



Temple Emanuel of the Merrimack Valley

Celebrating the many ways to be Jewish

The Bulletin

Volume 65 Number 1

September 2016 – Av ~ Elul 5776

From the Rabbi...

Greetings, dear friends!

We think of summer as a time to reconnect with family and friends, have a bit of a break from academic year routines, visit vacation locales near and far, and take everything at a slower pace. I hope each one of you has set aside some time for rest, peace, and rejuvenation during these summer months, and that you are feeling ready to shift into the beauties and blessings of autumn.

As we begin our transition out of vacation mode, we might reflect on the opportunities and obligations before us. Perhaps we'll consider those projects we haven't quite finished (or perhaps begun), start the wardrobe turnover in our closets and drawers as the weather begins to cool, and, if our children or our work are tied to academic year calendars, become excited, and maybe a bit nervous, about the year ahead.

So, too, do we refocus our spiritual selves at this time of year. In just a couple of weeks, the Hebrew month of Elul, the 12th month in the Jewish calendar, will begin with the sliver of a new moon in the sky. Once again, I urge you to use the days of Elul to spiritually prepare yourself for the New Year, which will begin at the new moon of Tishrei, in the evening of October 2nd. A couple of resources:



Jewelsofelul.com – sign up to receive a daily reading, lesson, or meditation

Doyou10Q.com – visit this site for a new question each day during the Ten Days of Awe – you'll be able to review the answers you provide this year at this time next year.

If you use these resources, kindly drop me a note to share your experience with them.

I'm excited to share with you new programs in adult and family education, unique services, and a brand new High Holy Day prayerbook, and to revisit beloved traditions of TEMV as well. As ever, I welcome your feedback (positive and critical), and look forward to another year of building, growing, and connecting with our wonderful community.

Hope to see many of you soon, at our August 28 Open House, September 11 first day of school, one of our welcoming September services, or another of the community programs coming up this fall.

L'shalom,
Rabbi Robin S. Sparr

TEMV is:

- Sustaining for everyone, during both joyful and challenging times.
- Interfaith-friendly and welcoming to all.
- Musical, celebratory, and reflective in our worship.
- Communicating Jewish values through education for children and adults.
- Honoring diversity without judgment.
- Active in working towards social justice in our community and around the world.

Presidents' Message

Dear TEMV Community

Hope you all are well and are enjoying the incredibly warm summer. I have been away for most of it and miss seeing folks each Friday. I do love this time of year. With High Holy Days not until October, this summer just feels that much longer to me.

Despite all of us being in the summer mode, A LOT has happened at TEMV since we all met 2 months ago to discuss the future of our building. By the time you read this, our parking lot will be paved and our back deck painted. The board of trustees has received the initial plans from the architect revitalizing our entry way making it a more inviting and welcoming space.

We have approved a temporary solution to improve access to the sanctuary for those who are physically challenged by our stairs. We hope to have a chair lift installed, pending approval by the Building Commissioner, for the Holy Days. Thank you Harriet Snyder for researching the possibilities. Work is also being done, by Michelle Vlamis and Frank Baskin, to apply for assistance to help with our capitol campaign and newly appointed board member, Doug Wiggins, is following up on the steps to establish an endowment fund for the Temple. And that's not all....

Trustee, Dana Rudolph, has taken on TEMV publicity, and along with the Board, developed a "tag line" to describe our community— "Temple Emanuel—Celebrating the Many Ways to be Jewish" which will be prominent on our outreach materials along with a more detailed description of what makes our temple unique and appealing. A new temple website, thanks to Dana, is soon to be launched as well.

On the school front, the board has approved a significantly reduced fee for the initial year of religious school for children K-2. Please reach out to those families you know that may have an interest and would benefit from the enriching experience we offer in our school.

We have had at least 4 new member families join over the summer and I cannot stress enough, that is it incumbent on ALL of us to invite friends and family to check us out. It's a good chance once a visitor spends time here, whether at services or any other temple activity, they will become part of the community. Please do your part to make this happen this year—a crucial year, in which growing membership is essential for our long term viability.

