

A Message from Rabbi Marc

The Holy Days are behind us and what hopefully remains is growth, connection and inspiration. Ideally, the drive to strive for improvement should live on. Teshuvah is not a once-a-year exercise, it is a regular practice that helps us become the awesome human being we are meant to be.

There is a part of the daily liturgy that used to bother me in the past, it is the Tachanun prayer. Tachanun are penitential prayers recited most days after the Amida (the standing prayer). What used to bother me is the nature of this liturgy (why put an emphasis on being penitent?) until I realized the true purpose of Tachanun: to consciously release negativity from the body.

Every day, the body accumulates a certain amount of negativity. It often comes from the outside, from co-workers, bosses, friends or even family members. We generate our own negativity when reacting with anger, jealousy, contempt or fear to any given situation. Negativity also comes from the inside when we decide to re-live a difficult situation, working ourselves up, amplifying anger, jealousy, contempt or fear.

We don't need to feel guilty about it, humans are made this way. This is why consciously releasing negativity on a daily basis trains us to get rid of this habit. We can change the habit, create a new one, and as a bonus, we become a clean vessel to receive Light and blessings.

Remember, Light and blessings are always there, surrounding us, but if we are filled with negativity, there is no room for blessings! Eventually, we can train ourselves not to create negative feelings. When this is achieved, the release of negativity eventually will be about anything that tries to attach itself to us. People trying to put us down, for example. We don't want it, so we release it.

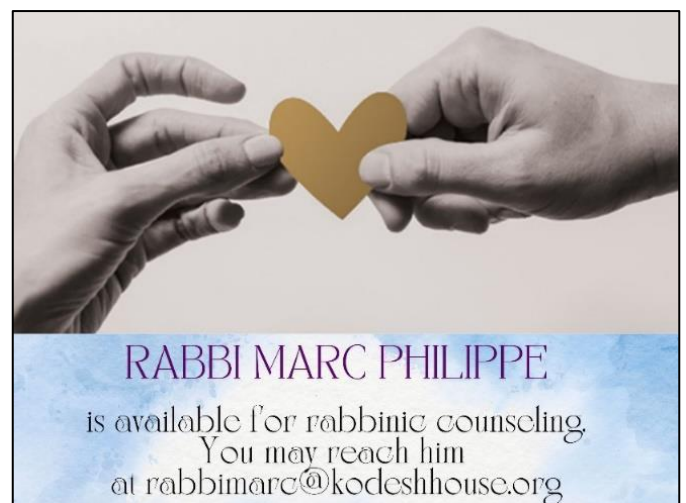
Tachanun is really about asking for forgiveness. As spiritual practice, we need to create a habit asking forgiveness to our Higher Self. There is always a moment when we may not react in the best way. The asking for forgiveness becomes a portal for our soul to grow. What is our Higher Self? It is the part of our soul that still resides in the World of Truth, the Spiritual World. Our soul does not entirely come down when we incarnate in our present body. An important part of it still resides in the Spiritual World, living in bliss. In reality, it doesn't need us to ask for forgiveness, there is only love and compassion in that realm, but this asking connects us to our Higher Self, which in turn is connected to infinite wisdom. But connecting to it, we open a portal to this infinite wisdom, aligning ourselves with guidance.

Our Higher Self possesses an immense amount of Light; it is unequivocally connected to the Source after all. When we connect to it, we remove any interference and Light reaches us directly.

Once we do this, we must allow G'd to envelop us. Mind you, we are always enveloped, but if we are blind to it, or if we have encrustations of negativity, it doesn't reach us at full potential. When we consciously remove these encrustations and allow G'd in, wonders happen. We are aligned with synchronicity.

All of this is related to creating a Sacred Space. We must strive to do this wherever we are. We only need to be conscious about it ...and pray for it. The moment we do this, it happens. Follow these simple instructions and see incredible things happen in your life!

