



The Month of Tammuz

By Rabbi Marc

The month of July, which corresponds mostly with the Hebrew month of Tammuz, doesn't have any Jewish holiday but has an important observance: the fast of 17th of Tammuz, or known as Shivah Asar B'Tammuz in Hebrew. This fast is linked to events that happened thousands of years ago to the Jewish people, so we might ask why this observance is still in the Jewish calendar.

The main reason for this fast is that the walls of Jerusalem were breached in 69 CE by the Romans after a long siege. This breach resulted in the destruction of the holy Temple three weeks later on the 9th of Av, or Tisha b'Av. A fast has been instituted by our sages because of the tragic nature of this event. This date, however, holds more tragedies, which might further explain the fast:

- -On that day, Moses broke the tablets of the Ten Commandments when he saw his people worshipping the golden calf.
- -During that same period, in 586 BCE, the Babylonian king Nebuchadnezzar also held a siege of Jerusalem (which resulted in the destruction of the first Temple, also on Tisha b'Av) and the Jews were forced to stop Temple offerings because of the lack of sheep.
- -Apostomos (a Greek or Roman general, depending on opinions) burned a holy Torah scroll.
- -An idol was placed in the Temple.

For these reasons we still fast more than two thousand years after the destruction of the second Temple. We need to understand that a date holding a particularly traumatic event carries the same energy year after year on the anniversary of the event. To observe a fast is to be given the opportunity to transform negativity, or darkness, into blessings. This is the reason why we still have this fast in the Jewish calendar.

What is true for events that concern the entire community also is true for each of us in our personal life. Below is a teaching that explains this deep concept.

Imagine a man at the beach. Barefoot, walking at the edge of the water. The waves come and go. Water comes and goes. The sound of the water comes and goes.

Coming and going.

This is a natural cycle.

It happens in nature, like day and night, the moon. Even the wind, although you may not notice this aspect. In life -and also in heaven- everything is also coming and going.

More precisely, receiving and giving.

What you perceive as a succession of events that are high and low is, in fact, this cycle. You need to know that it isn't about high and low moments, it is more like water coming and going. It always comes back.

When life, like the water, goes down, it isn't a low, it is more like taking a breath. You are filling up, but prior to breathing in, yes, there is a letting go, like breathing out what you don't need.

Water goes down, breathing out, letting go, the sand is now cleansed and sparkles. Energy is then gathered and you breathe in, your lungs expand, the water comes up because G'd breathes out as you breathe in. The ups and downs of water are necessary for life.



Ups and downs in life are not what you think. Your life is not linear, meaning a straight line representing time. Life is shaped like a shell, it goes around.

As you turn around, you unconsciously encounter what has happened before. The question is, how do you react to it this time around? What are your emotions this time? What do you bring to the world this time? This is extremely important!

If you pass by an experience that appears painful, honor your emotions, you may talk to the experience itself. Ask what it is you are supposed to learn. When you learn, you evolve and the emotions will dissolve. When you pass by the experience again, you can acknowledge the event, saying hello and being grateful for the growth that happened.

The example of a painful moment is used, but you see, this is not reality. It only appears to be painful because you have the power to transform this pain into bliss. When you do this, you happen to spread this bliss in the world, and everyone can take advantage.

How wonderful.

When you pass by a happy moment, you need to recognize it. If you practice mindfulness and gratitude this feeling will spread and what appears to be uncomfortable moments will slowly dissolve, just like water clears the sand and makes it pristine. Keep this image, imagine water cleansing your soul, your heart. Past events that are tainted are cleansed this way.

Allow the water to flow through you, honor your emotions, and believe that your life is being cleansed. If you let this happen, you will transform a painful moment into bliss.

