



Sinai Temple Bulletin

*Take Back Your Time:
Rediscover Shabbat*

October 2013
Tishri / Cheshvan 5774

Celebrating 25 Years Together: Rabbi Mark Dov Shapiro and Sinai Temple October 25-26, 2013

25 years has gone by since Sinai and Rabbi Shapiro began the connection that has meant so much to all of us. That is why we are coming together for a wonderful celebration. It's time to reminisce, reconnect, learn, and have a party.

Behind Closed Doors: What rabbis talk about when they think congregants aren't listening!

Shabbat Service – Friday, October 25 at 7:30 p.m.

Many of us first met Rabbi Shapiro in November 1988 at his first service. A gala service will launch the weekend featuring several of the Rabbi's friends in the rabbinate. The five rabbis will have an unscripted, open conversation about life in the rabbinate.

Speed Torah: What's your favorite bit of Torah in the whole wide world?

Shabbat Morning with Luncheon – Saturday, October 26 from 9 to 11 a.m.

This will be unlike anything we've ever done at Sinai. We start with what looks like a standard service, but then comes the fun. Our guest rabbis will each offer a ten minute presentation on their favorite text of Torah. It will be "speed" Torah. How much learning (and humor) can you fit into ten minutes? Lunch follows.

Gala Celebration – Saturday evening, October 26 at 7 p.m.

Our weekend culminates with a festive dinner and much more. With limited seating available, your prompt RSVP's is necessary.

For Your Consideration

Rabbi Mark Dov Shapiro

How shall we celebrate this month's anniversary weekend?

In the main, I think we deserve to have a party, and I am very much looking forward to that aspect of the October 25 – 26 event. I am thankful for the journey we have taken together, and I eagerly anticipate sharing wonderful recollections of the years with you. Laughter and smiles should be the order of the day.

While we are at it, I hope we will also have time for some introspection. 25 years is a long time. We have changed and grown. All of us have a few more bruises. We are older and (we hope) wiser. This anniversary weekend can be a time for looking back with serious eyes and quietly grateful hearts for the births, graduations, Bnai Mitzvah, Confirmations, weddings, anniversaries, and even our losses because, if nothing else, we have seen them all together.

Life has bound us to each other. That's reason enough for setting aside time to ponder these last 25 years.

Come to as much of the weekend as you can. Laughter, some tears, and I assume (no one has told me about the menu) some excellent desserts. See you soon.

Friday Evenings

October 4 at 6:00 p.m.

Tot Shabbat for STUFF – Sinai Temple under five families. Bring your littlest kids to Sinai.

October 4 at 6:00 p.m.

Kabbalat Shabbat. A beautiful brief service. Come at 5:30 for veggies and snacks. Home by 7 p.m.

October 11 at 6:00 p.m.

Temple Beth El will join us for this Sinai service followed by a Community Shabbat Dinner at Sinai. See page 5 for reservations.

October 18 at 7:30 p.m.

Shabbat Service with participation from Grades 5, 6, and 7.

October 25 at 7:30 p.m.

Anniversary Service honoring Rabbi Shapiro. See above.

Saturday Mornings - Services at 10:30 a.m. Mazal Tov to our Bnai Mitzvah

October 5 – Josh Lesser, son of Phil and Lynn Lesser

October 19 – Hunter Mnich, son of Julie Lefer Quick

Message from Jeff Cossin

Temple President

From my days as an infant until I attended college, Rabbi Herman Snyder was my Rabbi, and from the days that my children were infants until they were married Rabbi Mark Dov Shapiro has been my Rabbi (and theirs).

He has not only been my Rabbi, but my friend, my teacher, and my mentor. Over the last 2 ½ years I have met with him every Wednesday afternoon for at least ninety minutes and we have really learned a lot about and from each other. He trusts me and I trust him but we often verify what we are thinking so that mistakes are minimized. I always look forward to our meetings and I think he does too! He can always depend on me to laugh at his jokes but I start laughing BEFORE the punch line just to see if he can get to the end of the joke (especially during services)!