With blessings, **Rabbi Marc Philippe**



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

- Liz and Larry Eckman for our kitchen and bathroom supplies
- Stephen Singer & Jeff Klein for organizing Wednesday morning minyans
- Ken Cohn, Jeff Klein, Josh Nathan and David Winthrop for yahrzeit board maintenance
- John Weber for working on our security grant, fencing and exterior lighting
- Mitchell Weinberg for overseeing our cemetery
- Carol Sternberg, Chairperson of the Gift Shop & Kiddush Krew
- Kiddush Krew - Merle Paltrow, Ken Cohn, Carol Pressman & Roberta Pavoll
- Ruth Chevion for her stories of her family's escape from the Holocaust
- Steve Saulten & Leigh Musicof for taking care of our security services
- Michelle Rosenthal for proofreading this newsletter

Tzedaka

Ruth Chevion in memory of Paul Scribner
Ken Cohn in memory of Sylvia Cohen
Aida Koocher in memory of Barbara & Ben Esterman
Francine Stein in memory of Laurence Stein

Cemetery Fence Restoration Project

Baer Family
Blanche A. Bruce
The Gasser & Oberlander Families
Merrimack Street Volvo
Harry & Barbara Shepler
The Wolff Family Charitable Trust

Kol Nidre Received

Sedra Michaelson
Michelle Rosenthal & Jeff Klein
Al Shamash in memory of Isaac & Rebecca Shamash
Linda & Lee Sinkow
David & Rebecca Sky

Other

Charlotte & Howard Gross for the Rabbi Subsidy Fund
Aida Koocher for the Klezmer band
Sara & Ian Warner for the Klezmer band
Carol Pressman in honor of Renee Brenner
Sydell & Morton Rosen - Security Fund
Barbara & Harry Shepler - Kiddush sponsorship
Linda & Lee Sinkow for Simchat Torah wine and spirits



TEMPLE ISRAEL'S CARE COMMITTEE

CARE CORNER - MONTHLY UPDATE

**Do you have a
Care Request?
Interested in joining
the committee?**

**If you are interested in
volunteering or
are in need of assistance,
please contact
Linda Sinkow
lindasinkow@gmail.com
or
508-561-3740**

At the beginning of October, the Care Committee embarked on a letter writing campaign to a congregant in need of some additional support who is in the midst of battling significant health issues. A dedicated group of 6 committee members have come together and are committed to sending weekly emails to this incredible person. We are sharing shul updates, personal stories, and words of comfort and prayers. We have received wonderful feedback so far and are looking forward to continuing this noble initiative.

As we look ahead to next month, we continue to encourage anyone to reach out if you or someone you know could use a bit of extra support. Whether it's a visit, a meal, or just a friendly check-in, the Care Committee is here to help!



Good Evening and Shana Tova,

As President of Temple Israel, I have the responsibility of overseeing the Temple operations and, along with the Board of Directors and other volunteers, working towards the continued growth and success of Temple Israel. I stand before you on this most solemn of holidays to explain our need and appeal to your generosity. I appreciate your attention for the next hour (😊).

As I wrote earlier this week, it is not easy being Jewish alone. Temple Israel provides the place and people for us to celebrate and mourn as a community. We were older members when Michelle and I joined the temple. I was not Bar Mitzvah here and we were married in Detroit before moving here. However, we have mourned, and the congregation has supported us through that time. We have observed years of Holidays, Seders, and Break the Fast, and we will mourn and celebrate again. I am confident that everyone here tonight has their own personal connection to this Jewish home. If you are one of our newest members, you may be joining because you understand that many of those life events are still ahead of you.

We have made significant improvements this past year. We have revamped our Hebrew education program for our children. The Jewish Learning Experience has been reconstructed with new teachers and a curriculum combining the basics of language and history with experiential lessons to better round out the individuals and provide some fun within the learning experience. Look out the north windows to see a beautiful and safe backyard with a new steel fence. We have a more robust Temple Trust Fund and Cemetery Fund, and we have been able to retain the services of our extraordinary spiritual leader, Rabbi Marc. None of this would be possible with only our annual Membership Contributions. Each of these, and so much more, were only possible due to the financial support of members of this congregation, above and beyond their Membership Contributions.