Rabbi Marc Philippe



Thank you to everyone who made our
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- Liz & Larry Eckman for our kitchen and bathroom supplies
- Stephen Singer & Jeff Klein for organizing Wednesday morning minyans
- Ken Cohn, Jeff Klein, Josh Nathan & David Winthrop = yahrzeit boards
- John Weber & Leigh Musicof for their work on our security grant
- 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 stories of her family's escape from the Holocaust
- Temple Israel Book Club - Ken Cohn, Aida Koocher & Benay Birch
- Steve Saulten & Leigh Musicof for taking care of our security services

Tzedaka

Louise Allard in memory of Dora Wainer
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 Jeff Klein & Michelle Rosenthal in memory of Karen Eva Kilara
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- June 29 – Talia & Seth Oranburg to celebrate their baby naming
- July 13 – Aida Koocher to celebrate Rabbi Marc & Valerie's first year with Temple Israel
- July 27 – Aida Koocher in honor of our Temple Israel Family

To sponsor a Kiddush sponsor contact Aida at 603.401.7870 or akoocher@comcast.net



July Yearzeits



July 1 Cagen, Hyman
 July 2 Alter, Anna
 July 2 Gross, Solomon
 July 2 Koocher, Eva
 July 2 Slosberg, Myer S.
 July 3 Altshuler, Dina
 July 3 Davis, Rose
 July 3 Kohl, Miriam
 July 3 Winneg, Martha
 July 4 Cohen, Neil
 July 4 Israel, Dora
 July 4 Smith, Hyman
 July 4 Wohlgermuth, Evelyn
 July 4 Zazula, Paise
 July 5 Garon, Alec Sasha
 July 5 Koocher, Edward
 July 5 Singer, Mollie
 July 5 Wainer, Dora
 July 7 Silberberg, Dorrine
 July 7 Steinberg, Edith
 July 8 Greiner, Peter
 July 8 Kane, Michael
 July 8 Tabachnick, Ida
 July 8 Tillman, Jeanette
 July 8 Weiner, Dora
 July 10 Eckman, Hyman
 July 10 Hammond, Robert
 July 10 Silver, Samuel
 July 11 Brenner, Rubin
 July 11 Dzick, Benjamin
 July 11 Eckman, Joseph
 July 11 Eckman, Selwyn
 July 11 Kaplan, Bessie
 July 11 Stock, Efroim
 July 12 Holtzman, Sophie
 July 13 Bresnick, Abraham
 July 13 Dishon, Yitzhak
 July 13 Geyer, Harold

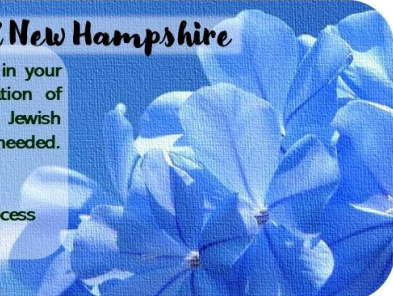
July 13 Hirsch, Sara Goldberg
 July 13 Kramer, Essie
 July 13 Novak, Morris
 July 14 Atkins, Philip
 July 14 Gelfand Rocklin, Jean
 July 14 Goldberg, Harry
 July 14 Tevelov, Maurice
 July 15 Baker, M
 July 15 Ekland, Louis
 July 15 Slosberg, Anna B.
 July 16 Burnston, Sydney
 July 16 Litvin, Ida
 July 16 Shamash, Isaac
 July 17 Brifman, Richard Ian
 July 17 Bronstein, Samuel
 July 17 Sacks, Joseph
 July 17 Winneg, Richard
 July 18 Benjamin, Bernhard
 July 18 Foster, David
 July 19 Alter, Joseph
 July 19 Gilbert, Nathan
 July 19 Kurtz, Claire
 July 19 Romer, Eliezer Leo
 July 19 Silberberg, Ross Alan
 July 20 Bronstein, Joseph
 July 20 Fineblit, Lionel
 July 20 Harris, Rose
 July 20 Hoffman, Doris
 July 20 Silver, Ethel
 July 20 Slovak, Anna
 July 21 Haas, Fred
 July 21 Specter, Hyman
 July 22 Gruber, Molly
 July 22 Kagen, Jerome
 July 22 Klein, Benjamin
 July 22 Knapp, John Arthur
 July 22 Miranda, Helen Eluto
 July 22 Taub, Anne

