



# Temple B'nai Abraham

Temple B'nai Abraham  
President – Robin Affrime

## The Temple Shofar

Rabbi Julie Pfau

Sarah Seidel Sisterhood  
President - Faith Hupfl

June 2011

### RABBI'S MESSAGE

At this year's Second Night Community Passover Seder, the subject of High Holidays came up in conversation, and I mentioned that some communities have had alternative kinds of services on the second day of Rosh Hashanah. Sid and I were both surprised to find ourselves in agreement that trying something different might be appealing...! :)

The idea that we are exploring is to introduce a period of chanting as a part of second day services – possibly in place of Musaf. Thus, we would still include many traditional elements of the service, but would provide a new opportunity for a different mode of connection to prayer during the Days of Awe.

Chanting is a prayer practice in which spiritual energy becomes concentrated through intense focus on a few words. Imagine prayer in terms of a funnel – at the wider end, lengthy segments of Hebrew and English provide the channel for spiritual energy; at the smaller end, the same volume of spiritual energy must flow through a few words, so the flow becomes more powerful.

Rabbi Shefa Gold, a Reconstructionist Rabbi who composes and offers instruction in chant, has written about different elements of chanting that make it such a powerful mode of spiritual connection. One element that she emphasizes is repetition as “a way to still the mind and open the heart so widely that it felt as if the sacred phrases were planting seeds there” (from “That This Song May Be a Witness: The Power of Chant,” in *Meditation from the Heart of Judaism*, edited by Avram Davis). Repetition is able to still the mind for several reasons. When moving through a regular prayer service, the eyes, mouth, and mind are in constant motion as they move from word to word, page to page, prayer to prayer. By staying with a few words, this cycle of motion is able to stop for a time. During Hebrew prayer, many minds may be churning with frustration or feelings of inadequacy because of difficulties in keeping up. Narrowing the range of Hebrew to only a few words,

and then repeating them for a time, allows those who are not fluent in Hebrew to settle in to the prayer as unfamiliarity falls away. A similar phenomenon can occur with melodies – when a long prayer is sung only once, a participant who doesn't know the melody may feel alienated from the prayer. However, when a short segment is chanted repeatedly it becomes familiar, making it possible to sink into the prayer.

All of these obstacles to prayer can become especially acute during the High Holidays, as the volume of prayers is magnified, many less familiar prayers are added, and even familiar prayers are sung to different melodies. Introducing chanting into the second day of Rosh Hashanah would offer a different kind of chance to melt into the powerful spiritual flow of the Days of Awe by removing some of the obstacles that many experience. One goal of High Holidays services is to create an open heart that can be sown with seeds of awe and *teshuvah*. Chanting may be the means for some people to get there.

The Religious Committee and the Board have begun a conversation about this, and we want to include as many voices as possible in the discussion. For those who have not experienced chanting, we will be having a special chanting service on Friday, June 17th. The service will weave together periods of chanting and silence, and will incorporate some of our traditional Friday evening prayers (including the Mourner's Kaddish). Please come to the service and experience another mode of connecting with God. And please share with the Religious Committee and Board your thoughts and feelings about the experience, and the possibility of doing something similar on the second day of Rosh Hashanah.

Shalom,  
Rabbi Pfau

**Please join us on July 15<sup>th</sup> for  
our Summer Service.**



Temple B'nai Abraham is affiliated with  
the Jewish Reconstruction Federation.  
[www.jrf.org](http://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      | Susan Giachetti |
| Past President           | Betsy Ramos     |

#### Trustees:

|                        |             |
|------------------------|-------------|
| Religious School Chair | Linda Osman |
| Membership Chair       | Kim Aubry   |
| Building Chair         | Eileen Gale |

### Sarah Seidel Sisterhood Officers

|                     |                |
|---------------------|----------------|
| President           | Faith Hupfl    |
| Vice President      | Debby Weiss    |
| Treasurer           | Marcy Schwartz |
| Financial Secretary | Rita Nissim    |
| Record. Secretary   | Ellen Wehrman  |
| Corres. Secretary   | Mimi Geller    |

#### Trustees:

|                 |                 |
|-----------------|-----------------|
| Susan Giachetti | Phyllis Chudoff |
| Elaine Trackman | Eileen Gale     |

## Yahrzeit List

**June 3, 2011** ~ Jacob Mervish, father of Shyrl  
Kushner

Joseph Harrison, father-in-law of Renee Harrison

**June 10** ~ Harry Brewis, great great grandfather of  
Brian Epstein

**June 17** ~ George Groveman

**June 24** ~ Genevive Maza, aunt of Sandra Cohen  
Robert Gale

Bernard Fink, father of Mindy Fink

Edith Trackman, mother of Jay Trackman

## From the Religious Chair

On Friday 17 June, we will have an experimental  
Shabbat Eve service. It will involve what Rabbi  
Julie, calls "chanting". Please make an effort to  
attend. I would like to hear your opinions.

