



A NOTE FROM RABBI VALERIE

Three weeks after I shared a Rosh Hashana sermon about Israel and three days after our information session about our future congregational trip to Israel, the unimaginable happened. I don't have to recount what the Hamas terrorists did to our people, our family in Israel; they destroyed lives and continue to destroy lives through their disregard for the sanctity of life. Yet they cannot destroy our soul and they will not destroy the Jewish people.

The sermon I wrote so recently and yet so long ago still rings true as I try to form a message with some kind of meaning. I'm not Israeli; I can't fully understand the history and politics – the longer I study, the more my head spins; my own feelings about the State of Israel are conflicted; and still, there is a thread that travels unbroken from my heart to the heart of the land, and from my heart to the hearts of my people living there. I am inextricably tied to Israel. I understand that not all of us feel that way, but many of us do, albeit standing at different places of tension and connection. Which is why Israel continues to be a divisive topic for the Jewish community; and all of it is complicated, complex, nuanced, emotional... and really just complicated.

What is not complicated is the fact that innocent Israelis were brutally murdered and kidnapped by Hamas, and the stories that reach us each day are just as devastating as the ones before, except now they are compounded upon each other.

What is also not complicated is that Israel has the right and even the obligation to protect its citizens and ensure their safety. We would expect no less from our own country.

What is also not complicated is the value Judaism places on human life, based in the faith that human beings are made *b'tzelem Elohim*, in the image of God, and thus we are all holy. Holy, and still incredibly flawed, as each individual's choices and actions illustrate.

What is also not complicated is the fact that all Jews and all Israelis are not the same as the Israeli government and all Palestinians are not Hamas. And before anyone gets upset that I put those two statements parallel to each other –

What is also not complicated is that the Israeli government has never participated in or sanctioned going into the homes of civilians and murdering all who live there, which is exactly what Hamas did. Hamas didn't care if they murdered the very young or the very old; those who were weak and vulnerable or those who could fight back. They killed innocent Jews indiscriminately.

Holding all of these "not complicated" things at the same time can be complicated for many of us and is certainly emotional for all of us. What do we do with our pain and confusion and fear and anger, and all of the other disturbing emotions we are feeling?

I don't know. I'm feeling all of those things too, and so I keep looking to my own rabbis to give me some kind of brilliant insight. Which they don't have either. It makes sense, then, that I've written at least five conclusions for this article and deleted them all. None of this is going to end anytime soon. Of course, the best way to work through all of the emotional "not complicated" complications is to talk to each other about our thoughts, opinions and feelings. I can promise you that we won't all say the same thing, but that is very Jewish too, and that is how we learn from each other. The Talmud teaches that after three years of debating one law, the students of Hillel and Shammai were told by a heavenly voice, "both these and those are the words of the living God". As long as an argument is for the sake of heaven, then all of our words are holy.

I share with you these holy words of prayer and poetry: *Enough* by Trisha Arlin

***We pray
For our safety and health
But we fear for us all.
We pray
That it is not too late
But we fear that it is.
We pray
For common sense
But we fear the fanatics.***

Blessed Holy Wholeness:

***May we not be afraid
To act big
And save the world.
May we also learn
To act small
And save each other.***

***May we also remember
To transcend despair
And love ourselves enough.
Amen***





PRESIDENT'S MESSAGE

As Simchat Torah closed in the beginning of October, we witnessed a representation of pure, absolute evil. The total absence of respect for humanity with the perpetration of the atrocity at Israel's Southern border has left many of us speechless with unfathomable horror and sorrow at what has happened. We try to understand it, which is impossible. "Whaddabouts" do not hold.

What we do understand is the value of our community, which allows us to join others and grieve together, people who share our horror. In our community, it is the synagogue where we congregate, pray for the injured, and mourn the loss of our treasure, the infants, young people, their parents and our elders. The physical destruction of property pales in comparison to the loss of lives, even if were only one life. Our local community, and the Jewish community at large, have been torn apart. Temple Emanuel Sinai has been a place where we can go to find comfort. I believe the synagogue is best able to foster the needed sense of community. Our members have a common goal of survival of the Jewish people. Organizations with Jewish and non-Jewish constituencies may have competing interests and may find it harder to speak out with a single voice.

