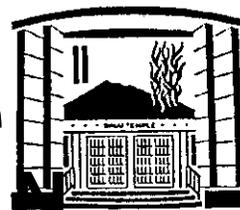


Sinai Temple

BULLETIN



Take Back Your Time: Rediscover Shabbat

Scholar in Residence Weekend, March 27 - 29

Featuring

Dr. Gary Zola

Director of the American Jewish Archives, Associate Professor of the American Jewish Experience at Hebrew Union College in Cincinnati

Washington, Lincoln, and Obama:

Time to Assess What America Means to the Jews



A little over 350 years ago Jews first came to America. This country has given Jews the greatest opportunities in our history. As Barak Obama begins to lead the country in his own direction, we will pause to reflect on the unique experience of Jews in America.

Great Voices, Civil Rights, and American Reform Judaism **Friday, March 27 at 7:45 p.m. (After dinner. See page 3)**

How did American rabbis handle pivotal world events from the pulpit? What did they say about the rise of Hitler, World War Two itself, or the struggle for Civil Rights in the 1960s. Dr. Zola, will introduce us to some of Reform Judaism's great orators through a series of remarkable vocal recordings (digitized with visuals added). All come from the American Jewish Archive's extraordinary historical collection.

Saturday, March 28

At 9 a.m. –

Satirizing the Torah Portion: Only in America!

More than a century ago, a remarkably talented satirist and writer named Gershon Rosenzweig (1861-1914) composed a Hebrew commentary on the Torah. Rosenzweig's commentaries shed light not only on Torah, but also on the trials and tribulations of Jewish immigrant life.

At 10:30 –

“He Was One of Us!” American Jewry's Relationship with Abraham Lincoln

In 2009, America commemorates the bicentennial anniversary of Abraham Lincoln's birth. Dr. Zola will discuss the special relationship that existed between Lincoln and the Jews. He will explain why many of Lincoln's characteristics led Jews to embrace the sixteenth president as a man who possessed a Jewish soul.

Sunday, March 29th

At 9 a.m. -

Breakfast and Learning

We Have a New President - How Much Good Can a President do?

When our country was young, we also had a “new” president. We will learn how George Washington set the tone for much of American Jewish history via his 1790 letter to the Jews of Newport, Rhode Island. The letter presents Washington's view on minority rights in the new nation. It has been a crucial document for over 350 years.

*Thanks to Joel and Betsy Bertuzzi for underwriting the Scholar in Residence weekend.
For more information, please contact Laurie Weinberg, Adult Education Chair - 599-1978.*

For Your Consideration

Rabbi Mark Dov Shapiro

We don't hear much good news these days. If you're like me, you may be growing wary of even listening to the news. In distressing times like these, you want to retreat. Stay home. Hunker down. Pull back.

Towards the end of February I was having one of those recession kind of days. A cloud hung over my head as I entered the Temple for services. Let's just say I wasn't exactly in the mood for worship and community.

But something strange happened during the hour of prayer. I changed! Or should I say the music, the words, the spirit, and the presence of many people changed me. It wasn't something I planned. It's just that, when the service ended and I reflected back on the experience, I realized that my mood had moved. That cloud of concern was gone. That sinking feeling about the economy had eased. Much to my surprise, I felt quite right about the world and my circumstance after the service.

I found myself thinking we Jews really do have something quite powerful at our fingertips. I know we can't fix the economy from Sinai. We can't make unemployment go away. But when we're together in the synagogue that doesn't mean we are powerless. On the contrary, when we come together in community, I think we have a chance to heal ourselves. Inside the Temple we can define the world as we wish. No matter how bad the news outside may be, when we get inside the Temple I think we together create an inner world that can sooth, uplift, and inspire us.

It's warm and positive inside our walls. In fact, during the month of March, we've got something for everyone from learning to singing, meditating, and laughter. Especially since March winds and tough times can feel so cold, I suggest you give us a thought. Come inside. We've got something at Temple that should take the chill off your day. I bet you'll be glad you joined us. I'll be watching for you.

