



the jewish connection

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A Message from Our Rabbi



There are times in our lives when we face deep questions like, “Who am I? What is my purpose? What is life’s meaning?” But, the next Jewish holiday in our calendar invites us not to ponder and pontificate: instead,

we are to roll up our sleeves, grab a grogger, and listen to a story! For Purim (March 20-21, 2019), just hearing the story is even a mitzvah! Other holiday practices include giving tzedakah, eating a festive meal and sending gifts of food to friends.

A holiday for the kids, sure! Purim is all about levity. But it’s also a deep holiday for adults to consider life, death, survival and hiding. On one level it’s simply fun to shake the grogger when we hear Haman’s (“Boooooo!”) name. On another level, if only shaking a grogger would truly blot out illness, poverty, violence and all that threatens our world! Donning costumes, we hide behind ourselves. Even G-d hides in the story. As if in a serious game of spiritual hide-and-go-seek, G-d is not even mentioned in the entire Book of Esther.

Purim is an opportunity for us to ask ourselves, “What, if anything, are we hiding from in our own lives?” What spiritual insight or “hamentaschen crumb of wisdom” is waiting to be revealed?

Our story’s heroine, Esther, hides her own identity, until she can’t any longer. Her Hebrew name, Hadassah, and her cultural and religious heritage, can no longer remain in the background of her life. Esther’s hiddenness is essential to her identity development and becoming fully who she is. Paradoxically, in hiding, we can become revealed to our true selves. Real growth, for Esther and for us, requires a sense of openness, vulnerability, and flex-

ibility.

For some, costumes are just plain silly. For others, a wardrobe change can make all the difference and help us be comfortable in our own skin. While growth is not always apparent to the naked eye (Can we see a tree grow from moment to moment?), real growth eventually reveals itself over time. Esther can’t be her true and full self while in hiding. In owning her own Jewish identity she becomes an example for us all. Not only does she stand up to power and for her people, she also invites us all to become fully aware of the many-layered and sometimes hidden dimensions of ourselves.

Shaking groggers, costuming, laughing, storytelling and reveling are all important in our often too busy, hectic and heavy daily lives. Purim comes along as Jewish life’s prescription to release the sacred pressure valve. “Ahhhhhh....!”

May the coming months bolster us for a life of wholeness and return us to who we really are – all while taking our fun, very seriously.

With joy and an open heart,

Connection Newsletter DIGITAL VERSION

**If you are interested in receiving
the Connection digitally,
please email us at: Office@UVJC.org
or call Chris at 603-646-0460.**

**You may view current and past issues
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By Debbe Callaghan, President

Tu B'Shevat falls on January 21 this year. It represents the beginning of spring in our tradition, though here in the Upper Valley we are experiencing a blast of Arctic air and sub-zero temperatures. It is the warmth and positive thinking of our community that makes our synagogue feel spring-like beneath our parkas.

We have so much activity happening! Some is communicated in the weekly Update and some is behind the scenes. We are delighted with the positive responses to the many advertised activities – from prayer to study to bread baking to knitting to Soup Group, to name a few. Additionally, we are working to initiate a caring and wellness program to provide for short-term needs a family or congregant might have in a time of illness or life change. We have a very capable group who have volunteered to organize this committee and its work. Stay tuned!

Behind the scenes, there is also much activity. Many have responded to our Sustainability Campaign mailing, and to you we again express our heartfelt thanks for supporting this most important initiative! If you missed the mailing or just don't know about the Sustainability Campaign, please reach out to me and I will be happy to discuss. We are also beginning work to update our website platform to make it more flexible and user friendly. Additionally, we continue to seek the appropriate balance regarding security at the Roth Center and will be in touch with more specifics in February.

We have already reserved the Hulbert Center for December 13-14, 2019 for our second community retreat. If you would like to participate in the planning, please be in touch. This is a retreat for ALL community members.

One of the joys of sharing in a community is celebrating together. Please join us on a Shabbat morning by sharing your simcha with a kiddush – birthdays, anniversaries, graduations, even *yahrzeits* are all good reasons to sponsor a kiddush. We even have a suggested shopping list to make it extra easy, and you are guaranteed the honor of an *aliyah* (if you'd like) for your participation.

