



Temple Emanuel

of the Merrimack Valley

The Bulletin

Volume 64 Number 9

May 2016 – Nissan ~ Iyar 5776

From the Rabbi...

Numbering Our Days

Teach us to number our days that we may gain a heart of wisdom - Psalm 90:12.

When do we number our days? Sometimes in anticipation of something wonderful - 10 more days 'til the family gathers for a holiday, 8 more weeks until summer vacation, 3 months until the wedding. Sometimes we count down to events we dread - surgery next month, project due next week, taxes due tomorrow. Some countdowns evoke complex and competing feelings, because they will bring changes that might be joyful but will also herald significant changes in our lifestyle - children going off to college, retirement looming, moving to another part of the country.

But are these the kinds of counts from which the psalmist means us to learn and grow? We are called always to be present in our surroundings, aware of our every moment, always focused on the people and environment at hand. Some kinds of counting lead us to wish our days away, thereby reducing our attention and presence along the way. Perhaps the "countdowns" listed above are not those that lead to enlightenment and wisdom.

In our Jewish year, we are offered a couple of significant periods of counting. In the late summer, a time of abundance and vigor, we begin the process of *teshuvah*, turning back, for the entire month of Elul, leading us toward the reckoning of the High Holy Days (I've mentioned this in earlier articles, and will likely visit it again this summer).



Presently, we are in another period of counting: the span of time between the 2nd day of Passover and Shavuot, known as the Omer. Our ancestors shared a hurried slaves' meal that first Passover, and left the next day as free men. They then walked into the wilderness, where they encamped and prepared themselves to receive the Torah at the foot of Mount Sinai. The moment of revelation occurred on Shavuot, 7 weeks later (Shavuot means "weeks"). We count each day, from the 2nd day of Passover until Shavuot as the "omer." Our ancestors used this time to prepare themselves, physically and spiritually, to receive the word of God.

How can we use this time today? The kabbalists suggest that each of the weeks should focus on one of seven soul traits – week one focuses on *chesed*, mercy; subsequent weeks focus on justice/discipline, harmony/compassion, endurance, humility, bonding, sovereignty/leadership. Having a directed focus for each day of the omer allows us to engage, for at least a few minutes, in reflection on our inner life and gives us purpose and direction as we prepare for Shavuot (or simply for our own personal, spiritual growth).

I've been reading Rabbi Karyn Kedar's *Omer: A counting*, which contains meditations, and the blessing for counting the omer, for each of the 49 days. I also have left the accompanying deck of cards (one for each day) on my desk – please feel free to browse them anytime you're in the temple over the next 7 weeks.

Here are some other resources, if you'd like to take up the daily work of counting the Omer with a meditation or focus:

<https://livingwisdom.kabbalah.com/counting-omer-week-1>

http://www.chabad.org/library/article_cdo/aid/276672/jewish/Spiritual-Guide.htm

<http://www.aish.com/h/o/t/48969716.html>

For those of you who participated in Taste of Mussar, or are interested in Mussar teachings, be sure to sign up for

their mailing list. Presently, they are sending a daily email with a meditation and notes for practice.

<http://www.mussarinstitute.org/about-institute.htm>

Make every day count!

L'shalom,
-Rabbi Robin S. Sparr

Presidents' Message

Hi

All I want it to say—

You are all invited to attend TEMV's Annual Meeting Sunday May 22 at 10 AM.

Hope to see many of you there to celebrate our year together, present the 2016-17 budget and update you on our ADA compliance.

b'shalom
TEMV Board of Trustees

Happening at TEMV Weekly Email Blast

Watch your Inbox for the Happening this week at TEMV Email Blast

Please watch your email inbox for a reminder of everything happening at TEMV for the week. Since the end of September a weekly blast with all activities and reminders for the week has been sent to the community email list. If you haven't been receiving these important reminders, check your spam folder. To join the distribution list automatically – address an email to: community-join@temv.org .

