

GOOD GRIEF BY RABBI JEN TOBENSTEIN

I was recently watching an old Peanuts television special with my daughters, and as Charlie Brown suffered a moment of frustration, I was reminded of his oft-used saying: "Good grief!" This idiom - which was popularized by Charles Shultz's character - expressed a range of emotions: surprise, shock, amazement, annoyance, exasperation. Notably, it did not express much about the words' literal meanings and how they might show us a better way to grieve.

So, what is good grief? With the enormous scale of suffering the world has endured in the past few years, much has been added to the genre of grief literature. One recent teaching by the palliative care physician, Dr. Sunita Puri, noted, "I don't believe in 'moving on' and 'finding closure.' This language distills the messy complexity of grief into tidy sound bites and asks people to leave something behind, bury it or lock it away... Can we instead move forward with grief? Can we find a way to integrate loss into life, to carry it with us?"

Dr. Puri's observation resonates with thousands of years of Jewish learning and ritual surrounding the grief cycle and how we navigate our way through it. Our tradition teaches that we cannot turn away from a neighbor who is grieving - we must offer comfort, bring food, bear witness to their loss, and maybe through it, connect empathically to our own memories of grief.

Themes of remembrance flow throughout High Holiday liturgy and practice, calling upon us to remember individually and collectively - our loved ones, our history, our sins, our merits. Recollection is indeed a holy, retroactive endeavor. We sanctify the present by remembering our departed loved ones and the past they represented, just as we sanctify the past by carrying their memories and legacies with us in the present. Rabbi Abraham Joshua Heschel, z"l (*zichrono li'vracha*, may his memory be for a blessing), once taught, "To us Jews, the essence of faith is memory. To believe is to remember."

Our tradition also instructs us in what to do when we find ourselves as the mourners, offering ritual activity that may keep us afloat in a sea of emotional pain. It also recognizes that the different stages of grief don't necessarily move on a neat continuum; for they can loop in different directions at different times. Judaism provides a thread that connects their journey so that we do not become unmoored in our sadness or undone by our feelings of loss.

May our remembrances this holiday season provide us with moments of better grief. And be they sweet or sad, bitter, or hopeful - or all of these mixed together - may the memories of our loved ones be always for a blessing.

- Rabbi Jen Tobenstein



- Liz and Larry Eckman for our kitchen and bathroom supplies
- Our Temple Board for meaningful service options and activities
- Jeff Klein for taking care of the myriad building issues
- Stephen Singer and Jeff Klein for organizing Wednesday morning minyans
- David Winthrop for being our Gabbai and for organizing our High Holiday Aliyah
- Michael Sydney for overseeing the Hebrew Cemetery and our Hebrew School building upgrade plans
- John Weber for his financial acumen and continued support
- Carol Sternberg Chairperson of Kitchen Krew, Lunches and Gift Shop
- Norri Oberlander and Christine Dame for donating plants and mulch for the patio area
- Kiddush Krew - Renee Brenner, Merle Paltrow, Carol Pressman, Carol Sternberg & David Winthrop
- Morgan Hallock & Norri Oberlander for our livestream setup
- Ruth Chevion for her wonderful stories about her family's escape from the Holocaust to America

Special thank you to Karen and Hannah Jacobs
for installing book plates into our new *Lev Shalem Machzorim*. We sold out!

Tzedaka

Dr. Hadassah Aaronson in memory of Zohara Aaronson
Aida Koocher in memory of Barbara Esterman
Carol Krensky in memory of Myrna Krensky
Gary & Rochelle Lindner in memory of Raymond Lindner
Aviva Thaler in memory of Ruth Davis

Anita Diamond in memory of Sidney Diamond
Aida Koocher in memory of Benjamin Esterman
Amy Gordon in memory of Anna & Samuel Gorenstein
Barbara Platt in memory of Harry Novak
Ruth & Jay Zax in memory of Samuel Fineblit

Other Donations

Renee Brenner in honor of Jenn Rockwell
 Ken Cohn & Maureen DeLeasa for Sep 9 dinner
 David Massarik in honor of Celine Belanger
 Carol & Bob Sternberg in honor of Maureen DeLeasa
 Isadora Zlotowicz in honor of Mr. & Mrs. Daniel Weinerman
 Isadora Zlotowicz in honor of Carol & Bob Sternberg
 Isadora Zlotowicz in honor of P. Palamare

Renee Brenner in memory of Shya Finestone
 Ken Cohn & Maureen DeLeasa for Kol Nidre
 Jeff Salloway for the Sep 9 family shabbat
 Carol & Bob Sternberg for our summer BBQs
 Isadora Zlotowicz in honor of Renee Brenner
 Isadora Zlotowicz in honor of Rosa Esposito
 Isadora Zlotowicz in honor of Vlad Kurnov

SVU (SPECIAL VOLUNTEER UNIT)

On September 11, 2022
 a swarm of congregants, friends
 and family descended
 upon the back yard of Temple Israel . . .