**WELCOME** Brian Epstein and Elan Josielewski to  
the RELIGIOUS COMMITTEE



## Mark your Calendar! Congregational Meeting Wednesday, June 15 at 7:30 PM

All Congregation members are encouraged to  
attend. We need your vote to pass our budget  
for this next fiscal year. Please join us.

## Services for June 2011

**June 3 – 7:30 pm** – Shabbat & Oneg for Noah  
Goldberg

**June 4 – 9:30 am** – Bar Mitzvah/Noah Goldberg

**June 10 – 6:00 pm** – Tot Shabbat; 7:30 pm –  
Shabbat

**June 17 – 7:30 pm** – "Experimental" Shabbat

**June 24 – 7:30 pm** – "Member of the Year"  
Shabbat honoring Linda Osman

## Temple Donations

**In Memory Of** Harry Brewis, Estelle Epstein and  
Yettie Epstein from Brian and Marybeth Epstein

**In Memory Of** Lee Nissim, Norman C. Lamonsoff,  
and Marty Nissim from Sheila Lamonsoff

**In Memory of** Joseph Harrison, from Renee  
Harrison

**In Memory of** Max Kamer, father of Is Kamer, from  
Is and Phyllis Kamer

**In Memory of** Rose Goldberg, mother of Phyllis  
Kamer, from Is and Phyllis Kamer

## All Around Our Community:

**Mazel Tov** to all the Graduates of 2011!

**Josh Affrime**, son of Steve and Robin, graduated  
from Our Lady of Lourdes Nursing School.

**Kristen Affrime**, daughter-in-law of Steve and  
Robin, received an A.S. with a certificate in Funeral  
Science from Mercer County College.

**Gregory Rosen**, son of Michael and Marcia Rosen,  
graduated with honors from University of the Arts.

Mansfield Elementary School students **Alex  
Saltstein** and **Josh Grabenstein** will be moving  
onto Northern Burlington Middle School in the fall.

# President's Message

The Congregational Retreat was an inspiring success. When we conceived of the idea we didn't know how well it would be accepted, but the day was truly fantastic! I felt a general sense of warmth and camaraderie. People walked around with encouragement and compliments on their lips. Everyone seemed to think the experience was unique and worth the time.

All of the sessions were interesting and well attended. People seemed to feel as though they came away from each presentation with a new understanding or insight into the topic. Workshops lasted only an hour, so many of the topics need to be explored further, perhaps in adult education.

The venue, the Robbins House, was a perfect location. The house had more rooms than the temple which allowed sessions to be settled in rooms off the main room of the house. There was also a brick patio with a shade tent that was a perfect location for the children's activities and a comfortable outdoor lunch.

During lunch Rabbi Steve Bernstein played guitar and encouraged people to sing along. His songbook held an eclectic variety including John Lennon's Imagine, Down by the Riverside, L'cha Dodi, Henei Mah Tov, and Turn, Turn, Turn all of which he asked "How does this song relate to, or remind you of Israel?" The lunch hour was very relaxing and entertaining.

I was just so proud of the team who put the retreat together. Linda Osman was the team leader. She did the bulk of the organizing and most of the legwork. She was helped by Eileen Gale, Charlie Weiss, Sid Morginstin, Kim Aubry and me. Bravo to all of you. Everything went smoothly and there were no problems that had to be dealt with at the last minute.

Even the weather was on our side. The group gathered for the closing Havdalah service. We used the candles we had made at the beginning of the day. We lit our candles, sang the blessings, passed around the spices and were ready to close the service and the retreat when the heavens opened up and we were hit with a thunderstorm. What perfect timing! We were finished. At that point everyone grabbed something and headed in doors. Clean up took just minutes as everyone chipped in. Coming off of such a success I can only imagine what a fantastic event we will be able to plan for next year. If you weren't able to attend our first retreat, I hope you will make plans to attend next year. We want you to feel as connected as we felt to each other, and to Temple B'nai Abraham.