The email includes Rabbi Sparr's office hours for the week, committee meetings, special announcements, Shabbat Service updates and reminders. Send feedback and suggestions to publicity@temv.org

Yizkor Service at Shavuot

Jewish mourning is both private and public. When we visit a grave or observe a [*yahrzeit*](#) [the anniversary of a person's death], we generally do so in private. Yizkor is the public observance for the community of bereaved.

Traditionally, Yizkor services are offered four times a year, at Yom Kippur and the three pilgrimage festivals of Sukkot, Passover, and Shavuot. At TEMV, we've typically only offered this service at Yom Kippur, but we wished to offer at least one additional opportunity this year to remember our beloved ones.

Please join us on Friday, **June 10**, for a Shabbat evening service which will include a short Yizkor service of remembrance.

***These are the duties without measure...
providing for the wedding couple...
consoling the bereaved...***

Aufruf for Karen and Cinde

In honor of the upcoming wedding of Karen Lipshires and Cinde Clatterbuck, please join us for Shabbat services on **Friday, June 3**, which will include an aufruf (honors and blessings) for the brides.

It's long been a practice to invite a wedding couple to share their joy at temple in the days before the wedding, and we look forward to honoring Karen and Cinde with words of blessing from the community.



Lyra's Baby Naming,
wearing her
grandfather's tallit

May 2016 Service Schedule

Date	Notes/Hosts	Yahrzeiten
<p>Fri, May 6 <i>Parashat Achrei Mot II</i> 7:30 PM Shabbat Service</p>	<p>Board & Oneg Host: Phebe Rand</p>	<p>Besse Kniznik Burofsky 4/30 Louis Glassman 4/30 Selma Lesburg 5/1 Walter Heimer 5/3 Beatrice Kahan 5/4</p>
<p>Fri May 13, <i>Parashat Kedoshim</i> 6:00 PM Tot Shabbat 7:30 PM Shabbat Service</p>	<p>6:30 Pizza & salad dinner RSVP pizza@temv.org Board: Michelle Vlamis Oneg: Chip and Shirley Papp</p>	<p>Louis Roberts 5/7 Jean Root 5/8</p>
<p>Fri May 20 <i>Parashat Emor</i> 7:30 PM Shabbat Service</p>	<p>Board: TBA Oneg: School families</p>	<p>Norman Starr 5/17 Helen S. Glassman 5/19</p>
<p>Sat May 21 <i>Parashat Emor</i> 10:30 AM Shabbat Service</p>	<p>Jordan Maynard Rudolph will be called to the Torah as a Bar Mitzvah ALL ARE WELCOME</p>	<p>Norman Starr 5/17 Helen S. Glassman 5/19</p>
<p>Fri May 27 <i>Parashat Behar</i> 7:30 PM Shabbat Service Memorial Day Weekend</p>	<p>Lay Leader: Stephanie Karakantas Board: TBA Oneg: TBA</p>	<p>Eleanor S. Moore 5/27</p>

Social Action Update

CURRENT ACTIVITIES:

1. We are collecting food and pet food/supplies for the Mobile Food Pantry.
 Please leave your contributions in the lobby box. All of those items will be delivered for homebound people.
2. There is a box in the lobby for personal items (shampoo, hair brushes, combs, etc.). They will be delivered to Community Teamwork in Lowell.

3. The next Committee meeting is on Monday June 20, 7 PM, at the Temple.

Please bring your ideas as we plan for next year.

RECENT ACTIVITIES

We had another successful lunch assembly and generated over 200 lunches for the Lowell Transitional Living Center.

