

KESHER

Our Seventy-Fifth
Year!

FROM
RABBI SAM

The In-Body Experience

All too often we may read or hear about deep spiritual experiences as they may related to either out-of-body phenomena or some form of negation of body practices. This is not to say that such approaches that lead to or produce these are not spiritual or not valid practices. Rather, spirituality is so much more than these peak or unusual parts of life. Spirituality, as a deepening of a sense of self identity, meaning, purpose, and value in relationship to and connection with all that is outside of the self, is actually more accessible and common than these headline grabbing experiences are.

Human spirituality is a core element of the human condition and a necessary part of any true wellness or wholeness in life. There are many pathways and methods for the enhancement of spiritual well-being both internally (individually) and externally (in relationship to family, community, and all of creation). Judaism offers one set of such ways of finding support and growth.

For deeper connections to personal or internal spirituality, there are daily and weekly rituals and practices. For family and community spiritual enhancement there are Temple services, holiday celebrations, study, Israel-centered observances, and historically

based connections and customs. Some may be more meaning-filled and available than others to any individual but all have their place within the world of Jewish offerings. One such example that occurs in July this year is Tisha B'Av — the 9th of Av. This historically rejected observance in most of the history of the Reform movement has been deeply practiced throughout much of the Traditional Jewish world for centuries. It is a day of remembrance, fasting, and sorrow over past tragedies; and yet also a time of hope for a brighter future.

In all the areas of Jewish spiritual systems, the common bond is that they are multi-sensory with full body involvement. This is most obvious in times where music, singing, dancing, eating, etc. are present. But it is also true in the normative worship service. The Shabbat service contains not only prayers and songs (for the mouth and ear) but standing, sitting, bowing, bending, etc (for the full body) as well. There is also the inclusion of challah and grape (for the nose and tongue), the fringes of the tallit in the morning (for the fingers), and in the evening lights (for the eyes).

Through the regular weekly worship service, we are challenged and reminded of the many simple life processes that can connect us to the deeper spirit that lies within each of us.

May this be a year that we learn even more ways to celebrate ourselves and each other as we find uplift and spiritual growth through daily in-body experiences of life.

Temple Israel Board of Trustees—2012-2013

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TEMPLE OFFICE SUMMER HOURS:

Monday through Friday 9:00 am – 1:30 pm

KESHER

Kesher, Connection,
 is the newsletter
 of Temple Israel
 Dover, NH.

Ideas for submissions and/or letters to the editor may be submitted by members of the Temple Israel family and all others who would like to share news or information with the Temple community.

All communication with the Editor should be by e-mail. Publication of any flyer or any other article or submission is limited by editorial and space considerations.

The deadline for submission is the twentieth (20th) of the month for the following month's issue of *Kesher*.

mail to:

Tammy Fascetta
 TempleOffice

@dovertemple.org

or

Rabbi Sam Seicol

rabbisam@dovertemple.org

Shabbat @ Temple Israel

Services Friday nights 7:00

Service or Torah Study Saturday mornings 10:30

- **Friday July 5** **First Friday featuring:**
- **6:00 Tots on the Bima** **6:20 Pot-luck dinner and Service**
- **Saturday July 6** **Full service with Torah**
- **Friday July 12** **Shabbat evening service**
- **Saturday July 13** **Torah Study**
- **Friday July 19** **Meditation&Music Shabbat**
- **Saturday July 20** **Torah Study**
- **Friday July 26** **Shabbat evening service**
- **Saturday July 27** **Full service with Torah**

Youth Group

Calling all 2013-2014 High Schoolers

Temple Israel Youth Group Summer events

*****July 27 meet at Roger's Pizza*****

RSVP required to rabbisam@dovertemple.org

by the Thursday July 25

President's Message

Below is the 1/2 page announcement from this month's Jewish Reporter in case you did not have a chance to see it. Please share the information with your friends. Invite them to: join you on a tour of the Temple, come to services and/or Torah Study with you, become a member, and/or register for the Religious School.

July Special Discounts

Register your child(ren) for Religious School and receive a \$50 discount for each child

OR

Bring in a new member and if you and they register for Religious School in July receive a \$100 discount for each child.

As always feel free to contact me on any Temple related topic.

