

Temple Emanuel

of the Merrimack Valley

The Bulletin

Volume 64 Number 3

November 2015 – Cheshvan ~ Kislev 5776

From the Rabbi...

Attitude of Gratitude

There's a wonderful expression in Hebrew – when asked, “how are you?” Israelis sometimes reply, “*Baruch Hashem, ani noshem*” – “thank God, I'm breathing.” Although there is an undercurrent of cynical Jewish humor in this response, I am tickled every time I hear it.

The first words we are supposed to utter upon awakening are, “*Modeh ani l'fanecha* – I offer thanks to you, ever-living Sovereign, that You have restored my soul to me in mercy: how great is Your trust!” What an outstanding expression of gratitude – we are grateful not only to be breathing, but that we are entrusted, for one more day, with journeying through this challenging world as guardian of the holy soul within us.

It is a great blessing to be able to put two feet on the floor and stand up each morning, even if the floor is cold and our bones creak. We need but turn on the news or open our email to be reminded that we are blessed, that despite our hardships we have most of what we need, and that things could always be worse. It's easy to become overwhelmed by the difficulties that lie before us, our struggles with money, career, family relationships, health, and sometimes just the daily tasks of living. Yet, we are reminded



by Rabbi Nachman of Breslov, “Friends, do not despair: when a difficult time is upon us, our joy must fill the air.” Even in our hunger, our doubt, our sorrow, we must find the sparks of joy and gratitude and redirect our focus to those glimmers of hope.

This month brings myriad opportunities to express our gratitude within the TEMV community. On November 13th, we will observe Interfaith Family Shabbat. At both the Tot Shabbat and regular services, we will acknowledge and express our thanks to those of other faiths who have chosen to support their Jewish partners and children by committing their time, energy and funds to TEMV. A week later, on November 20, we will welcome and thank those who have recently chosen TEMV as their spiritual home and become new (or returning) members.

Thanksgiving, the Pilgrims' celebration of Sukkot, allows us to acknowledge our abundance, to celebrate with friends and family, to be aware of all we are able to enjoy. For some in our community, family and close friends don't live nearby, and perhaps there are some who might spend the holiday alone. I urge you to consider reaching out to others in our community (and beyond), to extend your hospitality to those who might be alone and would enjoy sharing the holiday with you.

Friends, I am indeed grateful for each one of you, and for the joy we find on our journey together. Wishing all of you and yours a filling and fulfilling Thanksgiving, and abundant reasons for gratitude, every day.

L'shalom,
Rabbi Robin S. Sparr

November Service Schedule

Friday, November 6

Parashat Chayei Sarah

7:30 PM Shabbat Service

Co-led by Kerri Sheingold & Jim Zawisza

Board and Oneg Host: Phebe Rand

Friday, November 13: Interfaith Shabbat

Parashat Toldot

6:00 PM Tot Shabbat

6:30 PM pizza and potluck dinner for ALL

7:30 PM Shabbat Service

Members of Interfaith Families will be honored at both services this evening

Board and Oneg Host: Alix Epstein

Sunday, November 15

Parashat Toldot

11:00 AM School Tefilah Service

30 Minute learning service; all are welcome!

Friday, November 20: NEW MEMBER SHABBAT

Parashat Vayetzei

6:00 PM Potluck Dinner

7:30 Shabbat Service including

* Welcoming New Members

* Music from the First Parish UU Bell Choir

Board Host: Michelle Vlamis

Oneg: Membership Committee & volunteers

Friday, November 27

Parashat Vayishlach

7:30 PM Shabbat Service

led by TBD

Board and Oneg Host: Richard Ebner

As I reflect back on last month's bulletin message, I spoke about accessibility to our building. After discussing the feedback we received from a mobility consultant, the board has formed a subcommittee chaired by Richard Ebner to obtain detailed construction estimates and work with the city building inspector to outline a plan to allow an individual to access the sanctuary and religious school from the lobby. If handicap accessibility is a passion of yours, please join Richard as he will need a team of folks helping him with fundraising and additional tasks, short term and long term. You can reach him at 978-761-8460.

