



Temple B'nai Abraham

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Charlie Weiss

Rabbi

Julie Pfau

Sarah Siedel Sisterhood President

Randy Bloom

“The Temple Shofar”

February, 2016

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Important Dates

Board Meeting	1/31
Morning Shabbat	2/13
Game Night	2/16
Tot Shabbat	2/19

Rabbi's Message

Last month I wrote about Baḥya ibn Paquda, the medieval Jewish philosopher whose “*Hovavot Levavot*,” “*Duties of the Heart*,” provides instruction in Jewish meditation. I mentioned that Baḥya pointed to seven pillars of wisdom established in creation, any of which could serve as focal points for meditation, since Baḥya believed that each contains traces of God’s wisdom.

This month I would like to consider Baḥya’s 3rd pillar of wisdom – the composition of the human being. Last month I wrote about how trees (and other forms of plant life) could embody *tahalikh ha-tz’mitah*, the process of growth that runs in and through the world. But of course, that spark of holiness, that energy of growth, is also embodied in human beings.

For Baḥya, meditation on the human being involves giving attention to the construction of the human physical body, but also to consider human spiritual and intellectual capacities. For the purposes of this article, I will focus on the body as a focus for meditation. We take time to do this at every Shabbat morning service when we say *Asher Yatzar*, the blessing for the body that acknowledges its intricacy and the miracle of its every function:

*Blessed are you, THE ARCHITECT,
our God, the sovereign of all worlds,
who shaped the human being with
wisdom,
making for us all the openings and
vessels of the body.
It is revealed and known before your
Throne of Glory
that if one of these passage-ways be
open when it should be closed,*

*or blocked up when it should be free,
one could not stay alive or stand before
you.
Blessed are you, MIRACULOUS, the
wondrous healer of all flesh.*

When they are functioning at their peak, it is sometimes easy to take our bodies for granted, to fail to notice the miracle that is enacted in each breath, in each pump of the heart, and yes, in each trip to the bathroom. In fact, we might even negatively evaluate them based on aesthetic values promoted by our culture, rather than experiencing appreciation and gratitude for the ways that life flows through our bodies.

When our bodies are not functioning at their peak, when we experience illness or injury, it is sometimes the very loss of function that can draw attention to the complexity of the body. As most of you are no doubt aware, breaking pinky toes has become almost habitual for me by now, an unfortunate annual tradition (and one I would like to discontinue)! But every time it happens, it never ceases to amaze me that such a tiny little appendage is so crucial to movement. How amazing that a tiny crack in a tiny little bone can force me to slow down in spite of my strong inclinations to the contrary! It is challenging to see past the pain of a broken toe, or any of the other kinds of aches and pains and discomforts that we might feel in our bodies! But mindful awareness of physical vulnerability can generate a deeper compassion and an urge toward kindness and gentleness – toward ourselves and others.

Appreciation, gratitude, compassion, kindness, gentleness, slowing down – just this little bit of attention to the human body has already generated an admirable list of spiritual principles and attitudes that are worthy of cultivation.

Continued on page 4



Temple Donations

HIGH HOLIDAY PLEDGES:

Ramos, Betsy
 Chudoff, Phyllis
 Affrime, Robin & Steve
 Andrew Trackman
 Dowshen, Marsha & Joel

YAHRTZEITS:

Affrime, Robin & Steve Yahrzeit of Joseph Rothman
 Lamonsoff, Shiela Yahrzeit of Norman Lamonsoff
 Epstein, Brian & Maribeth Yahrzeit of Lillian Brewis
 Harrison, Renee Yahrzeit Walter Harrison, Helen Roseman
 Morris, Ron Yahrzeit of Myrna Morris

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

***- Ralph Waldo
 Emerson***

DONATIONS:

Len and Liz Klepner Yahrzeit of Sidney Klepner
 Dowshen, Marsha & Joel Yahrzeit of Pauline Zackler, Abraham Zackler
 Gale, Eileen Yahrzeit Mark Blatt
 Gale, Eileen Yahrzeit Rebecca Gale
 Zeichner, Ronnie & Stan Yahrzeit of Bernard Zeichner
 Bowker, Linda Yahrzeits of Rose Wasserman, Larry Bowker, Eudell Rod
 Rosen, Marcia & Michael Yahrzeit of Judy Leslie
 Epstein, Brian & Maribeth Yahrzeit of Jacob Epstein
 Kamer, Phyllis Yahrzeits of Max Kamer, Rose Goldberg
 Nissim, Rita Yahrzeit of Marcel Nissim
 Rhoda and Henry Kessler Yahrzeit Ella Kessler
 Bloom, Randye & Scolaro, Michael Yahrzeit Julius Bloom



OTHER DONATIONS:

Betsy Ramos – Donation for Calendar Ad
 Susan & Thomas Giachetti – Donation for Printer for Temple

Sisterhood News & Announcements

There will be a cookbook meeting at Randye's house on Wednesday, February 10 at 7:30- please contact Randye if you wish to participate.

The next Sisterhood meeting will be March 14 and we will show the movie, "Fill the Void." After a young Hasidic woman dies in childbirth, her 18-year-old sister is asked to cancel her upcoming marriage to a promising young man and marry her widowed brother-in-law instead. The movie and discussion should be quite interesting. I hope that you will be able to attend.

If you are able to volunteer to be a host at the March 14 meeting, please contact Randye. Thanks so much.

