



## RABBI'S MESSAGE: WHAT IS APPROPRIATE FOR PRAYER?

As I sit looking out my window at yet another snow storm, I am also watching the news with the reporters doing their obligatory interviews. As one might expect, the majority of the interviewees are indicating that they've already had enough!

A Jewish concept is that a blessing (*be-ra-cha*) should never be offered if there is no possibility of changing reality. For example, if a fire engine passes us on the road home, it is improper to offer the prayer, "God: I pray that it is not my house." It is a done deal. Either it is or it isn't.

Many of my skiing buddies know that I am a rabbi and assume (erroneously) that I have a direct channel to God. In a bad snow year, they will chide me saying, "Can't you do something about it?" The most I've ever done is to place a bumper sticker on my car stating, "Pray for Snow" which of course is as much a "blessing in vain (*be-ra-cha le-va-ta-la*)" as my fire example above.

Given my love for snow, I can't imagine how unhappy most of you would be with me if I had any power to make it snow!

The challenge that faces all of us when dealing with a snow storm, a hurricane, an earthquake or any "act of God" is to find ways to enjoy it or at the very least, make the best of it. Often, these kinds of adversity bring out the best in people with neighbors helping neighbors. Without the emergency all too often, we would never do more than say, "Hello."

So regardless of the situation, it is always appropriate to be in the moment and to say, "*Ba-ruch a-ta A-do-nai, e-lo-hei'-nu me'-lech ha-o-lam, she-he-che-ya'-nu, ve-ki-ye-ma'-nu, ve-hi-gi-ya'-nu la-ze-man ha-zeh..* Praised be You, our God, Ruler of the universe, Who kept us alive, sustained us and enabled us to reach this occasion."

*Le-sha-lom,*

Joshua L. Segal, Rabbi



MAZEL TOV  
Vivian McGuire for finishing her classes for  
licensing as an LNA and acing the state  
boards.





## BETENU INFO

**SPECIAL NOTE:** Some members of Betenu are physically sensitive to certain aromas coming from perfumes, colognes, hairsprays the like. These aromas can cause migraines and a host of other problems. Please be aware of that when you come to Betenu.

Please **DO NOT** bring scented items for the SHARE donation bin.

Betenu has natural cleaning products available for use. Please **DO NOT** bring your own cleaning products for oneg or other cleanup.

Thank you!



## AND FOR ONLINE SHOPPING... TEXTBOOKS AND A MILLION OTHER THINGS...

Don't forget to shop through Betenu's link to Amazon.com. Betenu will receive a percentage of the purchase price.

You can shop for books and a million other things through this link. Just go to our website: [www.betenu.org](http://www.betenu.org), put your cursor over "Search new and used, Amazon.com", and when the cursor changes, click. Or you can enter your search right there and click "Go".

It's that simple! And don't forget to purchase your textbooks here!

**We receive about \$20 a month from this program - Thank you & keep shopping!!!!**

## BETENU ACCEPTS MC, VISA & Discover!

You can use MasterCard, VISA or Discover card to pay membership fees, school tuition, gift store purchases, or even to make a donation! Call the office (or stop in) to arrange the charge and let us know the amount and what it's for.



## CONGREGATION BETENU

**Rabbi:** Joshua Segal 603-886-1633  
or [rabbi@betenu.org](mailto:rabbi@betenu.org)

**President:** Michael Goldstein 603-424-9953  
or [president@betenu.org](mailto:president@betenu.org)

**VP Finance:** Bob Rimalover 603-672-5629

**VP Admin:** Roberta Pavoll 603-672-9820

**(Acting) VP Educ:** Sheryl Liberman 603-424-4609

**Secretary:** Elissa Kahn 603-673-8283

**(Acting) Treasurer:** Joel Silberberg 603-472-8143

**Trustee:** Vivian McGuire 603-882-3139

**Trustee:** David Stern 603-880-0442

**Trustee@Large:** Sara Murphy 603-465-7119

**Past Pres:** Dave Spokane 603-672-0554

**Newsletter Editor:** Elissa Kahn



# February 2011 (5771)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 7:30pm Lay-led Service  Rosh Chodesh: Adar I	5  Rosh Chodesh: Adar I
6  9:15am Religious School #20 (end of 2nd trimester)	7	8	9	10	11  7:30pm Rabbi-led Service	12  10:30am Family Shabbat #5
13  9:15am Religious School #21 (beginning of 3rd trimester)	14	15	16	17	18  7:30pm Lay-led Service	19
20  9:15am School #22 12:30pm <u>presentation</u> 2pm Jewish Song Circle	21  7:30pm General Board Mtg  Presidents Day	22	23	24	25  7:30pm Lay-led Service	26
27  <u>NO</u> Religious School	28					