Steve Brody, President

President@DoverTemple.org

603 868 7810

TEMPLE ISRAEL OF DOVER

RELIGIOUS SCHOOL PRE-REGISTRATION

TEMPLE TOURS AND MEET RABBI SAM

THURSDAYS & FRIDAYS JUNE & JULY

CALL OR EMAIL TO SCHEDULE A TIME TO VISIT

Experience learning as a hands-on enjoyable process



- Classes in Hebrew reading, Jewish history and texts, and Israel studies
- Programs available for pre-K through High School students
- Adult education opportunities also available at Temple Israel of Dover
- Tour the Temple building, fields, and private pond
- Learn about the many activities for individuals and families of all ages
- Religious School classes are Thursdays from 4:00 – 6:00

**THANK YOU TO OUR
ONEG HOSTS**

July — August

Summer Schedule
Pot-luck onegs
Desserts, light snacks, etc

July 26 Cathy Hall and Family
In honor of Jordan's Bat Mitzvah

August 23 Fishbein Family
In honor of Zachary's Bar Mitzvah

ONEG SHABBAT HOSTS

If you are unable to host the Oneg Shabbat on the night assigned to you, please find a substitute by trading with another family from the membership directory. If you need to change your assigned date, please notify
Cathi Cherry-Liston
603-312-0152, 603-269-4888,
ccherryliston@yahoo.com



Please consider marking special occasions and milestones along the path of life for you or members of your family by purchasing a leaf on the Tree of Life. The rocks in the Sanctuary can also celebrate joyous occasions or honor the memory of a loved one. For more information, contact: Tammy Fascetta in the Temple office.



Mazal Tov

to our members who are celebrating happy occasions in July!
Join us at Friday evening service on July 5, 7:00 PM as we offer our wishes for your special day.

Birthdays

- Jody Selsberg (1), Sarah Mueller (3), Michael Behrendt (4), Susan Shepcaro (5), Todd Adelman (7), Cameron Sakelarios (10), Daniel Fishbein (11), Holly Grossman (14), Macy Harris (16), Nev Cartmill (17), Benjamin Segil (17), Deker Adelman (20), Jeffrey Segil (21), Stacey Segil (22), Scott Saltman (22), Mel Liston (23), Zachary Fishbein (24), Grace R. Tauriello (24), Becca Rubinstein (26), Simon Wallace (26), Harry Mueller (27), Scot Sakelarios (27), Or Mars (28), Stephen Kaplan (28), Elle Harris (30), Ethel Baker (30)

Anniversary

- Martin & Carole Jaffe (2), Stephen & Maschia Kaplan (6), Sidney & Heidi Kotlus (23), Mortin & Nancy Cherim (24), David & Mary Kaye (25), Jeff Mather & Lisa Rockenmacher (31)

Please congratulate:

**Heather and Dan
Basta**

On their wedding

We have not moved

Look for our sign on Sixth Street at what was formerly 515

Our drive is at the end of the cul-de-sac

36 Olive Meadow Lane

Our mailing address remains:

P.O. Box 254 Dover, NH 03821

Bubeh Meiseh

(from the files of Ann Isacoff at Langdon Place)

Three Wishes

A Canadian farmer, Osama bin Laden and a New Hampshire biker found themselves together one day holding a lantern. Suddenly a Genie popped out.

“I will give each of you one wish which is three wishes in total!” the Genie announced.

The Canadian said, “I am a farmer and my son will also farm. I want the land to be forever fertile in Canada.” POOF! With the blink of the Genie's eye, the land in Canada was forever fertile for farming.

Osama was amazed, so he said, “I want a wall around Afghanistan, Iraq and Iran so that no infidels, Americans, or Canadians can come into our precious land.” POOF! Again with the blink of the genie's eye, there was a huge wall around these countries.

The biker asked, “Can you tell me more about this wall?”

The Genie explained, “Well, it's about 5000 feet high and 500ft thick, and surrounds the countries so that nothing can get in or out.....It is completely impenetrable.”

The biker sat down on his Harley, cracked open a beer, and lit a cigar. “FILL IT WITH WATER!”

Temple Israel of Dover is active in cyberspace!

Join us on Facebook,

<https://www.facebook.com/groups/42322897909/>

This group can only be viewed by facebook members.

