

Sinai Temple Bulletin



Take Back Your Time: Rediscover Shabbat

For Your Consideration Rabbi Mark Dov Shapiro

May I confess something?

I am concerned about the results of our God survey. It is possible that we'll discover great reservoirs of faith. Perhaps we are all more spiritual than we expected. On the other hand, it is possible that we'll discover much less. Then what?

By the time you read this article, over 300 congregants will have completed our God survey. Would you care to guess what the results will be? What would you hope the results are?

I mean what would be "good" results? That we are all believers, all doubters, or all concerned about God?

Of late, I've been asking myself what "good" results would be? What kind of results would please me?

I must confess that it would be pleasing to learn many of us do "believe." But what if only 50% or 25% believe? Is it "good" or "bad" if a lot of us feel spiritual or if very few of us even care about matters of faith?

These are tricky questions, and we will soon know more about the condition of our belief than we have ever known.

I hope you'll want to help analyze the initial data on Wednesday, November 2 at 7:30 p.m. (It should be fascinating to see the raw numbers on a computer screen.) More important will be your attendance on Saturday morning, November 19. Then we'll see the fancy final charts that will really show us who we are.

At minimum, here's my real hope. For me, a "good" result would be that lots of Sinai members want to talk about the survey. Believers or not, we will have accomplished a great deal if we are interested in talking about faith. Jews are meant to "wrestle" with God. As long as we are doing that, we are learning and growing.

We'll talk more on November 2 and 19. I am sure you won't miss the opportunity.

For schedule of Saturday Morning Torah Study, Shabbat Services and B'nai Mitzvah, see page 7.

Please note – This bulletin is an eight week bulletin – covering November AND December 2011.

Friday Evenings in November

**Service with a Story at 7:00 p.m.
November 4**

It may look like a Family Service, but it's more than that. It's a "family friendly" service aimed at all age groups.

**Kabbalat Shabbat (Honoring Veteran's Day) at 6 p.m.
November 11**

In honor of Veteran's Day, we host Springfield's Jewish War Veterans. Temple member, Martin Lesser, will speak about his deployment to Iraq. Dinner follows. For dinner arrangements, see page 3.

**Tot Shabbat at 6 p.m.
November 18**

An early service for little people - followed by dinner.

**Service with a Band at 7:30 p.m.
November 18**

Extra musical forces to enhance our service.

Sacred Chant November 25 at 7 p.m.

On November 25, Cantor Levson will lead a half hour service of chanting & meditation to precede the congregational service at 7:30 p.m.

**Service with the Torah at 7:30 p.m.
November 25**

Look at the weekly Torah portion. Rabbi will teach.

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Friday Evenings in December

**Service with a Story at 7 p.m.
December 2**

Almost winter. Time for a story and the warmth of Shabbat candles

**Kabbalat Shabbat at 6 p.m.
December 9**

Veggies available at 5:30 p.m. Dinner follows. See page 3.

**Service without a Band at 7:30 p.m.
December 16**

Something different helps us welcome Shabbat

**Chanukah Service, Dinner, and Program at 6 p.m.
December 23**

Bring your Chanukah (menorah) with 5 candles. Dinner follows. Reservations required. See page 7.

**A "Holiday" Friday at 6 p.m.
December 31**

Special food, songs (!), and tales for the season.

A Message from President Jeff Cossin

My Friends,

I want to thank you for the support and encouragement that I received concerning my Rosh Hashanah remarks. The theme was that of Community, the glue that will strengthen our Temple and inspire our members to be part of a Sacred Community with Sacred Purpose. I want to thank all of the Greeters and Ushers who worked so diligently to reach out to all of us, to welcome us and make us feel comfortable during the High Holidays.

It is very important, however, for our members individually to reach out to those people they do not know, welcome them and involve them in our conversations. Be sure that EVERYONE in the Oneg Shabbat Room feels comfortable. Parashat Vayera Genesis 18 will be read on the weekend of November 11. It is the one in which Abraham and Sarah welcome the three strangers into their tent. It should be OUR inspiration to do the same at Sinai.

I heard from several of our congregants that the NAMETAG idea I presented was a good one. I am now asking all of you who believe in this to let me know if you will be on an ad hoc subcommittee to help the Membership Committee operationalize this goal. Please call me at 567-7320 or email me at PHOhead@aol.com. I promise that this will be a short assignment with a very important goal.

