



Temple B'nai Abraham

Temple B'nai Abraham
President – Robin Affrime

The Temple Shofar
Rabbi - Julie Pfau

Sarah Seidel Sisterhood
President - Faith Hupfl

5769 TAMMUZ-ELUL

JULY/AUGUST 2009

Rabbi's Message

Tisha B'Av, the 9th day of the month of Av, is a day of remembrance and mourning for the devastation experienced by ancient Jews in the destruction of the Temple and the loss of their way of life. Over time, Tisha B'Av was also identified as the date of other catastrophes in Jewish history.

Many contemporary Jews do not observe Tisha B'Av. This is often explained by its timing in the summer months. It is just as likely that many contemporary Jews do not share the assumptions of the observance. How many of us mourn the absence of the Temple or hope for the reinstatement of the Temple cult? How many of us believe in a God that inflicts such devastating traumas as punishment, as many of the traditional prayers suggest? If we do not share these assumptions, why would we observe Tisha B'Av in a traditional way?

Yet, there is a great deal of potential in Tisha B'Av. One strength is its honesty – its open recognition of brokenness, trauma, grief, and the way rituals and liturgy offer a container for those experiences to be acknowledged and felt in a communal context. While no longer seeing the absence of a Temple as a loss, the Jewish people still share a very real historical sense of communal grief. Rituals of communal mourning developed in association with that can be resources for acknowledging other areas of grief and tragedy and answer the call of Isaiah 40:1: "Comfort, oh comfort My people, Says your God..."

This passage is the opening verse of the Haftarah that is read on the Shabbat following Tisha B'Av (Shabbat Nachamu – the Shabbat of Comfort). This Haftarah is the first of seven Haftarot of Consolation that are read during the weeks between Tisha B'Av and Rosh Hashanah. On the second Shabbat after Tisha B'Av, we read:

Isaiah 51:3 – "Truly the LORD has comforted Zion, Comforted all her ruins; has made her wilderness like Eden, Her desert like the Garden of the LORD. Gladness and joy shall abide there, Thanksgiving and the sound of music."

This passage reminds me of an alternative ritual that I once developed – A Healing Gardening Service for Tisha B'Av. The purpose of the ritual was to provide a space to link personal loss with communal loss, to come together in hope of spiritual healing and restoration. It involved reflecting on areas of personal loss and brokenness, and then planting seeds as a symbol of hope. When a seed is planted, it remains unseen for a period of time before growing into the light. It can be easy to forget it is there. But a desert is not transformed into a garden overnight, and until it becomes that garden, just remaining conscious that the seeds are there can make a difference.

On Tisha B'Av there is grief but there is also ultimately a return to hope. The book of Lamentations is traditionally chanted, but the second to last verse is repeated to close the book – *Hashivenu adonai elecha venashuvah chadesh yameyni k'gedem*. (Bring us back to you, and we will return; renew our days as of old.)

These words are a refrain that we will sing during the High Holy Days. The work of *teshuvah*, of (re)turning, is ultimately a profoundly hopeful action. No matter where we are in life, there is always hope for change. No matter how alienated we feel, there is always the potential to draw nearer to the divine. We can always return to God, return to our loved ones, return to our own true selves. We just need to remember that the seeds of potential are all there, just waiting to blossom.

This year, Tisha B'Av will begin on the evening of July 29 and end on the evening of July 30. I invite you to use this day as an opportunity to reflect on the areas of brokenness in your lives, and then to imagine the potential for healing and transformation. Nurture that vision on each Shabbat of Consolation between Tisha B'Av and Rosh Hashanah. Let this hopeful vision offer you guidance as you prepare to do the work of *teshuvah* during the High Holy Days this year.

