



# THE JEWISH CONNECTION

JUNE 2020 • ISSUE 79

## D'VAR HA'RAV: A WORD FROM RABBI MARK

“Man plans and G-d laughs.”

It's summertime and the livin' is most definitely not easy! What a whirlwind it's been over the last few months, and what unprecedented changes we've endured. On the one hand, it feels as if time itself has slowed down with very distinct days that drag along. On the other hand it feels like a blur. Many still feel stuck, even as some aspects of regular life begin to “open up” again. Others feel liberated in some ways from the daily schlepping, traffic, being overscheduled, etc. One of the enjoyable projects that has occupied a small amount of my stay-at-home time during the pandemic is writing poetry with my son. Here's a short one I wrote called, “Pandemic, Week One.” Even though it was fourteen weeks ago, in many ways it feels like it was just yesterday.

*Stuck - at home, in this season's muck and mud, of life.  
Stretches of snow still sit, staying put,  
we're not out of this, yet - it all goes by:  
Zoom.*

Besides spending more time with family, working from home, Zooming Shabbat and holiday services and classes, phone calls, getting out for walks, and reading and writing poetry -

*What are we going to do this Summer?* What will we do when school is out, as our fragile schedules vanish? Schedules. Skimpy as they've been during this stay-at-home time, they've been essential to the sanity of our household. While we may want to sometimes toss them out the window and live spontaneously in the moment, it turns out they're often helpful to making the moment possible. Searching for wisdom about this topic, I found this passage by Annie Dillard.

“I have been looking into schedules. Even when we read physics, we inquire of each least particle. What then shall I do this morning? How we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days. It is a scaffolding on which a worker can stand and labor with both hands at sections of time. A schedule is a mock-up of reason and order—willed, faked, and so brought into being; it is a peace and a haven set into the wreck of time; it is a lifeboat on which you find yourself, decades later, still living. Each day is the same, so you remember the series afterward as a blurred and powerful pattern.” (*The Writing Life*, p.31-32)

With most summer camps cancelled and socializing done at a distance, many of

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## GATHER TOGETHER

The UVJC is currently using Zoom for virtual gatherings (audio/video). If you'd like help learning how to Zoom, please contact Chris at 603-646-0460. There are no silly questions and patient and kind technical assistance is available to help you via the telephone.

Please check our website for calendar updates and events:  
[www.uvjc.org](http://www.uvjc.org)

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JULY 2020 - JUNE 2021

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# מורה שניא

## COMMUNITY MESSAGE FROM THE PRESIDENT

In the past few months our lives have changed in ways we never could have imagined even just a few months ago. We have spent weeks without in-person socializing; we have left the house only for essential purposes; we have delayed haircuts, healthcare, and holiday gatherings; and we have lived with a gnawing uncertainty of the future.

Dwelling on the uncertainty of the future is crazy making. Please try to avoid this activity—count sheep, meditate, practice breathing, sing your favorite prayer, go for a socially distanced walk. Call Rabbi Mark, reach out to a friend, email the UVJC office, or call me.

Thinking about certainty, or those things we are still reasonably certain about, is much more reassuring. Shabbat. Celebrating Shabbat each week has taken on an increased importance as we've been sheltering in place. The rhythm of the week has changed but Friday night at 6pm, I always know where I'll be. Making Shabbat different from the rest of the week has taken on a new meaning, a new significance—an opportunity to find goodness and gratitude in our changed world, an opportunity to continue to connect with our Jewish community, a chance to pause, become re-centered, to hear, to open-up.

Shabbat also creates the opportunity to rise to the challenge to fulfill the unbroken bond with our ancestors—most of us have never experienced an external life threatening challenge before. This is new territory and standing on the deep foundations of prayer and Torah may offer emotional and intellectual companionship. We are not alone.

We are fortunate that the UVJC adapted early to Zoom, we have strong minyans each week, and we are building our Zoom gathering opportunities. When will we gather in person again? While the date remains uncertain, we will heed the science and do everything possible to keep our Jewish community safe. In the meantime, we are together, we are vibrant, and we hope you join us as we are certain to flourish together even through this pandemic.

In closing, I'd like to recognize my person of certainty in uncertain times. The person I rely on for courage and guidance. Carey, thank you for helping me through decades of good times and hard times and this pandemic – Happy Anniversary.

