



Temple Emanuel

of the Merrimack Valley

The Bulletin

Volume 64 Number 10

June 2016 – Iyar ~ Sivan 5776

*from the
Rabbi...*

Tempus Fugit

Last month in this space I talked about “numbering our days” and “making our days count” in the context of being aware of time so that we might improve ourselves.

As we’ve been moving through and counting the days of the Omer I’ve tried to reserve a bit of time each day to sit in quiet contemplation of my place in the world and the nurturing of my soul and my relationships. Increasingly, as I consider the time I devote to this task, and not to others on my to-do list, I am struck by the busy-ness of my life, and the lives of those around me.

Everyone seems to be “crazy busy” – but what is it we are all so terribly busy doing?

I’ve started asking this question aloud, of myself and in conversation with others. What is it that is consuming our time and leaving so many of us feeling frenetically frazzled? Caring for children and also caring for aging parents or partners; working at a paying job and also working on behalf of institutions, activities or causes that we feel devoted to; answering a ceaseless barrage of emails, telephone calls and mail; somehow trying to fit in menial but necessary tasks such as laundry, cleaning, shopping, cooking.

I’m a list-maker. Often, I end my day by rewriting my to-do list, including both those items that *must* get done



the next day, as well as those which are less urgent. I wake up in the morning, eager to begin ticking off my tasks, believing that this is what will happen: phone calls, emails, appointments will be made; projects will be started or completed; I will set aside time for torah study, service outlines, and writing notes for teachers or congregants. Optimistically, I think I’ll get to all of this before 10:00am, when I begin a typical day filled with meetings, appointment, conference calls and errands.

And then life happens. A friend calls with an emergency, a kid has a meltdown, the dog is sick, a client is in a panic, the toilet overflows. Because I have packed my schedule from wake-up until bedtime, it feels like there is no time to deal with emergent situations. Things that were absolute must-do’s today are shifted to tomorrow, or the next day, or the day after, because it is simply not possible to accomplish everything in 17 waking hours.

Here is the worst of it: I see this in my friends and colleagues, and, sadly, also in our children. Knowing we must, and sincerely want to, allocate time to nurture and be nurtured by my many beloved humans, we try to make appointments to see one another. But when we get on the phone to make a plan, we find ourselves unable to find a free hour for weeks in advance.

As we continue to count out the remaining days of the Omer, let us count, too, the minutes and hours of our days, and consider which busy bits we can jettison, what expectations we have of ourselves that we can let go, so that we can find the time to engage in the most important and holy tasks: connecting with ourselves and those around us in meaningful ways that will enrich our days and lives.

L’shalom,
-Rabbi Robin S. Sparr

Presidents' Message

Greetings TEMV Community!

At our Annual meeting a few weeks ago, I presented a brief overview of our year and what can be counted among our most precious resources—**People (Members and Friends), Rabbi Sparr and the temple building itself.**

Our first year with Rabbi Robin has been exceedingly positive. She has handled being a first year rabbi—a first year with us PLUS Director of the Religious School with incredible focus, professionalism and real gusto. Her spiritual leadership has been key to growing attendance at services—which have been versatile and engaging. Together with the Ritual Committee, Rabbi Robin has introduced new service formats and remains open to feedback and suggestions from the community. We hope our relationship with her continues to flourish and we look forward to another year as Rabbi Robin being our spiritual leader.

All of us make up the living fabric of our community. This year more than any other, we have come together and responded whole heartedly to the multiple needs of our community. From cleaning out our building; making and delivering meals for those who have been ill; celebrating a bar mitzvah, baby naming and wedding. New faces have stepped up to take on leadership roles by joining the board, co-chairing a committee and assisting the treasurer. Enthusiasm and passion are high—exemplified by a new FUN raiser last February—the Hearts and Flowers dance, which was a successful team effort.

We have had an exceptional year of financial gifts that have allowed us to get some of the infrastructure and longstanding projects addressed. Our new dues structure that was voted in place about two months ago will help to encourage pledges that better support the basic needs of running our temple.