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.

Saturday Torah Study

Saturday Mornings
Torah Study
At 9 a.m.

Saturday Mornings

Services at 10:30 a.m.

Mazal Tov to our Bnai Mitzvah

March 7 - Matthew Cooper
Son of Shari and Robert Cooper

March 14 - Julia Winer
Daughter of Barbara and Bruce
Winer

March 21 - Casey Lu Simon Plumb
Daughter of Susanne Simon & Janet
Plumb

Women's Weekend

March 7 & March 8

See the enclosed flyer for
reservations.

Purim

The Whole Megillah

Monday, March 9 at 6:00 p.m.

For the best show in town!

See page 4

Snyder Award

Friday, March 20

See the enclosed flyer for dinner
reservations.

FRIDAY EVENING SERVICES - NOTE THE TIMES - 76-86

FAMILY SERVICE at 7:00 p.m.

March 6

Songs, prayers, and a terrific story.

KABBALAT SHABBAT at 6:00 p.m.

March 13

Veggies & snacks at 5:30 p.m.

CANTOR LEVSON & SPECIAL MUSIC SERVICE at 8:00 p.m.

March 20

The Cantor and our Adult Choir will fill this evening's service with the musical creations of Cantor Charles Davidson in a "Sephardic" style. Men of Sinai will also be presenting the Rabbi Snyder Award to Mel Chafetz.

SCHOLAR IN RESIDENCE SHABBAT at 6:00 p.m.

March 27

See Pages One & Three for details.



SYNAPLEX SHABBAT

☆ A New Way to Experience Friday Evening ☆
Friday, March 27, 2009

Like a multi-screen theater, Sinai presents a variety of settings for a terrific Friday evening. Stretching, wine tasting, laughter, food, prayer, and serious learning will give everyone his or her own way to be at home in the Temple. Adults, teenagers, and children are all invited!!!

5:30 p.m. Wine, cheese, and veggies

6:00 p.m. YOU CHOOSE...

- Tai Chi - Stretch your way into the seventh day. (Beginners are welcome.)
- Wine Tasting - Prepare for Shabbat and Passover with a variety of wines. (Real tasting! Bring your best palette!)

A creative Shabbat Service (On this weekend exploring the American Jewish experience, imagine what Abe Lincoln might have heard in Temple down the street from the White House. PLUS options for children and teenagers

7:00 p.m. All of us together for the candle lighting, Kiddush, and motsi
Followed by Shabbat Dinner with seating for adults, children, and our youth group.

7:45 p.m. YOU CHOOSE...

- For Adults - Professor Gary Zola, our weekend scholar in residence, will use a variety of media for his first presentation entitled "Great Voices, Civil Rights, and American Reform Judaism."
- For Kids - The return of last year's memorable After Dinner Theater - "You Create It; You're the Star."
- For our Youth Group - Activities of all sorts

9:00 p.m. Back together for **DESSERTS and COFFEE**

★ Dinner reservations please (Deadline March 18. We've only got room for the first 150 people) ★

Name(s) _____ Phone # _____

Adults _____ (\$10.00 each) # Children _____ (Ages 12-18 \$5.00 each/Under 12 Free)
(Even for children under 12, we must know the # who will be coming.)

Total enclosed \$ _____

Please send your check to Sinai Temple, 1100 Dickinson Street, Springfield, MA 0118



**A Pirate Purim
Monday, March 9
Starting at 6 p.m.**



**You're invited to bring yourself
and all your friends to the Megillah Reading.
Dress like a pirate. Wear a costume.
Homemade Hamantaschen.
Dinner (after the Megillah) served by the Men of Sinai.
If you miss this event, you'll be walkin' the plank!**

No noisemakers at the Megillah Reading unless you bring them!!!!
Help stamp out Haman's name and help stamp out hunger at the same time!
Bring a box of Macaroni and Cheese to the Megillah Reading.
We will shake the noodles as our noisemakers. Then, donate the food to the Open Pantry.