Wishing you a safe and healthy summer, *Debbe*

## בתינוכים חדשים

### WE JOYOUSLY WELCOME OUR NEWEST MEMBERS!

JASON HIRSCHHORN

GABRIELLE & ERIC MERBERG

MERLE MYERSON

# בית ספר HEBREW SCHOOL AND YOUTH HAPPENINGS

Greetings from the Hebrew School hallway my home office, where my desk is piled with books and resources that teachers have requested over the last two months of remote learning: story books, Hebrew primers, and teaching resources. The teachers have done an amazing job of pivoting to remote learning with 30-minute classes and one-on-one Hebrew tutoring with each student. The madrichim have really stepped up and taken on a lot of the one-on-one tutoring, which students seem to appreciate a lot.

Learning online is not anyone's favorite, but we've done our best and I think the result has been pretty good. For next year, we are planning to have a hybrid model of instruction that can be used both at the Roth Center and in Zoom classes. The details are being worked out, but will probably involve staggered schedules and lots of sanitizing between groups of students in the building, as well as an option for remote learning even when some students are back in the building.

I appreciate the resourcefulness of the faculty, the cooperation of the students, and the patience of the families as we work out the kinks of our new learning environment. Please send any feedback, suggestions, and constructive criticism to me about plans for next year.

Have a wonderful summer, *Melissa*

## DAYBREAK: KEEPING THE UPPER VALLEY CONNECTED

It has been over a year since UVJC member Rob Gurwitt has been publishing Daybreak, a compilation of pieces pulled together each weekday, linking to published news stories, Facebook posts, cool (local) photos, and entertainment options—all designed to give readers a quick sense of what's going on around us in the Upper Valley, Vermont, and New Hampshire. Rob's useful, straightforward, and friendly voice connects us to the community around us.

When COVID-19 descended, a new section, #UVTogether, was added, letting us know the many ways neighbors, businesses, and community organizations are taking action to support one another.

*Subscription to Daybreak is free; donations are welcome. To check out the weekday postings, you can email Rob at [rob@daybreak.news](mailto:rob@daybreak.news)*

## THINKING AHEAD ABOUT THE HIGH HOLIDAYS

As is the custom in June, planning for the High Holidays is underway. The Rabbi, members of the Ruach Committee, and others in the community have been meeting to discuss a variety of scenarios for how the community can worship, pray, and share "together" during Rosh Hashanah and Yom Kippur. The uncertainties relating to how the COVID-19 pandemic will unfold between now and mid-September make it impossible at this point to commit to one specific plan. A variety of scenarios are being discussed, including planning for in-person, virtual, and (if possible) a hybrid of services, all of which take into account the need to be adaptable, flexible, and most importantly, safe.



**DID YOU KNOW?** You can enroll your child(ren) in PJ Library to receive free books each month, free music, and more! Learn how by visiting: <https://pjlibrary.org/>

## UVJC CEMETERY

The UVJC owns and maintains its own cemetery for your comfort and service in times of need. We encourage our members to consider their future needs in advance. For more information, please call the office at 603-646-0460.

## GIFT DESIGNATIONS

*Gifts may be directed to the General Fund or one of the following:*

- Adult Ed** (guest speakers and other special adult programs)
- Beautification** (furnishings, decorations, and ornamentation)
- Cemetery** (landscaping and maintenance of our cemetery)
- Endowment** (to support the future of the community)
- High Holiday Appeal** (enabling free High Holiday services and sustaining ongoing Jewish life in our community)
- Library** (for purchase of books or other library materials)
- Rabbi's Discretionary** (charitable purposes determined by the Rabbi)
- School Programming** (special programs outside of the curriculum)
- Teen Programming** (support for young adults in our community to participate in Jewish programs)

# TALK OF THE SEASON: ANNUAL MEETING (JUNE 14, 2020) RECAP

On Sunday June 14, the UVJC held its Annual Meeting via Zoom. Board President Debbe Callaghan offered a summary of the many ways that the UVJC has been active during the past year, and its offerings of religious, social, and educational opportunities:

## Events and celebrations:

- The wonderful Havdalah cruise on Lake Sunapee
- Our festive and joyous celebration of Rabbi Mark's Installation & History Group Book Launch
- A complete schedule of meaningful High Holiday and fall holiday services
- The engaging Retreat at the Hulbert Center in December
- The lively Hanukkah Party
- The traditional Jewish Chinese food Christmas Eve Dinner
- Our storytelling program, *Oy Vey!*
- Purim study and songs
- Our first ever Zoom Passover Seder
- A meaningful observance of Yom Ha'Shoah
- Yom Ha'Hazmaout celebration with stories about Israel
- The surprise Happy Spring/Happy Mother's Day flower delivery and family Shabbat service
- We honored Bruce Pacht for his many years of service to our community
- Bagel sales raising \$1200 for the Haven
- Recent Shavuot celebrations
- Gathering together last weekend to express our concerns about ongoing racial injustice and to affirm that Black lives matter

## Regularly-scheduled gatherings:

- Friday evening and Saturday morning services – every week!
- Weekly Psalms class
- Monthly Mussar class
- Monthly Parshat Ha' Shavua study session
- Monthly UVJC Book Group

- Almost-monthly fiber arts gathering
- And starting next week: three summer mini classes!  
There is still time to sign-up! (See back page for info.)

In addition, Debbe acknowledged several standing Committees that are the backbone of our community and welcome your participation.

- **Caring & Chesed** chaired by Roberta Berner
- **Education** chaired by Thomas Cochran
- **Finance** chaired by Paul Etkind
- **Ruach** chaired by Jeff Lubell
- **Social Action** chaired by Lynn Schwartz, Carolyn Gordon and Alice Berliner

During the meeting, three new trustees were appointed: Fred Lerner, Peter Orner, and Diane Roston. Each will serve a three-year term. Matthew Henken and Thomas Cochran were each confirmed for a second three-year term. The slate of officers was also approved – President: Debbe Callaghan; Vice Presidents: Thomas Cochran, Rob Greene, Kathy Parsonnet; Secretary: Deb Hoffer; and Treasurer: Paul Etkind. Many thanks to Immediate Past President, Rusty Sachs for chairing the Nominating Committee.

Rabbi Mark offered meaningful and most appropriate Words of Intention about the importance of flexibility. (See his June 17 *Torah for Turbulent Times* to read more.) Melissa Herman updated us on Hebrew School programming and engaged us in learning hand signs for the 10 Commandments. President and Treasurer reports recapping the past year and looking forward to 5781 were also presented. The UVJC is in good shape!

Departing trustees were honored and thanked for their hard work, dedication, and significant contributions. On behalf of the community, Pam Hausler honored Sue Berg and Bonnie Kimmelman honored Jeff Lubell.

## IN SOLIDARITY

*"Empathy, anger, love, overwhelmed, 1619, bubble, language divide, riots, outrage, looting, affecting the majority, my neighborhood, government failed, unfathomable, raise the conversation, stuck, frustration, advocacy, change, chronically desynthesized, hopes and dreams, next generation, pray for the world, reach out to ask what's it like, invisible again, calling out, empower each other."*

Just a few of the words shared and heard by those who were together for the **Gathering of Solidarity, Peace & Healing**. The gathering included a blessing from Rabbi Mark, an inspiring d'var Torah from Gracie Callaghan, sharing and listening in a safe space, and concluded with blessings for healing and peace by Kathy and Jeff Parsonnet, plus memorial prayers for all whose lives have been needlessly lost as a result of racism, injustice, and looting.

Please take a moment to read the **Statement of Solidarity** from the UVJC Board of Trustees and Rabbi Mark on page 7.