We are also connected through [interfaithfamily.com](http://www.interfaithfamily.com)

<http://www.interfaithfamily.com/elgg/pg/groups/2598/temple-israel/>



B'not / B'nei

2013

Mitzvah

5773/5774

**July 27
August 24
September 28**

**Jordan Hall
Zachary Fishbein
Sarah Mueller**

Religious School Calendar

June 20 — August 22, 2013

**Hebrew Review and Enrichment
Summer Program
Thursdays except July 4**

Each Thursday throughout the summer there will be free, drop-in, Hebrew Prayer study for those who wish to maintain and/or grow in Hebrew reading ability. There will be reading games, prizes, and challenges to enhance Hebrew reading fluency.

- **4:00 — 4:45 Level 1: Torah and Haftarah blessings**
- **5:00 — 5:45 Level 2: Prayers of the Saturday Service**

Leviticus 19:32 Show respect to the elders
Psalm 71:9 Cast me not off in my old age

**Join us as we visit Langdon Place
3:00 on the 3rd Friday each month
to help welcome Shabbat.
Share with the residents in
song, Kiddush, and motzi.**

See you there
July 19 and/or August 16

News from your Ritual Committee

Plans have already begun for our Rosh Hashanah and Yom Kippur services. See the September calendar on our website for details. In order to provide music for our services, our committee has once again established a High Holy Day Music Fund. **Please consider making a donation to this fund by mail or drop off a check in the office.**

Most of July and August Shabbat Services will feature “pot luck” onegs. Please bring something to share. The July 26 oneg will be hosted by Jordan Hall’s family in honor of her Bat Mitzvah. The August 23 oneg will be hosted by Zachary Fishbein’s family in honor of his Bar Mitzvah.

**Our next Ritual Committee will be July 11 at 11:30.
We’ll be meeting at Margarita’s in Dover. Please join us.**

Cathi Cherry-Liston, Chair

603-312-8152

ccherryliston@yahoo.com

Temple Israel in the Community

The Dover Food Pantry

Items can be donated to the Food Pantry any time.
 Drop off may done at the Temple.
 The Food Pantry is open
 Tuesdays 3-5PM and Thursdays 9-11AM

In addition to donations of food and/or personal items volunteers are always welcome to help work at the Dover Food Pantry. Please contact Karen Robichaud at (603) 749-4235 or blrklr2@aol.com

Dover Friendly Kitchen

MORE VOLUNTEERS NEEDED!!!
PLEASE JOIN THE COMMUNITY!!!

Temple Members help serve dinner at the Dover Friendly Kitchen on the first Tuesday of each month at St. Thomas Church Parish Hall on Locust Street. Temple Israel's effort needs people to help cook, serve and clean. We are there from 3:45 until around 6:15. Volunteers do not need to come for the whole time. For more information or to let me know if you plan to attend, please contact me.

We welcome everyone's help!
 Thank you!

Andra Welch, Coordinator
abbwelch@yahoo.com or 534-4142

The Dover SHARE Fund

directly assists local residents with needs that are not met through other helping agencies, providing them with shelter and support for utilities and medical care. Your support is appreciated!

www.dovershare.org

Dover Chapter of Hadassah

Donations to Hadassah may be recognized with a variety of cards and certificates. Honor or Memory certificates are available for \$10 each. Tree Certificates are available for \$18.00 Water Certificates are available for \$25 (water for the land of Israel). Large Gift Acknowledgement Cards acknowledge a minimum donation of \$20 (filled in with the name of the recipient or in honor or memory of someone else)

For more information or to order a card or certificate please contact Donna M. Goldfarb 603-674-9168 donnadee82@gmail.com

A phone call is best to assure the correct spellings.

In most cases, cards will be sent out the day they are ordered.

JUNE DONATIONS

All are encouraged to honor the memory of loved ones and/or to offer tributes to friends, relatives and community members through a donation to one or more of the funds.

We express our appreciation to:

General Fund

Florence Pastor – Tree of Life –
in honor of Nathan Jackson Pastor’s
Bar Mitzvah on June 8, 2013

Yahrzeit Donations

Rita Novak –
In memory of Goldie Saunders
Muriel Slutzky –
In memory of Goldie Saunders

Capital Campaign

Cathi Cherry-Liston

Rabbi’s Discretionary Fund

Saltman Family – in honor of Evan
Saltman’s Bar Mitzvah on May 18, 2013

High Holy Day Music Fund

Ken & Bertha Litvack

JULY YAHRZEITS

NOTE: *Yahrzeits are recorded according to the Hebrew date, so the English date will vary from year to year. Kaddish in the Synagogue may be recited on the Shabbat following the date of remembrance.*

It is traditional to make a donation in memory of the Yahrzeit of a loved one. To make a donation, please contact the Temple Office.