On this Yom Kippur, I would like to ask for forgiveness from anyone that I may have offended or hurt, if even inadvertently, to include if I inadvertently leave you out of the next paragraphs.

There are many congregants who donate supplies and food, without ever asking for repayment. Every bit of those generous donations is appreciated and needed. The Weber's, John and Dina, made a significant contribution to repaying an outstanding loan to our Trust Fund. Without that, we would have defaulted on a loan to ourselves, and jeopardized future financial bridge loans that are necessary from time to time. Joy and Michael Sydney have been instrumental in funding so many important initiatives to include the Hebrew Cemetery, the Cemetery Trust Fund, and the Temple Israel Trust fund. Those Trust Funds will provide hugely beneficial income for future generations, making future Kol Nidre Appeals easier. At the same time, we need funds available for immediate use. The Temple needs financial donations to the General Fund to pay salaries, the electric bill, the gas bill, and for any repairs

Reprinted from the Temple Israel Kol Nidre Service, Oct 11, 2024.

beyond the capability of the home mechanics in the congregation. We have two fundraisers a year for the TI General Fund: this Kol Nidre Appeal and the springtime Shmooze and Booze. You have donated generously in the past for each of these, and we greatly need the same generosity now. I am asking everyone in this congregation to carefully consider what it would be like without the relationships you have built or will soon build here.

Dr Robert Waldinger, a professor of psychology at Harvard Medical School, as reported in the Harvard Gazette, has published the following after an astonishing 80-year study, "Close relationships, more than money or fame, are what keep people happy throughout their lives. Those ties protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes." After six years as members of Temple Israel, we feel so fortunate for the close relationships we have formed. I know that there are others as lucky as we are, and we wish that for everyone.

There are multiple former congregants who have moved away, but still have such wonderful memories of Temple Israel that they have made significant donations to the Shul, dozens of years after leaving. These are heartwarming expressions and actions of support. That the people of this congregation, over the years, have formed such wonderful memories that they still feel connected so many years later, is a tribute to the culture that is fostered in this very building.

There are certainly a lot of charitable organizations that are in need of, and deserving of, our generosity. I hope that you, like I, think of this Temple first when deciding who to support. We need everyone's help, both financially and with time. Please, give what you can to the Temple General Fund and please see any of the Board of Directors to volunteer your time. Heck, find Linda Kropp-Sinkow, Aida Koocher, or Josh Nathan and try to pry one of the many efforts they have undertaken out from under them. A few of the upcoming and urgent projects ahead are executing the remaining security grants, the stair lift that needs replacement, and if anyone knows of a snowplow contractor, we will need to secure one of them too, and soon.

I thought the Covid experience earlier this decade was as much tumult as we would ever experience. Unfortunately, as Jews, we have been thrust into the center of a growing conflict with worldwide implications. Israel is threatened unlike it has been since Yom Kippur, 1973. Antisemitism is at record levels in the US and in Europe. We have armed security outside, alongside Manchester police, and we have armed security sitting in these pews. It is the reality of the times. Jonathan Greenblatt, the National Director of the Anti-Defamation League, recently commented, "there is no silver bullet to deal with these challenges, but somehow we must." I agree and I contend that we must do it together, as a community. It is not easy being Jewish alone and thank goodness we don't have to!

G'Mar Chatima Tova. Again, please consider my earlier statement asking for your forgiveness, particularly now that you have heard the entirety of this appeal. May 5785 be a year of peace and prosperity for everyone here and for Temple Israel as a whole. Thank you for your continued support, and please, pledge a generous Kol Nidre contribution to this Temple and the community that we all care so much about.

A Bad Plan is Better than no Plan by Ruth Chevion

Dear Reader, you already know that my grandfather bought a bus and took his two sons to Russia to escape oncoming Germans. I can just hear your questions - like why did he leave the women behind?

