



Temple B'nai Abraham

Temple B'nai Abraham
President – Betsy Ramos

The Temple Shofar
Rabbi - Julie Pfau

Sarah Seidel Sisterhood
President - Shira Lowry

5769

SHEVAT - ADAR

FEBRUARY

2009

A Message From Rabbi Julie

It is understood by people of many faiths and cultures that cultivating a sense of gratitude can change the way we feel and function in the world. Judaism is no exception. There is a teaching in Judaism that a person should try to say 100 blessings every day. Perhaps this is why one of the most fundamental expressions of Jewish prayer is the blessing. I wonder how many people can manage to pay attention enough over the course of a day to notice 100 things they could bless? How would it change us to bring that kind of perspective to the day? Even if we only managed to say 25, I am sure it could bring us more serenity and more compassion for those we interact with each day.

There is a formula for blessings – they usually start: “Blessed are You, Adonai our God, sovereign (or life) of all the worlds....” and go on to give a reason why the person is blessing God. Some traditional conclusions to this formula include:

- ... who performs the work of creation.
- ... who gives strength to the weary.
- ... who gives the Torah.
- ... who is good and is the source of good.
- ... knower of secrets.
- ... who has given you to us.
- ... who performed a miracle for me in this place.

Sometimes the formula is shortened, as in these examples:

- Blessed are You Adonai who hears prayer.
- Blessed is the Healer of the sick.

There seems to be a blessing for every purpose and occasion, but they are easy to make up if you have something you want to bless and don't know of an existing blessing. All you have to do is say “Blessed are You, God” and then say whatever it is you are grateful for – for the beauty of sunsets, for good friends, for a safe drive, etc.

One of my favorite blessings is the one that is said in the Spring when a person first sees flowering trees. That one concludes: “Your universe lacks nothing, and You created in it good creatures and good trees that people may find

pleasure in them.” The blessing is traditionally said during the Jewish month of Nissan, but I think it is a lovely blessing to say anytime during the year when noticing beautiful trees and people. I think of it especially now as Tu B'Shevat approaches. Tu B'Shevat (literally “the 15th of Shevat”) is the Jewish New Year of Trees. While it always falls on the 15th of the Jewish month of Shevat, it can happen in January or February in the secular calendar. This year it will be on Monday, February 9th.

This February 9, I want to encourage everyone to notice the trees. Isn't it remarkable the way trees are still



beautiful and majestic even during their dormant season? Isn't it amazing how resilient they are to survive hard times, year after year? There is good reason that Jewish tradition has seen trees and people as

being like each other. When you notice the trees on Tu B'Shevat, be sure to say a few blessings – for them and for yourself and all the ways you can be resilient and bring beauty to the world.

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.



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

Temple B'nai Abraham Officers

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Elaine Trackman	Eileen Gale

Shabbat Service Dates and Times



Friday, February 6

Tot Shabbat at 6:00 p.m.
Shabbat Evening Service at 7:30 p.m.

Saturday, February 14

Shabbat Morning Service at 9:30 a.m.

Friday, February 20

Shabbat Evening Service at 7:30 p.m.

Friday, February 27

Shabbat Evening Service at 7:30 p.m.

Shabbat Candle Lighting Time

Friday, February 6 th	5:03
Friday, February 13 th	5:11
Friday, February 20 th	5:20
Friday, February 27 th	5:28

Save the Date!

Upcoming Shabbat Morning Services

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

RELIGIOUS SCHOOL

Our Hebrew School Tu B'Shevat celebration will be held on February 8, from 10:00 am to 12:00 pm. This will be a combined program with the Sunday School.

