



Monthly Newsletter

January 2, 2013

Contact Us

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Upcoming Events

- SHABBAT KIDS Jan. 11th @ 6:30 p.m.
- TORAH STUDY Jan. 11th @ 6:30 p.m.
- SHABBAT SERVICE Jan. 11th @ 7:30 p.m.

- TU B'SHEVAT SEDER Jan. 25th @ 7:30 p.m.

All Congregation Services take place at the Ashland Community Center, 162 West Union Street (unless otherwise noted).

OTHER EVENTS

- Shabbat Circle Potluck Dinner – Jan. 4th @ 6:30 p.m.
- Book Group – Jan. 13th @ 9:30 a.m.
- Evergreen – Jan. 23rd @ 6:30 p.m.
- Teen Scene Movie Club – Jan. 26th @ 7:00 p.m.
- Dinner Night/Fundraiser – TBD
- Adult Education Class “Deepening Our Prayer Practice” –Starting Feb. 10th

Membership renewal forms were emailed out at the end of December.

Please mail in your dues by January 31st to:

P.O. Box 454, Ashland, MA 01721.

[Click here for the Membership/Dues Form](#)

Rabbi's Letter

by Margie Klein

Dear Friends,

This week, we begin the book of Exodus, and explore the Israelite's monumental liberation from Egypt. Before any miraculous plagues or parting waters, the story of the Exodus begins with the Israelites enslaved. We read of Moses' birth and upbringing and of the Israelites crying out in pain, which spurs God to take action and talk to Moses.

In the Torah, then, it seems that before God can come and do anything to save the Israelites, they first have to cry out - to articulate for themselves that something needs to change and that they need help to do it. I have been thinking lately about what causes us to cry out, and what is needed for us to say, "That's enough! We need to do something!"

At the end of 2012, I was shocked and saddened to learn of the massacre in Newtown, CT. I read about it in the newspaper and watched the news, trying to comprehend what had happened. Yet, if I am honest, when first learning about it, my response was to feel numb. I just couldn't wrap my head around this tragedy, and felt like looking the other way.

The next day, I had minor dental work done, and wound up having a negative reaction to the Novocain. I couldn't open my mouth, and felt a great deal of pain in my jaw. Though I had been emotionally numb the day before, somehow my personal experience of physical pain made me feel hyper-aware of all the pain in the world. I started to feel devastated by the Newtown massacre. As I lay in bed on painkillers, I asked, "Why, God?! Why have you made my mouth hurt so much? And why have you let all these children die?" Even as I was thinking this, I sensed the ridiculousness of connecting my relatively minor situation with the tragedy in Newtown. I would be fine the next day. The families of the Newtown victims would feel their loss forever. And yet, I think that often it is only when we experience our own pain (however minor) that we can truly connect with the pain of others. I say this without judgment. The world is so filled with problems - it is hard to take in all the pain that we witness.

Yet, if the book of Exodus (and my own toothache) teaches us anything, it is that when we cry out, we must not only cry out for ourselves, but also for others. Of course, no amount of crying out will create a happy ending for Newtown. Yet, I believe that to honor the lives of the fallen and help to ensure that this type of tragedy becomes less likely, we need to cry out and work for a better world - in this case by insisting on tighter legal controls for assault weapons.

This year, in whatever hardships we face (which I hope will be few!), let us cry out not only for ourselves, but also for the wider community, and be inspired, like the Israelites, to create a better world for ourselves and others.


Warm regards,
Rabbi Margie

President's Corner

by Jane Greenstein

I hope you all enjoyed some wonderful holiday time with family and friends over the past few weeks. After the Annual Membership Meeting and Chanukah in early December, Sha'arei Shalom took a break from programming and our rabbi, teachers, and volunteers (including me!) took some needed time for R&R. Now that 2013 is here, though, we are gearing up for many opportunities to come together for learning and fun. We have some new events this month, including a torah study session with Rabbi Margie, a Teen Scene Movie Night for members ages 13-16, and another of our semi-regular community dinner night/fundraiser—date and location TBD. We also will have another Shabbat Circle potluck dinner and a Shabbat Kids program. And

starting in February, Rabbi Margie will be holding a 4 session, once-a-month adult education class on Prayer. (Keep reading for more details on all of these events!)

We also now have a beautiful new website that better reflects the warmth and accessibility of our congregation. Thank you to Ethan Gordon who shared with us his professional expertise in overseeing the design. Thank you also to Marcy Arms, Sharon Prybyla, and Jim Prybyla for helping us get the right content up and running. One of the best features with this new website is that we now have a Google calendar embedded in the site that lists all our services, holiday celebrations, religious school classes, and other congregation events. It even has the Jewish Holidays. You can view this calendar from the website, but you can also subscribe to it and have all the information show up in your own personal Google calendar. Just go to "Events" then "Calendar" and click on the  that appears underneath the calendar. (You do have to set up a Google account to use this feature).

