

Sinai Temple

BULLETIN



Take Back Your Time: Rediscover Shabbat

For Your Consideration

Rabbi Mark Dov Shapiro

It has been a year unlike any year I have ever known. The world we knew before our current economic downturn has come undone. Here in Springfield we as a synagogue face our own unique set of challenges.

That is why our Temple leadership has been working overtime to prepare for the coming year. We have something precious in Sinai, and we aim to secure and enrich Sinai for many years to come.

Your e-mail ought to confirm our vitality.

As long as you've got yourself on Sinai's e-mail listing, then you know what I mean. Starting on Friday, August 21, you've been receiving a set of e-mails designed to prepare the way toward the High Holidays. You've heard from me about the Hebrew month of Elul. This is the month preceding the holidays that has traditionally been designated as a time for beginning to reflect on the meaning of the year that has past. You've also heard from Cantor Levson. He has prepared commentary on our High Holiday music plus actual music on the Temple website that can attune your ears to the holiday themes.

The best part of it all starts Tuesday, September 1 when a series of daily messages will contain the reflections of congregants on how the High Holidays touch them. Each message will be personal. Each will hopefully speak to us individually. When Rosh Hashanah arrives, these notes on the New Year should help us all feel that we do belong to a single, growing, thinking spiritual community.

Watch your e-mail. Give us your e-mail address if you're not yet receiving Temple messages. If you haven't got e-mail, let us know and we'll prepare a printed version of the Elul materials.

Stay tuned. This promises to be a great year for community and the best Sinai can offer you.

p.s.

There will be more and more times when the Temple will be using e-mail for communication in order to save money and time. If we don't have your e-mail now, please get it to the office as soon as you can.

Friday Evenings

New Service Names

New Service Times

SERVICE WITH A STORY at 7:00 p.m.
September 4

August and September birthdays too!

SERVICE WITH A BAND at 7:30 p.m.
September 11

Formerly Friday Night Live, new time & some new music!!!

EREV ROSH HASHANAH at 8:00 p.m.
September 18

Shana Tova

SERVICE WITH TORAH at 7:30 p.m.
September 25

Preparing for Yom Kippur

Special for kids & parents ...

The Wiggle Room is available during Service with a Story

Saturday Morning Services

Every Saturday Morning
Services at 10:30 a.m.

Mazal Tov to our Bat Mitzvah

September 12 - Erica Torff
Daughter of Diedra and Mitch Torff

Reflections and Possibilities

A New Year!!!

Saturday, September 12

8 to 9:30 p.m.

A pre-High Holiday

coffeehouse and service featuring classic Selichot music

plus songs by Paul Simon, Tracy Chapman, and a touch of Woodstock 1969!

Coffee & home-baked desserts will be served.

This unique introduction to the holidays will highlight a unique experience designed by the Rabbi and Cantor plus a committee of congregants.

High Holidays 2009 - 5770

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Erev Rosh Hashanah

Friday, September 18

Evening Service at 8:00 p.m.

Rosh Hashanah Day

Saturday, September 19

First Service 8:45 a.m.

Second Service 11:00 a.m.

Tashlich 4:30 p.m.

Cemetery Memorial Service

Sunday, September 27 at 12:30 p.m.

At the Sinai Temple Cemetery

Kol Nidre

Sunday, September 27 at 8:00 p.m.

Yom Kippur Day

Monday, September 28

(Times approximate)

Morning Service 10:00 a.m.

Musical Interlude 12:30 p.m.

Study Options 1:30 p.m.

Afternoon Service 3:00 p.m.

Yizkor Service 4:45 p.m.

Neilah/Closing Service 5:45 p.m.

Break Fast 6:15 p.m.

(The break fast will be sponsored by Leah and Jerry Gottlieb and by Linda Altman Kay and Mark Altman in memory of their parents, William and Melba Altman)

Welcome to Sinai!

We're so glad you decided to join Sinai Temple in the past couple of months.

Daniel and Julie Landesman and their two daughters, Sadie and Isabel.

A Message from the President

Mark J. Stone

As I write this message, it is the beginning of August and we have just sent out a congregational letter updating those who could not make one of our open meetings in the spring. We wanted to let everyone know what has been going on since those important meetings.

We your Executive, Board of Directors, committees and volunteers have been very busy over the summer working on what we are calling our "Ten Commandments." These are ten initiatives for the coming year that focus on building a great sense of community here at Sinai.