# July 2020 9 Tammuz 5780 - 10 Av 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please Go to UVJC.ORG for the Current Calendar			1 <small>9 TAMMUZ</small>	2 <small>10 TAMMUZ</small>	3 <small>11 TAMMUZ</small>  <b>8:04</b> 6:00 pm Shabbat Service	4 <small>12 TAMMUZ</small>  Chukas - Balak 10:00 am Contemplative Shabbat Service
	5 <small>13 TAMMUZ</small>	6 <small>14 TAMMUZ</small>	7 <small>15 TAMMUZ</small> 1:30 pm Psalms Class with Rabbi Mark	8 <small>16 TAMMUZ</small> 7:00 pm Deepening Prayer with Rabbi Mark	9 <small>17 TAMMUZ</small>  Fast of the Seventeenth of Tammuz 7:00 pm Parshat Class with Rabbi Mark	10 <small>18 TAMMUZ</small>  <b>8:02</b> 6:00 pm Shabbat Service
12 <small>20 TAMMUZ</small> 7:00 pm Sunday Havdallah and Schmooze	13 <small>21 TAMMUZ</small>	14 <small>22 TAMMUZ</small> 1:30 pm Psalms Class with Rabbi Mark 7:00 pm Fiber Arts via Zoom	15 <small>23 TAMMUZ</small> 7:00 pm Deepening Prayer with Rabbi Mark	16 <small>24 TAMMUZ</small> 7:00 pm BOT Meeting	17 <small>25 TAMMUZ</small>  <b>7:57</b> 6:00 pm Family Shabbat Service	18 <small>26 TAMMUZ</small>  Mattos - Masei 10:00 am Shabbat Service
19 <small>27 TAMMUZ</small>	20 <small>28 TAMMUZ</small>	21 <small>29 TAMMUZ</small> 1:30 pm Psalms Class with Rabbi Mark	22 <small>1 AV</small>  Rosh Chodesh Av 7:00 pm Deepening Prayer with Rabbi Mark	23 <small>2 AV</small>	24 <small>3 AV</small>  <b>7:52</b> 6:00 pm Shabbat Service	25 <small>4 AV</small>  Devarim 10:00 am Shabbat Service
26 <small>5 AV</small> 7:00 pm UVJC Book Group	27 <small>6 AV</small>	28 <small>7 AV</small> 1:30 pm Psalms Class with Rabbi Mark	29 <small>8 AV</small> 7:00 pm Tisha B'Av Program	30 <small>9 AV</small>  Tisha B'Av	31 <small>10 AV</small>  <b>7:44</b> 6:00 pm Shabbat Service	Please Read the Weekly Update Email!

# August 2020 11 Av 5780 - 11 Elul 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please Go to UVJC.ORG for the Current Calendar						1 <small>11 AV</small> Va'eschanan 10:00 am Contemplative Shabbat Service
2 <small>12 AV</small>	3 <small>13 AV</small>	4 <small>14 AV</small> 1:30 pm Psalms Class with Rabbi Mark	5 <small>15 AV</small> Tu B'Av 7:00 pm Love and Dessert	6 <small>16 AV</small>	7 <small>17 AV</small> 7:36 6:00 pm Shabbat Service	8 <small>18 AV</small> Ekev 10:00 am Shabbat Service
9 <small>19 AV</small>	10 <small>20 AV</small>	11 <small>21 AV</small> 1:30 pm Psalms Class with Rabbi Mark	12 <small>22 AV</small> 7:00 pm Parshat Class with Rabbi Mark	13 <small>23 AV</small> 7:00 pm BOT Meeting	14 <small>24 AV</small> 7:26 6:00 pm Shabbat Service	15 <small>25 AV</small> Re'eh 10:00 am Shabbat Service
16 <small>26 AV</small>	17 <small>27 AV</small>	18 <small>28 AV</small> 1:30 pm Psalms Class with Rabbi Mark 7:00 pm Fiber Arts via Zoom	19 <small>29 AV</small>	20 <small>30 AV</small> Rosh Chodesh Elul - Day 1 7:00 pm Getting it right in Elul with Rabbi Mark	21 <small>1 ELUL</small> Rosh Chodesh Elul - Day 2 7:15 6:00 pm Family Shabbat Service	22 <small>2 ELUL</small> Shoftim 10:00 am Shabbat Service
23 <small>3 ELUL</small>	24 <small>4 ELUL</small>	25 <small>5 ELUL</small> 1:30 pm Psalms Class with Rabbi Mark	26 <small>6 ELUL</small>	27 <small>7 ELUL</small> 7:00 pm Getting it right in Elul with Rabbi Mark	28 <small>8 ELUL</small> 7:04 6:00 pm Shabbat Service	29 <small>9 ELUL</small> Ki Seitzei 10:00 am Shabbat Service
30 <small>10 ELUL</small> 7:00 pm UVJC Book Group	31 <small>11 ELUL</small>	Please Read the Weekly Update Email!				