A whole group of us meets with the Rabbi at Torah Study every Shabbat morning when we learn from him and he learns from us. He creates a "lesson plan" every week and it is a beautiful literary work of art. When he is thinking about proposing something new or different at the Temple, he bounces the ideas off of the Torah Study group. It is a safe place for him and for us.

It has been twenty five years during which Rabbi Shapiro and we have been married as Rabbi and Congregation. It is fitting and appropriate that we honor him and congratulate ourselves for this wonderful milestone. As in a marriage not every day and every interaction is perfect, but overall we have had a wonderful relationship which grows Shabbat by Shabbat, year by year, tear by tear and smile by smile. We are blessed to have him as our Rabbi.

I want to thank Marlene Gordon and Liz Leshine for co-chairing the Celebration on the weekend of October 25th. We will be thanking everyone who has had anything to do with the weekend a little later in the month. My sincere appreciation goes out to everyone. There will be something for everyone that weekend so please enjoy and celebrate.

Jeff Cossin, President

The Sinai Temple Bulletin is published every other month by Sinai Temple, Springfield, Massachusetts. This is Issue Number 1 for the year 2013-2014.

Mark Dov ShapiroRabbi
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Alan GoldsmithTreasurer
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Phil LesserPresident, Men of Sinai
Ron WeissCemetery Chair
Karen MendelsohnMembership Committee Chair
Matt BertuzziYouth Director
Visit our website: www.sinai-temple.org

STUFF 2013-2014: For Families with Children under Five

As we celebrate the beginning of 5774, our STUFF (Sinai Temple Under Five Families) coordinators have been busy planning another year filled with fun, learning, and Jewish traditions. All STUFF events are designed especially for children birth -5 years old and their families. We learn about Jewish rituals and holidays through songs, food, and crafts.

Tot Shabbat and Dinner, Fridays 6pm

Tot Shabbat is an interactive service that includes a "Kid's Kiddush" and plenty of songs. The 30 minute service is followed by a child-friendly dinner. Older siblings are welcome. Suggested donation is \$6 per person.

Mark your calendars for Tot Shabbat on:

October 4
November 8
December 20

Shalom Sunday, Sundays 10:00-11:30

Shalom Sunday (formerly called Bagels and Blocks) is a holiday-themed program for children and their parents/grandparents. Stories, music, activities, and craft projects help to teach about upcoming Jewish holidays. We also provide a healthy snack. Suggested donation is \$6 per child.

Please join us for Shalom Sunday on:

October 20
November 17
December 8

If you have young children and you've been wondering how to incorporate Judaism into your hectic routine, STUFF events are a perfect way to start. Pack your diaper bag and don't worry if you're late because someone lost a shoe. STUFF events are designed just for you. All STUFF events are open to members and non-members.

For more information regarding STUFF events, please contact:

Melanie Courtemanche: mnkle17@gmail.com
OR Leslie Kittredge: ljkrell@gmail.com

Welcome to our New Members:

Alan and Adria Patterson and their son Samuel.

Marla Shelasky and her daughter Livia.

Andrew and Susan Mirkin and their daughter Makayla.

Scott and Myriam Skolnick and their children, Sara and Jared.

We're Going Back...To Israel
A Sinai Temple Israel Study Mission
For Those Who Have Been Before
And Want Something "Out of the Ordinary"
February 4 to 14, 2014
Based in Jerusalem With Rabbi Mark Shapiro

A unique Israel journey for those who have already seen Israel as tourists. Seven nights in Jerusalem exploring all over the country from the one sacred city.

With special focus on archeology, the Israeli art scene, and film. We will also learn about Israeli health care, pluralism, politics, and social justice issues. No rushing to get from site to site. Time to do it in depth.

A day-by-day itinerary is available in the lobby. To learn more, visit our tour company at www.arzaworld.com. At the upper right of the home page, type in Sinai Temple. That will take you to a total presentation.

Subsidies

The Harold Grinspoon Foundation makes grants of \$1000 per person available for Israel travel.