July 22 Wolfe, Marshall
 July 23 Gross, Saul
 July 23 Margolis, Sophie Foster
 July 23 Vick, Bert
 July 24 Cohen, Morris Nathan
 July 24 Eckman, Arline
 July 24 Grevior, James Samuel
 July 24 Kavesh, Frank
 July 24 Kern, Stanley
 July 24 Sanel, Benjamin
 July 25 Berke, Abraham
 July 25 Wishtkin, Hy
 July 26 Klein, Serena
 July 26 Perlman, Sylvia
 July 27 Bialo, Lea
 July 27 Cagan, Sadie I.
 July 27 Fox, Norman Morse
 July 27 Koach, Sid
 July 27 Steinbock, Joseph
 July 27 Woolf, Sarah
 July 28 Bernhard, Amalie
 July 28 McCurdy, Sandra
 July 29 Froman, Louis
 July 29 Rubin, Leon T.
 July 29 Slovak, Herman
 July 29 Tolman, Harry
 July 30 Fieldman, Howard
 July 30 Hollander, Charles
 July 30 Kane, Maurice
 July 30 Knaiger, Fannie
 July 30 Lipin, Leaf
 July 30 Rosen, Mort
 July 30 Wallin, Irma
 July 31 Stein, Abram
 July 31 Tabachnick, Nathan
 July 31 Violette, Frederick

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A Silver Cup and a Hooked Rug by Ruth Chevion



When the Nazis entered Tarnow (my father's home city in Poland), one of their first decrees was that Jews should bring all their silver objects to the Gestapo. My father's family had beautiful silverware, and some lovely silver ritual objects. There was a five-armed silver candelabra for the sabbath, a silver Hanukkah menorah, a special silver spice box for ending the sabbath, a silver holder for the braided Havdalah candle, silver salt boxes, etc. But most precious of all was a little silver wine cup that my father had received as a gift upon his bar mitzvah.

The cup was already 150 years old when it was given to my father in 1935. It is about 5 inches high, and one-and-one-half inches wide at the lip. Engraved with the swirls and curlicues of old world silversmithing, the couple of small dents it has in the stem only add character. The cup survived the Holocaust. Here's how:

When the order came down to turn over all silver to the Gestapo, Grandmother Miriam did comply to some extent. She surrendered a few objects. But not all. Her best sabbath candelabra she hung from a long rope down into a well. To Polish friends she entrusted the Hanukkah menorah, and other favorite pieces for safekeeping. Then with the help of her three children, gingerly so as to leave no marks, she lifted a floorboard in their city apartment. Into the narrow space under the parquet, she nestled some objects that were special to her: Grandfather's silver snuff box, some spoons from her silverware set, and of course the cup. Then they replaced the board.

Before they could finish hiding the cup and the other objects, there was a knock on the door. The man who stood there was a Polish man of the town. They recognized him. He was a well-known outspoken anti-Semite, a Jew-hater, someone who might have been happy to see the Jews of the city being rounded up, harassed, and removed. After introducing himself, as though he needed introduction, he offered to safe keep anything for them. He would keep anything they gave him safe to the end of the war, he

said. Anything at all. Calmly, Grandmother went and rolled up a hooked rug she had made and some pictures and handed them over to him. Politely, she closed the door behind him.

When the war ended, Grandmother Miriam, with my dad and my aunt Chava, found their way back to Tarnow. In the search for things she had secreted, Grandmother found very little. The sabbath candelabra in the well was gone, rope and all. The Polish friends either had no memory of anything entrusted to them or had themselves disappeared in the interim. But a few things did survive. The little silver kiddush cup was safely under the floorboard having rested there and tarnished peacefully for six years, along with the spoons and the snuffbox.

The rug and pictures came back too. Shortly after the family's reappearance in Tarnow, the man appeared at their door and dutifully returned the rug and the pictures, wrapped just as grandmother had wrapped them six years earlier.

They questioned him. Grandmother Miriam and my Aunt Chava had no reason at that point to be reticent. "Why did you do this?" they asked. "Why would you of all people? We know you were no friend of the Jews. Why did you keep our property for us for such a long time and bring everything back?"

