



Temple Israel
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Waking the Dawn By Rabbi Jeremy Szczepanski

I am not a natural morning person. When the alarm goes off, I get out of bed at a snail’s pace. It seems like forever until the grogginess clears and my eyes are no longer seeing double, filled with residual sleep. What makes this strange is that one would think that since I’ve spent most of my life from my teens until now getting up early that I would be used to it. Alas, my body still protests.

Don’t get me wrong; I like when I’m able to get up before the sun. There is a sense of accomplishment to starting my day davening Shacharit with tallit and tefillin at the earliest opportunity, while the gray light of dawn begins to illumine the world. There’s something about those moments that takes me back to the primordial moments of creation, something awe-inspiring that I can never quite put my finger on.

Rabbi Mordechai Yoffe (b. 1530 in Prague, d. 1612 in Poznan) opens his wonderful but sometimes forgotten work of *halakhah*, *Levush Malchut* (“Royal Garments”) with an exhortation to us on how to start our day:

A person should take care to arise before the light of dawn so that they wake the morning as taught David, peace be upon him: “Awake, my soul! Awake, harp and lyre! I will wake the dawn!” (Psalm 57:9) This means “I will wake the dawn and the dawn will not wake me.” Then one should offer their supplications before their Creator, may God be blessed.

In times before electricity and artificial light, it was normal to arise with the dawn because the rising sun initiated a biological reaction in us that reduced our melatonin output and roused us from our slumber. Every animal is programmed with its sleep cycle and abides by this cycle for the most part.

We, as human beings, on the other hand, do not need to wait to be told to wake up and get going with our day. Rather than waiting for the dawn to awaken us, we can take the initiative and sacrifice that extra hour or so of sleep to start our day at the earliest opportunity. But why do this?

Rabbi Yoffe goes on to explain that doing so with proper intention is supposed to infuse us with awe and reverence for God. In those still dark and quiet hours before the sun is up, we can commune with God on a level not possible once the commotion of our daily lives begins.

The next time you find yourself tempted to hit the snooze button, don’t. Get up, do something to remind to connect to God, taking time to bask in awe of this before heading into your daily routine. Rather than getting up and heading straight for the shower or that first cup of coffee to start the day, take time for these moments of intimate communion with and reverence for the Divine. Instead of first checking your phone, email, or social media, start your day connecting with God.

Many thanks to:

Celine & Dustin Belanger for their generous donation
to the Security Fund in memory of Georges Hania




Dina & John Weber for their very generous
donation towards the new telephone system.

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Spotlight on . . . Temple Vice President Josh Nathan

I grew up in Phoenix, AZ. My family attended a large Conservative shul named Beth El about a mile away from where we lived. I have fond memories of Shabbat morning walks to and from shul with my Dad. Leading up to my Bar Mitzvah, my father and our chazzan taught me how to read the Torah and lead services.

I did not stray too far from home, going to college in Tucson at the University of Arizona, where I was active at our local Hillel chapter. Upon graduating in 2000, I moved to our nation's capital for medical school at GWU, where I discovered I liked delivering babies enough to make a career out of it. I became an OB/GYN in Seattle; during the 11 years that I lived there, I met and married my wife Christy, and we had Judah and Zoe.

Looking to escape to a slower pace in the countryside and be closer to family, we moved to an old farmhouse in Dunbarton, NH. Not long after, we joined Temple Israel. We've loved living in New Hampshire and being part of its intimate Jewish community. As a member of the Temple Israel board, my focus is on the religious aspects of the shul. I chaired the rabbi search committee last year that brought Rabbi Jeremy to our community.

I routinely draw inspiration from my own Jewish upbringing to help make the religious experience at TI as spiritually uplifting as possible. My wife Christy, who also delivers babies as a certified nurse midwife, and I love to hike and camp with our kids in the summer. We also enjoy Nordic and

downhill skiing, as well as ice skating on our pond in the winter. Our son Judah (8 years old) is in second grade and daughter Zoe (5-1/2) is in kindergarten are our local elementary school. Both our children attend religious school on Sundays at TI. They have also become regulars at Shabbat morning services, tagging along with me just like I did with my own dad.

Editor's note: Many thanks to Ken Cohn for soliciting and submitting this article.



**Rabbi Donna Kirshbaum to
Lead Bethlehem Hebrew
Congregation for 2019
Season**

By Eileen Regen

Members of Bethlehem Hebrew Congregation (BHC) are pleased to announce the appointment of Rabbi Donna Kirshbaum to the pulpit of the Bethlehem Hebrew Congregation. She will commence her spiritual leadership of BHC on Friday, July 5 when she leads our Friday evening Sabbath service followed by Saturday morning services and Torah study. Kirshbaum will be with BHC for the summer season and through the High Holidays to the end of season in late October.