As with the Shoah, and other times in ancient history, there have been attempts at exterminating the Jews – as we recall at Purim, Chanukah, and the Spanish Inquisition for example – but we have not perished, and we use the ancient texts to help us make sense of these events. We are all troubled by what we have witnessed.

We hope avenues open to resolve this crisis, though nothing seems obviously apparent. Golda Meir said, "When peace comes, we will perhaps in time be able to forgive the Arabs for killing our sons, but it will be harder for us to forgive them for having forced us to kill their sons. Peace will come when the Arabs will love their children more than they hate us." May that day come soon.

NOTE ON RABBI VALERIE'S AVAILABILITY FROM TES LEADERSHIP

Rabbi Cohen is away on Sabbatical for the next two months, to be available in person on December 8. She will be checking her email infrequently, but the temple office can contact her for urgent problems or concerns. The Board recognizes the demands of a 24 hour per day/7 day per week obligation for pulpit rabbis, and we have negotiated this as part of our contractual obligations for her.

We would like to announce that we have agreed with the Rabbi for a 3 year contract extension, running from 2024 - 2027, and look forward to her serving the congregation until 2027.

Am Yisrael Chai!

NOVEMBER/DECEMBER SHABBAT SERVICE SPONSORS/LEADERS

November 3

Led by the Antisemitism Awareness Initiative

November 10

Led by Gitit Shoval

November 17

Led by the Worship Committee

November 24

Led by Bruce Wahle

December 1

Led by Allan & Judy Shriber
with Guest Speaker Dr. Betsy Stone



SOCIAL ACTION COMMITTEE



A huge **THANK YOU** to the congregation from the Social Action Committee, Rachel's Table, and our community partners! You came through again with generosity, delivering dozens of bags of nutritious food for people who need it. A special thank you to all of you who read the wish list and thoughtfully provided items that you might not have been accustomed to purchasing. It will be much appreciated!

NOVEMBER - DECEMBER 2023 WORSHIP SERVICES

VAYERA

Friday, November 3
Candle Lighting at 5:20pm
7:30pm Shabbat Service
Saturday, November 4
Genesis 18:1-22:24

CHAYEI SARA

Friday, November 10
Candle Lighting at 4:12pm
7:30pm Shabbat Service
Saturday, November 11
10:30am Torah Study
Genesis 23:1-25:18

TOLDOT

Friday, November 17
Candle Lighting at 4:05pm
5:30pm Family Kabbalat Shabbat Service
7:30pm Shabbat Service
Saturday, November 18
10:30am Torah Study
Genesis 25:19-28:9

VAYETZEI

Friday, November 24
OFFICE CLOSED
Candle Lighting at 4:01pm
7:30pm Shabbat Service
Saturday, November 25
10:30am Torah Study
Genesis 28:10-32:3

VAYISHLACH

Friday, December 1
Candle Lighting at 3:57pm
7:30pm Shabbat Service
Saturday, December 2
10:30am Torah Study
Genesis 32:4-36:43

VAYESHEV

Friday, December 8
Chanukah 2
Candle Lighting at 3:56pm
7:30pm Shabbat Service
Saturday, December 9
10:30am Torah Study
Chanukah 3
Havdalah/Candle Lighting at 5:01pm
Genesis 37:1-40:23

MIKETZ

Friday, December 15
Chanukah 8
Candle Lighting at 3:57pm
7:30pm Shabbat Service
Saturday, December 16
10:30am Torah Study
Genesis 41:1-44:17

VAYIGASH

Friday, December 22
Asara B'Tevet
Candle Lighting at 4:00pm
7:30pm Shabbat Service
Saturday, December 23
10:30am Torah Study
Genesis 44:18-47:27

VAYECHI

Friday, December 29
Candle Lighting at 4:04pm
7:30pm Shabbat Service
Saturday, December 30
10:30am Torah Study
Genesis 47:28-50:26

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

CLERGY & STAFF CONTACT INFORMATION

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Steve Contois, Caretaker

Temple Main Phone Line
508-755-1257



MUSIC NEWS

Two weeks ago, I had a completely different idea of what I would write to you now. Unfortunately, on Saturday, October 7th, Israel was attacked by the vicious and cruel terror organization Hamas.