The Chavurah Program is UP and RUNNING with at least FORTY members already engaged! Join this community by contacting heathsuesullivan@gmail.com or the Sinai Office at 736-3619 ext 13.

Are any of you intrigued by the environmental ideas I presented on Rosh Hashanah (Solar panels and Permaculture)? Do you have other ideas which we could investigate? Please call me at 567-7320 or email me at PHOhead@aol.com.

Our Sinai Facebook is LIVE at www.Facebook.com/SinaiTemple or via our Sinai Temple web site! Just click on the "Like us on Facebook" link. It is a work in progress and I want to thank Shari Cooper, Joel Solomon, and Bryan Kantor for all of their hard work and Howard Kalodner, our Webmaster, for his work on the web site. It is amazing how quickly this was accomplished!

Our New Member Welcoming Social will be on Saturday, November 5, from 4- 5:30 PM. Invitations are in the mail. Please RSVP by calling the Temple Office at 736-3619 as soon as possible.

L'Shalom
Jeff Cossin



Sinai Temple went "hiking" during Sukkot 2011. Here are photos from the hike that was a service. Hope you can join the group on Saturday, December 10.

Top photograph, from left to right....Ken Lenchitz, Jay Mustain, Laurie Weinberg, Sandy Lotterman, Ann Jacobs, Paul Jacobs

Bottom photograph from left to right....Samantha Mustain, Sophie Levenson, Melanie Levenson

A Walk in the Woods: An Outdoor Shabbat Service Saturday, December 10

10:30 to Noon

We're going back outside for services! Following on our successful Outdoor Sukkot

Service, we're going back to Forest Park in December. Rain, snow, or cool winds, the Rabbi and Cantor will join naturalist, Juanita Martinez, for a fabulous hour of hiking and exploration followed by lunch back at the Temple.

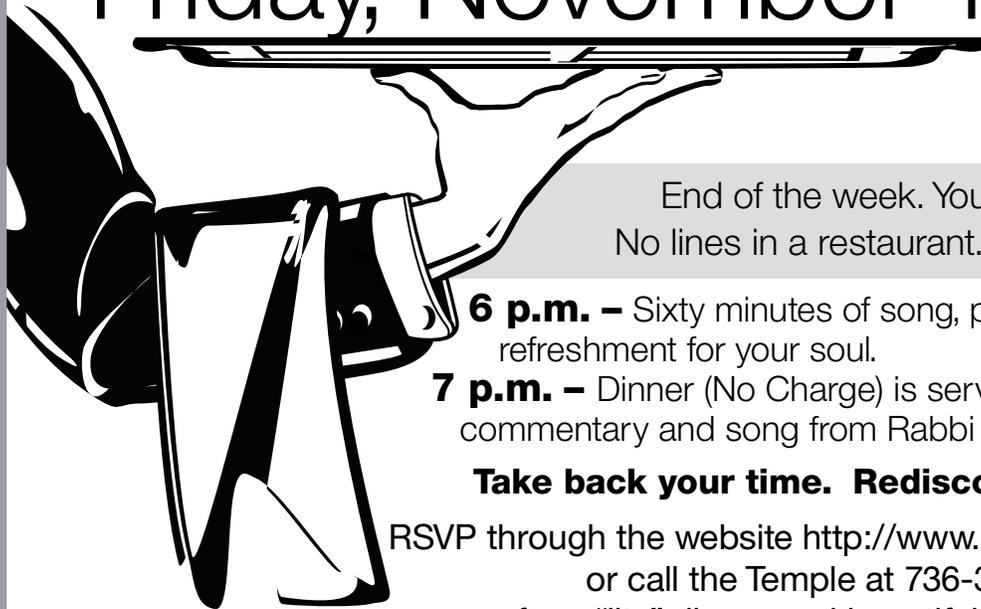
Welcome to New Members:

- Sheri and Michael DelGallo and their children Parker and Chloe.
- Nancy and Michael Delson and their children Matthew and Sean.
- Barbara and Eric Ezer and their children Jared, Rebecca and Samantha.
- Amy and Greg Halpern and their children Avery, Ella, Ethan and Owen.
- Sonin Kwon and Eyal Markman and their children Sol and Gil.
- Jean and Cary Rubman.
- Amy Rubman.

