabbat ends with time for crafts or games. It is a lovely way for families to experience one of the important elements of Shabbat – fun and meaningful time spent together as a family to create and maintain positive connections.

Anyone who wants to stop by and experience the fun of Tot Shabbat is welcome, and be sure to tell anyone you know who might be interested in coming. Here are the upcoming dates and themes:

January 16th – Tzedakah
February 6th – Tu B'Shevat
March 6th – Purim
April 10th – Passover
May 22nd – Shavuot
June 12th – Israel

Please contact:

Rachael Schwartz: (609) 324-776 esrachel@verizon.net
or Karen Nissim: (609) 298-4843 neiln64@aol.com
with your questions and to RSVP.

High Hold Day Pledges

Mike and Marcia Rosen

Save the date

for upcoming
Shabbat Morning Services:

January 24th
February 14th
March 21st
April 25th
May 16th
June 20th

ADULT EDUCATION

WITH RABBI JULIE

Have you ever been asked to participate during the Torah service, but hesitated because you weren't sure what to do? Come to our Adult Education Learner's Minyan on Friday, January 9th at 7:00 pm.

Having an *aliyah* to the Torah is considered an honor, but it is one that many Jews feel uncomfortable accepting. There are many reasons for this – some don't know the melody to chant the blessings, some struggle with the Hebrew, and some feel awkward about where to stand and what to do with their *tzitzit*. During our January session, we will do our best to dispel these uncertainties and help people feel more at ease with the idea of accepting this honor during Shabbat morning services. We will learn about and practice the Torah blessings, and will go through the choreography of what to do when called up for an *aliyah*.

The goal is to help everyone feel more at ease about coming up for an *aliyah*. This session is scheduled two weeks before January's Shabbat morning service, so those who come to the Learner's Minyan can put their learning into practice by having an *aliyah* during the service on January 24th.

So come with your questions and concerns, and we'll do what we can to help you feel more at home and at ease with participating in Shabbat morning services!

Congratulations to Joshua Zeitz who was appointed Senior Policy Advisor to Governor Corzine

Community News

An Open Discussion for Men

What does it mean to be a good man?

Even if we would never hurt a woman, what is our responsibility regarding physical and sexual violence toward women in our society?

Thursday, January 15, 2009

Princeton High School Black Box Theater

7:00pm to 9:00pm

Pizza and refreshments will be served

Facilitators:

Chris Floor, *PHS Guidance Counselor*

Steve Pitts, *Educator & Teen Council Advisor*

Men of all ages are encouraged to attend this important discussion

To Register: Call 609-683-5155 x 235

E-mail steve@hitops.org

DONATIONS

To the Temple

In Memory of

Lawrence Bowker from Linda Bowker

Eudell Rodd from Linda Bowker

Nathan Schwarz from Phyllis Chudoff

To the Sisterhood

In Memory of

Lillian Ross from Mike Scolaro, Randye Bloom and Jeffrey Bloom

Lil Friedman from Mike Scolaro, Randye Bloom and Jeffrey Bloom

Get Well

Marlene Lavine from Randye Bloom and Mike Scolaro

Happy Birthday

Mimi Geller from Phyllis and Is Kamer

Rejoicing with you

Josh Zeitz on your recent appointment from Elaine and Jay Trackman and Rita and Marty Nissim



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Store Hours - Open 12:00pm every day except Monday.

January 2009

Tevet - Shevat 5769

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Friday Night Services 7:30 pm	3
4 No School	5	6	7	8 Hebrew School 4:30 – 6:30 pm	9 Adult Ed Learner's Minyan 7:00 pm Friday Night Services 7:30 pm	10
11 Sunday School 9:00 - 10:00 am Hebrew School 10:00 am – 12:00 noon	12	13	14	15 Hebrew School 4:30 – 6:30 pm	16 Tot Shabbat 6:30 pm Friday Night Services 7:30 pm <i>Oneg – Reyes & Kobrin Families</i>	17
18 Sunday School 9:00 - 10:00 am Hebrew School 10:00 am – 12:00 noon	19	20	21	22 Hebrew School 4:30 – 6:30 pm	23	24 Shabbat Morning Services 9:30 am
25 Sunday School 9:00 - 10:00 am Hebrew School 10:00 am – 12:00 noon	26	27	28	29 Hebrew School 4:30 – 6:30 pm	30 Friday Night Services 7:30 pm	31