March - April 2023 Nisan - Iyyar 5783 Vol. 10 No. 11



A NOTE FROM RABBI VALERIE

So often we begin our conversations with casual niceties. We could be talking to friends, family, a work colleague, a teacher, the plumber, or anyone at all. It can feel rude to just jump into a topic we want to address without first saying/asking, "Hi, how are you?" In person, on the phone, in email, maybe even in some texts. But do those casual words really mean that we are interested in that person's life: how they are feeling, what they are thinking about, and what has happened to them in this week, good or bad? Are we going to listen to their answer? Will they even provide one, and if they do, will it just be, "I'm fine." Would it be less rude to just not ask the question at all?

Years ago, and I'll never forget, our regular pest control technician, Stan, came by for a regular "check-up." He asked me how I was doing, and I said fine. I wasn't really paying attention, but I responded appropriately with the basic reply, "How are you?" He answered, "Precious. I'm just precious."

That got my attention! What a surprising way to respond. I am sure it had nothing to do with the Lord of the Rings series and Gollum's famous line. Stan was, in fact, precious. Not because he took care of all those creepy-crawly things in buildings, but because was a delight. He always had a smile on his face and exuded a positive attitude about life. Still, I teased him about his answer. "I'm glad you know you're precious. I'm glad you're telling everyone, too, so they know you're precious." He laughed and said, "If I don't praise myself, who will?"

Stan didn't know it, but his comment was very Jewish. One of Hillel's most famous statements of advice is an echo of Stan's thoughts: "If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?" I have never thought of these words in terms of self-praise. Yet it is one of the main principles of healthy living – acknowledging to ourselves that we are precious, deserving of love, and worthy of being valued by ourselves and others.

I read a blog by Carolyn Dube, one of my favorite artists, and it was her words that made me think of Stan. She talked about why she loves using abstract images of rainbows in her art. She reminds us of what we already know, that there's a scientific reason why rainbows appear, that whole light reflecting off water droplets and how the rods and cones in our eyes work. However, when she sees a rainbow in the sky, it's not science she sees, but magic. Granted, it's imperfect. Not all the colors are visible, or the colors are different widths. Along with the magic and color of rainbows, she cherishes their symbolism from peace to luck to new beginnings to eternal life to equality.

I was drawn to this because rainbows are beautiful, unique, and precious to our tradition. The idea that they are a sign that God will no longer destroy life is precious. Still, I never looked at a rainbow and thought of it as imperfect.

Aren't we the same? Each one of us is precious. Precious and imperfect. While we still acknowledge our imperfections, may we look at each other and see the holy preciousness of our shared humanity.

PRESIDENT'S MESSAGE

PRAYING



Lately, I've been thinking a lot about prayer. I was raised by a mother who prayed a LOT. She had a list of things and people to pray for, and each morning, she sat in her spot by a window and just prayed. I knew the hour she would do that, and I knew that I needed to leave her to it. She fervently believed that God listened, and that she had that "appointment" every day just to bend God's ear. I used to tease her and say, "What will we all do when you're gone, and you aren't praying for us?" She would always answer and say that even when she was gone, she'd still be praying. That her "spirit" would be with us and still praying.

This month of March is my mother's Yahrzeit. She is gone eight years. I don't pray in the same way that she did. Her time was a set time, and she was formal and rigid about keeping her appointment. And I don't have a list. I like to pray "on the fly" about random things. The best time for me is driving in the car. I'm captive, sitting down, and focused. This is the time that thoughts will come into my head and when I can do some of my best thinking. And who better to run something by than God? So, my prayer is more like conversation.

Some of us pray best when we are in our community – a Friday night service that is structured... or not...where there are words of prayer that we can recite with others. Singing prayers can be a comfort. And maybe God listens to a bunch of voices all crying out in unison all at once. Who knows. It worked for our ancestors roaming the desert!

I guess that what I'm getting at here is that for me, prayer is essential. My mother always made me feel that, no matter what, God was listening. And that, no matter how long it seemed to take to realize an answer, and whether we did this alone or with others, God was aware. Of course, I miss my mother a lot, and I wonder if indeed her "spirit" is praying with me. Whatever is going on, I am still praying.

When this article comes out, we will be preparing to celebrate Purim, and in April, Pesach. My family and I are hoping that you enjoy the Holidays and Festivals, and that you find some time to pray in whatever way is essential to you. And of course, we wish you the best that Spring can bring!