Dinner's the Deal

Friday, November 11

**That's right!
Dinner's the Deal
Friday, November 11.**



End of the week. You don't have to cook.
No lines in a restaurant. Come to Sinai instead.

6 p.m. – Sixty minutes of song, prayer, and refreshment for your soul.

7 p.m. – Dinner (No Charge) is served, accompanied by commentary and song from Rabbi Shapiro and Cantor Levson.

Take back your time. Rediscover Shabbat.

RSVP through the website <http://www.sinai-temple.org/>

or call the Temple at 736-3619

for a "lite" dinner and beautiful evening.

The Next Evening for "Dinner's the Deal" Friday, December 9.

You are cordially invited to

A Social Hour

with hors d'oeuvres & wine

And Havdalah

Celebrating our New Members 2009 thru 2011

Saturday, November 5, 2011

4:00 - 5:30 pm

In the Temple's Oneg Shabbat Room

An activity for preschoolers will be available

Please RSVP through the Temple Office

Robin: 413-736-3619, extension 10

**You are invited to see, share, and consider
the results of our Sinai Temple God Survey
Saturday, November 19 from 10:30 a.m. to noon**

Over 300 congregants spoke their minds.

Come see what they said.

Come see how your ideas are a part of the conversation!

Adult Opportunities

Where You Left Me:

A Memoir and Book Event

Tuesday, November 1 at 7:30 p.m. at the JCC

Sinai Temple is co-sponsoring this important event to launch the Jewish Book Fair. *Where You Left Me* is a memoir of 9/11 and its aftermath written by Jennifer Gardner Trulson, daughter of our Temple members, Ed and Linda Radding.

Monthly Morning Services

Wednesdays, November 2 & December 7
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, January 4, February 1, March 7, April 4, May 2, June 6.

Sinai Book Club

Wednesday, November 16 at 7:00 p.m.

Our next book is "Mr. Rosenblum Dreams in English" by Natasha Solomons. It comes highly recommended by one of our members and presents another side of the Holocaust: refugees who land in England and struggle to deal with the life they lost and the life they are trying to create. We meet Wednesday, November 16 at 7:00 p.m. Questions and suggestions...e-mail Laurie Weinberg sagecitrus@aol.com

A Shabbat Service at Glenmeadow

Friday, November 18 at 6 p.m.

As the weather gets a bit more challenging, we were thinking it might be nice to bring Sinai to Glenmeadow. The Rabbi and Cantor will lead a Shabbat Service for our Glenmeadow members and their friends on November 18. You are invited to be there.

TGIT

Thank God, It's Torah!

Come Learn Every Saturday at 9 a.m.

Exercise your brain. Enjoy the bagels. If you want to touch base with Judaism's basics, Torah Study is for you. Come once or come occasionally. Newcomers welcome. No prior knowledge necessary.

Saturday Morning Services

Every Saturday morning

At 10:30 a.m.

We have a regular weekly Shabbat morning service. Even when there isn't a Bar/Bat Mitzvah, there is a Saturday morning service (complete with the Yahrzeit list) every Saturday starting at 10:30 a.m..

What Time are Services at Sinai Temple?

A New Answer to an Old Question

Change is on the Way

Here's the truth: Although some people can keep track of our varying service times on Friday evenings, many remain confused. Is it 6 or 7 or 7:30 p.m. and which night is which? In response to many requests, the Ritual Committee and the Board discussed and voted on changing our services starting in February 2012.

Starting this February, Friday evening services will take place at only two times: either 6 p.m. or 7:30 p.m.

Starting this February, our Kabbalat Shabbat service will move to the first Friday of the month. Kabbalat Shabbat will start at 6 p.m. All other Friday evening services will start at the same time, which will be 7:30 p.m.

Let's try it. New times. Hopefully, simpler too. 6 p.m. and then 7:30 p.m. for the rest of the month.

Rabbi Shapiro's Sermons

If you would like to read or review any of the Rabbi's High Holiday sermons, please visit our website. www.sinai-temple.org The link for the sermons is under "Rabbi." Sermons and other writings from previous years are all found under that link.

Are you receiving our weekly e-mail updates?

Lots is happening in our community. Especially because we've reduced the frequency of our snail mail Temple bulletin, our E-vents is the best way to know what Sinai is about from week to week. If we don't have your e-mail, you're missing out. It would be even better in households with two adults for the office to have both adults' e-mails. Thank you.

