



Temple B'nai Abraham

Temple President

Brian Epstein

Rabbi

Julie Pfau

Sarah Siedel Sisterhood President

Robin Affrime

“The Temple Shofar”

October, 2016

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Kim Ehrlich

Recording Secretary

Important Dates

Erev Rosh Hashana Service 730pm	10/2
Rosh Hashana Morning Service 10am	10/3
Tashlich ≈1pm	10/3
Rosh Hashana 2nd Day Service 10am	10/4
Rosh Hashana Lunch & Learn 11:30am	10/4
Tashlich with the Students 6pm	10/6
Kol Nidre 6pm	10/11
Yom Kippur Morning 10am Afternoon 5:30pm Break the Fast	10/12

Rabbi's Message

The 13 Attributes prayer is revealed to Moses on Mt. Sinai when he ascends the mountain to receive the 10 Commandments for the second time (Exodus 33:18-34:8). The tradition teaches that Moses ascended Mount Sinai early in the morning on the 1st of Elul, the month of preparation for the Days of Awe. He carried with him the tablets he had labored to hew out of stone, so that God could reinscribe the Ten Commandments after Moses had shattered the first set. On the mountain, Moses came as close as a human could get to seeing God – he did not see God's face, but God hid him in a cleft of the rock so that he could peek out after God passed by. This is when Moses heard God proclaim the Thirteen Attributes of Divine Mercy. Moses remained on the mountain for 40 days, until the 10th of Tishrei, which is Yom Kippur. During those 40 days, Moses sought and obtained God's forgiveness of the people of Israel after they had worshipped the Golden Calf. Because of this association, the month of Elul is considered a special time of Divine mercy and forgiveness. The example of Moses and his journey up the mountain teaches that teshuvah, change, transformation is a journey, and sometimes an arduous one. It begins in Elul and culminates with Yom Kippur.

At Selichot we personalized the journey of teshuvah through a visualization of an ascent of Mount Sinai, using Moses's ascent as a model. In this guided meditation, each of us visualized ourselves in a solitary ascent, experiencing it in our own ways – encountering our own obstacles, learning our own lessons, having our own encounters with the Divine. In the Torah, before ascending Sinai, Moses and the people engaged in rituals of purification. We began with our own ritual of purification – using the tradition of hand washing.

For those who could not attend our Selichot service and participate in the full liturgy and ritual, I wanted to share with you the guided meditation I offered. I invite you to use what follows to facilitate your own spiritual preparation for the Days of Awe and hopefully

deepen your experience of teshuvah at Rosh Hashanah and Yom Kippur services this year.

Picture yourself standing at the base of a mountain, a lone jagged peak rising above the desert. You hold a set of stone tablets, representing your own preparations for the journey, and await the signal to begin your ascent. You are awaiting the sound of the shofar. When the shofar begins its blast, shattering open your heart, you take your first steps on the winding path that leads up the mountain to your encounter with the Divine.

As you ascend, the going is arduous and even frightening at times. A glow of fire lights the sky, but the mountain itself is shrouded by smoke, making it difficult to see. What obscures your vision, confusing you on the path, concealing the truth within your own soul? Imagine yourself climbing beyond the obscuring smoke, arriving at a clear vista. Take a moment to absorb the clear view. What do you see of yourself? Of the world around you? Of the path ahead?

With a clear view now, you continue your ascent. The mountain trembles from time to time, making it difficult to keep your footing and sending small stones and larger rocks tumbling all around. As you round a bend in the path, you come across an obstacle blocking your way. What does the barrier look like? What prevents you from facing the truth, or from making the change you seek?

How can you move past this barrier? What tools do you need? Do you have the strength to do it on your own, or do you need help from others to clear it away? Who can help you move forward? Take a moment to imagine clearing the blockage from the path.