In addition to physical accessibility, the TEMV community has contributed to worship accessibility as the goal to purchase the new Reform Mazchor, with its' inclusive language, transliterations and updated format, is close to being met. Thank you to all who have donated. We encourage members to consider purchasing a set for the temple and/or your family. If interested, you can find details in an update from the ritual committee elsewhere in the bulletin.

And now comes a more difficult topic to address which is safety. We want all who enter our sanctuary and those that use our building for activities, to feel safe and secure while in the building. We have been fortunate at TEMV to have little in the way of vandalism or safety concerns over the years although this has not been the case for the Montfiore synagogue in Lowell and temples in surrounding towns. Our security cameras have been installed with a viewing monitor in the back of the sanctuary which has already proven useful in monitoring our parking lot at night. The board has also voted to move forward on securing the lobby while services or activities are being held up or downstairs. More details to follow next month. And lastly, the board is looking to acquire a defibrillator in the near future to be able to respond appropriately in case of emergency.

Accessibility and safety—two issues near and dear to me. And hopefully to you. Please share your thoughts and let me know how you can help in any of these areas at president@temv.org

L'shalom,

Stephanie

PRESIDENTS' MESSAGE


Hard to believe fall has settled in with its' beauty and reminder that seasons change often when we are believing they won't! Autumn is a very busy time of year for me as it is for many of us—raking, cleaning the yard, completing temperature sensitive house repairs—before the winter inevitably sets in. The board has been very busy as well tackling several projects and setting many into action which I wish to share with you.

Board Meetings

The minutes from our TEMV Board of Trustees meetings are on our website! Log in and check out the minutes under "for members only" section.

Mark your Calendars! TEMV Board Meetings will be held every second Wednesday at 7pm through May. All are welcome.

Next meeting is **Wed November 11th.**



Welcome our new temple members and friends at our annual New Member Potluck Supper and Service.

Potluck supper at 6:00 pm and services at 7:30pm.

The 1st Parish UU Bell Choir of Chelmsford will enhance our service with their beautiful music. If you've never heard them perform we promise you won't be disappointed.

RSVP membership@temv.org

New Member Potluck & Service

November 20, 2015
Dinner at 6:00 pm
Services at 7:30 pm

Social Action Update

Lunch Assembly

The first of this year will be on Sunday November 22, 2015 at 9:30 am

All in the Temple community, including the school, are encouraged to participate.
(Note - the school will also take part during the January-MK weekend lunch assembly.)

Please begin to contribute as we do not have any of the following left:

Boxes of granola bars
Bottles of water

Closer to November 22 bring in:

Bags of fruit (*oranges or apples*)
Loaves of sliced whole wheat bread.

High Holiday food collection

We generated over 800 lbs of food for humans and their pets. That is more than in recent years. Congratulations to all and thank you,

Food and Toiletries Collection

Two boxes in the lobby are there for your contributions of food for the mobile food pantry and Toiletries for Community Teamwork.

GLILA

There will be a Thanksgiving worship and celebration on Sunday 11/15 at 4 PM.

It will include words, songs, dance from various faith traditions and a video.

The flyer is elsewhere in this Bulletin. Please post it.

Thank you,
Frank

TEMV TRIVIA

What Jewish holiday made news with a pop culture nickname when it coincided with a big American holiday? Answer next month. *Last month's answer: Surprisingly few, only four. Respectively Rabbis Gendler, Kominski, Rose, and now Sparr.*

Jewish/Christian/Muslim Interfaith Group at Merrimack College

This group has met about once or twice a year at Merrimack College (North Andover). They do now engage in some activities including their version of a lunch assembly.

Following are two programs on their calendar:

1. "Shattered Glass, Shattered Lives" Annual Kristallnacht/Holocaust Commemoration Tuesday, November 3, 2015 7-8:00 pm at Temple Emanuel of Andover. Reflection by Dr. Mehnaz Afridi, Director---Holocaust, Genocide, and Interfaith Education Center of Manhattan College Rabbi Robert Goldstein presiding

2. "Feed Your Neighbor" Meal packing (lunch assembly) – Thursday, February 11, 2016 at Merrimack College. More details to follow. Last year they helped the Merrimack Valley Food Bank.

They are also in the process of creating an on-line calendar. If you want to be on you may register at: jcminterfaithcalendar@gmail.com You will need a g-mail account. I will also register and inform you of events.