Send your information to Robin, the Rabbi's Assistant. rblanchettegage@sinai-temple.org

Ten Minutes of Torah
From our Reform Movement
The Union for Reform Judaism

Study that Matches Your Lifestyle – Sign up at www.urj.org/ten for a brief daily teaching or reflection. Each day has a different theme:

Monday – Reform Ideas about the Weekly Torah Portion

Tuesday – The Rhythm of Jewish Time
(Insights on the holidays and the Jewish calendar.)

Wednesday – Israel Connections

Thursdays – Delving into the Prayer Book
(Step by step introduction to how our prayers came to be!!!)

Friday – Jewish World and Social Action

E - Study
Torah on the Web:

- www.urj.org/torah - An excellent commentary on the Torah portion.
- www.urj.org/shabbat - The Reform Movement's weekly commentary designed to inspire discussions at your Shabbat table.
- www.urj.org/torah/ten - 10 Minutes of Torah – Receive weekly emails of Torah commentary and reflections on current events (see above).
- www.myjewishlearning.com – Resource on everything from holidays to mysticism.

Men of Sinai Meetings are the first Tuesday each month Next meetings are Nov 1st and December 6th

Men of Sinai has a monthly board meeting on the 1st Tuesday of the month at 7:00 PM in the Library. All meetings are open to the public and Pot Luck dinner is shared before each meeting. If interested, contact Buff Maniscalco jodiman@comcast.net to RSVP.

JUDAICA SHOP CORNER

Coming soon: Chanukah!!!! Your shop is brimming over with menorahs, candles, toys, gifts and MORE, MORE, MORE.

Come and browse to get ideas. We'll have more days open and longer hours from mid-Nov through December. Our flyer with all information will follow.

Thais Fischel 786-9577
Current hours: Tues. 2-4:30
Sun. 9-12.30

Message from Men of Sinai
President Jack Henrie

October events. MOS was honored to host an event celebrating Sinai's 80th anniversary this year. Following our breakfast, we were fortunate to be treated to perspectives and insights on Sinai's history from our speakers Liz Leshine, Fran Scheckter, and Jeff Cossin. That was followed by an amazing set of comments from many of the 40+ congregants who attended. It was a great way to commemorate Sinai's 80th anniversary! Watch for it on Sinai Temple's website www.sinai-temple.org. Jeff observed that this will lay a great foundation in preparation for Sinai's 100th anniversary. Many thanks to the speakers, participants, the MOS breakfast crew, Angel, and to Howard Kalodner who videotaped the event for posterity.

MOS had a special men's night meeting with the Rabbi and viewed the movie Five Friends after which the Rabbi guided a very meaningful discussion of the movie.

On Sunday, November 13th the presentation following our breakfast will be on the ultimate mitzvah (please see sidebar). We have not confirmed our speaker for our breakfast on December 18th, but are hoping it might be Jeff Blumenfeld, author of You Want to Go Where?: How to Get Someone to Pay for the Trip of Your Dreams. Jeff has traveled to some of the most remote places on Earth and has organized unique and incredible global events.

MOS will be providing support for the Hanukah dinner and has two new events planned. On January 21, we will coordinate Havdalah and Hockey with Havdalah in the OS room, then car pool to a Springfield Falcons hockey game. We expect to have a wine and beer-tasting event in February--more on each of those events in the next bulletin.

I want to thank all of you who have already joined MOS this year and all those who have pitched in to help us in any way. If you have not yet joined, we would love to have you. We are looking forward to continuing an eventful year for MOS and supporting our Sinai community!!

Men of Sinai November Breakfast -
Nov 13th 9:30 a.m.

The Ultimate Mitzvah - Organ Donation

There is a growing debate within the Jewish community about the place of Organ Donation within Jewish Laws. Tradition has a skeptical view of organ donation, yet some rabbis, Orthodox and non-Orthodox alike, believe it may be mandatory. What is your opinion? Come hear what other congregants and our speaker have to say. Breakfast is served at 9:30 AM in the OS Room. Men of Sinai members are free, and guests are \$5 for the breakfast.

**Chanukah & Christmas:
Navigating the Holiday Season**

A Parenting Conversation

Featuring Author Anita Diamant

Sunday, December 4 at 9:30 a.m. at the JCC

The arrival of Chanukah and Christmas can be an exciting and stressful time in a family's life. Parents (and in-laws) may have different memories, experiences and expectations about the holidays. This event is an opportunity to reflect about what is important to you and what values you want to pass along to your children.