**Mmmmm Food!!!
Let's bake hamantaschen**

If you would like to help bake hamantaschen, it's time to warm up the Temple oven!

It's called the MITZVAH OF MISHLOACH MANOT - THE SENDING OF FOOD!

This year we're going to fulfill the mitzvah of Mishloach Manot* by preparing food baskets for our Alumni (Sinai young adults ages 18 to 30) plus new Temple members. We'll also be baking enough hamantaschen for the entire Religious School.

For information, recipes, questions, and if you're free to package the goodies, please call Robin Blanchette-Gage at Sinai...736-3619, ext. 10.

P.S. No experience is needed! Just good spirits

P.P.S. Mishloach Manot means "the sending of portions (of food)." It's a Purim custom to share small gifts of food with friends and family.

**Community Purim Carnival:
Sunday March 8 from 12:30-3:00
At the JCC!!!**

Much fun. Games. Prizes. FOOD

**PASSOVER 2009
PASSOVER BEGINS WEDNESDAY
EVENING, APRIL 8.
PASSOVER ENDS AT SUNDOWN,
WEDNESDAY, APRIL 15.
COME PRAY...COME FILL
THE SANCTUARY PASSOVER MORNING
Thursday, April 9 at 10:30 a.m.
(Luncheon to follow.)**

This grand service will include special holiday music and an extra opportunity to explore the appeal of our great spring festival.

**YIZKOR AND CONCLUDING SERVICE
Wednesday, April 15 at 10:30 a.m.**

We dedicate new plaques on our yahrzeit board and bid farewell to Passover. A luncheon follows the service.

Message from Sheila Shear, Director of Education

Shalom Chaverim,

We are well into the 2nd term of our Religious School calendar and I thought this would be a great time to catch you up on what has been happening in our Chugim activities. In addition to our regular curriculum, to be found in the Family Guide to Sinai Temple, all classes are engaging in alternative learning activities. Kindergarten continues to have StoryTime with Miss Gloria, while first and second grades are exploring Israel through Song and Dance with Mrs. Gibson. Third graders are splitting their time between Ivrit(Hebrew) with Mrs. Levson and Mrs. Kleiman and Shir Fun(we hope they will continue to join the Cantor in singing at our monthly Family Services), and fourth grade is enjoying Art with Mrs. Cohen. Our fifth graders are learning about drama and Hershel of Ostropol with Mrs. Zemanski-Coen and Mr. Chaet. We are looking forward to seeing their production of Money from a Table. The sixth graders have begun to examine prayers and blessings in preparation for their B’Nai Mitzvah and seventh graders are learning about Jews in Film with Mrs. Katz. We hope they are enjoying and learning in these wonderful classes.

Looking ahead to April, we will be having a K-5 joint Shabbat Dinner and Teacher Appreciation Night before our Service on Friday, April 3rd. Watch your mail, both email and snail, for more information.

L’Hitraot

.....
Can You Boil Water?
Good For You!!
But don’t!
Don’t even think about cooking on Friday,
April 3rd.
Starting at 6:00 p.m.
Bring yourself and your entire family to a
Pre Passover Shabbat Dinner.
No Chicken, not this time.
Spaghetti, meatballs, and salad
And of course challah.
All for a great price
(But seriously, here is a chance for all of us to
be together the weekend before Passover).
A Shabbat Service, with a splendid story,
magical music and a chance to honor and
thank all of our teachers, will follow dinner.
RSVP required.
Details will follow shortly.
.....

S T M I H

Sinai Teens Make It Happen!

We did make it happen

On January 31 -We brought back the Ski Trip .Jillian Bertuzzi,Julia Brenker ,Moriah Brockway,Alex Moskovitz and Kyle Thomas braved the absolute weather conditions at Jiminy Peak and had an awesome time

“It is cold but the skiing is great”

“We are having a fun time”

“I cannot wait till next year”

Thanks to Kevin Brenker for being the Ski Chaperone while yours truly was the lodge chaperone.

