



Temple B'nai Abraham

Temple President
Charlie Weiss

Rabbi
Julie Pfau

Sarah Siedel Sisterhood President
Randy Bloom

“The Temple Shofar”

October, 2015

Temple Officers

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Kim Ehrlich

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Susan Giachetti

Important Dates

Shabbat Morning Service 10am	11/14
Tot Shabbat 6pm	11/20
Lunch & Learn 11am	12/5

Rabbi's Message

I was delighted last month to begin teaching beginning Hebrew to a small group of congregants. It isn't easy to start from the beginning with a language, especially a language with a completely different writing system! For those who never learned Hebrew, or who learned long ago and have begun to forget the letters, Jewish liturgy can be challenging. Opening a siddur, it is possible to become overwhelmed by a page full of unfamiliar or barely familiar shapes.

When I was a Lutheran college student in South Dakota and began study to convert to Judaism, my first and most powerful connection to Judaism was through Torah study, through wrestling with the text. I was intimidated by services because of the Hebrew, and found even the transliteration to be a bit disorienting. It took time to learn the Hebrew letters, and then to learn to read words, and then sentences, and then full paragraphs... If I tried to read too much at once, I would actually get a headache! I don't know about anyone else, but a headache is not what I am looking for in prayer! Nor do I find anxiety about Hebrew inadequacy to be an emotion that brings spiritual nourishment!

During the High Holidays, I spoke about meditation as a way to cultivate inner stillness. One Jewish meditative practice that I would like to focus on this month is meditation on Hebrew letters. The Jewish mystical tradition

teaches that the alef-bet, the Hebrew alphabet, was a tool that God used to create the world. Not just our world either, but multiple worlds from each letter. There is a teaching in Pituchei Chotam that says:

When the Creator first formed the letters, the Creator created them as hidden light which cannot be comprehended; then lowered them, one step at a time, until they were embodied in the form of the heavenly letters, which are spiritual lights; and ... further embodied them in a physical form, on the model of the *neshamah* (soul) which cannot dwell in this world without a physical body to carry it. Therefore, when learning Torah or praying, a person must pay great attention to the holiness of the letters.

Just as our tradition teaches that human beings are composed of physical bodies and spirits, so too are the Hebrew letters multidimensional and containing of spirit and holiness. Meditating on a single Hebrew letter is an opportunity to discover something holy within it and beyond it.

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Tikkun Olam / Social Action

Please help us continue our hunger relief efforts in the wider community! There are three ongoing projects, and no contribution is too small!



- Any contributions of non-perishable foods are welcome for the St. Mary's food pantry.
- Donations of granola bars and cans of tuna or chicken are welcome for the monthly grocery bags that are distributed to residential motels in the area.
- Come along for meal delivery: on the first Thursday of the month, we deliver dinners to the Pine Motel prepared by the Friends Meeting House in Crosswicks.
- It's very rewarding to have been collaborating with our friends and neighbors in the area for the past NINE YEARS (!) in these essential projects to help those in need.

***“Write it on
your heart that
every day is the
best day in the
year.”***

***- Ralph Waldo
Emerson***

Thank you to everyone who has helped and donated in the past and continue to do so.

TBA Website

Please go to the Temple B'nai Abraham website at www.bnai-abraham.org to view the latest calendar of events, subscribe to our announcements and newsletter as well as find useful information about our community.

Tot Shabbat

**Friday evenings, 6:00 PM
Coming Up: November 20th
Children ages 6 and under (siblings are welcome)**

Tot Shabbat 2015-16

This year will be an exciting year of new projects and new learning! Each month will address an individual theme with a paired craft. Children can take their craft home to remind them to practice Jewish values in and out of the synagogue. We hope you can join us!



Sisterhood News & Announcements

We send get well wishes to Ellen Benowitz and hope to see her well very soon.

Thank you to Ronni and Andrew Smullian for the beautiful bimah flowers during the High Holy Days. This annual donation is in memory of Andrew's parents.

