

There is a beautiful holiday in January called Tu B'Shevat. It is the New Year of the Trees and it reminds us of the importance of trees in our world. This holiday is observed with a short and fun Seder where we eat different kinds of fruits: fruits with a pit, fruits with a shell and fruits that can be entirely eaten. There are also four cups of wine, one for each season and each one a slightly different color, blending red and white.

This seder finds its roots with the Kabbalists of Tzfat, where the ceremony was born. It links the different fruits to the different aspects of our soul, reminding us of our connection with the earth and the universe.

We will hold this beautiful and heimish ceremony at Temple Israel, singing songs together, eating different fruits and the Seven Species identified in the Torah to have special significance to the Land of Israel: Wheat, barley, grapes, dates, figs, olives, pomegranates. We will also talk about Kabbalah: levels of the Soul and the different Worlds. It will be a mystical and delicious night!

ט"ו בשבט 
Tu Bishvat **wednesday,**
january 24
6:30 pm
seder & dinner



new year of the trees!

We thank our many volunteers & donors

thank you
todah raba
thank you
todah raba
thank you
todah raba

- Liz and Larry Eckman for our kitchen and bathroom supplies
- Jeff Klein for taking care of the myriad building issues
- Stephen Singer and Jeff Klein for organizing Wednesday morning minyans
- Ken Cohn, Jeff Klein, and Josh Nathan for help with the yahrzeit boards
- John Weber and Leigh Musicof for their work on our security grant
- Michael Sydney for overseeing our cemetery
- Carol Sternberg Chairperson of the Gift Shop
- Kiddush Krew –Merle Paltrow, Ken Cohn, Monique Shaffer, Carol Pressman, and Carol Sternberg
- Ruth Chevion for her stories about her family's escape from the Holocaust to America
- Temple Israel Book Club Leaders - Ken Cohn, Aida Koocher and Benay Birch
- Rick Notkin for his safety & security initiative
- Steve Saulten for taking care of our security services

Tzedaka

Rebecca Berne & Jacob Silberberg in memory of Steven Silberberg
Hinda Groom in memory of Sadie Falk
Sandra Hoexter in memory of Herbert Hoexter
Gwen Kay in memory of Goldie Wilinsky
Jeff Klein & Michelle Rosenthal in memory of Sami Klein
Molly & Rick Notkin in memory of George Potter
Molly & Rick Notkin in memory of Greta Potter

Kibbutz Azza

Kim & Leigh Musicof

Kol Nidre

Barbara & Harry Shepler

Special Mentions

Carol Pressman, Carol & Bob Sternberg, Jeff Klein & John Weber for arranging the replacement of our freezer.

The Marion C. Smyth Trustee Estate/The Frederick Smyth Institute of Music for sponsoring the NH Stands with Israel Solidarity Concert on Jan 7.

Other

Pat & Henri Biagi for general fund

Beth Fraum for a meshebayrak for Rebbitzin Valerie's mother

David Sky for Family Shabbats

Temple Israel Manchester Book Club News

Temple Israel's book club met on Wednesday, Dec 13, 2023, at 4:30 pm via Zoom to listen to Author, Sam Freedman, talk about his most recent book, *Into the Bright Sunshine*. The Zoom session was well attended by congregants from Temple Israel and Temple Adath Yeshurun, as well as by a few friends of the Temple Israel book club who were attracted by the book, and seven of Sam's Highland Park High School, NJ classmates (Aida and Maurice being two of those classmates)! Ken Cohn did a wonderful job in moderating the discussion. Sam spoke about the content of his book for 30 minutes, which was followed by thoughtful questions and critical comments from attendees. The following comments, written in the Zoom Chat, express the sentiments of how the book club session was received.

- Lynn Kra-Oz wrote, "Such a pleasure to join tonight. Thank you, Sam. Wonderful to hear you speak, as usual."
- Rachel Spierer wrote, "This was a wonderful discussion. Thank you so much for coming to share so much interesting information with us. I feel enriched..."
- Louise Zeuli wrote, "Thank you very much, Sam, for your excellent and thoughtful presentation and, patience in listening to the comments and questions. It has been a great pleasure to listen to you."
- Bill Griffin wrote, "...truly enjoyed this wonderful discussion. Thank you, Sam for your presence and being with us."
- Marilyn Cavanaugh wrote, "Ken, thank you so much for inviting TAY members to join you this afternoon. That was fabulous! Sam Freedman is an incredible speaker as well as author, and I'm so glad that I was able to hear him."

Stay tuned for the title of the next book we will be reading and discussing.

The book club committee - Ken, Aida, and Benay - look forward to having you join us on March 13, 2024, by Zoom at 4:30pm.

A Recipe from Wartime by Ruth Chevion

One time, Ala, the young Polish woman who was hiding my mother, gave my mother a little notebook. It was a lined soft cover 6" X 8" notebook with about 25 pages.

I hope you can imagine how precious this would be dear reader. I remember my mother talking about the emptiness of her time over those two years. I remember her describing how the time passed so slowly. She would promise herself not to look at the clock for at least an hour, but when she looked it had only gone five minutes.