All I can tell you is what Alex and my dad told me when I asked them the same question. They both said that the Germans only wanted men at that point. The Germans were snatching men for slave labor. Plus, it was regarded as unsafe for women to be on the road. The hope was that the women and children would join the men later.

But things did not go according to plan. Germany successfully invaded the whole western half of Poland within seventeen days. Russia, on the heels of German victory in the west, successfully invaded and occupied Poland from the east. Poland was split in two. The Polish government went into exile. The Fessel family would not be reunited until two years later.

At first the bus riders had a hard time. The roads eastward were clogged with refugees on foot, donkey, wheelbarrow, anything. Once inside Russia, in the city of Kossova, the bus was confiscated at gunpoint by Russian soldiers. The men on the bus were mired in Kossova for several months. Then, the entire group of them landed in jail as vicarious punishment after my father got into a fistfight with a man who called him a "dirty Jew."

Luckily, the Chief of Police from Tarnów had landed in Kossova as well. This was the same Chief of Police who had previously rescued my father in the incident of the Tarnów train station bombing. Now in Kossova, the Chief showed his credentials and got the men out of jail. (The Chief and my grandfather were friends from back in Tarnów. I know no details about this friendship, but as of this moment, I am adding the Chief to my running list of Poles who helped.)

Money was a problem. Grandfather's money, which had been mostly in "secure" Polish government bonds, became worthless when Poland ceased to exist as an independent country. He and the two boys essentially became paupers.

But the clouds parted, and the sun came out. In Soviet Russia it was an asset to be poor. Under Communism, the landed rich were exiled to Siberia or killed. My grandfather had neither land nor money. He found a modest job in a tar paper factory where he made himself useful and rose to management.

The good part for Pelek and Alex was that in Soviet Russia, schooling was free. Poor though the Soviets were, they did away with school tuition altogether, in all schools. Alex finished high school for free. My dad went to engineering school.

In Russia, antisemitism was officially illegal. Though still practiced privately, the fact that antisemitism was not officially sanctioned meant that there were no quotas for how

many Jews could enter any particular school. In Poland before the war, most fields of study allowed a maximum of seven percent of any student body to be Jewish.

Basically, in Poland it was okay to be rich as long as you were not Jewish, while in the Soviet Union it was okay to be Jewish, as long as you were not rich.

Well aware that his family's former wealth was a problem, my dad told a lie during the interview for engineering school. When asked what his parents did, he said, "Ojciec kowal, matka praczka." (**Oy**-chetz **koh**-val, **maht**-ka, **pratch**-ka.) It means, "Father blacksmith, mother laundress." But it's not just the professions he chose that are hilarious, given that his father owned a factory and his mother owned a gasoline business, it's the locution. The wording has a definite proletarian ring to it. Plus, the Polish has an internal rhyme that makes it almost like a lyric. My dad loved to repeat it. He would laugh. We would all laugh.

Dad got into school and finished almost two years of studies in the Soviet Union, studies which ultimately enabled him to fulfill his dream of starting his own business in America based on his own patents.

From my perspective, dear reader, sitting here comfortably in Hopkinton, New Hampshire 85 years later, do I dare say that my grandfather had a bad plan? I still don't really see why he left Miriam and Chava behind. Didn't he anticipate that the Russians would invade from the east and the family would be separated?

All I can say is what chess players say — "a bad plan is better than no plan." With some mid-course corrections, the plan worked. They all survived.



Elchanan is in the back row, second in from the right with hat pushed back

**Spotlight on
Morgan Hallock
TI BOD Secretary**
Solicited by Ken Cohn



Morgan Hallock has been a member of the synagogue for 12 years. She lives in Weare New Hampshire with her husband Pete, whom she has known since they were teenagers. They recently celebrated their 15th wedding anniversary. Morgan and Pete have two children: Bree, who lives in Northern California, and Carl, who is celebrating his Bar Mitzvah this year.