Registering

Trip requires a minimum of 20 participants. So that we can make flight arrangements, registration needs to take place **by Friday, October 4.**

CHAI MITZVAH
DESIGNED FOR WHERE YOU ARE IN YOUR LIFE

1. Once a month study in a small group setting with either the Rabbi or Cantor.
2. Choose one aspect of Jewish life you would like to learn more about yourself.
3. Choose a social action project you would like to pursue.
4. Choose a ritual you would like to engage.
5. Together with your group celebrate your accomplishments in June 2014.

Orientation Session - Thursday, October 10 at 7 p.m.

Monthly Sessions - Sundays 9 to 10:30 a.m.

For Parents with a Grade 5-8 Child

November 3, December 15, January 5, February 2, March 9, April 13, May 4.

Monthly Sessions - Thursdays 7:30 to 9 p.m.

For Baby Boomers

November 14, December 12, January 9, February 20, March 13, April 10, May 8

Registering

Send your check to Sinai so that we can order materials for you. You can also register through the website. www.sinai-temple.org (Due to a printing error, you can choose your fee. Either \$36 or \$50.)

Adult Opportunities

Sinai Temple's Book Club:

New Year...New Books

Wednesday, October 2 - My Russian Grandmother and her American Vacuum Cleaner, a memoir by Israeli novelist Meir Shalev. An entertaining but very rich look at his pioneer family's life founding and living on Israel's first moshav in the 1920's and '30's, a crucial period in the development of the State of Israel.

Wednesday, November 6 - We will discuss **Golda**, a biography by Elinor Burkett.

Wednesday, December 11 - We will discuss **Rav Hisda's Daughter** by Maggie Anton, historical fiction about Jewish life during the Babylonian Exile. A well researched novel, centered around historical figures with a great view of a time and place unfamiliar to many of us but central to Jewish history.

The group is open, come regularly or whenever a book calls to you, come if you haven't read the book, the discussion is always lively. E-mail Laurie Weinberg at sagecitrus@aol.com to suggest a book you would like the group to consider.

Back to Nature: An Outdoor Shabbat

For Adults and Kids...All Ages

Saturday, October 12 – 10:30 to Noon

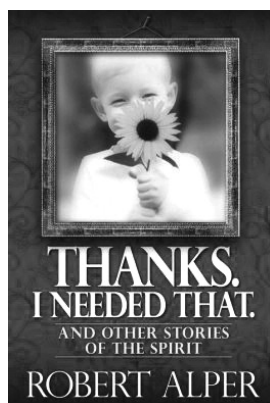
Celebrate the gifts of nature exploring Forest Park. This morning's service will not take place indoors. The "service" will be a hike led by naturalist and educator, Juanita Martinez, along with the Rabbi and Cantor. Rain or shine. We will be outdoors for approximately 60 minutes of walking and creativity. Back to nature. Followed by snacks at the Temple.

Thanks. I Needed That. And Other Stories of the Spirit. By Robert Alper

Tuesday, October 22 at 7 p.m.

Don't miss Bob Alper's appearance at Sinai Temple. Alper is also a comedian who appeared with great success at Sinai many years ago. He has now gone on to writing and will be speaking about his new collection of short stories on October 22.

Alper's stories take readers from synagogues in Kentucky and London to a small plane flying over Oklahoma, a refusenik's Moscow apartment, conversations with Muslims, and comedy clubs. Alper also happens to be a Reform Rabbi. He's not to be missed.



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.

"The average, healthy, well-adjusted adult gets up at 7:30 in the morning feeling just plain terrible."

Jane Kerr, Please Don't Eat the Daisies

Monthly Morning Service

Wednesday, October 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, November 6, December 4, January 8, February 5, March 5, April 2, May 7.

Saturday Morning Services

Every Saturday morning at 10:30 a.m.

A regular weekly Shabbat morning service. Even when there isn't a Bar/Bat Mitzvah, we meet at 10:30 a.m. complete with the Yahrzeit list.

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.

Reaching Out to the College Students in our own Community:

Friday, November 1

Sinai would like to initiate a program with area colleges spreading the good will, friendship, and especially the great cooking of our congregation to Jewish students studying locally. We are currently in discussions with the local colleges about inviting students to Shabbat dinners in our members' homes on **Friday, November 1**.