Now I ask you...if you were in my mother's position, and someone gave you a blank lined notebook, what would you do with it? What would you write in it? It's something to think about, isn't it?

Would it be feelings? Poetry? The first chapter of your book? Thoughts?

Here's what my mother did with her notebook: She copied out recipes for elegant cakes and desserts. I'm not sure whose recipes these were. Probably Aunt Fela. Ala later became something of a political activist, so I don't picture her in an apron whisking up desserts. In any event, somehow my mother found these recipes, and it was to these culinary delights that she dedicated her notebook.

My mother's wartime notebook, filled cover to cover with recipes for desserts and cakes, survived the war. Mom brought it with her to America. I still have it. The pages are all yellow and dry by now, cracking at the edges, but the recipes are still legible. All the writing is in pencil in my mother's round European script, all in Polish.

What I love about the notebook is that it bespeaks a certain optimism. It means to me that my mother was able to suffer deeply without tipping over into depression. She maintained a certain equanimity. In extreme circumstances, like a hunted wounded animal hiding in a lair, she maintained herself. What valuable knowledge from the holocaust this is — just to know that we can do this, that our minds are that capable.

I would like to share with you, dear reader, the one recipe from the notebook that became my mother's favorite. She often made it for company. It's a five-star juicy chocolatey thing that you scoop out of a bowl with a big spoon, like a trifle. It has no flour and no baking so it's pretty easy. Here it is:

Lady Finger Dessert (Legumina Biszkoptowa)

Ingredients:

- 2 packages of store bought soft lady fingers.
- 1 1/2 cups hot milk
- Some apricot jam
- 4-5 ounces semi-sweet chocolate
- 3 tbs sugar
- 2 egg yolks
- Whipped cream, chocolate chips and berries for decoration

Instructions:

- The lady finger cookies come split in two, so open them and spread some apricot jam inside each one.
- Make three layers of lady fingers in a bowl that can go to the table and put some jam between the layers also. (No need for oven proof as there is no baking in this recipe.)
- Mix 1/2 cup of the milk with 1 tbs sugar, and sprinkle that over the lady fingers, not to soak, only to moisten.
- Melt the chocolate into the remaining hot milk, and let it cool while you beat the eggs.
- In a bowl, beat 2 egg yolks with 2 tbs sugar to a whitish yellow color.
- Mix the cooled chocolate mixture into the beaten egg yolks.
- Pour the the whole wet mixture over the lady fingers. Using a fork, encourage the chocolate to reach the bottom layer.
- Refrigerate a few hours or overnight.
- Top with whipped cream. Decorate with chocolate chips and berries.

Enjoy!



Temple Israel Manchester has a Mission: to Help Kvar Aza by Josh Nathan

Israel is in trouble. Israel is at war. As American Jews we see and hear the news. At some level we are helpless to turn the calendar back to October 6, before Hamas attacked the kibbutzim and villages surrounding the borders of Gaza. But at Temple Israel we have adopted one of those villages that were attacked, as the particular object of our caring.

We have adopted Kvar Aza as our particular goal of helping. Of course all the villages and homes and kibbutzim that were attacked are equally needy of help. But as a congregation we are hoping that by focusing on just one, one village, one group of people, that we can do the most good. We have already raised over \$8000, but we need more.

In Hebrew "Kvar Aza", means Gaza Village. Kvar means village. Aza is the Hebrew word for Gaza. Kvar Aza was, before this happened, a vibrant farming community of about 700 people, living three miles from the border with Palestinian Gaza. The families there had farmed in the desert since 1951. They had pioneered irrigation methods for farming on dry land.

Before the attack, Kvar Aza had a synagogue for prayer, a school for the children, and many nice family homes.

Generations of Jews had lived there, and many Israelis there had made personal bonds of friendship with their Palestinian neighbors.

Everything changed on October 7. The village was ransacked, ruined, and destroyed. People were killed, hostages taken to Gaza. The sorrow and sadness and ruination were beyond words.

The word went out almost immediately that Kvar Aza would rebuild!

These inspired and inspiring people of Kvar Aza need and deserve our help. Let us put our money and our prayers to work to help them rebuild their village. Even as we wait for hostages to be released, even as they bury and pray for their dead, we can help.

Please send checks to the Temple Office or give online. Please be sure to write Kvar Aza on your check or PayPal donation. Please give any amount - \$5 or \$500 or \$5000, whatever you can. We can do this. Temple Israel Manchester New Hampshire can and will make a difference. We can do this!!



December & Kibbitz & Cooking



Temple Israel Visits Area Nursing Homes by Aida Koocher

A most delightful day was spent singing Chanukah songs for the residents of Courville Community in the morning, and Villa Crest in the afternoon, of Friday, December 8, 2023.

Thank you to Rabbi Marc Philippe, Valerie DeRoca, Josh Nathan, Christine Dame, Jen Beard, Talia Oranburg, Pat Biagi, David Sky, Harry Kimball and Ann Bridgford, and therapy dogs Zippy and Bunny for your time, energy, heart, and soul in bringing the light of Chanukah to a most appreciative audience.