Thank you,
 Frank

June 2016 Service Schedule

Date	Notes/Hosts	Yahrzeiten
<p>Friday, June 3 <i>Parashat Bechukotai</i> 7:30 PM Shabbat Service</p>	<p><i>Aufruf</i> for Karen Lipshires and Cinde Clatterbuck Board Host:TBA Oneg:TBA</p>	<p>Amy Wolfson 5/30 Beatrice Eskin 6/2</p>
<p>Friday, June 10 <i>Parashat Bamidbar</i> 7:30 PM Shabbat Service</p>	<p style="text-align: center;">Shavuot Board:Michelle Vlamis Oneg: Cornelliussen / Geller</p>	<p>Lea Gleich 6/6 Alexander Papp III 6/6 Abraham Epstein 6/7 Dennis Krysiak 6/7 Joel Sidel 6/8</p>
<p>Friday, June 17 <i>Parashat Naso</i> 7:30 PM Shabbat Service</p>	<p>Board: Kerri Sheingold Oneg: Boudreau</p>	<p>George Phillpotts 6/11 Rose Kanserstein 6/14 Leslie Mastenbrook 6/17</p>
<p>Saturday, June 24 <i>Parashat Beha 'alotcha</i> 7:30 PM Shabbat Service</p>	<p style="text-align: center;"><i>Final Rabbi led service of the year</i> Board Installation Board & Oneg: Alix Epstein</p>	<p>Lawrence Bellin 6/21 Bae Schwartz 6/22</p>

Summer 2016 Service Schedule

Summer services are all lay led pot luck oneg and begin at 7:30 PM

Friday, July 8
Parashat Korach

Friday, July 22
Parashat Balak

Friday, August 5
Parashat Matot-Masei

Friday, August 19
Parashat Va-etchanan



Getting the gardens ready

Religious School Notes

News from Morah Sue's class:

Eden has learned the entire Hebrew Alef-Bet along with several vowels, and can recognize and decode simple Hebrew words. We've explored several Judaic topics, such as Creation, Adam & Eve, Noah's Ark, Shabbat, Tzedakah, and Doing Mitzvot. We've talked about the various holidays as they happen. In all of our work together, we try and make real-world connections to each topic.

-Morah Sue Stein

COMING UP THIS MONTH:

Sunday, May 1: School in session (Rabbi and Morah Yael out; Moreh Mason Sirois will sub for Yael's class). Lunch assembly before school at 9:30.

Sunday, May 8: School in session; school committee meeting at 10:15

Friday, May 13: Tot Shabbat and community dinner – Service for young families (children under age 7) at 6:00pm, followed by community dinner at 6:30 and Shabbat service at 7:30

Sunday, May 15: Last day of school and picnic; short ceremony honoring our teachers. Bring a friend to school day, in particular your friends who might be interested in

Saturday, May 21: Jordan Maynard Rudolph will be called to the Torah as a Bar Mitzvah – all are welcome!

Hadashot: If you have news or information to share, feel free to send it to me for inclusion in our weekly newsletter.

I am presently working on next year's school calendar, and will have that out to you all, along with registration materials, by July. Hoping all of you and your children enjoy lots of unstructured time in the sunshine and a summer that is restful and rejuvenating.

L'shalom,

Rabbi Robin S. Sparr

Director of Education

Bar Mitzvah Project

Hi, it's me, Jordan Rudolph. For my Bar Mitzvah, I'm helping out at the Lowell Humane Society, and it would help them out a ton if you donated at least one of the following items:

- Cat litter (Clay unscented, non clumping)
- String Cheese
- Martingale Collars
- Bleach
- Paper Towels
- Any Pet Food

If you are going to donate, please put your donation in the box in the lobby. And again, thank you.

Annual Meeting Sunday, May 22 at 10 AM

Everyone is invited to TEMV's Annual Meeting on Sunday, May 22 at 10 AM. At the meeting members will elect the Board for 2016 – '17, learn what we've done this year and what's planned for the coming year.

Attend the meeting and consider how you might like to get involved and donate some of time, energy, talents and enthusiasm.

Members - watch your mail for the slate of officers and a proxy ballot.

Wandering Ivy

Hello from Berlin again! Hana and I are on spring break. Last time we were in Berlin, we did not manage to see the Jewish Museum. This time we made a point to go. It was a moving and brilliant museum even with its intended dizzy-making of angled floors and maze-like floor plan. My favorite part was seeing Moses Mendelsohn's glasses. Strange perhaps. Yet, it made history come alive in a new way. Here was a personal item from an immensely influential and brilliant man. How close he and I stood in so many senses as I stared at those glasses. It was a moving experience that I didn't expect. I don't know how many of you have had the opportunity to visit Berlin and see this museum but I highly recommend it. Who knows what might move you!