You continue on the journey. Occasional lightning strikes brighten the pre-dawn sky, accompanied by the startling crash of thunder whose sound rises above even the continuously blaring sound of the shofar. In a flash of light, you see a figure on the path in front of you. Someone you need to face. Someone you have hurt, or someone who has hurt you. Who

Rabbi's Message Continued on page 7

Temple Donations



IN MEMORY OF JAY TRACKMAN:

Susan & Tom Giachetti
Bonnie Goldman
Susan & Evan Goldstein
Betsy Ramos
Ellen Weiner

GET WELL:

Bonnie Goldman, get well Michael Scolaro

Brian and Maribeth Epstein in honor of Temple's 100 Anniversary

YAHRTZEITS:

Jack Ross Yahrzeit of Bonnie Ross
Rene Harrison Yahrzeit of Harry Roseman
Betsy Ramos Yahrzeit of Bernard Shain

***“A smile is the
universal
welcome.”***

~ Max Eastman

Thank You

**Thanks to Mark Osman and his staff for the beautiful floral display on the grounds of our temple sign.

Welcome to the Temple

Susan & Marvin Zaveloff, Bordentown
Josh & Colleen Affrime and Eva

Hebrew School

Hi Hebrew school and Sunday school families,

Just a reminder that there is *no Hebrew school or Sunday school next Sunday, October 2.* Please consider joining us instead for Erev Rosh Hashanah services that day at 7:30pm.

Also, is this anyone's bag? It was left behind after classes today. I've put it on the front table for its owner to pick up the next time you're here. (Those who were at the Shabbat service last week might remember that we talked about Talmudic perspectives on returning lost objects...)



Sisterhood News & Announcements

Hi Friends,

The weather is cooling and we are now officially in fall. We've had our first sisterhood meeting and it was a success! More than 15 people attended and after our short business meeting we made beautiful gift bags for different occasions. Everyone seemed to be having a good time. Thanks for the help cleaning up. Such a neat group, you tidied up before leaving. It was appreciated. And, thanks to Phyllis for a fun and productive craft!

Due to the busyness of October with High Holidays, we will not have a meeting this month. Our next meeting will be **Monday night at 7:30 on November 21, 2016**. With the help of Karen Nissim we will be making flower arrangements beautiful enough for a Thanksgiving table. We will need to know by November 10th who will attend so that Karen can arrange for the flowers and other supplies. The cost per person is \$45. Guests are always welcome.

It occurs to me that you might be part of B'nai Abraham but not part of the sisterhood. If you would like to become a member, send a check for \$30, made out to Sarah Seidel Sisterhood, to P.O. Box 245 c/o Marcy Schwartz. It's that simple and we would welcome your membership. We have about 7 meetings a year. We always begin with a short business meeting and try to follow these with an interesting activity or speaker. If you have any questions feel free to call me at 609-499-1761. We welcome and value your participation.

On-going fundraisers: **The Shalom cards designed by Elaine Trackman and Judy Schimmel will continue to be on sale for the remainder of the year. They are sold in bundles of 10 for \$15. If you would like to purchase a pack, email Judy Schimmel at timeout4two@gmail.com. After they are printed I will see that you get them. ** Cookbook: more information to come in the next newsletter. **The Ha Ha Jar is Back!

L'shannah Tovah,
Robin



**SARAH SEIDEL
SISTERHOOD**

“You are not alone, and I am not alone. We are in a Sisterhood, together, and together we can make it.”

- author unknown

Sisterhood Donations

- Happy Birthday to Sophie Oran from Phyllis Kamer and Family
- In memory of Carol Cohn's mother from Phoebe and Jeff Nissim.

Sisterhood Officers

Sisterhood President
Robin Afrime

Vice President
Linda Osman

Treasurer/Financial Scty
Marcy Schwartz

Recording Secretary
Marsha Caldwell

Corresponding Secretary
Patricia Light-Tolomeo

Trustees
Eileen Gale
Susan Giachetti

Rosh Hashanna / Yom Kippur



The Religious Committee is requesting volunteers for the aliyahot at the High Holiday services. We're trying to streamline some of the other things that we used to need volunteers for, and won't be giving out as many index cards as in prior years. Many of the readings are in English.

The second morning Rosh Hashanah service (10am) will be modified with a Lunch and Learn at 11:30 am on Tuesday, October 4th. Please let us know if you are attending so food can be prepared or ordered please contact Marcia: 609-298-2799 or email mjanrosen@comcast.net.

Please consider attending even if you've not had a chance to reply.

-Maria Rosen

לשנה טובה

*L'Shanah tovah
tikateiv
veteichateim!*

*May you be
inscribed and
sealed for a good
year.*

Tashlich Service

A Tashlich service will be held directly following the service on Rosh Hashanah Day One. For those who are not able to attend that day, or who are physically unable to wait on an ambiguous start-time, an additional Tashlich service will be held at 6:00pm on Thursday 10/6, which will insure involvement for Hebrew School children and families. (All of this assumes weather permitting of course...!)