As a musician, I know how music can be comforting and consoling. Music strengthens us; some say it keeps the sadness and pain far from us. Listening to music and singing can help us become stronger. Here are a few Israeli songs for you to listen to:



Shlomo Artzi "Nof Yaldut" (*The View of My Childhood*)
Chanan Ben Ari "Amen Al Hyeladim" (*Amen for My Children*)
Chanan Ben Ari "Cholem K'mo Yosef" (*Dreaming Like Joseph*)

Scan the QR Code to Listen to Gitit's Playlist

I want to thank all of you who are helping, supporting, and fighting against all the propaganda against Israel and doing whatever you can to be on the right side of history.

*Oseh shalom bimromav
Hu ya'aseh shalom aleinu
V'al kol Yisrael
V'al kol yoshvey tevel
V'imru: amen.*



NEW TES SINGING GROUP

As an Israeli, I must tell you that this time is the hardest time Israel has ever known. But I also want to tell you that our spirit is strong. It will be hard and long, but I have no doubt in my mind that we will win this war. One of the things that always kept us strong as Jews and as Israelis is music and prayer. So, on that note, I have exciting news!

On Thursday, November 9th, our much-awaited TES singing group will meet for the first time! So, what do you need in order to become part of the group?

A love for singing
Ability to commit to rehearsals
Ability to sing in tune
Readiness to have a lot of fun

What don't you need? You don't need to read music. You don't need to be a great singer. You don't need to stress out!

During rehearsals, we will learn how to breathe correctly, which will support your vocal chords while singing. We will also do vocal exercises to develop techniques for healthier, better, and more controlled singing. We will learn liturgical music as well as songs that fit our values as a congregation. I will create all the vocal arrangements, and the level of difficulty will be determined following getting to know all of you musically. I will record every arrangement, and you will have access to listen to your specific voice part (Soprano, Alto, Tenor, Bass) and the arrangement as a whole.

Rehearsals will take place once a week at the Temple and will be 75 minutes long. The first rehearsal will take place on Thursday, November 9th, but the day and time for the rest of the year will be determined after we meet and find a routine day that will work for all.

If you're interested, and I hope you are, please email by **Monday, November 6** to:
gitit.shoval@gmail.com

I'm looking forward to hearing from you soon.

Let's do it!
Gitit

RELIGIOUS SCHOOL AND YOUTH NEWS



Shalom from our Religious School!

We are entering a season of lights and gratitude, and we couldn't be more thrilled to share it with our wonderful community. Here's what to look forward to in the coming months.

Thanksgiving and the Spirit of Being Thankful: Our Hebrew School is not only a place for religious education but also a space where we encourage our students to appreciate the values that connect us as human beings. Thanksgiving offers a unique opportunity for us to reflect on our blessings, and we will be incorporating lessons about gratitude into our curriculum. Students will participate in special activities where they will express what they are thankful for and learn about the importance of gratitude in Jewish traditions.

Chanukah: The Festival of Lights is on the horizon, and our classrooms are already buzzing with excitement! Students will have the chance to lead blessings, light candles, and eat some latkes. We will also have our annual school wide Hanukkah party on the Saturday before school break.

Our dedication to fostering a deep connection with the Hebrew language continues. This month, we focus on vocabulary that is related to Chanukah and its blessings! Our Jewish Studies curriculum will dive deep into the stories and lessons of the Maccabees, exploring the themes of resilience, faith, and miracles. Through interactive lessons, discussions, and role-plays, our students will not only learn about the history but also the significance of Hanukkah in our lives today.

Important Dates:

November 17: Friday night service led by grades 6/7

November 22 - 25: Thanksgiving Break (No School)

December 20 - 30: Winter Break (No School)



As the nights grow longer, the lights of Hanukkah and the warmth of our community shine even brighter. Let's cherish these moments, celebrate our shared heritage, and cultivate gratitude in our hearts.

