



FALL & GIVING

Falling Leaves, Rising Hope: How the Season of Giving Meets a Moment of Peace

As the autumn leaves drift gently to the ground and daylight shortens, November invites us to pause, reflect — and give. For many, “giving” evokes cozy images of food drives, warm coats, and community support. This year, however, the theme takes on a deeper resonance: in the midst of conflict, some fragile hope is taking root.

As I write this article, Israel and Hamas have agreed to the first phase of a U.S.-brokered peace plan, including a ceasefire, releasing Israeli hostages, and Israel’s partial withdrawal from Gaza. The plan is less than 24 hours old at this time and much remains unresolved, but

Erik Martin

**JFNH
Executive
Director**



this initial breakthrough kindles a possibility for change in a land scarred by years of war.

For our Jewish community, November is also a time of gratitude and generosity — as we approach Thanksgiving, as we prepare winter relief, and as we talk

with our children about tzedakah (charity) and tikkun olam (repairing the world). In this season, we are reminded that giving is not just about material help, it’s also about giving peace a chance. Here in New Hampshire, our acts of giving can ripple far beyond our borders. We can engage our synagogues, schools, and communities in meaningful conversation about peace and peoplehood by always remembering that hope is sustained through connection. We can support organizations that strengthen Jewish life in Israel and around the world, care for Israelis and others recovering from trauma, and work toward

coexistence and security for all who live in the region. As tensions fade from headlines but linger in hearts, we must teach our children that peace is not passive: it calls for courage, listening, and justice. This begins at home by modeling respect for complexity, compassion for those suffering, and a steadfast commitment to life.

Autumn teaches us that letting go is part of the cycle: leaves fall so that new growth may emerge. This November, may we offer our empathy, our resources, and our prayers so that perhaps peace might grow, even in small seedlings, where once there was only war.

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Jewish Federation
OF NEW HAMPSHIRE

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Fall and the Spirit of Giving

By Amy Lester, JFNH Board Member

As a board member of the Jewish Federation of New Hampshire, giving is always top of mind, but even more so in this season of fall. It is in the fall that we celebrate the holiest of days in the Jewish tradition. Yom Kippur invites us to atone for our sins, look within ourselves for opportunities for growth, and look around us for sparks of renewal. Just as the trees all around us must let go of their leaves and hold in all their nutrients in order to sprout new life, we must grow quiet, let go of our failings, and prepare to grow into the future. An important piece of that growth is to pause, reflect, and give thanks for all we’ve been given and the many ways in which we can give.

In my professional life as Director of Volunteers at several New Hampshire hospitals, I see giving from an additional perspective. Every day, I welcome mem-

bers of our community who offer their time, energy, and compassion to help others, often in moments of great need. I’ve witnessed how a smile, a conversation, or simply showing up can bring comfort and hope in ways that money alone cannot. Most days, our volunteers sit with patients who may feel isolated and discouraged. They share a story and listen with intention. By the end of the visits, both patients and volunteers are smiling, even laughing — small moments, but ones that remind me how profoundly acts of kindness can touch a life.

These experiences inspire each other, and both affirm what Judaism teaches: our community grows stronger not just through what we give, but through how we give — with open hands and open hearts. Giving, in all its forms, creates connection, builds resilience, and reminds us that we are never truly alone. As the leaves change and we enter this

season of reflection and gratitude, it’s a perfect time to consider the many ways we can give — through financial support, volunteering our time, or a simple act of kindness to someone who needs it. The funds we raise for the Federation sustain the programs and initiatives that keep our Jewish community vibrant, connected, and strong each year. The organizations where we volunteer receive more than our time and talents as we share the spirit of loving-kindness. And the kindness we show to each person we encounter propels our faith forward to a time of great renewal.

As you enjoy the crisp mornings and bright afternoons of fall, take a moment to notice all the good around you — the beauty of the season, the people who care about you, and the small joys that fill each day. Let that sense of gratitude inspire you to share warmth and kindness with others.



CONGREGATIONS

JRF: Jewish Reconstructionist Federation **URJ:** Union for Reform Judaism
USCJ: United Synagogue of Conservative Judaism

AMHERST

CONGREGATION BETENU

5 Northern Blvd., Unit 1, Amherst
Reform, Affiliated URJ
(603) 886-1633
www.betenu.org
Services: Friday night Kabbalat Shabbat services at 7:30 PM

BETHLEHEM

BETHLEHEM HEBREW CONGREGATION

Rabbi Donna Kirshbaum
39 Strawberry Hill Road
PO Box 395, Bethlehem
Unaffiliated-Egalitarian
(603) 869-5465
www.bethlehemsynagogue.org
Weekly services from July through Simchat Torah with Zoom services and Torah study from November to June. Please check our website for service times and event information.

CONCORD

TEMPLE BETH JACOB

Rabbi Robin Nafshi
67 Broadway, Concord
Reform, Affiliated URJ
(603) 228-8581
www.tbjconcord.org
office@tbjconcord.org
Services: Friday night - 7 PM
Saturday morning - 9:30 AM

DERRY

ETZ HAYIM SYNAGOGUE

Rabbi Jonathan Biatch and
Rabbi Marcia Plumb (Transitional Rabbis)
1½ Hood Road, Derry
Reform, Affiliated URJ
(603) 432-0004
www.etzhayim.org
office@etzhayim.org, rabbi@etzhayim.org
Services: Fridays 7:15 PM,
Saturday 9:30 AM.
Torah Study - Saturday 10:45 AM. Check
the website for updates
Monthly Family Pizza Shabbat at 5:30 PM.
Please visit www.etzhayim.org/calendar
for optional Zoom link.

HANOVER

THE ROHR CHABAD CENTER AT DARTMOUTH

Rabbi Moshe Gray
19 Allen Street, Hanover
Orthodox, Chabad
(603) 643-9821
www.dartmouthchabad.com
chabad@dartmouth.edu
Services: Friday Evening Shabbat services
and Dinner
Shabbat morning services
Call for times

KOL HA'EMEK UPPER VALLEY JEWISH COMMUNITY

Rabbi Mark Melamut
Roth Center for Jewish Life

5 Occom Ridge, Hanover
Nondenominational, Unaffiliated
(603) 646-0460
www.uvjc.org
office@uvjc.org
Services: Friday night Shabbat service at
6 PM
Saturday morning Shabbat service at
10 AM

KEENE

CONGREGATION AHAVAS ACHIM

Rabbi Dan Aronson
84 Hastings Avenue, Keene
Reconstructionist, Affiliated JRF
(603) 352-6747
www.keenesynagogue.org
rabbida@keenesynagogue.org
office@keenesynagogue.org
Services: Regular Friday night services at
7 PM
Weekly Shabbat Torah study at 9:30 AM.
Shabbat morning services on the 2nd
Saturday of each month at 9:30 AM.
Meditation and Pirkei Avot study on the
4th Saturday of each month at 10:30 AM.
All services are in-person and online.
Check the website for schedule changes
and Zoom links.

LACONIA

TEMPLE B'NAI ISRAEL

Rabbi Andy Bachman
210 Court Street, Laconia
Reform, Affiliated URJ
(603) 524-7044
www.tbinh.org
info@tbinh.org
Services: Every other Friday
night at 7:30 PM

MANCHESTER

CHABAD CENTER FOR JEWISH LIVING

Rabbi Levi Krinsky
1234 River Rd., Manchester
Orthodox, Chabad
(603) 647-0204
www.Lubavitchnh.com
rabbi@lubavitchnh.com
Services: Shabbat Services
Saturday morning at 9:30 AM
Sunday morning minyan at 9 AM

TEMPLE ADATH YESHURUN

Rabbi Beth D. Davidson
152 Prospect Street, Manchester
Reform, Affiliated URJ
(603) 669-5650
www.taynh.org
office@taynh.org
Services: Shabbat services the first Friday
of the month at 6 PM
All other Friday nights at 7 PM
with some exceptions.
Alternating Shabbat services or Torah
study Saturday mornings at 10 AM

TEMPLE ISRAEL MANCHESTER

Rabbi Marc Philippe
66 Salmon Street, Manchester
Conservative Affiliated USCJ
(603) 622-6171

office@templeisraelmht.org
www.templeisraelmht.org
Shabbat Services: Every month we offer
one Friday night Shabbat with a catered
community dinner (rsvp required), and
two Saturday Shabbat services followed
by a light kiddush (no rsvp necessary).
Every Wednesday, we offer a 7:00 AM in-
person morning minyan and a 6:30 PM
Torah study via ZOOM. Please check our
website www.templeisraelmht.org, call
our office at (603) 622-6171 or email
office@templeisraelmht.org for
information on specific service dates and
times.