Break the Fast

Temple B'nai Abraham and Sarah Seidel Sisterhood invite your family and you to join us for Break the Fast on Wednesday, October 12th at 7:30pm. Each family attending is asked to bring a prepared covered dish, which you can sign up for with your reservation. You must also volunteer to help set up or clean up. Cost is \$12.00 adults, children 6 - 12 \$6.00, and children 5 and under are free.

Please contact Karen Nissim at karennissim@aol.com with your reservations by October 5th. Please make your checks payable to Sarah Seidel Sisterhood and send the payment to Karen Nissim—38 Thompson St., Bordentown, NJ 08505.

Thank you and L'Shanah Tovah



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.

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

-Helen Keller

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. Anyone interested in helping to deliver meals once a month on Thurs. afternoons, please call Marcy at 609-610-1873.

It's very rewarding to have been collaborating with our friends and neighbors in the area for the past TEN YEARS (!) in these essential projects to help those in need.

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

May the joyful sound of the shofar herald a wonderful Year filled with joy, peace, laughter, love.



Yahrzeits for Fall 2016

It is with a heavy heart that we mourn the passing of Jay Trackman. Jay was surrounded by his family and Rabbi Julie, at peace in his home.

Week of Oct. 7 th	<ul style="list-style-type: none"> Herman Sternfeld, Father of Mildred Josephson
Week of Oct. 14 th	<ul style="list-style-type: none"> Ida Kushner, Mother of Sol Kushner Bea Schwartz, Aunt of Phyllis Chudoff Fred Gutstein, Husband of Lillian Gutstein Molly Schaffer, Mother of Rhoda Kessler Nissim Nissim, Father of Marty Nissim
Week of Oct. 21 st	<ul style="list-style-type: none"> Prudence Hait (Hyatt), Mother of Lauren Mann
Week of Oct. 28 th	<ul style="list-style-type: none"> Mervin Groveman, Husband of Seena Groveman Elsie Sternfeld, Mother of Mildred Josephson Howard Sacks, Father of Faith Hupfl Paul Goldfarb, Stepfather of Charyl Morginstin
Week of Nov. 4 th	<ul style="list-style-type: none"> Ray King, Friend of Sandy Schwartzbird Sol Kushner, Father of Ellen Benowitz Joseph Caldwell, Father of David Caldwell Bettie Schwartzberg, Mother of Sandy Schwartzbird
Week of Nov. 11 th	<ul style="list-style-type: none"> Myrna Morris, Wife of Ron Morris Samuel Gerson, Grandfather of Marsha Caldwell Mark Blatt, Cousin of Eileen Gale Gertrude Herzog, Grandmother of Michael Rosen, Mother of Madge Rosen Walter Harrison, Husband of Renee Harrison

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 2016-17

November 12 th Russell Cohen's Bar Mitzvah
December 10 th
January 21 st
February 11 th Lunch & Learn

March 11 th Josh Kunkler's Bar Mitzvah
April 29 th Mia Nissim's Bat Mitzvah
May 13 th
June 3 rd E. Gale & R. Affrime B'not Mitzvah

Rabbi's Message Continued



is it? What do you need to say? What do you hope to hear? Are you ready this year? Take a moment to imagine the exchange. Does it end with a restored relationship? An uneasy truce? Forgiveness? An embrace? Or perhaps just a letting go? When you are ready, turn from this encounter and continue on the path.

After a time, you round another bend in the path up the mountain and arrive in a clearing. On one side, the cliff face soars upward, with boulders of all sizes strewn about at its base. Some of the boulders tower above you. Along the other edges of the clearing conifer trees rise up, with wild flowers and brush scattered all around. It is peaceful, still, and quiet - finally. In this clearing you sense the divine presence offering you shelter and safety. How does this safe shelter look? How does it feel?

From this safe place, you hear the Blessed Holy One proclaiming the 13 Attributes of Divine Mercy. What mercy, what compassion, what comfort, do you need this year? Take in this Divine Mercy. How does it feel?

