

KESHER

FROM RABBI SAM

Reform Jewish Spirituality Part 2

I left off last month with the NICA (Moberg committee) definition of spirituality: “Spiritual well-being is the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness.” For a decade after that, the bulk of the spiritual care providers in the world of Gerontology created measures for assessing spiritual well-being in the elderly (especially the frail institutionalized members). These were generally more measures of religiosity than of spirituality. They asked about faith community and text connections and/or prayer and other faith based rituals and practices.

My contribution to the this process as a full time Geriatric Chaplain and active part of the American Society on Aging and its sub-group the Forum on Religion Spirituality and Aging (FORSA) led to the following:

‘Spirituality refers to the search for or the creation of a personal sense of meaning, value, and purpose in life in relationship with family, community, society, the world, and/or God.’

In this way I attempted to broaden the idea of spiritual well-being and resources away from a strictly theological perspective into a more human based system. While the original impetus came from Rabbi A. J. Heschel out of the White House Conference on Aging of 1961, the language soon derived more from the works of Victor Frankl who spoke of the basic human drive as a will to

create meaning in life. Frankl and others (like myself) broadened the language to include purpose and value.

My expansion of the one line into a more full examination can be found as the second page of my Rabbi article for this month (http://www.dovertemple.org/rabbis_study/index.htm). This includes a commentary on the definition and a graphic commentary on the paragraph of commentary.

In the process of learning from the frail (physically) elders who were thriving (spiritually) despite their multitude of losses, I discovered several common threads of resources they had found to maintain and support their sense of life goals and well-being. It seemed that the human condition consisted of two main elements. One I called the perceptual realm which included all aspects of life that were definable, quantifiable, able to be assessed and measured. On the other side was the opposite realm - the spiritual, which was the none of these.

The challenge then to creating some form of spiritual assessment tool seemed impossible. In order to meet this task, I found that Hebrew provided some extra insights. The details of Hebrew language and basic world view (e.g., the idea that the words for spirit derive from the words for wind and breath) and the beginning of spiritual language in my model will be in the November Kesher.

Temple Israel Board of Trustees—2012-2013

Steve Brody, President
 Marc Weinstein, Treasurer
 Cathi Cherry-Liston, Secretary
 Andy Diengott, Carole Krassner , Paul Pasternak, Peter Pastor, Stan Robbins,
 Julie Serrano, Marc Sklar
 Stacey Segil & Karen Mott, Sisterhood Representatives

TEMPLE OFFICE 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

Worship @ Temple Israel

Fridays 7:00 Saturdays 10:30

*Please note special events
 Sukkot and Simhat Torah*

- **Friday Oct 2** 6:30 *First Dinner Service*
- **Saturday Oct 3** 10:30 *Shabbat Torah Study*
- **Sunday Oct 4** 10:00 *Simhat Torah observed*
- **Friday Oct 9** 7:00 *Friday Evening Service*
- **Saturday Oct 10** 10:30 *Shabbat Torah Study*
- **Friday Oct 16** 7:00 *Third Friday Service*
- **Saturday Oct 17** 10:30 *Shabbat Torah Study*
- **Friday Oct 23** 7:00 *Friday Evening Service*
- **Saturday Oct 24** 10:30 *Full Shabbat Service*
11:15 *Tots Torah Parade*
- **Friday Oct 30** 7:00 *Friday Evening Service*
- **Saturday Oct 31** 10:30 *Shabbat Torah Study*

From the President's Yom Kippur Greeting

On Rosh Hashanah I paraphrased John F Kennedy and said ask not what Temple Israel of Dover can do for you, but rather what you can do for Temple Israel of Dover. Apparently it was not just Kennedy that I paraphrased but I was reminded later that day that Sharon said the same words about 8 years ago or so when she stood up here and addressed you as President.

In a recent conversation I had with several members – both long time and relatively new - I asked what brought them to Temple Israel of Dover. I was expecting to hear different reasons from each but I did not. Instead, although not using the same words, the reasons were very close - they felt like they were becoming part of a tribe, and as such they were with others that shared the same interests, concerns, desires, wants, needs, and most of all, religion.

And the tribe needs help. We need help on the Board of Trustees, the tribal council, if you will, and we need help with the tasks involved in running a tribe. So what can you do?

First, although it sounds scary, we need to add members to the Board of Trustees to fill the vacancies, and there are several. We currently need a Vice President and 5 Trustees. Of the Trustee positions two will fill unexpired terms ending in June 2016, two will fill unexpired terms ending in June 2017, and one will fill an unexpired term ending in June 2018. The VP position is until June 2017. This is a great chance to try it out and if it works for you and the Temple, then it is a win-win..