The dedication of the tree that the Sisterhood had planted in memory of Ellen Wehrman was held September 27. Rabbi Julie spoke eloquently about the significance of a tree and how appropriate it was for Ellen since Ellen had deep roots in the Bordentown community and, through her decades of teaching, sent out far-reaching branches, her students. It was a beautiful ceremony. The Wehrman family generously provided a buffet lunch for all in attendance.

The October 12 Sisterhood meeting was quite productive. We made lunch bags to distribute to people living at the Pine Motel and conducted a chockful business meeting after a fun icebreaker- describe your past week in one or two words- we had a lot more words than that!!!

The November activity will be attending a film at the Jewish Film Festival - I hope you sent your preferences to Randye. The next Sisterhood meeting will be held Monday, December 14 at 7:30. We will light Chanukah candles and have a "regift" gift exchange- so start going through your stuff now. Please bring in something that you wish to regift- wrapped- and let the fun begin! The program will be Marcy Schwartz leading us in the reading and discussion of a story by Nadine Gordimer. It will be a fun and interesting evening.

Hope you are having a glorious Fall,
Randye

Sisterhood Officers

Sisterhood President
Randye Bloom

Vice President
Debby Weiss

Treasurer/Financial Scty
Marcy Schwartz

Recording Secretary
Robin Affrime

Corresponding Secretary
Patricia Light-Tolomeo

Trustees
Eileen Gale
Susan Giachetti



Memorial & Sisterhood Donations

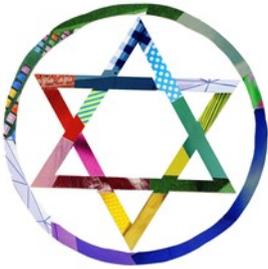
Sisterhood Donations:

- Happy Birthday Harriet Gould from Phyllis Kamer
- Happy Birthday to Carole Lipkin from Irene Harrison
- In memory of Larry Fenick from Rita Nissim, Phyllis Kamer, Phoebe and Jeff Nissim
- In memory of Margo Macsiantoni from Barbara and Jeff Streisfeld, Charyl and Sid Morginstin, Phyllis Kamer, Rita Nissim, Robin and Tony Zak, Neil and Karen Nissim, JoAnn and Michael Stern, Sheila Lamonsoff
- Get well to Ellen Benowitz from Phyllis Kamer, Rita Nissim
- In memory of Ricki Gutkin from Charyl and Sid Morginstin, Rita Nissim
- Happy Birthday Elaine Trackman from Ellen Wiener

“What the caterpillar perceives is the end, to the butterfly is just the beginning.”

- Anon

Temple Donations



- In memory of Margo Masciantoni from Michael Scolaro and Randy Bloom, Marsha and Joel Dowshen, Eileen Gale
- In honor of Jay Trackman's Birthday from Eileen Gale and Art Guyer
- Marcia & Michael Rosen Yahrzeit of Gertrude Herzog
- Robin & Steve Affrime Yahrzeit of Joseph Rothman
- Sheila Lamonsoff Yahrzeit of Norman Lamonsoff
- Brian & Maribeth Epstein Yahrzeit of Lillian Brewis
- Renee Harrison Yahrzeit Walter Harrison, Helen Roseman
- Ron Morris Yahrzeit of Myrna Morris
- Len and Liz Klepner Yahrzeit of Sidney Klepner
- High Holiday Pledges: Betsy & Vic Ramos, Phyllis Chudoff, Robin & Steve Affrime, Andrew Trackman

A Personal Note

Remembering Isadore "Iz" Kamer

Family and friends mean so much to us during the good times, and certainly during the time of sorrow. We are so grateful and fortunate for the comfort, care, and love bestowed upon us by the Sarah Seidel Sisterhood and Temple B'nai Abraham.

It is so important to us that you continue to remember and appreciate the man with the "golden hands"- THE AWESOME IZZY. We all adored him and respected him for his desire to constantly learn and enjoy so many skills.