Moving forward it is important for every congregant to understand their importance to Sinai Temple as a whole. Whether it is adults volunteering for an event or committee, teenagers continuing on with studies after Bar/Bat Mitzvah or connecting on any other level as a empty nester, we need you all!!!

It is important to understand that in order for Sinai to thrive we must consider that our affiliation with the Temple goes further than what we may individually get out of the Temple. We do support Sinai for our personal reasons, but we also support it because Sinai guarantees a continuing Reform presence in the Springfield area. When our founders organized to create a Reform Temple they did so because they could not find a place to worship where they felt comfortable. Let's continue the mission they started over 75 years ago.

As we enter the High Holiday season I hope you will join me in making sure Sinai continues to thrive for years to come.

My wife Melanie, my children Andrew and Lauren, and I wish you all the best in this New Year.

The Sinai Temple Bulletin is published monthly by Sinai Temple, Springfield, Massachusetts. This is Issue Number 1 for the year 2009-2010.

Mark Dov Shapiro Rabbi

Martin Levson Cantor

Sheila Shear Director of Education

Lisa Gittleman Udi JOY and SPFTY Advisor

Officers

Mark Stone President

Jeff Cossin First Vice President

Steve Sussman Vice President

Bruce Leshine Treasurer

Laurie Weinberg Financial Secretary

Jackie Neiman Recording Secretary

Marlene Gordon Membership Chair

Ron Weiss Cemetery Chair

Scott Sherman Men of Sinai

The publication of the Sinai Bulletin is made possible in part by a gift to our Endowment Fund from Ruth and Fred Weiss.

Visit our website: www.sinai-temple.org

Sinai Temple High Holiday 2009 Ticket Policy

Ticket Requirements

- Tickets will be required for admission to each service.
- Tickets will be checked at the Temple entrance.
- Each member of the family should have his/her own ticket.

Tickets will be mailed automatically if any of the following are satisfied:

- A minimum of 2/3 of this year's dues, plus any past due amounts, have been paid.
- A payment schedule has been arranged with the treasurer or financial secretary.
- Arrangements have been made for credit card payments.

30 and Under membership category

- In order to open the Temple as much as possible to young Jews, we gladly welcome members who are 30 years of age or under.
- Individuals 30 or under may become members at no cost.

Out of Town Guest policy

- Members of other congregations affiliated with the URJ should ask for a seating request from their home temple for seating at Sinai Temple.
- Members may request complimentary tickets for out of town guests by completing a request form obtained from the Temple office. *Guest's home addresses must be supplied.*
- Households new to the Western Mass/ Northern Connecticut area, not affiliated with a synagogue, may receive complimentary High Holiday tickets once upon request.

Childcare

- Children under 5 must be left with babysitting services provided by Sinai Temple.
- Reservations are required.

REMEMBER: No one will be admitted without a ticket. The office will be closed for all business at 3:00 p.m. the day before the holiday.

Attending Services on the Telephone

Do you know someone who misses out on High Holiday Services because they are physically unable to attend? This year it will be possible to hear live Sinai Temple services by telephone from home or even from a hospital room. Sinai's Caring Community and TRZ Religious Services will be making this wonderful opportunity available.

This service is free of charge to members and will not be limited to the High Holidays. It can also be used to listen in on any service (i.e. Bar/Bat Mitzvah, wedding or funeral) that Rabbi Shapiro and Cantor Levson lead from the bimah.

Allergy-sufferers Request

Please refrain from excessive use of perfumes and colognes when attending services and events at temple especially on the High Holidays.

Those with allergies can be adversely affected and become uncomfortable when exposed to strong scents.

When purchasing bima flowers for special occasions please be considerate of allergy-sufferers and order only non-scented arrangements.

Thank you so much for your understanding.

Mission Statement

Sinai Temple is a welcoming and inclusive Reform Congregation where our members pursue a continuing journey of Jewish growth. We are guided by the history and traditions of the Jewish people as we encounter the challenges of the modern world. We encourage participation in prayer, life-long Jewish learning, and social justice within a joyful, creative, and compassionate community.



State of Israel Bonds

A Bond of Solidarity

A Promise for the Future

To celebrate the New Year, forge a financial bond with the State of Israel and a personal *bond of solidarity* with the Israeli people. Let an Israel Bonds purchase be one way you keep a *promise for the future*—Israel's future as the eternal homeland of the Jewish people.