S T M I H Again

On February 7 SPFTY took the Penguin Plunge to raise money for Amelia Park’s Children Museum in Westfield. We gathered at Sinai to participate in the Family Shabbat Morning Service. We then rode to Westfield to swim in some verrrry cold water .Thanks to Moriah Brockway , Sarah Chaet and guest, Margo Chanin, Harry Miller, Matt Breslau for their bravery. Sarah Breslau and Hallie Goldstein watched and promised to try next year. Huge thanks to the Chanin , Miller and Chaet families for their spirit and moral support .Please go to Masslive .com ,click on Penguin Plunge for exciting photos.

S T M I H Again

February 27. With leadership from Rabbi Shapiro and Cantor Levson, SPFTY led the Shabbat Service .We then invited the congregation to see our newly renovated Teen Lounge.

S T M I H At Purim we will Make It Happen with Mac n Cheese boxes to distribute as greggers and to donate to Food Bank.

On Friday, March 20 - Mazel Tov to Mel Chafetz. Mel is this year’s recipient of the Annual Snyder award sponsored by Men of Sinai. We will Make It Happen by serving at the dinner and celebrating with Mel as he receives this well deserved honor.

Sooo as you can see SPFTY has Made it Happen and will continue to!
Please Join us !!

Welcome to Sinai!

We’re so glad you decided to join Sinai Temple in the past month.

Laura Broad

**You're Invited to Israel
July 5 – 17, 2009
(Reservations due now!!)**

Dear Friends –

The deadline for holding your plane ticket is here!

So...please let me know you want to go to Israel this summer.

Adult participants on the trip are eligible for a \$1,000 travel grant from the Harold Grinspoon Foundation. Teenagers (starting at age 13) can also receive grants reducing the cost of our trip.

A detailed itinerary is on our website. www.sinai-temple.org

Shalom,

Rabbi Mark Shapiro

To register, call Ayelet in Albany. (800) 237-1517

Flourishing as Jewish Women

A Special Shabbat Morning with Rabbi Sheila Peltz Weinberg

Finding the Esther in Each of Us: Building a Strong Woman for Today

Saturday, March 7 starting at 9 a.m.

A Special Sunday Morning with Deliah Rosel

Opening to Life Through Movement: A Jewish Approach to Healing

Sunday, March 8 starting at 9:15 a.m.

The Women's Weekend has been made possible by Leah and Gerald Gottlieb.

Personal Torah

Saturday mornings at 9 a.m.

Texts from our tradition that speak to us personally. What keeps you up at night? What gives you joy? This is the focus of PERSONAL TORAH on Shabbat mornings.

**Sinai Temple Adult Volunteer Choir
Rehearsals on Wednesday evenings at
7:30 P.M.**

March 4, 11, 18

Preparing for a performance of Charles Davidson's Libi B'mizrach (Sephardic Service) on Friday, March 20.

**Monthly Morning Service
Wednesday, March 4
at 7:30 a.m.**

First Thursdays (mostly):

Lunch and Learn

Thursday, March 5

12:00 – 1:15 p.m.

Especially for Women:

A Woman's View of Torah

Sundays, March 22 & 29

9:30 to 10:30 a.m.

Taught by Sheri Levson

Our Reform movement published the first-ever Torah Commentary written entirely by women this past year. The text contains interpretations by women from across the Jewish world. Now is your chance to join the women's conversation.

No prior knowledge is necessary. We'll meet in one of the school classrooms led by Sheri Levson. Sheri is studying towards a Masters in Jewish Education at Hebrew College in Newton. She has taught secular and Judaic studies, Hebrew, and theatre for 20 years.

Abraham Lincoln comes to Sinai:

March 27 to March 29

Dr. Gary Zola, Director of the American Jewish Archives in Cincinnati, is a leading scholar on Lincoln and the Jews. Zola will be Sinai's Scholar in Residence next month. See Page One for more details.