Warm wishes for a season filled with light and blessings,
Talia

2023/5784 Chanukah Dinner and Program featuring Crocodile River Music

Sunday, December 10



The Crocodile River Music organization's mission is to promote and perform African and African influenced music that informs, connects, and inspires. They bring a high-energy, fun, interactive, and multicultural musical program for all ages. In addition to enjoying – and participating in – great entertainment, we will discover our cultures' similar and different stories as experienced through our music, values, and historical journeys.



5:30pm: Dinner with Chanukah Candle Lighting and Songs

6:00pm: Activities for Kids

6:30pm: Crocodile River Music: Interactive Program for All Ages (Free and Open to the Public)

Learn more about Crocodile River Music at www.crocodilerivermusic.com or by scanning the QR code.

Additional details will be announced in our eNews.



TES SCHOLAR IN RESIDENCE WEEKEND WITH DR. BETSY STONE

Friday, December 1, 7:30pm: Shabbat Services at TES with Guest Speaker Dr. Stone

Saturday, December 2, 10:00 - 11:30am, at Worcester JCC: Discussion with Dr. Stone for Religious School and Pray & Play Parents, Grandparents, and other Caregivers on "Developing a Child's Jewish Pride and Identity in a Predominantly Christian Society"



About Betsy S. Stone, Ph.D.

Betsy Stone, a retired psychologist, is an engaging speaker whose passion for wellness in the lives of families has brought her invitations to teach throughout North America and Europe. She leads groups for clergy, as they navigate the complexities of their personal and professional roles, as well as serving as a Scholar in Residence for Congregations and Clergy groups.

Betsy has led webinars and seminars for congregations, Clergy, Hillels, Hebrew Union College and the Jewish Education Project. Her topics include:

- Trauma in our Bodies and Brains
- Post-Traumatic Growth
- Grief
- Generational Impacts
- Anxiety and Stress
- Issues of Reopening
- Antisemitism and Anxiety
- Boundaries and Burnout
- Character Strengths



Dr. Stone's book of essays, *Refuah Shlema: Reflections on Healing and Growth*, is available on Amazon at: <https://a.co/d/3rFh0JY> or by scanning the QR code.

CARING COMMITTEE

We realize that there are many Temple Members who are caring for loved ones and that we/the Caring Committee are not reaching them all. Being a small team of 15 volunteers, the mission of the committee, established in June 2023, is to supplement the pastoral care of the Rabbi by calling Temple congregants and/or their loved ones who are ill, bereaved, homebound, or in need of a friendly conversation. On average, there are 45 individuals on the Mi Sheberach list. Currently, monthly calls are made to 26 of those individuals by 15 volunteers. 20 have expressed not wanting monthly calls.

Our goal is to reach out to caregivers so they feel less isolated. We understand that caring for those we love with significant needs is a difficult road, and in time, we would like to expand the caring committee's scope to include a Caregivers Group.

Let us know if you are caring for a loved one. Please call the Temple office or send us an email. Also, if you would like to join the Caring Committee as a volunteer caller, please send us an email at: caring@emanuelsinai.com

Kind regards,
Marcy Ostrow and Anne Sadick, Co-chairs



TEMPLE EMANUEL SINAI'S ISRAEL ADVENTURE:

A PALETTE OF EXPERIENCES
LED BY RABBI VALERIE COHEN
NOVEMBER 7-17 2024

Registration Now Open!
Visit j2adventures.com
or scan the QR code



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Antisemitism in Eastern Europe: Origins, Normalization, and Aftermath

A three-part course series on the development of antisemitism in Eastern Europe leading up to the Holocaust, led by guest speaker Jessa Sinnott, Doctoral candidate at the Strassler Center for Holocaust Studies at Clark University.

**Sunday
November 19
1:00pm**

**Sunday
December 17
1:00pm**

In person in the Beit Midrash and virtually on Zoom



Holiday Craft and Vendor Fair

Get a head start on your gift shopping for the holidays! Come support local artisans and business owners and find some unique gift ideas for everyone.



WHEN: Sunday, November 12th, 10:00 am-2:00 pm

WHERE: Worcester JCC, 633 Salisbury Street, Worcester

Proceeds to benefit PJ Library Central Mass

For additional information, contact pjlibrarycentralma@gmail.com

PJ Library



A call for action in our community!