And now I turn to our temple building—yes, the building in my opinion is a true gem. It has been our gathering place for now 3 generations. Look around, stand in the sanctuary—It is beautiful. An estimate on the value of our property (building and land) is just under 1 million dollars—to build this today, it would easily cost us 4 times that amount. Repairs to the building beyond what volunteers can fix is over \$50,000 and the fact we not

fully accessible has hampered our membership growth as well as our ability to rent our space to capture more revenue. It is the priority this year to fund the projects that need to be completed to protect our building from further damage. Your input, energy and creative ideas will be needed to realize the important goal of maintaining our beloved place of worship, learning and connection.

In closing, I would like to thank all of you for supporting our temple community this year. And especially, thank you for standing together in this year of change.

Looking forward to another year of growing together in community

Stephanie

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 2015 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.

Membership Information Updates

Do you have a new mailing address, phone numbers (land line & mobile), email addresses? If any of these have changed recently please let me know. Do we have your Yahrzeit and Yizkor Remembrances, including the date, and whether you prefer to follow the Hebrew or the Gregorian calendar.

Are you interested in joining TEMV?

Would you like to know more about TEMV?

Email Phebe phebe@temv.org

June 2016 Service Schedule

Date	Notes/Hosts	Yahrzeiten
Friday, June 3 <i>Parashat Bechukotai</i> 7:30 PM Shabbat Service	<i>Aufruf</i> for Karen Lipshires and Cinde Clatterbuck Board Host: Kerri Sheingold Oneg: Rachel Rand	Amy Wolfson 5/30 Beatrice Eskin 6/2
Friday, June 10 <i>Parashat Bamidbar</i> 7:30 PM Shabbat Service and Shavuot Service Including Yizkor	SHAVUOT Board: Rudolph/Rand Oneg: Cornelliussen / Geller	Lea Gleich 6/5 Alexander Papp III 6/6 Abraham Epstein 6/7 Dennis Krysiak 6/7 Joel Sidel 6/8
Friday, June 17 <i>Parashat Naso</i> 7:30 PM Shabbat Service	Lay Leader: Sheldon Bishov Board: Kerri Sheingold Oneg: Boudreau	George Phillipotts 6/11 Rose Kanserstein 6/14 Leslie Mastenbrook 6/17
Friday, June 24 <i>Parashat Beha 'alotcha</i> 7:30 PM Shabbat Service	<i>Final Rabbi led service of the year</i> Board Installation Board & Oneg: Alix Epstein	Sylvan Rappaport 6/19 Lawrence Bellin 6/21 Dora Weiner 6/21 Bae Schwartz 6/22

Summer 2016 Service Schedule

Please note that Summer services are pot luck oneg – please bring something for all to share

Date	Notes/Hosts	Yahrzeiten
Friday, July 8 <i>Parashat Korach</i> 7:30 PM Shabbat Service	Lay Leader:	Murray Kaye 6/25 Sheldon Train 6/29 Kenneth Lipshires 7/2 Suzanne Joslin 7/5 Samuel Lesburg 7/6
Friday, July 22 <i>Parashat Balak</i> 7:30 PM Shabbat Service	Lay Leader:	Shirley Wright 7/10 Sarah Sidel 7/11 Bernard Gefen 7/11 Deborah Lefman 7/13 Paul Kleven 7/16 Erwin Baskin 7/16 Nessie Lederer 7/17 Samuel Rapaport 7/20 Gail Schlosser 7/22
Friday, August 5 <i>Parashat Matot-Masei</i> 7:30 PM Shabbat Service	Lay Leader:	Hinde Rapaport 7/27 Patricia Moore 7/27 Sol Eskin 8/4 Sylvia Emmerich 8/5
Friday, August 19 <i>Parashat Va-etchanan</i> 7:30 PM Shabbat Service	Lay Leaders: Karen Lipshires & Susan Susman	Ruth Morrison 8/10 Irving Root 8/16

Religious School Notes

What an amazing year we've had together! All of our students have demonstrated growing mastery of Hebrew reading and prayers, all were engaged in learning about Torah, holidays, ethics, and history, and all participated in a variety of volunteer Tikun Olam projects throughout the year.