Shana Tova!



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Development Corporation for Israel/State of Israel Bonds
740 N. Main Street, Suite D • West Hartford, CT 06117
800-916-1918 • 860-236-4523
www.israelbonds.com

Notes about the Holidays

Prayers and Blessings for Your Home

Rosh Hashanah and Yom Kippur begin at home with family meals. Your meal can become more than a pleasant dinner by making it a sacred occasion with the appropriate blessings for the holidays. Our website has everything you need in English, Hebrew, and transliteration. www.sinai-temple.org

Music for Your Home

High Holiday melodies that appear in our services are now available on the website. Listen and learn! www.sinai-temple.org

Two Rosh Hashanah Morning Services

8:45 a.m. to 10:15 a.m. 11:00 a.m. to 1:20 p.m.

Although the first service is definitely NOT going to be a Family Service, it will be a service that welcomes school age children because it will be briefer. The second service will be identical to our usual holiday morning services with Rabbi, Cantor, and the full liturgy.

Babysitting for Children through Kindergarten

Babysitting for small children ages two through Kindergarten (no infants) will be available during Rosh Hashanah morning and Yom Kippur morning services. Please contact the Temple office to reserve a spot for your child...736-3619.

Child Programming for Grades One & Two

An age appropriate program for children in Grades 1 and 2 will be available during both Rosh Hashanah morning services and Yom Kippur morning. (The program is being offered parallel to the first Rosh Hashanah morning service for parents of these young children who do not think the children would feel comfortable even in the shorter first service format of 90 minutes.) Please contact the Temple office to reserve a spot for your child...736-3619.

Children in Grades Three & Four (PLEASE NOTE - THIS IS NEW)

On Yom Kippur morning, we will be offering a service/program, designed for this intermediate age group. Too old for a children's program; often too young for the full adult service. More information will follow.

Children in Grades Five & Six (PLEASE NOTE - THIS IS NEW)

On Yom Kippur morning, we will NOT be offering a service/program for this age group. Experience from last year and conversations with parents indicate that most parents believe their 5th/6th grader can attend the adult service. We welcome and encourage that!

Visiting the Sinai Temple Cemetery

A NEW TIME

It is traditional to visit the cemetery during the High Holiday period. Temple members with loved ones buried at Sinai's cemetery are welcome to visit the cemetery for a service conducted by the Rabbi and Cantor on Sunday, September 27. PLEASE NOTE...In previous years this service has taken place at 2 p.m. THIS YEAR'S SERVICE WILL TAKE PLACE AT 12:30 p.m.

Link to Libraries

Link to Libraries is a non-profit organization founded in May 2008 by our Temple member, Susan Jaye-Kaplan, along with Janet Crimmins. Link to Libraries is a volunteer organization whose mission is to collect and distribute new books to public elementary schools and non-profit organizations in Western MA.

Sinai's Social Action Committee is going to "link" up with Link to Libraries this coming Rosh Hashanah evening, Friday, September 18. The titles of books that you might wish to sponsor and donate to Link to Libraries will be available on a bulletin board after services that night.

We will, of course, be inviting the congregation to purchase shoes for youngsters in need too. Shoes plus books will help us welcome the New Year with hope for a better tomorrow!

SUKKOT & SIMCHAT TORAH 5770

EREV SUKKOT

Friday, October 2

Shabbat Dinner for parents and students Kindergarten through Grade 7
Starting at 6 p.m.
Followed by the sukkah decorating and service at 7:00 p.m.

SUKKOT DAY

Saturday, October 3

At 10:30 a.m.
Lulav and etrog. Kiddush in the sukkah.

EREV SIMCHAT TORAH

Friday, October 9

At 7:00 p.m.
Consecrate our First Graders and then march and dance with our Torah scrolls.

SIMCHAT TORAH/YIZKOR SERVICE

Saturday, October 10

At 10:30 a.m.
Mark the conclusion and beginning of the Torah cycle and also conduct a memorial service.

Fridays and Saturdays at Sinai: This Fall we are experimenting

Starting in September, we are adding a service every Shabbat morning whether or not there is a Bar/Bat Mitzvah.

PLUS we are adjusting the times for Friday evening services. Watch the Bulletin. Our Answering Machine will have the correct time for each service each Friday afternoon. See below.

