

Temple B'nai Abraham

Temple President
Charlie Weiss

Rabbi
Julie Pfau

Sarah Siedel Sisterhood President
Randy Bloom



“The Temple Shofar”

June, 2016

Temple Officers

- Temple President**
Charlie Weiss
- Executive Vice President**
Brian Epstein
- VP, Finance & Treasurer**
Michael Rosen
- VP, Religious Committee**
Marcia Rosen
- VP, Membership Devlp.**
Kim Aubry
- Chair, Religious School**
Liz Mitchell
- Chair, Adult Education**
Betsy Ramos
- Chair, Building**
Neil Nissim
- Chair, PR & Social Media**
Kim Ehrlich
- Recording Secretary**
Susan Giachetti

Important Dates

Board Meeting	6/1
Tot Shabbat	6/10
Sisterhood Covered Dish	6/13
Congressional Meeting	6/15
Shabbat Morning Service	6/18
Member of the Year	6/24
Game Night	6/28

Rabbi’s Message

As the year draws to a close, this will be my last newsletter article in my series on Jewish meditation. At the Sisterhood's Adult Education program, I explored some meditation practices in Buddhism and Christianity, and we discussed areas of similarity and difference. One thing was abundantly clear from the discussion amongst those who attended - no one method fits all! There is a multiplicity of meditative techniques and foci, as well as vast differences in motivations and goals for the practice - in our local group and more broadly in the traditions we explored. What is calming and peaceful for one person can be objectionable or stressful to another person. Each person, each soul, is unique. Luckily there is a diverse range of meditative approaches to choose from. And for those who don't find a meditative practice that connects, our tradition is rich with spiritual teachings and ritual practices

I shared with the group that when I first began to meditate I found it stressful to focus on my breath. I didn't think I breathed right. I noticed that my breathing was shallow and constricted - if anything, this was a sign of how stressed I was and how much I could benefit from a meditative practice! But initially, noticing this characteristic of my breath prevented me from immersing in the experience. I was critical of myself for "failing" to breathe well. I found that I needed to find a different focus for my attention that

was a bit more neutral so that I could give the experience a chance. For me, the best focus was the sound of birds. I could notice the sound of birds chirping without this leading to a chain of thoughts or self-judgments.

Years later, I was delighted to discover a passage from Rebbe Nachman of Breslov that affirmed my experience of meditation. Rebbe Nachman taught:

“Find a day for yourself - better yet, late at night. Go to the forest or to the field, or lock yourself in a room ... You will meet solitude there. There you will be able to listen attentively to the noise of the wind first, to birds singing, to see wonderful nature and to notice yourself in it ... and to come back to harmonic connection with the world and its Creator.”

My wish for all of us is that we will always be able to find such moments for ourselves - moments to achieve a sense of harmony and connection. This year's newsletter series on meditation may have come to a close, but I encourage everyone to explore a variety of practices for yourselves. As always, I welcome you to contact me if this is a practice you would like to explore further. If people express interest, we can also schedule some opportunities to engage in group meditation.

Shalom,
Rabbi Pfau

Temple Donations



- To Robin Nissim Zak in honor of your retirement from Elaine and Jay Trackman
- In memory of Faith Hupfl from Eileen Gale
- Get well to Rick Shain from Eileen Gale & Art Guyer, Michael Scolaro & Randy Bloom, Elaine & Jay Trackman

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

*- Ralph Waldo
Emerson*

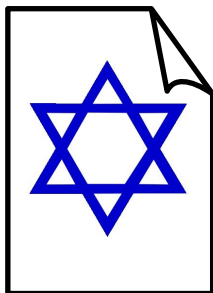
Sisterhood Donations

- Speedy recovery to Richard Shain from Charyl and Sid Morginstin, Rita Nissim, Jay and Elaine Trackman and Phyllis Kamer and family
- Rejoicing with Robin Zak, nee Nissim, on your school teaching retirement from Charyl and Sid Morginstin

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.



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.

Sisterhood News & Announcements

Sisterhood News:

The Sisterhood sends wishes for good health and a rapid recuperation to Rick Shain. So happy to hear that you are doing better each day!!