Help families living in the IHN (In the Hour of Need) family shelter in Worcester

IHN accepts 6 families with children who don't qualify for state-funded shelter

Please contribute today! Every dollar makes an impact

Our congregation has been supporting IHN since its inception, more than 20 years ago.

TES hosting period is 12/10/23 – 12/30/23. We raise crucial funds for staffing, food, case management, and operational expenses.

Volunteers play a crucial role at IHN. Between 12/10-12/30 spend an evening, **(5:30 PM to 8:30 PM) or overnight (8:30 PM to 7:30 AM)** at the IHN house. Overnight volunteers sleep on cots in the staff office.

If you are interested in learning more about volunteering or to sign up please email **Susan Hayes at TESatIHN@gmail.com.**

Please help IHN families secure a safe home! 100% of funds are donated to IHN.

- Make checks payable to **TES- IHN fund** and mail to TES
- Donate through the TES website; click on the Donations & Payments tab, and under Payment Details: select IHN family shelter

Donations may be made in honor of a person, special event, or in memory of a loved one.

Questions about TES involvement? Contact

Mark Birnbaum, birnbaumm@merrimack.edu or Susan Hayes, tesatihn@gmail.com

INTRODUCTION TO JUDAISM

Led by Rabbi Valerie Cohen
and Rabbi Rachel Gurevitz

**Registration Open Now! Class begins December 3
Online ONLY (Zoom)**

Calling all those who are Curious and Questioning...
Explore the fascinating, complex and ever-changing world
of Judaism and the Jewish people, rituals, philosophy, texts,
culture and more. Traditional and modern understandings.

Everyone is welcome!

This class is for you...

- If you are Jewish, but never attended Religious School, or don't remember any of it!
- If you are interested in finding a new home in Judaism
- If you have Jewish family (partner, Jewish grandchildren, extended family, etc.)
- If you have Jewish friends and you want to learn more about them
- If you want to learn about Judaism for any reason

Cost: \$180

Complimentary for members of TES & Congregation B'nai Shalom

Schedule: Sunday Evenings, December 3, 2023 - May 19, 2024

7:00-8:30pm Class

8:30-9:00pm "Parking Lot Conversation" (a time for questions)

TORATHON 2023

THE WONDERFUL WORLD OF JEWISH MUSIC

Saturday, November 4, 6:30 - 10:30 pm

At Congregation Beth Israel, 15 Jamesbury Drive, Worcester

In conjunction with Congregation Beth Israel's 100th Anniversary Celebration, Torathon is pleased to feature Klezmer music and storytelling with the Jack Soref Klezmer Quartet.

After the Klezmer band presents their musical and storytelling event (which includes Havdalah), we will then break for two sessions of musically-themed classes. At 10:00 we will congregate for refreshments and one or two last songs together in the social hall!



Classes are led by local clergy and educators, and include:

Chassidic Niggunim
Music of Leonard Cohen
Israeli Music
The Music of Debbie Friedman
When Drummers Were women
Jewish Composers of Golden Age Broadway Hits
Singing-InfusedHealing Circle
Klezmer Music is Made for Dancing

The entire community is invited to attend Torathon, free of charge.

Donations to help support Torathon will be gratefully accepted and can be made online at:
www.jewishcentralmass.org/torathondonation