It was a sincere joy to have two home-grown college students return over their winter breaks to lead us in Shabbat worship – what a joy to see our young people come home and share their talents!

I look forward to hearing from you. I'm sending you all warm thoughts.

Volunteer to Sponsor a Kiddush

Responsibility to prepare our weekly Shabbat *kiddush* is rotated among UVJC volunteers who attend services. Preparing *kiddush* for the congregation is a great way to celebrate a birthday, graduation, wedding anniversary, or to commemorate a loved one's *yahrzeit*. It's also an opportunity to get together with old friends and make new ones.

For those unfamiliar with the tradition of Shabbat morning *kiddush*, it is the time following the service when we gather over wine, grape juice, challah and other goodies. But most of all, we come together to enjoy Shabbat with good fellowship.

Wine, grape juice, paper goods and cups are supplied by the UVJC. The weekly *kiddush* volunteer supplies the challah. One may add to the fare if one wishes. For example, herring, gefilte fish, cheese, cookies, coffee cake, sweet rolls, pretzels, or fruit make nice additions to the *kiddush* table.

Please visit <http://bit.ly/2f1OoxV> to sign up to sponsor a *Kiddush*.



***Hello from the
Hebrew School Hallway!
Melissa Herman, Education Director***

Dear Kol Ha'Emek families,

We are enjoying many new and old faces at school these days. Lots of parents are staying for assembly, learning songs and Hebrew words along with the kids. I love this! Feel free to join in any Sunday morning from 10 am to 10:20 am.

I am thrilled that so many teachers from previous years are back in the classroom and broadening the age range of the faculty. We welcome the experience and wisdom of Barry Wenig, Pam Hausler, Gloria Finkelstein, and Jamielynn Garland. We continue to be blessed by the help of Lori Siegel, Nina Sand-Loud, Ruth Margolis, and Ana Utell in the classroom and in the school. Anyone interested in helping or joining the faculty, please be in touch! I always need substitute teachers, classroom aides, and kitchen helpers.

Hebrew school enrollment is up 25% and Tot Shabbat has been a fantastic feeder for school. Kudos to Amanda Silver and Jeremy Horowitz for leading that effort: at the last Tot Shabbat, there were over 30 people in the room!

I'm also delighted to report that our youth group, the "Jew Crew," is growing in size and excitement. In the fall, the Crew met every other Tuesday evening for supper and a variety of activities both intellectual and social. They made *soufganiyot* and discussed the magic of Hanukkah oil, attended "Matilda" at Northern Stage, screened and discussed Jewish films, and had an Asheknazi vs. Sephardi cooking competition (matzah balls vs. *shakshukah*).



We have had occasional visits from Noam Wolf, the NH Jewish Federation *shlich*. Noam taught the students a song about enjoying the beach in Israel and followed up with some great beach vocabulary and skits.

**Please mark your calendars for an awesome
SHABBAT & PURIM CARNIVAL
Friday, March 22nd
the Roth Center from 5-7:30 pm**

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& COMMITTEE CHAIRS**

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The jewish connection

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5 Occom Ridge
Hanover, NH 03755

DONATIONS

Library Fund

Sue and Paul Etkind for Jewish Genealogy group books
Jill Miner Post for Jewish Genealogy group books
Sharon and Robert Racusin for the Jewish Genealogy group books
Sylvia and Barry Scherr for Jewish Genealogy group books
Alan Schned for Jewish Genealogy group books

Adult Education Fund

Sue and Paul Etkind towards the Lunch and Learn: Kiddush/Catering on January 5th

Rabbi Discretionary Fund

Andrea and Richard Kremer in memory of their parents,
Mary and Harold McCrensky and Amy and Leonard Kremer M.D.
Julia and Jonathan Weiss and Family