Shalom,
Rabbi Julie



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

Temple B'nai Abraham Officers

Officers:

President	Robin Affrime
Executive Vice President	Charlie Weiss
Religious Vice President	Sid Morginstin
Financial Vice President	Mike Rosen
Recording Secretary	Shiri Haines
Past President	Betsy Ramos

Trustees:

Religious School Co-chairs	Linda Osman and Susan Giachetti
Membership Chair	Rhea Goldman
Building Chair	Eileen Gale
Adult Education Chair	Kim Aubry

Message from our President

Shalom. Summer is passing and we are quickly approaching the High Holy Days. Erev Rosh Hashanah is Friday, September 18, when we will say goodbye to the old year and welcome the year 5770. Services will begin at 7:30 pm.

For the past couple years we have had the help of Cantor Avi. He did a wonderful job assisting Rabbi Alex by leading prayers and offering us interesting bits of Hebrew lore. Unfortunately, Avi will not be returning to Temple B'nai Abraham this New Year.

The Religious Committee interviewed several candidates for the position and we have hired a very knowledgeable young woman by the name of Lori Feldstein-Gardner. Lori is also a rabbinical student at the Reconstructionist Rabbinical College in Philadelphia. She has a Masters Degree in Library Science from Simmons Graduate School, and she received her bachelor's degree from Mount Holyoke College. Lori brings with her a wealth of enthusiasm and a variety of Jewish Youth experiences. I am sure Lori will be a great addition to our community services.

If you would like to meet Lori, she will be attending the summer service on July 24, 2009. Please extend to her the warmth and community for which Temple B'nai Abraham is famous.

Enjoy the remainder of your summer,
Robin Affrime

A Message from Lori Feldstein-Gardner:

Every single morning when I wake up, there are two things I do almost immediately. First, I feed my cats because, for me, the day cannot start without expressing love for my non-human family members, G-d's creations. (Not to mention that they are always begging for food by the time I get out of bed!) Second, I find a quiet place to sit and I chant *Modeh ani lefanecha ruach chai v'kayam* (I am thankful before you, Spirit who lives and endures) over and over again slowly while I meditate on the multitude of blessings in my life. When I feel finished, I end with a prayer that is taken from the abbreviated Amidah in the Kol Haneshamah Limot Chol siddur (daily prayerbook): "*Tni li lirot orchah b'kol pegeeshotai*" (enable me to see Your light in all whom I encounter). Together, these two prayers remind me that it is my job to find the Divine in every moment and to notice blessings, big and small, obvious and hidden, that occur all around me each and every day of my life. This keeps me in connection with G-d and with the world around me at a deeper more spiritually charged level.

I added this ritual to my daily routine many years after I began praying three times every day. The more I prayed the more I got to know myself. I discovered, after many years of intense prayer, that I connect to spirituality most readily through music and through nature. I can recall one Friday night Shabbat experience in which I sat amongst friends, loved ones, and fellow davveners in a field of wildflowers and sang *zemirot* (traditional songs) for hours as the sun was going down before returning indoors for our formal service. I never felt so alive, so in communion with the world around me. The singing was intense. The flowers swayed in the breeze, almost dancing to our music. It really exemplified the psalmist's call to "*Shiru L'Hashem shir chadash! Shiru L'Hashem kol ha'aretz*" (Sing to Hashem a new song! Sing to Hashem all the earth!) In combination with taking care of my cats, I find that this morning blessing sequence really helps me to live a more prayerful existence, filled with love, music, and a deep connection to the natural world.

We are about to enter a period of time in which, traditionally, Jews take on mourning practices including refraining from music as we head towards the summer observance of Tisha B'Av. To refrain from music and stay totally connected to G-d? This seems like a difficult task to say the least! I have come to look at this challenge in two ways. First, it is totally appropriate to make major changes in one's daily life during a period of mourning. In the absence of comfortable ways of living, one can stop and

focus on that which is missing, that which is causing us to mourn.

Second, Tisha B'Av begins the countdown to the month of Elul and the observances of Rosh Hashanah and Yom Kippur. The High Holy Day season is marked by hours and hours of prayer and singing and reflection and commitments to change our ways in order to make ourselves and the world just a little bit better, followed by more singing and more music and more prayer. During the month of Elul, we even add in the additional music of the shofar which is the most common musical instrument of the Bible. The return of music is a call for heightened connections with G-d, the Jewish community, and ourselves.