My head is spinning a bit as I write this and wonder how you feel reading it!

Excited? overwhelmed? exhilarated? or something else? Feel free to let me know president@temv.org . Each one of us, together, can create the best future for TEMV.

Shalom and many blessings,

Stephanie

PS Major thank yous to Marylin Gallant, her husband Lee and Blake Voss, for prepping the parking lot for paving. Not an easy job! And to the Papps for painting the back deck. You all are the best.

Upcoming Board and Committee Meetings

Board Meetings (2nd Thursday of the month)

Thurs, Sept 8, 7:00 PM

Thurs, Oct 13, 7:00 PM

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

Social Action Committee Meeting

Still to be determined, likely at Drew Farm on 9/18 after apple picking.

Highlands Neighborhood Council

Lowell's Highlands Neighborhood Council Meets at the temple on the 2nd Monday of the month. at 7 PM. Residents of the Highlands Neighborhood are welcome. Next meeting Monday, Sept 12 at 7 PM

Flea Market Success

On July 24, the first flea market was held at TEMV. Most of the vendors were temple members, but not all. The buyers came early, expecting bargains, and they left with armloads of them

The expected temple revenue was much lower than the yard sales have brought in previously, but our flea market brought in around \$700.00 Not too bad for our first try

Feedback is welcome and will be considered when deciding what sort of fundraiser to have next summer. If you want to submit something, please send an email to yardsale@temv.org.

(Photo elsewhere in the bulletin)

Enjoy the rest of the summer,
Marylin and Sue

September 2016 Service Schedule

Date	Notes/Hosts	Yahrzeiten
Friday, Sept 2 <i>Parashat Re'eh</i> 6:30 PM Kabbalat Shabbat Service	6:00 PM Wine and Cheese Oneg Board Host: Stephanie Karakantas Oneg: Stephanie Karakantas & Marylin Gallant	Anna Kahn 8/22 Benjamin Eskin 8/24 Leonard Rudolph 9/2
Friday, September 9 <i>Parashat Shoftim</i> 7:30 PM Shabbat Service	WELCOME BACK SHABBAT 6:30 Potluck Dinner Board and Oneg Host: Phebe Rand	Simon Rand 9/4 Berta Meier 9/7 Arnold Kanter 9/8 Paul Weene 9/8
Friday, September 16 <i>Parashat Ki Teitzei</i> 6:30 PM Family Shabbat Service and Turning of the Sunwheel	FAMILY SHABBAT Services followed by Potluck Shabbat Dinner and Oneg Board Host: Oneg Host: Wilensky	David Snyder 9/9 Charles Nelson 9/12 Lawrence Witty 9/13 Eva Bett Schoenberg Heimer 9/16
Friday, September 23 <i>Parashat Ki Tavo</i> 7:30 PM Shabbat Service	Lay Leader: Board Host: Oneg Host: Abramowitz/Voss	Edith Kennedy 9/17 Sylvia Paul 9/21
Friday, September 30 <i>Parashat Nitzavim</i> 7:30 PM Shabbat Service	Board Host: Oneg Host: Papp & Kanter	Nathan Sidel 9/2 Chad Camp 9/30 Maurice Miner 9/30

October 2016 Service Schedule

Date	Notes/Hosts	Yahrzeiten
Sunday, October 2 8:00 PM	Erev Rosh Hashannah	
Monday October 3 10:00 AM	Rosh Hashannah	
Friday, October 7 <i>Parashat Vayeilech</i> 7:30 PM Shabbat Shuvah Service	Board Host:: Oneg Host: Jim Zawisza	Gracy Papp 10/6
Tuesday, October 11 8:00 PM	Kol Nidre	
Wednesday, October 12 10:00 AM start	Yom Kippur	
Friday, October 14 <i>Parashat Ha'Azinu</i> 7:30 Shabbat Service	Lay Leader: Board Host:: Oneg Host:	Siegfried Meier 10/10 Helen Lockwood Smith 10/12 Samuel Rosen 10/12 Miriam Baskin 10/14
Friday, October 21 Sukkot <i>Parashat Vezot Habrakha</i> 6:00 Tot Shabbat 7:30 Shabbat/Sukkot Service	6:30 potluck dinner in the Sukkah Board & Oneg Host: Michelle Vlamis	Molly Kalfus 10/17 Marshall Nanis 10/17 Geneva Furlong 10/17 Molly Sara Gleich 10/19
Friday, October 28 Simchat Torah <i>Parashat Bereshit</i> 7:00 Shabbat/Holiday Service	Celebration of SIMCHAT TORAH CONSECRATION of New Students Board Host: Oneg Host: Susan Susman	Noel Morris 10/22 Max Klafus 10/23 Katherine Kotopoulos 10/23 Adrienne Moses 10/25 Gerald Land 10/25