I'm so very proud of all of our students, Eden, Kaylyn, Eli, Jonathan, Asa, Toby, Eleyna, Madison, Jordan, and Lily for their accomplishments, but even more so for the supportive, kind community they've helped develop together!

Thanks, too, to our wonderful teachers – Morah Marylin, Morah Yael, Moreh Sheldon, and Morah Sue – you made every week a delight for our students, and your energy and positivity helped to create a nurturing learning environment.

I'm grateful also to our hardworking school committee, headed by Sue, and to every parent and grandparent for your commitment and trust in sharing your children with us.

Report cards have been completed and will be mailed out soon, along with registration materials for next year.

Wishing all of you a relaxing, enjoyable and safe summer!

L'shalom,
Rabbi Robin S. Sparr
Director of Education

Clearly print the names and the exact wording of how you want them remembered. The default wording is

Remembered by The XXX Family

The suggested donation is \$5 per name. If this causes a hardship for you, please give what you feel you can.

phebe@temv.org or (978) 256-2855

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, temvraffi@gmail.com, and Karen Lipshires, ritualchair@temv.org, to let us know of your interest.

Yizkor Book of Remembrance

TEMV has a Yom Kippur tradition of honoring our loved ones. This Remembrance Book is an opportunity to be more reflective during the High Holidays because it reminds us of our connections to people who have touched our lives and are no longer with us. You will be able to take the booklet home following Yom Kippur Services as a lasting expression of those memories .



Please contact Phebe with the names of loved ones that you wish to include. phebe@temv.org

CONTINUING EDUCATION

HIGH HOLY DAY TORAH CHANTERS

I am thrilled to again offer the opportunity to all who are interested to chant Torah at the High Holy Days next fall. If you would reprise your portion, or take on an additional portion, or would like to join us, please be in touch to receive a portion, including texts and recordings

FALL PROGRAMS

I look forward to offering some adult education options this fall, and would like to gauge your interest. If you'd consider attending any of the following, please let me know by completing the form below and returning it to the temple office (or feel free to shoot me an email):

SANCTUARY OF THE SOUL (early Fall)

In this 4-part class, we will explore our brand new *machzor* (High Holy Day prayerbook) so that we might easily and comfortably utilize this beautiful resource at the High Holy Days this year and for years to come.

MUSSAR (November – May)

Open to all, whether you'd like to continue your Mussar study or join as a new learner.

HEBREW READING FOR BEGINNERS (September – December)

For those who've never learned to read Hebrew as well as those who feel their reading is a little rusty

Of course, I would MOST like to offer that which you wish to study! Kindly be in touch with me by email (temrabbi@gmail.com) or phone (508.736.5555) if you have something else in mind; meanwhile, please fill out the form below and return it to the temple office. Adult education courses will likely begin late summer/early fall.

Name: _____ Phone: _____

Email: _____

I am interested in: (please number your choices to indicate level of interest)

- High Holy Day Torah Chanting (self directed)
- Sanctuary of the Soul (exploring the new High Holy Day prayerbook)
- Mussar
- Hebrew Reading
- Other Suggestion: _____

I am most available to meet:

- Sunday afternoon
- Sunday evening
- Monday evening
- Wednesday evening

L'shalom,
Rabbi Robin S. Sparr

SOCIAL ACTION

Social Action Events

Please continue to fill the boxes in the lobby.

One has food for people and their pets. It all goes to the Mobile Food Pantry and they deliver this food to people who are homebound.

The other box is for toiletry items(hair brushes, toothpaste, combs, hair shampoo, etc.). It is all taken to Community Teamwork.

Next Meeting:

The next meeting will be held on Monday June 20, 7:30 PM at the Temple.

We will review this year's activities and plan for next year about the lunch assemblies, the social action Sabbath service, Mitzvah Day, etc.

Please provide your ideas and feedback.

