

KESHER

FROM RABBI SAM

Reform Jewish Spirituality Part 1

As we enter into our new year of 5776, this is the first in a series on understanding and enhancing a sense of the spiritual side of life through Reform Jewish practices and teachings. The best way to approach the topic of “Reform Jewish Spirituality” is backwards. Thus, the first part of this (perhaps year long) series will explore a model for viewing the general world of the human spirit.

I begin with two disclaimers.

- 1) Any definition or discussion on the topic of spirituality is incomplete, at best. This will become apparent in the ensuing discussion.
- 2) The essence of spirituality is dynamic and any written work is also incomplete.

Why even start it then? And why in a serial form like this? To answer this let me quote Rabbi Tarfon, who some 2000 years ago declared, “We are not obligated to complete the task. But we are not exempt from starting it.” My other agenda, not hidden now, is that this starting of the task may inspire a desire for further discussion through Adult Ed at the Temple.

WHAT IS SPIRITUALITY?

As human beings we embody both a spiritual and a perceptual sense of the world and ourselves. The perceptual is the world we can define, measure, experience through our senses, and hope to fully know. The spiritual side of the person is the opposite side of the human coin. Ultimately, we can only know

and define the spirit by analogy or by its impact and effect on our perceptual world.

Over the past 30 years a number of “spirituality definitions” have been used. Most have tried to include the desire for a personal and relational sense of meaning, value, and purpose (often combining these terms in different ways - e.g., meaningful value or valued purpose) and included self, others, and God.

The first formal attempt to create a functional definition was led by David Moberg through the National Interfaith Coalition on Aging in 1972. He led a committee tasked to create a definition. They said, “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 used this or some derivative definition to work with the elders whom they saw as being on a primarily spiritual journey. Spiritual well-being was seen as the capacity to find meaning and purpose in life when the physical, fiscal, mental, and other paths had become diminished.

By the mid 1980’s, a broad-based effort was being made to view the concept of Spirituality as a life-long process. My contribution to the “one-liner” definitions led to a full page development and graphic expansion which I will explore in the Keshet and Rabbi article in October.

Temple Israel Board of Trustees—2012-2013

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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:

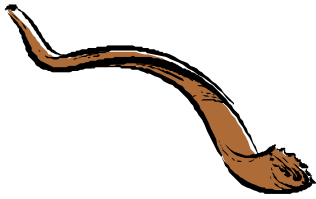
Tammy Fascetta
 TempleOffice
 @dovertemple.org
 or
 Rabbi Sam Seicol
 rabbisam@dovertemple.org

Worship @ Temple Israel

Fridays 7:00 Saturdays 10:30

*Please note High Holy Day
 Special Service times*

- **Friday Sept 4** 7:00 **First Friday Service**
- **Saturday Sept 5** 10:30 **Shabbat Torah Study**
- **Friday Sept 11** 7:00 **Friday Evening Service**
- **Saturday Sept 12** 10:30 **Shabbat Torah Study**
- **Sunday Sept 13** 8:00 **Rosh Hashanna**
- **Monday Sept 14** 10:00 **Rosh Hashanna**
12:00 **Tashlich and Family**
5:00 **Service in Durham**
- **Tuesday Sept 15** 11:00 **Music and Meditation**
- **Friday Sept 18** 7:00 **Third Friday Service**
- **Saturday Sept 19** 10:30 **Full Shabbat Service**
11:15 **Tots Torah Parade**
- **Tuesday Sept 22** 8:00 **Yom Kippur**
- **Wednesday Sept 23** **Services and Study all day**
- **Friday Sept 25** 7:00 **Friday Evening Service**
- **Saturday Sept 26** 10:30 **Shabbat Torah Study**
- **Sunday Sept 27** 10:00 **Decorate the Sukkah**
11:15 **Lunch in the Sukkah**



High Holy Days are here



Members in good standing at Temple Israel of Dover receive complimentary attendance tickets for all household members at all High Holy Day services. Members of other URJ Synagogues visiting in Dover may request a reciprocity admission letter, from the home congregation, for complimentary attendance tickets.

Non-members are welcome to attend for a minimum donation of \$180 per adult or \$320 per couple. College students are welcome to attend at no charge but a suggested donation of at least \$18 is appreciated.

No one is turned away for financial reasons. If there are financial concerns, please contact the Finance Committee Chair for a confidential arrangement. Tammy Fascetta in the Temple office at (603) 742-3976 or templeoffice@dovertemple.org can facilitate this conversation.

For more information please call (603) 742-3976, email templeoffice@dovertemple.org, or write us at PO Box 254 Dover, NH 03820.