SOCIAL ACTION NEWS

Our projects to contribute to the community are flourishing. Hebrew School students deliver meals monthly to the Pine Motel (thanks to the Osmons for driving in January!). In March the students will be making bag lunches for the Trenton Area Soup Kitchen. Keep those granola bars coming! In case you're wondering what happens with your contributions, I would like to share with you some comments from Anne Kettner who coordinates the monthly grocery bag delivery -- including our granola bars:

"On Monday we delivered 70 grocery bags to the motels, in addition to the meals and hygiene products (from First Baptist) and about 6 winter coats (from my neighbor). Because we had so many bags, we were able to go to all three motels - Riverfront, Pines and Laurel Notch. The Pines and Laurel Notch appear to be full, Riverfront it's tough to tell. The response, as always, is complete appreciation. At two of the motels someone came up to me and said, "You do know, if it weren't for you and these bags, we'd be starving." Many of the folks ask where the groceries come from. It gives me a chance to tell them that they come from many people and congregations in the Bordentown area, and that they aren't forgotten."

Many thanks to Elaine Trackman who continues to volunteer at the St. Mary's food pantry and makes sure that any non-perishable foods we collect at the Temple reach the pantry. Any questions or if you would like to help with any of these projects, please call Marcy at (609) 324-0571.

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)

YAHREZITS

February 6

Rose Goldberg, mother of Phyllis Kamer
Albert Reichlin, father of Peter Reichlin, founding
family member of temple.

Morris Herzog, brother of Madge Rosen
Jerry Urken, father of Gail Geranamous, founding
family of temple

February 13

Morris Miller, father of Ilene and Roslyn Miller

February 20

Max Kessler, father of Henry Kessler, founding
family of temple

February 27

Arthur Fishman, father of Arlene Speiser
Nathan Goldman, father of Maxine and Philip
Goldman, founding family of temple
Rose Kaiser, mother of Eileen Gale
Rose Klepner, mother of Len Klepner

Family Shabbat Dinner

March 27th 6:30 pm

Join us for a Shabbat Potluck Dinner together at the
synagogue. This will be instead of the regular Erev
Shabbat service. Light Shabbat candles! Say
kiddush and motzi together! Sing Songs! Share in
a special Shabbat experience with your Temple
B'nai Abraham family a potluck meal together.



**Please bring your favorite
Shabbat Candleholder,
candles, and Kiddush cup.
This meal will be dairy, please
do not bring meat.**

RSVP to Shiri Haines at slhaines2@yahoo.com or
(609) 440-5954 by March 18th with your food
contribution and number of attendees.



Sisterhood News

Sisterhood will hold their next event Wednesday,
February 18, 2009 at 7:00 pm at the Temple where
we will have 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!



“My Cookies are better than Your Cookies” Contest

A Sarah Seidel Sisterhood Fundraiser

Sarah Seidel Sisterhood has started a cookie baking
contest to raise money for the Temple. **October 1, 2009** is
the day of the contest. We are in the creating and
formulating stage of the fundraiser.

If you would like to contribute your skills and talents to this,
we would love to have you. Here are just some of the
things we need:

1. Companies/people to be sponsors, to be an in-kind
sponsor, donate prizes.
2. Someone that is technically skilled for website
development.
3. People to promote and share this with friends
4. Ideas from bakers or people who enter contests

Contact if interested or have questions or ideas: Kim Aubry
at kimaubry@gmail.com, call 609-499-3158 or Shira Lowry
at shira.lowry@berwickoffray.com or 609-324-0072.

DONATIONS

To the Temple

In Memory of

Morris Herzog, from Madge and Gerry Rosen
Jacob Epstein, from Brian and Maribeth Epstein
Bernard Zeichner, from Stan and Ronnie Zeichner
Julius Bloom, from Randye Bloom and Michael Scolaro
Rose Kaiser, from Eileen Gale

To the Sisterhood

Rejoicing with you

Josh Zeitz on your recent appointment from Renee
Harrison

Community Seder Coming...

This year the Temple B'nai Abraham community
Seder will be Thursday, April 9, 2009 at 6:00 p.m.



Members and guests are
welcome to join us in this
wonderful community event
filled with good food, good
story and good wine.