Thank you,
Frank

Ritual Update

Do we pray together in the summer too? Yes we do! While our Rabbi enjoys some time to recharge and refresh, the community will continue to meet for Friday night services. We will meet July 8th, July 22nd, August 5th and August 19th. Our onegs are potluck and the services led by members of our community. If you plan to attend any services during the summer months, please consider helping to lead one. If this is your first time, our goal is to have an "experienced" service leader accompany you. An outline is also available. Please contact either Marylin Gallant or Karen Lipshires if you have the desire and willingness to lead.

Our next Ritual Committee meeting is Monday August 29th at 7pm at TEMV.

Spruce Up / Gardening Group

Volunteer to help maintain the temple gardens and grounds. Are you available to occasionally water, weed, plant flowers, dead head? Watering the gardens is being done on a rotating basis. Contact Sue Cornelliussen corneller1@gmail.com to volunteer.



Getting the gardens ready

Membership Committee

Would you like to be on the Membership Committee? What does the committee do – you ask?

- Plan Open Houses – the next one is Sunday, August 28.
- Coordinate and host the New Member Service & Dinner – on Friday, November 4
- Greeters at High Holidays and other special services
- Mentor new members
- Periodic phone calls to the membership
- Follow up with new visitors
- And more...

If any of these sound like something you'd be a part of reach out to Phebe to express your interest and your ideas. A meeting will be scheduled in the future to brainstorm ideas and plan the Open House.

Contact Phebe at phebe@temv.org.

Upcoming Meetings

Board Meetings (2nd Thursday of the month)

Thurs, July 14, 7:00 PM

Thurs, August 11, 7:00 PM

Social Action Committee Meeting

Mon, June 20, 7:30 PM

Ritual Committee – Mon, August 29, 7:00 PM

Flea Market



You bring you'd
whatever...
like to sell...

...and then take
home whatever
you haven't
sold at the end
of the day.

Sunday July 24

8:30 am - 2 pm

Temple Emanuel of the Merrimack Valley - TEMV
101 W. Forest St. Lowell

www.temv.org

Come to sell your gently used treasures! Rent a table for \$30.
Contact yardsale@temv.org to reserve a space or for questions.

Don't miss this exciting event!

TEMV YOGA



TEMV yoga meets twice a week. Wed. 6:45 – 8:00 pm and **Gentle Yoga, Mondays, at a new time, 8:30 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.



Wesometimes 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!

Sunday, July 17th 11AM

A Brief History of Seven Killings
by Marlon James

Location still to be decided.

Please email bookclub@temv.org

if you would like to attend or if you can host.



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.

TEMV Flea Market

Temple Emanuel is trying something different this summer. We're having a Flea Market on July 24, from 8:30am - 2pm. Set up time is 7:30am. The cost is \$30.00 for a table (which TEMV will provide), you bring whatever you'd like to sell, and you take home whatever you haven't sold at the end of the day (1-2pm).

Drinks and snacks will be available.

Facepainting

If you have lots of things you planned to donate to a yard sale, buy a table and sell them yourself. You'll reap the monetary benefit after the cost of the table. Tables will be set up inside, and outside if the weather permits.

Please help make the flea market a success. Tell your friends to come to the flea market on the 24th of July and buy to their heart's content. Better yet, tell them to buy a table and staff it with a friend. That way they can make money and spend it in one place. We hope to see you there.

TEMV Trivia

As a young GM Theo Epstein led the Boston Red Sox to their first World Series Championship in 84 years. He is now running the Chicago Cubs who have not won in an even longer period of time but are currently in first place. Theo's grandfather and great uncle were famous for something else. What did they write? Ans. next month. *Last months ans. Michelle V.*

Open House

Sunday, August 28 11 AM – 1 PM

We welcome new, long-time, past and potential new members, their guests and anyone who is curious to learn more about our community which celebrates Jewish life through, song, inclusivity and social action.