Friday Evening Services New Times for the New Year 7 – 7:30 – 6 – 7:30

- First Friday services with a story will take place at 7:00 p.m.
- Second Friday services with a band will take place at 7:30 p.m.
- Third Friday will be Kabbalat Shabbat starting at 6 p.m.
- Fourth Friday services will include a Torah Reading. The service will begin at 7:30 p.m.

Saturday Morning Services Every Saturday morning, starting September 5 At 10:30 a.m.

Starting in September, Sinai we will be experimenting with having a regular weekly Shabbat morning service. Even when there isn't a Bar/Bat Mitzvah, there will be a Saturday morning service (complete with the Yahrzeit list) starting at 10:30 a.m.

Why change service times?

We are changing service times because we want to make it easier for YOU to come to services.

First, we are moving our traditional 8 p.m. service back to a starting time of 7:30 p.m. (Starting earlier will mean ending earlier. In these busy times, we want to help tired people be more alert as we pray and sing on Shabbat.)

Secondly, we also want to emphasize that our traditional "Family Service" and "Kabbalat Shabbat Service" can be appreciated by all congregants. Each takes place early enough so that they are family friendly, although they should also be comfortable for adults.

By the way, where did **Friday Night Live** go? We gave it a new name. "Service with a Band." Since most of our services are now so filled with music, the big difference on second Friday nights will be the use of more instruments.

Come try us out. Any Friday night is a good Sinai night.

Message from Director of Education Sheila Shear

What Happened to Family Services?

If you're wondering about the answer to this question, it is nothing and everything.

In thinking about communal worship in 2009, it appeared evident to many at Sinai Temple that identifying a particular service for families sent a message that 1. this was the only service at which families with children were welcome, and 2., that this "Family Service" was not an appropriate service for adults to attend. Well, we want neither of those things to be true. Beginning with this bulletin you will notice that the times and content of the services are listed. The first service of the month, at 7:00p.m., has a wonderful story, the second at 7:30p.m. has a band, and, while this month Erev Rosh Hashanah services fall on the third Friday at 8:00p.m., generally the third Friday will be a Kabbalat service at 6:00 p.m. The final Friday(s) of the month will include a Torah reading and also begin at 7:30 p.m.

What's the Difference? And why does it matter?

Each service is joyful and appropriate for everyone to attend. While the different modes of worship may appeal to different people, the new earlier times will hopefully allow any one or any family to attend any or all of the services.

Why is it Important to Attend Services with My Child?

There are a number of reasons that this is important. While my children were young, attending services with them helped me feel more connected to them, my Judaism and my synagogue community. You are your child's most important teacher. Your child will value the things that are of value to you. Experiencing Judaism is so much more meaningful than only talking about being Jewish. Ultimately, attending will help your child be familiar and comfortable with the Siddur (prayer book), become familiar with the format and order of Shabbat services, and help him/her become more proficient in Hebrew reading and knowledge of the prayers.

Most of all, worship as part of a community is such an important and meaningful part of our Jewish experience. We want our youngest members and oldest members, along with all of those someplace in between, to look forward to celebrating Shabbat with their Sinai community.

If you have only experienced the "Family Service", or none at all, I hope you, along with your children, will want to expand your Shabbat experience at Sinai.

See you at Shabbat Services.

L'Hitraot

**Jewish and Decent:
How to Become a Better Person
Saturday mornings at 9 a.m.
October 17 – December 12**

Nine Saturday morning conversations about living life with less anger and worry. Finding patience, simplicity, balance, happiness, and zest for living itself.

Rabbi Shapiro will lead the journey as we turn to Judaism's hidden treasure - Mussar literature - the practice of goodness.

**Beyond Karaoke:
What do those Hebrew words
really mean?
Wednesdays, October 14, 21, 28
At 7:30 p.m.
Guest Teacher -
Rabbi Micah Becker Klein**

You've learned how to pronounce aleph and bet. You can decode some of the prayers. But what do they mean? Is it possible to get beyond Karaoke...merely making the sounds?

Micah Becker Klein, formerly the Rabbi at the JCC and a good friend to Sinai, will be your leader in three explorations of Hebrew meaning. Rabbi Klein will take you on a tour of one prayer per week: the Shema, the Amidah, and then the Kaddish. You'll look for the key words, translate, and discuss what each prayer means.