Anita Diamant is the author of 11 books, including the bestseller and award-winning novel, *The Red Tent*.

The morning will begin with refreshments at 9 a.m. followed by the presentation at 9:30 a.m. (Sinai parents will be free to pick up their children when Sunday School ends at 11:30 a.m.)

This event is sponsored by Try A Synagogue.

**Anticipating Chanukah :
Pajamas Make the Nights Warm
Through to December 11!**

Many Springfield children go to sleep without the warmth and cozy feeling of pajamas. We are joining up with the rest of the Jewish community to collect pajamas during the months of November and December.

Please purchase pajamas for children – either boys or girls – and bring them to Sinai during the next few weeks. Choose the size you wish. Imagine a child at 3 years of age or 10 years of age. Buy what you wish and get them to the Temple as soon as you can.

Pajamas make the night warm. Share the warmth of your heart with children in need.

**Chanukah Tzedakah: Ner Shel Tzedakah,
Friday, December 23**

Don't buy presents on December 23. On the FOURTH night of Chanukah, December 23, the Social Action Committee encourages families to donate the value of the gifts they would ordinarily exchange (or the gifts themselves) to local or national organizations assisting the poor. Let this be an evening for NER SHEL TZEDAKAH – THE LIGHT OF TZEDAKAH

You will find the Chanukah candle blessings on page 12 of this Bulletin.

Chanukah Questions and Answers

When is Chanukah?

Chanukah begins Tuesday night, December 20. The last candle is lit Tuesday night, December 27.

How do we observe Chanukah today?

Chanukah is almost entirely a time for celebration, although it can be more than that. This year, for example, how about implementing the “tradition” of Ner Shel Tzedakah, which means dedicating one “ner/candle/night” to tzedakah. Make Friday, December 23 different by giving gifts of tzedakah.

How do we prepare the candles when Chanukah arrives?

Place the candles in the chanukiah (Chanukah menorah) from right to left.

How many candles are used?

On the first night of Chanukah one light is kindled. On the following night, two lights and so on until on the eighth night, eight lights are kindled. This does not, of course, include the shammas which is the candle used every night to light the other candles of the day.

Where does the chanukiah go?

If possible the chanukiah should go near or at a window. In this way passersby can see the burning candles, which means according to Jewish tradition, that we have helped in the process of *Pirsum Ha-nais*—the Publicizing of the Chanukah Miracle and Story.

How do we light the candles?

Just after nightfall, say the blessings. The first two are said every night. The third is only said on the first night.

After the blessings light the candles by going from left to right so that the additional light of each night is kindled first.

Do we do anything different on Shabbat - Friday evening, December 23?

Yes. On that night we light the chanukiah first and after that Shabbat candles are lit. However, for a really good time, don't light candles at home. Bring yourself and your candles to Temple for a 6 pm. service followed by dinner and an amazing hands-on Chanukah event.

**The Green Menorah: A Commitment to
“Green” Chanukah**

When the Maccabees rededicated the Jerusalem Temple in 165 B.C.E., legend tells us that one days' worth of oil kept the Temple menorah going for eight days! What if the “miracle” of Chanukah led us to use less oil in our day? Can we help today's world conserve energy? Perhaps we can rethink all those bags in which we will carry Chanukah gifts and food? Please see page 7.

Chanukah – Two Great Sinai Temple Evenings

Light One Candle
Tuesday, December 20

6 to 7:30 p.m.

Our entire Religious School welcomes Chanukah.
From Kindergarten to Tenth Grade Confirmation.

This is an evening program for families.

Bring everyone.

Bring yourselves for dinner and activities
that will stretch your imagination and
truly light up the first night of Chanukah 2011.

Reservations are required.

\$10 per family

Light Four Candles
Friday, December 23

At 6 p.m., service with Chanukah menorah lighting
At 7 p.m., congregational dinner
with the biggest and best Chanukah program
ever offered in Massachusetts

For all ages.

For our whole community.

Reservations are required.

Thank you to Men of Sinai for preparing the meal.

\$5 per person or \$10 per family.

Saturday Mornings
Torah Study at 9:00 a.m.
Service at 10:30 a.m.