Chag sameach!!
Ivy



BBQ & Picnic

**Sunday, May 15
10:00 AM - 1:00 PM**

A Taste of TEMV

Everyone welcome!!

Friends and potential new members are invited to visit with Rabbi Sparr, board members, committee chairs, parents and other current members.

Visiting students in grades K–7 may participate in integrated learning and classroom activities.

End of school year picnic - at noon.

Temple Emanuel of the Merrimack Valley
101 West Forest St.
Lowell, MA 01851
www.temv.org
RSVP's appreciated: publicity@temv.org
978 454-1372

TEMV YOGA



TEMV yoga meets twice a week. Wed. 6:45 – 8:00 pm and **Gentle Yoga, Mondays, at a new time, 11:15 am.** Everyone is welcome to join either class on a drop in basis. All levels welcome. The Monday

morning class is a great way to start the week with long deep stretches.

Cost \$7 for the instructor and a \$3 donation to the temple. Wear comfortable clothes and bring a mat.

For more information, contact Phebe at (978) 256-2855 or email the instructor, Cornelia Dinca, at yogainfo@temv.org.

For cancellations and last minute changes it is recommended that you join the email list by sending a blank email to yoga-join@temv.org

Mah Jong

Tuesdays 6 PM & Thursdays 1 PM

Send a blank email mahjongg-join@temv.org to join the email list.

We sometimes cancel at the last minute and we want to let everyone know. Send us an email or give us call to let us know you plan on being there. Spread the word; bring your friends and neighbors!

\$2 Temple donation appreciated.

Contact: mahjong@temv.org or Shirley 978 851-4724 or Phebe 978 256-2855

TEMV Book Club

Upcoming Meetings and Good Reads!

June 5th 11 AM The Secret Chord by Geraldine Brooks— at the Temple

July 17th 11AM A Brief History of Seven Killings by Marlon James-Stephanie Karakantas' home

September date TBA-The Finkler Question by Howard Jacobson



Please come along to any meeting—all are welcome! Contact bookclub@temv.org for addresses and more information.

HIGH HOLY DAYS

Believe it or not, we are already beginning to plan for the High Holy Days. Rabbi Sparr and Rabbi Em Mueller are hard at work, visioning creative and engaging services from our new machzor, Mishkan HaNefesh.

We'd like to explore even more opportunities for our members to participate in meaningful ways this year. Here are a few options:

Chant Torah!

Whether you chanted last year, or have never chanted before, consider taking on this high honor (basic Hebrew reading ability required, but anyone, of any musical background, can learn the musical portion).

Sing out!

Join a choir which will sing at some of the High Holy Day services.

Step right up (to the bimah)!

Opportunities abound for individuals to light candles, open the ark, hold a Torah, or lead a short reading.

Meet the Prayerbook!

Mishkan HaNefesh is vastly different from our prior machzor. During the summer, Rabbi Sparr will offer several classes to introduce us the book so that we will feel confident and comfortable when we enter the sanctuary on Rosh Hashana – come learn with us!

So that we can plan and prepare accordingly, kindly be in touch with Rabbi Sparr, temvrabbi@gmail.com, and Karen Lipshires, ritualchair@temv.org, to let us know of your interest.

TEMV Trivia

TEMV TRIVIA Do you know your board members? Who is the TEMV Vice President? Answer is in the bulletin. Last month's ans. Herb Alpert

Membership News

R'fu-ah Sh'leymah

"The renewal of body, the renewal of spirit.."

Jo Morrison is currently at a Hospice House, and will be going home shortly and will be under hospice care. Leah and Jo are hoping that people will visit her at home during the day while Leah is at work. Sign up to help at the link below or contact Phebe or Shirley.

Well wishes may be mailed to
151 Parker St.
Lowell, MA 01851

[Site](#) on LotsaHelpingHands, for keeping track of what help Jo and Leah could use.