I am truly privileged to be spending the High Holy Days at Temple B'nai Abraham assisting in singing and leyning. Although music returns to us several weeks before the High Holy Day season, on Rosh Hashanah the music changes. We hear and sing melodies that we only use at this time of the year; melodies that carry messages about trying to do the best we can in life; melodies that our ancestors have been singing with all of their hearts and souls for generations and generations. It is an honor to be able to share in this profound musical experience with you all.

Shalom,
Lori Feldstein-Gardner

Shabbat Candle Lighting Times

Friday, July 17	8:08
Friday, July 24	8:03
Friday, July 31	7:56
Friday, August 7	7:48
Friday, August 14	7:38
Friday, August 21	7:28
Friday, August 28	7:17

RELIGIOUS SCHOOL NEWS

Hebrew School and Sunday School
Open House is
Sunday September 13th
10:00 a.m. – 12:00 noon
for Parents & Students!

Summer Shabbat Service



**Friday, July 24th
7:30 pm**

Giving those with a Yahrzeit during the Summer months, when we normally do not have a service, an opportunity to honor their loved ones.

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YAHREZITS

July

Anna Harrison, mother-in-law of Renee Harrison
Yettie Epstein, great grandmother of Brian Epstein
Solomon Schaffer, father of Rhoda Kessler
Joseph Josephson, father of Sam Josephson
Samuel Reichlin, paternal grandfather of Peter Reichlin
Jack Roth, father of Elaine Trackman
Oscar Wasserman, father of Linda Bowker
Claudette Fishmann, mother of Linda Osman
Julie Kwait, sister of Marcy Schwartz
Sam Shain, father of Rick Shain
Max Light, father of Patricia Light-Tolomeo
William Keiner, father of Lillian Gutstein
Abraham Zeitz, Father of Carl Zeitz
Lester Bird, father-in-law of Sandy Schwartz
Beatrice Busch, mother of Phyllis Busch
Bernard Shain, father of Betsy Ramos
Lulu Cohen, grandmother of Sandra Cohen

August

Alice Mervish, mother of Shyrle Kushner
Louis Rosenberg, father of Ellen Wehrman
Norma Goldman, mother of Maxine and Philip Goldman
Louis Rudenstein, father of Mildred Leary
Elaine Zeitz, wife of Carl Zeitz
Abraham Kaiser, father of Eileen Gale
Louis Rosen, father of Gerald Rosen
Benjamin Epstein, great grandfather of Brian Epstein
Celia Schwartz, Mother of Marcy Schwartz
Selma Bloom, Mother of Randy Bloom
Norman Goldman, father of Bonnie and Jeffrey Goldman,
father-in-law of Rhea Goldman

SOCIAL ACTION NEWS

Although the temple is quieter in the summer, our efforts to relieve hunger and contribute to multi-faith efforts in the community continue. Thank you for all who donated extra granola bars for the summer monthly grocery bag distribution. Also, thanks to the following members who contributed financially to this project: Marsha Rosen, Phyllis Chudoff, and Nina Glantz. Your generosity will help us keep up all summer long!



Meal delivery to the Pine Motel will continue on the last Thursday of the month. Many thanks to Robin Affrime (our new president!) for her continued dedication and availability. As we knock on doors and hand over the meal of chicken patty sandwich, salad, juice and cookies, prepared by the Crosswicks Methodist Church members, we see relief and gratitude on all their faces. The same residents also benefit from the granola bars we donate. Many of the residents there ask us where we're from, and ask us to thank our congregations.

Feel free to bring granola bars or other non-perishable food to contribute to the community food pantry to our July service.

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Jewish New Year Card

Once again we will be sending a community New Year Card. Members of congregation who are not a sisterhood member, the cost is \$5.00. Please remit to Rita Nissim, 5 germantown Road, Bordentown, NJ 08505 before Sept. 10.