NASHUA

TEMPLE BETH ABRAHAM

Rabbi Jon Spira-Savett
Conservative
(603) 883-8184
www.tbanashua.org
rabbijon@tbanashua.org
office@tbanashua.org
Services (generally):
Every Friday at 8:00 PM
Every Saturday at 10:00 AM
Evening Minyan Monday-Thursday at
7:30 PM
All services are in-person and on Zoom
(check our website for schedule changes
and Zoom links)

NEWINGTON

UNH & SEACOAST CHABAD JEWISH CENTER

Rabbi Berel Slavaticki
2299 Woodbury Avenue, Newington
Orthodox, Chabad
(603) 584-4111
Rabbi@JewishSeacoast.com
www.JewishSeacoast.com

NORTH CONWAY

KEHILAT HAR LAVAN

Hazzan Marlena Fuerstman
PO Box 474, Bartlett
(978) 853-4900
harlavancommunity@gmail.com
Services: Wed. mornings 9 AM online via
Zoom
Enter meeting ID https://zoom.
us/j/381930069
Holiday service times, locations TBA

PORTSMOUTH

TEMPLE ISRAEL

Rabbi Rosalind Glazer
200 State Street, Portsmouth
Conservative, Affiliated USCJ
(603) 436-5301
www.templeisraelnh.org
templeoffice@templeisraelnh.org
Services: Friday, 6:00 PM
Saturday, 10 AM
Tues. minyan 5:30 PM
Temple Israel has a fully licensed
M-F preschool.

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thereporter@jewishnh.org

To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

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Shabbat Candle Lighting Times: (Manchester)

November 7	4:12 PM
November 14	4:05 PM
November 21	3:59 PM
November 28	3:55 PM



Looking Ahead: Building Our Jewish Future Together

I like to think I have generous kids. My son Cayden once came home from camp and announced that he'd found a bag of money in his backpack—so he gave the coins to all his friends and saved two pennies for himself (yes, we had a lot of questions). I love to make fudge for teachers or DoorDash ice cream to a friend having a bad day. Recently, a friend stopped by unexpectedly with a tray of freshly baked muffins and a decoration for our sukkah—and it filled me with all the warm fuzzies. It's not just about the giving—it's about community, and about someone *seeing* you.

One of our favorite PJ Library books is *Maddi's Fridge* by Lois Brandt. The story is about food insecurity—but more than that, it's about a child trying to figure out how to help, and about when to keep or share a secret. When Sofia discovers that her friend Maddi's fridge is empty, she tries to help by sneaking her leftovers from home: fish, eggs, burritos. No containers. No ice packs. It goes exactly as you'd expect (*cue me checking*

Dinah Berch

**JFNH
Program
Coordinator**



my kids' backpacks for anything that might rot over the weekend). You can listen to Jennifer Garner read *Maddi's Fridge* on Storyline Online using the QR code or visit storylineonline.net/books/maddis-fridge/.



This year, I'll be honest: I'm tired. Like many parents, I'm juggling work, community, family, and the endless logistics of daily life. Even small acts of kindness—bringing canned goods for a food drive, writing a thank-you note—can feel like one more thing on a never-ending list. I know I want to give, but I'm learning that wanting and having the energy to act aren't always the same thing.

In *Maddi's Fridge*, Sofia wrestles with

how to help her friend while keeping her promise. Eventually, she finds a way to do both—honoring Maddi's dignity while ensuring her family gets food. That story captures the complexity of giving. It's not always simple. Sometimes we don't know the right way to help. Sometimes we're afraid of doing too little—or of doing it wrong.

Jewish tradition recognizes this. The act of tzedakah isn't just about generosity—it's about justice and relationship. Giving isn't measured by how much we give, but by how much heart we bring to it.

Maybe that's what I needed to remember this year: giving doesn't have to be grand or perfect. It can be as simple as noticing someone's need, showing up, or offering a listening ear. For me, it often looks like building community—creating spaces where people can gather, connect, and see each other. That, too, is a kind of giving.

This season, I'm trying to see giving as something that starts small: a meal shared, an invitation extended, a moment of belonging created. Like Sofia in *Maddi's*

Fridge, we may not always know the perfect way to help—but the trying, the caring, the noticing—that's where the heart of gratitude really lives.

If you're looking for ways to bring the spirit of *tzedakah* into your home, explore the PJ Library "Tzedakah with Kids" blog, browse PJ Library's book list about giving, or turn on the PJ Library Tzedakah Spotify playlist for musical inspiration to get you in the giving mood.



And if you'd like to put those values into action, join me in Nashua on November 22nd for Hakarat Hatov: Goodness and Gratitude—a PJ Library pre-Thanksgiving family event. Together we'll make "Kindness Bean Soup" and collect donations for the Nashua Soup Kitchen. RSVP at the QR code in the flyer in this Reporter or visit <https://bit.ly/HakaratHatovNH>.

Maybe Cayden had it right all along—sometimes giving what we can, even if it's just a few pennies, is exactly enough.

An Advisor You Can Trust



Contact us for a complimentary consultation:
(603) 232-8350 or info@investwithcohen.com
investwithcohen.com

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Statewide Calendar of Events

DISCLAIMER: Events are submitted weeks in advance of publication, and are subject to change. For information on format changes, rescheduling, and so on, please contact the event's host.

To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

Thursday, November 6

2025 Kristallnacht Remembrance: Who Will Remain

6:00 PM, Cohen Institute for Holocaust and Genocide Studies

This year's event will feature an innovative performance called "Who Will Remain," which is traveling the globe. This program features vocal and instrumental music, literary and historical texts, which are artistically interwoven with an audio recording of a Holocaust survivor's oral history. Curated songs and poetry explore themes of life-interrupted, fear, resilience, and hope, guiding the audience through the experience of those identified as "the other." The program creates an immersive emotional journey that invites audiences to reflect on the fragility of freedom and the unyielding strength of the human spirit. This event is free and open to the public, but registration is required as seating is limited. Please register here: <https://keenestate.wufoo.com/forms/phbtkm0hruzwr/> This event is hosted by the Cohen Institute for Holocaust and Genocide Studies in partnership with Congregation Ahavas Achim and the Monadnock Interfaith Project. "Who Will Remain" is a

participant in the Arts Alive Fiscal Sponsorship Program. Contact the Cohen Institute at coheninstitute@keene.edu with questions.

No Place Like Home Holding Liat with producer Lance Kramer in person

7:00 PM, Lowe Auditorium, Visual Arts Center, 22 Lebanon St, Hanover, NH

On the morning of October 7, 2023, Israeli American Liat Atzili and her husband Aviv were at home when Hamas attacked their kibbutz. By nightfall, Liat and Aviv are captives in Gaza along with 250 other people—12 of whom, like Liat, are American citizens. Caught between international diplomacy and a rapidly escalating war, their family must face their own uncertainty and conflicting political perspectives in the pursuit of Liat and Aviv's release. Discussion follows with producer Lance Kramer. Sponsor: JFNH. For registration or more information go to <https://hop.dartmouth.edu/events/holding-liat>.