Mazal Tov to our B'nai Mitzvah

November 5 – Teah Garibian

Daughter of Dianna Goldberg and Kevin Garibian

November 26 – Sam Freedman

Son of Tricia and Michael Freedman

December 3 – Ben Sergentanis

Son of Andrea and Jason Sergentanis



**Rekindle Shabbat: For the REST of your
week! Sign Up Now**

Make it easy to bring the Shabbat tradition into your home – sign up for Rekindle Shabbat. The program offers 2 kosher catered dinners to share with others (Jan 20 and Mar 2), a Shabbat toolkit (candles, candlesticks, wine cup) for first year participants, and an e-newsletter with program updates, event announcements, and resources. The goal of Rekindle Shabbat is to help connect Jewish families and individuals in the local Jewish community while deepening one's understanding and enjoyment of the Shabbat experience.

Who can participate? Jewish and interfaith households living in the Pioneer Valley region with school-aged children ; couples & singles as space allows. No previous Jewish knowledge necessary. Two ways to join: Join with one or more households you already know OR ask us to match you with a buddy household in your area. Sign up at www.RekindleShabbat.org by November 15th and tell your friends! Free for first year participants and \$36 for returning households.

Rekindle Shabbat is a partnership of the Harold Grinspoon Foundation and the Jewish Federation of Western Massachusetts with the generous support of William and Lynn Fogle.

Paper and Plastic Bags Contribute to Global Warming

Paper bags have the highest global warming impact per bag compared to other types of bags. 70% more global warming gasses are emitted making a paper bag than a plastic bag, and 50 times more water pollution. In 1999, Americans used 10 billion paper shopping bags, consuming 14 million trees.

Plastic bags are made from petroleum that could be used in other ways. The 300 billion plastic bags that American throw away each year are made from millions of barrels of petroleum.

How about reusable bags?

Reusable bags reduce all these costs by a factor of hundreds. So...before you "bag" it this Chanukah, please **THINK GREEN.**

Message from Director of Education

Sheila Shear

Shalom Chaverim

As I write we have just begun a new year (may it be a good one for you and your families) and we are about to celebrate the completion the book of Divarim and the beginning of the book of Birrasheet reminding us that the study of Torah never ends. As we move through each year with our students we work hard to enrich their Jewish learning with bigger ideas and bigger questions. We try not to simply dictate information. In this technology age we would be foolish to think we could provide more information than Ms Google or Mr Firefox. What we do provide that neither Google, Firefox or any other search engine can not provide is the ruach (spirit) for learning, the love of Judaism and the development of community and sense of Jewish belonging that we hope our students find here. Jewish learning is best done in chavurot (with friends). We want your child to be part of the chavurah.

Family Learning Days

Parents please join your children for
Some Important Learning.

On November 6 at 9:00 a.m.

Our Theme Will Be

November 9, 1938: Exploration of the Holocaust
For Grades 5-7.

On November 20 at 9:00 a.m.

Our Theme Will Be

In The Beginning: Making Sense of Torah
For Grades K-4



Erev Sukkot - It was a wet event, but we decorated the sukkah with great spirit...and the arrival of an ice cream truck came as a sweet surprise. Pictured here...Abby Simon Plumb and Susanne Simon with their umbrella!

Fall STUFF

STUFF stands for Sinai Temple Under Five Families. Our events draw energetic crowds of the youngest members of our congregation and their families. STUFF celebrated the end of summer and early fall with events filled with singing, dancing, crafts, and holiday stories. In August, Cantor Bim Bam led a fresh-air service in Sinai's garden with a family picnic dinner and cupcake decorating Oneg. Our High Holiday services for families with children under seven were each enjoyed by over 50 young ones, parents, and grandparents. Everyone loved hearing the shofar blast! At STUFF's first Bagels & Blocks of 5772, the holidays of Sukkot and Simchat Torah were celebrated. We played a squirrel and tree game, sang songs and danced with Cantor Bim Bam, and marched with the torah. Each child made an edible sukkah and a festive flag.

We can't wait to see the youngest members of our community at upcoming STUFF events at Sinai:

Sunday, November 6th, 10:00 – 11:30 am - Shabbat-themed Bagels & Blocks

Friday, November 18th, 6:00 pm - Tot Shabbat with Dinner & Oneg

Sunday, December 11th, 10:00 – 11:30 am - Chanukah-themed Bagels & Blocks

If you are interested in receiving more information about STUFF happenings or if you would like to be part of the STUFF committee, please contact Melanie Courtemanche at mnkle17@gmail.com or Alisha Snow at alishasnow@yahoo.com. You do not need to be a current member of Sinai to attend STUFF events, so bring your friends!

