

# Temple Emanuel of the Merrimack Valley

Celebrating the many ways to be Jewish

## The Bulletin

Volume 65 Number 3

February 2017 – April 2017

### From the Rabbi...

Our tradition teaches us that we are not expected to go it alone, but are instead urged to seek out support.

From the earliest stories in the Torah, beginning with Adam and Eve, we are taught we need a partner. For many, that partner is a spouse, but for others, and at various times in our lives, it is a best friend, a sibling, or a colleague.

From the Talmud, we learn “Aseh l’cha rav, uk’neh l’cha chaver” – find yourself a teacher, and acquire for yourself a friend. Rambam explains that we must find a mentor – one with whom we can study and debate and who will help guide us – and also a study partner – who may be of greater, equal or lesser learning than ourselves – because examining a topic with a partner helps us to better understand and clarify the issue.

In Exodus 18:18-23, Jethro, Moses’ wise father-in-law, observes firsthand the burden of administering a nation and adjudicating their seemingly endless disputes. Jethro tells him, “The thing that you do is not good. You will certainly wear away, both you, and this people who are with you; for this thing is too heavy for you; you are not able to perform it yourself alone.” He advises Moses to shift the simpler tasks onto otherwise leaders. Subsequently God gives Moses more specific advice, to set up a counsel of 70 elders to help manage the people.

In Pirkei Avot 2:5, Hillel counsels: “Do not separate yourself from the community; and do not trust in yourself until the day of your death.” While these



words have in recent generations been invoked as an inducement to join a synagogue, the intention seems to be broader than that – being part of a Jewish community is vital, not only to the community’s survival, but to our own. We require social constructs (such as synagogues, JCC’s, and social justice organizations) to succeed in the world and fulfill a variety of mitzvot, and they need our energy to accomplish their missions. In Hillel’s second statement, we are again reminded that we cannot simply rely on our own subjective views, but we must seek feedback and advice from others.

Many of us feel overwhelmed, at times, by the competing demands on our energy, time, and capabilities. Sometimes we think, “okay, I’ve got this!” but then discover we’ve underestimated the task, or we don’t realize we are over our heads until we become paralyzed by its magnitude. We say “yes” when we should say “no,” we feel obliged to represent ourselves as a little more qualified than we might actually be, we fail to adequately calculate the time a task will require.

What are we to do when we suddenly awake to the reality that we’ve overextended ourselves and cannot possibly fulfill the obligation we’ve accepted? Sometimes, we simply try to power through – pull the all-nighter, skip meals, relegate other tasks to the back of the pile – and somehow pull it off. However, this is generally not in the best interests of our physical or mental health, and leads to further stresses down the line.

Try to take a moment to **evaluate** the task. Are there parts you can jettison? Items you can delegate to another? Stuff that really just isn’t that important? Let it go. Remember that you are valued for who you ARE, not just what you DO, and that only by caring for yourself can you truly, effectively, and wholeheartedly care for others and achieve your most valued goals.

Even though it can be difficult or painful, **communicate** that you’ve taken on too much. Let those who are

waiting on your work know that it will be delayed or not forthcoming. Remember that, even though someone may react negatively to your inability to complete a promised task, in the long run, your honest appraisal of what is reasonable and possible will preserve your relationships, and yourself.

All of us are blessed to be members of a holy community at TEMV, and are also members of other circles and groups. A single person can change the world, but cannot do so without the support and energies of others.

Here is the most important thing: **Ask for help.** Share the burden. Invite others to step in – many people want to help, but aren't sure what is needed – by articulating your need, you not only lighten your own load, but provide an opportunity for another to do a mitzvah and enjoy the satisfaction of knowing they've been of use. Gather together a committee, or circle of friends or loved ones, or even just one trusted friend or mentor, to help you solve a problem or break down a larger task.

Like grapes that grow in clusters on a vine, we, too, live in communities essential to our well being. May we each find the both the inner strength and inner vulnerability to reach out to one another to request, and to offer, the supports every one of us needs.

L'shalom,

Rabbi Robin S. Sparr

### TEMV is:

- **S**ustaining for everyone, during both joyful and challenging times.
- **I**nterfaith-friendly and welcoming to all.
- **M**usical, celebratory, and reflective in our worship.
- **C**ommunicating Jewish values through education for children and adults.
- **H**onoring diversity without judgment.
- **A**ctive in working towards social justice in our community and around the world.

## Presidents' Message

I'm often interested in ways that people, institutions, movements and various causes sustain momentum and passion over time. Many of you know what I mean and have been there, too. I get all excited and energized about a cause or project and then life gets in the way and I lose steam. I can get re-energized with others taking on some tasks and feed off of their energy and get recommitted and motivated all over again.

Reflecting on the word sustain—I gravitate to the word sustenance. Looking up the meaning of the word there are 2 definitions that pop up—1. food and drink regarded as a source of strength; nourishment and 2. the maintaining of someone or something in life or existence. Our temple community and Rabbi Sparr supply the nourishment and strength many of us need during tough times, when we need a supportive space; a sanctuary—in essence the temple feeds each member and friend to the level they seek this nurturance. In turn, each member is asked to help maintain the community in kind. This symbiotic relationship is key to the survival and health of each community member and of the community as a whole.