It is hard to believe that it is June and time for covered dish!! By now you should have received your invitation to covered dish and responded to Marsha and Randye. We will gather for our last meeting of the year on Monday, June 13 at 6:15. Please be sure to let us know if you will bring guests so that we can set up the correct number of chairs and don't forget to bring your assigned dish.

Bonnie Goldman will install the incoming officers:

- President Robin Affrime
- Vice- President Linda Osman
- Treasurer Marcy Schwartz
- Corresponding Secretary Patricia Light-Tolomeo
- Recording Secretary Marsha Caldwell
- Trustees Eileen Gale and Susan Giachetti

In addition, Phyllis Chudoff has donated a beautiful Jewish star table runner for us to use as a fundraiser at covered dish. Come to covered dish to find out more!! Thank you, Phyllis, for your generous and beautiful donation!

Thank you to Rabbi Julie for her excellent presentation on forms of meditation in various religions. The presentation and discussion were very illuminating. How our cultural norms come up against Oryoki, Japanese mindful eating, was quite startling. The walking meditation resulted in interesting responses ranging from, "I felt like I was in a jail yard" to "it was

very calming." A very worthwhile evening for all!

Looking forward to seeing you on June 13!!! Randye

Yom Kippur Booklet Fundraiser

As we approach the Hlgh Holy Days, we think about those we love. The form for the Yom Kippur Booklet is included in this newsletter. Please return it to Randye by August 1. If you wish to just "renew" what you had last year, let Randye know that and send her a check payable to Temple B'nai Abraham. This is a big fundraiser for the Temple, so please be sure to participate. You are encouraged to contribute more than the \$2.00 per name if you are able to do so- the cost per name has not been raised for over twenty years so that it remains affordable for all, but the success of the fundraiser depends on the generosity of those who are able to make a more significant donation. ALL of the money collected goes to the Temple. Thanks so much for your support.

Ellen Rosenberg Wehrman Social studies Award:

The Ellen Rosenberg Wehrman Social Studies Award has been established. It will be given to two 8th grade students [a boy and a girl]. If you wish to contribute to this prize in memory of Ellen, the check should be payable to the Bordentown Regional School District with a note in the memo line that it is for this effort. Please send your contribution to:

Lisa A. Limani, Payroll Coordinator/Student Activities Coordinator
Bordentown Regional School District
318 Ward Avenue
Bordentown, NJ 08505

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



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

Game Night, Tuesday 6/28, 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!

Final Congressional Meeting, June 15th at 7:30pm

It is so important that each member take the opportunity to attend the annual congressional meeting, taking place on June 15th. Your voice and vote are critical to the continued success of our community and its traditions. Please do your part and make this year's June Congregational meeting a priority.



Tikun Olam



Thank you for the donations for the food pantry, granola bars/tuna for the grocery bags for the motel, and meal delivery! **Keep up the donations!**

Many thanks Kunklers, Steve and Robin Affrime, and Phyllis Chudoff for their continuing support and help with meal delivery. Feel free to contact Marcy Schwartz at marcy_schwartz@hotmail.com if you have any questions or would like to join in.

Yahrzeits for Winter 2015

Week of June 3 rd	<ul style="list-style-type: none"> • Bernard Greenblatt, Father of Marcia Rosen • Julia Affrime, Mother of Steve Affrime • Rita Hodes, Aunt of Randye Bloom • Joseph Harrison, Father-In-Law of Renee Harrison
Week of June 10 th	<ul style="list-style-type: none"> • Jacob Mervish, Father of Shyrlle Kushner • Marian Silverman, Mother of Marsha Caldwell
Week of June 17 th	<ul style="list-style-type: none"> • Harry Brewis, Great-Great-Grandfather of Brian Epstein
Week of June 24 th	<ul style="list-style-type: none"> • George Groveman, Father-In-Law of Seena Groveman • Genevive Maza, Aunt of Sandra Cohen
Week of July 1 st	<ul style="list-style-type: none"> • Robert Gale, Husband of Eileen Gale • Bernard Fink, Father of Mindy Fink • Edith Trackman, Mother of Jay Trackman • Estelle Epstein, Grandmother of Brian Epstein
Week of July 8 th	<ul style="list-style-type: none"> • Claudette Fishmann, Mother of Linda Osman • Joan Sandusky, Sister of Marcy Schwartz • Bernard Speiser, Husband of Arlene Speiser • Marion Greenblatt, Mother of Marcia Rosen
Week of July 15 th	<ul style="list-style-type: none"> • Aaron Cohen, Grandfather of Sandra Cohen • Anna Harrison, Mother-In-Law of Renee Harrison • Yettie Epstein, Great-Grandmother of Brian Epstein • Solomon Schaffer, Father of Rhoda Kessler
Week of July 22 nd	<ul style="list-style-type: none"> • Joseph Josephson, Father of Sam Josephson • Jack Roth, Father of Elaine Trackman • Oscar Wasserman, Father of Linda Bowker • Julie Kwait, Sister of Marcy Schwartz • Sam Shain, Father of Rick Shain