Thank you.
Frank

Volunteer For Oneg

We are continuing our tradition of having an Oneg Shabbat or Kiddush after every service. For most services we are looking for one Oneg family to bring challah and light refreshments for about 20 people.

Oneg hosts should plan on arriving 45 minutes before the service in order to leave enough time to setup in an unrushed fashion. Responsibilities include pouring wine and juice for Kiddush, proving and setting up your food and cleaning up after the service.

Even though we're cutting back to one family for most services, there may be a few who need to do two services during the year. I think we all appreciate finding a nice Oneg table waiting for us, as the words mean, it is our Sabbath joy and delight.

If you need to cancel, please try and find a replacement, and lacking a replacement try to provide as much warning as possible.

To sign up for an Oneg, email to karen@temv.org, or call me at 617 312-0393

Thank you,
Karen Lipshires

Religious School News



It was wonderful to have our entire school, and so many others from the broader

TEMV community, join us for apple picking at the beginning of the month! The subsequent Simchat Torah celebration was also well attended by both students and other congregant families, and there is a growing sense of togetherness among our school community.

We also launched our first **Sunday Tefilah** service this month, and hope that, in the months ahead, we will continue to gain fluency and comfort with the central prayers, and expand our understanding of prayer and synagogue ritual.

Staff: Our teachers, administrator, and madricha seem to be settling into the year comfortably. We find that, with the addition of new students, we now need to hire an additional teacher for Sunday mornings – if you are interested in helping to guide our students on their Jewish journey, or know of someone who might be a good match, please be in touch with Rabbi Sparr, temvrabbi@gmail.com

Students: Our ten students are enjoying learning together and forming new connections in their learning and among their peers. Let your friends with school-age children know we are still accepting new students to our warm and inclusive community!

Hadashot: I've been sending out a weekly newsletter to families to keep everyone up to date. If you have news or information to share, feel free to send it to me for inclusion in the Hadashot.

COMING UP:

Sunday, November 1: School in session, but only from 11:00-1:30

Sunday, November 8: School in session; Rabbi Sparr away at URJ Biennial

Sunday, November 15: School in session; 11:00 am Sunday Tefilah (all are welcome)

Friday, November 20: Intergenerational and New-comers' Service; 6pm potluck dinner, 7:30pm service

Sunday, November 22: School in session; Lunch Bag assembly to benefit Lowell Transitional Living Center.

Students welcome to participate for part of the morning beginning at 9:30 am; adults are invited to help out for the entire time; see Social Actions news for details.

Sunday, November 29: NO SCHOOL; Thanksgiving weekend

L'shalom,

Rabbi Robin S. Sparr
Director of Education

Check Out the New TEMV Library

We are a people of the Book, and at TEMV, we are excited to support our Jewish lives with many books in our newly revamped TEMV library. Want to learn more about Jewish history? Need advice about a life event? Feel like reading a biography of Leonard Nimoy? Looking for commentary on this week's Torah portion? Want stories by authors as diverse as Chaim Potok and Faye Kellerman? Seeking new recipes for Hanukkah? Our thousands of books for adults and children of all ages include works on Jewish culture, thought, observance, languages, history, genealogy, art, parenting, life events, and cooking, along with biographies, short stories, and novels.

Our children's collection begins with sturdy board books for the very youngest and extends to novels, biographies, and books on Jewish holidays, practice, and culture for older children and teens.

We invite you to browse our collection and check out ones that will inspire and inform you! Simply write your name, the book title, and date in the notebook by the library door (for the adult collection) or in the notebook on the shelf above the Religious School cubbies (for the children's collection). Return all books to the marked bin next to the Religious School cubbies.

Most sections are alphabetical by author's last name, except for biography, which is by subject's last name. The Jewish Holiday section is also broken down by holiday, then author.

We're also always looking for donations to build the collection. Because our shelf space has limits, however, we ask that books relate in some way to the Jewish experience, broadly speaking -- including Jewish culture, faith, history, or the perspective of Jewish authors -- or works that offer useful comparative insights into other faiths. We may also offer donated books back to the TEMV community if we already have multiple copies.



