

July 2021 - August 2021

Tamuz—Av 5781

Vol. 8 No. 6



RABBI'S MESSAGE...

The book of Ecclesiastes begins, "Utter futility! – said Ecclesiastes – Utter futility! All is futile!" The word "*Havel*" has been translated in many ways like the word *futility* above, or the well-known *vanity*. A better translation, though, is *mist* or *vapor*. Life is both certain and uncertain; like mist, it is seen but we can't quite hold on to it. We feel it and experience it, but we can't control it.

The past year and a half has been a stark illustration of this truth, and we at Temple Emanuel Sinai are still living with some uncertainty. As I write this, we have just experienced our first in-person Shabbat Service. Those in person and online had a very meaningful experience; being part of an in-person communal gathering was exactly what our congregants needed to observe and take part in.

Still, like many other synagogues, we don't yet know the best plan for the High Holy Days. This time last year, we were well underway with carrying out our vision; the decision to go fully online was easy compared to the many different factors we must take into consideration for this year. As we continue to experiment with in-person events, we will make decisions for the High Holy Days based on those experiences. In any case, our services, study sessions, and other holiday programs will be offered in multi-access formats, with some in-person availability and everything available online.

Normally, this issue of our bulletin would include a detailed High Holy Day schedule. You'll notice we've just included the dates of the holidays. In the next month or so, we hope to have formalized decisions and send the full details of our High Holy Day schedule so you can make your own plans.

One thing is certain: our High Holy Day Season will be beautiful, meaningful, and a special time for connection with ourselves, each other, and the Divine.

Rabbi Valerie Cohen



CLERGY & STAFF CONTACT INFORMATION

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(508) 755-1257

Office Hours: M, W, Th, F
9:00 AM - 3:00 PM

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Gabrielle Smith, Communications
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JULY-AUGUST 2021 WORSHIP SERVICES