As soon as the students get settled, we will have a better idea how many kids would like to participate in this program. If you are interested in possibly feeding a student on Friday, November 1 and building new bridges of friendship, please contact Rich Friedman (richefriedman@yahoo.com) or Robin in the Temple office. 736-3619.

A Community Shabbat Dinner A Shared Experience for the Jewish Community

Sinai Temple
Temple Beth El
Congregation Bnai Torah

Friday, October 11

At 6 p.m., Sinai and Beth El will worship together here at Sinai.

At 7:00 p.m., Shabbat dinner will begin with all three congregations together at Sinai.

Dinner will include an a cappella singing group.

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Make your reservations now by mailing a check to Debbie Peskin c/o Jewish Federation,
1160 Dickinson Street, Springfield, MA 01108.

\$20 per adult. \$10 per child 10 and under. \$54 max for a family.

You are cordially invited to A Social Hour

with hors d'oeuvres, wine, and Havdalah

Celebrating our New Members 2011 thru 2013

Saturday, November 2, 2013

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 100

Where are you? May we talk?

There are still some Sinai households "out of the loop." We can't communicate electronically. It's not efficient and it's not green.

So...Please...Share the wealth.

One communication a week. It will be short and sweet and attractive too!

Send us your e-mail right away.

Best possible scenario: If there is more than one adult in your home, send us both e-mails. We really mean it and we really want it.

Please e-mail your e-mail to Robin Blanchette-Gage, the Rabbi's assistant, at rblanchettegag@sinai-temple.org

Soundtrack for a Revolution: The Music of the Civil Rights Movement

"Every Generation Finds its Voice."

Saturday, November 9 at 4 p.m.

A Special Afternoon for Boomers Who Love Music

"Soundtrack" tells the story of the American civil rights movement through its powerful music. Come back to the 60's. Recall the movement and the songs that went along with it. "It was the music that gave us the drive, the will, to go on, in spite of it all," explained Congressman John Lewis. "Soundtrack" has been shown to great acclaim at the Cannes Film Festival and around the world. Our date for the music and the story is November 9.

**NOTE...SINAI IS PRINTING ONLY
SIX BULLETINS THIS YEAR.**

COMING BULLETINS WILL BE NOVEMBER/
DECEMBER, JANUARY/ FEBRUARY, MARCH/
APRIL, MAY/JUNE.

**THIS IS A VERY STRONG REASON FOR OUR
WANTING TO STAY IN TOUCH VIA E-MAIL.
PLEASE SEND US YOUR E-MAIL.**

Community Caring Fund: Are You in Need of Assistance?

A Note from Rabbi Shapiro

Dear Sinai – A few years ago you very generously helped create the Caring Community Fund through your contributions. We created this fund when the economic dislocations of 2008/2009 were at their worst. The idea was that congregants in financial distress could approach me confidentially for short-term assistance with basics such as food or clothing or rent.

Here's my report back to you: Requests for assistance have been very modest. Even though all requests are totally confidential (no one but me knows about the request), it seems that our congregants are still extremely reluctant about sharing their difficulties.

So, let me reach out and say that I do welcome requests for support. The Caring Community Fund really exists!

If you are someone in a situation you thought you might never encounter...if you are in need of assistance...if you can't make ends meet, contact me.

Belonging to Sinai means that we do want to be there for you in bad times as well as the good times. My very best wishes!

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 will receive "care" packages and occasional messages from the Temple and the Rabbi. We want to reach out to students in their first three years of college this coming. Please send your child's snail mail college address to the office c/o rblanchettegag@sinai-temple.org

Belonging to Sinai Temple Means a Lot to Me

When my daughter was in the second grade, she had to do a class presentation on any topic she chose. I went to her classroom on the day that she and a couple of other children presented. The first student talked about her American Girl doll collection. The next child talked about her family's vacation home. My daughter Mara talked about the life of Anne Frank. When another student asked her why she had chosen that topic, Mara replied that she had heard people talking about the Holocaust at her synagogue and had wanted to learn more. Never had my family's membership meant more to me than at that moment.