There are many issues the temple board are currently addressing: increasing our security; expanding our connections with other faith institutions in the Lowell area and nationally; and how to move forward—and not be limited by our physical space—to allow TEMV to continue to grow and prosper. So many considerations, so much energy needed to sustain the momentum that has propelled this wonderful, vibrant community over the past 2 years.

It is not surprising to me to find the pronoun “us” in the word sustain.

It takes every member and friend to step up at this time to give back to our community in ways that you may not have considered before. Being truly generous is giving what you can and then some: time, money and energy. Our community expects no less. And our community can only be sustained with your passion and sincere effort.

Blessings and Shalom

Stephanie

**TEMV Calendar for 5777****Spring 2017**

Check the Temple website calendar ([www.temv.org](http://www.temv.org)) and the Weekly email blasts for the most up-to-date service schedule

Oneg Hosting: Check your calendars and consider which service you wish volunteer as an Oneg host. We ask each member family to host at least once per year. Contact [oneg@temv.org](mailto:oneg@temv.org) with your date preferences or sign up yourself on the [website](#).

**FEBRUARY 2017**

2/3	Fri.	7:30 PM	Learner's Minyan	The musical motifs of Shabbat
2/5	Sun	1:00 PM	Wamesit Lanes Outing (Tewksbury)	- lunch, bowling, arcade,
2/9	Thur.	7:00 PM	Board Meeting – postponed to next week.	
2/10	Fri.	6:00 PM	Tot Shabbat	<b>No dinner</b>
	Fri.	7:00 PM	Kabbalat Shabbat	
	Fri.	7:30 PM	Tu Bishvat Seder	
2/13	Mon.	7:00 PM	Highlands Neighborhood Council Meeting	
2/17	Fri.	7:30 PM	Shabbat Service	
2/19	Sun	10:00 AM	<b>Social Action Gathering</b> to make hats, scarves, blankets. We have yarn and fleece. No sewing or crafting skill required. There is no school today.	
2/24	Fri.	7:30 PM	Shabbat Service	<b>Lay leader</b> Karen Lipshires

**MARCH 2017**

3/3	Fri.	7:30 PM	Shabbat Service	
3/4	Sat	5:30 PM	<b>Musical Tapestry / Auction</b>	
3/5	Sun	11:00 AM	<b>Education Committee Meeting</b>	
3/5	Sun	2:00 PM	<b>Adult Education: Taste of Mussar</b>	
3/5	Sun	1:00 PM	<b>Teen Meet up - Altitude Trampoline Park (Billerica) – jumping, dodge ball</b>	
3/10	Fri.	7:00 PM	Shabbat/Purim	7:30 Read/study Megillah/costumes encouraged
3/12	Sun		<b>Soup Kitchen at the Salvation Army in Lowell – tentative date</b>	
3/12	Sun	2:00 PM	2:00 PM	<b>Adult Education: Taste of Mussar</b>
3/17	Fri.	6:30 PM	Shabbat Service	6 PM Pre service Oneg Sun Wheel / Birthday Blessings
3/19	Sun	10 AM	<b>Mitzvah Day</b>	
3/19	Sun	2:00 PM	<b>Adult Education: Beginning Text Study</b>	
3/24	Fri.	6:30 PM	Family Service	7:15 potluck
3/26	Sun	11:30	<b>Education Committee Meeting</b>	
3/26	Sun	2:00 PM	<b>Adult Education: Taste of Mussar</b>	
3/31	Fri.	7:30 PM	Shabbat Service	<b>Lay leader</b>

**APRIL 2017**

4/2	Sun	1:00 PM	<b>Teen Meet up – Roller Kingdom (Tyngsboro)</b>	
4/2	Sun	2:00 PM	<b>Adult Education: Beginning Text Study</b>	
4/7	Fri.	6:00 PM	Tot Shabbat	6:30 dinner for young families
	Fri.	7:30 PM	Shabbat Service	
4/9	Sun	noon	<b>Social Action Committee Meeting</b>	
4/9	Sun	2:00 PM	<b>Adult Education: Taste of Mussar</b>	
4/14	Fri.	7:30 PM	Shabbat Pesach	
4/15	Sat	5:00 PM	<b>Passover Community Potluck Seder</b>	
4/21	Fri.	7:30 PM	Shabbat Service	<b>Lay leader</b> Kevin Sheingold
4/28	Fri.	6:30 PM	Shabbat Service	6:00 PM Oneg (“Pre-neg”)
4/30	Sun	11:00 AM	<b>Education Committee Meeting</b>	
4/30	Sun	12:30 PM	<b>Annual Meeting</b>	