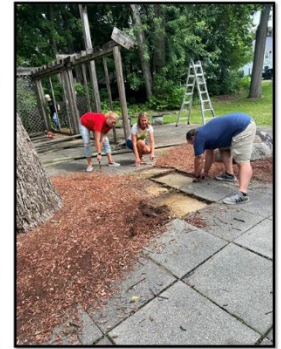
THIS IS THEIR STORY...

Our old Sukkah had served us well for many years, but time had taken its toll



So, we put out a call for volunteers to remove it and revitalize our patio

Just a few of our demolition crew . . .



Our treasurer, John Weber, "saw" to it that the old wood was properly dispatched



Years of overgrowth were cleared to increase visibility and improve security

David Winthrop (not pictured) took the lead in getting old furniture and "stuff" removed from the building.



Norri Oberlander's bright smile demonstrates why she is the membership "chair."



Jeff Klein (front) and Josh Nathan were in for the long haul . . .

New plants and mulch add elegance and charm!



Our beautiful back yard bought to you by:

Sukkah Demolition Team
 Christy Aberg & Josh Nathan
 Debbie & Gregg DePasse
 Morgan & Pete Hallock
 Jeff Klein
 John Weber
 Brian Zinn

Landscape Demolition
 Christine & Tim Dame
 Jeff Klein
 John Weber

Our Junk Removers
 Jeff Klein
 Josh Nathan
 Norri Oberlander
 David Winthrop

JEFF KLEIN – SHEM TOV AWARD RECIPIENT! by Carol Sternberg



Good news bears repeating! For those who don't know, Jeff Klein is Temple Israel's winner for the Shem Tov (Good Name) Award.

The award was created by the Federation in recognition of the value of volunteerism in the Jewish Community. Jewish organizations in N.H. pick a winner of the award. We picked Jeff Klein.

Jeff came to us from Maryland – by way of Detroit where he met his wife, Michelle Rosenthal. As a member of Temple Israel, he became leader of the weekly, Wednesday Minyan starting at 7:am with members

from our Temple and TAY with others welcome. Jeff reaches out to keep the "Minyionaires" thriving. He also is House Chair - keeping facilities cleaned and in good repair and safe inside and outside. Recently skateboarders using the Eckman Terrace were sent off as was a person setting up a home outside our basement door. Jeff knows the police and alderman to call in our area. And on last Sunday was one of the crew involved in revitalizing our Eckman Terrace and surrounding grounds. He's also, on our Board.

He's also on the area's Hevra Kaddisha - leader of the men's group – making A Kosher Burial available on an on-call basis.

On November 12th at our Shabbat Service Jeff will receive his award from the Federation and we will have a catered meal in Jeff's honor.



The Temple Israel Book club had a great ZOOM meeting on Wednesday September 14th. We engaged in a fantastic, diversified conversation from the 11 people who joined to discuss Mitch Albom's book, "The Stranger in the Lifeboat."

Mitch Albom ponders what we would do if, after crying out for divine help, G-d appeared before us? **What might the Lord look, sound, and act like?**

In *The Stranger in the Lifeboat*, Albom keeps us guessing until the end:

What is the message of the Stranger in the Lifeboat?

The idea of the Stranger in the Lifeboat – we're all in a lifeboat getting by with what we do and there's a force with us. If you believe in nothing, have no hope, that force is always going to be a stranger. If you believe in that good, it can become the thing that you lean on that ultimately saves you.

One faithful member of the club joins us from Israel. She takes a nap earlier in the day because our 4:30pm starting time is 11:30 pm her time. Lynn writes below:

"The Book Club discussion last night was so interesting. I read the book that I would not have normally picked up on my own. (The fact that it was short was an added bonus so I was able to read it twice). So much food for thought. I really enjoyed hearing all the different opinions and input. Yes, such a special group!"

We urge anyone reading this, to join us in December for our next meeting. The book, date and time will be announced in the next few weeks. Stay Tuned!

Best wishes for a L'Shana Tova from the three book club musketeers,

Ken, Aida & Benay

Please support our vendors!

The Temple Israel Gift Shop is Open!

- Yom Tov Challah Board - \$25
- Challah Knife - \$20
- Candlesticks - \$25.
- Hamsa - \$25
- Blue Enameled Mezzuzahs - \$30

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How Shabbat Candles Saved my Family during the Holocaust

by Ruth Chevion

My Grandmother Miriam believed that lighting the Sabbath candles would save her family. Here's what happened:

Grandmother Miriam and Chava, the youngest of her three children, were hiding in an upstairs apartment in Krakow, having escaped from the Tarnow ghetto. At this time in 1943, Grandfather Elchanan was hiding in Russia. The two sons, Pelek, and Alex, were out and about passing as Poles - Alex running black market gasoline while helping his father, Pelek serving in the Polish resistance army while hovering over his mother and sister.

Nobody could dissuade Grandmother from lighting her candles on Friday nights. Pelek and Chava begged her, remonstrated with her, pointing out the danger of the candles being seen by neighbors.

To no avail.