Why does our synagogue matter? It just does.

Lori Chasen

Initial thoughts of Sinai Temple may center on Friday night services, prayers that can be confusing, time commitments that you aren't ready for, and the fact that you have already done that scene – so what's new and why? Where else can you go to be intellectually stimulated, listen to wonderful stories, enjoy beautiful music, and get a dose of spiritual renewal? I think that membership in Sinai offers me – fulfillment, inspiration, shared experiences, and a focal point to the Jewish tradition. It is not enough for me to just enjoy a night at the synagogue, and that is why I have opted to sign up for the season and enjoy the rich tapestry of experiences that await me.

Richard Friedman

We joined the Temple in 2011 after moving to East Longmeadow. We previously attended the High Holiday Services and the Bar/Bat Mitzvah's at Sinai of our grandchildren Hannah and Benjamin during the time we were living in Florida. We enjoy all the Services led by the Rabbi and especially like his Sermons. We also enjoy the music selections by the Cantor and the accompanied choir. We made friends through the Chavurah group and look forward to the Men of Sinai breakfasts and speakers. For all these reasons we are very happy to be associated with a unique giving and caring Synagogue.

Carol & Gene Skiest

Thank you to:

Gunther and Thais Fischel for underwriting the renewal of our corner office doors. The wood now shines as you enter the Temple.

Wendy Webber, Arthur and Peggy Grodd, and Kittredge Equipment Company for donating wine and water glasses to Sinai

Joel Solomon for repainting the lines in the parking lot. Great white lines helping us keep organized over the holidays and for the year to come.

The friends and family of the late Lenore Cohn whose generous donations allowed us to create the Kehillah (Community) Room for casual conversation and meetings in our former Kindergarten Room.

Howard Kalodner for designing the special edition of our Temple bulletin containing many of the Rabbi's bulletin articles...For Your Consideration...

Traveling to Israel with Birthright Israel

Rachel Weiss

I really did not know where to begin describing my Birthright Israel trip, and I think anyone who has done Birthright would agree that it's very difficult to relay the entire experience. So perhaps I should start by saying if you are eligible for Birthright and have not registered, GO! I made every excuse in the book about not having enough time, and it took some pushing, but I had a once in a lifetime experience that I would not trade for anything.

First of all, Israel is a beautiful country. I went with the Israel Outdoors programs, and we did numerous hikes with breathtaking views. From the Golan Heights in the north, to the Negev in the south, the landscape of Israel is incredibly diverse. The ruins in Israel really make you realize how advanced the ancient Israelis were. In this country, something 200 years old is interesting; in Israel everything is thousands of years old.

We also had time in three cities, Tzfat, Jerusalem and Tel Aviv. Tzfat is in the north of Israel, and is called the birthplace of Jewish Mysticism. I loved this city! While here we had the opportunity to go to a Mikveh and speak with some Orthodox women (the men in our group went on a separate visit). The experience was very powerful and eye opening. Jerusalem was next, and leaves such an impact. Walking through the city you really get a feel for how ancient the country is. We had the opportunity to walk through an underground aqueduct thousands of years old, running under the city of Jerusalem. The Old City is just breathtaking; it's hard to describe other than to say you can really feel the history, and our heritage there. On a side note, we were in Jerusalem for Shabbat, when all public transportation shuts down. Imagine a major city shut down on a Friday night; no cars on the road, no open restaurants, and everything is quiet. The Jerusalem marketplace is also something to experience. Tel Aviv was my favorite city, definitely more modern than the other two. The beaches of Tel Aviv were the best I have ever seen, and the Mediterranean was so refreshing. And the food is amazing!! Some of it is familiar, but I tried shakshuka for the first time, and I fell in love. Be ready for some incredible hummus, falafel and shwarma!