~ Robin Affrime



## Mazel Tov to Our Bar Mitzvah Noah Goldberg

**Noah Myer Goldberg** will be called to the Torah as a Bar Mitzvah on Saturday, June 4<sup>th</sup> at Temple B'nai Abraham. Noah is the son of Bryan and Bethann Goldberg and older brother to Nathan. His grandparents are Rona and Bill Goldberg. He is a seventh grade honor roll student at Northern Burlington Regional Middle School. At school Noah serves on the 7<sup>th</sup> grade Student Council Committee where he actively helps to raise funds for social activities and special events. He is also a member of the Wrestling and Lacrosse teams.

Outside of school, Noah enjoys sports as a participant and as a fan. On the field, he plays baseball and lacrosse with great enthusiasm. Off the field, he is an avid Phillies and Flyers fan.

For his Mitzvah Project, Noah will be volunteering at the Animal Kingdom in Springfield. The zoo boasts one of the most extensive wild animal collections in New Jersey. Many are endangered species. Its mission is to educate visitors about the importance of preserving the environment and, as a result, the animals that live here.

But, by far Noah derives his greatest joy just being with his family and friends. He truly appreciates the many memories created by his family vacations in Aruba or at the beaches in New Jersey, where he loves to body surf, snorkel, swim and lounge on the beach.

One day he hopes to become an oceanographer where he can combine his love of the water, science and the environment.

Mazel Tov to Noah and his family!

### Torah Prayer Books (Chumashim)

A new Torah prayer book can be purchased in honor of or in memory of someone for \$75 or an existing Siddur may be sponsored for \$35.00. Please call (298-0437) or email Betsy Ramos: [bramos@capehart.com](mailto:bramos@capehart.com).

## Tot Shabbat News

The next Tot Shabbat will be on Friday, June 10 at 6:00 pm and will include candle lighting, potluck dinner, story time, a theme-related craft, and songs. If you need any additional information, or would like to volunteer to help clean up or set up, please contact Marla Hoffman [rhynestonegrl@gmail.com](mailto:rhynestonegrl@gmail.com).



## Sisterhood News

Congratulations to the new Sisterhood officers who will be installed at the Covered Dish dinner on Monday, June 13, 2011.

|                                |                       |
|--------------------------------|-----------------------|
| <b>President</b>               | <b>Randye Bloom</b>   |
| <b>Vice President</b>          | <b>Debbie Weiss</b>   |
| <b>Treasurer</b>               | <b>Marcy Schwartz</b> |
| <b>Financial Secretary</b>     | <b>Rita Nissim</b>    |
| <b>Recording Secretary</b>     | <b>Ellen Wehrman</b>  |
| <b>Corresponding Secretary</b> | <b>Mimi Geller</b>    |

The assignments for covered dish can be found in this newsletter. If your name was inadvertently left off the list, please call Randye immediately. If you are not a Sisterhood member you are still welcome to attend. Contact Randye or Marsha to tell them what you will bring. We are looking forward to seeing everyone!

Also during the evening we will be honoring Karyn Yakoboosky who has taught at the Middle School for over eight years. As part of her Language Arts program she has created a teaching unit on the Holocaust, which incorporates the themes of tolerance and what is important that we learn from past wars. She is the first recipient of the Jacob Zaifman Award. Mr. Zaifman is a Holocaust survivor and his children have set up a foundation to honor him and recognize scholastic programs that teach the effects of prejudice and intolerance. We are blessed to have Karyn Yakoboosky as a teacher in the Bordentown Regional School District and look forward to honoring her at the Annual Sisterhood Covered Dish Supper on June 13th, 2011 at 6:30pm.

## Sisterhood Donations

**Mazel Tov** on the birth of Lilly Josephine Zeitz, daughter of Angela Ferrante and Josh Zeitz from Rhea Goldman.

**Get Well** to Art Guyer from Jay and Elaine Trackman, Randye Bloom and Michael Scolaro, Phyllis Chudoff and Steve and Robin Affrime

**In Memory** of David Simmons from Charyl and Sid Morginstin

**In Memory** of Albert Rosen from Sandy and Bruce Bird

**In Memory** of John Wehrman's brother to John Wehrman from Charyl and Sid Morginstin and Eileen Gale

*In case a loved one dies, the following information will be helpful in thinking through what steps to take:*

1) As soon as possible, please contact the Rabbi, the Temple President, and the Sisterhood President.