L'Shalom, Paula Selvitella, President

WORSHIP

What does gratitude mean to you? What are you grateful for? How do you express gratitude? Are there songs, photographs, pieces of art, poems... that embody gratitude to you? Who are the people and what are the experiences that make your heart sing? The moments which cause you to say a Shehecheyanu?

The TES Worship Committee would love to hear from you as we organize a Shabbat Service on the theme of gratitude. You can send us a photo, a picture of a piece of art, a song, a poem, a reading - anything you'd like to share. (If you created it, they can be with or without attribution.) We are excited to incorporate these into an upcoming Shabbat Service (date to be announced).

Please contact us at worship@emanuelsinai.org

Thank you, The TES Worship Committee

MARCH - APRIL 2023 WORSHIP SERVICES

TETZAVEH

Friday, March 3rd Candle Lighting at 5:21pm 7:30pm Shabbat Service Torah Reading by Patti Gould Saturday, March 4th EARLY 9:00am Torah Study EXODUS 27:20-30:10

Purim Spiel & Carnival 11:00am

KI TISA

Friday, March 10th Candle Lighting at 5:30pm 7:30pm Shabbat Service Saturday, March 11th 10:30am Torah Study EXODUS 30:11-34:35

VAYAK'HEL-PEKUDEI

Friday, March 17th Candle Lighting at 6:38pm 7:30pm Shabbat Service **Torah Reading by Becky Pins** Saturday, March 18th 10:30am Torah Study EXODUS 35:1-40:38

VAYIKRA

Friday, March 24th Candle Lighting at 6:46pm 7:30pm Shabbat Service Torah Reading by Gary Wolf Saturday, March 25th 10:30am Torah Study **LEVITICUS 1:1-5:26**

TZAV

Friday, March 31st Candle Lighting at 6:54pm 7:30pm Shabbat Service Saturday, April 1st 10:30am Torah Study **LEVITICUS 6:1-8:36**

CHOL HAMO'ED PESACH

Friday, April 7th Candle Lighting at 7:02pm 7:30pm Shabbat Service Saturday, April 8th 10:30am Torah Study EXODUS 33:12-34:26

SH'MINI

Friday, April 14th Candle Lighting at 7:09pm 7:30pm Shabbat Service Saturday, April 15th 10:30am Torah Study LEVITICUS 9:1-11:47

TAZRIA-METZORA

Friday, April 21st Candle Lighting at 7:17pm 7:30pm Shabbat Service Torah Reading by Devin Shmueli Saturday, April 22nd LEVITICUS 12:1-15:33

ACHAREI MOT-KEDOSHIM

Friday, April 28th Candle Lighting at 7:25pm 7:30pm Shabbat Service Torah Reading by Noreen Simon Saturday, April 29th 10:30am Torah Study LEVITICUS 16:1-20:27

All WORSHIP SERVICES are held in person and livestreamed (emanuelsinai.org) TORAH STUDY meets in person and via Zoom.

MINYAN is held every Monday at 5:45 pm (except when the office is closed) only via Zoom and Livestream Login information can be found in eNews.

CLERGY & STAFF CONTACT INFORMATION

Rabbi Valerie Cohen

rabbivaleriecohen@gmail.com

Gitit Shoval, Cantorial Soloist & Music Director

qshoval@emanuelsinai.org

Talia Mugg, RS Director tmugg@emanuelsinai.org

Sean Morgan, Temple Administrator smorgan@emanuelsinai.org

Temple Main Phone Line 508-755-1257

Jessica Lamothe, Administrative Assistant ilamothe@emanuelsinai.org

Christa Benoit, Office Assistant cbenoit@emanuelsinai.org

Steve Contois, Caretaker

RELIGIOUS SCHOOL AND YOUTH NEWS



Shalom from our Religious School!

What a busy few weeks we have had here at our religious school! The month of March will start with a Temple wide Purim celebration. We are having an amazing Purim spiel led by our grades 4/5 students and their teacher Emma, and a Purim carnival led by our High School students! We look forward to seeing our students take a leading part at this wonderful event and seeing

our families and students celebrate together with our Temple community. Thank you to Gitit Shoval and Emma Noce for working and preparing our students so well, and to Rabbi Valerie for her continued support and guidance.

The holiday of Passover is coming up next. The teachers have been teaching and discussing this important holiday with the students. I know that they will be well to prepared for the nights of the Passover Seder!