Sounds good? Yes, come and learn!

**Monthly Morning Service
Wednesday, September 2
at 7:30 a.m.**

A chance to start your day with a different focus. We meet on the bimah for a service of 20 minutes. Breakfast follows. The feeling of togetherness is wonderful. The spirit is unique. Those who need to leave for the rest of the day are free no later than 8:15 a.m.

Future "morning minyan" services will take place on Wednesdays, October 7, November 4, December 2, January 6, February 3, March 3, April 7, May 5, June 2.

The Morning Minyan is underwritten through our Endowment Fund by a gift from the Family of Richard Lavin.

**Big Questions: Jewish Answers
Second Thursdays Every Month
Starting Thursday, October 8
From 6 to 7:30 p.m.
(With a "lite bite" available
each evening)**

Are you curious about the biggest kinds of questions we Jews ask? Questions about believing (or not believing). Questions about death, praying, Israel, the Bible, or why we Jews aren't always one big happy family.

If you've got questions, this year Rabbi Shapiro and Cantor Levson will offer some answers. On the second Thursday of each month, come to Sinai. We'll feed you a light dinner and we'll take on one topic per month.

Here are the questions. You can come once, all the time, or once in a while. Each Thursday conversation will be self-contained.

- | | |
|-------------|--|
| October 8 | Can I doubt God's existence and still be a good Jew? |
| November 12 | How do God & the Holocaust co-exist? |
| December 10 | Besides Jesus, are Judaism and Christianity really that different? |
| January 14 | How can I get my prayers answered: Is anyone listening? |
| February 11 | Why do they change the melodies every time I come to services? |
| March 11 | What happens after I die? |
| April 8 | Why are there divisions among Jews? |
| May 13 | Should we hug or wrestle with Israel? Does Israel really matter? |
| June 10 | What can a college graduate believe about the Bible? |

We're very grateful to Leah and Jerry Gottlieb for underwriting this series of dinner conversations.

**Torah Study
Saturdays at 9 a.m.**

Why do we call the Torah "a tree of life?" Is it "true?" Is there more to the stories than I recall from when I was a child? How do adult Jews use the Torah as a source of adult values? These are the questions that Torah Study answers every week. During the month of September, we will read the Torah Portion of the week. Starting in October, we'll enter the world of personal relationships & Mussar.

Ride to Provide Sunday, September 13

The third annual Ride to Provide, a family-friendly bike ride to support the many community service programs and earth-friendly projects of the Hillel House at the University of Massachusetts at Amherst, will be held on Sunday, September 13.

Join riders of all ages from Springfield, the Five Colleges and throughout New England on your choice of a 9, 18, or 36 mile bike ride through the fall foliage-lined streets of Amherst, Hadley and Sunderland, with rest stops and snacks at neighboring Sukkot.

Sinai Temple wants to create a Sinai team. Please call the Temple office and give your name to Robin. We'd like to have some of our teens ride, but we need at least two adults who will be leaders for a group of at least five teens. Again, please call the office.

For further general information, please check www.umasshillel.org or telephone 549-1710.

The Legacy Society Welcomes our Founding Members

Mel and Beth Chafetz, Barbara Cossin, Jeffrey and Robin Cossin, George Dickstein, Ron and Ronnie Nadel, Joan Rosenbaum, Rabbi Mark and Marsha Shapiro, Steve and Patty Sussman, Steve Weiss and Carol Daigle, Anonymous, Anonymous, Anonymous, Anonymous

The Legacy Society is the way in which all of us "endow" Sinai Temple when we are gone. Gifts can be made through your will or in a number of other ways as well.

If you would like to explore joining the Sinai Legacy Society, your first step is to discuss opportunities with Rabbi Shapiro or members of the planned giving committee. Please give the office a call at 413-736-3619. There is no obligation in this conversation, and, of course, a gift of any size is welcome.



Notes from the Cantor

*"Lshana Tova!" "A good New Year!" "Good Yontif!"
"What's that sound coming from the organ loft?"*

The last of those phrases is not a traditional greeting for the High Holidays, but I hope that members of Sinai Temple will notice and enjoy some different sounds in our sanctuary this New Year. John Gerry-Karajanes will once again be playing the organ for our services, but this year he will have a second keyboard to play up in the loft: our electric piano, the instrument we use for Kabbalat Shabbat services. Part of our temple's sound system upgrade included installation of the jacks necessary to plug the keyboard directly into the system during the High Holidays, so it can be heard through the expanded sanctuary.