2) If you would like the Rabbi to officiate at the funeral, please ask the Funeral Director to contact the Rabbi when exploring possible dates and times.

3) There are many traditional Jewish practices that may offer guidance about the handling of the body, the funeral, and the burial. Please ask the Funeral Director to explore these options.

4) Resources about mourning, death, and dying are available from the Rabbi. There is also a synagogue document containing information about Jewish funeral procedures.

We hope this information will be needed as infrequently as possible!

## Healing List

The list has become quite long. On January 15, 2011 we will start again with a new list. Please contact Sid at 609-456-9508 with the names of those you desire to put on the list. Also, please tell him when the name can be removed. Sid makes an effort to contact you about 2 months after adding a name, however, sometimes he is very busy, so, please contact him if there are any changes.

*The Board decided to experiment with a new start time for Shabbat morning services. It was thought that beginning at 10:00 am instead of 9:30 am might increase the likelihood of people arriving on time. We will be interested in people's responses to the alternative start time, and will take note of whether it accomplishes the goal. We will then evaluate whether to make the new time permanent. (However, when there are B'nai Mitzvah, we will still begin at 9:30 am since there are additional pieces of the service.)*

## JUNE 2011 IYYAR/SIVAN 5771

| Sunday | Monday  | Tuesday                      | Wednesday   | Thursday        | Friday   | Saturday   |
|--------|---|------------------------------|---|-----------------|--|--|
|        |   |                              | 1   | 2               | 3<br>7:30pm -<br><b>Shabbat Service</b><br><b>Oneg: In honor</b><br><b>of Noah</b><br><b>Goldberg</b><br>Candle lighting<br>8:03 pm                | 4<br><b>9:30 am – Bar Mitzvah of</b><br><b>Noah Goldberg</b><br><br>9:16 pm Havdalah |
| 5      | 6   | 7<br>Erev Shavuot<br>8:06 pm | 8<br>Shavuot I  | 9<br>Shavuot II | 10<br><b>6:00 pm – Tot</b><br><b>Shabbat</b><br><b>7:30 pm –</b><br><b>Shabbat Service</b><br><br>Candle lighting<br>8:08 pm                       | 11<br>9:20 pm-Havdalah   |
| 12     | 13<br><b>6:15 pm –</b><br><b>Sisterhood</b><br><b>Covered Dish</b><br><b>Dinner</b> | 14                           | 15<br><b>7:30 pm –</b><br><b>Congregational</b><br><b>Meeting</b> | 16              | 17<br><b>7:30pm -</b><br><b>Shabbat Service</b><br><b>“Chanting”</b><br>Candle lighting<br>8:11 pm   | 18<br>9:23 - Havdalah  |
| 19     | 20  | 21                           | 22  | 23              | 24<br><b>7:30 pm –</b><br><b>“Member of the</b><br><b>Year” Shabbat</b><br><b>honoring</b><br><b>Linda Osman</b><br><br>Candle lighting<br>8:12 pm | 25<br>9:25 pm - Havdalah   |
| 26     | 27  | 28                           | 29  | 30              |  |  |



## Sisterhood Oneg Schedule

|             |        |         |                     |                                  |
|-------------|--------|---------|---------------------|----------------------------------|
| <u>JUNE</u> |        |         |                     |                                  |
| Fri         | 3-Jun  | 7:30 PM | Erev Shabbat        |                                  |
| Sat         | 4-Jun  | 9:30 AM | Shabbat Morning     | <b>Bar Mitzvah</b> Noah Goldberg |
| <u>Mon</u>  | 13-Jun | 6:15 PM | Sisterhood Pot Luck | Marsha Dowshen & Randye Bloom    |
| Fri         | 24-Jun | 7:30 PM | Member of the Year  | Debby Weiss & Marcy Schwartz     |

### 1<sup>st</sup> Annual Reconnect & Renew Retreat a Huge Success!



From the moment the idea of the Congregational Retreat was born, the Temple Board members knew they were about to launch something special! The excitement never dwindled, from the planning phases straight through to the event itself. More than thirty members attended the Temple's first Congregational Retreat, which was held on May 15, 2011 at the Historic Robbins House in Windsor, NJ. By all accounts it was a huge success!