Friday, November 7

Etz Hayim Synagogue Family Shabbat & Pizza Dinner

5:30 PM Etz Hayim Synagogue, 1 1/2 Hood Rd, Derry, NH

Join us for a free pizza dinner followed by potluck desserts. Our Book Bubbe, Leslie Kirshman, will read a story, and Shabbat service will be led by Rabbi Jonathan Biatch with musical accompaniment by Irina Rubenshteyn, our religious school director. Adult services follow at 7:15 PM. All are welcome! Please RSVP to office@etzhayim.org by November 6, so we can plan for pizza. Many thanks to the anonymous donors for covering the cost of the pizza.

TAY Family Shabbat Service

6:00 PM, Temple Adath Yeshurun, 152 Prospect St, Manchester, NH

Family Shabbat Service and Pizza. Contact Karen Roth at office@taynh.org with questions.

Sunday, November 9

Etz Hayim Synagogue Sunday Family Camp

10:00 AM, Etz Hayim Synagogue, 1-1/2 Hood Road, Derry, NH
This Month's Theme is Shabbat. We will learn about the traditions of Shabbat, work on projects related to the holiday and learn the Hebrew letters that spell the word Shabbat. RSVP to sarahjohnplater@aol.com by 8:00 AM Saturday, November 8 to ensure we have enough materials. Etz Hayim Synagogue hosts monthly Sunday Family Camp for ages 4-6. Our teacher uses a mix of music, crafts and games to introduce students to the Jewish calendar, prayer, Torah and Hebrew. The program is free, and no membership is required. Visit <https://www.etzhayim.org/learn/grades-0-1> for more information or contact Sarah Plater at sarahjohnplater@aol.com.

Thursday, November 13

Etz Hayim Synagogue: AI's Next Act: Your Smarter future With Wayne Kurtzman

7:00 PM, Etz Hayim Synagogue, 1-1/2 Hood Road, Derry, NH

Wayne Kurtzman leads an AI-enabled social, communities, and collaboration for a global market intelligence firm. He is a frequently cited expert on the future of organizational engagement and the future of workforce and customer experience. Discover what AI does now, what's next, and how it will transform work, life, and play. Learn practical steps to embrace AI and thrive in an (arguably) smarter world. Learn what is driving the changes, and how to embrace new skills in a changing world by learning to use (and enjoy) AI. The presentation is part of Etz Hayim Synagogue's Adult Continuing Education Program: Hot Topics and Cool Contemporary Stuff. Please visit www.etzhayim.org/learn/adult-learning for a complete listing of Hot Topics. For more information, please contact Stephen Soreff, MD, at soreffs15@aol.com or 603-895-6120.

Sunday, November 16

Shavua Tov Story Time – Shabbat

8:30 AM, On Zoom. A program designed for families with children ages 2-5
Join us for a 20-minute interactive story time on Zoom one Sunday each month from 8:30am to 9:00am. Each month will have a different theme! Register once for \$18.00 per family to receive monthly crafts in the mail all year! Crafts will arrive for each child every month to use during the program. If cost is prohibitive, please reach out to the JFNH office at info@jewishnh.org. The zoom link will be provided to registered families each Monday ahead of the program. Email the office at info@jewishnh.org with questions.

Thursday, November 20

Leaving the Reich, But Where To?

5:30 PM, Zoom Webinar (Live Event ONLY)
In the final years of the 1930s, two events changed the world for Jewish refugees from the Reich. In July 1938, at President Franklin D. Roosevelt's initiative, international diplomats from 32 countries gathered in Evian-les-Bains, France. Over the course of ten days, they addressed the growing

crisis of German and Austrian Jewish refugees fleeing persecution in the Reich. Although most delegates expressed sympathy for the Jewish refugees, no immediate resolution came out of these discussions. Then, in May 1939, more than 900 Jews boarded the MS St. Louis to find temporary refuge in Cuba. But after Cuba turned them away, they came back to Europe to face persecutions again. Dr. Diane Afoumado, Chief of the Holocaust Survivors and Victims Resource Center at the United States Holocaust Memorial Museum, will deliver this important talk about the refugee crisis of the late 1930s. Additional Information and Registration: This event is free and open to everyone – students, faculty, staff, community members, local educators, and more! -- but advanced registration is requested. Registration is available here: https://zoom.us/webinar/register/WN_My8BTuz-RQGDshAcoRqLYQ This will be a fully virtual, fully synchronous event. Due to the use of copyrighted materials, we cannot record this talk. We hope you can join us live! This event is part of a series being co-hosted by the Keene State College Archives and the Cohen Institute for Holocaust and Genocide Studies during the 2025-2026 academic year. This event will provide additional context for understanding many of the archival materials and documents that we'll encounter throughout the series. Please email coheninstitute@keene.edu with any questions.

Friday, November 21 to December 1

TAY Brotherhood Chanukah Candle Drive

7:30 PM, The Colonial Theatre, 609 Main St, 12:00 PM, Temple Adath Yeshurun, 152 Prospect St Manchester, NH
TAY Brotherhood Hosts the Annual Brotherhood Chanukah Candle Drive.
Sponsor: TAY Brotherhood
For more information contact Ed Schoen for an order form 603-669-5650, edschoen47@gmail.com or www.taynh.org.

Saturday, November 22

PJ Library Hakarot Hatov Nashua

4:30 PM, Temple Beth Abraham, 4 Raymond Street, Nashua, NH
For more information please contact Dinah Berch at 603-627-7679 or dinah.berch@jewishnh.org.
Sponsor: JFNH, TBA

Sunday, November 23

Zionism: Successes, Failures, and Challenges

12:00 PM, Temple Beth Abraham, 4 Raymond Street, Nashua, NH
A Discussion of what Zionism set out to do, what it accomplished and its consequences. For more information, please contact Sarit Tsor, sarit@tbanashua.org.
Sponsor: Temple Beth Abraham

Monday, November 24

Interfaith Thanksgiving Service

7:00 PM, Interfaith Thanksgiving Service. Our interfaith community joins together in celebration of Thanksgiving. For more information, please contact Karen Roth 603-669-5650, office@taynh.org.
Sponsor: TAY

Review your favorite PJ Our Way book for The Reporter!

Do you have a favorite PJ Our Way book?
Something you just couldn't put down
or that you think **EVERYONE** should read?

Tell us all about it!

Send your reviews to
Dinah.Berch@jewishnh.org
or email for details & question prompts.

**We'll publish your review in
upcoming issues of The Reporter
and on Facebook!**

PJ Our Way sends FREE Jewish middle-grade books for
kids ages 9 through 12. Sign up at pjourway.org/enroll

See what's happening in the community at www.jewishnh.org

Fun Celebration of Sukkot at Etz Hayim in Derry



On Sunday, October 5th Dinah Berch, Program Coordinator for Jewish Federation of New Hampshire and PJ Library in New Hampshire, and Irina Rubenshteyn, Head of School for Etz Hayim Synagogue, joined more than fifteen families in a fun celebration of Sukkot at Etz Hayim in Derry, NH! Children brought stuffed animals to practice Hachnasat Orchim - welcoming guests. We read stories, sang songs and created beautiful sukkah decorations!



Shavua Tov Story Time

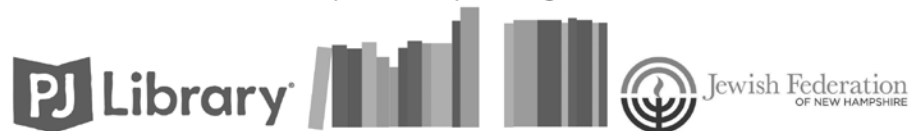
A program for families with children ages 2-5

Join us for a 20-minute interactive story time on Zoom one Sunday each month from 8:30am to 9:00am. Register once for \$18.00 per family to receive monthly crafts in the mail for the year! The zoom link will be provided to registered families each Monday ahead of the program. Scan QR code to register or go to <https://bit.ly/shavuatovNH>.