Originally from Virginia, Morgan has spent most of her life in Southern New Hampshire. She graduated from Londonderry High and holds a bachelor's degree in Behavioral Science and a master's in Special Education.

With almost 20 years of experience in education, Morgan specializes in working with students with Autism, Emotional Behavior Disorders, and trauma. In 2009, she began her conversion process with Rabbi Jon at Temple Beth Abraham, choosing the Hebrew name Yedidah. Her conversion was sparked by the sense of home she felt when at her cousin's Bat Mitzvah. She has served as the board secretary for about five years and has always loved the Hamash feel of Temple Israel. Morgan enjoys New England, especially in the fall, and loves reading, being outdoors, spending time with friends, and cooking.



From the Desk of
Aida Koocher
Social Events Chair
akoocher@comcast.net



During this High Holiday season, let us take a moment to reflect on the deep meaning and significance of the services we are sharing with Rabbi Marc Philippe as our spiritual leader. These days of awe are providing us with the opportunity to connect, to seek forgiveness, and to renew our intentions for the year ahead. May the prayers and reflections we offer strengthen our hearts and guide us toward compassion, kindness, and peace. Let us carry the inspiration of these holy days with us into our everyday lives, lifting our community and embracing the hope of a fresh beginning.

Thank you to everyone who attended, organized, and facilitated the smooth and meaningful execution of our various holiday services. As I looked around the sanctuary, my heart was filled with warmth and happiness, seeing our congregation come together at our beloved Temple Israel. The shared spirit of community and faith during this sacred time truly brings life to our sanctuary. Your presence, contributions, and dedication make these moments not only possible but profoundly special for us all.

Special Mentions!

We are grateful to Seth Oranburg, house chair, for overhauling our livestream services in time for the High Holy days, and to the following financial donors for the project: Josh Nathan & Christy Aberg, Penny Oranburg, Joy & Michael Sydney, and Dina & John Weber

We are thankful to Rebbetzin Valerie for adding her creative touch to our website.



Want to commemorate a birthday, anniversary, yahrzeit or special event in your family?

Why not sponsor a Saturday morning Kiddush?

Email Aida at
akoocher@comcast.net
to explore options.





November Yahrzeits



Nov 1	Rovner, Bette Rubin, Dorothy	Nov 12	Kostrzewa, Frank Krensky, Paul Rubinstein, Benjamin Sachs, Louis White, Lena	Nov 21	Wainer, Joseph Waisman, Samuel
Nov 2	Cohen, Lenore Golder, Bernice			Nov 22	Baltimore, Richard Charron, Mollie
Nov 3	Cramer, Ida Parker, Sally	Nov 13	Eluto, Charles Rabin, Yitzchak Rosenberg, Herbert	Nov 23	Angelini, Beverly Bialo, Helen Davidow, Pearl Greenfield, David Hybsch, Hugh Mazer, Sol Polins, Ethel Semiati, Juliet Silber, Harry
Nov 4	Sky, Asher			Nov 24	Messenger, Elizabeth
Nov 5	Cooperman, Estelle Fineblit, Charles Green, Samuel	Nov 14	Mulman, Myer Rudman, Keven Steinberg, Hyman	Nov 25	Baitman, Arnold Ekman, Minnie Metz, Esther Shaer, David
Nov 7	Aaronson, Zohara Harrison, Marilyn Plotkin, Sally Richelson, Evelyn	Nov 15	Marmar, Nathan Rosenthal, Bernard	Nov 27	Rosenblatt, Oscar Zerinsky, David
Nov 8	Kaufman, Toby Singer Resnick, Morris L. Soifert, S/Sgt. Allen	Nov 16	Baltimore, Hyman Spector, Mike	Nov 28	Gilon, Ari Sanel, Joseph Vocell, Blanche
Nov 9	Cohen, Arnold Kurtz, Jacob Simpson, Marilyn	Nov 18	Barber, Ida Mushlin Levy, Leatrice	Nov 29	Alter, Harold Gross, Harold
Nov 10	Feldman, Eugene Jay Shapiro, Ida	Nov 19	Benjamin, Johanna Benjamin, Regina Burnston, Sharon-Ann Rovner, Annie	Nov 30	Finn, Rose Hoexter, Gerda Soref, Jacob
Nov 11	Katz, Simon Margolis, Eli A. Slosberg, Rose Meriam Winthrop, Joseph	Nov 20	Hoffman, Fred Mushlin, Rebecca Singer, Libby		
Nov 12	Burtnick, Daniel Koocher, Lillian "Libby"	Nov 21	Arliss, Barbara Foster, Golda Levine, Ilene Singer, Gary		