The commitment to be on the Board is to attend the monthly meetings and to assist in setting the goals and direction of the temple community. If you can't make a meeting or two, no problem – life happens. And there is no mandatory or expected financial commitment other than that your financial commitment is current. That's it!

It would be great if we have a VP or Trustee who is willing to step up to the Presidency, and we will have an opening in June 2017 when my current term expires, but that is not a requirement of being VP or a Trustee. The only requirement for any of these positions is the commitment to our tribe - Temple of Israel of Dover - and its future success.

We also need to staff committees. One of the important additions we have made very recently, and it has been long overdue, is a Caring and Community Committee. The importance of this committee is highlighted due to the part-time status of Rabbi Sam and it will fill a critical niche that we have been missing. The Committee will be co-chaired by Julie Serrano and Cathi Cherry-Liston. They, in conjunction with Rabbi Sam and Tammy Fascetta in the office, are working out the details of the committee, but basically if you or your family have a need due to illness or death, please call Tammy in the office, or Julie, or Cathi, or me, and we as a team will make sure your needs are met to be best of our ability. If you are interested in assisting on the committee, and no special skills are needed, please talk to Cathi or Julie, or me or Rabbi Sam.

We do not have a Membership Committee and that is another critical void we need to fill. You don't need to be in Marketing, Advertising, or Sales to be on the Committee – you need to have a desire to help us grow our community in all age brackets, whether it is the empty nesters or families with young children, or anywhere in between.

Fund Raising is another missing ingredient. If you have an idea for a fund raiser talk to me and even better would be if you tell me you are willing to work on it. The Board tackled the problem of finances and a home but we still need extra income to secure the future.

Now we need to complete the other side of the equation and grow the membership and expand the community, and we do that by getting our committee structure back to functioning status. I know we are all busy, have lots of other things to do, have children active in sports and other activities, all of which put demands on your personal tribe's time. **But now the larger community could use some of your time.** And if you are not a member, or know someone who is not, we would be glad to answer any questions. Member, or not, all are always welcome at Temple Israel here in Dover.

May this year be a good year, a sweet year, for you and yours. Shana Tova.

Steve Brody, President

president@dovertemple.org

**THANK YOU TO OUR
ONEG HOSTS**

October

- 2 Pot Luck - Dinner in the Sukkah
- 9 Pot Luck - Columbus weekend
- 16 Lynne DeSantis
Joel Lafargue
- 23 Steve Goren
Rita and Stan Robbins
- 30 Pot Luck - Purim costume preview

November

- 6 3rd - 7th grade families
- 13 Sandy Rodeffer & Paul Pasternack
Lisa and Marc Weinstein
- 20 DeeDee and David Goldstein
Peter Pastor
- 27 Pot Luck - Thanksgiving weekend

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 your family by purchasing a leaf, stone, or acorn on the Tree of Life.

Plaques in the Sanctuary honor the memory of a loved one.

For more information, contact: Tammy Fascetta in the Temple office.
templeoffice@dovertemple.org



Mazal Tov

to our members who are celebrating happy occasions in October!

Join us at Friday Dinner Service in the Sukkah

October 2, 6:30 PM

as we offer our wishes for your special day.

Birthdays

- Aaron Williams (1), Samantha Weinstein (3), Belle Giguere (5), Marc Hiller (6), Alan Wolff (15), Jeremy Giguere (21), Carole Krassner (22), Emily Behrendt (26), Ken Litvack (29), Bertha Litvack (26)

Anniversary

Michael & Sara Anderson(11),

**Please Welcome
Our New Members**

Susan & David Richman

Jessica Bolker & Peter Bixby
Eleanor and Solomon



B'not Mitzvah **5776 / 2016**

May 14

Rachel Saltman

May 28

Helen Lieberman

Religious School Sponsored Events

Religious School Classes

All are **WELCOME** at all events

October

2	6:30	Non-Meat Dinner Service in the Sukkah
4	10:00	Community Simhat Torah Celebration
18	9:30	Religious School Classes — First day of School
25	9:30	Religious School Classes

November

1	9:30	Religious School Classes
8	9:30	Religious School Classes
15	9:30	Religious School Classes
22	9:30	Religious School Classes
29		No Religious School Classes - Thanksgiving weekend

CALLING ALL MUSIC LOVERS

DO YOU PLAY AN INSTRUMENT? DO YOU LIKE TO SING?