**MAY 2017**

5/7	Sun	2:00 PM	Teen Meet up – you decide? - refer to the flier
5/3	Wed	7:00 PM	Ritual Committee Meeting
5/5	Fri.	7:30 PM	Learner's Minyan Topic: TBA
5/7	Sun	11:00 AM	Open House 11 AM – 1 PM
5/12	Fri.	7:30 PM	Shabbat Service
5/13	Sat	10:30 AM	Shabbat Morning Service and Study
5/19	Fri.	6:30 PM	Family Service 7:15 potluck
5/20	Sat	10 AM	Madison Kirrane will be called to the Torah as Bat Mitzvah
5/21	Sun	10 AM	Lunch Bag Assembly – There is no school today
5/26	Fri.	7:30 PM	Shabbat Service Lay leader

**JUNE 2017**

6/2	Fri.	6:30 PM	Shabbat Service	6:00 PM Oneg (“Pre-neg”)
6/9	Fri.	7:30 PM	Shabbat Service	Lay leaders: Marilyn Gallant and Linda Gilmore
6/16	Fri.	7:30 PM	Shabbat Service	
6/23	Fri.	6:30 PM	Family Shabbat Service	Sun Wheel; Birthday Blessings, 7:15 potluck
6/30	Fri.	7:30 PM	Shabbat Service	Last rabbi-led service until September

**Board Meetings**

Unless otherwise specified Board Meetings are the second Thursday of the month at 7 PM. Members are always welcomed and encouraged to attend.

**Upcoming Committee Meetings**

Social Action Committee – Sunday, April 9 at 12 noon.

Education Committee Meeting – Sundays, March 5 and April 30 at 11 am, March 26 at 11:30 am

Ritual Committee Meeting – Wednesday, May 3 at 7 PM

**Highland Neighborhood Council**

Meets on the second Monday of the month at Temple Emanuel at 7 PM

Next Meeting Monday, February 13

**Annual Meeting  
Sunday, April 30  
12:30 PM**

All members are invited and encouraged to attend the Annual Meeting.

Approve the minutes from last year's meeting. Vote for the Board of Trustees for 2017 – 2018. Hear updates from the treasurer, President and Rabbi. Reports from all the Committee chairs will be available. Voice your questions and concerns. Light lunch at the beginning of the meeting. Members will receive a proxy ballot in the mail.

## *Social Action*

### **Social Action Committee Meeting – everyone invited**

The next meeting is **Sunday, April 9 at noon** (after school). Please contact Frank ([farfel43@yahoo.com](mailto:farfel43@yahoo.com)) to be kept informed. Everyone welcome. We will discuss the activities we've done this spring and will start talking about next year's activities.

### **Upcoming Activities**

#### **Soup Kitchen (tentative date March 12)**

This now takes place at the Salvation Army in Lowell and is no longer held at the "Y." Jill Barry is coordinating and will be looking for volunteers to make food, set up, serve and clean up. Watch your email for updated information. Contact Jill at [jbarry121@comcast.net](mailto:jbarry121@comcast.net).

Look for an update in the weekly TEMV email blast.

#### **Mitzvah Day – March 19 - at TEMV – for all**

This year our new focus will be the **Lowell Wish Project**. They provide materials and goods for people who have been homeless and / or have a new home. Clients pick up dishes, toys, household goods and etc there.. They will provide us with bed linens to organize, fold and sort at TEMV.

We hope you look forward to this new venture for TEMV.

#### **Lunch Assembly Sun May 21 10 AM**

School is over for the year so the entire TEMV community is encouraged to participate. We typically make and bag over 200 lunches for the Lowell Transitional Living Center. TEMV volunteers donate the supplies, make, bag and deliver the lunches.

### **Ongoing Collections**

**Food collection** or the Mobile Food Pantry and the **Toiletry Collection** for CTI. The boxes are in the lobby and all are encouraged to fill them.

### **Recent Activities**

#### **Social Action Shabbat (homelessness)**

This service was on December 9, with a presentation by the Lowell Transitional Living Center (LTLC) – one of Lowell's shelters. Jayde, their Executive Director, talked about what life is like for a homeless person. He had a table with information about the services they provides. He promised to let us know what bill or budget item is important for them. We will have the opportunity to support it with our Massachusetts legislators. There will be more in the weekly update.

**Lunch Bag Assemblies** We have had two Lunch bag assemblies so far and have generated close to 450 lunches this year. All of the lunches were delivered to the Lowell Transitional Living Center (LTLC).

TEMV delivered warm hats and scarves to the LTLC. Each scarf and hat was made by TEMV members with love and care. Next year we'll provide scarves and hats again, as long as they're needed.

**Winter Clothing Collection** This activity is completed for this year. Over the course of the winter three boxes of donated winter clothes were delivered to Community Teamworks, Inc (CTI) by Eliot Yaffa

## *Adult Education*

There are always opportunities for learning at TEMV – within the context of celebrating Shabbat and holidays, we offer Learners' Minyan services and Shabbat morning torah study, as well as holiday celebrations which include in depth study of our texts and traditions.

Thank you to all who sent in their requests and availability for classes. I know there are several who would like to embark upon the longer Mussar course. If we have a commitment of at least 9 people, that course can be offered in the fall.

The offerings for this Spring were selected based on the interest expressed.

**Taste of Mussar:** Mussar can be described as "a Jewish path of character development and spiritual growth leading to awareness, wisdom and transformation. Through courses based on classic and contemporary sources, The Mussar Institute inspires individuals, organizations and communities around the world, regardless of affiliation, to align heart and mind with the highest ideals of the Jewish tradition."