Hevra Kadisha of Central New Hampshire

Our Hevra Kadisha 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.

Jewish Burial Plots Available
For Temple Israel Manchester Members

Email: office@templeisraelmht.org
or
Call: 603.622.6171

It is with sadness that we share the passing of

BERNARD CARL ROSENBERG

May his memory be a blessing

On behalf of the Board of Directors and Temple Israel we send our sincerest condolences to Julia Preis and her family



Jewish Learning Experience at Temple Israel



At Temple Israel Jewish Learning Experience, we learn while having fun, particularly with Jewpardy! After watching different videos about Jewish holidays and the weekly Torah portion, kids are engaged in reviewing what has been learned with questions on the screen, like on the real game show.

It is so beautiful witnessing them learning skills in Judaics and Hebrew ...and then creating artwork for the congregation to enjoy, like a whale for Yom Kippur, or Sukkot decorations. So many activities are planned every week, Sunday mornings are always full of energy!

November



Tishrei 30 to Cheshvan 29

Happy Birthday!

Nov 1 - Bill Greiner

Nov 2 - Elias Reed Weinberg

Nov 2 - Rafaela Zeballos

Nov 13 - Michael Sydney

Nov 16 - Amichai Kilchevsky

Nov 17 - Stephen Borofsky

Nov 17 - Amy Weinberg

Nov 20 - Dina Weber

Nov 25 - Jonas Welch

Nov 29 - Louise Allard

Note: no anniversaries this month

Candle Lightings and Shabbat Portions



<u>Date</u>	<u>Candle Time</u>	<u>Portion</u>
Nov 1	5:19pm	Noach
Nov 8	4:10 pm	Lech-Lecha
Nov 15	4:03pm	Vayera
Nov 22	3:58pm	Chayei Sara
Nov 29	3:54pm	Toldos

November at a Glance

<u>Day/Date</u>	<u>Time</u>	<u>Event</u>
Every Weds.	7:00am	Morning Minyans. Click here for info
Every Weds.	6:30pm	Torah Study via ZOOM. Visit our website for the ZOOM link or Click here .
Sat., Nov 9	9:45am	Shabbat Service & sponsored Kiddush. No rsvp needed.
Sun, Nov 10	10:00am	Schmooze & Schmeat with Rabbi Marc No RSVP needed.
Fri, Nov 15	6:00pm	Kabbalat Service & Dinner. Visit our website or Click here to RSVP by noon Nov 5.
Sat. Nov 16	9:45am	Cleo Warner's bat Mitavah
Sat. Nov 23	9:45am	Shabbat service followed by sponsored Kiddush. No RSVP needed.

Useful Links

Our Rabbi: rabbi.marc@yahoo.com

Our President: president@templeisraelmht.org or call 248-321-4949

Our Vice President & Membership Director: lindasinkow@gmail.com

Our Office: office@templeisraelmht.org or 603.622.6171

Our Website: <https://templeisraelmht.org>

Our Service & Events Page: <https://templeisraelmht.org/services-and-events>

Support Temple Israel: <https://templeisraelmht.org/support-us>

Gifts for the Family!

Tzedaka Boxes for the little one
Shabbat Candlesticks for the Bat Mitzvah
Kiddush Cups for the Bar Mitzvah
Candles for the Shabbat Table



Our Sukkah Builders