SHABBAT PINCHAS

Friday, July 2

Candle lighting at 8:09 pm

7:30 PM Shabbat Service

Saturday, July 3

10:30 AM Torah Study

Numbers 25:10–30:1

SHABBAT MATOT-MASEI

Friday, July 9

Candle lighting at 8:07 pm

6:30 PM Early Shabbat

Service

Saturday, July 10

10:30 AM Torah Study

Numbers 30:2–36:13

SHABBAT D'VARIM

DEUTERONOMY

Friday, July 16

Candle lighting at 8:03 pm

7:30 PM Shabbat Service

Saturday, July 17

10:30 AM Torah Study

Numbers D'VARIM

DEUTERONOMY

1:1–3:22

7:30 pm Tisha B'Av Service

SHABBAT VA-ET'CHANAN DEUTERONOMY

Friday, July 23

Candle lighting at 7:57 pm

7:30 PM Shabbat Service

Saturday, July 24

10:30 AM Torah Study

VA-ET'CHANAN

DEUTERONOMY

3:23–7:11

SHABBAT EIKEV

DEUTERONOMY

Friday, July 30

Candle lighting at 7:50 pm

7:30 PM Shabbat Service

Saturday, July 31

10:30 AM Torah Study

EIKEV DEUTERONOMY **7:12–**

11:25

SHABBAT RE'EH

DEUTERONOMY

Friday, August 6

Candle lighting at 7:42 pm

7:30 PM Shabbat Service

Saturday, August 7

10:30 AM Torah Study

RE'EH DEUTERONOMY

11:26–16:17

SHABBAT SHOFTIM DEUTERONOMY

Friday, August 13

Candle lighting at 7:32 pm

6:30 PM EARLY Shabbat

Service

Saturday, August 14

10:30 AM Torah Study

SHOFTIM DEUTERONOMY

16:18–21:9

SHABBAT KI TEITZEI

DEUTERONOMY

Friday, August 20

Candle lighting at 7:22 pm

7:30 PM Shabbat Service

Saturday, August 21

10:30 AM Torah Study

KI TEITZEI DEUTERONOMY

21:10–25:19

SHABBAT KI TAVO

DEUTERONOMY

Friday, August 27

Candle lighting at 7:11 pm

7:30 PM Shabbat Service

Saturday, August 28

10:30 AM Torah Study

KI TAVO DEUTERONOMY

26:1–29:8

***All Shabbat Services will be held In-Person and On-Line**

HIGH HOLY DAY SERVICE SCHEDULE 2021

Selichot Service

Saturday, August 28, 7:30 pm, in-person
(tentative) and online

Erev Rosh Hashana

Monday evening, September 6

Rosh Hashanah

Day 1 Tuesday morning, September 7

Rosh Hashanah

Day 2 Wednesday morning, September 8

Tashlich

Wednesday, Sept 8 following services

Shabbat Shuva

Friday, September 11

6:30 PM Early Service

Kol Nidre

Wednesday evening, September 15

Yom Kippur

Thursday, September 16 - all day

Erev Sukkot Service

Monday evening, September 20

Erev Simchat Torah Service

Monday evening, September 27

Festival and Yizkor Service

Tuesday morning, September 28

A Year of Musical Exploration...

2021-2022 will be a year of musical exploration for Temple Emanuel Sinai

First, we want to thank our song leader search committee, who dedicated so much time and energy to diligently pursue candidates for this position. Unfortunately, as is true across all Jewish professions this year, there was a lack of candidates. There is an unusual lack of movement in Jewish professional careers this year, and the only real movement we are seeing is either early retirement or transition to a different profession.

In light of this, and after discussions with the Executive Committee and Board of Directors, the “Year of Musical Exploration” began to develop.

During this year, we will take the opportunity to experience a variety of Jewish musical styles, from song leaders, cantorial soloists, cantors, and singer/songwriters. They will join us for Shabbat, holidays, and lead education and music workshops. We will explore the music that speaks to us as a community and better understand our liturgy and how we want to worship. After saying goodbye to Cantor Rachel and her musical leadership of six years, this will be a healthy and informed way to transition to new musical leadership. Meanwhile, in the fall/early winter after the High Holidays, we will renew our search for a musician to serve on staff, armed with better information of the congregations’ musical needs.

Bar and Bat Mitzvah tutoring has already begun under the knowledgeable instruction of Rabbi Valerie and Talia Mugg. We have several possibilities for Religious School song leading once we determine if we can sing with the religious school in person. And we are working on some ideas for Pray and Play.

A Year of Musical Exploration PLAN

Rabbi Valerie will be collaborating with renowned Jewish musician “rock star” Rick Recht, who founded Songleader Boot Camp and facilitates leadership trainings for musicians and clergy around the country. With Rick’s guidance and with input from congregants, we will formulate a plan that includes:

- A High Holiday Cantor :
We are almost ready to announce the news about our High Holiday Cantor who was selected by the High Holiday Cantor/Cantorial Soloist Search Committee. We literally cannot wait to make the announcement. We just need for one more logistical detail to fall into place, and then we can share with you this very exciting news – beyond what we imagined for the High Holidays!
- Local guest musicians for Shabbat Services (from all around New England)
- Up to six Musician-in-Residence weekends led by Jewish musical professionals with different styles, all who have expertise in liturgical music.
- LASTLY – and MOST IMPORTANT: we will need several volunteers to help with coordinating these visits. If you are interested in a “one-off”: just helping with one event or assisting Rabbi Valerie with calendaring Shabbat Music Leaders for a few months or longer, **we need you to make this exciting year work!** Please contact Paula Selvitella or Rabbi Valerie if you are willing to invest your time in our congregation’s music.

All **WORSHIP SERVICES** are held via Livestream on our website (emanuelsinai.org), Zoom, and Facebook Live on our Facebook page.

TORAH STUDY meets via Zoom meeting.

TALMUD CLASS meets every Wednesday at 12:00 noon via Zoom meeting.

Minyan is held every Monday at 5:45 pm (**except when the office is closed**) via Livestream.

Zoom and Livestream; Zoom login can be found in eNews

PRESIDENT'S MESSAGE

Culture: to paraphrase Webster's Dictionary, one definition is "the customary beliefs, social forms, and material traits of a religious or social group." We have been challenged of late in our "customary" social form because of COVID. To say the least, it has been more of a culture SHOCK! We've had to rearrange our lives to stay safe and take care of ourselves and others. We've had to change...which is never easy.

Going forward, as places begin to open up, and folks begin to come out from underneath and emerge from this shelter we've all been in, we may find that some of these changes will become our new "culture." Some of us will feel that wearing masks should still be a rule, at least for themselves, and some may feel that social distancing is forever. Whatever the choices we make, we should make them out of respect for one another. Our Jewish values should always be at the core of those choices.