Week of July 6: Gladys G. Poucher (30), Dr. Martin Leimer (30), Harold Segal (30), Fred Zuckerman (1), Sidney Lane (1), Harry Verner (3), Gussie Smokler (3), Seymour Hirsh (3), Pearl Robbins (3), Nancy Denenberg (4), Phyllis Cohen (4), Rose Greenblatt (5), Ruth Honig Zeff (5), Jacob Eli Stein (6)

Week of July 13: Myra Fine (7), Loretta Moon (10), Augusta Verner (10), Beatrice Weiner (12), Saul Wiseman (12), Anthony Blum (13), Irving Fine (13)

Week of July 20: Pearl Goldberg (14), Frank Cohen (14), Allen H. Toby (14), Harry Goren (15), Philip H. Miller (15), Celia Levy Pines (16), Ruth Zeff (16), Sam Jacobs (17), Chester A. Kennon (17), Barnet Bordetsky (17), Ruth Seligson (18), Michael Goodstein (18), Benjamin Edelstein (18), Sadie Rockenmacher (19), Hilda Kleinhandl (20), Max Flescher (20)

Week of July 27: Sadie Medved (21), Berla Mae Grant (22), Rose Verner (23), Thomas Peters (23), Albert Issokson (24), Max Isacoff (24), Marlean Willensky (25), Curtis Most (26), Elsie Klein (26), Raymond Newton (27), Max Cohen (27)

Week of August 3: Jeannie Daniels (28), Lilian R. Rubin (29), Bertha Wolfson Shapiro (29), Meyer Hiller (29), Bertha Stein (29), Ivor Frank (30), Irene R. Lindy (30), Saul Smokler (30), Alice Cohen (31), William Hymanson (1), Virginia Lipman (3), Pearl Edwards (3), Sidney Robbins (3)

Memorial Wall

Members may add the name of a loved one or reserve a space on the Memorial Wall with a minimum contribution of \$300.

Please contact the Temple Office for more information.



Hospital Visits: Please keep us informed!

If you or someone you know will be or is in the hospital please call the Temple office. You can also ask a nurse to see the hospital chaplain, who can call the Temple to let us know that you are there. Rabbi Sam and the Temple Israel community would like to be able to offer support and comfort to you and your family as you may desire.

Temple Israel of Dover

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P. O. Box 254
Dover, N. H. 03821
(603) 742-3976
templeoffice@
dovertemple.org
www.dovertemple.org



Temple Israel is a vibrant Reform Jewish congregation. We welcome all who wish to participate in Jewish study, worship, and fellowship. Our mission is to be a center for Jewish tradition, Shabbat and holiday services and programs, sharing of life-cycle events, opportunities for Jewish education for all ages, connection to Israel, and involvement in the wider Jewish world and support for all who are in need.

Temple Israel is a proud member of the URJ (Union for Reform Judaism) We join with more than 800 congregations in the Reform synagogue movement.

President:
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Rabbi:
Sam Seicol
rabbisam@dovertemple.org
Administrative Assistant:
Tammy Fascetta
TempleOffice@dovertemple.org

July 2013

Happening at Temple Israel of Dover

- 05** First Friday Shabbat
 - 6:00 Tots on the Bima Shabbat Program
 - 6:20 Pot-luck Family style Shabbat Dinner
 - 7:00 Shabbat Service
- 06** 10:30 Shabbat Morning Service with Torah
- 11** 4:00/5:00 Hebrew Enrichment Program
- 12** 7:00 Shabbat Service
- 13** 10:30 Shabbat Morning Torah Study
- 15-16 Tisha B'Av**
- 18** 4:00/5:00 Hebrew Enrichment Program
- 19** 3:00 Visit to Langdon Place
7:00 Music & Meditation Service at the Pond
- 20** 10:30 Shabbat Morning Torah Study
- 25** 4:00/5:00 Hebrew Enrichment Program
- 26** 7:00 Shabbat Service
- 27** 10:30 Bat Mitzvah – Jordan Hall
5:00 9th-12th graders
Youth Group Dinner Program
RSVP rabbisam@dovertemple.org
by July 25 required
- 31** 6:00 Get to know our Sisterhood
Pot-luck Salad Dinner RSVP by July 29
For more information contact Leslie (603) 580-1871