"I didn't like the Jews any more than anyone else did," he replied. "But what the Germans were doing was wrong. I felt I had to do something."

My Aunt Chava and I discussed this story again a few years before she died. We were sitting in her living room in Kiriat Motzkin in Israel talking about her Holocaust experiences. "You never know about people," she observed with a smile.



We are happy to announce that Beth Fraum will be facilitating our discussion of "In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin" by Erik Larson.

More information regarding this book will be provided in our August Issue of *Kol Israel*.

Temple Israel's Annual "Schmooze and Booze" Fundraiser

Temple Israel held its annual fundraiser, Schmooze and Booze, on Wednesday evening, May 29, 2024 at the Rex Theater in Manchester. The purpose of this event was to raise money to support the vital initiatives and programs at Temple Israel. Everyone's generous contributions played a crucial role in achieving our goal and ensuring the continued success of our temple. Every dollar raised brings us closer to our objective and strengthens the foundation of our Temple Israel community. We deeply appreciate all the support we received towards reaching our target fundraising goal.

A significant portion of financial support came from sponsorships. We owe a special thanks to Norri Oberlander and Stephen Singer for their hard work and dedication in securing donations from over 52 sponsors. The success of this fundraiser would not have been possible without their efforts. Additionally, Aida Koocher was able to add six more sponsors to this year's list. Each level of sponsorship came with various benefits, including prominent recognition on our marketing materials, logo placements on signs throughout the venue, media shoutouts, and more. Ticket sales from individuals attending the dance party also helped us reach our target goal. A heartfelt thank you goes out to all who generously donated to this year's Schmooze and Booze.

The night was lively and entertaining, filled with mingling, schmoozing, eating, drinking, and dancing. The music from an 8-piece band called Clockwork energized the evening. We enjoyed plentiful, delicious kosher food from The Butcherie of Brookline, Massachusetts. The overall ambiance was warm, friendly, and uplifting. The first highlight of the night occurred on the podium when the annual fundraiser chairs—Norri Oberlander, Linda Sinkow, and Aida Koocher—were

introduced. Norri welcomed everyone to the event and gave a special thank you to Stephen Singer, our Angel Sponsor and Fundraising Co-chair. She also thanked Linda, Aida, and Valerie for their hard work in preparing for the event. Aida led everyone in the Pledge of Allegiance, and Linda introduced Rabbi Marc Philippe, who followed with an invocation. Harry Shepler then shared his Temple Israel story and introduced Mayor Jay Ruais, who offered words of support and showed off his newfound knowledge of Yiddish with words like "mensch" and "mazel tov!" Temple Israel's president, Jeff Klein, spoke and segued into the second part of the evening, beginning with the band's exuberant rendition of the hora, during which revelers joined hands and danced to this familiar tune. After all, what is a Jewish gathering without the hora? Thanks to Clockwork's excellent playlist, the dancing continued for hours.

Another highlight occurred when our very own Vanna White impersonator, Linda Sinkow, enthusiastically auctioned off a Sister Sands Vacation getaway generously donated by Norri Oberlander. It was thrilling to watch the bidding climb higher and higher until it was "Sold to the person in the white outfit." A digital photo booth also added fun throughout the night.

To all our generous sponsors, thank you. To all those who bought tickets and partied with us at the Rex Theater, thank you. To all who generously donated but were unable to attend, we missed you. To everyone who helped on this committee, and to all our families, friends, and supporters of Temple Israel's Annual Fundraiser, we thank you from the bottom of our hearts.

With many blessings, Aida Koocher



For more photobooth pics visit: <https://magicmirrorofne.myboothpic.co/gallery/AJBxy?tab=photo&page=1>

The New Hampshire Jewish Community Celebrates Yom Ha'atzmaut by Linda Sinkow



On Sunday, June 2nd, Temple Israel and nine other synagogues from across the NH Jewish community gathered at Manchester's picturesque Derryfield School to commemorate the 76th year of Israeli independence. This annual Yom Ha'atzmaut celebration, organized by the Jewish Federation of New Hampshire, was a testament to perseverance and pride, bringing together people of all ages to revel in Israeli culture.