**DONATIONS (THRU 6/15/20)  
RECEIVED WITH GRATITUDE:**

**ADULT EDUCATION FUND**

Upper Valley Jewish Genealogy Group

**CARING & CHESED COMMITTEE**

Roberta Berner, Rosina Carpentier, and Rich Abel in memory of Sheryl Lerner

**GENERAL FUND**

Richard Abel and Roberta Berner in honor of all UVJC is doing to keep us connected and for Passover

Richard Abel and Roberta Berner in memory of Dr. Laurel A. Spielberg

Belinda and Michael Banchik

Susan and James Berg

Rosemary Brown in honor of Jean Brown's extraordinary service to NCCC

Leslie and Sanford DeLugach in honor of Rabbi Mark and Hayley DeLugach

Jonathan Horowitz

Betty Lauer in appreciation of Chris DePierro's help

Joan and Seymour Rachlin in appreciation of the UVJC Eastman Shabbat Services

Sharon and Jerome Smith

Muriel and Robert Steinberg in appreciation of Rabbi Mark's Torah Messages

Linda and William Wertheim in appreciation of UVJC Zoom Shabbat Services and Seder

**LIBRARY FUND**

Susan and Mark Israel in memory of Sidney Israel, Mark's father

Susan and Mark Israel in memory of Sheryl Lerner

**RABBI DISCRETIONARY FUND**

John Alexander

Bonnie Gordon and Robert Braitman

Andrea and Richard Kremer

Cheryl Rostad in memory of Lillian Smith, her mother

Linda Wertheim

**UVJC CEMETERY FUND**

Arline and Barry Rotman in memory of Marion Schwartz, Arline's mother

**Yahrzeit Contributions**

Ruth Berman in memory of Sheryl Lerner

Bonnie Gordon and Robert Braitman in memory of Claire Braitman, Robert's mother

Barbara Brown in memory of Channing Brown, her husband

Barbara Brown in memory of Daniel Brown, her father-in-law

Debbe and Carey Callaghan in memory of Sheryl Lerner

Aila Conarck in memory of Cliff Conarck, her son

Aila Conarck in memory of Paula Conarck, her mother-in-law

Aila Conarck in memory of Irving Yanover, her father

Leslie and Sanford DeLugach in honor of Rabbi Mark and Hayley DeLugach

Leslie and Sanford DeLugach in memory of Betty DeLugach, Sanford's mother

Leslie and Sanford DeLugach in memory of Katheryn "Kitty" Batavia, Leslie's mother

Sue and Paul Etkind in memory of Sheryl Lerner

Sue and Paul Etkind in memory of Roslyn Friedman, mother of Mark Friedman

Harriet and Rick Fingeroth in memory of Norma and Samuel Rifkin, Harriet's parents

Susan and Robert Goldberg in appreciation of the UVJC Spring Plant delivery

Jane and Harvey Greenberg in memory of Muriel Woods, Jane's mother

Mark and Susan Israel in memory of Julius Lustgarten, Susan's father

Mark and Susan Israel in memory of Edwin Lustgarten, Susan's brother

Robert Greene in memory of Jack Presberg, his father-in-law

Robert Greene in memory of Sonya Presberg, his mother-in-law

Robert Greene in memory of David Greene, his father

Karen Fryer and Gene Kadish in memory of Allyne "P.J." Kadish, Gene's mother

Karen Fryer and Gene Kadish in memory of Milton Kadish, Gene's father

Daniel Levin in memory of Benjamin Levin, his father

Daniel Levin in memory of Isadore Levin, his grandfather

Dianne and Gary Levine in memory of Adele Pazornik, Dianne's grandmother

Dianne and Gary Levine in memory of Julius Sholinsky, Dianne's father

Dianne and Gary Levine in memory of Jacob Levine, Dianne's father

Jeffrey Licht in memory of Bernice Licht, his mother

Jeffrey Licht in memory of Raymond Licht, his father

Yoni and Stephen Neirman in memory of Robert Neirman, Stephen's father

Tamara and Daniel Nixon in memory of Eva Jo Friedman, Tamara's mother

Tamara and Daniel Nixon in memory of Sara Ruth Nixon, Daniel's mother

Bruce Pacht in memory of Leon Oringher, his uncle

Kathy and Jeff Parsonnet in memory of Harry Cadow, Kathy's father

Sharon and Robert Racusin in memory of Aaron Racusin, Robert's father

Arline and Barry Rotman in memory of Murray and Ida Rotman, Barry's parents

Nancie and Mark Severs in memory of John Owens

Nancie and Mark Severs in memory of Sheryl Lerner

Nancie and Mark Severs in memory of Beverly and Bill Goldstein and Carol and Larry Severs, their parents