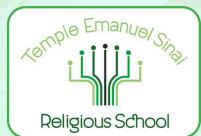
CALENDAR

3/11 - Grades 4/5 Family Ed program

4/5 - No school/ Passover

4/12 - No school/ Passover

4/15 - 4/22 - No school / Spring break



Wishing you and your family a Happy Passover and a wonderful Spring break!

Talia



The 2nd Annual PJ Library Central Mass Crafter & Vendor Fundraiser

PJ Library Central Mass' Parent Council is having its 2nd crafter and vendor fundraiser to help support PJ Library. Come check out local vendors and crafters, and get some fun and unique gift shopping done. Vendor categories include Beauty and Wellness; Culinary Gifts and Food; Home Accessories and Décor; Apparel and Jewelry; and more...

WHEN: Sunday, March 12, 9:00 am-2:00 pm

WHERE: Worcester JCC, 633 Salisbury Street, Worcester, MA

For more information, contact Inna at pilibrarycentralma@gmail.com, or Mindy Hall, JFCM Director of Outreach mhall@jfcm.org









SECURING FLOURISHING JEWISH TOMORROWS

As spring approaches, we look forward to seeing the growth of new life. We can enjoy all the subtle yet beautiful changes around us, especially if we know we have our future and our family's future needs taken care of. Surely this is a good time for us each to examine our legacy, to ensure that our estate is distributed to our loved ones and to the institutions that are most important to us in a way that reflects our values and our priorities.

Temple's Life & Legacy Committee works to encourage pledges of future endowment gifts in estate plans. With several dozen Declarations of Intent (DOIs) already in hand, we want to thank those who have indicated that they will include the Temple in their end of life giving. We know that some others have not yet informed us of their similar intentions.

Our Shelanu Legacy Society is part of Life & Legacy, a program of the Harold Grinspoon Foundation coordinated locally by the Jewish Federation of Central Mass. Life & Legacy helps selected Jewish communities like ours, and the synagogues and agencies that serve them, to design and implement endowment campaigns to nurture a culture of planned giving and gratitude, guaranteeing a strong Jewish future.

To inquire about how you can participate or to let us know, anonymously if you choose, about a gift to our temple that is already part of your plan, you can contact us at shelanulegacy@emanuelsinai.org.

MUSIC NEWS



Hello to you all,

Time passes by quickly; it is already nine months since my arrival at Temple Emanuel Sinai. It has been such a pleasure to meet you all, get to know you, and hear your stories and life experiences.

I have been exploring and finding new music from all over the world to be able to bring a taste of other cultures' worship and non-worship concepts of music. For me, gratitude on Shabbat is one of the most important things from a spiritual

perspective. Every time I sing on the Bima, I feel that something wonderful is happening with no exception. Music is a supreme language, so many living creatures understand and connect to it. Music flows straight into our hearts and touches the most delicate strings of our souls.

Shabbat is one of the most important cornerstones of Judaism, and whether we are religious or not, each and every one of us has the need to belong, it is in our nature as human beings. In order to belong we need to have something in common and a cultural connection, a similar set of values, similar beliefs, a shared history. Gratitude on Shabbat, being a part of services, and praying together with "Kavanah" connects us on a very deep level. It creates a community, and being part of a community gives us a purpose, and makes us belong to something bigger than ourselves. Every prayer has more than one meaning, it speaks to us on a personal level and affects each of us differently. But when we come together as one, sharing this powerful energy, gratitude, and friendship, there is nothing greater, stronger, and more powerful than that.

Lots of love, Gitit

SOCIAL ACTION - PURIM FOOD DRIVE

Did you know that Purim is the holiday when it is traditional for Jewish communities to hold food drives? It comes directly from the Book of Esther:

"The same days on which Jews enjoyed relief from their foes and the same month which had been transformed for them from one of grief to joy and from mourning to festival, they were to observe them as days of feasting and merry-making, and as an occasion for gifts to one another and gifts to people in need" (Esther 9:22).

In keeping with this commandment, the Social Action Committee is asking congregants to make a financial contribution toward our **Purim Food Drive**, between **February 28th and March 14th**. With this money, our partner organization, Rachel's Table, will work with a produce company to purchase fresh fruits and vegetables and donate them to local shelters and neighborhood centers.

Due to inflation, which has drastically increased the cost of food, utilities and housing expenses, many people in Central Massachusetts are experiencing food insecurity.