- **Meet Director of Education and Rabbi Robin Sparr**
- **Meet members, board members members at large**
- **Learn what's planned for the upcoming Program Year**
- **Brunch will be served**

Membership News

Congratulations to this year's High School Graduates

Drew Rooks
Greta Wilensky



We are happy to welcome

Peyton Michael Redner-Danzig



Born May 14, 2016 at 10:31 am, 7 lbs 2 oz, 19" long to proud parents Erica Redner and Scott Danzig.
Kalman is a very proud big brother (bruh-ver)!

Messages of mazal tov and congratulations may be sent to the Redner/Danzig family at 195 North Road, Chelmsford, MA 01824

R'fu-ah Sh'leymah

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

Vivian Burton
Linda Gilmore
Erica Kahan
Jim Lipshires
Nancy Rovin

May their memory be for a blessing

We regret to inform you that Joyce Morrison passed on Friday, June 10.

Notes of comfort and condolence may be sent to

Leah Spivey
151 Parker Street
Lowell, MA 01851

Our sincere condolences go out to Leah and the entire Morrison family.

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.

We'd like to thank the following people for their donations to Temple Emanuel in May: the Maynard/Rudolph family, Sharon Krysiak and thank you to everyone who has donated to the Cares Fund.

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 Fund
- Social Action
- Music
- Youth Group
- Library Fund
- Hechel Loans Fund
- Security / Safety (i.e defibrillator)
- Accessibility Fund
- TEMV Cares Fund
- Endowment 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.

TEMV Cares Fund

The TEMV Cares Fund has been set up to help Temple Members in need.

Temple member Leah Spivey's foster sister, Joyce (Jo) Morrison battled cancer for 4 years.

Many of you have asked how to best support Leah during this difficult time.

In addition to cards, and phone calls, donations of money or gift cards are greatly appreciated.

A major concern is that Leah may need to move in the midst of this difficult time because she won't be able to afford to keep her apartment. This fund has been created to help Jo and Leah and we hope others who face financial stress when ill or when caring for a loved one. If you would like to help, please send a check made out to TEMV Cares Fund to:

Temv Cares Fund
c/o Temple Emanuel of the Merrimack Valley
101 West Forest Street
Lowell MA 01851

If you prefer to send a gift card in lieu of money, please mail to the above address.

Be assured that all donations, whether cash or gift cards, will be received by Leah, if you specify her in the memo. . .

Your check and gift card donations may be claimed as charitable donations.

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

Site on LotsaHelpingHands, is for keeping track of what help Leah could use.

Please return your 2016 - '17 Pledge Forms by June 30

All current members should have received a pledge form in the mail with a letter from the Board. If you didn't receive a pledge form contact let Alix or Phebe know and we'll send you one.

Returning the pledge forms by June 30 will help us plan next 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
temvrabbi@gmail.com

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 Corneliusen, education@temv.org

Treasurer

Alexandra Epstein treasurer@temv.org ,

Social Action

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

Membership , Phebe Rand (978) 256-2855

Membership@temv.org

Programming

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

Publicity

Dana Rudolph, publicity@temv.org

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**. 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 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

James Herscot, Chairman
Princeton Corporate Centre
1115 Westford Street, 4th floor
Lowell, MA 01851
Phone: 978-458-8700

An advertisement for Feeney The Florist. At the top, there's a banner with the company name and website. Below it is a photograph of a garden bed with various flowers. To the left, contact information for Marlena A. Gilbert is listed, including her title, email, and phone number. To the right, the address, telephone, and fax numbers are provided.

An advertisement for Silva Associates. It features a logo with a house icon and the text 'SILVA ASSOCIATES'. Below the logo, contact information is listed: Cell: (978) 239-6410, Bus: (978) 858-3500 Ext.307, Fax: (978) 858-0145. The email address bgandelman@silva-associates.com and website www.silva-associates.com are also provided. A photo of Beth I. Gandelman, REALTOR® and Property Management Associate, is included. The address 1215 Main St. • Unit 121 • Tewksbury, MA 01876 is at the bottom.

Covering Greater Lowell to Greater Newburyport areas.
10% of any commission from this ad or a referral will be
donated to TEMV



LOWELL, MASS 01851
101 WEST FOREST STREET
Temple Emanuel