Happy reading!
Dana Rudolph

TEMV YOGA



TEMV yoga meets twice a week. Wed. 6:30 – 7:45 pm and **Gentle Yoga, Mondays, at a new time, 11:15 am.** Everyone is welcome to join either class on a drop in basis. All levels welcome. The Monday morning class is a great way to start the week with long deep stretches.

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

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

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

Mah Jong

Tuesdays 6 PM & Thursdays 1 PM

Send a blank email mahjongg-join@temv.org to join the email list. We sometimes cancel at the last minute and we want to let everyone know. Send us an email or give us call to let us know you plan on being there. Spread the word; bring your friends and neighbors!



\$2 Temple donation appreciated.

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

TEMV Book Club

TEMV book club is a bimonthly or so gathering where we share lively discussions about selected books and how they inform us about the world and our own lives.

The TEMV Bookclub will be meeting on November 29th at 11:00 am to discuss “Girl on the Train” by Paula Hawkins. Light refreshments will be served. All are welcome to attend. Contact bookclub@temv.org.

Annual New Member Service

Fri, Nov 20

Pot Luck Dinner 6:00 pm

Service at 7:30 pm

Welcome our new members and friends at this popular annual potluck dinner and service

The 1st Parish UU Bell Choir of Chelmsford returns to enhance our service with their beautiful music. If you’ve never heard them perform we promise you won’t be disappointed

Membership Committee could use help with set up, clean up and oneg. Contact us if you can help.

RSVP to membership@temv.org

New Machzor for the Days of Awe



Thanks to everyone who donated to the fund for the newly updated Machzor (High Holy Day Prayerbook). We only need 30 of the two-volume sets to reach our goal. Consider donating a set or more for your personal use or for the temple. You may use the form below to order

Name _____

I would like to order a total of ___ set (s) of the Mishkan Hanefesh Machzor for the Days of Awe at \$42 per set.

I would like ___ set (s) for my personal library.

I would like to donate ___ set (s) to TEMV.

Enclosed is a check for \$ ____.

(Checks should be made payable to Temple Emanuel of the Merrimack Valley – with Payerbook Fund in the memo

Treasurer
TEMV
101 W. Forest St.
Lowell, MA 01851

Annual Interfaith Thanksgiving Gathering

Sunday, November 15, 2015

Our Precious Earth: Food for the Human Family

4:00 PM: Multi-faith Celebration

followed by
**a Light Meal and
Information Tables**

at Trinity Lutheran Church

170 Old Westford Road, Chelmsford, MA 01824

***Please bring a bag of non-perishable groceries or a monetary
contribution for the Merrimack Valley Food Bank***

Participating communities
include: Hindu, Buddhist,
Jewish, Christian, Muslim,
and Unitarian Universalist



*The venue is accessible.
Parking is available.*

Sponsored by
**Greater Lowell Interfaith
Leadership Alliance (GLILA)**

www.tlc-chelmsford.org
or 978-256-6300
or Imogene_Stulken@uml.edu

Membership News

Rufua Shlema

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

Eliot Yaffa

Day Trip to New York City

Anyone interested in a day trip to NYC, contact Theresa at trip@temv.org. See a show and have lunch. Looking at early next year. Depending on the level of interest we'll decide whether to drive or take the bus.

Highland Neighborhood Circle

TEMV will be hosting the Highland Neighborhood Circle (HNC) monthly meeting on Monday, November 9th, 7-8:30 pm. The HNC is one of many neighborhood groups in Lowell and is the neighborhood that the temple is located. For those members and friends who live in the Highlands, please feel free to attend.

Happening at TEMV Weekly Email Blast

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

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

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

Member Needs TV

I'm most grateful to be a member of a wonderful Temple, that is charting a new and I trust wonderful course. I've recently moved to a new apartment which is thankfully affordable, with my available financial resources. However a flat screen t.v. is still on my wish list. If you know of one that is affordable, I would be most appreciative?

Thank You,
Michael Kanter
617-834-9757
mkanter460@gmail.com

Wandering Ivy

I know you have all heard about the influx of refugees into Europe. I was in Salzburg, Austria recently and there I witnessed first-hand the magnitude of situation. When we arrived in the station from Prague via Linz, we were greeted at the main entrance with a large Red Cross tent and a significant military and police presence. When we left Salzburg in the early morning two days later on our way to Venice, there was a large section just inside the main entrance to the station where the refugees, men, women, children and entire families, were sleeping. My heart went out to them. It broke some too. It reminded me in an eerie way of the time in Austria and Central Europe when Jews were "refugees." All of the sudden, I began to feel awful.