The day began with the participants making their own Havdallah candles from beeswax sheets. It was wonderful watching everybody's expressions as they crafted their individual pieces of functional art. Next, Rabbi Julie led a four- corner exercise that helped to see how we identify ourselves: fact or fiction, bagel or bacon, home economics or shop class.... It made sense during the activity! Really. Throughout the day, attendees had the chance to get to know one another better. At any given moment, people were congregating around the counter in the kitchen, chatting, laughing, catching up, and sharing experiences. The Retreat also allowed attendees to be introspective and get to know themselves better.

Participants were able to attend three seminar sessions led by various rabbis and rabbinical students. Rabbi Leverton of the Chabad House answered the question "What is Kaballah"? in a fun and informative manner. Student Rabbi Leslie led a lively discussion on Community Building and Interfaith relationships. Student Rabbi Steve discussed the prayer Lecha Dodi with the younger children, and then had them make ceremonial crowns (using flowers and twigs found on the grounds of the Robbins House) to honor the Sabbath bride and groom.

Student Rabbi Steve also provided entertainment during lunch: playing his guitar, singing songs ranging from folksy to traditional. Attendees sang along, clapped their hands and relaxed in such a comfortable environment.

The afternoon sessions included Rabbi Julie's ideas on "Prayer: Making it Your Own" and Student Rabbi Leslie discussing the implications that harmful speech has on communities. Rabbi Julie also showed the video "The Tribe" which was both informative and entertaining. Finally, Student Rabbi Marisa worked with families on teaching family traditions.

The culminating activity of the afternoon was a Havdallah service, where everybody held their handmade Havdallah candles and joined together in prayer and song. Although the Havdallah candle flames were extinguished, the warm feelings of camaraderie and connectivity to one another and our synagogue will linger.

~Linda Osman



**ANNUAL COVERED DISH SUPPER**  
**MONDAY, JUNE 13, 2011**  
**6:15 PM**

VERY IMPORTANT- YOU MATTER!! If you are unable to attend, are unhappy with the dish that you are assigned, or are bringing a guest [\$5.00], please let us know. Call Randye [298-6485] or Marsha [298-5306]. Thank you.

|                        |                                |
|------------------------|--------------------------------|
| Robin Affrime          | blintzes                       |
| Kim Aubry              | your choice                    |
| Ellen Benowitz         | your choice                    |
| Anita Berson           | multi-grain bread              |
| Randy Bloom            | ice, milk                      |
| Phyllis Chudoff        | stuffed shells                 |
| Sharon Coleman         | tuna salad                     |
| Marsha Dowshen         | tabouli                        |
| Eileen Gale            | deviled eggs                   |
| Mimi Geller            | dessert                        |
| Susan Giachetti        | trifle                         |
| Nina Glanz             | chopped eggplant               |
| Bonnie Goldman         | anything chocolate             |
| Rhea Goldman           | salad of choice                |
| Renee Harrison         | cole slaw                      |
| Faith Hupfl            | pita chips and hummus          |
| Phyllis Kamer          | green salad                    |
| Shyrle Kushner         | your choice                    |
| Shelia Lamonsoff       | chocolate covered strawberries |
| Marlene Lavine         | your choice                    |
| Patricia Light-Tolomeo | green salad with citrus        |
| Shira Lowry            | appetizer of choice            |
| Yelena Uzlyaner Masoti | rugelach                       |
| Charyl Morginstin      | iced tea and seltzer           |
| Karen Nissim           | appetizer of choice            |
| Rita Nissim            | spinach soufflé                |
| Linda Osman            | asparagus something            |
| Betsy Ramos            | veggie pizza                   |
| Madge Rosen            | appetizer of choice            |
| Marcia Rosen           | cheesecake                     |
| Susan Roth             | spring bean salad              |
| Judy Schimmel          | tuna salad                     |
| Marcy Schwartz         | pasta primavera                |
| Sandy SchwartzBird     | fruit salad                    |
| Arlene Speiser         | cheese and crackers            |
| Ellen Wehrman          | main course with salmon        |
| Ellen Weiner           | your choice                    |
| Debra Weiss            | whitefish salad                |

**P.S. These are suggestions. If you really do not want to make the assigned dish please call us - we are open to other possibilities. *PLEASE BRING APPROPRIATE SERVING DISH AND UTENSILS***