The theme of this year's event, "Israeli Culture," was brought to life in various captivating displays and activities. Temple Israel took center stage with a meticulously crafted exhibit titled "Kibbutz Life." This interactive showcase not only delved into the historical significance of kibbutzim but also invited attendees to participate in hands-on experiences.



Current and Past Presidents Jeff Klein and Josh Nathan, along with Rabbi Marc Philippe and Linda Sinkow, enthusiastically manned the station. They engaged visitors in discussions about the evolution of kibbutz living while guiding them through activities like planting tomato plants and decorating pots, which symbolized the agricultural roots and communal spirit of kibbutzim.

The energy of Israeli culture reverberated throughout the grounds. Attendees were treated to a plethora of activities designed to offer a multifaceted glimpse into Israeli life. Music, an inseparable part of Israeli identity, filled the air thanks to the melodious performances by Rabbi Marc Philippe and Shaliach Guy Ben David. Their engaging tunes and spirited dancing captivated children and adults alike, fostering a lively atmosphere of celebration and unity.

Art enthusiasts found solace in creative workshops where they could paint and sculpt, inspired by Israeli landscapes and motifs. Meanwhile, others penned heartfelt letters to individuals in Israel, fostering connections across continents and reinforcing the global Jewish community's bond during this incredibly challenging time.

A Blueberry Summer! by Aida Koocher

Temple Israel held a Kibbitz and Cooking event on Sunday, June 23, 2024, which was a tremendous success. Debbie Manning, Karen Jacobs, Linda Sinkow, Carol Pressman, Jen Beard, Michelle Rosenthal, Sara Warner and her daughter, Cleo, along with Aida Koocher, had a wonderful time making blueberry crumb pies under the guidance of Roberta Pavoll, our baking teacher, in the kitchen of Temple Israel.

Each participant brought home two unbaked pies that could be baked immediately or frozen for later. I must say, I baked my pie when I got home and enjoyed it for dessert after dinner. It was the best blueberry crumb pie I have ever had.

The fun, laughter, conversation, and camaraderie in the kitchen were simply fabulous. I look forward to future Kibbitz and Cooking events.





July – Sivan 25 to Tammuz 25

HAPPY
*Birth*day

HAPPY
*Ann*iversary

July 4 - Miriam Anne Veale
July 9 - Leigh Musicof
July 12 - Skylar Cohen
July 14 - Lucy Petunia Sommers
July 15 - Robert Singer
July 15 - Dustin Sinkow
July 16 - Jenny Coffey
July 22 - Larry Eckman
July 23 - Norri Oberlander
July 29 - Merle Paltrow
July 29 - Jacob Preis

July 1 - Rachel & Tim Russell - 12th anniversary
July 2 - Linda Kropp Sinkow & Lee Sinkow - 7th anniversary
July 2 - Liz & Aaron Sommers - 18th anniversary
July 4 - Norri & Daniel Oberlander - 16th anniversary
July 4 - Joy & Michael Sydney - 46th anniversary
July 14 - Sara & Ian Warner - 11th anniversary
July 17 - Pat and Henry Biagi - 48th anniversary
July 26 - Josh Nathan & Christy Aberg - 15th anniversary
July 29 - Rachel & Mel Spierer - 55th anniversary

July Calendar at a Glance

Every Wednesday – 7:00am morning minyan and 6:30pm Torah Study on ZOOM [Click here for ZOOM link](#)

- July 4 – Independence Day (office closed July 4 & 5)
- July 13 – 9:45am – Shabbat service followed by Kiddush. No RSVP required.
- July 19 – 6:00pm – Shabbat service and dinner. Please RSVP by noon July 9 [Click here to rsvp](#) or call 603.622.6171.
- July 27 – 9:45am – Shabbat service followed by Kiddush. No RSVP required.

Useful Links

Our Rabbi: rabbi.marc@yahoo.com

Our President: president@templeisraelmht.org

Our Office: office@templeisraelmht.org or 603.622.6171

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

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