September 21	Theme: Rosh Hashanah	February 15	Theme: Purim
October 12	Theme: Simchat Torah	March 29	Theme: Passover
November 16	Theme: Shabbat	April 19	Theme: Lag B'Omer
December 14	Theme: Chanukah	May 17	Theme: Shavuot
January 25	Theme: Tu B'Shevat	June 7	Theme: Mitzvot

No Shavua Tov Story Time July or August for Summer Vacation



Visit <https://bit.ly/shavuatovNH> to register or email info@jewishnh.org with questions.

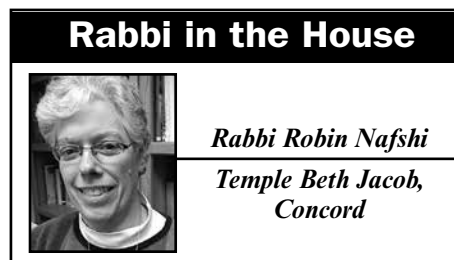
Shalom vs. Sh'leimut

In 2024, an estimated one in eight people across the world were exposed to conflict, outright wars, and global political violence. The most dangerous and violent places: Gaza, Ukraine, and Syria, to name a few.

Jewish prayer is aspirational – reflecting our highest goals – but all the aspiration in the world does not soothe the soul when we utter the words to *Oseh Shalom, Sim Shalom, or Shalom Rav* in the midst of a world seemingly ready to implode at any moment.

Shalom, the Hebrew word for “peace,” is linguistically related to other Hebrew words with the root *shin-lamed-mem*. One of those words, *sh'leimut*, means whole or complete. We can't end all wars and bring peace to the world, but we can end our internal strife and bring *sh'leimut*, wholeness, to ourselves.

Finding *sh'leimut* is a Jewish spiritual pursuit involving personal, relational, and



divine connections. It is a lifelong process rather than a sole act or destination.

Sh'leimut starts with deep introspection and self-awareness. We must recognize that we can look whole externally while struggling internally. The idea is to make peace with our internal struggles so that inward and outward, we mesh. Learning from our mistakes is one step. The biblical figure Jacob, who wrestled with an angel, his conscience, or possibly God, was physically torn from the encounter, but eventually developed spiritual wholeness.

Even as he bore the scars of past mistakes and misfortunes – stealing the birthright from his brother and tricking his uncle – as he grew, he experienced *t'shuvah*, changing or turning, and moved to a place of wholeness and peace.

By the time he reunited with his twin brother, whose final words when they parted as teens threatened death, his brother said, “to see your face is to see the face of God.” Jacob was a changed person; those around him could sense it.

The Maharal of Prague, explains that true *sh'leimut* has three aspects:

The first is with God. He suggests that we build and maintain a relationship with the Divine. We must acknowledge, he says, the spiritual aspects of our struggles in order to find solace in a relationship with God.

The second aspect is with others. He suggests that we develop and nurture relationships with trusted friends and family. A sense of belonging to and getting support from a community is crucial for finding wholeness.

The third aspect is with oneself. He suggests that we listen to our own heart, body, mind, and spirit to understand our feelings and sources of upset, hurt, confusion, or whatever. Focusing on spiritual well-being, many observe, can build resilience.

Maimonides viewed physical and spiritual health as deeply intertwined. A healthy body was not an end in itself but a necessary tool for the soul to achieve its purpose: to know and serve God.

Maimonides emphasized prevention over cure, teaching that people have a duty to maintain their health. He codified a health regimen teaching moderation in eating, engaging regularly in physical activity, living in a clean environment, getting adequate sleep, and avoiding excess in all physical pleasures.

We will always face challenges and changes. That's what it means to be human. How we get through them to experience *sh'leimut* has much to do with how we cultivate spiritual resilience.

One way is to embrace *tikvah*, or hope. We often hear, “The Jew lives with hope.” It reflects the central role of hope in Jewish tradition and history, signifying a belief in a better future, and a drive to action against despair and adversity. This hope is a sacred, stubborn, and active conviction that the world can be improved, rooted in the understanding that freedom, rather than fate, defines human agency.

A third way to cultivate spiritual resilience is to find purpose. There are many different paths to this.

Recognize your divine destiny: We were all created in the image of God, making each one of us unique with a special mission that no one else can fulfill. And, as beings created in the Divine image, none of us were created in error.

Serve the community: Purpose is found in serving and contributing to the well-being of others. Start small. Bring a meal to someone ill or recovering from surgery. Offer to run errands for them or to watch their kids for an evening.

Help repair a little piece of the world: Rabbi Tarfon taught 2000 years ago that “It is not up to you to finish the work of *tikkun olam*, or repairing the world, nor may you desist from starting.”

Live with awe and wonder: We must appreciate the mystery, beauty, and power of the universe, and live in ways that both reflect that appreciation and our Jewish values. If you're a morning person, watch a sunrise. If evening is your better time, watch a sunset. Wait for the explosion of colors.

Appreciate everyday life: Elevate ordinary actions into spiritual significance. Say blessings or practice gratitude. State one thing, at the end of each day, that you appreciated about the previous 24 hours. Not just once, but every night.

Pass on your Jewish values: Teach Jewish customs, stories, and morals to the next generation, ensuring the continuation of Judaism. Explore their importance for how we live today, not just for what they meant in days gone by.

I wish you peace, both *shalom* and *sh'leimut*.

PLANNED GIVING

Secure the future of our Jewish community

As you envision the future of the Jewish community that means so much to you, consider creating a planned gift with the Jewish Federation of New Hampshire that will touch the lives of generations to come.

ENDOWMENT AND PLANNED GIVING

By making a planned gift to a JFNH endowment fund, you can ensure that your generosity and vision will have an impact that extends far beyond your lifetime. Endowment funds that were established decades ago are still providing important support to our community today. At JFNH, we have the knowledge and expertise to help you design a planned gift that meets your needs while also endowing your personal vision for the future.

- Unrestricted Endowment.** A gift to JFNH's Unrestricted Endowment will support the full spectrum of initiatives and programs essential to the future of our Jewish community.
- Perpetual Annual Campaign Endowment (PACE).** You can create an endowment to perpetuate your Annual Campaign gift. This is a wonderful way to sustain your lifelong investment in the community you have helped build.
- Restricted Endowment.** Our planned giving professionals will work with you to craft a gift that supports the work of a valued partner organization or an area of particular interest to you, such as caring for the most vulnerable, engaging people of all ages in Jewish learning, and supporting Israel.

WAYS TO ENDOW YOUR VISION

- Bequests:** A bequest through your will, trust, or retirement account is an easy way to create an endowment. We will work with you and your advisor to create a gift that clearly reflects and honors your intentions.
- Retirement Plan Assets:** You may designate JFNH as a beneficiary of a qualified retirement plan such as an IRA, 401(k), or 403(b). To do so, simply contact your plan administrator and complete the appropriate beneficiary designation form. By naming JFNH as a beneficiary, you may avoid significant and often unanticipated estate and income taxes that would otherwise be paid by your heirs.
- Life Income Gifts:** A Charitable Gift Annuity or a Charitable Remainder Trust can provide an immediate tax deduction and lifetime income for one or more beneficiaries. After the death of the last beneficiary, the remainder becomes part of an endowment fund to be used in accordance with your wishes.
- Life Insurance:** You may purchase a life insurance policy that names JFNH as both owner and beneficiary. After your passing, JFNH will redeem the policy and the proceeds will support JFNH's endowment.