So I should also cover the big attractions in Israel and the experiences I had at each of them. Rafting the Jordan River was so much fun, but the River itself was so much smaller than I was expecting! The Dead Sea was very cool, but honestly not my favorite. What no one tells you about is that it is so salty that it stings any tiny cuts you have on you. It's also incredibly dangerous to get any in your eyes or mouth. Due to the extreme salinity and the low elevation, the water is hot, not warm, hot! However, it is very weird and neat when your feet just pop up, and certainly worth doing once. One of my favorite things we did was to hike Masada. We had to wake up at 3:30 in the morning, but it was worth it to see the sun rise up over the Dead Sea. The views were absolutely spectacular, and the engineering of the ancient Israelis is awe inspiring. Walking through the ruins was such a cool experience. There is no other way to describe it. The Western Wall was another moment I will never forget. I was not alone in having a very powerful emotional reaction at the Wall. We brought in Shabbat there, and I had the opportunity to touch the Wall, and connect with the thousands of Jews that have prayed there. Yad Vashem, the Holocaust Museum in Jerusalem was a very informative and very emotional day. I was not alone in being brought to tears. We also had an opportunity to go to the Israeli National Museum in Jerusalem.

The most lasting impression was of the people I met. The other Americans on my trip were amazing. It's such a bonding experience, and I know I have made some lasting friendships. For anyone thinking about going on Birthright, I will say that the night spent at the Bedouin tents was one of the most memorable nights. The whole group sleeping in one big tent, telling stories, playing guitar by the fire was just amazing. It doesn't sound like much, but it really was the best place we stayed, even though I was sleeping on a mat on the dirt in a sleeping bag. More importantly, six Israeli soldiers joined our group for most of the trip. What really sticks is that they are just like us, and even though we grew up on opposite ends of the earth we have so much in common. They were all just as fascinated with us as we were by them.

What I took away from the trip as a whole, was an overall impression of Israel as a country. Learning about the history of Israel was fascinating. I went in thinking that I had a good knowledge of the country, and realized that I only knew small chunks of Israeli history. On one hand Israel is such an ancient country, but the last century of Israel and Zionism as a whole is something I did not fully appreciate. The identity of Israel is so diverse, encompassing Kibbutzim, the very traditional orthodox Jews, and a worldwide leader in new technologies. The pride the every Israeli has in their country is infectious. The pride and reverence they have for their military is so strong. One thing that really stuck with me, that every Israeli I met reiterated, is that Israel is my country as well. I was in a completely new place, but realized that I have roots there.

Most importantly, there is a place where I will always be welcome as a Jew.

Notes from the Cantor

I would like to thank the dedicated members of the 5774 Sinai Temple High Holiday Adult Volunteer Choir: Marilyn Amster, Judy Aronson, George Dickstein, Bonnie Gibson, Jack Henrie, Robin Henrie, Steve Kessler, Margie Klein, Sheri Levson, Bonnie Mikesh, Robyn Newhouse (who is also our wonderful rehearsal accompanist!), and Ann Rosenfield. There will be opportunities for the Adult Choir to sing in the coming months, and we would love to welcome some new members who enjoy singing – no previous choral experience is necessary! In fact, there's going to be a service celebrating Rabbi Shapiro's 25 years with Sinai Temple this month, and I would like to have a BIG group sing a song at this service! Please let me know if you would like to join us for this special tribute to Rabbi Shapiro, and for future Adult Volunteer Choir "gigs." My thanks also go to the many other singers, musicians, and Torah readers who participated during the High Holidays. Your efforts and dedication helped to enrich our worship services in

so many ways!

Some of you may have been wondering "Who was that woman singing with Cantor Levson at the very end of the Rosh Hashanah morning service?" Her name is Kathy Storfer, and she and her husband, Paul (who was one of the drummers!), have been very close friends of the Levson family for the past 25 years! Paul and Kathy Storfer live in Bedford Hills, NY, and have been to Sinai Temple before. (In fact, they were here for my installation service, some five years ago.) I am checking with both the Sinai Temple calendar and their busy schedules to find a Friday night when Paul and Kathy can sing and play with us again. Watch your Temple Bulletin and e-events for more information!

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

Message from Heather Sullivan

Director of Education

I hope the start to your new year has been a happy one.