Lynn and Gary Schwartz in memory of Benjamin Farkas, Lynn's father

Sharon and Jerome Smith in memory of Edna Greenberg, Sharon's mother

**תודה רבה**  
**THANK YOU KINDLY FOR YOUR GENEROSITY!**

# עידן בריכה

## COMMITTEE SPOTLIGHT: SOCIAL ACTION

### COMMITTEE CHAIRS

#### CARING & CHESED COMMITTEE

Roberta Berner,  
Laura Harris-Hirsch

#### COMMUNICATIONS COMMITTEE

Kathy Parsonnet

#### EDUCATION COMMITTEE

Thomas Cochran

#### FINANCE COMMITTEE

Paul Etkind

#### JOINT PLANNING & BUILDING COMMITTEE

Rusty Sachs, Jeff Lubell

#### KIDDUSH COORDINATOR

Yoni Neirman

#### LIBRARY COMMITTEE

Fred Lerner

#### MEMBERSHIP COMMITTEE

Deborah Callaghan

#### RUACH COMMITTEE

Jeff Lubell

#### SECURITY COMMITTEE

Rob Greene

#### SOCIAL ACTION COMMITTEE

Carolyn Gordon

*Committees are open to all  
community members; we en-  
courage you to get involved to  
help shape our community!*

### ROTH CENTER OFFICES

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The Social Action Committee connects us with the wider community through activities that aim to support the needs of others. We encourage participation and ideas from all congregants. Some examples of past activities include food drives, making lunches for children in an affordable housing complex, and offering a course on Aging with Dignity. Current activities are listed below.

*Members of the UVJC can become involved in a variety of ways and at a level of frequency that fits their time and interest.*

The Social Action Committee meets every other month. We welcome you to come to a meeting, learn more about our committee and share your ideas. Our next meeting is August 5 at 6:00, likely over Zoom.

For further information or to get involved, contact [UVJCSocAction@gmail.com](mailto:UVJCSocAction@gmail.com)

### THE HAVEN'S HIXON HOUSE DINNER TEAM

We continue to prepare monthly meals for the Haven. We are going into our 5th year. During social isolation, we do the cooking in our individual homes and then drop the food off. This activity easily lends itself to a 1-off experience. To volunteer contact Alice Berliner at 802-380-9606, [alb172cs@gmail.com](mailto:alb172cs@gmail.com)

### BIMAH BASKETS FOR B'NAI MITZVAHS

Please consider adding to your celebration by decorating the Bimah with a "bimah basket." These are provided by the Social Action Committee in return for a donation to a food pantry. During this time of B'nai Mitzvahs over Zoom, you may still want to consider honoring the occasion with a donation to a food pantry of your choice.

### NOMINATE A CHARITY FOR HIGH HOLIDAY TZEDAKAH

Nominations of charitable causes are invited for the upcoming High Holiday Tzedakah collection. One local organization and one organization with a Jewish or Israeli connection will be chosen. Please send suggestions to [UVJCSocAction@gmail.com](mailto:UVJCSocAction@gmail.com) by July 15.

### UNITED VALLEY INTERFAITH PROJECT (UVIP) ACTIVITIES

Kol Ha'Emek is a member congregation of UVIP, which is currently addressing immigration, economic justice, and tools for aging with dignity. In close relationship to the UVIP, the Kol Ha'Emek immigrant support committee works to address the critical needs of asylum seekers, who are especially vulnerable during the current pandemic. For more information, please contact Carolyn at [csgordon@dartmouth.edu](mailto:csgordon@dartmouth.edu)

תודה רבה

**Heartfelt thanks to the many essential workers** who have put themselves at risk to care for us. We are most grateful and appreciative of your service and caring for our community.

Many thanks to the organizers and volunteers who traveled throughout the Upper Valley to deliver the Happy Spring / Happy Mother's Day flowers. We thank you for brightening our days and keeping our Jewish community connected.