Sisterhood dues are now \$30.00 and will include the cost of the New Year Card. Please let Rita know if there is a change in the way you would like your name to appear on the card.

TEMPLE CALENDAR

We are planning to create a Temple B'nai Abraham Calendar which would advertise our Temple, giving people important Jewish dates, candle lighting times, recipes, and tips to go along with holidays. To finance this project we will be selling advertising space on the calendar. If anyone is interested in working on this project please contact Sid Morginstin at 609-298-2891 or Robin Affrime at 609-499-1761.

Rosh Hashanah Honey Gifts

Help others celebrate the New Year's tradition of apples dipped in honey, and help your community at the same time.

Commemorate this time with friends and family by sending a gift of honey.



Each gift jar contains eight ounces of delicious golden certified pure Kosher honey and your signed gift card.

The package is an exceptional value at \$10 for one or \$18 for two. And all proceeds will benefit *The Sarah Siedel Sisterhood*.

Contact Debby Weiss at (609) 208-2084 or debby@jande.org and order today!

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SUPERMARKET GIFT CARD PROGRAM

Acme and ShopRite Gift Cards are still available. Please contact Marsha Dowshen 609-298-5306 to get your grocery store gift cards for Acme and ShopRite and support Temple B'nai Abraham every time you shop.

Yom Kippur Community Booklet

The form to use to submit names for the Yom Kippur Community Booklet is in this newsletter. We have had this fundraiser since 1992 and last year we raised the most money- \$872!! All of the money that you donate goes to the Temple- copying and postal costs are donated. Please consider participating in this project- a small donation of \$10 will allow you to honor or remember five people. If you have any questions or wish to see the booklet from prior years, please call Randye [298-6485]. Please help us exceed last year's total. Thank you so much.

SISTERHOOD NEWS

Sisterhood dues for 2009-2010 will now be \$30.00. The New Years card is now included in the dues.

DONATIONS

In Memory of

Sam Shain, father of Rick Shain, from Rick Shain and Marcy Schwartz and Abbie and Sam Shain
Julie Kwait, sister of Marcy Schwartz, from Rick Shain and Marcy Schwartz and Abbie and Sam Shain
Joan Sandusky, sister of Marcy Schwartz, from Rick Shain and Marcy Schwartz and Abbie and Sam Shain
Celia Schwartz, mother of Marcy Schwartz, from Rick Shain and Marcy Schwartz and Abbie and Sam Shain
Arlene Schwartz, mother of Phyllis Chudoff, from Michael and Marcia Rosen
Marion Greenblatt, mother of Marcia Rosen, from Michael and Marcia Rosen
Rita Hodes from Randy Bloom
William Trackman from the Trackman family
Anna Harrison from Irene Harrison
Yettie Epstein from Brian and Maribeth Epstein
Solomon Schaffer from Rhoda and Henry Kessler

In Honor of

Stephen Klepner's graduation from high school from Michael and Marcia Rosen
Sam Liebman's graduation from High School from Michael and Marcia Rosen
Olivia Popko's graduation from High School from Michael and Marcia Rosen
Michael Rosenberg from Eileen Gale

Prayer Book Donations were received in memory of Arlene Schwartz, Phyllis Chudoff's mother, from Robin and Steve Affrime, Bruce Bird and Sandy SchwartzBird and Eileen Gale.

Sandy SchwartzBird & Anita Berson made a donation from their yard sale at the Temple.

Congratulations to

Bonnie Friedman, who graduated with a BA in Sociology from The College of New Jersey

VOLUNTEER NEEDED

A volunteer is requested to take care of the Temple signboard. This involves changing the Temple signboard announcements as needed: for Friday or Saturday Services, Bar/Bat Mitzvahs, special events, etc. This should only take 15 minutes to do.

Yahrzeit List

Every July or early August I add in the Hebrew dates for the upcoming year to the Yahrzeit list. The Rabbi reads the names before Kaddish. Members in good standing get a timely reminder of when to say Kaddish. The name is listed in the newsletter.