- Over 25% of Worcester Area residents are on SNAP (food stamps) and rely on social service agencies to supplement their food needs.
- 48% of the 1,300 Plumley Village residents are food insecure, according to the Worcester Telegram and Gazette.
- 25% of students at Worcester State University report that they run out of food and often do not eat three meals a day, according to an article in Worcester Magazine.

The Social Action committee decided that the best use of these financial contributions is to purchase fresh fruits and vegetables, which are in short supply especially in the winter. An organization like Rachel's Table can purchase food at wholesale prices directly from suppliers, so donations of money can feed many times more families than buying non-perishables at retail prices.

Some of the organizations receiving the donations are:

- Abby's House
- Friendly House
- St. John's Food for the Poor
- South Worcester Neighborhood Center

Contributions to the Purim Food Drive can be made here: bit.ly/TESdonate. In the "type" field, scroll to "Purim Food Drive" and select it. Alternatively, you can send a check designated for "Purim Food Drive" to Temple Emanuel Sinai, 661 Salisbury Street, Worcester MA 01609.

A donation of any amount is much appreciated. Thank you for your help!



THE BIRTHDAY OF THE TREES HAS RETURNED TO TES!

On February 5, TES hosted a wonderful celebration of Tu B'Shvat. Seven hearty souls joined in a hike at Cook's Pond and Donker Farm trails in the Tatnuck Square area of Worcester. Although the trees were still in winter mode, there was much to appreciate about their usefulness as homes for bird and squirrel nests, a source of food for insects and birds, and a host for thriving fungi and mosses.



We then migrated to TES for a program on the meaning of Tu B'Shvat. Eighteen attended in person and three on Zoom for a wonderful presentation and discussion about how to weave the spiritual aspects of the holiday together with today's need to take care of our natural environment. And, of course, what is a Jewish holiday without food? So, while discussing how we could apply the Tu B'Shvat ideas to our own lives, we ate specific foods associated with the 4 spheres of creation.





Join us in 2024 for our next Tu B'Shvat adventure when the trees will be a year older, and we will be a year wiser.

WORSHIP COMMITTEE

L'dor Vador! From Generation To Generation!

We have an opportunity for your family to participate in something wonderful: multi-generational, multiple family members reading Torah!

Children over the age of 13, parents, grandparents, aunts, uncles, siblings, cousins – however you define your mishpocha - you can read Torah together. **Yes, even if you are living in different states.**

The Worship Committee has reserved Friday, April 14, 2023, for the first of what we expect will be many such special occasions. The Torah portion that week is Sh'mini - Leviticus 9:1-11:47.

Each family member would learn just one verse of a Torah portion. For example, a recent B'nai mitzvah, one of their parents and a grandparent would each learn a single verse, which would be read (or chanted) in succession.

For those able to gather in-person, you would all be on the bimah together. Any participating family member who could not attend in person would be brought in via Zoom to read their verse.

Torah is at the heart of Judaism. Communities, families, congregations, friends, minyanim, chavurot - any intentional gathering together of people to read, listen and learn from Torah is what keeps that heart beating.

Imagine you and your loved ones all on the bimah together. Now, accept the challenge, bring Torah to Temple Emanuel Sinai in a extraordinary way, and increase your joy as a family!

Please contact Becky Kozody Pins at rlkozodoy@gmail.com



TES DONATIONS: DECEMBER 1, 2022 – JANUARY 31, 2023

Audio Visual Technology Fund

Ann Goldberg in memory of Philip F. Goldberg

Brotherhood Scholarship Funds

Sheila Tarlin in memory of Jack Reiff

Lurier Scholarship Fund

Lurier Family in memory of Eli Lurier

Manuel Berman Scholarship Fund

Davida & Joel Berman in memory of Esther Shulman Lois Lopatin in memory of Stanley Berman

Richard Solomon Scholarship Fund

Mickey & Phil Robbins in memory of George Solomon Mickey & Phil Robbins in memory of Richard Solomon

Wolfson Scholarship Fund

Marcia Wolfson in memory of Linda Paul Gordon

Camp Scholorship Fund

Shirley Siff in honor of Judy Shriber's birthday

Caring Committee Fund

Jill Szafran in memory of Martha Goldstein

Endowment Fund

Frances Gordon in honor of Saul Feingold's 90th birthday Frances Gordon in memory of Janet Lynne Gordon Frances Gordon in memory of Rose Feingold