Rabbi Kirshbaum served as pulpit rabbi at Congregation String of Pearls in Princeton, New Jersey prior to moving to Israel where she led services, read Torah, and spoke at a local Masorti synagogue near Beersheba. She brings to BHC her experience as a congregational rabbi, chaplain, educator, writer, and speaker. She is, in her own words: "passionate about reinvigorating Jewish traditions, insights, and learning for the twenty-first century in order to help communities and individuals add more joy and meaning to life and meet its conflicts, ethical dilemmas, suffering, losses, and challenges in robust, Jewishly informed ways."

In recent years, Kirshbaum has been active in the Women Wage Peace movement following the 2014 Gaza War. She was a major force in this movement's growth to over 40 thousand volunteers and 55 thousand supporters worldwide working actively to create new responses to conflict and to write grant proposals on behalf of the movement. In addition, she has served as Publications Committee Chair of the Jewish Women International Clergy Task force for the Prevention of Domestic/Intimate Partner Violence.

Throughout the Negev, she has presented talks on a variety of Jewish topics, including an Introduction to Talmud, Peace in the Jewish Tradition, and Fasting in Judaism. Following her ordination in 2008, she served as a pulpit rabbi in New Jersey where she created and piloted an innovative Hebrew school curriculum based on Rashi, a medieval French rabbi and author of a comprehensive commentary on the Talmud and commentary on the Torah.

She has been tapped to coordinate a national Jewish bioethics coalition which has become a clearinghouse of seminal resources written by coalition members, all committed to advancing a uniquely Jewish bioethics platform. Several of her commentaries have been included in "A Guide to Jewish Practice" whose first volume won the 2011 National Jewish Book Award.

Her experience includes serving as a chaplain at Johns Hopkins Hospital (Baltimore), participating as an American Jewish World Service student delegation member to Ghana, and working as co-founder of Bolton Street Synagogue Religious School, Baltimore, Maryland.

Her many awards and honors include the Lillian Fern Memorial Award for Outstanding Contributions to the Reconstructionist Rabbinical College Community, the Rabbi Devora Bartnoff Prize for Spiritually Motivated Social Action, the Driesen Prize in Science and Judaism, and the Birnbaum Endowment Award for "extraordinary dedication to Klal Yisrael and distinguished service to the Baltimore Jewish educational community."

BHC welcomes Rabbi Kirshbaum and look forward to her leadership and teaching.

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If you ever wanted to see your name in "print" here's your chance.

Simply email your article or photos to: office@templeisraelmht.org and our editor will handle the rest.



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Important Notice

As a result of your Board instituting upgraded security for Temple Israel, we have installed an alarm system. As in the past, only "key holders" may open the Temple doors and disarm the system.

There are two types of keypads associated with the Temple security system.

- The intercom/keypad units are located just outside each of the three entry doors (front, back and kitchen doors). These units allow for an entry code that unlocks the door. They also have both video and audio, allowing those seeking entry to be "buzzed in" by someone inside the building.
- The inside keypads, located just inside each of the three entry doors, arm and disarm the alarm system. If the alarm is not disarmed, the system will automatically initiate a call to the Manchester police department.

Under no circumstances should a Temple Member attempt to enter the Temple unless a key holder has disarmed the system.

If you have any questions regarding this activity, please call me to clarify.

Steve Saulsten

603.289.2109



July

Sivan 1 ~ Tammuz 28

July 1: Rachel & Tim Russell ~ 7 years
 July 2: Elizabeth & Aaron Sommers ~ 13 years
 July 3: Jennifer & Shane Citron ~ 19 years
 July 4: Joy & Michael Sydney ~ 41 years
 July 4: Norrie & Daniel Oberlander ~ 11 years
 July 7: Debbie & Greg DePasse ~ 18 years
 July 10: Sue & Ken Gelinas ~ 36 years
 July 10: Paula & Greg Ellis ~ 17 years
 July 14: Christine Gagnon & Paul Schill ~ 23 years
 July 16: Bonnie & Bill Greiner ~ 30 years
 July 16: Christy Aberg & Josh Nathan ~ 19 years
 July 29: Rachel & Mel Spierer ~ 50 years



July 3: Faith Guttman
 July 3: Henry Biagi
 July 6: Samuel Stock
 July 6: Alex Buff
 July 6: Rachel Lessard
 July 6: Samuel Stock
 July 9: Micah Abrams
 July 12: Skylar Cohen
 July 14: Matthew Abrams
 July 14: Lucy Petunia Sommers
 July 15: Robert Singer
 July 16: Myron Stock
 July 16: Hon. Jenn Coffey



July 17: Manuela Cooperman
 July 17: Noa Ragsdale
 July 19: Ben Greiner
 July 20: Debbie-Ann Sklar
 July 20: Robert Cooperman
 July 20: Dan Fisher
 July 20: Debbi-Ann Sklar
 July 21: Ashley Deeter
 July 22: Larry Eckman
 July 23: Norrie Oberlander
 July 29: Merle Paltrow
 July 28: Jacob Preis
 July 31: Richard Winneg
 July 31: Becky Abrams