# March 2011 (5771)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 RSVP DUE For Shabbat Across America	3	4 6:30pm Rabbi-led Shabbat Across America	5
6 9:15am Religious School #23 Rosh Chodesh: Adar II	7 Rosh Chodesh: Adar II	8	9	10	11 7:30pm Rabbi-led Service	12 10:30am Family Shabbat #6 12:30pm Jewish Song Circle
13 9:15am Religious School #24	14	15	16	17	18 7:30pm Rabbi-led Purim Service & Megillah reading	19 Megillah reading
20 9:15am Religious School #25 Purim	21 7:30 Executive Board Mtg Shushan Purim	22	23	24	25 7:30pm Rabbi-led Service	26 Time TBA Ben Gingras Bar Mitzvah
27 NO Religious School	28	29	30	31		

# YOU ARE INVITED!

**12:30pm on Sunday, February 20<sup>th</sup>**

**"How Magen David Adom Saves Lives in Israel."**

**Burt Klein, New England representative of *American Friends of Magen David Adom* will give a short presentation followed by a Q & A.**

**Refreshments served.**



MAGEN  
DAVID  
ADOM  
IN ISRAEL



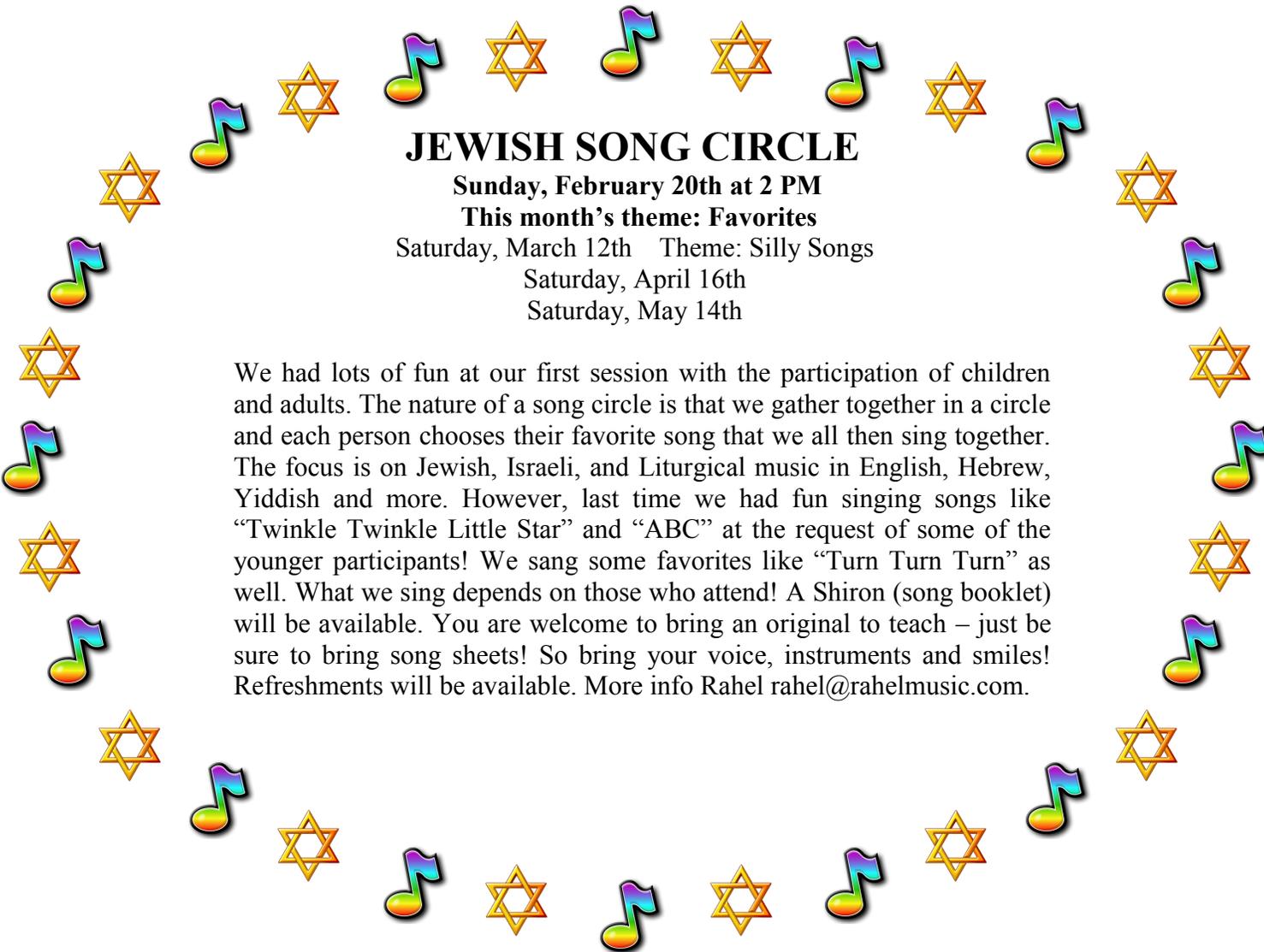
מגן דוד  
אדום  
בישראל

In 1940, a dedicated and concerned group of Americans realized the importance of Magen David Adom in Palestine, which was officially chartered and recognized as an emergency lifesaving service as a result of the murderous riots of 1929, when Jewish farming and urban settlements were attacked by the Arab population. Under the auspices of the B'nai Zion organization, and, particularly, the leadership of Herman Z. Quittman and Dr. Harris Levine, "American Red Magen David for Israel (ARMDI)" was incorporated in the State of New York to give medical assistance to the people of Israel (then Palestine).



**COMING UP AT BETENU****ALL ARE INVITED TO PRESENTATION  
“HOW MAGEN DAVID ADOM SAVES LIVES IN ISRAEL”  
BY BURT KLEIN**

**Sunday, February 20th at 12:30pm**  
Please see previous page for info

**JEWISH SONG CIRCLE**

**Sunday, February 20th at 2 PM**

**This month's theme: Favorites**

Saturday, March 12th Theme: Silly Songs

Saturday, April 16th

Saturday, May 14th

We had lots of fun at our first session with the participation of children and adults. The nature of a song circle is that we gather together in a circle and each person chooses their favorite song that we all then sing together. The focus is on Jewish, Israeli, and Liturgical music in English, Hebrew, Yiddish and more. However, last time we had fun singing songs like “Twinkle Twinkle Little Star” and “ABC” at the request