By the time you are reading this article, we very probably will have had our first "Shabbat in the Lot." And as the High Holy Days approach, the Rabbi and the Board of Trustees here at Temple Emanuel Sinai, as well as all of us as individuals, will have had some

thoughtful discussions as to how our culture here at TES will continue to develop. These conversations, and the decisions that arise from them, will be had with every person in mind. Respect and a true desire to care for everyone will always be our concern. We'll keep you all updated as to the decisions, and we hope that you will feel free to let us know your thoughts as we plan. **Every** member of our Board is your representative and you should always know that we are "here to hear" you!

And it must be said that it is truly an honor to be in this leadership role, and to know that we are a congregation of caring people who will help us to create our new culture.

L'Shalom,

Paula Selvitella

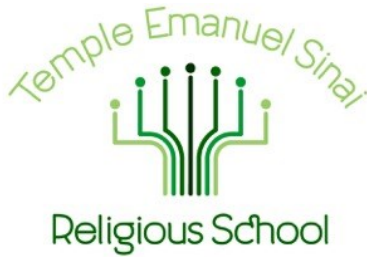


SAVE THE DATE...BOARD INSTALLATION!

Our new Executive Committee and Board of Directors will be formally installed at services on August 6, 2021 at 7:30 pm. There will be more details in eNews as the date nears. This will be a multi-access event.

Wish them well in stepping up to these leadership positions!

RELIGIOUS SCHOOL and YOUTH NEWS



Shalom from the Religious School!

Although it was an untraditional year, the 2020-2021 school year began with great excitement to learn new things, reconnect with old friends, and make new ones. We welcomed 10 new students to our Religious School, and they quickly became part of our family.

Our amazing teachers, students, and parents found new ways to teach and learn online. I am very proud that we were able to provide a variety of unique online programs and activities that enhanced our students Jewish learning, despite the challenges that we were facing.

As a staff, we attended a few workshops to learn more about the *Shalom Learning* online curriculum. These workshops focused on ways to improve teaching and classroom management in a

virtual setting, while providing our teachers with ideas and tools to create fun and engaging online lessons.

A big thank you to Rabbi Valerie and Cantor Rachel for their continuous support and guidance, and to our outstanding educators:

Sarah Noble Young: Grades K to 2

- Emma Noce: Grades 3/4
- Ellen Levitt: Grades 5/6
- Keren Azoulay: Grade 7
- Marissa Levitt: Learning Specialist and service coordinator
- Heather Gelardi: Family Educator

Here are some highlights from this year:

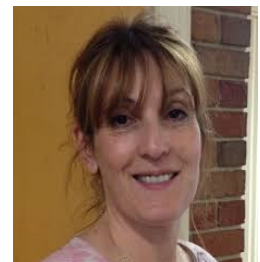
- 5 Family Education programs with our Family Educator Heather Gelardi
- Hebrew Language was taught one on one to maximize individual learning.
- Friday night services let by individual grades.
- Shabbat morning Tefillah with Rabbi Valerie and Cantor Rachel

- Shabbat morning Torah Portion teaching by our learning specialist, Marissa Levitt
- End of the year in person celebration (outdoors at TES)

We are excited for a new year with new things, new students, and new friendships. Please watch your email for the 2021-2022 registration packet that will be emailed at the end of June.

Wishing everyone a healthy and safe summer!

Talia Mugg



Can Meatless Mondays Really Make a Difference?

There are many factors that contribute to climate change, including greenhouse gas emissions (especially from fossil fuels), deforestation, soil depletion, bad agricultural practices, overconsumption, and wastefulness. Reducing greenhouse gas emissions from fossil fuels is one major way to tackle climate change. And although we need to support efforts to develop alternatives to fossil fuels, each of us can also make a small contribution to greenhouse gas reduction by participating in our Meatless Mondays initiative.

Red meat – especially beef and lamb – has a much larger carbon footprint than other foods. Dairy and leaner meats, like chicken, carry lower greenhouse gas emissions. But beans, soy and other plants have the lowest impact. Meat production contributes to the depletion of precious water resources – around 1,695 liters is needed to produce just one quarter-pounder burger - and cattle ranching is the largest driver of deforestation in every Amazon nation, accounting for 80 per cent of total clearance. Raising animals takes up about 80 per cent of agricultural land, but only contributes to 18 per cent of the world’s calories.