LEARN MORE:
Contact Foundation Chair through the JFNH Office at 603-627-7679

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

Destination B'Mitzvahs in Amsterdam

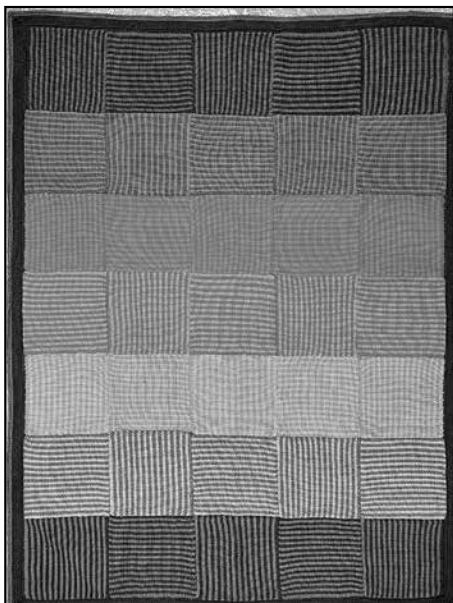
Are you looking for a meaningful and enriching coming of age celebration for your teen? A Destination B'Mitzvah is a unique opportunity for you and your family to enjoy a fun European city while soaking up its fascinating Jewish history.

For more information, www.marcellalevie.nl or contact Marcella at mklevie@gmail.com

In the Community

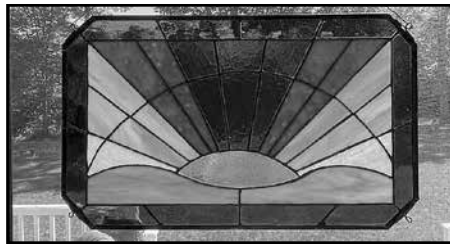
TBJ announces the “Sunrise, Sunset” Artisan Fundraiser

The Artisan Fundraiser is an expansion of Temple Beth Jacob’s highly successful knitting fundraisers of the past eight years, building upon the enthusiastic support of TBJ members and friends who love high-quality, beautiful hand-made items. This year, for the first time, we are offering multiple prizes with a shared theme: “Sunrise, Sunset.” The 2025 Artisan Fundraiser, whose name recalls the song we know and love, is inspired by the glorious colors of the sky over a lake at dawn or dusk. Four groups of artisans have each expressed a unique and lovely interpretation of the “Sunrise, Sunset” motif:

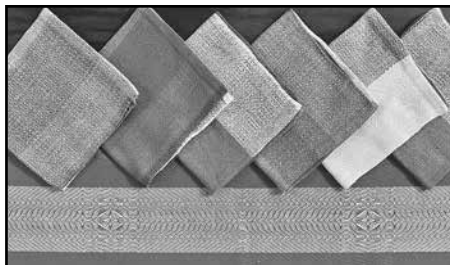


- The 51” x 40” hand-knit afghan blanket, designed and coordinated by Alice

Kinsler and Amy Goldstein, is the product of hundreds of hours of collective effort by 26 TBJ members and friends. With its vibrant colors and eye-catching pattern, it is 100% wool – lush, luxurious, and washable.



- Randy Kosow’s stained glass art pieces have become a sought-after part of our fundraising raffles. Randy’s new, original design for the “Sunrise, Sunset” stained-glass piece (20.5” x 12.25”) is spectacular, and will radiantly adorn any room.



- Talented weavers Miriam Lebby and Susan Zlotnick-Hale have designed and handwoven a 43.5” long table runner and coordinating napkins in 100% machine washable cotton. Paired together or used separately, these distinctive weavings will grace your table with elegance and warmth.



- Crocheters Carmen Kosow and Tabitha Shore have teamed up to create a beautiful pairing: a lush, 50” square blanket throw and matching 18” square pillow, in blending pastels that are compatible with any décor. This set will keep you warm and content on a cozy evening at home.

The Artisan Fundraiser is similar to a basket raffle, in that each purchased ticket gets designated for one prize. Tickets cost \$20 each, with tiered discounts for multiple tickets (5 tickets for \$95; 10 tick-

ets for \$180). Purchase more tickets to multiply your choices and chances!

You can conveniently purchase your tickets online at www.tbjconcord.org/2025afghan.html, or calling the TBJ office, by **Friday, December 12**. The four winning tickets – one for each prize – will be drawn at the Chanukah Party on Sunday, December 14. Any of these prizes will make a fabulous gift for Chanukah, or for a wedding or other special occasion. Of course, all proceeds benefit Temple Beth Jacob. For more info or to join future projects, email office@tbjconcord.org.

Heartfelt thanks to our contributors:

Alice Kinsler (co-coordinator), Alicia Semiatin, Amanda Solomon, Amy Goldstein (co-coordinator), Ann Walls, Barb Dieckman, Carmen Kosow, Carol Ringo, Carol Sobelson, Doreen St. Laurent, Ellen Gang, Em Kinsler, Gena Cohen Moses, Jeanie West, Jenny Robson, Karen Lean, Lesley Friedell, Lisa Sheiman, Marlene Goldman, Mary Bresler, Minda Dwyer, Miriam Lebby, Nancy Court, Pamela Schachter, Randy Kosow, Robin Helrich, Roseanne Kramer, Susan Zlotnick-Hale (founder of the afghan fundraiser), Tabitha Shore, Trish Wentworth, Truda Bloom, and Vickie Haines.

A gift from the
Jewish Federation of New Hampshire



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Sign up your children ages birth through 12 years old and enjoy the gift of Jewish children’s books and resources delivered to your home each month. Explore Jewish heritage and culture through PJ Library’s high-quality stories about Jewish values, traditions, and heritage.

Through the program your family will be enriched by experiencing the joys of Jewish life.

Funded by the Jewish Federation of New Hampshire, it’s a gift that will nourish a Jewish life from the start.

**Harold Grinspoon
FOUNDATION**



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**Jewish Federation
OF NEW HAMPSHIRE**

They’re HOME

הוביל אותנו בשלום וכיוון צעדינו בשלום,
והנחה אותנו בשלום, ותמך בנו בשלום, וגורם
לנו להגיע ליעדנו בחיים, בשמחה, ובאושר...

"...Lead us in peace and direct our steps in peace, and guide us in peace, and support us in peace, and cause us to reach our destination in life, joy, and *return us in peace...*"

—excerpt of *Tefilat Haderech*, the traveler’s prayer

In the Community

PJ Library's Popsicles at the Playground in Keene



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In the Community

One Heart, Many Colors Brings Community Together Through Art and Healing

On a crisp October afternoon at Camp Yavneh, community members from across New Hampshire gathered for One Heart, Many Colors, a statewide art and reflection program presented by the Jewish Federation of New Hampshire. What began as an initiative to process the grief and trauma of October 7 evolved into a celebration of resilience, renewal, and shared hope for the future.

Under sunny skies and the warm buzz of conversation, participants of all ages

painted heart shaped canvases in a rainbow of colors, each representing a personal emotion or value like love, courage, compassion, memory, or peace. Tables were spread with paint palettes and brushes, and laughter mingled with quiet reflection as parents, grandparents, and children worked side by side. The finished hearts will later form a collaborative installation, symbolizing the beauty of unity across difference. During the afternoon, guests shared songs, readings,

and words of healing from Rabbi Rosalind Glazer of Temple Israel, Portsmouth. Weaving together the themes of remembrance and resilience that define the Jewish story.

The Federation extends heartfelt thanks to Camp Yavneh for hosting this gathering, and to our partner organizations; Temple Israel, Portsmouth; Temple Beth Abraham; Temple Adath Yeshurun; and the Bethlehem Hebrew Congregation. We'd also like to thank everyone who participated for their joyful energy, as well as the many volunteers who helped make this day possible. One Heart, Many Colors was more than a program—it was a living expression of community, compassion, and the power of art to bring light after darkness.



Welcoming New Faces: Temple Israel Portsmouth's New Member Lunch - November 9

In a time when social groups have taken a back seat to more digital versions of community, we, at Temple Israel have worked hard to make our members and community the heart of everything we do. We often receive new people to town, who are looking to reconnect with their Jewish roots, or seeking a spiritual home.

Each year, we hold a New Member Brunch, which is a wonderful way for new and prospective members to meet one another, learn more about Temple Israel's programs, connect with clergy, lay leaders and other members of our diverse and vibrant congregation.