Ideally you should say Kaddish on the actual date of the Yahrzeit. When this is not possible, you may say it on the nearest Sabbath. As such, I always provide the nearest Friday. If the actual date of the Yahrzeit is a Saturday, Sunday or Monday, I use the PRIOR Friday. If the actual date of the Yahrzeit is a Tuesday, Wednesday, or Thursday, I use the NEXT Friday. This is the case even if we have a Saturday service.

I rely upon the membership to tell me of any changes. A current list, sorted by the deceased's last name, is hanging on the bulletin board in the meeting room. Try as I might, I do not always get the information when someone passes away. [Or if I do, I may forget to put it on the database.] So please if you have any updates, please get them to me NO LATER THAN JULY 15. I will be more than happy to verify the name(s) and other information that I have for you. Just give me a call.

Sid Morginstin
Religious Chairperson
sidmorgy@verizon.net
609-298-2891

MEMORIAL PLAQUES

Temple B'nai Abraham Memorial Plaques can be purchased for \$250. To order a plaque you need to provide the following information *in writing* to the Religious Chairman (Sid Morginstin):

1. English name of deceased loved one.
2. Hebrew name of deceased loved one. *If you do not know this, the religious chair and the Rabbi can help you with an appropriate name.*
3. Date of death as MONTH-DAY-YEAR.

You can be billed when the plaque is received. Plaques are ordered from the supplier when there are at least four plaques requested. This may take some time, however, if you would like your plaque earlier, you may request this and we will do everything we can. If you want the plaque by Rosh Hashanah, Sid needs the information by August 15.

Dear Sisters
Thank you for the many kind expressions of sympathy, donations to our Sisterhood, contributions to the Leukemia and Lymphoma Society and of course the wonderful meal. Fondly, Phyllis Chudoff and the Schwartz Family

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## **GUIDELINES FOR HOSTING EVENTS AT TEMPLE B'NAI ABRAHAM**

### **SISTERHOOD MEETINGS & SHABBAT SERVICES**

- Hostesses or host families set up and arrange the tables in the meeting room.
- The kitchen is usually stocked with sugar, tea bags, decaffeinated coffee, and paper products; however, check supplies and inform Phyllis Chudoff, the Chair of House if supplies are low.
- Ingredients in cookies and crackers brought into the shul must be checked to be sure that only vegetable shortening is used and no meat is to be brought into the synagogue.
- Although the temple is cleaned weekly, the meeting room and kitchen should be left neat and tidy after the function.
- All paper goods, utensils, and serving pieces must be returned to their appropriate drawers and cabinets.
- No leftover food should be left in the refrigerator – please take it home.
- ALL TRASH MUST BE REMOVED FROM THE BUILDING AND PUT IN THE CONTAINERS IN THE SHED OR TAKEN HOME TO BE DISPOSED OF.
- Hostesses assigned to a particular meeting or host families assigned to a Shabbat service need to contact each other prior to the event to coordinate the duties.
- Sisterhood reimburses Shabbat service expenses up to \$20.00. Members wishing to be reimbursed should submit bills to Marcy Schwartz, our Treasurer. Families celebrating special "simchas" have traditionally sponsored the Oneg Shabbat and have accepted full financial responsibility for it.

- **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.**

### **SPECIAL OCCASIONS: BAR OR BAT MITZVAH, WEDDINGS, NAMINGS, ETC.**

- The sponsoring family is responsible for the presentation and appearance of the refreshment table and the assembly room.
- Generally, the family has provided tablecloths and paper goods. In addition, you must supply your own food and beverages.
- The kitchen and assembly room must be left clean and neat after the event and all trash removed from the building. For your convenience, there is a vacuum cleaner in the coat closet.
- If the temple requires special cleaning before your event, please contact Phyllis Chudoff.