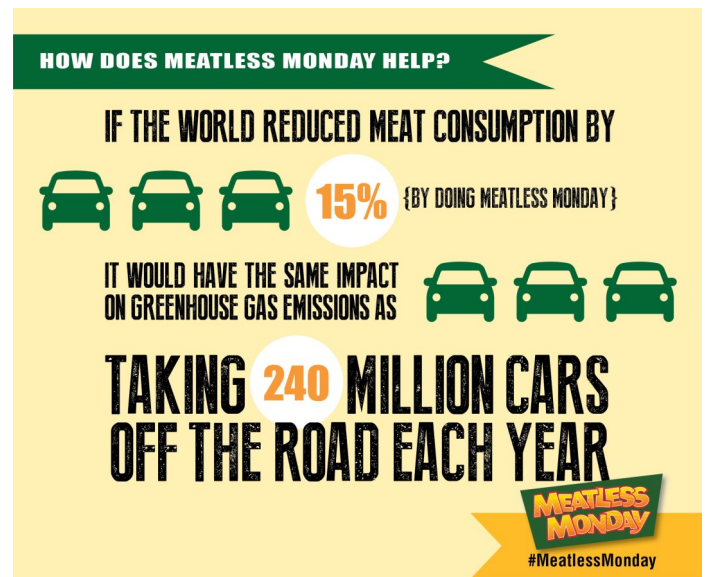
Not only is a climate-friendly diet healthier for the environment, but it is also better for you. Many studies have found that diets with a smaller carbon footprint (less red meat) were indeed healthier than those with a large one.

Less meat does not mean no meat but choosing lower-emission meals more often means your food-related carbon footprint will be smaller. We will not solve the climate crisis by eating less meat, but we will be taking some action to help. According to the Ethics of the Fathers, Pirkei Avot - “You are not obligated to complete the task, yet you are also not free to desist from it.”

Your small step of reducing red meat consumption will make a difference!

The Meatless Monday initiative at TES was launched during Earth Week with the goal of encouraging congregants to limit or eliminate the consumption of meat in an effort to lower our carbon footprint. Our next Meatless Monday article will discuss why purchasing locally raised and sustainably farmed meat is a good choice for the environment.

Please join us in our Meatless Monday initiative! To get started, follow us on Facebook and try some of our Recipes! For questions and assistance, please contact the Greening Committee through the Temple office .



Meatless Mondays Recipe

Sun-Dried Tomato Spaghetti

(courtesy of Hello Fresh, submitted by Yael Savage)

Ingredients

3 oz Sun Dried Tomatoes
2 Cloves Garlic
8oz Grape Tomatoes
12oz Spaghetti
1/2 oz Sliced Almonds
2tsp vegetable Stock Concentrate
4tbsp Cream Cheese
1/2 Parmesan Cheese
Olive Oil
Salt and Pepper
Butter

Directions:

1. Bring a large pot of salted water to a boil
2. Wash and dry all ingredients
3. Finely chop sun-dried tomatoes
4. Peel and mince garlic
5. Half Grape tomatoes lengthwise and toss in a small bowl with a drizzle of olive oil, salt and pepper
6. Once the water is boiling add spaghetti and cook 9-11 minutes. Reserve 1/3 cup cooking water and drain
7. While spaghetti cooks heat large frying pan over medium heat and add almonds. Cook or 2-4 minutes till slightly browned and fragrant. Transfer to a small bowl
8. In same frying pan over medium heat add a drizzle of olive oil and then add sun-dried tomatoes and garlic. Cook for 1-2 minutes until fragrant. Season with salt and pepper
9. Stir in stock concentrate and 1/3 cup plain water. Bring to simmer and cook till slightly reduced 1-2 minutes
10. Reduce heat and whisk in cream cheese until fully incorporated
11. Stir in grape tomatoes. Add spaghetti and half the Parmesan cheese and 2tbsp butter toss to combine. (If needed add a little of the saved cooking water.)
12. Divide pasta between bowls. Top with almonds, remaining Parmesan cheese and serve.