The New Member Brunch for this year will take place in the Temple Israel Social Hall on Sunday, November 9th at 11:30 a.m. and will feature a delicious spread, short introductions, and a few words from synagogue leadership.

If you're new to Temple Israel—or have recently started participating—we encourage you to join us. Please RSVP by calling the Temple office at (603) 436-5301 or emailing templeoffice@templeisraelnh.org, or visit our website at www.templeisraelnh.org. We look forward to celebrating with you on November 9!

Etz Hayim Synagogue Annual Interfaith Thanksgiving

Etz Hayim Synagogue will be hosting this year's annual Interfaith Thanksgiving Service with the Derry Episcopal Church of the Transfiguration, with The Rev. Dr. Marjorie Gerbracht (Rev. Margie) offering the sermon. The two houses of worship have shared a close relationship since 1993. The warm relationship developed between Etz Hayim and the church when Etz Hayim outgrew its then current quarters. Having been co-

sponsors of a Thanksgiving service the previous year, the church offered to share its home, allowing Etz Hayim to hold its worship services, educational programs and other events at the church.

As Etz Hayim continued to grow and began its search for land and a building of its own, in 2008, the church made a stunning offer to subdivide a portion of its lot for Etz Hayim to purchase and

Interfaith continued on page 14

"POLITICALLY POTENT AND EMOTIONALLY GRIPPING...
A HEARTBREAKING TRUE STORY."
— Jordan Minkler, The Hollywood Reporter

HOLDING LIAT

Thu, Nov 6, 7pm
Loew Auditorium

Discussion follows with producer Lance Kramer '06,
Judith Hertog (UVJC) and Prof. Bernard Avishai
(Middle Eastern Studies)

Berlinale Documentary Award
75*

TRIBECA FESTIVAL
2025

A FILM BY THE KRAMER BROTHERS

Temple Beth Abraham discusses “Zionism: successes, failures and challenges” on Sunday, November 23

After centuries of persecution, the radiant hope surrounding the creation of Israel in 1948 as a safe haven for Jews has begun to dim. In a post-October 7th world, many are grappling with what it means to hold Zionist views, whether liberal, religious or otherwise. How do we recognize our deep attachment to the State of Israel against the criticisms and moral challenges it faces? And how do we respond to the growing divide within Jewish



communities, especially the rise of anti-Zionism?

These are tough questions with no easy answers.

As a scholar and a teacher, Rabbi David Starr will help give a voice and a historical perspective as we tackle these issues at Temple Beth Abraham in Nashua on Sunday, November 23. A light lunch at

noon will precede the discussion at 12:30. There is no charge to attend; however, donations are very much appreciated to help fund this event and others like it.

Rabbi David Starr is the founder and executive director of Tzion, an organization aiming to create literacy in the subject of Zionism and the State of Israel. Rabbi Starr currently

leads the Mishkan Tefila Congregation in Brookline, Massachusetts. He is a past

Gan Academy and Brandeis University staff member, and the founder of the widely popular Me'ah program, an in-depth adult learning experience studying the narrative of the Jewish people. Rabbi Starr has Rabbinic Ordination from The Jewish Theological Seminary of America and holds a Ph.D. in History and Jewish Studies from Columbia University.

To register for the event, go to tbanashua.org/events/zionism-rabbi_starr

Etz Hayim Synagogue Dinner & Shabbat in the Sukkah

As it is commanded, a minyan enjoyed dinner and erev Shabbat services in the Sukkah which had been decorated by the Etz Hayim Synagogue religious school students and participants in the Stuffies



in the Sukkah program. Rabbi Jonathan Biatch led the service, demonstrating the four kinds (*etrog, lulav, hadassim* and *aravot*) donated by Jay Madnick, as we took turns waving them in all six directions. President Milt Zweig provided and explained the "seven species" (wheat, barley, grapes, figs, pomegranates, olives and dates). Unable to find barley, Milt got creative and substituted a can of beer from Concord Craft Brewing! Laurie Medrek sponsored the oneg which included lemon cupcakes decorated with a sprig of rosemary and lemon rind to represent the *etrog* and *lulav*, and Sarah Finner Sandler provided her delicious homemade challah. All enjoyed the warmth of the Sukkah on this 50-degree evening.



Temple Adath Yeshurun Social Action “in Action”

By Nancy Frankel, TAY Social Action Chair

Our synagogue members come together to assist those in need in our community. Here is a sample of our happenings this year:

- Northwest Elementary School in Manchester was chosen to receive assistance from our annual JoAnn Meyers Adopt-A-School Project. We fulfilled their request for school supplies socks, and clothing.
- TAY partnered with the First United Methodist Church for “Soles for Souls” and delivered nearly 200 pairs of gently used shoes to be given out at their thrift shop/pantry.
- Southern NH Services provides lunches in the parks for children in the summer. For the past 17 years, TAY and our congregants have annually provided thousands of plastic sandwich bags which al-

lows SNHS to have more funds for food.

- MAZON: A Jewish Response to Hunger is a national organization fighting to end hunger among people of all faiths and backgrounds in the US and Israel. MAZON initiated a postcard campaign to send 47,000 postcards to the USDA asking them to continue the SNAP food assistance program. Each postcard represents 1000 of the 47 million people in America currently facing food insufficiency. TAY responded with 250 postcards returned to MAZON.
- TAY annually coordinates the Religious Response to Hunger. With the participation of other local religious congregations, food is collected during the High Holy Days and delivered to the Families in Transition food pantry. Two vans loaded to the top with 3600 pounds of food were delivered after Yom Kippur (many years ago we changed our High Holy Day bima decorations from flowers to produce).

Our synagogue is always searching for ways to further assist our community. Please share your ideas and join us in fulfilling our mission.



Bima produce decorations for the High Holy Days.



A TAY crew packing the vans for our Religious Response to Hunger.



Delivering requested supplies to Northwest Elementary School.

In the Community

Come See 'The Deli Man' at Temple Beth Abraham

The Southern NH Jewish Men's Club Meat & Greet Open House featuring *The Deli Man* feature film presentation will take place on Wednesday, November 19th at 5:30 pm at Temple Beth Abraham. Join us for a warm and welcoming schmooze session bringing together old friends and prospective new members for a fun time dining on your choice of deli sandwich while meeting our new Board of Directors and enjoying a great film!

Your individual deli sandwich box (including a side of coleslaw and a pickle) from Chani's Kosher Deli will be served at 5:30 pm. You'll be able to purchase your choice of 11 different sandwiches beginning November 1st by visiting Chani's Kosher Deli's online ordering site at: <https://www.chaniskosher.com/#most-popular>. Simply click on "delivery" and select Temple Beth Abraham, Nashua, NH for the delivery location. Then simply select which sandwich that you wish to order and check out online using a major credit card. If you are bringing a guest, please place a separate order for each of you. This is important since if you decide to join the Men's Club, you will receive a



\$10 discount on your first year's membership fee. Current members will receive a \$10 discount off your next breakfast! Chani's Kosher Deli will track all orders placed on their site and supply us with a list of names so that we will be able to properly credit your membership fee or next breakfast. Don't miss this opportunity to get a Kosher Pastrami or Corned Beef Sandwich with coleslaw and a pickle for a net cost of only \$7.95 while spending an enjoyable evening with friends and watching a great feature film!

Rotten Tomatoes describes *The Deli Man* as a mouthwatering, heartwarming dive into the world of endangered Jewish delicatessens and the kitchen maestros cooking to keep the culinary tradition alive. Third-generation deli man Ziggy



Gruber shares his story in this film that examines the history behind the finest delicatessens in the United States. This film directed by Erik Greenberg Anjou features guest appearances by Jerry Stiller, Fyvush Finkel, Larry King, Freddie Roman and Alan Dershowitz.