Rod Blagojevich at Sinai

Monday, March 9

11:59 p.m.

Former Governor Rod Blagojevich will be making a one-time appearance in the Pioneer Valley. Mr. Blagojevich's Purim lecture will focus on transitions in government. He holds a graduate degree in political science from Shushan University. Limited seating. Reservations must be made in advance at 736-3619, extension 613.

**Cantor Martin Levson
and the Sinai Temple Adult Volunteer Choir
present
Cantor Charles Davidson's
Libi B'mizrach
Sephardic Service for the Sabbath
Featuring piano, flute, and tof (Israeli drum)
Friday, March 20, 8:00 P.M.**

**When a Jew and a Non-Jew are Married:
Conversations For Mixed Married Couples
Wednesday, March 18 & Tuesday, April 7
7:30 to 9:00 p.m.**

Have you got questions? Have you learned strategies you might want to share with others? Would you simply like to talk about the setting in which a Jew and non-Jew are married and members of Sinai Temple? Peter Zimmer, a former Vice President of Sinai and a skilled-group facilitator, is leading a series of discussions for Sinai. You may come to only one session or more.

Please RSVP to the Temple office so that we know you are coming. For questions, you can contact Peter through the Temple office.

**The Sinai Community Caring Fund
Created During This Time of Economic
Distress**

Thank you to those congregants who have helped create this new resource for our Temple community. If you are unemployed or on the verge of economic meltdown, this fund is here for you and grocery money. Contact the Rabbi and funds will be made available confidentially. If you would like to make a donation to this fund, please send your check to the Temple office.

**Build a Legacy for the Future:
Sinai's "Legacy Society" is Open to All**

Planned Giving is an opportunity for you to give to Sinai Temple while protecting your own or your family's financial security. The most common form of Planned Giving is to include Sinai Temple in your will or estate trust. Other forms of Planned Giving allow you to contribute to the health and vitality of the Temple while benefiting from tax savings, asset management, and even supplemental retirement income.

Please let us know if you have included Sinai Temple in your estate or if you would like more information on options for Planned Giving to Sinai. You can call Rabbi Shapiro and begin the conversation any time! We hope to hear from you. It would be an honor to have you join Sinai Temple's "Legacy Society."

Pioneer Valley Jewish Film Festival

Blessed is the Match: The Life and Death of Hannah Senesh

Nominated for an Academy Award.
Wednesday, March 25 at 12:30 pm
Springfield JCC

The First Time I Was 20

It's the 1960s, and sixteen-year-old Hannah (Marilou Berry) is the ugly duckling of her affectionate, yet stifling family but she's also the smartest.
Wednesday, March 25 film at 7:30 PM and reception beginning at 6:30PM.

Showcase Cinema in West Springfield

Bridge Over the Wadi

For the first time in Israel, a group of Arab and Jewish parents decide to establish a bi-national, bi-lingual grade school in the Wadi Ara village.

Thursday, April 2 at 7:00 pm at the Springfield JCC

The Secrets (Ha—Sodot)

From Israel's top director Avi Nesher comes the story of Naomi, the pious daughter of an ultra-orthodox rabbi who journeys into the forbidden at a women's religious seminary.

Thursday March 18 at 7:00 PM.
Baypath College in Longmeadow.

**You're Invited to a Wedding Event!
Friday, April 17**

At the 6 p.m. Shabbat Service Sinai Temple's Caring Community happily invites you to a ceremony celebrating your special wedding anniversary in 2009!

If you were married in 2009, 2004, 1999, 1994, 1989, 1984, 1979, 1974 etc., please join Rabbi Shapiro and Cantor Levson On Friday, April 17 at 6 p.m.