In Loving Memory

Philip Byrd, Brother-In-Law of Richard and Linda
Katz and Uncle to Michelle, Artie, &
Molly White

Irving Kalish, Father of Cindy Kalish

Bernard Katz, Cousin of Ruth Berman

Menucha Nestlebaum

Lester Sadowsky



TES DONATIONS: APRIL 1, 2021 – MAY 31, 2021

Brotherhood Scholarship Funds

Lurier Scholarship Fund

Suzanne & Herbert Feldman in memory of Eric Hess and Mazel Tov on the birth of Cathy & Robert Cotton's Grandson

Suzanne & Herbert Feldman in memory of Bertha Feldman

Suzanne & Herbert Feldman in memory of Dorothy Robbins

Lurier Family in memory of Miriam Lurier

Manuel G. Berman Scholarship Fund

Davida & Joel Berman in memory of Frances Berman

Camp Scholarship Fund

Lee & Chuck Radlo in memory of Jack Daniels

Judy & Allan Shriber in memory of Eric Hess

Judy & Allan Shriber in memory of Irving Kalish

Caring Committee Fund

Bobbie & Nick Chase in memory of Dorothy Nathan

Lee & Chuck Radlo in memory of Janet Arsenault

Shelley Silverman Rolf in memory of Eileen Silverman

Endowment Fund

Frances Gordon in memory of Lenore Richter

Martha P. Grace in memory of Jena Mowshowitz

General Fund

Ruth Berman in memory of Ruth Chaifetz

Ruth Berman in memory of Irving Kalish

Harriette & Burton Chandler in memory of Eunice Chandler

Cynthia & Dennis Cohen in memory of Else Resnick

Debbie & Steve Feingold in memory of Dr. Abram Turow

Ceril & Howard Fish in memory of Esther Carp

Evelyne Farber Karet in memory of George William Farber

Joanne Kaufman in memory of Lillian & Samuel Chafetz

Ottilie & Jeffrey Levine in memory of Dr. Wilfred Levine

Alan Lowe & Family in memory of Herman Lowe & Mark Lowe

David Meyers in memory of Gertrude Meyers

Lee & Chuck Radlo in memory of Louis Radlo

Lee & Chuck Radlo in memory of Stanley Dowgielewicz

Shelley & Todd Rodman in memory of Lorraine Rodman

Cathy & Ron Rosenstock in memory of Eva Rosenstock

Claudia & Les Ross in memory of Gerson Goldin

Evelyn Silver & Family in memory of Alexander Silver

Garie & Howie Stein and Mark Morgenstern in memory of Ethel Morgenstern

Sheila Tarlin in memory of Harris Tarlin

Marcia Wolfson & Family in memory of Jack Wolfson

High Holy Day Appeal

Debbie & Steven Feingold

Beth & Jeffrey Greenberg

Stacy Justice

Ellen & Richard Levitt

Sharon & David Seifer

Esta & Jeffrey Singer

Interfaith Hospitality Network (IHN) Fund

Leonarda Santiago & Zacharias Rivera

Judy & Hal Schneider in memory of Rose Slesinger

Lifelong Learning Fund

Margaret Hoey & Mark Birnbaum in honor of Eric Hess

Lee & Chuck Radlo in memory of Irving Kalish

Paula & Dennis Selvitella in memory of Howard Goldman

Sandy Sotak in memory of Chris Sotak

Music Fund

Marshall Farmelant in memory of Matthew Farmelant

Marilyn Goldsmith wishing Joan-Beth Gow a speedy recovery

Marilyn Goldsmith in memory of Rose Marcus & Fanny Goldsmith and wishing a speedy

DONATIONS CONTINUED

recovery to Carol Adlestein

Frances Gordon in memory of Lois Baker Ernst

Martha Grace in memory of Lillian Hurowitz

Deb & Mark Shear in memory of Rozann Halio

Prayerbook Fund

Miriam Gallant in memory of Morton E. Kanter

Rabbi's Fund

Lisa Balegno & Family in appreciation

Trudy & Merrill Cohen in memory of Thomas
Cohen

Helene & Lawrence Freed in memory of Eric Hess

Helene & Lawrence Freed in memory of Irving
Kalish

Bobbie Hirshberg in memory of the Friedman's
beloved father & grandfather

Shelley & Gerry Kashuk in memory of Dorothy
Kashuk

Fran & David Lubin in memory of Beatrice
Bookman

Orland, Trotta & Silverstein Families in memory of
Maxwell Orland & Cyrus Topol

Paula & Dennis Selvitella in honor of Marisa
Cohen's sweet sixteen birthday

Deb & Mark Shear in memory of Nathan Paley

Deb & Mark Shear in memory of Irving Kalish

Lynne & Steven Silver in memory of Sara Silver

Edward Stein in memory of Pearl Stein

Karen & Tom Thomsen in memory of Eva
Tischelman

Religious School Fund

Merilee & Alan Freeman in memory of Irving
Kalish and wishing Jay Aframe a speedy
recovery