Super Heroes and You!!

Fathers, Sons, Grandfathers!

You are invited to an evening for guys.

Wednesday, December 7

6 to 7:30 p.m.

We'll serve dinner and then talk and have a great conversation and some activities too...about super heroes and us.

This is a night for the guys.

Kids and their male grownups!

RSVP right away to rblanchettegaga@sinai-temple.org.

You can also call the secret phone number....736-3619, extension 10.

Today's Teens: Growing Towards Tomorrow Two Evenings Dedicated to Raising Strong, Healthy Families and Kids

Letting Go with Love and Confidence: Raising Responsible Self Sufficient Teens in the 21st Century

Monday, November 28 at 7:00 pm

At the Jewish Community Center

Registration is Free.

Author, Kenneth Ginsburg, will speak about his book, which offers practical advice on everyday challenging decisions and teaches parents how to talk about the tough stuff.

The Challenges of Parenting in a High Stress World: Strategies for Surviving and Thriving with your Teenager

Wednesday, January 25 at 7:00 pm

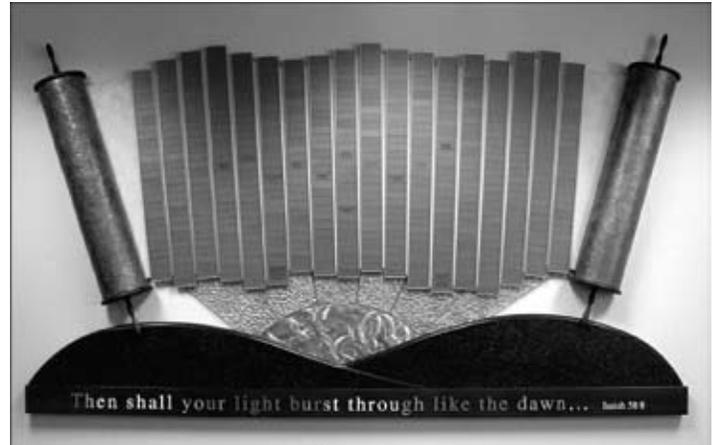
At the Jewish Community Center

Registration is Free.

Wendy Grolnick, Ph.D, is professor of psychology at Clark University. She is the mother of two girls and is also the author of two books. Pressured Parents, Stressed-Out Kids: Dealing with Competition while Raising a Successful Child and The Psychology of Parental Control: How Well Meaning Parenting Backfires.

These programs are a collaborative initiative of Sinai Temple, Springfield JCC, Jewish Family Service, and Temple Beth El.

Scroll of Life



The Scroll of Life is a work of art in the Oneg Shabbat Room. It was created by Presentations Gallery of New York. The Isaiah quote at the bottom of the Scroll was taken from the Yom Kippur Haftarah as an expression of hope.

The Scroll has space on it so that Sinai members can commemorate either joyous events or memorialize loved ones. Each contribution of a plaque on the Scroll will be used to enrich the life and strength of Sinai. The cost of each plaque is \$200. The inscription may be 3-4 lines with a maximum of 27 spaces per line.

For a Great Summer....Eisner, Crane Lake, Six Points, & Israel!

Young people entering grades 2-12, from Reform synagogues throughout the Northeast, are now being enrolled for the coming summer program at our regional URJ camps (Eisner Camp, Crane Lake Camp, and 6 Points Sports Academy) as well as the "NFTY in Israel" summer travel experience. Eisner and Crane Lake are located in the Berkshire mountains (Eisner in Great Barrington, MA and Crane Lake in West Stockbridge, MA), and 6 Points is in Greensboro, NC. Include your child (or grandchild!) in the excitement and friendship of a Reform Jewish summer camp. Give your teen the Israel experience of a lifetime!

A four-week session (two-weeks for 2nd and 3rd graders) provides an amazing, fun-filled and unique experience, during which campers participate in a full range of sports, arts, and Jewish programs, all offered within the creative, dynamic and caring atmosphere of a Reform Jewish community of young people, counselors and rabbis.