RSVP to Robin Blanchette Gage, Rabbi's Assistant, 736-3619, ext. 10

**Mitzvah Day
Sunday, May 3
From 9 a.m. to Noon**

One day to make a difference in the community. Our Mitzvah Day Committee has begun planning for a giant day of social justice, social service projects. Adults, kids, families. Everyone and anyone will be able to participate in: a tzedakah bike ride, food collection for Open Pantry, a tzedakah car wash, outreach to our troops at war, spring cleaning for shut-ins, Forest Park Zoo events, outreach to Shriner's Hospital plus many other projects.

Men of Sinai

Our February Breakfast was very well attended and everyone had a fun time. Ernie Blake's & Fred Richton's talk on services for veterans with vision difficulties, and their own experiences at two sites, was very informative and the questions kept coming.

We have rescheduled the Sweetheart Ball to avoid conflicts with school vacations and Jewish holidays. Please check your calendars and join us on May 2nd for our major social event of the year. Details are basically the same with meat or chicken, plus a great DJ. A fine night for community and a nice way to spend it with your friends (even non-Sinai friends). We worked hard to keep the price low, only \$25 per person. 7 p.m. for Hors D'oeuvres, Dinner and Dancing starting at 7:30 until 11p.m. Call the temple office at 413.736.3619 or email our Secretary, David Amster at thevideoguy@cox.net. Specify if you want chicken or meat. Please join us.

We asked for nominations and a number of you responded. As you have read elsewhere, the committee has chosen Mel Chafetz as our Snyder Award recipient for 2009/5769. I hope you will join me in congratulating Mel and plan to come to the March 20th dinner in his honor and the special Erev Shabbat service following. Dinner will be a roast chicken with all the trimmings for only \$10 per person. Please make your reservations with the temple office at 413.736.3619 or email our Secretary, David Amster at thevideoguy@cox.net

Calendar:

March 1 - Breakfast 9 a.m.—11 a.m. Our speaker will be John Sheirer, Professor of English and Communications; Chair, Department of Arts, Theater, and Communication; at Asnuntuck Community College, Enfield CT. Professor Sheirer will speak on his books: *Growing Up Mostly Normal in the Middle of Nowhere*, (about the unlikely connections between his youth growing up on a small farm and his adulthood as a writer and college professor) and *Loop Year: 365 Days on the Trail*, a memoir of his experience hiking the same two-mile nature trail every day for a year. This should be an interesting session and is rescheduled after our January breakfast was snowed out. Charge: \$5 per person.

March 3 - Board Meeting 7 p.m. Food, 7:30 Meeting

March 9 - Purim—Serve hot dogs and hamenstaschen. Please join us to help serve following the Spiel.

March 20 - Snyder Award Dinner (6:30 p.m.) and Shabbat Service (8 p.m.)

As always, you have an open invitation to please come join us and have fun, perhaps work a little, and get to network with other men of the congregation.

Scott M. Sherman, President

MEN OF SINAI

(formally Sinai Temple Brotherhood)

president@menofsinai.org

Notes from the CantAAAAR!

Q: When does a Jewish Pirate boy become a man?

A: When he becomes a BAAAAAAR-Mitzvah!

Be Happy! It's AdARRRRR! And that means it's time for Purim, and this year, it will be... Pirate Purim! Imagine the Purim story set in the Spanish Main in the late 17th century! Will brave Pirate Captain MARRRRRdechai and Pirate Wench EsthARRRRRR save Governor Achashverosh and the Jewish Pirates of Shushan Island from the evil plans of... Lord Haman? Find out on Monday evening, MARRRRRch 9, at 6:00! And be sure to wear your pirate costumes, mates!

On a (slightly) more serious note, on Friday, March 20, it will be my great privilege to present selections from Cantor Charles Davidson's Sephardic Service, Libi B'mizrach. The Adult Volunteer Choir has been rehearsing since early February, and we invite you to come and hear these delightful settings of the Friday night liturgy. The accompaniment for this evening will include piano, flute, and tof (Israeli drum). It promised to be a wonderful musical evening!

Finally, a few words about "Shir Fun!" the Sinai Temple Junior Choir. I received this e-mail from Gloria Wald, and I am reprinting it here with her permission and blessing.