Cindy Kalish in honor of Lexi Jackson's Bat M
itzvah and Joseph Kantrowitz' Bar Mitzvah

Paula & Dennis Selvitella in honor of Julian
Kaufman's 1st birthday and baby naming

Judy & Hal Schneider in memory of Arlyne
Samuels

R.L. Zinn Fund

Pam Zinn & Mark Waxler & Family in memory of
Irving Kalish

Shelanu Campaign Fund

Marlene & David Persky in memory of Helene Zoe
Ostrow

Barcy Proctor in memory of Samuel Proctor

Social Action Fund

Alberta Chase in memory of Saul Brown

Patti & Harvey Gould in memory of Eric Hess and
in honor of Renee Malowitz' Earth Week
Presentation

Patti & Harvey Gould in memory of Irving Kalish
and in honor of Joseph Kantrowitz' Bar
Mitzvah

Cynthia & Evan Graber in memory of Albert
Volinsky & Sidney Graber

Lee & Chuck Radlo in memory of Eric Hess

Lee & Chuck Radlo in honor of Joseph
Kantrowitz' Bar Mitzvah

Paula & Dennis Selvitella in memory of Eric Hess

Karen & Tom Thomsen in memory of Eric Hess

Stanton Willins Fund

Ron Joseph in memory of Edna Joseph

Tillie Savat Music Fund

Barcy Proctor in memory of Nancy Savat Melnick

Torah Fund

Karen & Michael Kagan in memory of Everett
Kagan

Lee & Chuck Radlo in honor of Julian Kaufman's
baby naming

Westy Fund

Merilee & Alan Freeman in honor of Levi Wilk's
Bar Mitzvah

CARING COMMITTEE

Dear Fellow Congregants,

A whole year of not praying together in our sanctuary. However, I hope those of you were able to be “at services” via the several high-tech options. One thing I discovered was how easy it is to push a button in your most comfortable chair at home, and voila you would hear services and the absolutely beautiful and so very spiritual voice filling every room in your house by Cantor Rachel!

So, I have been thinking of what the summer will be like. I am smiling much more lately. Since the onset of vaccinations and as a result, we (my husband and myself) have been blessed with seeing our grandchildren. How that affects our daily life this past year in such a positive and fun way.

Knowing we will be able to continue our life with family and good friends makes me feel that we can look forward to our high holidays with the understanding that we will be in a much better place this year and the blessing of being Jewish and the opportunity to pray that our new year comes with good health and peace. The Caring Committee is always ready to help if you need.

L'Shana Tova,

Linda Stern, Chair

LIFELONG LEARNING

THIRD ANNUAL TES SUMMER INSTITUTE, 2021

This year we are featuring congregants who have been instrumental in forming and running our TES affinity groups: hiking, film, cooking, genealogy, and mahjong. Join us for Friday night services in July and beginning of August to learn more about our affinity groups and meet the congregants who make them happen.

July 2: FILM with Dan Margolis

July 9: HIKING with Martha Grace and Laura Myers

July 16: COOKING with Debbie Bunker and Don Jacobs

July 23: MAHJONG with Barbara Swidler

July 30: THE WHY of AFFINITY GROUPS with Paula Selvitella and Patty Jacobs

Aug 6: GENEALOGY with Sandy Meltzer

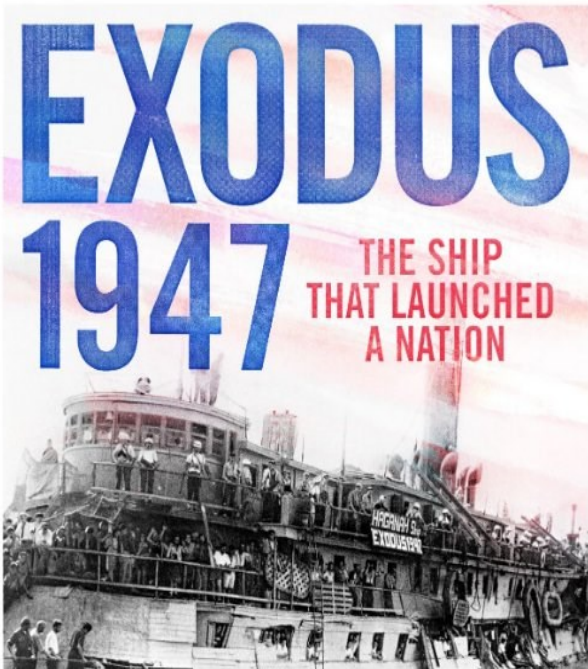
WALLS TO BRIDGES

This spring has been eventful for Walls to Bridges' focus on racial justice and equity, implementing the project we have been planning all year.