Social Action

Food and Toiletry Collections

Thank you for filling the boxes in the lobby They are waiting to be filled up again. Thank you.

High Holiday Mobile Food Collection

As the High Holidays approach we will have shopping bags in the lobby. This is part of our traditional collection for people who are homebound. Please fill these bags for people and their pets. Last year we had the biggest collections in some years. Can we do this again?

Lunch Assembly

The first one for this year will be on Sunday, November 7th at the Temple. I will inform you later about what foods to bring in. Thank you for your contributions of food and time.

Social Action Committee Meeting

The date of the next meeting has not be finalized, but will probably be Sunday, Sept 18 at Drew Farms after apple picking. Please contact Frank if you want to be kept informed of the final details. Please attend and bring your ideas. We will plan the Social Action Sabbath service for December and Mitzvah Day in March and more.

Thank you all,
Frank
(farfel43@yahoo.com)

Yizkor Book of Remembrance

TEMV has a Yom Kippur tradition of honoring our loved ones. The Remembrance Book is a chance 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.



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

Ritual Committee

What exactly is ritual [rich-oo-uh l]?

According to www.dictionary.com ritual is

1. An established or prescribed procedure for a religious or other [rite](#).
2. A system or collection of religious or other [rites](#).
3. Observance of set forms in public worship.

At TEMV, the Ritual Committee organizes and supports the practice of worship and the before and after worship gatherings. The committee meets approximately every 6 weeks to ensure that that our services and activities before and after the services run smoothly. We coordinate our community volunteers that provide food for our oneg Shabbat gatherings, and coordinate and prepare members of the community to participate in and lead services. We work closely with Rabbi Sparr, as she shapes our services to ensure the services reflect our current ideals as well as honoring our long-held traditions. Last year we held 2 early Shabbat services at 6:30 with wine and cheese before and dinner as a group afterwards. Based on feedback, we will be having more of these this upcoming year. This is just an example of how your voice helps create our new world.

Our next meeting is August 29th at 7pm at TEMV. Please come join us as we plan for the upcoming season of Holy Days and holiday celebrations. There are opportunities for year-long commitments and one time tasks that need to be done. If you can't make the meeting, but would like to help, please contact ritualchair@temv.org

Karen Lipshires and Marilyn Gallant

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.

Publicity Corner

TEMV's New and Improved Website

We have a new website! It's at the same location, www.temv.org, but has a new look and organization. We hope it helps both members and non-members learn more about what makes TEMV special, find out what services and events are coming up, and discover new ways to get involved. Our News section in particular will be a dynamic area with regular posts about TEMV happenings (and perhaps an occasional recipe).

As with much from our Jewish heritage, the website is an ongoing project of writing, arranging, and editing. We will continue updating and adding information throughout the site in the coming weeks. If there's something you'd like to see there, please let us know by writing to publicity@temv.org.

Don't forget to [Like us on Facebook](#) and [follow us on Twitter](#) if that's where you hang out online. We'll be pushing content from our website onto social media so you'll be able to keep current with what's going on at TEMV and how you can be a part.

Happening at TEMV Weekly Email Blast

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

Moving forward the bulletin will be published quarterly, so the email blast will become even more important in order to stay informed.

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.

Membership

We want to know how to reach you

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

Email Phebe phebe@temv.org

Join the Committee

Would you like to be on the Membership Committee?