5776 High Holy Day Services September 2015

Rosh HaShannah

- 13** 11:00 - Somersworth 12:00 - Dover Pre-High Holy Day Cemetery Services
- 13** 8:00 Rosh Hashanna Evening Service *Oneg – sponsored by the Board*
- 14** 10:00 Rosh Hashanna Morning Service
- 12:00 Rosh Hashanna Tashlich and Family Service at the pond
- 5:00** **Learner Program (NJOP supported) in Durham – NO CHARGE**
Co-sponsored by Temple Israel, COASTY, and UNH Hillel
- 15** 11:00 2nd Day Rosh Hashanna: Meditation, Music, and Healing Service
- 11:45 Rosh Hashanna pot luck brunch

Shabbat Shuvah

- 18** 7:00 Third Friday Evening Service –High Holy Day music and meditation
- 19** 10:30 Saturday Morning Service
- 11:15 Tots on Torah Parade and Shabbat Shuvah Torah reading

Yom Kippur

- 22** 8:00 Yom Kippur Evening Service – Kol Nidre
- 23** 10:00 Yom Kippur Morning Service
- 1:30 Yom Kippur Family Service
- 2:30 Yom Kippur Study Program
- 3:30 Yom Kippur Afternoon / Yizkor / Concluding Services

Pot-Luck Break the Fast following the Concluding Service – coordinated by the Sisterhood

Please volunteer to set up and/or clean up;

Or bring a non-meat main dish, non-meat casserole, dessert, or drinks

**THANK YOU TO OUR
ONEG HOSTS**

September

- 4&11 Pot Luck - last Summer Schedule
- 18 Alan Nasberg
Marc Sklar
- 25 Nancy and Mort Cherim
Karen and Marc Hiller

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

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 September!

Join us at Friday evening service

September 4, 7:00 PM

as we offer our wishes for your special day.

Birthdays

- James Lieberman (2), Cassandra Wolff (3),
Joshua Harris (4), Stan Robbins (6),
Pamela Giguere (7), TaliCherim (7),
Lilah Cherim (7), Magdalene Guardino (7),
Nori Wechsler (7), Liza Behrendt (9) ,
Edward Lieberman (15),
Juliette Diengott (19), Jill Schoonmaker (19),
Matthew Segil (22), Mike Robbins (24),
Michael Krassner (28), Molly Flagg (28),

Anniversary

- Stan & Rita Robbins (4),
Jill & William Schoonmaker (6),
Zachariah & Kristen Nobel (28)

**Invite a friend
To join you for the
High Holy Days
(See Page 3)**



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

September

14	12:00	Tashlich & Family Worship at the Pond
	5:00	Learners' Program in Durham — Mill Pond Park
23	1:30	Yom Kippur Family Service
27	10:00	Community Decorating and Eating in the Sukkah

Coming in October

2	7:00	Shabbat Service and Oneg 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

An appeal from your Ritual Committee:

HIGH HOLIDAY MUSIC 5775 FUNDRAISER!

TEMPLE ISRAEL HAS RECEIVED A GENEROUS DONATION TOWARD THIS YEAR'S HIGH HOLY DAY MUSIC. IT IS NOW OUR TURN TO STEP UP AND ADD TO THIS GIFT IN ORDER TO HAVE PROFESSIONAL MUSIC AT OUR ROSH HASHANNAH AND YOM KIPPUR SERVICES. TOGETHER WE CAN DO THIS! THANK YOU!

PLEASE MAKE YOUR MUSIC FUND DONATION PAYABLE TO:
TEMPLE ISRAEL MUSIC FUND AND RETURN IT TO THE OFFICE OR
 MAIL TO: TEMPLE ISRAEL, PO BOX 254 DOVER, NH 03821

PLEASE NOTE THAT OUR CONGREGATIONAL MUSICIANS AND SINGERS WILL ALSO PROVIDE SPECIAL MUSIC FOR THE HIGH HOLY DAY SERVICES. ALL ARE WELCOME TO JOIN IN.

FOR MORE INFORMATION PLEASE CONTACT RABBI SAM:

rabbisam@dovertemple.org

Cathi Cherry-Liston, Ritual/Oneg Chair

(H)603-269-4888, (C) 603-312-8152



SISTERHOOD CHALLAH FUNDRAISER



Dear Temple Members and Temple Friends,

It's that time of year again: time to order large, round and full **CHALLAHS** for Rosh Hashanah and Yom Kippur. Our bakery again this year will be Me&Ollies. All proceeds support various Temple functions.