Jim Lipshires
Nancy Rovin

May their memory be for a blessing

Glenn Foden - best friend of Richard Ebner

Bill Duskey - friend of Stephanie Karakantas

Mary Wiggins, mother of Douglas Wiggins, Jr.
Messages of sympathy may be sent to Doug at his home
26 Barker St.
Lowell, MA 01850

Bereavement Info

The Temple Emanuel community is available to assist members who experience the passing of a loved one. In addition to calling **Rabbi Sparr**, please notify **Karen Lipshires** (617 312-0393) or email caring@temv.org. We will respond to the needs of the individual members by notifying Temple members of the death, arranging for *Shiva*, or helping in any other way that we can be of service.

TEMV Donation Form

In times of joy and in times of sorrow, to mark a special occasion or to remember a loved one, it is a custom to give charity. Kindly consider TEMV when you wish to share your gratitude for the blessings of life, loved ones, and special moments

Name: _____

Phone: _____

Email: _____

Kindly accept my donation ____ in honor of or ____ in memory of: _____

Please apply my donation to the following fund:

_____ General Fund

_____ Education Fund

_____ Rabbi's Discretionary Fund

_____ Prayerbook

_____ Social Action

_____ Music

_____ Youth Group

_____ Library Fund

_____ Hechel Loans Fund

_____ Security / Safety (i.e defibrillator)

_____ Accessibility Fund

Kindly send an acknowledgement of my donation to:

Name: _____

Address: _____

Contact the treasurer Alix Epstein at treasurer@temv.org for information on any of the funds.

Upcoming Meetings

Annual Meeting

Sun, May 22 – 10 AM

Vote in the new slate and the bylaw change. Hear from the President, Treasurer and Rabbi about the state of our community.

Board Meetings

Wed, May 11, 7 PM

Wed June 8, 7 PM

Education Committee

Sun, May 8, 10:15 AM

Social Action Committee Meeting

Mon, June 20, 7 PM

Ritual Committee – Mon, May 16 – 7 PM

Activities and Goings on

Details and information about these can be found elsewhere in the bulletin.

May 15 – Last Day of School & Picnic - honor

May 15 Taste of TEMV (an Open House) – all invited

May 21 (10:30 AM) Jordan Maynard Rudolph
Bar Mitzvah

May 22 – 10 AM Annual Meeting

June 3 – Aufruf for Karen and Cinde

June 10 – Shavuot

June 24 – Final Rabbi led service of the year

Temple Contacts

If you need to speak to someone at the Temple, here are some important contact people. (Please limit calls to home numbers to between 10:00 am and 10:00 pm except in cases of emergency or prior arrangement.)

Rabbi Robin Sparr

Temple: 978-454-1372; Home: 508-736-5555

rabbi@temv.org

President

Stephanie Karakantas, president@temv.org

Director of Education

Rabbi Robin Sparr rabbi@temv.org

Ritual Committee

Karen Lipshires, ritualchair@temv.org,

617-312-0393

Caring Committee

Karen Lipshires, caring@temv.org , 617-312-0393

Education Committee

Sue Corneliussen, education@temv.org

Treasurer

Alexandra Epstein treasurer@temv.org ,

Social Action

Frank Baskin, farfel43@yahoo.com , 978 458-1512

Membership , Membership@temv.org

Programming

Shirley Papp, spapp7@gmail.com , 978-851-4724

Publicity

Phebe Rand, publicity@temv.org , 978-256-2855

House

Richard Ebner, House@temv.org , 978-761-8460

Publicity Corner

TEMV is on Twitter! Follow us @TEMV_Lowell to stay on top of Temple happenings and items we share from the wider communities of which we are a part.

Don't forget to Like us on **Facebook**. Anyone can post comments and post to the temple's Facebook page. Your posts on the TEMV page helps to boost our visibility.

Publicity volunteers needed to: Post fliers at our local supermarket, library, work, coffee shop. Post events on various websites, write articles for the local papers, take photographs at temple events, and brainstorm ideas. Send an email to publicity@temv.org or call Phebe at (978) 256-2855 if you are willing to help in any way.

Please patronize our sponsors, and tell them you "Read All About It" in the TEMV Bulletin...



PRINCETON
PROPERTIES

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10% of any commission from this ad or a referral will be
donated to TEMV



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