What does the committee do – you ask?

- Plann Open Houses – 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.

Contact Phebe at phebe@temv.org.

Membership News

R'fu-ah Sh'leymah

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

Vivian Burton
Linda Gilmore
Erica Kahan
Jim Lipshires
Nancy Rovin

Religious School Notes

Shalom! I hope all of our school children and their parents have enjoyed a fun, relaxing, and rejuvenating summer!

I'm very much looking forward to welcoming everyone back on our first day of school, **Sunday, September 11, at 10:00am.**

This year, we will be welcoming some new students and staff, and will also be exploring different ways of "doing" Jewish education.

School schedule: Sunday school will still begin at 10:00am, but will end a bit earlier, at 12:00 noon. As we tighten up our curriculum and daily schedule, I'm confident we will not lose any valuable learning time. Also, while we will convene on 25 Sundays, as we did last year, we will also be dedicating approximately one of those Sundays each month to alternative experiential programming and learning opportunities, such as field trips, holiday celebrations, social events and family education.

Curriculum: Our curriculum makeover last year was very successful, and we'll continue to follow and expand the curriculum we've developed.

Services: Families and students will continue to be welcome at ALL services, but we will be adding 5 or so Shabbat services specifically geared for our school-age families. These will be a bit shorter (45-50 minutes) and will provide opportunities for student and family participation.

A school calendar will be sent out shortly; in the meantime, please feel free to be in touch with any questions, comments or concerns you might wish to share. I very much look forward to seeing and reconnecting with every one of you soon!

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

Family Activities For the entire TEMV Community

Apple Picking

**Sunday September 18
10 am – 12 pm**

Drew Farms

31 Tadmuck Road
Westford, MA



Meet at Drew Farm at 10 am.
Bring a brown bag lunch.

School families and the entire temple community are invited to join in the fun.

Family Shabbat Service and Potluck Dinner



**Friday, September 16 Family Shabbat service
6:30 PM**, followed by a Potluck Dinner and Oneg.

The service will be geared towards families, but everyone is welcome.

Please RSVP to potluck@temv.org for the dinner. Thank you.

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 that fall. If you would reprise your portion, or take on an additional portion, or would like to join us, please be in touch directly with me at temvrabbi@gmail.com ASAP to receive a portion, including texts and recordings.

SANCTUARY OF THE SOUL (Mondays, Sept 12, 19, and 26 at 7 PM)

In this 3-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 (Winter months)

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 (temvrabbi@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.

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



Temple Emanuel of Lowell



Welcomes everyone to
High Holiday Services
October 2016 Tishrei 5777

Bring in the New Year in joyous community
with prayer, mediation, music, and the call of the shofar.

Led by Rabbi Robin S. Sparr and Rabbi Lewis "Buz" Bogage

Erev Rosh Hashanah, 1 Tishrei, Sunday, October 2

8:00 PM Erev Rosh Hashana Service

Rosh Hashanah, 1 Tishrei, Monday, October 3

10:00 AM Rosh Hashana Morning Service and Torah Reading
Concurrent children's service downstairs with Rahel

~1:30 PM Tashlich following Kiddush and clean up. On the Esplanade at the U Mass Lowell Boathouse
(500 Pawtucket St) cross the Rourke Bridge 0.4 miles on the right.

Rosh Hashanah, 2 Tishrei, Tuesday, October 4

6:40 AM Plum Island Sunrise Service Meet at Plum Island at 6:40 AM. (Sunrise - 6:45 AM)
(contact Karen Lipshires - karen@temv.org if you plan on coming)