The cost will be listed in the
next newsletter. If you are
interested in attending, have questions, or want to
help support this event, please email or call Kim
Aubry at kimaubry@gmail.com or 609-499-3158.

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:

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

Please contact: Karen Nissim: (609) 298-4845
neiln64@aol.com or Rachael Schwartz:
eslrachel@verizon.net to RSVP.

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.

ADULT EDUCATION

WITH RABBI JULIE

During our Learner's Minyan in February, we will focus on blessings – particularly the shabbat candle lighting blessing, kiddush (the blessing said before drinking juice or wine), and motzi (the blessing said before eating bread). We say these blessings at synagogue on Friday nights, but some have Shabbat dinners in their homes and say the blessings there.

As with our January Learner's Minyan, we will learn about and practice the blessings, and then we will have an opportunity to put the learning into practice. As a follow up to this Learner's Minyan, we will have a Shabbat potluck dinner together at the synagogue on March 27th at 6:30 pm. Instead of a full Erev Shabbat service, we will light Shabbat candles, say kiddush and motzi, and then share a potluck meal together. It is traditional to spend time singing songs at the end of a Shabbat dinner, so we will close our time together with some favorite songs from Friday night services and others people might know. This will be a chance to try out a Shabbat dinner with the blessings, and in other weeks participants will be invited to lead the candle lighting blessing during services as well.

The goal is to help everyone feel more at ease about coming up to light candles or lead kiddush or motzi, and to think about using these practices at home as well. So come with your questions and concerns to our Adult Education Learner's Minyan on Friday, February 20th at 7:00 pm. We'll do what we can to help you feel more at home and at ease with these important Shabbat practices!

Adult Education Learner's Minyan future dates: March 13, April 3, and May 8

BLOOD DRIVE

The blood drive held December 30, 2008, was a huge success! We collected 52 pints of blood and our goal was 50. The chairpersons of the drives that made their goals in December will receive \$50 gift cards from the Red Cross. So not only were many people helped by the blood donations, the Temple is \$50 richer! A special thank you to Rhea Goldman, Linda Osman, and Debby Weiss for helping Randye make telephone calls to get donors scheduled. Kim Aubry and Randye Bloom were the Temple members who donated blood. Thank you also to anyone who distributed posters, talked to family and friends, or in any way supported the drive. It was great to make our goal.

February 2009

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Sunday School 9:00 - 10:00 am Hebrew School 10:00 am – 12:00 noon</p>	2	3	4	<p>5</p> <p>Hebrew School 4:30 – 6:30 pm</p>	<p>6</p> <p><u>Tot Shabbat</u> 6:30 pm</p> <p><u>Friday Night Services</u> 7:30 pm</p>	7
<p>8</p> <p>Hebrew School Tu B'Shevat Celebration 10:00 am – 12:00 noon</p>	9	10	11	<p>12</p> <p>Hebrew School 4:30 – 6:30 pm</p>	13	<p>14</p> <p><u>Shabbat Morning Services</u> 9:30 am <i>Luncheon – Affrime Family</i></p>
<p>15</p> <p>No Religious School</p>	16	17	<p>18</p> <p>Sisterhood Craft Night 7:00 pm</p>	<p>19</p> <p>Hebrew School 4:30 – 6:30 pm</p> <p>Temple Board Meeting 7:00 pm</p>	<p>20</p> <p><u>Adult Ed Learner's Minyan</u> 7:00 pm</p> <p><u>Friday Night Services</u> 7:30 pm</p>	21
<p>22</p> <p>Sunday School 9:00 - 10:00 am Hebrew School 10:00 am – 12:00 noon</p>	23	<p>24</p> <p>Rosh Hodesh</p>	25	<p>26</p> <p>Hebrew School 4:30 – 6:30 pm</p> <p><i>Food Delivery</i></p>	<p>27</p> <p><u>Friday Night Services</u> 7:30 pm</p> <p><i>Oneg – Bryan Goldberg & Rona Goldberg Families</i></p>	28