General Fund

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Lucy Aptekar and Gerald Leader in honor of Wrén and Asher Leader

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Ruth Berman in memory of Steven Kerxhalli

Ruth Berman & Family in memory of Phyllis Berman

Ruth Bibace in memory of Annie Ladizinsky

Chet Boronski in memory of Bernice Weiss

Joan & Norman Bress in memory of Nancy Shulman

Elaine Chase in memory of Arthur Chase

Elisabeth Chase in memory of Milton Gantman

Ronna & Joe Cuker in memory of Milton Roth

Ronna & Joe Cuker in memory of Catherine Roth

Ronna & Joe Cuker in memory of Dora Rubenstein

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Lois & Bernard Edinberg in memory of Frances Edinberg

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Judith Gluck in memory of Henry Wolfset

Nancy, Max & Samantha Greenberg in memory of Bruce Glassman

Sharon Gurwitz

RoxAnn & Michael Gusar in honor of the marriage of Michael and Carmen Schneider

Roberta Hirshberg in memory of Sarah Hirshberg

Susan Idzojtic in memory of Pearl Cotton

Shelley & Gerry Kashuk in memory of Nathan Kashuk

Joanne Kaufman in memory of Samuel Chafetz

Phyllis Leibman & Steven Alpert in memory of Leon Leibman

Fredda Levine in memory of Henry David Levine

Fredda Levine in memory of Sarah B. Levine

Mel Lubowitz & Family in memory of Jean Cohen

Susan Medoff & Wayne Willis in memory of Abraham Medoff

Avis & Nick Pilson in honor of the marriage of

Julie & Guy Rosin

Becky & George Pins in memory of Traude Pins

Barbara & Arnold Ravelson in memory of Anne Kaplan

Rosalie Rose in memory of Marc A. Sims

Elana Rosenbaum in memory of Jack Rosenbaum

Jacqueline Ross in memory of Arthur and Jeanette Black

Deb & Mark Shear in memory of Steven Kerxhalli

Toby Solomon in memory of Jerold Solomon

Toby Solomon in memory of Yale White

Roberta Sufrin in memory of Martin Budish

Albert Tapper in memory of Ida Tapper, Samuel Tapper and Charles Tapper

Eleanor Witkes wishing Mel Lubowitz a speedy recovery

Mara Yerow in memory of Mary Yerow

High Holy Day Appeal

Kathleen & Paul Alony

Davida & Joel Berman

Lisa & Steven Budish

Raechael Ehrlich in honor of her loving husband, Warren

Debbie & Steven Feingold

Jill & Michael Finkle

Merilee & Alan Freeman

Erin Goldstein & German Chiriboga

Lisa Gussak

Donna & Harry Hubbard

Harriett Katz

Deborah Kelly

Valerie Kerxhalli & Jesse Caplan

Lois Lopatin

Alan Lowe

Sandra Meltzer

Carole & Burton Orland

Barcy Proctor

Cheryl & Douglas Ross

Barbara Sadick & Ken Goldman in memory of Nancy Sadick

Marcy & Fred Shuster

DONATIONS CONTINUED

High Holy Day Appeal

Johanna Thomsen & Felix Ortiz

Warren Yanoff

Sarah Noble-Young & John Young

Pamela Zinn & Mark Waxler

Interfaith Hospitality Network (IHN) Fund

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Iris & Micah Chase

Lori-Ann Cutler

Cindy & Evan Graber

Joan-Beth & Neil Gow

Meg Hoey & Mark Birnbaum

Valerie Kerxhalli & Jesse Caplan in memory of Steven Kerxhalli

Eleanor Lin

Jennifer Lish

Sandra Meltzer in memory of David Meltzer and

A. Isadore Meltzer

Becky & George Pins

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Azim Rawji

Judy & Hal Schneider in memory of Seymour Samuels

J. Robert Seder

Sheryl & Steven Sigel

Shirley Siff

Susan Summit in honor of Ariana Summit's continued dedication to her Jewish Community

Lifelong Learning Fund

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Lori-Ann Cutler with gratitude to Patti Gould

Patti & Harvey Gould in memory of Marjorie Potash and Debra

Fran Haring

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Lee & Chuck Radlo in memory of Zofia "Sonia" Glazer