This four-part series is a reprise of last year's course, and focuses on introductory understanding of Mussar principles. Intended for newcomers, but anyone who would like to repeat the course is welcome. There is a small fee required by the Mussar Institute (\$36).

Dates: Sunday afternoons, 2pm-4pm, March 5, 12, and 26, and April 9

**Beginning Text Study:** In this class, we will unpack several ancient holy texts of the TaNaCH (Torah, Prophets, Writings), and wrestle with both meaning and relevance to our modern lives. Each class stands alone, so feel free to attend one or both. No fee; donation of \$10 per class is welcomed.

Dates: Sunday afternoons, 2pm-3pm, March 19 and April 2

For planning purposes, you **MUST** RSVP for these classes. Kindly drop a note to [rabbi@temv.org](mailto:rabbi@temv.org) to let me know which courses/dates you plan to attend. The fee for Mussar is due at the first class.

I look forward to learning with you!

LL'shalom,

Rabbi Robin S. Sparr

## Ritual Committee

### Who wants cookies?

I think we all do, especially after our Shabbat Services.

One of the many responsibilities of the ritual committee is to coordinate the volunteers to host the Oneg Shabbat. Over the next several months we have opportunities almost every week for our members to donate some time to set up our weekly celebrations in honor of Shabbat. If you have a Yahrzeit, consider honoring the memory of your loved one by hosting. Feeling an urge to do "something" at a time when you might otherwise feel powerless, consider being available to greet and welcome new members and old friends. Have you been meaning to get together with a friend, sign up together and share the few tasks involved. We want you and we need your help.

We have lots of opportunities to support our community's ritual practices. Attend services, set up or wrap up our holiday observances of Tu B'Shevat or Pesach, lead a Shabbat service, or stop by our next Ritual Committee meeting on May 3, 2017 at 7pm at TEMV.

For more information or to sign up for these opportunities, please contact [ritualchair@temv.org](mailto:ritualchair@temv.org)

Karen Lipshires

### Birthday and Anniversary Blessings

We want to celebrate you! In December we turned our Sun Wheel in observance of the Winter Solstice. During this service, we invited those celebrating birthdays and anniversaries during the Winter season to come up to the bimah for a joyous blessing. Our next spinning of the Sun Wheel will occur during Shabbat Services on March 17th to usher in the Vernal Equinox. At that time Rabbi Sparr will offer birthday and anniversary blessings to all who celebrate in the Spring months. Birthday and anniversary blessings will be offered four times a year, as we turn our Sun Wheel to welcome each season. Please write Robin Frisch at [robin.frisch@gmail.com](mailto:robin.frisch@gmail.com) with your birthday and anniversary dates so we can make sure to extend a personal invitation when it is time for you to receive your special blessings.

## Matzah Time

Temple Emanuel's Passover Seder is Saturday, April 15, and it's time to start getting ready. Please let us know if you will be coming to the Seder, and remember that



friends and family of temple members are always welcome.

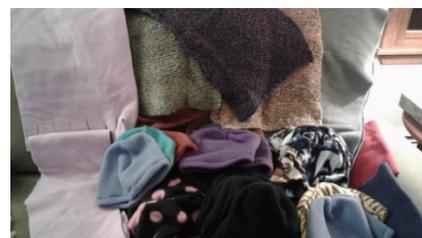
Contact [seder@temv.org](mailto:seder@temv.org) to let us know who'll be coming, what you'll bring, or how else you can help. Or reach out to Robin Frisch at 630-915-5335

Each family is asked to bring a pair of candle holders, and two food items: main dish, salad, vegetable, or dessert. Please make enough to serve 8 to 10 people. Everyone will want a taste. Please let us know what you plan to bring when you make your reservation. The cost is \$5 per person, or \$18 per family, for members the cost is \$3 per person or \$10 per family.

Because this is a pot luck meal and our food will be prepared in many kitchens, the meal will not be strictly kosher for Passover, by traditional standards. However, please prepare all food according to our Passover guidelines. We don't require the use of Passover pots, pans, and dishes but, we do request that you not bring pork, shellfish, or shrimp. Bread, crackers, pasta, cakes, pies, and pizza, with flour or cookie-crumbs crusts are not appropriate for our Passover Seder. We follow Ashkenazi rules for what foods to bring so as to be welcoming to all traditions. We ask you NOT bring rice, millet, corn or legumes (peas, beans, etc.).

TEMV always welcomes guests on this night and no one will be turned away.

Robin and Phebe



Hats and scarves lovingly made by TEMV members and delivered to the Lowell Transitional Living Center



(66)



**TEMPLE EMANUEL**  
**ANNUAL COMMUNITY PASSOVER SEDER**

Sat, April 15, 2017  
**5:00 P.M.**  
Led by Rabbi Robin Sparr

Come celebrate with us at our annual Community Pot Luck Seder. Families are encouraged to bring their children and to invite friends from near and far! Our Seder is open to the entire community. If you have never been to TEMV, this is the perfect time to join us! Our Seder promises to be meaningful as well as fun! Everyone is welcome! Each family is asked to bring a pair of candle holders and two dishes that serve 8-10 people.