But she agreed to two compromises. She would light the candles as early as possible, meaning an hour and a quarter before sunset, so that they would be less visible through a window, and she would light them in the bathroom.

One Friday night, their landlady walked in unannounced. The bathroom door had been left ajar. "What's going on here?" said the landlady to Chava. "You are burning candles here like Jews," she said.

Chava replied calmly, "Haha, yes. The lightbulb burned out, so we lit some candles." To which the landlady replied, "For that purpose you need only one candle, not five."

As soon as the landlady was gone, Chava ran to get her older brother Pelek. Luckily, she found him easily that particular night, as he was just returning to his apartment from a trip to Warsaw.

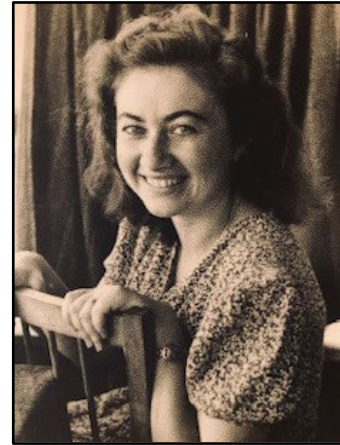
Within hours, Pelek moved them out of their apartment. He had prepared for this contingency by lining up a hideout for them in Warsaw with a Polish woman who hid Jews for money. Chava and Grandmother layered themselves with as many of their clothes as possible, stashed some food in their purses, and left the lights in the apartment burning.

They never had a comfortable place again after that. They had to pay high prices for bad conditions. They struggled to make money. Pelek had to find other places for them as their hideouts failed for one reason or another. They endured hunger and fear, but Grandmother and Chava did survive, as did grandfather, Alex, and Pelek.

Did grandmother's sabbath candles save the family?

We only know the events that occurred, not those that didn't, but I am in awe of the way my grandmother modeled optimism and leadership for her children. In the most dire of circumstances, rather than let go of her spiritual center, she let it shine. I see it as an act of resistance. And it turned out that resistance, even though risky, was necessary to survival.

Photo of Chava:



Temple Israel Hebrew School Presents:

Sunday Funday

Join us for "Grown Up and Me" time
the **first Sunday** of **every month**
for you and your child to sing songs and learn
Jewish traditions!

9:30 am – 10:15 am

Starting Sunday October 2nd

Open to children **ages 3-6** and their **caregiver**

Members and Non-members are welcome!

No cost to attend

Each month we will focus on a Jewish holiday or custom.

For more information contact:

Liz Sommers at familyeducator@outlook.com





OCTOBER 2022

6 TISHREI TO 6 CHESVAN 5783

HAPPY BIRTHDAY!

Anniversary

Oct 2: Benjamin Felder
 Oct 7: Phyllis Levine
 Oct 10: Daniel Oberlander
 Oct 13: Debbi DePasse
 Oct 14: Flynn Cohen
 Oct 14: Joshua Eli Preis
 Oct 14: Alexander Verbun
 Oct 19: Bernice Taube
 Oct 23: Josh Nathan

Oct 24: Julia Kamen
 Oct 24: Madelyn Kamen
 Oct 28: Patricia Biagi
 Oct 28: Quinn Paltrow-McCole
 Oct 29: Robert Sternberg
 Oct 29: Sadie Beatrice Zack
 Oct 30: Rick Notkin
 Oct 31: Henry Biagi
 Oct 31: Gary Lindner

Niza & Rami Preis
 Oct 10 - 48 - years

Paula Winer-Veale & Keith Veale
 Oct 13 - 3 years

Kim & Leigh Musicof
 Oct 22 - 6 years

Non-holiday Religious Services and Events at a Glance

Morning Minyans - every Wednesday at 7:00am

Oct 2 - Shabbat Service - 10:00am

Oct 2 - Sunday Funday Preschool Playgroup!

Oct 9 - Decorating the Sukkah - 11:00am

Oct 22 - Shabbat Service - 10:00a

SHABBAT
 Shuvah
 Sat, Oct 1, 10:00am

YOM KIPPUR
 OCT 4 - 6:30PM - YOM KIPPUR MINCHAH
 FOLLOWED BY KOL NIDRE
 OCT 5 - 9:00AM - YOM KIPUR MORNING
 OCT 5 - 5:00PM - YOM KIPPUR MINCHA NEILA
 OCT 5 - 7:15PM - YOM KIPPUR BREAKFAST
 (RSVP REQUIRED BY NOON SEP 28)

Sukkot Schedule
 Oct 9 - 11:00am - Decorating the Sukkah
 Oct 10 - 10:00am - Sukkot Day 1
 Oct 11 - 7:00am - Sukkot Day 2
 Oct 14 - 6:00pm - Sandwiches in the Sukkah
 Please rsvp by noon Oct 7

Oct 17 - 10:00am
 Shemini Atzeret (w/ yizkor)
 Oct 17 - 7:00pm
 Erev Simchat Torah
 Oct 18 - 7:00am
 Simchat Torah