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

Tikun Olam

Interfaith food action: **VOLUNTEERS NEEDED!** For about 10 years, we have had a wonderful collaboration between the Methodist Church and the Quaker Friends' Meeting in Crosswicks to bring a hot meal once a month to residents at the Pine Motel on route 130. Our friends in Crosswicks make a healthy meal and package it up, and members of TBA pick up the food and deliver it to the motel. We have reached a point where we need a few more volunteers to pick up and deliver the meals. This is a fun activity that we do in small groups (no one has to deliver alone!) and requires less than an hour of your time. It's not necessary to be available every month, we have a rotating crew based on everyone's availability. Wouldn't it be a great feeling to know that about 45 people ate a fresh meal thanks to your help? Seeing all those surprised and grateful faces will be your reward every time. Please consider helping us out so we can keep up this meaningful act of interfaith service to the community! The meals are delivered on the first Thursday of the month in the late afternoon (4:30 pick up in Crosswicks).

Please call Marcy Schwartz at 609-324-0571 SOON if you are interested in helping out.

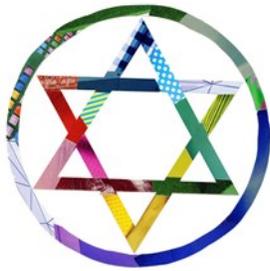
An abridged note from our friend Anne—Bordentown Area Motel Ministry:

As an update, last month, we were able to bring presents to all of the children in the Pines and Laurel Notch. We had donations from some people at First Baptist, and a donation of toys from One Simple Wish, so that each child got a bag of wrapped presents picked out especially for them. They also received cookies, candy and one family had asked for shoes for the kids, and we were able to give those too. When all of the congregations and groups are faithful as we have all been, we don't have to spend as much on the groceries, and can spend some of our donations on the extras, like gifts for the children.

As always, thank you all for your faithfulness, and stay safe.

**“Deeds of giving
are the very
foundations of
the world.”
- Jewish saying
derived from
the Mishna,
Pirkei Avot 1:2**

Game Night, Tuesday 2/16, 6:30pm



This is an informal venue to play games and socialize outside of the context of services. Please feel free to bring Jewish or non-Jewish friends who love games, and anything (dairy/vegetarian) you might want for munchies! If enough people come, we can have multiple tables of people playing different games. There will be several options of card and board games to play, but if you have a particular game you'd like to play and introduce to people, feel free to bring it. We'll see what grabs people's interest!

At January's Game Night we had two Mah Jongg tables, and one table with alternative kinds of games (StarFluxx and the DC Comics Deck Builder Game, we ran out of time and didn't get to Magic). One of the Mah Jongg players referred to this third gaming table as a Big Bang Theory table because of the nature of the games and the conversation... Players from all tables brought treats, and it was fun to see everyone and do some visiting no matter what table they were at!

Rabbi's Message Continued



I encourage each of you to seek past the aches and pains of the body, or the concerns about aesthetics, to instead notice and experience gratitude for the myriad miraculous ways that life flows in and through you. If you feel up for a more challenging practice, you might even look directly and compassionately *into* those sources of pain and discomfort, and see what you might learn about human endurance, about the ways that growth and life sometimes circumvent obstacles, and the ways that too is miraculous!

Shalom,
Rabbi Pfau

Tot Shabbat



Friday evenings, 6:00 PM
Coming Up: February 19th
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!

Yahrzeits for Winter 2015

Week of February 5 ^h	<ul style="list-style-type: none"> Max Kessler, Father of Henry Kessler
Week of February 12 ^h	<ul style="list-style-type: none"> Nathan Goldman, Father of Maxine & Philip Goldman Rose Kaiser, Mother of Eileen Gale
Week of February 19 th	<ul style="list-style-type: none"> Selma Levitsky, Great-Aunt of Brian Epstein Rose Klepner, Mother of Len Klepner Howard Brewis, Great -Grandfather of Brian Epstein
Week of February 26 th	<ul style="list-style-type: none"> Leonard Greenblatt, Brother of Marcia Rosen Ruth Killian, Daughter's Mother-In-Law of Sharon Coleman Sylvia Goldman, Wife of Norman Goldman
Week of March 4 th	<ul style="list-style-type: none"> Abe Kaufman, Grandfather of Phyllis Busch Leslie (Leah) Cantor, Mother of Paul Cantor Irving Epstein, Father of Rhea Goldman Rebecca Shemesh, Mother of Marty Nissim Ida Gerson Caster, Grandmother of Marsha Caldwell
Week of March 11 ^h	<ul style="list-style-type: none"> Nathan Goldman, Father of Maxine & Philip Goldman Rose Kaiser, Mother of Eileen Gale
Week of March 18 ^h	<ul style="list-style-type: none"> Selma Levitsky, Great-Aunt of Brian Epstein Rose Klepner, Mother of Len Klepner
Week of March 25 ^h	<ul style="list-style-type: none"> Howard Brewis, Great -Grandfather of Brian Epstein Leonard Greenblatt, Brother of Marcia Rosen Ruth Killian, Daughter's Mother-In-Law of Sharon Coleman Sylvia Goldman, Wife of Norman Goldman

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 2016

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.)*
February, 2016 ~ Sh'vat— Adar 5776

Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
31 9 am Sunday School 10 am Hebrew School 10 am Board Meeting	1	2	3	4 4:30 pm Hebrew School	5 7:30 pm Shabbat Services	6
7 9 am Sunday School 10 am Hebrew School	8	9	10	11 4:30 pm Hebrew School	12	13 10:00 am Shabbat Services
14 9 am Sunday School 10 am Hebrew School	15	16 6:30pm Game Night 	17	18 4:30 pm Hebrew School	19 6:00 pm Tot Shabbat 7:30 pm Shabbat Services	20
21 9 am Sunday School 10 am Hebrew School	22	23	24	25 No Hebrew School	26 7:30 pm Shabbat Services	27
28 9 am Sunday School 10 am Hebrew School	29	1	2	3 4:30 pm Hebrew School	4 7:30 pm Shabbat Services	5