Cost: \$5/person \$18/family.

Members: \$3/person \$10/family

Reservations are required

Please email [seder@temv.org](mailto:seder@temv.org) or phone Robin Frisch at 630-915-5335 by April 10, 2017

101 West Forest Street  
Lowell, MA.

[www.temv.org](http://www.temv.org) 978-454-1372



## Publicity Corner

### TEMV Website

Refer to the website for updates and information about everything going on at Temple Emanuel. The website, [www.temv.org](http://www.temv.org) 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. The News section in particular is 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 continually update and add information throughout the site. If there's something you'd like to see there, please let us know by writing to [publicity@temv.org](mailto: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 push content from the 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

Each week there is an email to [community@temv.org](mailto:community@temv.org). If you aren't receiving these emails then you are missing out on important information.

The bulletin is now quarterly, so these email blasts are even more important. If you haven't been receiving these reminders, first check your spam folder. To join the list send a blank email to: [community-join@temv.org](mailto:community-join@temv.org) or contact [phebe@temv.org](mailto:phebe@temv.org).

### TEMV Bulletin

The bulletin is published quarterly schedule. The next bulletin will be out at the beginning of May 2017. If you aren't already receiving the bulletin, send an email to [monthly-bulletin-join@temv.org](mailto:monthly-bulletin-join@temv.org) to subscribe or email [phebe@temv.org](mailto:phebe@temv.org)

**Deadline** for submissions is **Monday, April 23.**

Send your articles to [bulletin@temv.org](mailto:bulletin@temv.org).

### Website and Facebook Updates

TEMV news posts are published on our website and Facebook page. If you wish to be notified by email whenever a new item is published, enter your email address in the "Subscribe to News" box at the bottom of our website homepage or on the right side of any other page on the site.

## 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 Yahrzeit and Yizkor Remembrances, including the date, and whether you prefer to follow the Hebrew or the Gregorian calendar?

Email Phebe [phebe@temv.org](mailto:phebe@temv.org)

### *R'fu-ah Sh'leymah*

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

Julio and Edna Auffant

Leah bat Babette

Susan Bishov

Al Gefen

David Gilmore

Bette Lewin

Stan and Marilyn Lisman

Jane Maine

Jonathan Vlamis

### *May their memory be for a blessing*

*"These are the duties without measure....  
consoling the bereaved..."*

With much sadness, we regret to inform you of the death of James Z. Lipshires, father of Karen Lipshires and father-in-law of Cinde Clatterbuck. He passed away peacefully at 6:30 the morning of, Friday, November 25, at the age of 89.

### *Thank You*

I wanted to offer a heartfelt thank you to the TEMV community for your outpouring of love and support after the recent death of my dad. The nourishment for the body and for the spirit you offered was very comforting will always be fondly remembered.

Thank you again. Fondly,

Karen Lipshires, Cinde Clatterbuck, and Stu Lipshires

### *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](mailto: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.

## Religious School Notes

It is so wonderful to see all that our students have accomplished so far this year!

Our dedicated teachers have been guiding your children through deepening understanding of traditional religious school topics, including Hebrew, holidays, mitzvot and Torah, and every one of our kids is an actively engaged learner, participating with enthusiasm in both regular classroom work and our many special programs. Our monthly experiential programs – most recently our Shabbat learning and subsequent Pajama Havdalla - help to keep the students focused and positive, and I look forward to implementing more of these in the months ahead.

With the increase in family education programs, more parents are spending time together and developing stronger bonds. It is this, coupled with our students' appreciation and respect for one another, that continues to build our community into a true family.

In the months ahead, we have a number of opportunities for parents and children to learn together:

**Family Shabbat Services:** These brief, lively, early Friday services are geared for families, and include songs and a story. They are just 45 minutes long and followed immediately by a dinner. In addition, these special services also provide an important opportunity for our children to participate in and help lead a portion of a service – this is great for building their confidence, fluency in Hebrew reading, familiarity with Shabbat worship, and, importantly, help prepare them for bar or bat mitzvah in the future. Please make every effort to attend these informal and fun services. Our next service will occur on Friday, March 24.

**Tot Shabbat:** These are services aimed at younger kids (birth through about age 6 – very appropriate for our K/1 students!). A very brief (30 minute) service of songs, stories and movement, usually followed by a community dinner. Join us, and bring your friends! Coming up on February 10 (no dinner) and April 7 at 6:00pm.

**Family Education:** On February 12, please join us for our celebration of **Tu Bishvat**, which will include a Seder (ceremonial meal) celebrating the Birthday of the Trees, some planting, and learning about our new environmental garden project.

In March, we will observe **Mitzvah Day** on the 19<sup>th</sup>. We will be learning about WISH, a local program that helps outfit families who are moving from homelessness or transitional housing into permanent residences. We will also be helping sort and fold clean linens for distribution.