of some of the younger participants! We sang some favorites like “Turn Turn Turn” as well. What we sing depends on those who attend! A Shiron (song booklet) will be available. You are welcome to bring an original to teach – just be sure to bring song sheets! So bring your voice, instruments and smiles! Refreshments will be available. More info Rahel [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com).

---

**PROGRAMMING MEETING**

Date TBA, watch your email

Bring your ideas to the programming meeting. There will be opportunities for volunteering. If you cannot attend, but would like to have some input or volunteer, please let the office know: 886-1633.



## COMING UP AT BETENU continued...

### GENERAL BOARD MEETING

Monday, February 21st, 7:30pm

All are invited to attend the general board meetings which are even months (February, April...), usually the third Monday at 7:30pm. Talk to our President, Mike Goldstein, ahead of time if you are interested in putting something on the agenda.



### SHABBAT ACROSS AMERICA

Friday, March 4, 2011 at 6:30pm—doors open at 6pm to set up  
(RSVP deadline: March 2nd)

Once again this year, on Friday, March 4th, Congregation Betenu is joining with synagogues throughout North America in sponsoring “Shabbat Across America”. Coordinated by the National Jewish Outreach Program, we will learn about and share the beauty of Shabbat as a community. The evening will begin with a short, interactive prayer service and explanation of Sabbath customs and rituals, followed by a pot-luck meal and joyous song.

Want to help? We need help with setup and cleanup, and volunteers for D’var Torah.

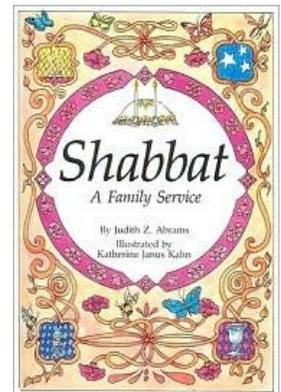
Please contact: Rahel at 603-554-1459 or [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com), or  
Elissa at 603-673-8283 or [eckahn@yahoo.com](mailto:eckahn@yahoo.com).

### March 12th

### FAMILY SHABBAT

10:30 AM

Please join us for a FAMILY SHABBAT service led by Rahel. We will learn prayers, blessings, sing songs, tell stories, and dance! The service will be followed by a pot-luck lunch. Please bring a dish if you are staying for lunch. No pork or shellfish please. This new format replaces our Tot Shabbat service and is open to the entire family (all ages). Family services will take place monthly at Congregation Betenu. Religious school students can receive service credit for attending a family service.