UVJC General Fund

Gary Apfel
Rosemary Brown in recognition of Claudia Palmer and Chris DePierro's consistent contributions
to the religious and cultural richness of the UVJC
Shelly and Mark Creager
Sue and Paul Etkind in honor of Rusty and Marlene Sachs' 50th Wedding Anniversary
Laura-Beth and Dennis Goodman
David Greenfield
Deb and David Hoffer
Andrea and Richard Kremer in memory of Lisa Schwartz, MD
Yoni and Stephen Neirman in appreciation of Debbe Callaghan
Yoni and Stephen Neirman in honor of Marlene and Rusty Sachs' 50th Wedding Anniversary
Ellen and Dan Rockmore in honor of Ann Gelb and Dan Bagatell
Ellen and Dan Rockmore in honor of Jean and Bill Brown
Ellen and Dan Rockmore in honor of Susan and Mark Israel
Ellen and Dan Rockmore in honor of Shira Hoffer
Ellen and Dan Rockmore in honor of Scott Pauls and Laura Fineberg
Robert Shumsky in honor of his son Benjamin Williams becoming a Bar Mitzvah
Rhonda and Alan Siegel in memory of Elaine Newman
Robert Sprafkin
Elizabeth and Jack Weingarten
Samuel Westelman
Phyllis Whitney

UVJC Endowment Fund

Jeremey Katz
Jane Lipson in honor of her sister, Margaret Susan Gotlieb
Keith Loud and Nina Sand-Loud in honor of the 50th Wedding Anniversary of Marlene & Rusty Sachs

UVJC Soup Group Fund

Bayle and Richard Drubel
Susan and Mark Israel
Dianne and Gary Levine



Yahrzeit/Memorial Plaque

The act of remembrance is a profound experience in Jewish tradition. Remembrance brings to present consciousness the influence, love, and nurturing that the departed brought to us, our children, and our children's children. A *yahrzeit* board offers a way to respect and pay tribute to the memories of our departed loved ones.

The *yahrzeit* board in the Alperin Sanctuary at the Roth Center for Jewish Life at Dartmouth College provides each member of our congregational family the opportunity to engage in the profound mitzvah of remembrance by acquiring a *yahrzeit* plaque. On the anniversary of the *yahrzeit* (the date of death), a light is illuminated adjacent to the deceased's name.

If interested in acquiring a *yahrzeit* plaque, please contact the UVJC office at 603-646-0460 or at office@uvjc.org.

Yahrzeit Contributions

- Marjorie Aptakin in memory of Alfred Spencer, Marjorie's father
- Peter Aptakin in memory of Samuel Aptakin, Peter's father
- Barbara Brown in memory of Joseph Halpern, her father
- Barbara Brown in memory of Yetta Brown, her mother-in-law
- Rosina Carpentier in memory of Lazard and Lillian Katz, her parents
- Rosina Carpentier in memory of Irene Krivit, her sister
- Thomas Cochran in memory of Elieser Slomovic, his teacher
- Aila Conarck in memory of Sheila Conarck, her sister-in-law
- Aila Conarck in memory of Jack Levy, her uncle
- Harriet and Rick Fingeroth in memory of Murray Fingeroth, Rick's father
- Katie and Andy Friedland in memory of Sidney Friedland, Andy's father
- Jane and Harvey Greenberg in memory of Richard B. Greenberg, Harvey's brother
- Daniel Levin in memory of Jeanne Fond, his grandmother
- Dianne and Gary Levine, in memory of Louis Pazornik, Dianne's grandfather
- Dianne and Gary Levine in memory of Jonathan Harris, their brother in-law
- Eric Levy and Laura Parker in memory of Selma Levy, Eric's grandmother
- Monroe Mayer in memory of Irving Stringer, Leo Mayer and Joan Mayer
- Yoni and Stephen Neirman in memory of Daniel Stevens, Yoni's father
- Diane Roston in memory of David Plaut, her husband
- Diane Roston in memory of Muriel Roston, her mother
- Rusty Sachs in memory of Ernest Sachs Jr., his father
- Rusty Sachs in memory of Ernest Sachs Sr., his grandfather
- Rusty Sachs in memory of Maisie Sachs, his grandmother
- Lynn and Gary Schwartz in memory of Ethel Schwartz, Gary's mother
- Rhonda and Alan Siegel in memory of Elaine Newman
- Renee, Aaron, and Michael Snow in memory of Dr. Norman J. Snow

Designate a gift to Kol Ha'Emek throughout the year.

Make check payable to "UVJC" or "Upper Valley Jewish Community," note name of fund on the memo line.