Phyllis Chudoff, Chair of House, 499-3217,  
[pchudoff@hotmail.com](mailto:pchudoff@hotmail.com)  
Marcy Schwarz, Treasurer, 324-0571,  
[marcy\\_schwartz@hotmail.com](mailto:marcy_schwartz@hotmail.com)  
Faith Hupfl, President

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MISHEBERACH LIST

The healing list has been a success. Members can have the names of friends or relatives who are ill be read before the healing prayer. However, the list is getting a bit long. The original plan was for me to roll names off after a few months. Well, that never happened. So for September, I will begin again. If you want the name of a friend or relative mentioned, please get it to me by August 20. Also state how long the name should be on the list. Unless told otherwise, I will remove the name after two months. And this year I mean it.

Sid Morginstin, Religious Chairperson
sidmorgy@verizon.net or 609-298-2891

♥ Cookie Contest! ♥ Cookie Contest! ♥ Cookie Contest! ♥ Cookie Contest! ♥

DO YOU BAKE THE BEST COOKIES IN THE WHOLE WIDE WORLD?

Or do you know someone who does?

<http://www.mycookiesarebetterthanyourcookies.org>

The Sarah Seidel Sisterhood of Bordentown* is having a

COOKIE BAKING CONTEST

to determine – once and for all – who bakes the best cookies in the whole wide world!

Proceeds will also benefit T.A.S.K. – The Trenton Area Soup Kitchen!

Enter to win **CASH, PRIZES, & BRAGGING RIGHTS TO THE TITLE "BEST COOKIE BAKER IN THE WHOLE WIDE WORLD!"**

Cookie Categories:

- **General**
- **General – Professional**
- **Special Diet** (*Cookies designed for people on a special diet, such as low cal or gluten free*)
- **Special Diet - Professional**
- **Kids Creations** (*Children 16 and under*)

\$20 to enter adult categories before 10/5

\$10 to enter Kids Creations

To enter on-line, visit our website

<http://www.mycookiesarebetterthanyourcookies.org>

To enter by mail,
send your name, email address, phone#, and mailing address, along with your categories of entry and check to:

COOKIE CONTEST

PO BOX 245

BORDENTOWN NJ 08505

Please make checks payable to Sarah Seidel Sisterhood

609-585-3257

Contest Info

WHEN: Sunday, Oct 18th

WHERE: Rutgers EcoComplex

COOKIE DROP-OFF: 8-10AM

\$5 ALL-YOU-CAN-EAT

COOKIE PARTY: 3-5PM

*The Sarah Seidel Sisterhood is affiliated with Temple Bnai Abraham of Bordentown, NJ, a Reconstructionist Jewish Congregation.

♥ Cookie Contest! ♥ Cookie Contest! ♥ Cookie Contest! ♥ Cookie Contest! ♥

DO YOU BAKE THE BEST COOKIES IN THE WHOLE WIDE WORLD?

Or do you know someone who does?

NAME _____

ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL ADDRESS _____

I AM PAYING BY CREDIT CARD I AM PAYING BY CHECK

TYPE OF CARD VISA OR MASTERCARD AMEX

CREDIT CARD# _____

BILLING ADDRESS ONLY IF DIFFERENT FROM ABOVE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

WHAT CATEGORIES ARE YOU ENTERING?

CATEGORY NAME	COST	# OF ENTRIES	TOTAL
GENERAL	20		
GENERAL - PROFESSIONAL	20		
SPECIAL DIET	20		
SPECIAL DIET - PROFESSIONAL	20		
KIDS CREATIONS	10		

MAIL YOUR ENTRY TO:
COOKIE CONTEST
 PO BOX 245
 BORDENTOWN NJ 08505
 609-585-3257
<http://www.mycookiesarebetterthanyourcookies.org>

Contest Info

WHEN: Sunday, Oct 18th

WHERE: Rutgers EcoComplex

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Cookie Categories

GENERAL

GENERAL - PROFESSIONAL
Professionals or Culinary Students

SPECIAL DIET
Cookies designed for people on a special diet, such as low cal or gluten free

SPECIAL DIET - PROFESSIONAL
Professionals or Culinary Students

KIDS CREATIONS
Children 16 and under

\$20 to enter adult categories before 10/5 (\$25 after)

\$10 to enter Kids Creations