### JEWISH SONG CIRCLE

Saturday, March 12th Theme: Silly Songs  
Saturday, April 16th  
Saturday, May 14th

Share songs, bring instruments & voices. Fun for the whole family. Group singing, learning Jewish / Israeli songs in English, Hebrew, Yiddish and more! Refreshments, coffee & tea too! More info Rahel [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com).

**COMING UP AT BETENU continued...**



**PARENT-LED PURIM PARTY**

March 18th, before services

We are looking for a parent or two to chair a Purim Party for the kids. If interested contact Rahel at 603-554-1459 or rahel@rahelmusic.com.

Followed by...

**RABBI-LED PURIM SERVICE  
& MEGILLAH READING**

March 18th, 7:30pm

Fun for everyone. Dress up if you like and we'll see you there.



Hold the date: March 26th—Ben Gingras' Bar Mitzvah



**FEBRUARY BIRTHDAYS**

Stephanie Ditman  
Rachel Liff  
Julia Neefe

Johanna Stein  
Sarah Vogel

Zachary Swartz  
Daria Dzen



**BETENU PAGES**



**BETENU THANKS**

**DONATIONS**

Congregation Betenu acknowledges with appreciation the following contributions made during the month of January

**High Holy Day Appeal**

Cheryl Seifert

**Donations in Kind**

Eugene Lesser for donation of a whiteboard and chalkboard.

Gordon & Carolee Clarke for donation of a case of Kleenex



**BETENU THANKS**

- ✧ December lay-leaders: Rabbi Segal, Elsa Conrad and Sheryl Liberman.
- ✧ David Stern, Eran Limor and Elissa Kahn for painting
- ✧ Bob & Kim Rimalover for donating a bathroom faucet
- ✧ Our schlich, Ore, for teaching the Post B. Mitzvah class.

- ✧ X-ray Project presentation help
  - ✧ Diane Covert for her X-ray Project presentation
  - ✧ Rahel Limor for organizing Diane Covert's visit
  - ✧ Elsa Conrad, Sheryl Liberman, Dave Spokane and Elissa Kahn for bringing food for the above presentation
  - ✧ All who donated to Diane's work
- ✧ FEC luncheon help
  - ✧ Roberta Pavoll, Elsa Conrad & Rowena Burstein for setup and cleanup
  - ✧ Roberta Pavoll, Elsa Conrad, Sheryl Liberman, Bob & Kim Rimalover, Mike & Aprille Goldstein, Pam Blotcky, the Rodil's and Elissa Kahn for food donations.
  - ✧ Dave Spokane for food pick-up and drop-off
- ✧ Tu BiShvat Seder help
  - ✧ Barbara Bailey and Elaine Schwartz for chairing the seder
  - ✧ Elaine Schwartz, Dara and Barbara Bailey for setting up tables, chairs and place settings
  - ✧ All who helped with setup
  - ✧ All who helped with cleanup
  - ✧ Rahel Limor for leading us in song
- ✧ Rahel Limor & Pam Blotcky for doing some organizing
- ✧ Rahel Limor for the January Song Circle
- ✧ Everyone who helped by taking trash or recycling home.

**BETENU PAGES**



**YAHARZEITS FOR  
FEBRUARY**



Joan Dickes .....	mother of Ellen Lubitz.....	February
Matthew Werner .....	brother of Sara Murphy .....	February 2
Rene Fierman.....		
	mother of Barbara Bailey & Elaine Schwartz .....	February 6
Stanley Moses 'Papa' Krohn .....		February 8
David Michelson.....		February 11
Maurice "Maury" Franks.....	father of Paul Franks.....	February 13
Kate Berger Gross .....		February 14
Arlene Mignault.....	friend of Rahel Limor .....	February 15
Betty McCoy.....	friend of Elissa Kahn .....	February 15
Stanley Moses 'Bud' Krohn Jr .....		February 18
Goodman Burstein.....	father of Sanders Burstein .....	February 19
Wayne Lamminen.....	brother of Lin Robinson .....	February 25
Harold Sandhaus.....		February 25
Stella G. Leczynski.....	Aunt to Pam Blotky .....	February 28

**ONEG SHABBATS**

To host an Oneg, one brings the food, drinks, and challah, and sets up and cleans up.