Kol Nidre, 10 Tishrei, Tuesday, October 11

8 PM Kol Nidre service (Featuring cello accompaniment by Cameron Sawzin)

Yom Kippur, 10 Tishrei, Wednesday, October 12

10 AM Yom Kippur Morning Service and Torah Reading
Concurrent children's service downstairs with Rahel

12:30 PM Text Study with Rabbi Bogage

1:30 PM Quiet Time on own for meditation and prayer, with the Western Wall

2:30 PM Service of Healing and Hope

3:45 PM Afternoon Torah Service

4:30 PM Yizkor Service

5:30 PM Neilah – Closing Service

6:45 PM Final Shofar, followed by Havdallah and Break the Fast

No tickets or reservations required; just come to celebrate and pray with us

Kids' Services are joyous and interactive. Kids of all ages will enjoy the holiday activities. Babysitting is available during morning services. Award winning singer/songwriter Rahel is returning to lead the Kids' High Holiday Services

Enjoy delicious foods at our Rosh Hashanah Kiddush and join us for our Yom Kippur Break the Fast Potluck dinner. Because of the lateness of the Break Fast we ask that you only bring food which does not require cooking or heating.

Activities just for Fun

TEMV Yoga



TEMV yoga will be on hiatus for about 3 weeks in September. No classes Wednesday August 31 through Wednesday September 14, classes will resume on Monday, September 19.

TEMV Yoga meets twice a week. Wed.

6:30 – 8:00 pm and **Gentle Yoga, Mondays, at 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 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.

It's a Dirty Job

On Sunday, August 7, Blake Voss and Lee and Marylin Gallant headed to Temple Emanuel's parking lot to clean out the dirt and weeds in the cracks. Some have said they didn't know there were so many cracks in the asphalt, but we three know better. It seemed that most of the dirt ended up on all three of us, from our scalps to our feet.

By TEMV's open house, August 28, the parking lot will be smooth and parking lines will be clearly visible.

Power washing the parking lot was a very time-consuming and dirty job, but someone had to do it, and we're very glad it's done.



Bridge Club ??



Are you interested in learning bridge from an experienced tournament player? Alan Wolff can teach you? If there's enough interest we'll have a Bridge game at the temple. Contact Alan at bridge@temv.org. Let him know your availability and your level of experience. Times and dates will be determined by best fit of those who have expressed an interest.

What would you like to do?

Is there something that you are interested in doing with your TEMV friends socially either at the temple or as an outing? Go for it. Check the temple [calendar](#), to avoid a conflict. Pick a date, time and location, agree to coordinate and send [Phebe](#) an email with the details so it can be sent community in the next "What's Happening" email blast, and be added to the website. It can be a one time event or an ongoing event. Some suggestions I've heard include: movie,, dinner, theater, bowling, coffee house, Trip to NYC, Boston Harbor Sunset Cruise, Sunday Brunch

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: _____

Please apply my donation to the following fund:

- _____ General Fund
- _____ Youth Group
- _____ Library Fund
- _____ Hechel Loans Fund
- _____ Security / Safety (i.e defibrillator)
- _____ Accessibility Fund
- _____ TEMV Cares Fund
- _____ Endowment Fund
- _____ Prayerbook Fund
- _____ Social Action
- _____ Music
- _____ Rabbi's Discretionary Fund
- _____ Education Fund

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

Kindly send an acknowledgement of my donation to:
 Name: _____

Address: _____

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

Please return your 2016 -'17 Pledge Forms today

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.

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, 617-312-0393 and Marylin Gallant
ritualchair@temv.org,

Caring Committee

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

Education Committee

Sue Corneliussen, education@temv.org

Treasurer

Alexandra Epstein and Douglas Wiggins
treasurer@temv.org

Social Action

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

Membership , Phebe Rand (978) 256-2855

Membership@temv.org

Publicity **Dana Rudolph**, publicity@temv.org

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



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PROPERTIES

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



Marlena A. Gilbert
Business Manager
feeneytheflorist@gmail.com

47 Chelmsford Street
Chelmsford MA 01824
Tel: 978-256-7911
Fax: 978-256-6618



Beth I. Gandelman
REALTOR®
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Cell: (978) 239-6410
Bus: (978) 858-3500 Ext.307
Fax: (978) 858-0145
bgandelman@silva-associates.com
www.silva-associates.com
1215 Main St. • Unit 121 • Tewksbury, MA 01876

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Temple Emanuel
101 West Forest Street
Lowell, MA 01851