Have we've learned anything? Of course, the refugees at the train station were not once citizens of Austria stripped of their rights and massacred by the hundreds of thousands, but they are fleeing war, violence and trauma in what used to be their homeland. Nonetheless, there is a lot of discussion in Europe about not wanting to welcome them, as if refugees would harm society, endanger people or worse. Some countries have even begun jailing them. At least in Salzburg, the Red Cross seemed to be the major presence and while there was a police and military presence, there seemed to be no violent intentions or acts on their part.

Yet, I walked through the station on another leg of my vacation, so many there were not as lucky. This was yet another leg of their long journey toward safety. I hope and pray they find it and I hope and pray we do all we can to help them.

CONTINUING EDUCATION OPPORTUNITIES

With the fall holidays concluded and the quiet calm of late fall/winter upon us, it's time to consider continuing education offerings for the year.

I've been approached to offer a couple of topics, listed below. Additionally, I would love to offer *A Taste of Mussar* (4 week course) if we have a minimum of 4 individuals interested in joining me on this journey. I would be delighted to facilitate this course, using materials provided by The Mussar Institute; the cost (paid to Mussar Institute) would be \$36 per pupil. There is scholarship funding available if the cost is beyond your reach.

A few words about Mussar, from the Mussar Institute's site (mussarinstitute.org):

Mussar is a path of contemplative practices and exercises that have evolved over the past thousand years to help an individual soul to pinpoint and then to break through the barriers that surround and obstruct the flow of inner light in our lives. Mussar is a treasury of techniques and understandings that offers immensely valuable guidance for the journey of our lives....

The goal of Mussar practice is to release the light of holiness that lives within the soul. The roots of all of our thoughts and actions can be traced to the depths of the soul, beyond the reach of the light of consciousness, and so the methods Mussar provides include meditations, guided contemplations, exercises and chants that are all intended to penetrate down to the darkness of the subconscious, to bring about change right at the root of our nature.

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. Adult education courses will likely begin in January.

Name: _____ Phone: _____

Email: _____

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

- _____ Taste of Mussar
- _____ Improved prayerbook Hebrew fluency
- _____ Torah cantillation (chanting)
- _____ Adult Bar/Bat Mitzvah
- _____ Other Suggestion: _____

I am most available to meet:

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

Crafting for a Cause

Sunday, November 15, 2015

Sunday, December 13, 2015

1:00 pm – 4:00 pm

Temple Sanctuary

A stylized illustration in the background shows a pair of hands holding a pink knitted hat and a yellow and white knitted scarf. The hands are rendered in a simple, sketchy style with pink and yellow tones.

**Do you knit, crochet, sew, make scarves or
blankets from fleece fabric?**

Join us to make warm clothes for the Lowell Transitional Living Center and Community Teamwork warm clothing drives.

E-mail Michelle Vlamis at mvlamis@comcast.net for information

Current Yartzeits



May their memory
be for a blessing...

- Nov 04** Harry Jellinek
Nov 05 David Ginns
Nov 10 Mel "Sonny" Taber
Nov 11 Lena Goldstein
 Anita Jay
Nov 17 Ralph Voss
Nov 18 Florence Sidel
Nov 22 Merna Pick
Nov 24 George Pizer
Nov 25 Philip Rubenstein
Nov 28 Haskell Levy

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.

Temple Contacts

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

Rabbi Robin Sparr

Temple: 978-454-1372; Home: 508-736-5555
rabbi@temv.org

President

Stephanie Karakantas, president@temv.org

Director of Education

Rabbi Robin Sparr rabbi@temv.org

Ritual Committee

Karen Lipshires, ritual@temv.org

Education Committee

Sue Corneliussen, education@temv.org

Treasurer

Alexandra Epstein treasurer@temv.org,

Social Action

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

Membership, Membership@temv.org

Programming

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

Publicity

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

Publicity Corner

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

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

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

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PROPERTIES**

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