Before we leave 2012 completely behind us, I would like to take this opportunity to thank outgoing board members Marcy Arms, Cindi Muller, and Toni Spitzer, for their service and dedication. Marcy is our webmaster and did much of our communications and outreach. Cindi served as treasurer for 6 years, giving so much of her time and paying such good attention to detail. Toni's contributions to our community are numerous, including being lead religious school teacher and chair of the ritual committee. It was time for them to step down off the board, but we look forward to their continuing contributions to our community. While we will miss them, I am pleased we have found three wonderful new board members. The 2013 Board of Directors and Officers are:

Jane Greenstein, President
Sharon Prybyla, Vice President
Ari Kaufman, Secretary
Mindy Murray, Treasurer
Jen Gordon
Jeanne Handelman
Alan Lovitz
Margot Podtburg
Jeff Weinstein

Thank you to Jen Gordon, Alan Lovitz, and Jeff Weinstein for joining the Board and to the rest for their ongoing commitment and service.

Upcoming Services and Holiday Celebrations

On January 11th we have two events starting at 6:30 p.m.

- **First, we have a Shabbat Kids!** Members and Religious School teachers Ari Kaufman and Lucy Tannen will be leading this interactive, musical event for young children and their families. This Shabbat event is geared to children ages 3-7 (older siblings of course are always also welcome).
- **Second, we have a new offering: a torah study session with Rabbi Margie.** This participatory discussion is for adults.

Both events will be followed by a **regular Friday night service at 7:30 p.m.**

On January 25th, come celebrate Tu B'shevat with the community at 7:30 p.m. Join us for our annual Tu B'shevat seder, where we will celebrate the Jewish birthday of the trees using a fun and interactive ritual created by the kabbalists of Safed, Israel. Together, we will explore our relationships with nature and the seasons through personal, spiritual, and practical reflections, and set intentions for the new year. Don't miss this fruit-filled event, which will be both delicious and nourishing for body and soul!

If you would like to donate a siddur in honor of/in memory of someone or in celebration of an event, please contact Jane Greenstein at president@shaareishalom.org. The cost is \$36 per Siddur.

Shabbat Circle Is Back

All are invited to the second Shabbat Circle of the year. Shabbat Circle is a time for families to celebrate Shabbat together over a potluck dinner at a member's home. The first one will be held on Friday, January 4th at 6:30 p.m. at Jennifer and Jeffrey Tomaneng's home. Please contact Jeanne Handelman at jeannehandelman@gmail.com if you are interested in attending.

Teen Scene Movie Club

The first meeting of the Teen Scene Movie Club is happening on Saturday, January 26th from 7-10 p.m. at the Weinstein's house (30 Chestnut Street, Westborough) for all Sha'arei Shalom members ages 13-16. We'll be watching a movie, enjoying some snacks, and talking together about the movie afterwards (like a book club but with movies). Reconnect with your classmates and friends - have fun and maybe even learn some cool things.

Please RSVP to Alyssa via text (7742450181) or email (alyssadver@verizon.net). No cost for this first gathering. We will discuss how and what we want to do as a group in coming months.

Adult Education Class— Deepening Our Prayer Practice

Do you ever sit in services feeling lost and wondering what is going on? Whether or not you are familiar with the service, do you want to make your prayer experience more meaningful? Do you ever wonder whether your prayer has any affect?

If the answer to any of these questions is yes, then this is the class for you!

In this four-session adult ed course, we will study the structure, history, and meaning of Jewish services. We will also explore Jewish texts on the nature and purpose of prayer, and explore our own beliefs about prayer. Finally, each student will also become an expert on one prayer, and share what they have learned with the group. The class will help you not only feel more comfortable and connected during services, but help you know where to look to learn more and continue to deepen your prayer practice.

The class will meet for 4 two-hour sessions on Sundays from 12:30-2:30 at the home of Roger Appell and Sheila Watnick. Class dates will be Feb. 10th, March 17th, April 7th, and May 5th. Members are asked to pay a nominal \$10 fee; non-members are welcome to participate for a \$50 fee.

If you are interested in participating, please rsvp to president@shaareishalom.org. If you have questions about the course, you can email the Rabbi at rabbi@shaareishalom.org.

Healing Prayers

We send prayers for healing to member Judy Shapiro, who is recovering from a lengthy illness. She is currently at Whittier Rehabilitation Hospital in Westborough. Visitors are welcome, but please call ahead to check on her therapy schedule for the day. Cards and good wishes can be sent to her at home: 659 Main Street, Ashland MA 01721.