I just wanted to officially welcome some of our new additions to the Religious School. Daniel and Sapir are two Israeli Emissaries, who have been helping us with Hebrew on Tuesday afternoon. Livia Shelasky is a new madrichah, who is helping out on Tuesday evening. Hannah Wald & Sam Freedman are two new madrichim to Sunday mornings. And our new Kindergarten/ First Grade teacher is Morah Helene Shapiro. All of these individuals have helped us to enhance our environment of learning and fun!

I wanted to take this time to share some important and exciting news as we embark on this New Year together. Security in our building has been a topic that we have become mindful and would like to address. We will soon begin to lock our doors when school is in session. Students will have to enter through the back of the building, using a programmed card reader (similar to what you would find at a hotel). The key cards would be workable only on Tuesday and Sunday. It's a step in the right direction to keep our building secure.

Our Hebrew Program, Mitkadem, has a digital component that we hope to soon have up and running in our Hebrew School. Thanks to a generous donation from one of our Sinai families, we will soon have 5 laptop computers for students to use during their Hebrew time. Once established online at Sinai, students will also be able to work remotely from home computers.

This year we will continue to require students to attend Shabbat services, to implement the knowledge they are gaining on Sunday and Tuesday to the real world. Students in grade 3 are required to attend 3 services, students in grade 4 are required to attend 4 services, students in grade 5 are required to attend 5 services and students in grade 6 are required to attend 6 services. Students in grade 7 and any student in a grade above grade 7 but still pre-bar/bat mitzvah is required to attend 7 services.

I look forward to see you all at Shabbat services.

L'Shalom,

Heather

Let's Pray; Let's Welcome Shabbat: Sinai Opens Doors for Families of all Ages

*Sharing the warmth and beauty of Judaism
Families feeling part of the Sinai community*

Tot Shabbat- For families with children from Birth to Five

- At 6 p.m. on nine scheduled Friday nights during the year
- Twenty minutes of Shabbat songs & stories making a very "joyful noise" (and followed by dinner too)

Kidz Kabbalat- For families with children in Kindergarten, First, and Second Grade

- At 6 p.m. on three scheduled Friday nights during the year
- We take a step up with Kidz Kabbalat. Music and stories continue as we introduce an age appropriate prayerbook. Snacks will precede each 40 minute service.

Congregational Shabbat - A requirement for families with children in Grades 3 through 6

- Bring yourselves and your older children to any congregational Shabbat service and get the feeling of Sinai's community in worship.

Attendance requirements for families with children in Grades 3 through 6

Grade 3 students* ... 3 services per year

Grade 4 students* ... 4 services per year

Grade 5 students* ... 5 services per year

Grade 6 students* ... 6 services per year

Grade 7 students* ... 7 services per year

* Children must be accompanied by an adult

Kidz Kabbalat



For families with children in Kindergarten, First, and Second Grades

**Three fabulous Friday evenings
November 1, January 3, March 14**

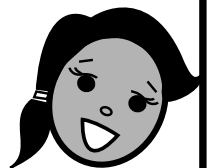
5:45 p.m. Snacks

6:00 p.m. A happy, energetic Shabbat Service

6:40 p.m. Time for the Kiddush

Kidz Kabbalat features music, stories, and a brand new "kidz" prayerbook for beginning readers brought to you with love and enthusiasm by Rabbi Shapiro and Cantor Levson.

Kidz Kabbalat is another family-friendly, kid-friendly Sinai entry point into the world of Temple and Shabbat. When your little one(s) outgrow Tot Shabbat, Kidz Kabbalat is the next step to take for Sinai's praying, celebrating families.



Message from Philip Lesser

President, Men of Sinai

As I write this note in early, rainy, humid, September, I am hoping that our very busy fall programming finds you all renewed in good spirits, and great weather. Last year was a very busy and productive one for the Temple and for the Men of Sinai. We have again planned another busy year with several wonderful speakers, barbeques and events like "Hockey and Havdallah," family night out at the movies, golf, and bowling. We were very pleased to present Professor Suleiman Mourad in September who spoke to the Israel-Arab Muslim conflicts to a very enthusiastic crowd. Due to unforeseen circumstances Cantor Emily Meckler will not be able to speak this fall, however, on November 3rd, we are excited to co-sponsor with the social action committee Andrea Kandel and Cynthia Martin who will be speaking about Gay, Lesbian Bi-sexual and Transsexual issues. Remember you do not have to be a member of the Men Of Sinai to attend these programs.