Donations may be directed to the UVJC General Fund or specifically to one of the following funds:

Adult Education Fund: To support guest speakers and other special adult programs

Beautification Fund: To be used toward furnishings, decorations, and ornamentation to enhance the Roth Center for Jewish Life.

Cemetery Fund: To help with landscaping and maintenance of the UVJC cemetery.

Library Fund: For purchase of books or library materials.

Endowment Fund: Contributions of cash or securities,

payable to the UVJC Endowment Fund. Interest will be used to support the activities of the community.

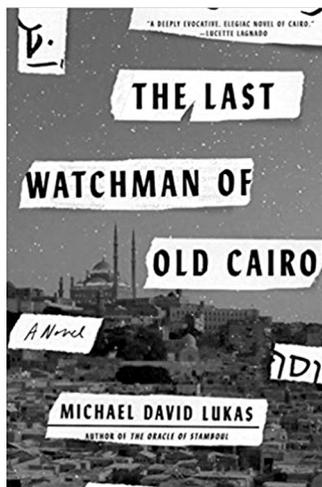
Rabbi's Discretionary Fund: For charitable purposes as determined by the Rabbi.

School Programming Fund: To support special programs over and above the curriculum.

Teen Programming Fund: To support young adults in our community to participate in Jewish programs.

Literature Lovers

We are members of an enthusiastic reading group who love to discuss books proposed by group members. We welcome new participants. Come join us! Literature Lovers usually meets at 7:00 PM the last Sunday of the month, unless otherwise noted. For location or information, please contact Susan Cohen at 603/643-3611, or email sncohen037@gmail.com



SUNDAY, FEBRUARY 24

The Last Watchman of Old Cairo by Michael David Lukas

An American student with a Jewish mother and Muslim father explores his family's tangled roots in the history of Cairo's ancient synagogue. When he receives the bequest of an ancient document fragment after the death of his Egyptian father, Berkeley grad student Joseph al-Raqb embarks on a search to discover its provenance. An appealing family drama illuminates the fascinating story of a famous repository of Jewish documents, the Cairo Geniza.

Mussar/Spiritual Practice of Jewish Ethics with Rabbi Mark

Sunday mornings • March 10, 17 and 31 • 10:30 am to noon

All are welcome. No previous experience necessary.



*"How can I make real change in my life?
What is the way to true joy?"*

"What are the challenges to living a 'good life'?"

We will begin with a brief introduction to the Jewish spiritual discipline of Mussar/Ethics, which began as a community practice in 19th Century Lithuania. It suggests a practical path towards answering these questions. Then, we'll dive into the practice, reflection, and discussion of some of the values, such as order, humility, gratitude, and patience, that can help guide our daily lives.

This discipline has had a lasting and indelible impact on Rabbi Mark, as he spent two years as a student in the "mussar model" with Rabbi Ira Stone.

Our three-class workshop will include reading selections and discussion of both traditional and contemporary Mussar texts in English. Participants are encouraged to put the values we discuss together into action with a short daily reflection between classes.

For a brief introduction, visit: www.myjewishlearning.com/article/the-musar-movement/

Bimah Baskets & Centerpieces for B'nai Mitzvah & Other Special Occasions

A Beautiful Alternative to Flowers

Colorful and elegantly-arranged baskets of food provide the festive beauty of flowers and infuse your occasion with the spirit of *tikkun olam*. Afterwards, the contents are donated to food pantries. Perfect for B'nai mitzvah, Kiddushes and other occasions. The Social Action Committee is delighted to prepare the baskets. You pay only for the contents.

For further info, contact UVJCSocAction@gmail.com



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today, next week and into the future
on Facebook.

Please request to join the UVJC page today at
www.facebook.com/uppervalleyjewishcommunity

Visit the UVJC website *OFTEN*, for *ALL* the news:
www.uvjc.org

Upper Valley Jewish Community Cemetery

The UVJC owns and maintains its own cemetery for your comfort and service in times of need.

We encourage UVJC members to think about their future needs in advance. Plot locations may be selected, and information that you may want family members to have can be recorded informally at a time when there is no present need.

Inquiries about the cemetery or plot acquisition should be directed to the UVJC Office Administrator at 603-646-0460.

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