We also send healing prayers to former member and board member, Elissa Naiman, who is continuing to undergo treatment for lung cancer. Those who would like to reach out to her at this difficult time can mail her at 16 Indian Spring Road, Ashland 01721 or email her at elissa.naiman@verizon.net.

Annual Appeal 2012

A heartfelt "thank you" to those who contributed to our first Annual Appeal. Donations were requested to help sustain our programming and to expand our outreach.

Under \$100

Janet & Alan Chapman, in honor of their granddaughter, Emilie Clay
Ethan & Jennifer Gordon
Sheldon Kaplow
Joanna Robbins, in honor of Stephanie Marks & the Plotkin family
Leslie Rosenberg Ben-Maor

\$100 and above

Jane and Gary Greenstein
Ari & Heidi Kaufman
Mindy and Jim Murray
Karen & Matthew Smith

We are also very pleased to announce that we received an anonymous donation of \$5000.

These generous contributions will help us strengthen our already vibrant community. If you have not already done so, it is not too late to donate! Donations can be sent to us at P.O. Box 454, Ashland, MA 01721.

Religious School Update

by Lisa Clay

Happy New Year! Hope you had a great break. We are looking forward to getting back to learning with a full month of school in January. This month includes some special learning activities including making a Hebrew School quilt (watch for email with donation request), in class time with Rabbi Margie for grades 4-6 and a focus on Tu B'shevat. Also note that we plan to distribute report cards at the end of the month on January 27th. We are planning to have a community fundraiser dinner on Tuesday night in January - watch for confirmation of date and place. Thank you for your continued support in 2013.

Monica Weinstein Women's Book Group

by Cindi Muller

Book club is back and running again. At our last meeting we discussed "Sonoma Rose" by Jennifer Chiaverini. We have planned ahead to have our Annual Holiday Potluck and Yankee Book Swap on January 13th from 9:30 a.m. to noon at Jane Greenstein's house at 5 Sandstone Way in Ashland. This will be a potluck brunch. We will be discussing the latest book "12.21" by Dustin Thomason. Please join us and remember to bring a dish and a wrapped new book for the swap. Please contact me, Cindi Muller, at cindimuller@hotmail.com if you can join us.

Evergreen

by Sheila Watnick

At the December 18th post-Chanukah party at the home of Lucy Tannen, members swapped wrapped re-gifted items, ate latkes and other goodies, relit the eight candles (again), and reported how well co-founder Elissa Naiman has been doing with her treatment. On a somber note, the group talked at length about the devastation of the Newtown massacre, guns and mental illness. Needless to say, the situation has touched us all.

The next meeting will be on January 23rd at 7:30 p.m. at the home of Sheila Watnick. Female temple members 60 and over are welcome to attend. Contact evergreen@shaareishalom.org

Mahjong Anyone?

Jenine Pollack is looking to form a mahjong group. If you know how to play, or are interested in learning, please email her at jeninepollack@hotmail.com

Babysitting!

We have two young ladies in the congregation who wanted our membership to know they are available for babysitting. They are Etana Handelman and Lexi Maher. Here are their introductions:

Hi, my name is Etana Handelman. I am looking for opportunities to babysit. I have a unique background as I am the big sister of four little sisters and a brother. As a result I have experience with children of all ages including babies and toddlers. I also successfully graduated from the Babysitting training at Ashland Recreation Center which included CPR and first aid. I am free to babysit Tuesdays, Fridays, Sundays, and most Saturdays. If you are interested in my babysitting services please call [508-881-7188](tel:508-881-7188). Thank you, Etana

My name is Lexi Maher. I live on Pennock road and I love children. I am 12 years old and have taken the Red Cross babysitting course. I can babysit on weekends and various weekday nights. Contact me with any questions at:

508-231-0883 or 774-279-6647
leximaher@hotmail.com

American Red Cross Babysitter Training Class

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old.

Please contact Michelle Levenson for more information (617-529-0429, mllevenson@verizon.net)

DO YOU LOVE TO SING? CHECK OUT SHIR JOY!

Whether you sing professionally or have only sung in your shower, this is your chance to join with other adults who love to sing Jewish music. Shir Joy is a Jewish choir that started up in the fall of 2011. We practice on Sunday evenings from 7-9 pm right at Congregation B'nai Shalom in Westborough. In our first year we had over 35 members from 14 central MA towns & cities. Rehearsals this coming year will begin on October 14 following the High Holidays. Choir participants are not required to be Jewish nor do members need to be affiliated with a Jewish organization to join. We hold several concerts over the year in the Central MA area.