You offer the heavy stone tablets you have been carrying to the Blessed Holy One to be inscribed. At this moment, you can let go of any other burdens you carry as well. What do you need to release? Feel the weight of these burdens lift as you let go.

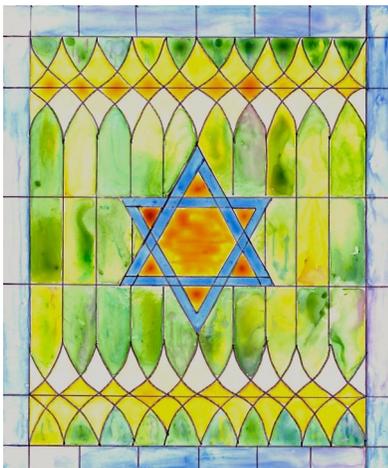
The Holy One is about to inscribe your tablets. What do you hope to have inscribed for the coming year, to carry with you as you descend from the Days of Awe? What instructions to guide you? What divine message? Picture this being inscribed on the tablets. Is it inscribed with a divine finger, with fire, a chisel, or some other way?

As you visualize this being inscribed on the tablets, feel it being inscribed on the tablets of your heart, your book of life. This is what you will carry with you from the Days of Awe; you can be reminded of this revelation with every heart beat. Listen for it as you listen to the Blessed Holy One proclaiming to you the 13 Attributes of Divine Mercy while carrying away your heavy burden into the light of the rising sun.

Take some time to journal and write down anything that you would like to remember, anything you would like to take with you from this visualized journey into your journey through the Days of Awe and beyond.

Shanah tovah u'metukah,
Rabbi Pfau

New Year's Card



This fall Sarah Seidel Sisterhood will be hosting a fundraiser. We have a beautiful New Year's card designed by Elaine Trackman and Judy Schimmel that we want to offer to temple and sisterhood members. The card, attached, is a lovely depiction of our stained glass windows. These very special cards are 10 cards for \$15. If you are interested, please contact Judy Schimmel at timeout4two@gmail.com to place your order. This will give us time to produce the cards and get them to you for the holiday. Then, send a check payable to Sarah Seidel Sisterhood to treasurer, Marcy Schwartz, at 110 Prince Street. On the memo line write New Year's card so Marcy will know why she has received your check.

There will be two versions of the card produced. One will be the New Year's card and will say L'Shanna Tovah, another will simply say Shalom and can be used as a general greeting card. The art is beautiful and I'm sure you will enjoy using these cards. Both kinds of cards will be available in packs of 10 for \$15.

We hope you will enjoy these cards and support this fundraiser.

**Temple B’nai Abraham and Sarah Seidel Sisterhood
Host List for Shabbat Services and Sisterhood Meetings
2016-2017**

If you are unable to host on your date, please switch with someone and let Robin know. You are responsible for finding a replacement. Contact me with any other concerns you might have. Email address: raffrime@gmail.com Home Phone Number: 609-499-1761

Date	Event	Host Families
10/3/16	Rosh Hashanna Honey cake, wine and grape juice	Affrime/ Osman Families
10/4/16	Rosh Hashanna Luncheon	The Rosen Family
10/12/16	Break the Fast	The Nissim Family
11/11-11/12/16	Russell Cohen Bar Mitzvah	The Cohen Family
11/21/16	Sisterhood Meeting Nosh	Phyllis Chudoff/Eileen Gale
12/2/16	Friday Night Oneg	Caldwell/Erickson Families
12/10/16	Shabbat Morning Luncheon	Mitchell/Lowry Families
12/14/16	Sisterhood Meeting Nosh	Rhea Goldman/Bonnie Goldman
1/6/17	Friday Night Oneg	Mindy Fink/ Anita Berson
1/9/17	Sisterhood Meeting Nosh	Nina Glanz/ Susan Giachetti
1/21/17	Shabbat Morning Luncheon	Osman/Ramos Families
2/11/17	Tu Bishvat Seder and Luncheon	Seder: Rosen Luncheon: Barman and Rochester Families
2/24/17	Friday Night Oneg	Aubry/ Josh Affrime Families
3/10-3/11/17	Josh Kunkler Bar Mitzvah	The Kunkler Family
3/11/17	Adult Purim Party at TBA all purpose room	Affrime/Chudoff
3/13/17	Sisterhood Meeting Nosh	Nissim/Lamonsoff Families
3/25/17	Shabbat Morning Luncheon	Epstein/Ehrlich Families
4/11/17	2 nd Seder at TBA all purpose room	Kim Aubry
4/28-4/29/17	Mia Nissim Bat Mitzvah	The Nissim Family
5/11/17	Sisterhood Meeting	Patricia Light-Tolomeo/Susan Zaveloff
5/13/17	Shabbat Morning Luncheon	Stan Zeichner/Sandy SchwartzBird
5/19/17	Friday Night Oneg: Hebrew School Advancement	Weiskott/Schwartz Families
5/20/17	Bordentown Street Fair Table	
5/21/17	Bordentown Street Fair Bake Sale	
6/2-6/3/17	Adult B’nai Mitzvah	Eileen Gale/Robin Affrime
6/12/17	Sisterhood Annual Covered Dish	Randy Bloom/Marsha Dowshen
6/30/17	Friday Night Oneg: Member of the Year	Schwartz/Shain/Weiss Families