New members will be able to join on the spot should they wish to take advantage of the \$10 discount. Membership in the Men's Club is available for a suggested donation of \$36. Please contact our Treasurer should a financial constraint

be a concern. As always, your membership may be paid when you arrive or by mailing a check to SNHJMC Treasurer c/o Temple Beth Abraham, 4 Raymond Street, Nashua, NH 03064.

About The Southern New Hampshire Jewish Men's Club

The Southern New Hampshire Jewish Men's Club, founded in 1982, conducts monthly breakfast meetings. The Club's mission is based on building a brotherhood of like-minded men who wish to share their commitment and values with those in the greater Southern New Hampshire Jewish community. The Southern New Hampshire Jewish Men's Club is a non-profit organization serving Jewish men and husbands of Jewish women from all southern NH's Jewish communities regardless of synagogue membership for over forty years. If you or someone you know would like to join our Men's Club please contact our president, Monroe Kahn, via email: president@snhjmc.org or visit our website at <http://www.snhjmc.org>.

We look forward to breaking bread with new and old friends, Wednesday, November 19th!

Arts & Entertainment

Book Review

Reviewed by Merle Carrus

Heart of the Stranger by Angela Buchdahl

There are teachers, clergy, or others who have made a lasting impression on our lives. Their words or actions have made them seem like giants in our memories. Sometimes there are books that stand out in our memory, in much the same way. Ones we recommend and quote long after we have closed the cover. For me, Angela Buchdahl is one of those people – and her book, *Heart of the Stranger*, is one of those books.

I have watched her conduct religious services at Central Synagogue in New York City through the magic of Zoom and livestream. I have heard her sing with the voice of an angel. I have heard her speak on occasion, with incredible wisdom and feeling.

Heart of the Stranger is both an interesting look at her life and a powerful book in which she shares her thoughts and ideas. Growing up in an immigrant family coming to America from South Korea, she was in many ways a minority



in her Tacoma, Washington home. She was raised Jewish, attending Temple Beth El in Tacoma, Washington, which her great-grandparents had assisted in founding a century before. Her mother, Sulja Yi Warnick, is a Korean Buddhist, and her father, Fredrick David Warnick, a Jewish American of Reform Ashkenazi descent.

At the age of 16 Angela became interested in the rabbinate. Interestingly, Angela was of such a strong character that each of the challenges in her life became incentives for her to conquer, push past and move ahead. In this book she shares with her readers her insecurities, a feeling of not belonging and the setbacks as she traveled to Israel,

taught at Jewish summer camps, and attended rabbinical school.

She pushed back against the negativity, she fought back against her own self-doubts, she found mentors who encouraged her, and she found support from her mother and father to continue until she became the first female Asian rabbi to lead one of the largest most influential synagogues in the world.

This is the story of the making of a rabbi, but even more so, it is the story of a mother and daughter relationship. A mother who puts family above all else. The story of finding yourself and the pride that brings you forward — not only for yourself, but your mother, and other family and friends who have believed in you. Buchdahl's personal journey is a part of what makes her resilient and empathetic to all readers, embracing the notion that we are all bound to a larger mission and the healing power of community.

Here, Buchdahl has written both a memoir and a spiritual guide. Her enthusiastic and joyful personality has created meaningful, upbeat worship. Her belief in the power of faith and gratitude makes her a voice to listen to as she does not shy away from difficult topics or conversations. She has faced some of the hardest challenges in recent history.

Angela Buchdahl is an American reform rabbi. She was the first East Asian American to be ordained as a rabbi, and the first East Asian American to be ordained as a hazzan (cantor). In 2011 she was named by *Newsweek* and *The Daily Beast* as one of America's "Most Influential Rabbis," and in 2012 by *The Daily Beast* as one of America's "Top 50 Rabbis." Buchdahl was recognized as one of the top five in *The Forward's* 2014 "Forward Fifty", a list of American Jews who had the most impact on the national scene in the previous year.

A Member of the Jewish Community of Maine Still Needs a Kidney: Please Consider a Gift of Life

By Randi Gelfman

Dear friends,

My name is Randi, and I am a member of Congregation Bet Ha'am in South Portland, Maine. Some of you may know that I have kidney disease. Over time, my kidney disease has gotten worse, causing my kidneys not to work well enough to keep me alive. My treatment options currently are limited to dialysis or a kidney transplant. I have been on dialysis for some time now, 3 days a week for 4 hours each day, which is helping my kidneys do their job of removing wastes, toxins, and extra fluids. But the longer you are on dialysis the more your health deteriorates.

However, a living donor kidney transplant would offer me much more freedom and the ability to live a longer, healthier, and more meaningful life. A



and being outdoors.

Finding a kidney is not easy. People who are on a wait list for a kidney from a deceased donor often have to wait 5-10 years and the kidney lasts on average 15-20 years. But the wait list for a living kidney donor is much shorter, sometimes even months, and the kidney typically lasts 20+ years. It also functions much better.

transplant would also give me more time to do the things I love most, such as spending time with my family and friends, my partner Nick, my pets, helping others,

In order to donate, living kidney donors get a careful and thorough evaluation with their own team of health professionals to see if you could be a match for me and to ensure that living donation is as safe as possible for you.

I want to share with you some basic information about kidney donation. First, you only need one kidney to live a long, healthy life. Also, the surgery for a donor is done laparoscopically, meaning through tiny incisions, and the recuperation period is fairly quick, generally only a few weeks. The cost of an evaluation and surgery would be covered by my insurance. Although my blood type is O+, you do not necessarily need to have the same blood type or tissue type to be a match. Finally, there is no age limit to be a donor. You just have to have a healthy kidney.

In order to express your interest in be-

coming my kidney donor, you can fill out the form at this link: mmc.donorscreen.org/register/now. Upon submission, the Maine Transplant Program will be in touch with you. To learn more about kidney donation, you can call Randi's Transplant Navigator, Jullie Hoggan at Square Knot Health: 617-468-1382, or go to the National Kidney Foundation's website: www.kidney.org/livingdonation. There are also many other websites that can help you learn about kidney disease and donation.

Thank you for taking the time to read my story. Major ways you can help me are to share it with your friends, family, and on social media.

With much appreciation,
Randi Gelfman
P.O. Box 178
Parsonsfield, Maine 04047

Don't know whom to turn to?
JFNH can help.

JFNH's consulting social worker can provide support, referral, follow-up services, and resources to you and your family.

- Food and shelter
- Unemployment
- Medical and drug costs
- Spousal, parental, or child abuse
- Drug or alcohol addiction
- Mental health
- Children with learning, physical, and/or emotional disabilities
- Senior care/dementia
- Legal aid, incarceration, police matters

Don't let your problems simmer until they boil over. Call the JFNH social worker at **603-310-9941**.

All calls and assistance are confidential.

Jewish Federation
OF NEW HAMPSHIRE

PJ Library
Hakarat Hatov:
Goodness & Gratitude

Join us for a family event sponsored by Temple Beth Abraham in partnership with PJ Library New Hampshire. Story time, Havdalah songs, crafts and dinner. Bring a can to donate to the Nashua Soup Kitchen! See registration for more information and donation requests.

Temple Beth Abraham
Nashua
Nov. 22, 4:30 PM

bit.ly/HakaratHatovNashua or scan QR code to register

PJ Library **Jewish Federation** OF NEW HAMPSHIRE **TEMPLE BETH ABRAHAM**

Dinah Berch | 603-627-7679 ext 1002 | dinah.berch@jewishnh.org



November Hadassah Report

By Michele Bank

On December 6 and 7, members of the Manchester Chapter of Hadassah will attend the HNE's Region Retreat at Publick House Inn in Sturbridge, MA. It is a wonderful opportunity to come together as a community, meet and mingle with other like-minded members from across the region, hear inspiring and interesting talks, and feel proud and good about being a member of this wonderful organization. We hope that you will join us, registration closes on November 17. This event is open to members and non-members.

Nationally, Hadassah has two podcasts available for you to listen to on Apple Podcasts, You Tube and Spotify. They are: *Hadassah on Call* and *Hadassah Magazine Presents*.