You may ask: "Why would we need a keyboard in the loft, when we have the organ?" The answer has to do with differences in compositional styles for Jewish worship music. Much of the Reform music for the High Holidays was written with an organ in mind, and features long, sustained notes in the accompaniment. This is what an organ is built to do. If you hold down a key on the organ, it will keep playing until you release the key. On a piano, when you play a note, the sound will eventually fade away whether or not the key is released. Many beloved pieces of music for Rosh Hashanah and Yom Kippur would sound thin and unsupported if played on the piano, because they were written for an organ accompaniment. But many newer Jewish musical settings were written with the piano as the intended instrument, and when those pieces are played on an organ, they tend to sound muddy. By having both the organ and the electric keyboard up in the loft, John will be able to use the most appropriate instrument for every musical piece, as we pray with both the traditional and contemporary music of our Reform Jewish heritage.

One of the most important phrases at this time of year is "chadeysh yameinu kekedem." Instead of translating these words as "renew our days as of old," I prefer to read them as: "Don't traffic in false nostalgia, let's make these days the ones we will want to remember!" In that spirit Sheri, Jodie, Liz, Candy, and I wish you all a "Shana tovah u'mitukah," a good and a sweet New Year!

Ivdu et Hashem B'simcha! Serve the Holy One with Joy!

July 2009

This past July I had the privilege of spending two exhausting (but very rewarding) weeks serving on the faculty of Crane Lake Camp in West Stockbridge. While there, I helped run Reform Jewish education programs for campers of all ages. Here is a photograph of some of our campers this summer!

— Cantor Levson

Judaica Shop Corner

We've changed our regular hours to accommodate the congregation: Tuesdays 2:00 to 4:30 p.m.,

Thursdays 2-4 p.m. and Sundays 9-12 noon. We've added the 1st Tuesday of each month from 7 to 9 p.m.

Our August shopping trip was very successful. We have a lovely new line of tallisim for men and women.

For Rosh Hashanah and Yom Kippur we're showing shofars and stands, challah boards and knives, apple and honey servers, Kiddush cups, candlesticks, High Holiday prayer books and many hostess gifts.

Do come in, say hello and browse.

Thais Fischel 786-9577

Bobbie Cossin 565-9970



**Dance with the Torah on Simchat Torah
Friday October 9 at 7:00 p.m.**

I have children in college...

No longer at home

Learning...changing

Asking great questions

The Temple would like to stay in touch with our youngest alumni. They've grown up under our roof. They've begun to learn what being Jewish means.

Now - in the crucial college years - we don't want to lose contact.

Students on the ALUMNI LIST receive the Temple bulletin plus special updates, holiday gifts, and newsletters from the Rabbi.

My children are college graduates

Living in Boston

Working in Manhattan

Still learning...still changing

Just when they look all grown up is precisely when we don't want to lose contact with these young adults. From ages 22 to 30, they are on the move in thousands of ways. Help us stay in touch!

Students on the 22 - 30 ALUMNI LIST receive the Temple bulletin plus special updates, holiday gifts, and newsletters from the Rabbi.

PARENTS – Please fill out the bottom of this ALUMNI FORM and return it to the Temple. You may instead fill out this form online at http://www.sinai-temple.org/Alumni_Mail/alumni.php

(You may, in the alternative, receive a phonecall from our Alumni Committee requesting this information.)

Young Adult Name _____ Date of Birth _____

College Address or Present Residential Address _____

City _____ State ____ Zip Code _____

E-Mail _____ Telephone _____

Parent(s) Name _____ Parent(s) Telephone _____

The Mitzvah Habit: Help us feed the hungry

You can't miss it! Every time you enter the Temple, you see the box for THE OPEN PANTRY on the floor outside the Temple office. Sometimes the box is full; sometimes it's fairly empty. But every week the Open Pantry truck comes by to scoop up whatever the box contains and take it back to the Open Pantry.

You can help keep the box full. Here's how. Whenever you go shopping, buy an extra non-perishable food item. Then whenever you come to the Temple, bring along your food item and drop it in the box. If you're coming to a meeting or services, if you've got business in the office, if your child is coming to Religious School, start a new MITZVAH HABIT. Bring some food along and place it in the box for the OPEN PANTRY.