**TEMPLE
B'NAI ABRAHAM**

58 Crosswicks
PO Box 245
Bordentown, NJ 08505

609.298.1527
www.bnai-abraham.org

<p style="text-align: center;"><i>Shabbat morning services begin at 10:00 a.m. (when there are B'nai Mitzvah, services begin at 9:30 a.m.)</i></p> <p style="text-align: center;">October, 2016 ~ Elul 5776-Tishrei 5777</p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">25</p> <p>9 am Sunday School</p> <p>10 am Hebrew School</p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p>	<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p> <p>4:30 pm Hebrew School</p>	<p style="text-align: center;">30</p> <p>7:30 pm Shabbat Services</p>	<p style="text-align: center;">Oct. 1</p>
<p style="text-align: center;">2</p> <p>No Hebrew School</p> <p>Erev Rosh Hashanah 7:30 pm services</p>	<p style="text-align: center;">3</p> <p>Rosh Hashanah 10:00 am Services</p> <p>1:00pm Tashlich</p>	<p style="text-align: center;">4</p> <p>Rosh Hashanah 10:00 am Lunch & Learn 11:30 am</p> <p>Oneg: Rosen</p>	<p style="text-align: center;">5</p>	<p style="text-align: center;">6</p> <p>4:30 pm Hebrew School</p> <p>6:00pm Tashlich</p>	<p style="text-align: center;">7</p> <p>7:30 pm Shabbat Services</p>	<p style="text-align: center;">8</p>
<p style="text-align: center;">9</p> <p>9 am Sunday School</p> <p>10 am Hebrew School & Sukkah Building</p>	<p style="text-align: center;">10</p>	<p style="text-align: center;">11</p> <p>Kol Nidre 6:00 pm</p>	<p style="text-align: center;">12</p> <p>Yom Kippur 10:00 am Services 5:30 pm Services Break the Fast 7:30pm</p>	<p style="text-align: center;">13</p> <p>No Hebrew School</p>	<p style="text-align: center;">14</p> <p>7:30 pm Shabbat Services</p>	<p style="text-align: center;">15</p>
<p style="text-align: center;">16</p> <p>9 am Sunday School 10 am Hebrew School</p> <p>10:15 Board Meeting</p>	<p style="text-align: center;">17</p>	<p style="text-align: center;">18</p>	<p style="text-align: center;">19</p>	<p style="text-align: center;">20</p> <p>4:30 pm Hebrew School</p>	<p style="text-align: center;">21</p> <p>6 pm Tot Shabbat</p> <p>7:30 pm Shabbat Services</p>	
<p style="text-align: center;">23</p> <p>9 am Sunday School</p> <p>10 am Hebrew School</p>	<p style="text-align: center;">24</p>	<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p> <p>4:30 pm Hebrew School</p> <p>6:30pm Game Night</p>	<p style="text-align: center;">28</p> <p>7:30 pm Shabbat Services</p>	<p style="text-align: center;">29</p>
<p style="text-align: center;">30</p> <p>9 am Sunday School</p> <p>10 am Hebrew School</p>	<p style="text-align: center;">31</p>	<p style="text-align: center;">Nov. 1</p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">3</p> <p>4:30 pm Hebrew School</p>	<p style="text-align: center;">4</p> <p>7:30 pm Shabbat Services</p>	<p style="text-align: center;">5</p>