The Braverman Chanukah Party and Menorah Lighting by Aida Koocher

Temple Israel's Chanukah party and menorah lighting on Sunday, December 10, 2023, was a great deal of fun. Linda Sinkow, Josh Nathan, and Rachel Russell arrived early to arrange tables, set up lights, put out Chanukah decorations and turn the Klein Social Hall into a festive party room.

At noon, the Hebrew School students put on a wonderful Chanukah Shpiel in the main sanctuary. The lunch that followed had been prepared by Heidi and Mike Miller of the Perfect Platter, and consisted of latkes, macaroni and cheese, a green salad, a fruit salad, and donut holes!

Thank you to Rachel Russell for organizing the children's activities. The children had their face painted, colored a mural, made crafts, and played with dreidels. Goodie bags, which were generously made by Roberta Pavol, were given to all the children at the party.

Chanukah songs were sung, accompanied by rabbi Marc Philippe on guitar and Josh Nathan on mandolin. The party concluded at the entrance to the Temple, where we all gathered to light the beautiful Chanukah menorah that Steve Saulten had made for us, several years ago.

A Union Leader photographer was on hand to take a picture of the menorah lighting. Thank you so much to everyone for shining your light on Temple Israel!



The Gift Shop is open!
 Challah Cover - \$32.
 Candlesticks - Shabbat Bride \$50.
 Candlesticks - plain glass - \$25.
 Kiddush Cups - Ornate - \$50.
 Bar/Bat Mitzvah Kiddush Cup - \$25.
 Tallit Clips - \$25.
 Contact carolnh@myfairpoint.net



Rabbi Marc Philippe holds a curious Eli Weinberg, 3, to count the fourth day of Hanukkah Sunday outside the Temple Israel on Salmon Street in Manchester. Rabbi Philippe shared how the origin of Hanukkah took place during a military victory, but it was neither the victory of the Jewish people nor the defeat of the enemy that is celebrated, but the miracle of the light never fading. He charged his congregation to "increase the light every day," just as the lights of the Menorah increase. BRITTANY GRIMES/UNION LEADER LEADER

Hevra Kadisha of Central New Hampshire

Our Hevra Kaddisha is ready to help you in your hour of need to perform the ritual preparation of a deceased for burial in accordance with Jewish tradition. Do not hesitate to call us when needed. We are here for you!

Please call 603.746.5218 to initiate the process or for more information.

Hebrew School Chanukah Shyriel



Chanukah Party



Chanukah Party





January 2024

Tevet 20 to Shevat 21



Jan. 2 - Philip Borenstein

Jan. 2- Seth Guttman

Jan. 5 - Michelle Kelman

Jan. 6 - Paula Fredriksen

Jan. 7 - Paula Winer-Veale

Jan. 9 - Aida Koocher

Jan. 10 - Golan Kilchevsky

Jan. 10 - Paul Schill

Jan. 11 - Rani Paltrow-McCole

Jan. 12 - Debbie Manning

Jan. 19 - Renee Brenner

Jan. 19 - Peter Hallock

Jan. 19 - Nadav Matthews

Jan. 19 - Mitchell Weinberg

Jan. 21 - Nathaniel Davidow

Jan. 23 - Ruth Chevion

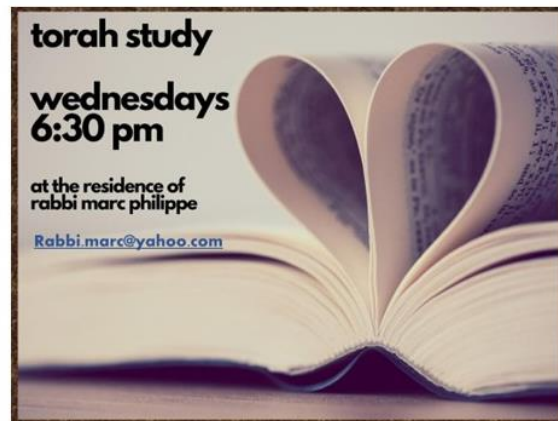
Jan. 24 - Emily Frydman Verbun

Jan. 24 - Rachel Spierer

Jan. 25 - Michael Welch

Jan. 28 - Joy Sydney

There are no anniversaries this month



JANUARY CALENDAR AT A GLANCE

Jan 1 – Happy New Year! Office closed

Jan 7 – Solidarity Concert – 2:00pm. \$18 prepurchase or \$25 at the door.

Visit our website at www.templeisraelmft.org or call the office to register.

Jan 12 – 6:00pm – Kabbalat Shabbat & Dinner. RSVP required by noon, Jan. 2.

Visit our website at www.templeisraelmft.org or call the office to register.

Jan 15 – Martin Luther King Day. Office closed.

Jan 18 – HeBrew Happy Hour. Email afkoocher@comcast.net to RSVP

Jan 20 – 9:45am – Sat. Shabbat Service

Jan 24 – 6:00pm - Tu B'Shevat Seder. RSVP required by noon Jan. 16.

Visit our website at www.templeisraelmft.org or call the office (603.622.6171).