Hadassah On Call is all about new frontiers in medicine. It takes you behind the scenes at Hadassah hospitals in Jerusalem. Meet the healthcare superheroes who save lives every day. Hear how Hadassah

innovations are changing medicine. And learn tips for staying healthy. From secrets to living better as we age, to sleep disorders and women's health, stay ahead of the curve with *Hadassah on Call*.

Hadassah Magazine Presents, the popular series available as a webinar is now a podcast. It was created to bring to life some of the features of *Hadassah Magazine* from author interviews with women writers whose books touch on Jewish themes, to deep dives and panel discussions on timely topics. You will find something to inform and uplift you.

In Hadassah international news, at Hadassah Hospital Ein Kerem, a new Breast Health Center of Excellence opened this September, bringing together cutting-edge medicine, compassion, and collaboration for the benefit of every woman. Among those at the ribbon cutting were Hadassah's National President Carol Ann Schwartz and CEO Ellen Finkelstein, and Dalia Itzik, board chair of the Hadassah Medical Organization.

At the center, patients receive the entire continuum of breast cancer care in one location, from advanced imaging, to surgical and oncological consultations. Every stage of diagnosis and treatment is guided by Hadassah's leading specialists, working side by side across disciplines. By bringing all services under one roof and fostering daily collaboration between experts, the center creates a truly holistic approach — one that greatly improves recovery prospects while honoring the dignity and strength of every patient.

Hadassah's leadership team includes some of the foremost experts in Israel and worldwide. This milestone reflects Hadassah's unwavering commitment to advancing women's health through excellence, innovation, and compassion.

Also in International news, Israel's Ministry of Health has recognized Hadassah Medical Organization for outstanding achievements in patient care.

Hadassah Ein Kerem was singled out as: Best in Israel for preserving patient

health after heart-bypass surgery; fastest in Jerusalem for stroke treatment, with critical scans in just 22 minutes (ahead of the national average).

Hadassah Mount Scopus earned the top spot nationwide for preventing repeat ER visits, thanks to its comprehensive and effective care.

Hadassah also stood out for the quality of its dialysis and colonoscopy procedures, preventive antibiotic treatments in surgery, and advanced stroke risk assessments.

"These impressive results are the fruit of dedicated work at Hadassah hospitals, where the patient, their health, and quality of life are at the center," said Dalia Itzik, Chairwoman of the HMO Board. This recognition highlights the commitment of Hadassah staff, who deliver world-class care and save lives every single day.

For additional information about the upcoming retreat or Hadassah, please contact Michele.bank@gmail.com.

Fifth Anniversary of the Abraham Accords

By Richard England

This September marked the fifth anniversary of the Abraham Accords. As Benjamin Sharoni, Consul General of Israel to New England, recently recalled, "Five years ago, Israel, the United Arab Emirates, Bahrain, and the United States signed the Abraham Accords ... on the South Lawn of the White House ... [The] Accords were more than just a diplomatic breakthrough; they represented a deliberate strategic choice to pursue a new path ... Suspicion gave way to understanding, pessimism shifted to optimism, and conflict transformed into cooperation." Several months after the original White House signing, the Kingdom of Morocco joined the Accords.

Normalization of diplomatic relations between Israel and these three Arab nations originally meant exchanging ambassadors and permitting visa-free travel between countries. As a result, direct flights between Ben Gurion Airport and either Dubai or Casablanca are currently scheduled several times per week. The opening of borders between Israel and several of its Arab neighbors has led to an explosion in tourism, business travel, bilateral trade, and financial investments. After a 2022 agreement eliminated most tariffs between Israel and the United Arab Emirates, ex-

ports between the two countries grew to \$3.2 billion by 2024. Likewise, trade between Israel and Morocco is expected to reach \$400 million in 2025.

Tourism has boomed because of the Accords. Over a million Israelis visited the UAE during the first three years of the Accords, attracted by the Emirates' culture and shopping opportunities. Israeli tourism to Morocco has also boomed, in part because over a million Israelis are of Moroccan heritage. Tentative steps towards military and security cooperation among Abraham Accords signatories have taken place since 2020. Since the signing of the Abraham Accords, Israel and its regional partners have taken measured steps toward deeper security coordination. These efforts include enhanced intelligence sharing, participation in joint training exercises, and ongoing dialogue on regional defense priorities. Such initiatives reflect a shared interest in promoting regional stability, countering terrorism, and addressing common threats, while also demonstrating the potential for collaboration across former divides. Progress has been most visible in maritime and air defense coordination, as well as in emerging areas like cybersecurity, counter-drone technology, and emergency response. These practical partnerships have helped build trust and

cooperation among the signatories. An important foundation for lasting peace and collective security.

At the same time, significant opportunities remain. Broader information-sharing frameworks, formalized defense dialogues, and transparent crisis-communication mechanisms could further strengthen mutual confidence. Likewise, expanding cooperation on humanitarian aid, disaster preparedness, and energy security would demonstrate the Accords' potential to deliver tangible safety and resilience for all peoples of the region. Parallel to security collaboration, the Abraham Accords have unlocked major avenues for economic and technological partnership. The United Arab Emirates' multibillion-dollar investment commitments in Israel's energy, health, and technology sectors, along with numerous bilateral business agreements, underscore how economic interdependence can reinforce strategic cooperation. Continued growth in these areas, especially projects that include joint innovation and sustainable development, will be critical to ensuring that peace dividends are broadly shared across borders.

In 2023, the Abrahamic Family House opened its doors in Abu Dhabi. This interfaith complex promotes tolerance and coexistence among Islam, Christianity

and Judaism. The complex contains a mosque, church and synagogue surrounding a shared secular podium and garden. The Abraham Accords facilitated the realization of this interfaith project in the UAE.

As Ted Deutch, CEO of the American Jewish Committee, recently remarked, "We continue to see the tangible successes of the Abraham Accords." Several Middle Eastern analysts are confident that membership in the Abraham Accords will expand once the war in Gaza has ended. Looking ahead, several nations have expressed interest in building stronger ties with Israel and contributing to regional stability. Saudi Arabia is often mentioned as a potential future participant in the Abraham Accords framework, reflecting its growing role in regional diplomacy. Indonesia, the world's most populous Muslim-majority country, has also signaled openness to dialogue. At the September session of the United Nations General Assembly, President Prabowo Subianto emphasized the importance of peace and mutual recognition, noting that "we must also recognize, respect, and guarantee the safety and security of Israel. Only then can we have real peace." Such statements highlight a gradual but meaningful shift toward mutual understanding and coexistence across the region.

Interfaith

continued from page 9

build their new home. The establishment of the "interfaith campus" was underway. Through changes in clergy and leadership, the close relationship has been maintained, and to this day, the two continue their annual Interfaith Thanksgiving service, collaborate on Elijah's Table, and

participate in each other's holidays, social events and celebrations. In 2013, the Eagle Tribune identified the relationship between Etz Hayim Synagogue and the church as one of the top 603 reasons to live in New Hampshire.

Join us to give thanks and continue the celebration of our Interfaith Campus. For more information, please contact office@etzhayim.org.

How to submit an obituary

The Reporter publishes obituaries for any member of the community, past or present, for a \$36 fee. Please send obituaries and one photo, if desired, as a separate jpg attachment to thereporter@jewishnh.org or to the office along with payment at: JFNH, 273 S. River Road Unit 5, PO Box 10041, Bedford, NH 03110

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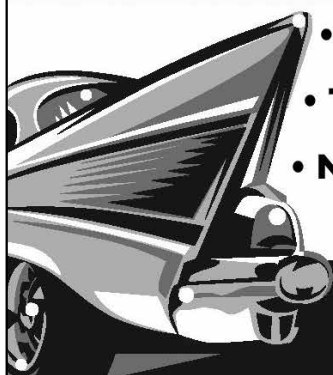
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