Please join us on April 2<sup>nd</sup> for our school **Model Seder**, at which students and families will learn about and practice traditional and modern rituals for the special Passover meal. There is a fair amount of preparation for this event – all hands are needed to set up, clean up, and prepare food. Look for more information in the Hadashot, the weekly school newsletter.

As always, event details and much more are always available on our website, [www.temv.org](http://www.temv.org) - please visit often for the most up-to-date info.

Looking forward to seeing each of you and your lovely children in the days and weeks ahead!

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

## Religious School Calendar Family Activities, and Services

### February

- 5 School in Session
- 10 **Tot Shabbat 6 PM – No Dinner**  
followed by **Tu B'Shevat service**
- 12 **School is Session Tu Bishvat Seder & Environmental Program**
- 19 & 26 No School – February Break

### March

- 5 School in Session
- 10 **7 pm Erev Shabbat / Purim with Megillah reading**
- 12 School in Session – Purim Celebration and Megillah
- 19 School in Session – **Mitzvah Day**
- 24 **6:30 pm Family Service 7:15 dinner**
- 26 School in session

### April

- 2 **School in session, Model Seder**
- 7 **6 pm Tot Shabbat 6:30 dinner for families**
- 9 School in session
- 15 **Passover Community Seder – 5 PM** (note not 2<sup>nd</sup> night)
- 16 & 23 – No school – April break
- 30 School in Session

### May

- 7 School in session – Open House
- 14 School in session, Last Day, L'ag B'omer, luncheon
- 19 Family Shabbat Service 6:30, 7:15 potluck dinner
- 20 10 am Madison Kirrane Bat Mitzvah

### June

- 23 **6:30 pm Family Shabbat Service – Birthday Blessings / Sun Wheel**

## *Musical Tapestry and Fundraiser*

**Saturday, March 4**

**5:30 PM**

Performers to date:

Rabbi Robin

Howie Rashba

Lily Geller, Rain and Charlotte will sing a song from  
LaLa Land

Lily Geller and Katrina Wilensky

"Song of the Lark" - Rahel and Sue

Song of the Lark

*"A breath of fresh air. Makes my heart feel good!"*

Music that moves you from one place to another! Rahel and Sue's music is hypnotic and sonically refreshing. There are hints of jazz, Middle East blends, further East mantras with sometimes driving rhythms and sometimes gentle sounds.

A beautiful and diverse collection of songs that are well-crafted, intelligent and musically sophisticated.  
<http://songofthelark.weebly.com/>

### **The evening is a TEMV fundraiser**

Temple member, Jim Zawisza is donating the proceeds of the EP released an EP in December, following up on his previous album which was released in 2013. The new EP is titled "Everything Changed And Then Changed Again", and contains 5 songs which mix hard rock, metal, folk rock, and world music influences to create a unique sound that will leave you eager to hear more.

Jim will be selling the new EP and his previous album at TEMV's Musical Tapestry for that night only, all proceeds will be donated to the temple. The EP is \$5, and the previous album was \$10. To listen before you buy, go to [zaveesha.bandcamp.com](http://zaveesha.bandcamp.com).

Now what will you donate to auction or raffle?

Possibilities are limited only by your imagination! Past donations have included window washing, dinner for four, home-baked goodies, gift baskets, vacation home rental, professional services, mystery envelopes, gift certificates, babysitting, handyman services. Don't forget to ask your favorite local merchants and businesses.

To donate complete the form and bring it to the temple with your donations as soon as possible. Include your name, the donor (if different) a description and the estimated value.

Phebe

[phebe@temv.org](mailto:phebe@temv.org) (978) 256-2855

## **TEMV Yoga**



TEMV Yoga meets 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. Attendance at this class has

been dwindling, and for now will only meet when there will be at least 3 people. Contact Cornelia at [yogainfo@temv.org](mailto:yogainfo@temv.org) if you know you will be there. She will contact you directly if there are enough students. If you don't hear from her, then there will be no class.

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](mailto:yogainfo@temv.org).

For cancellations and last minute changes join the email list by sending a blank email to [yoga-join@temv.org](mailto:yoga-join@temv.org)

## **Mah Jong**

**Tuesdays 6 PM &  
Thursdays 1 PM**



Send a blank email [mahjongg-join@temv.org](mailto: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](mailto:mahjong@temv.org) or Phebe 978 256-2855.

## **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](mailto: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.

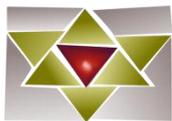
## **What do you want to do with your TEMV Friends?**

It can be a onetime 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 or etc.