The cost is \$8.00 each, or two (2) for \$15.00 (same price as 2014).

Please fill out the order form available on the website or at the Temple.

Pick up is scheduled for:

Friday Sept. 11, 1:30PM-5:30PM and Saturday September 12, 10:00AM-12:30PM

Orders must be received by **September 7th, 2015**, with payment enclosed.

Please call or email **Stacey Segil** at **603-343-5789** or sbsegil@gmail.com if you have questions.

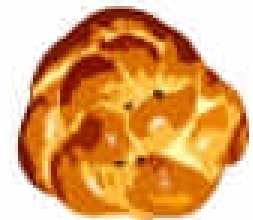
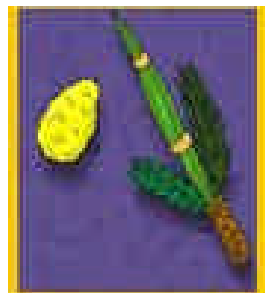
Thank you

Sisterhood

ACTIVITIES FOR CHILDREN



L' Shanah Tovah
Have a sweet year!



What holiday goes with each of these?

CH for Chanukah

P for Purim

PA for Passover

RH for Rosh Hashanna

S for Sukkot

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

AUGUST 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

Abby Cohen

Yahrzeit Donation

Global Industrial Products –

In memory of Anja Legerstee
Hoyt Electrical Instrument Works -

In memory of Anja Legerstee
Spectrum Industries –

In memory of Anja Legerstee
Steve & Sharon Brody –

In memory of Anja Legerstee
Rita Novak –

In memory of Myer Saunders
Muriel Slutzky –

In memory of Myer Saunders
Tom Skinner –

In memory of Anja Legerstee
Milton & Edith Novak–

In memory of Anja Legerstee
Sara Kornhauser –

In memory of Bernard Kornhauser

Cantorial Fund

Andy & Patty Diengott

Stan & Rita Robbins

Sara Kornhauser -

In memory of Charles and Nathan Gattz

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.

SEPTEMBER 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 September 5: William Olney (30), Ray Alterman (30), Selma Odell (30), Martin Erwin Cohen (30), Matthew Fleece (31), Michael Youngfellow (31), Samuel Kramer (1), Hilda Rutstein (1), Aaron Ginsburg (5), Sadie Liebson (5)

Week of September 12: Hugo Dieterich (6), Judith Olson (7), Joseph Karol (7), Sandra Proud (7), Helga Burby (17), Philip Verner (8), Charles Kram (10), Martin Karelitz (11) Isadore Kotlus (11)

Week of September 19: William Baer (14), Nancy S. Hernandez (14), Suzanne Rubenstein (15), Bernard Cooperman (16), Leonard Lane (16), Joseph M. Baer (16)

Week of September 26: Sarah Edelstein (23), Mark Shor (23), Gertrude Fine (24), Doris Stocklan (24), Gerald Landgarten (24), Julius Berenson (24), Peter Solomon (24)

Week of October 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)

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**

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

September 2015

Happening at Temple Israel of Dover

- 01** 3:45-6:15 Dover Friendly Kitchen Time
- 04** 7:00 First Friday Shabbat Service
- 05** 10:30 Shabbat Torah Study
11:30 HHD Choir rehearsal

- 11** 7:00 Shabbat Service
- 12** 10:30 Shabbat Torah Study
11:30 Final HHD Choir rehearsal with Sue

13-15 Rosh Hashanna

- 13** 11:00 High Holy Day cemetery services - Somersworth
12:00 High Holy Day cemetery services - Dover
8:00 Rosh Hashanna Evening Service
- 14** 10:00 Rosh Hashanna Morning Service
12:00 Tashlich and Family Service at the Pond
5:00 Learner Program in Durham with UNH Hillel
- 15** 11:00 Rosh Hashanna Music & Meditation
12:00 Rosh Hashanna pot luck lunch
- 18** 7:00 Third Friday Shabbat Study, Music, & Meditation
- 19** 10:30 Third Saturday Shabbat Service
11:15 Tots and families join for Torah parade & reading

22-23 Yom Kippur

- 22** 8:00 Yom Kippur Evening Service
- 23** 10:00 Yom Kippur Morning Service
1:30 Yom Kippur Family Service
2:30 Yom Kippur Study Program
3:30 Yom Kippur Afternoon / Concluding
Break the Fast following Concluding Service
- 25** 7:00 Shabbat Service
- 26** 10:30 Shabbat Torah Study
- 27** 10:00 Community Decorate Sukkah & Lunch

September 28 - October 3

Sukkot