Guided by Yavilah McCoy, CEO of Dimensions Educational Consulting, a firm led by Jewish women of color, we offered four sessions where we examined what racial equity means for us and our congregation. About 60 congregants joined us for a community learning day on Zoom. During this four hour session, recognizing the many different entry points to this journey among our congregation, we began our commitment to increase our awareness about racial equity and to act accordingly. As we learned and discussed a vocabulary of oppression and anti-oppression, Yavilah repeatedly reminded us to think about the people behind the words, and how we relate to them.

In the three-part "deeper dive" that followed, 30 congregants who committed to joining the TES Racial Justice Alliance (TESRJA) delved into learning about racial justice as a Jewish leadership practice, exploring the intersection of racism and anti-Semitism, and then how to develop a congregational Racial Justice Action Plan embodying what we have learned.

This spring's sessions are only the beginning of a long term and deep commitment toward equity and racial justice. In the coming months, members of the TESRJA will further develop the action plan, which will involve conversations with many of you. We welcome your questions and comments! Please feel free to contact us at wallstobridges@emanuelsinai.org.



EXODUS 1947 & TWO UNSUNG HEROES OF WORCESTER
The Rev. John Stanley Grauel, Judge Joseph Goldberg, and The Exodus 1947

Presented by Robert W. Bleakney Ph.D., Associate Professor, Hebraic Heritage Christian College & Israel Bonds

HONORING MARK SHEAR

A Junior Honoree to be Announced

July 22, 2021 at 7:00 pm

At the Worcester JCC and virtually on-line

Invitation to Follow

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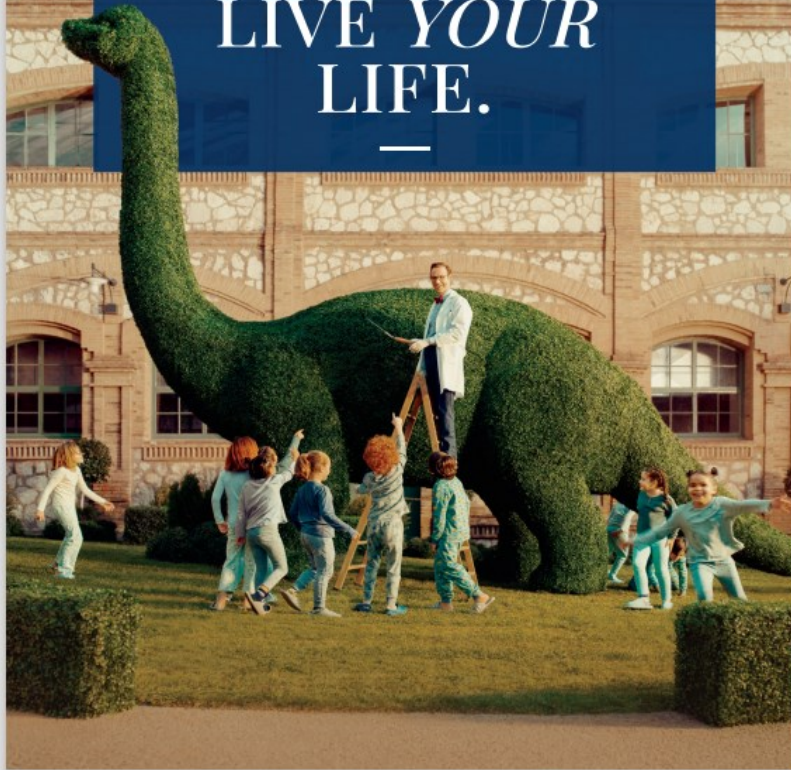
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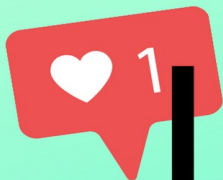
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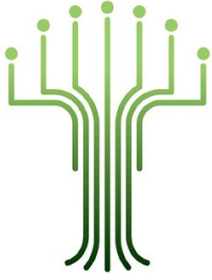
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