"Just wanted to let you know how much Hannah is enjoying Shir Fun. She sings Hebrew/Jewish songs in the shower, while she is getting dressed, and many times when she is just floating around the house. Now that she is learning Hebrew on Tuesdays she is asking me to show her where we are in the siddur and is trying to follow along. Her zaide (who went to shul in CT 7 days a week until his death) would be so proud. Thanks for all you do!"

That's what it's all about, folks!

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

– CantARRRRRR MAAAAAARtin Levson

"Food of the Month"

Powdered Baby Formula for March

Hunger presents an ongoing crisis in the Pioneer Valley. More people are turning to community pantries for more food every single month. This year we invite every congregant to bring a "food of the month" to the Open Pantry box outside the lobby.

We are collecting the following foods:

March Powdered Baby formula

For April, May, and June, watch this space.

They're hungry - very hungry. Please bring the "food of the month" to the Temple.

Rabbi's Discretionary Fund

- In memory of Frances Schaffer from Fay P. Ehrlich; June Schreyer; Fredi and Ben Rosenthal.
- In honor of Libby and Josh Dolmans wedding from Nancy Aronson.
- In memory of Nate Fox from Eileen Fox.

In appreciation for the care and support of Rabbi Shapiro during the loss of Sy from Helen Weiner, Nancy Weiner, Sharyn Breslau, Lisa Goldman and Grandchildren.

Lakachat Shabbat—To Take a Day Off

By Janet Wishner (Wishner is a member of Congregation Albert, Albuquerque, NM and a member of the Union for Reform Judaism's national Board.)

We did not observe Shabbat at home when I was young. I found worship services at my synagogue boring and uninspiring. But in junior high and high school, I discovered youth group, "creative" services, and music. And we began lighting candles and saying the blessings in my home on Friday night.

The most engaged Shabbat experiences in my life were at camp - Olin Sang Ruby Institute in Oconomowoc, Wisconsin. When I went to Israel to live on a secular Kibbutz for several months, I was stunned to hear Israelis use the phrase "Lakachat Shabbat" - literally to "take" a Sabbath - to describe a day off from work in the middle of the week. Even at age 17, I knew that Shabbat means more than a day off from work.

My Shabbat observance has changed as my life circumstances have changed. But even when I've done things regularly, it has never been every single week. When we were first married, my husband and I did blessings on Friday night - even if it was before going out to eat. Later, our children became the focus of our observance through a mix of activities: monthly family services, Friday night blessings and dinner at home, and Saturday morning French toast from challah. Now, my favorite thing is Shabbat morning worship in our chapel - for me it is a return to the engagement with liturgy and music that originally inspired me decades ago.

As a woman and a mother, I've struggled with the traditional role of the woman on Shabbat. I would love to smell chicken soup in our home, and have a beautifully set table every Friday night, but I want someone else to prepare it. On Friday evening, I am exhausted and want to have someone else cook or I feel like relaxing and watching a movie. Giving myself permission not to fulfill the traditional woman's role in creating Shabbat space on Friday evening has been hard.

For the first time in my overly busy life as Rob and I approach life in our empty nest, I think about what true rest and spiritual renewal mean. I am not rigid or hard on myself. But at this stage in my life, I see Shabbat as a gift that God has commanded us to give to ourselves: a gift, not a duty; an opportunity, not an obligation.

Sinai Temple Wish List: Are You Interested?

We need to replace many of our folding chairs. They are wobbling and telling us they need to go to chair "heaven." Cost - Approximately \$3,000

Our sound system (the microphones and speakers that let you hear the Rabbi and Cantor) often lets us down. We can "sound" better with your help. Cost - Approximately \$18,000

Please contact Karen Sprenkle in our Temple office (736-3619) if you would like to know more about these projects or others that can continue to bring new life to our congregation.

Sinai Temple

BULLETIN



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<http://www.sinai-temple.org>

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