Preferred foods for the Open Pantry are: Canned tuna, chicken, sardines, cereals, peanut butter and nuts, canned and dried beans, soups, pasta, dry milk, instant formula, and canned food.

Take Back Your Time: Rediscover Shabbat

It's possible to taste Shabbat in many ways. Last year Sinai distributed a booklet with 52 ideas on "tasting" Shabbat. Here is an encore presentation of those ideas that might merit a second consideration.



"I don't open mail on Shabbat."

"The most profound change came when I turned off the T.V. That suddenly transformed the whole Shabbat experience. It wasn't about the electricity; it had more to do with the noise, the intrusion of the mundane into the sacred."

"I work from home and had a habit of checking email every day. Last month I made the decision to turn off my computer before leaving for Friday night services and not turn it on until after Shabbat. This Shabbat ritual has changed my perspective and has made me a better father and husband."

"A few years ago we started to celebrate an 'hour of Shabbat.' No TV, lights, phones, computers, none of that; just reading things with Jewish themes, resting or relaxing together. I'm still hoping to expand the hour to two, then three..."

"I turn off the Blackberry and the cell phone for the day."

News From SPFTY – We have a new advisor (and so does JOY)!!!!

Hi, my name is Harry Miller. Just recently I was confirmed here at Sinai and have assumed the role of president of our Senior youth group SPFTY. In the past couple of months, Celia Gibson and I have met with the youth committee on a search for a new youth advisor. During our search, we came across a cheerful and energetic woman by the name of Lisa Gittleman Udi. She is an amazing woman that brings to Sinai the experience that will benefit both JOY and SPFTY. Her role in both youth groups for this upcoming year is crucial to keep kids connected with temple. Together I'm certain we will have a positive year in both JOY and SPFTY, attracting new members and increasing member involvement. Lisa brings with her the experience, enthusiasm and know how to help both youth groups with planning activities, keeping everyone interested, and involvement with NFTY regional events. NFTY events are major activities for all of SPFTY. This year, SPFTY as a whole is looking forward to a great turn out at these regional events. They are fun and educational experiences where Jewish teens get together and meet with other Jewish teens from the region.

This summer is the transition period to a new year of SPFTY. But before continuing on, on behalf of all of SPFTY I would like to congratulate all of the SPFTY senior members of last year for all their help and temple involvement that lead us to a great year and lots of fun! We'd also like to thank Andy Chaet for his help, leadership and friendship over the last two years.

As the new year approaches, the new board is already in the beginning stages of planning new events. The board for the 09/10 year is as follows:

Harry Miller - President

Josh Feinberg - Vice President

Sarah Klein - Secretary

Kyle Thomas - Senior Representative

Hallie Goldstein & Sara Breslau - Co-Sophomore Representatives

Ilanna Tariff - Junior Representative

Harry Kalodner - Webmaster

Celia Gibson - NFTY Representative

All of SPFTY is looking forward to a fun and enjoyable year as we welcome Lisa to our temple and our congregation. I am personally excited to start early with a lot of energy to make this year better than any other!

Shalom, Harry Miller

The Memory of the Righteous is a Blessing

All of us at Sinai Temple extend condolences as we remember the following.

Their memories are precious to their relatives, their friends and to each of us who form the community of Sinai Temple.

We remember those who have passed away from May 6 to August 12, 2009.

- Miriam Biederman. Aunt of Dawn TAmarkin
- Elaine Strogoff, sister of Beverly Lan
- Pamela Nuger, sister of Steve Nuger and niece of Ruth Seldin.
- Ethel Posner, mother of Dori Posner, Harriet Samol, Bonnie Mikesch, Ann Barowsky, Judy Glenny.
- Patricia Laprade, mother of Deborah Levin.
- Marcia Garson, mother of David Garson.
- Ida Waldman, mother of Jackie Waldman.
- Jack Finerman, husband of Dorine Finerman.
- Marion A. Claff, Aunt of Joel Cohen.
- Ed Berenstein, brother of Dorothy Katz.
- Edward Wood, father of Lorie (Chapdelaine) Epstein.
- Henry Lewis Simon, brother of Bob Simon.
- Michael William Aronson, son of Nancy and Jim Aronson.

Sinai Temple

BULLETIN



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