TES DONATIONS: AUGUST 1, 2023 – SEPTEMBER 30, 2023

Brotherhood Scholarship Funds

Bobbie Hirshberg in memory of William Isaac Mann

Sheila Tarlin in memory of Jeanette Williams

Anne and Mac Levine Scholarship Fund

Joan & Rif Freedman in memory of Mac Levine

Joan & Rif Freedman and family in memory of Leo Freedman

Lurier Scholarship Fund

Suzanne & Herbert Feldman in memory of Eugene G. Feldman and Morris W. Feldman

Suzanne & Herbert Feldman in memory of Anna Shatsoff

Suzanne & Herbert Feldman in memory of Allyn J. Robbins

David & Sarah Gould Musical Festival Fund

Michael Mandel & David Steinhorn

General Fund

Ruth Berman & family in memory of Henry Berman

Ruth Berman & family in memory of Bessie Berman

Tobey & Louis Burwick in memory of Hyman Burwick

Elaine Chase in memory of Milton Rosenwasser

Elaine Chase in memory of Dorothy Solomon

Cynthia & Dennis Cohen in memory of Yitzchak & Tsiporah Drougen

Susan Connolly in memory of Michael Abrams

Nancy & William Dube in memory of Ethel Whitman

Debbie & Steven Feingold in memory of David Levy and Anne Mack

Ceril Fish wishing Joel Berman a speedy recovery

Lisa Freilich & Andrew Freilich

RoxAnn & Michael Gusar in memory of Rachel Gusar

RoxAnn & Michael Gusar in memory of George Gusar

Emily & James Holdstein in memory of Richard Fox

Susan Idzajtich in memory of Jordan Cotton

Karen Heiman Jacobson in memory of David Heiman

Karen & Mike Kagan in memory of Patricia Elliott

Felice Kane in memory of Isobel Kane

Wendy & Sheldon Katz in memory of Irving Katz

Kimberly & Ari Mintz with gratitude to the entire TES family

Phyllis Pollack in memory of Joanna Levine

Lee & Chuck Radlo in memory of Rose Horn

Shelley Rodman in memory of Charles Feiner

Kenneth Sadowsky

Yael Savage in memory of Ruth Hess

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

Carol & Michael Sleeper in memory of Ethel Sleeper

Carol & Michael Sleeper in memory of Carole Kaplan and her son, Richard Kaplan

Sheila Weiner in appreciation of Bruce Wahle

Roe & Ron Wolf in memory of Bobbie Chase

Ottillie & Jeffrey Levine in memory of Helen and Richard Levine

High Holy Day Appeal

Kathleen & Paul Alony

Margot Barnet & David Coyne

Toni Begman

Nancy Benjamin

Sam Blier

Lisa & Christopher Boehm

Jana Brennan

Laurie & Kyle Brenner

Doreen Brettler & James Hurowitz

Deborah & David Bunker

Liza & John Carrigan

Alberta Chase

Elisabeth & Gerald Chase

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Gary Levine

Ottillie & Jeffrey Levine

DONATIONS CONTINUED

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Music Fund

Marilyn Goldsmith in memory of Nathan Pollan
Spahr and Levine Families

Rabbi's Fund

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Eydie Kasendorf in memory of Arnold Kasendorf
Shelley & Gerald Kashuk in memory of Muriel Witkin
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Carla Royak-Voluturo & Dr. Gregg Volturo in honor of the
marriage of Dr. Alison Royak Volturo and Nicholas Kominick
Stuart Sadick in memory of Richard Fox
Corinne & Eric Stratton in honor of their daughter's naming
Barbara & Joel Strogoff in memory of Harriet Strogoff
Barbara & Joel Strogoff in memory of Aaron Stein

Religious School Fund

Deb, Mark, Erica & Alyssa Shear in honor of Dr. Deborah
Feingold earning her PhD
Yael Savage
Barbara Sorley in honor of Judy & Allan Shriber

Social Action Fund

Margot Barnet & David Coyne

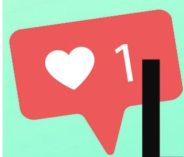


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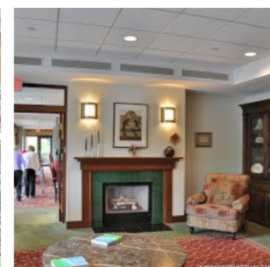
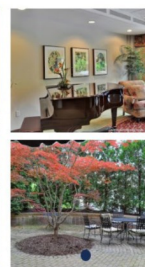
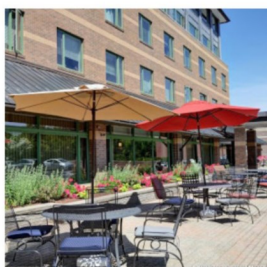
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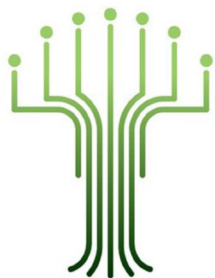


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