Nothing was too much trouble for this Renaissance man, who lived for the moment, and enjoyed life to the fullest. Your kindnesses and acts of sympathy will always be remembered by Phyllis, Lynda, Carl, and Steven.

***“Alone we can do
so little; together
we can do so
much.”***

-Helen Keller

Healing List

The Healing List been cleared of all names from last year. Please send me any names you would like to have on the list. egale10@verizon.net.



Rabbi's Message Continued



So, how does one meditate on a Hebrew letter? It is helpful to start with the question of how one meditates in general... It is common to find a posture that is conducive to meditation (the precise posture can vary across traditions) and then to spend time cultivating awareness of one's breath. This is an excellent starting place. The medieval mystics would sometimes engage in a practice of visualizing letters in different combinations. For example, taking the 4 letters of God's name and arranging them in different orders. The medieval mystics were masters at Hebrew, but they were not above attending to single letters as a spiritual practice! For someone just learning Hebrew letters, it would be

possible to take one or two newly learned letters and simply visualize them in different combinations without worrying about whether they were forming a particular word or whether they could be read out loud quickly. The point is to keep breathing, locate a place of inner stillness, allow the Hebrew letter to float in the mind, and see what emerges mentally, emotionally, spiritually.

Looking at a page full of Hebrew can be scary, but focusing on just one letter as a familiar companion with a soul of its own could be immensely comforting.

Shalom,
Rabbi Pfau



Supermarket Gift Card Program

It is always the season for sharing and giving. Please share with the Temple by purchasing your gift cards from Acme or ShopRite for your New Year's celebration.

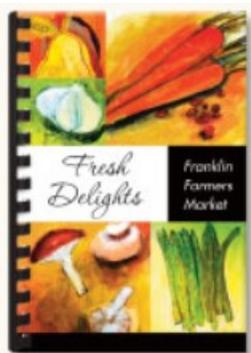
Please make checks payable to **Temple B'nai Abraham** and send to: **Marsha Dowshen / 502 Farnsworth Ave., Bordentown, NJ 08505 / (609) 298-5306**. Your cards will be sent to you the same day.

Adult B'nai Mitzvah Class



Rabbi Julie has agreed to teach an adult B'nai Mitzvah Class. Some people will be working on learning to read Hebrew while others will be working on learning prayers. We hope to have a group B'nai Mitzvah ceremony sometime in the fall of 2016 or spring of 2017; the date has not yet been decided. If you are interested in participating in the class please contact Rabbi Julie at rabbijulie@gmail.com or Robin Affrime at raffrime@gmail.com. The participants learning Hebrew are meeting on Sunday for the month of October. The focus on prayers will begin in December on Thursday 12/3, 12/10, and 12/17/15 from 2:30 until 4:00. If you are working and this time of day isn't possible for you, please, still get in touch so we will know of your interest and could possibly make accommodations. I know I am excited at the idea of learning from Rabbi Julie how to correctly say the prayers, and to chant a portion of the Torah.

Temple Cook Book Update



The temple cookbook has been making a lot of progress over the last few months. Many members have been adding their family's cherished recipes, while others have been securing valued recipes from our last cookbook by typing them in to the program. We would like to close the recipe gathering by the end of December. If you have a recipe(s) that you would like included, you can self type them into www.typensave.com. As a contributor you can use the user name: TBAS and password: plate294 (no space between plate and 294). Click on **Add Recipes**. Then you will be able to add, spell check, preview and save your recipes. Check the recipe writing tips for measurement abbreviations. If you do not feel comfortable adding the recipes yourself, but would like your special dishes included please email or call Randye rendelfendel@gmail.com or 298-6485; or Robin raffrime@gmail.com or 499-1761, and we'd be happy to put them in for you.