Shir Joy will be directed again this coming year by Jonathan Rappaport, an experience choral conductor with over forty years of experience. Dues of \$75 per year. love of Jewish music, and ability to keep in tune with your neighboring singers are required. Although we do make beautiful music together, we also build strong community bonds. We welcome new members. If you are interested in participating or want additional information, check out our website www.shirjoychorus.com, or email ShirJoyMA@gmail.com. Shir Joy is partially funded from a generous grant from Jewish Federation of Central Massachusetts.

Hand Made invitations for all occasions

including:

Bar/Bat mitzvah with Hebrew names

Wedding

Bridal shower

Baby naming

10% of all proceeds go to the Sha'arei Shalom Hebrew school

Call Nina to set an appointment 508-561-0609

WONDERFUL OPPORTUNITY FOR YOUNG FAMILIES

PJ LIBRARY IS A JEWISH FAMILY ENGAGEMENT program implemented on a local level throughout North America. We mail free, high-quality [Jewish children's literature and music](#) to families across the continent on a monthly basis.

PJ Library is a program of the [Harold Grinspoon Foundation](#), made possible through partnerships with philanthropists and local Jewish organizations. Today, families in hundreds of communities across the United States and Canada are able to explore the timeless core values of Judaism through books and music.

All families raising Jewish children from age six months of age through five, six, seven or eight years (depending on the community) are [welcome to enroll](#).
<http://pjlibrary.org/>

добро пожаловать!

Engaging Metrowest Russian Jewish Families in Jewish Community Life

A grant from the Genesis Fund is enabling us to reach out to Russian Jewish families throughout Metrowest. By developing collaborative relationships, we are identifying and connecting with members of this large and vibrant community through engaging programming and activities.

As part of this program, JFN is also doing special "**Privet Malish**" visits -- **Welcome Baby!** visits with gift baskets and resources tailored for Russian Jewish families.

If you are interested in learning more about our programs or "Privet Malish," or if you know someone who is, please contact our Russian community connector, [Luba Olshan](#), for more information.

PARENTING YOUR TEEN...

THROUGH A JEWISH LENS



cjp



המכללה העברית
HEBREW
COLLEGE

Register Now for
Parenting Your Teen Through a Jewish Lens

This eight-session program, offered at multiple convenient locations, fosters thoughtful discussion with a skilled facilitator and a community of parents who, like you, are experiencing the joys and challenges of raising a teenager.

Learn to:

- Parent with intention (*kavannah*)
- Help your teen make wise choices
- Give yourself and your teen second chances
- Distill practical wisdom from ancient and contemporary Jewish source

LOCATIONS

ACTON/CONCORD

Congregation Beth Elohim, Acton
Congregation Kerem Shalom, Concord
Mondays, 6:45 to 8:15 p.m. (starts Jan. 28, 2013)

CHESTNUT HILL

Temple Emeth
Wednesdays, 7:30 to 9 p.m. (starts Jan. 23, 2013)

FRAMINGHAM

Temple Beth Am
Mondays, 7:15 to 8:45 p.m. (starts Jan. 28, 2013)

LEXINGTON (first location)

Temple Emunah
Wednesdays, 6 to 7:30 p.m. (starts Jan. 9, 2013)

LEXINGTON (second location)

Temple Isaiah

NEWTON

Prozdor at Hebrew College
Sundays, noon to 1:30 p.m. (starts Jan. 27, 2013)

SHARON

Temple Israel
Mondays, 7:15 to 8:45 p.m. (starts Jan. 28, 2013)

WALTHAM

Gann Academy
Thursdays, 7:30 to 9 p.m. (starts Feb. 7, 2013)

WAYLAND (first location)

Congregation Or Atid
Wednesdays, 7:30 to 9 p.m. (starts Jan. 16, 2013)

WAYLAND (second location)

Temple Shir Tikva
Sundays, 9 to 10:30 a.m. (starts Jan. 27, 2013)

Tuesdays, 6 to 7:30 p.m. (starts Jan. 22, 2013)

MALDEN

Temple Tifereth Israel

Sundays, 2 to 3:30 p.m. (starts Jan. 6, 2013)

NEEDHAM

Temple Beth Shalom

Tuesdays, 7:30 to 9 p.m. (starts January 22, 2013)

WINCHESTER

Temple Shir Tikvah

Wednesdays, 6:15 to 7:45 p.m. (starts Jan. 23, 2013)

Registration Fee

\$155 per person

\$250 per couple

Early-Bird Discount

(before Dec. 14)

\$135 per person

\$200 per couple



For More Information

Raylea Pemstein

rpemstein@hebrewcollege.edu

617-559-8708

hebrewcollege.edu/parenting-your-teen