Lee & Chuck Radlo in memory of Karen Sadowsky Kaufman

Lee & Chuck Radlo in memory of Milton Radlo

Lee & Chuck Radlo in memory of Betty Horn Radlo

Ma'ot Chitim Fund

Ruth Berman in memory of Helen Chase

Music Fund

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Avis & Nick Pilson in memory of Lynne Breitbord Goldberg, Ja-

cob Pilson, Wm and Betty Kaplan

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Pamela & Alan Sigel in memory of Richard Sigel and Shirley Sigel

Sandy Sotak in memory of Marion Morrow

Barbara & Joel Strogoff n memory of Shirley Sigel and Richard L. Sigel

Rabbi's Fund

Kimiko Abramoff in memory of Harry Abramoff

Trudy & Merrill Cohen in memory of Samuel Chafetz

Emanuel Chayyim Colon in memory of Ellen Meyers

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Len, Diane, Jessica & Camila Rose Doerfler in memory of Harvey Adelstein

Diane Meyers Doerlfer & David Meyers in memory of Jessie Meyers

Carole Dorris

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Helene & Lawrence Freed in memory of Jean C. Freed

Helene & Lawrence Freed in memory of Lisa Kassoff

Sandra & Maurice Goodman in memory of Ely B. Goodman and Rebecca N. Jacobson

Patti & Harvey Gould in memory of Leon Ginsburg

Mel Lubowitz & Family in memory of Dolores Lubowitz

Mel Lubowitz & Family in memory of Bessie Lubowitz

Mel Lubowitz & Family in memory of Jack Lubowitz

Mel Lubowitz & Family in memory of Hyman Cohen

David Meyers in memory of Ellen Meyers

Barbara & Arthur Miller in memory of Abraham Palley

Elaine Rosen in memory of Rose Rosenbloom

Stuart Sadick wishing David Sadick a speedy recovery

Stuart Sadick in honor of David Sadick's birthday

Anita Sadun, David Glazer and Michael Neill

Deb, Mark, Erica & Alyssa Shear in memory of Phyllis Berman

Deb & Mark Shear in memory of Debra Fran Haring

Edward Stein & Linda in memory of Sarah Glatkey and Stanley Berman

Barbara & Joel Strogoff

Lora Trosky & Andrew Kotin in memory of Phyllis Kotin

Lora Trotsky & Andrew Kotin in memory of David Trotsky

Mark Underkofler

Diane Westerman in memory of Herbert "Bert" Aisenberg

Shelanu Fund

Marlene & David Persky in memory of Steven Kerxhalli and Helen Chase

Marlene & David Persky in memory of Adele Engelberg

Marlene & David Persky in memory of Debra Fran Haring

Lee & Chuck Radlo in memory of Helen Brandstein Chase

Carol & Michael Sleeper in memory of Ina Sirk

Carol & Michael Sleeper in memory of Abraham Birnbaum

Carol & Michael Sleeper in memory of Herb Rasnick

Carol & Michael Sleeper in honor of Allan Shriber's special birthday

Debbie & Irwin Thomashow in memory of Irene Thomashow

Social Action Fund

Yael Savage in memory of Robert Sarja

Torah Fund

Lee & Chuck Radlo in honor of the naming of James Peter Kaufman

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Lee & Chuck Radlo in honor of Eli Treitman's Bar Mitzvah

Lee & Chuck Radlo in memory of Debra Fran Haring

Sandy Sotak in memory of R. Alan Morrow

Sandy Sotak in memory of Roger Morrow

Sandy Sotak in memory of Larry Rath

Jay Stiller in memory of Edward Stiller

Walls to Bridges Fund

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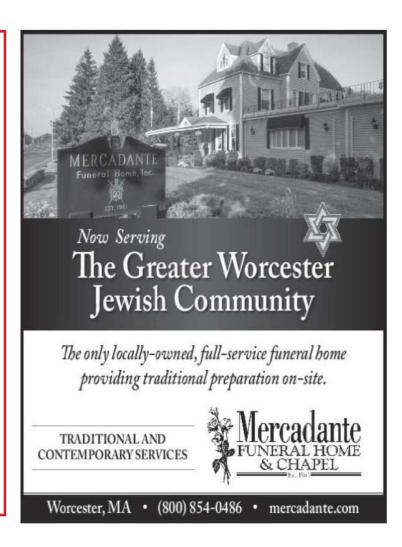


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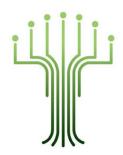


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