**Fundraiser to support**

**Temple Emanuel of the Merrimack Valley**  
**101 W. Forest St. Lowell, MA**  
**Saturday, March 4,**  
**5:30 PM**  
**Suggested donation \$10**  
**[events@temv.org](mailto:events@temv.org) for information**  
**[www.temv.org](http://www.temv.org)**



**Chance to Win or Bid on:**

- Gift certificates**
- Raffle Baskets**
- Judaica**
- Jewelry**
- Professional Services**
- Homebaked goodies**
- Home cooked Dinners**
- and oh so much more..**



Howie Rashba

**Performers**

- Rabbi Robin Sparr**
- Howie Rashba**
- Song of the Lark –**  
**Rahel and Sue**
- Lily, Katrina, Rain and**  
**Charlotte – includes a**  
**song from LaLa land**

- **Listen to great music**
- **Bid on the auction items**
- **Purchase raffle tickets**
- **Socialize**    • **Eat**    • **Laugh**

# *Temple Emanuel of the Merrimack Valley*

## **Auction Donation Form**

March 4, 2017

Please bring your donation to the temple by February 24

Show your support by making a donation of goods or services to the auction

Gift certificates, tickets, professional services, hand crafted items are just a few of the endless possibilities. Your donation can be your time: window washing, babysitting, dog walking, legal or other professional services. Perhaps you have a brand new item you received as a gift that you really can't use? We won't tell! Many restaurants and other vendors will donate gift certificates, services or items but they have to be asked first! If you or the business would like a letter on Temple Stationery, one can be provided. We in turn encourage the TEMV community to patronize businesses that support us. Business donors are featured on our website:

Donor Name: (As you would like it to appear in the listing and in the bulletin) \_\_\_\_\_

Company: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Auction item description: (As you would like it to appear in the Listing)

Auction Item Description	Quantity	Est. Value
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please feel free to copy this page if you would like to donate multiple items.

Contact Phebe Rand with any questions at (978 )256-2855 or [phebe@temv.org](mailto:phebe@temv.org) . Donations may be left in the temple office – clearly marked with "Auction", your name, the donor (if different), a description of the item and the Estimated Value.

Thank you in advance for supporting the temple.

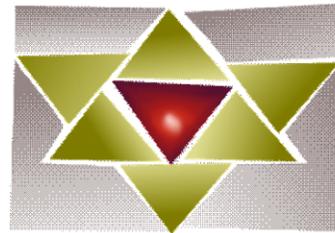
Attention: Auction  
 Temple Emanuel of the Merrimack Valley  
 101 West Forest Street  
 Lowell, MA 01851  
[www.temv.org](http://www.temv.org)

# TEMV “Teen” Meet Ups

**These activities are geared for kids in grades 6 and above, but please always feel free to bring younger siblings.**

## **Sun February 5, 1-3 pm**

**Wamesit Lanes  
434 Main St., Tewksbury  
Lunch, bowling, arcade**



## **Sun March 5, 1-3 pm**

**Altitude Trampoline Park,  
Towne Plaza, 700 Boston Rd., Billerica  
jumping, dodge ball**

## **Sun April 2, 1-3 pm**

**Roller Kingdom  
355 Middlesex Rd., Tyngsboro  
roller skating, laser tag**

## **Sun May 7, 2-4 pm**

**You decide! Maybe ultimate frisbee or Boda Borg in Malden? Other ideas? Send us an email with input!**

**If you can, please RSVP to Sue at [corneller1@gmail.com](mailto:corneller1@gmail.com) so that we know to look for you, but please feel free to just stop by!**

## *February 2017 Service Schedule*

Date	Notes	Yahrzeiten
<b>Friday, February 3</b> <i>Parashat Bo</i> 7:30 PM Learner's Minyan	The musical motifs of Shabbat	George Gerzon 1/30 Louis Gallant 2/3
<b>Friday, February 10</b> <i>Parashat Beshalach</i>	6:00 PM Tot Shabbat 7:00 PM Kabbalat Shabbat 7:30 Tu Bishevat Seder	Muriel Sidel 2/5 Sonny "Rookie" Taber 2/5 Leon Kahn 2/6 Marika Karakantas 2/9 Max Sparr Shirley Glassman Sparr
<b>Friday, February 17</b> <i>Parashat Yitro</i> 7:30 PM Shabbat Service		Hyman Kahan 2/13 Lydia Rudolph 2/13 Evelyn Hornstein 2/14 Louis Sagansky 2/15 Bertha Bishov 2/16 Harry Joslin 2/16
<b>Friday, February 24</b> <i>Parashat Mishpatim</i> 7:30 PM Shabbat Service	Lay Leader: Karen Lipshires	Ruth Ades Marcus 2/19 Raphael Miller 2/19 Shirley Glassman Sparr 2/19 Jeffrey Nanis 2/21 AnnaMargaret Voss 2/21 Dan Miller 2/23 Max Sparr 2/26

## *March 2017 Service Schedule*

Date	Notes	Yahrzeiten
<b>Friday, March 3</b> <i>Parashat Terumah</i> 7:30 PM Shabbat Service		Elinor "Lynn" Diamond 2/27 Gertrude Gerzon 2/27 Herbert Diamond 33
<b>Friday, March 10</b> <i>Parashat Tetzaveh</i>	<b>Shabbat / Purim</b> 7:00 PM Shabbat / Purim Service 7:30 Read/study Megillah/costumes encouraged	Frances Shaine 3/6 Rhoda Sheingold 3/6 Marie Ashley 3/9
<b>Friday, March 17</b> <i>Parashat Ki Tisa</i> 7:30 PM Shabbat Service	Sun Wheel Birthday and Anniversary Blessings	Herbert Sheingold 3/12 Salvadur Sottile 3/12 Robert Miller 3/13 Sandor Lederer 3/13 Pauline Rand 3/15 Selby Kahn 3/17
<b>Friday, March 24</b> <i>Parashat Vayakhel-Pekudei</i> 6:30 PM Family Shabbat Service	7:15 Potluck Shabbat Dinner and Oneg	Gisela Morgenstern 3/19 Bertha Rapaport 3/19 Solomon J. Bishov 3/20 Richard Voss 3/22 Janet Mattei 3/22 Ethel H. Snyder 3/22 Ann Schecter 3/24
<b>Friday, March 31</b> <i>Parashat Vayikra</i> 7:30 PM Shabbat Service	Lay Led	Lou Gross 3/26 Deborah Morris 3/27 Phyllis Kominsky 3/30