To sponsor an Oneg, one pays \$54 and the Oneg committee will purchase the food, set up and clean up. Either way you do it, you can honor a birthday, an anniversary, or any other special event in your life, by choosing the Oneg closest to that special date. Or you can remember the Yahrzeit of a loved one by hosting or sponsoring the Oneg on the Shabbat when you come to say Kaddish. If you have a date in mind, please call Roberta Pavoll at 672-9820.

The following Onegs will be hosted by:

- February 4: Open
- February 11: Open
- February 18: Rodil & Leary families
- February 25: Open



Won't you please choose an Oneg date and help foster the sense of community at Betenu? Thank you.

## ADULT EDUCATION

### HEBREW LANGUAGE INSTRUCTION, TORAH STUDY AND MORE

Bar / Bat Mitzvah... not the end of the road! There's Torah study with the Rabbi, Hebrew language instruction with Rahel, Kabbalah Havruta with Eitan Zeira, and plenty of other learning opportunities throughout the year. Maybe you have an idea, or would even like to teach a class. If so, contact the office 886-1633 or [Betenu@nii.net](mailto:Betenu@nii.net).

Quench your thirst — jump into the well of Judaic studies.

(Rahel's classes are offered at a discount to Betenu members.)



### ROSH CHODESH FOR WOMEN

Join the Rosh Chodesh group for a short service, group discussion and nosh. For more information contact Sheryl Liberman 424-4609 or [SAML54@comcast.net](mailto:SAML54@comcast.net).

### KABBALAH GROUP

Saturdays at 12:30pm—about once every 3 weeks

Congregation Betenu and Temple Beth Abraham have a Kabbalah group. The suggested book is Inner Space by Kaplan. For more information contact Sheryl Liberman 424-4609 or [SAML54@comcast.net](mailto:SAML54@comcast.net).

Video of Sh'ma Meditation by Rabbi Aryeh Kaplan:

[www.youtube.com/watch?v=x9bwEFS7Btk&feature=related](http://www.youtube.com/watch?v=x9bwEFS7Btk&feature=related)



## EDUCATION

### Sunday Religious School Personnel:

VP Education: Sheryl Liberman

Hebrew / Continuing Hebrew: Sonia Campeanu

Hebrew & Jewish Studies: Sandra Whitman

Principal: Rahel Limor

Hebrew Assistant: Nina Matovka

Madricha: Rachel Liff



## ACCEPTING STUDENTS REGULAR RELIGIOUS SCHOOL / POST HEBREW SCHOOL

Registration is ongoing for 2010-11 for our weekly Sunday classes for Grades 1-7 and our Rabbi-taught post Bnei Mitzvah classes for Grades 8 & 9. For questions or to get a registration form please call the temple office at 886-1633 or contact Rahel at [rahel@rahelmusic.com](mailto:rahel@rahelmusic.com).

## SANDRA'S CLASS PROJECT ON PRAISING G-D



## COMMUNITY HAPPENINGS

### FOOD NEEDED!

The food pantries are in desperate need this year. Any donation would be appreciated. You may bring a food item directly to SHARE or the Nashua Soup Kitchen. If it is nonperishable, you may drop it off at Betenu (no scented products please) and we will deliver it to SHARE.

Wish lists: [www.sharenh.org/food.html](http://www.sharenh.org/food.html) and [www.nsk.org/CurrentWishList.asp](http://www.nsk.org/CurrentWishList.asp)

### OTHER ITEMS

For a list of other items needed please see:

[www.sharenh.org](http://www.sharenh.org) or 603-673-3660: seasonal clothes and new socks and underwear

[www.nsk.org/CurrentWishList.asp](http://www.nsk.org/CurrentWishList.asp) Questions? Call Carol at 889-7770 ext 21

### INFO FROM SNHJMC Southern NH Jewish Mens Club

Membership form: <http://snhjmc.home.comcast.net/~snhjmc/resources/SNHJMCFORM.pdf>

### “ISRAEL IS REAL”



Listen live on the radio WSMN 1590AM or via the Internet at [www.wsmnradio.com](http://www.wsmnradio.com), every Friday from 10-11 am. Archived interviews can be heard at [www.israelisreal.weebly.com](http://www.israelisreal.weebly.com).



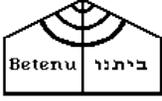
Advertising and show sponsorship available.



Voice of ISrael Initiative of New Hampshire

Check the website for the next **VISION MEETING** and other important information. Meetings will be held on Wednesdays and Thursdays this year! All friends of Israel are welcome.

**Check out [www.nh4israel.org](http://www.nh4israel.org) for more upcoming events, articles and more...**



**CONGREGATION BETENU  
FIVE NORTHERN BLVD #1  
AMHERST, NH 03031 USA**