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

June 4th

ANNUAL COVERED DISH SUPPER
MONDAY, JUNE 13, 2016
6:15 pm

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

PLEASE BRING GRANOLA BARS, TUNA, OR OTHER ITEMS FOR FOOD PANTRY

Robin Affrime	blintzes
Kim Aubry	cornbread
Ellen Benowitz	chocolate chip cookies
Anita Berson	cake
Randy Bloom	ice, milk, wine, diet coke
Marsha Caldwell	quiche of choice
Phyllis Chudoff	unable to attend
Sharon Coleman	tuna salad
Marsha Dowshen	quinoa salad
Eileen Gale	deviled eggs
Mimi Geller	lemon squares
Susan Giachetti	appetizer of choice
Nina Glanz	vegetable of choice
Bonnie Goldman	anything chocolate
Rhea Goldman	lentil loaf
Renee Harrison	sweet kugel
Phyllis Kamer	dessert of choice
Shelia Lamonsoff	chocolate covered strawberries
Marlene Lavine	your choice
Patricia Light-Tolomeo	spinach salad
Shira Lowry	dessert of choice
Judy Margulies	beet salad
Yelena Uzlyaner Masoti	rugelach
Elizabeth Mitchell	spinach lasagna
Charyl Morginstin	seltzer
Karen Nissim	guacamole and chips
Rita Nissim	frittata
Linda Osman	hummus and pita chips
Betsy Ramos	veggie pizza
Marcia Rosen	cheese plate
Susan Roth	vegetable of choice
Judy Schimmel	baked salmon
Marcy Schwartz	rice dish
Sandy SchwartzBird	fruit salad
Elaine Trackman	Greek salad
Debra Weiss	tabouli
Susan Zaveloff	your choice

TEMPLE FUNDRAISER- If you would like to have your family and friends included in the community booklet for Yom Kippur, please complete the form below and send it with your check, made **payable to Temple B’nai Abraham**, to Randye Bloom, 514 Reeder Avenue, Bordentown, NJ 08505. Each name is a minimum of \$2.00. All names must be submitted in writing to ensure proper spellings and designations. Forms and checks must be received by **August 1**.

An example of what a listing looks like:
Randye E. Bloom & Michael Scolaro, Jr.

honor: Jef, Emily, & Kori Bloom
Palma Harwick

remember: Selma & Julius Bloom
Mary & Michael Scolaro
Pauline & William Hodes
Minnie & Joseph Bloom
Rita Hodes & Charles Stein
Michael D. Burns
Elaine B. Zeitz

This example would cost a minimum of \$32.00.

Please include the following names in the community booklet:

HONOR

REMEMBER

Name(s) of donor(s) as it is (they are) to appear in booklet:


Check enclosed \$ _____



Shabbat morning services begin at 10:00 a.m.
 (when there are B'nai Mitzvah, services begin at 9:30 a.m.)
June, 2016 ~ Iyyar— Sivan 5776

**TEMPLE
B'NAI ABRAHAM**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	June 1 7:30 pm Board Meeting	2	3 7:30 pm Shabbat Services	4
5	6	7	8	9	10 6:00 pm Tot Shabbat 7:30 pm Shabbat Services	11
12	13 6:15pm Sisterhood Covered Dish	14	15 7:30 pm Congregational Meeting	16	14	18 10:00 am Shabbat Services
19	20	21	22	23 1:00 pm Adult Hebrew Class	24 7:30 pm Shabbat Services Member of the Year	25
26	27	28 6:30pm Game Night 	29	30 1:00 pm Adult Hebrew Class	July 1 7:30 pm Shabbat Services	2