## *April 2017 Service Schedule*

Date	Notes	Yahrzeiten
<b>Friday, April 7</b> <i>Parashat Tzav</i> 7:30 PM Shabbat Service	6:00 PM Tot Shabbat 6:30 pizza dinner – RSVP's requested 7:30 PM Shabbat Service	Herman Libby 4/1 Lily Alice Issacs 4/1 Sally Kanter 4/1 Bella Vogel 4/4 Arnold Ansel 4/6 Thaddeus Lockwood Smith 4/7
<b>Friday, April 14</b> <i>Shabbat Pesach</i> 7:30 Shabbat Service		Lauren Michelle Berk 4/9 Deborah Goldknopf Joslin 4/15
<b>Saturday, April 15</b> 5:00 PM	<b>Annual Community Potluck Seder</b> RSVP <a href="mailto:seder@temv.org">seder@temv.org</a> See flier for more details	
<b>Friday, April 21</b> <i>Parashat Shmini</i> 7:30 Shabbat Service	Lay leader: Kevin Sheingold	Lucille Conlon 4/15 Lorraine Morgasen 4/17 Louis Glassman 4/18 Selma Lesburg 4/18 Mary Wiggins 4/20 Jerome Elijah Gleich 4/22
<b>Friday, April 28</b> <i>Parashat Tazria-Metzora</i> 6:30 Shabbat Service	6 PM Pre service oneg Dinner at a local restaurant following the service.	Robert Wright 4/24 Sam Kahn 4/29
<b>Friday, May 5</b> <i>Parashat Achrei Mot-Kedoshim</i> 7:30 Shabbat Service	Learner's minyan Topic: TBD	Besse Kniznik Burofsky 4/30 Walter Heimer 5/3 Beatrice Kahan 5/4

Thank you to everyone who made a donation over the past few months.

Gary and Darlene Shnaper  
Carole and Charles Christensen  
Carol Levine  
Steve Isenberg  
Patricia Gross  
Albert Glassman  
Lee Snyder

In Memory of Jim Lipshires  
Karen and Maddie Sherman  
Margi Caron  
Linda Gilmore  
Gerald and Denise Young  
Robin and Gary Frisch

Temple Accessibility Project (TAP)  
John Espinosa  
Eda Matchak

## 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](mailto:temvrabbi@gmail.com)

### Director of Education

**Rabbi Robin Sparr** [rabbi@temv.org](mailto:rabbi@temv.org)

### President

**Stephanie Karakantas**, [president@temv.org](mailto:president@temv.org)

### Treasurer

Douglas Wiggins

[treasurer@temv.org](mailto:treasurer@temv.org), 9785965877

### Ritual Committee

**Karen Lipshires**, 617-312-0393 [ritualchair@temv.org](mailto:ritualchair@temv.org),

### Caring Committee

**Karen Lipshires**, [caring@temv.org](mailto:caring@temv.org), 617-312-0393

### Education Committee

**Sue Corneliusen**, [education@temv.org](mailto:education@temv.org)

### Social Action

**Frank Baskin**, [farfel43@yahoo.com](mailto:farfel43@yahoo.com), 978 458-1512

Membership, Phebe Rand (978) 256-2855

[Membership@temv.org](mailto:Membership@temv.org)

Publicity / Website **Dana Rudolph**, [publicity@temv.org](mailto:publicity@temv.org)

House **Richard Ebner**, [House@temv.org](mailto:House@temv.org), 978-761-8460

## 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)  
\_\_\_\_\_ Temple Accessibility Project (TAP )  
\_\_\_\_\_ TEMV Cares Fund  
\_\_\_\_\_ Endowment 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](mailto:treasurer@temv.org) for information on any of the funds.

## 2016 -'17 Pledges

Please send in your 2016 – '17 pledge forms and pledges to the treasurer. The fiscal year ends on April 30. Donations and Membership Pledges can also be made via PayPal which can be accessed via the [Donate](#) button on the website [www.temv.org](http://www.temv.org).

Contact the treasurer, Douglas Wiggins, [treasurer@temv.org](mailto:treasurer@temv.org) with any questions.

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REALTOR®  
Property Management Associate



Cell: (978) 239-6410  
Bus: (978) 858-3500 Ext.307  
Fax: (978) 858-0145

[bgandelman@silva-associates.com](mailto:bgandelman@silva-associates.com)  
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