Join the Temple Israel **MUSIC IS LIFE**

Shabbat afternoons

(check the website for times and dates).

- Come to play or just come to listen.
- One Saturday each month beginning in October
- Relax and enjoy Jewish music.
- Attend any or all of the sessions.

RSVP to rabbisam@dovertemple.org

if you have any questions

Temple Member David Kaye

will be performing his solo play

“How I Brought Peace to the Middle East: A Tragicomedy”

at the West End Studio Theatre on Islington Street in Portsmouth, NH

October 16 at 8pm / Saturday October 18 at 2pm and 8pm

The play is based on the Kaye family’s six month stay in Israel and received a Spotlight on the Arts Award for Best Original Play and is an official selection at the United Solo Festival in NYC.

Go to actonenh.org for more information and tickets

ACTIVITIES FOR CHILDREN



Can you find out the names in Hebrew for each picture?
 The first letter of the name is given to you. Ask your family,
 your friends, your Rabbi, whomever you like.

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

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 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 time slot 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

SEPTEMBER DONATIONS

All are encouraged to honor the memory of loved ones and/or to offer tributes to friends, relatives and members of the community through a donation Temple funds. We express appreciation to:

General Fund

Carol Birch -

Thank you for the Aliyah
Warren Goldblatt & Pam Schultze

Cantorial Fund

Cathi Cherry Liston

Peter Pastor

Jeff and Stacey Segil

Thank You

To all who participated in the High Holy Days as readers & singers, by playing instruments, and those who helped organize all the details.

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.

OCTOBER 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 Oct 3: Louis Golub 27, Alec Cohen 29, Rachel Beaupre 30, Debbie Ginsburg 1, Jack Briskin 2, Lawrence H. Barrows, 3, Dorothy Cohen 3, Irene Torf 3

Week of October 10: Michael Pines 4, Samuel K. King 4, Jack JackGotz 4, Lena Bernstein 5, Margaret Jacoby 6, Sylvia Seperson 8, Alex Seigel 10, Martha Shuldman 10

Week of October 17: Edward Black 11, Charles Schwatz 11, Clara R. Fisher 11 Gregory Parsons 11, Sherry Parsons 11, Henrietta Banner Abeles 11, Gussie Shutzer 11, Louis Cohen 12, EvangelosKontarinis 12, Patrick Zirpolo 12, Boris Traven 12, Gloria LoPatin 12, Marc Goldsmith 13, Jakki Wiese 13, Norman Stein 13, Leon Hirsh 14, JanetteKrasin 15, Thelma R. Hooz 15, William Gross 16, Alice Weismann 17, Bennie Davis 17

Week of October 24: Maurice Lifson 18, Barney Grossman 19, Leonard D. Kaplan 19, Evelyn Robbins 21, Sidney Kates 21, Samuel Smokler 21, Marion Schwartz 22, Abraham Kaplan 23

Week of October 31: Lorraine Goren 25, Harold Jacob 25, Lt Albert Edelstein 26, George Hooz 26, Albert Gordon 27, Adrienne Slatz 27, Anne Borwick 27, Donald Martin 28, Lydia Wills 29, Katherine Edelstein

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.



**Temple Israel
of Dover**

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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:
Steve Brody
president@dovertemple.org
Rabbi:
Sam Seicol
rabbisam@dovertemple.org
Administrative Assistant:
Tammy Fascetta
TempleOffice@dovertemple.org

October 2015

September 28-October 3 Sukkot

- 02** 6:30 Shabbat/Sukkot non-Meat dinner in the Sukkah
- 03** 10:30 Shabbat/Sukkot Torah Study in the Sukkah
- 04** 10:00 Community Simhat Torah Celebration

4-5 Simhat Torah

- 06** 3:45-6:15 **Dover Friendly Kitchen Time**
- 09** 7:00 Shabbat Service
- 10** 10:30 Shabbat Torah Study
- 11** No Religious School Classes
- 16** 7:00 Third Friday Shabbat Study, Music, & Meditation
- 17** 10:30 Shabbat Torah Study
- 18** 9:30 First Formal Day of Religious School Classes
- 23** 7:00 Shabbat Service
- 24** 10:30 Saturday Full Shabbat Service
11:15 Tots and families join for Torah parade & reading
12:00 Lunch & Learn NJOP Hebrew Reading Course
- 25** 9:30 Religious School Classes
- 30** 7:00 Shabbat Service - Purim costume preview parade
- 31** 10:30 Shabbat Torah Study
12:00 Lunch & Learn NJOP Hebrew Reading Course