And then, there's Israel. The dream is real! Spend the summer in Israel with NFTY, the North American Federation of Temple Youth! Of course, you can go to Israel any summer you like, but why not go with your friends THIS summer!?

Contact the Eisner/Crane Lake office (212-650-4130, necamps.urjcamps.org), or 6 Points Sports Academy (561-208-1650, 6points.urjcamps.org) to find out more about this wonderfully enjoyable summer opportunity for your child or grandchild. Contact Rabbi Shapiro, Cantor Levson or Sheila Shear for additional information.

Scholarships for Free

If your son or daughter is planning to attend any kind of Jewish program this summer, please take advantage of the Temple scholarship program. Thanks to the Joseph Emanuel, Rabbi Herman Eliot and Adele Biederman Snyder Memorial Fund, scholarships are available in small and larger amounts. We are also thankful to the family of Edna Simon and Judy and Michael Cohen who support summer scholarships as well.

Your confidential request should go to Rabbi Shapiro no later than March 1.

Mazal Tov To:

Stanley and Candy Glazer on the birth of their new granddaughter, Scout Olympia Gebhardt, daughter of Laura and James Gebhardt. Scout is a new sister for Edgar and Marin.

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 August 8 to October 11, 2011:

- Estelle Bernstein, Ron Bernstein's mother
- Beatrice Granucci, Joan Lesser's mother.
- Iris Katz, Joan Katz's sister-in-law.
- Mark Sawala, Andrew Katz's husband. David Rome's brother-in-law.
- Shirley Mirkin, Fran Mirkin's mother.

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From One Boomer to Another Boomer: Should We Get Together At Sinai?

Beth Chafetz

Since retiring last year I have been thinking about what my age group (we Boomers) have to offer the world around us. I know for many, the idea of reinventing ourselves is an appealing thought, although for me, coming to terms with what that might be is slightly elusive. Synagogue has always been an important part of my family's life - both because of our kids and because of the different committees and jobs we have filled over our 25 years at Sinai. But with the kids grown and settled, and our world a little more relaxed and flexible than it used to be, Temple has become less of the draw that it used to be. Apparently this Boomer disconnect is a problem Conservative and Reform temples are having across the country, and that scares me.

It scares me because the health and welfare of the Jewish community is important. It scares me because we Boomers have so much to give in experience and knowledge, and many of us are looking for new ways to serve our communities. But, apparently, "it's harder to attract Jewish baby Boomers to Jewish community organizations than their parents or grandparents," because, according to an article on a website called JBoomers, "Our generation of Jews is the first that has the ability to look outside the Jewish community for volunteer opportunities." Many of us are just as likely to volunteer our time and expertise outside the scope of our Jewish lives.

There are websites that focus on these very issues. JBoomer and B3/The Jewish Boomer Platform are two. The ideas I found there are thought provoking. How do we keep our Boomer population engaged? Is it important? How can we make Sinai as open as possible for Boomers? Have you got some thoughts or ideas? I'd be glad to entertain them. As a member of the Temple Board, I'm hoping to organize a place at Sinai for Boomers. My email is 48oreo@cox.net and I'm looking for ideas to get "my people" (Boomers, that is) more invested in their Jewish lives and Sinai too.

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BLESSINGS FOR CHANUKAH

ברוך אתה, יי אלהינו, מלך העולם, אשר קדשנו במצותיו וצונו להדליק נר של חנוכה.

Blessed are You, Adonai our God, who has sanctified us with commandments and commanded us to light the Chanukah candles.

Baruch atah Adonai Eloheinu Melech ha-olam asher kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Chanukah.

ברוך אתה, יי אלהינו, מלך העולם, שעשה נסים לאבותינו בימים ההם בזמן הזה.

Blessed are You, Adonai our God, who performed great wonders for our ancestors in those days at this season.

Baruch atah Adonai Eloheinu Melech ha-olam, sheh-ah-sah nee-seem la-vo-tay-nu ba-ya-meem ha-haim baz-man ha-zeh.

ברוך אתה, יי אלהינו, מלך העולם, שהחיינו וקיימנו והגיענו לזמן הזה.

Blessed are You, Adonai our God, who has kept us alive, sustained us, and brought us to this time.

Baruch atah Adonai Eloheinu Melech ha-olam shehecheyanu ve-kee-ma-nu ve-hee-gee-ah-nu laz-man ha-zeh.