Yahrzeits for Summer/Fall 2015

Week of November 6 th	<ul style="list-style-type: none"> Abraham Zackler, Father of Marsha Dowshen Helen Roseman, Mother of Renee Harrison Lillian Brewis, Great-Grandmother of Brian Epstein Lee Nissim, Wife of Marcel Nissim Norman Lamonsoff, Husband of Sheila Lamonsoff, Father of Karen Nissim Joseph Rothman, Father of Robin Affrime Alma Sacks, Mother of Faith Hupfl
Week of November 13 th	<ul style="list-style-type: none"> John Duker, Father of Shiri Haines Hyman Goldman, Father of Norman Goldman Isaac Grassian, Father of Rita Nissim Gerald Rosen, Father of Michael Rosen, Husband of Madge Rosen Sidney Klepner, Father of Leonard Klepner Jennie Rudenstein, Mother of Mildred Leary
Week of November 20 th	<ul style="list-style-type: none"> Pauline Zackler, Mother of Marsha Dowshen Laura Del Valle, Sister of Jennifer Weiskott Samuel Morginstin, Father of Sid Morginstin Minnie Kleger, Bonus Mother of Marsha Caldwell
Week of November 27 th	<ul style="list-style-type: none"> Edward Caldwell, Brother of David Caldwell Dorothy Gutstein, Wife of Herman Gutstein Nathan Schwartz, Father of Phyllis Chudoff
Week of December 4 th	<ul style="list-style-type: none"> Rebecca Gale, Mother-In-Law of Eileen Gale Lillian Morginstin, Mother of Sid Morginstin Pauline Schwartz, Grandmother of Phyllis Chudoff Max Kamer, Father of Isadore Kamer
Week of December 11 th	<ul style="list-style-type: none"> None
Week of December 18 th	<ul style="list-style-type: none"> Paul Cantor, Father of Ray Cantor Ella Kessler, Mother of Henry Kessler
Week of December 25 th	<ul style="list-style-type: none"> Lawrence Bowker, Husband of Linda Bowker, Father of Jonathan Bowker Eudell Rod, Friend of Linda Bowker

Old Prayer Books & Kippot

Old prayer books, Tallim, kippot, or other religious items that are no longer needed should be buried. Please place these items into the box (by the sanctuary stairs). Items will be brought to the local Chabad House for burial. \$5 donations are appreciated.

Siddur & Tallit Donations

A new siddur (prayer book) can be purchased in honor of or in memory of someone for \$35. A tallis (prayer shawl) can be purchased for \$60. Please contact Marcia Rosen at: mjanrosen@comcast.net

Memorial Plaques

Plaques are available for \$250. To order a plaque, send the following to TBA: Marcia Rosen, Plaque Chairman PO Box 245 Bordentown, NJ 08505 or: mjanrosen@comcast.net.

English name of loved one, Hebrew name of loved one and date of death in the English calendar. Once the plaque has been installed, you will be billed. Plaques will not be moved from one board to the other.

Morning Services 2015-16

November 14 th
December 5 th
January 9 th
February 13 th

March 12 th
April 2 nd
May 14 th
June 4 th



**TEMPLE
B'NAI ABRAHAM**

58 Crosswicks
PO Box 245
Bordentown, NJ 08505
609.298.1527
www.bnai-abraham.org

*Shabbat morning services begin at 10:00 a.m.
(when there are B'nai Mitzvah, services begin at 9:30 a.m.)*
November, 2015 ~ Cheshvan—Kislev 5776

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 am Sunday School 10 am Hebrew School	2	3	4	5 No Hebrew School	6 7:30 pm Shabbat Services w/Oneg	7
8 No Hebrew School	9	10	11	12 4:30 pm Hebrew School	13	14 10:00 am Shabbat Morning Services w/ Oneg
15 9 am Sunday School 10 am Hebrew School	16	17	18	19 4:30 pm Hebrew School	20 6:00 pm Tot Shabbat 7:30 pm Shabbat Services	21
22 9 am Sunday School 10 am Hebrew School	23	24	25	26 No Hebrew School	27 7:30 pm Shabbat Services	28
29 No Hebrew School	30	December 1	2	3 4:30 pm Hebrew School	4	5 11:00 am Lunch & Learn