[D'VAR HA'RAV continued from pg 1]

our beloved schedules and plans have flown out the window. That yiddish saying has become even more true than ever. *Der mentsh trakht un got lakht*. “Man plans and G-d laughs.”

That pretty much says it all. But, I've been thinking what else does Jewish tradition have to say about the balance between having a fixed schedule and one that is, well, more flexible? I found a treasury of wisdom in the context of, surprise surprise, prayer. Source after source, from the Talmud to Maimonides to contemporary thinkers weigh in on this. Here's just one example. “R. Shimon said, ‘Be careful when you pray, so that your prayer is not fixed, rote or routine. Rather, it should be an in the moment, real time plea for mercy and compassion from G-d.’” (Pirkei Avot, 2:13)

In Jewish prayer the key is to balance between:

- *keva* = fixed, permanent, regular, perfunctory
- *kavanah* = intention, spontaneity, purpose, concentration

Simply put, when these are out of sync, then the balance is “off.”

While a Summer without our schedules or scheduled plans

will most definitely not be the same, what might we learn from this balancing act regarding “prayer posture?” Perhaps ditching our structure (as hard as it is for me) and our plans (as laughable as they were to G-d) could be at the very least, an opportunity. How can we think about what we do this Summer in a way that allows us, as Dillard notes, to “remember the series afterward as a blurred and powerful pattern?” We'll certainly remember it as a summer unlike any other, but what else? What memories do we want to make? What projects do we want to try? What new things can we read, write, learn, practice or do?

As we enter these Summer months our prayers will be updated. They will be in the moment, real-time pleas. For compassion. For better months ahead. For restored health. For recalibrating our lives. And, for returning once again, to our beloved schedules.

Best wishes for a healthy, lazy and productive, spontaneous and replanned, relaxing and restorative Summer.

Shalom to all, *Rabbi Mark*

## STATEMENT OF SOLIDARITY

Our community is horrified and saddened by the deaths of George Floyd, Ahmaud Arbery, Breonna Taylor, and so many other people of color who have come before. This is a devastating and dangerous moment in our country, the history of which is so stained by racial injustice. This injustice has been on dramatic display, as racism pervades so many areas of public life.

We believe that every person and institution must assume responsibility to create a more equitable and just society. Jewish tradition forbids us to remain silent in the face of racial injustice. “Do not stand idly by while your neighbor's blood is shed.” (Leviticus 19:16)

We know that these three recent murders, and so many others, have caused acute pain in the Black community, in the Black Jewish community, in broader Jewish communities, and among many in our American society. We must acknowledge this pain and respond in every way we can. We ask everyone to do all in their power to respond to this moment of crisis by taking action to build a more just world. We can lift our voices, work together, and support our friends and family in the Black community.

We commit to participating in and facilitating the difficult conversations that will be the necessary first steps in beginning to repair the brokenness of our society. The moral voice of the Jewish people must and will be heard loudly at this moment of national crisis. This is core to who we are as a community and as a Jewish institution. We pray that our national leaders act with similar resolve to ease suffering, heal wounds, and promote the cause of justice.

Rabbi Abraham Joshua Heschel reminded us pointedly that “morally speaking, there is no limit to the concern one must feel for the suffering of human beings, that indifference to evil is worse than evil itself, that in a free society, some are guilty but all are responsible.”

*(adapted from Chancellor Arnold Eisen, Jewish Theological Seminary, NY)*

With hope for solidarity, peace, and healing,  
Your Board of Trustees and Rabbi

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#### SUMMER MINI-WORKSHOPS WITH RABBI MARK (VIA ZOOM)

All @ 7:00-8:00 PM unless otherwise noted

*[Please RSVP to Rabbi Mark]*

##### **"Introduction to Judaism" Series (3)**

**Tuesdays: June 16, 23, 30**

What are the most important foundations for Jewish life?

##### **"Deepening Prayer" Series (3)**

**Wednesdays: July 8, 15, 22**

How can we improve our access and connection to Jewish prayer?

##### **"Getting it 'Right' in Elul" Series (3)**

**Thursdays: Aug 20, 27 & Sept 3**

How can we prepare ourselves for the High Holiday season?

##### *Ongoing Classes:*

**Psalms** - Each week on Tuesday @ 1:30-2:30 PM

**Torah Portion of the Week** - July 9, Aug 12 @ 7:00-8:00 PM