We hope everyone enjoyed the Welcome Back Barbecue on the opening day of Religious School. More food to come during the upcoming year! Thank you to everyone that worked so hard on planning the upcoming year's events. If you have not had the opportunity to send your dues in to the office please don't hesitate. Remember this is the only way we fund all these events, and donate money to special causes throughout our Synagogue. If you have not joined Men Of Sinai yet there is still time. With more global and interesting topics, with more family events, don't miss out!

Philip Lesser, President
Men of Sinai

JUDAICA GIFT SHOP

For all the upcoming celebrations: Engagements, Weddings, B'nai Mitzvah, Birthdays and "Just Because", we have the most complete selection of gifts.

New jewelry, Kiddush cups and candleholders have arrived. Our tallis selection for men and women has been expanded.

The hours are Sundays 9AM to 12NOON, Tuesdays 2PM to 4:30PM and always by special appointment.

Thais Fischel 786-9577

Men of Sinai

Breakfast Speaker Series Continues: Sunday, November 3



Connecting to the LGBT experience: Gay, Lesbian, Bi-sexual, & Transsexual at Sinai Temple

Do you have friends or co-workers who are gay? Are members of your family gay? Are you gay? How do we as a community embrace and celebrate our differences?

Men of Sinai and the Social Action Committee invite you to breakfast and conversation on Sunday, November 3 at 9:30 a.m.

Our presenters will be Andrea C. Kandel and Cynthia Martin.

Andrea Kandel is Executive Director of the National Conference for Community and Justice (NCCJ). She has a Masters in Education from Northeastern University and received her Doctorate in Education from the University of Massachusetts for her dissertation on the Development of Ethnic Identity. She lives with her spouse of thirty years and their daughter, a senior in high school, in Pelham, MA.

Cynthia Martin is Director of Programming for the NCCJ. She has worked with leading social justice organizations such as the Anti-Defamation League (ADL) and the Gay, Lesbian, Straight Education Network (GLSEN). Cynthia received her BS and graduated Summa Cum Laude from Hunter College of the City University of New York. She lives with her wife in Madison, CT.

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CHANGE SERVICE REQUESTED

A High School Summer in Israel

Shaina Gootzit

I could not fathom my life now, without going on NFTY in Israel trip for four weeks. In those four weeks I made friends I know I'll have for a lifetime, memories I'll always keep close to heart, and a connection to the land of Israel. The first week we got there began our Negev journey, which in the end was the best part of the trip. During it, I did not think so! Trekking up Mount Shlomo, not showering for four days, and dirt/sand dirt everywhere isn't ideal. What was was the silence of the desert, my first Shabbat in Israel, and the bond of my group. One reason why I was so excited to go to Israel was because I could finally see everything I learned in Sunday School, and the pictures in textbooks came to life. For example, I always saw the classic photo of a woman in Texas and a hat, reading a newspaper, floating in the Dead Sea. Floating there myself, covered in mud with my closest friends was a dream come true. During my Tikkun Olam week I got to work with special need adults and work on a tile mural for a cerebral palsy school. The most rewarding thing we did was pick five tons of onions which fed 500 families! We went to a Muslims' house and got to know a lot about her background. Earlier that day we went to a mosque which was very interesting. I knew that my Israel group from around the country formed close bonds, but standing in Ben Gurion Airport all sobbing together, not wanting to go back to "real life", I think, was the closest we've ever been. Sleeping in Bedouin tents together to long, long bus rides each and every one of us shared a special bond. I remember so vividly going through airport security bawling my eyes out afraid to leave my new family. Packing and repacking at five different kibbutz's for four weeks, traveling up and down Israel was a whirlwind of different experiences that shaped me into a better Jew.