September - October 2023 Elul 5783-Cheshvan 5784 Vol. 13 No. 1





A NOTE FROM RABBI VALERIE

"Remember" is one of the main themes of the High Holy Days. Rosh HaShana is even called *Yom HaZikaron* - Day of Remembrance.

In our liturgy, we call on God to remember the covenant, the promise made to our ancestors to care for them and protect them, a promise that therefore extends to all of us. But "remember" also applies to us and the actions we should take. Because memory is not always just about the past.

I've been reading some texts on organization and time management (my ongoing challenge), and one in particular focuses on memory. Write every thought down, we're told; not just to get it out of our heads so it's not on constant replay as a distraction. Write it down as a reminder. The key to the system is reflection. Every evening and morning, we reflect on what we did and what we wrote to determine the next day's agenda and to set our priorities.

I didn't realize that a text on time management would also be an instruction manual for the High Holy Days. Remember what we have done this past year – which would be a lot easier if we wrote it all down – and then reflect on our memories in order to plan how we will act and determine our priorities.

Our life is not meant to be made up of lists or tasks; we are looking to create meaning. We create meaning through reflecting on our year and making decisions (setting priorities) on how we will change for the new year ahead.

The most recent topic I read about, which inspired this article, was the idea of Memento Mori. Memento Mori is Latin for "remember that you [have to] die". It is an artistic or symbolic trope acting as a reminder of the inevitability of death. Even in time management, we should remember that there is inherent impermanence to our lives and therefore to our time. We should plan accordingly.

This is exactly the theme of Yom Kippur. Yom Kippur is set up as a "rehearsal of our death". This theme is a subtle thread throughout the day, a message that we should remember our values and not waste the time we have been gifted.

As I think about time quickly moving toward the High Holy Days (not that the pace of time moves slower or more quickly on any given day), I'm reflecting on each day that passes. I then ask myself this question: What small thing can I do to make tomorrow better and more meaningful? I invite you to ask the same of yourself in preparation for the High Holy Days.

Shanah Tovah - May we reflect on the past in order to make this New Year even better and more meaningful.

PRESIDENT'S MESSAGE



Endings and Beginnings

As the high holiday season arrives with the pending holidays of Rosh Hashana and Yom Kippur, we have the opportunity to reflect on the conclusion of the year passed and the hopes of the year ahead. While there are three other New Years defined in the Jewish calendar, Tu BiShvat (the new year of the trees), Nisan 1 (the new year tied to our redemption from Egypt and birth of the Israelite nation), and Elul 1 (the new year for cattle tithing), the holiday designated in the 7th month of the Hebrew calendar, Tishrei 1, stands out for us as the salient New Year.

We consider it a season of renewal, recognizing our failings in deeds and action, asking for forgiveness from those we might have wronged, and pledging to improve for the coming year. We easily offer the greeting, *L'Shanah Tovah*, but we often omit the completion of the greeting, *Tikatev V'Taihatem* (May you be inscribed and sealed for a good year). A very wishful thought for the beginning of the year ahead, but one which carries a harsh irony at this time of year for those who have experienced the loss of a family member or friend during the preceding year or years, haunting us with a hint, or more, of sadness, as we contemplate the holes in our world as a consequence.

May the abundance and wealth of our friendships and family relationships carry us into the New Year, with gratitude for what has made our lives complete, and which will carry us into this new year. On behalf of the Board of Trustees, Shanah Tovah Umetukah (A Good and Sweet Year).

Revised Temple Vision Statement

In conjunction with the Racial Justice Alliance, led by Margot Barnet and Susan Mack, the Temple board has approved the following vision statement which will be displayed on our website and which will guide us in our efforts to make our congregation an open and welcoming community. Please send any comments, corrections or suggestions to me at president@emanuelsinai.org

Proposed Vision Statement endorsed by TES Board of Directors May 2023:

"Temple Emanuel Sinai is a vibrant Reform Jewish congregation serving Central Massachusetts. We welcome all individuals and families, regardless of race, heritage, socio-economic status, sexual orientation, gender identity, age, ability status, or how we come to Judaism. We seek the wisdom and guidance of Torah to provide a comforting foundation of belonging and support to all who enter our doors. We aspire to be a place where all are valued for their full potential.

Temple Emanuel Sinai endeavors to create joyful worship experiences and innovative lifelong learning opportunities, to actively contribute to racial, social and environmental justice and to ally with others in the greater Worcester community who share these values."

L'hitrayot, Gary Wolf, President

Say Wal

NEW CLASS SERIES

Antisemitism in Pre and Post Holocaust Eastern Europe: Origins, Normalization, and Aftermath

This fall, the Lifelong Learning Committee will host a three part class series taught by TES member and Summer Institute 2023 guest speaker Jessa Sinnott. Jessa is a PhD candidate at the Strassler Center for Holocaust and Genocide Studies at Clark University and the course will focus on the development of antisemitism in Eastern Europe leading up to the Holocaust.

This hybrid class will meet monthly at 1:00pm on the third Sunday of the month on the following dates: October 15, November 19, and December 17.

Additional details and Zoom information will be available soon in our weekly eNews.

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SEPTEMBER - OCTOBER 2023 WORSHIP SERVICES

KI TAVO

Friday, September 1 Candle Lighting at 7:03pm 7:30pm Shabbat Service Saturday, September 2 10:30am Torah Study Deuteronomy 26:1-29:8

NITZAVIM-VAYEILECH

Friday, September 8 Candle Lighting at 6:51pm 7:30pm Shabbat Service Saturday, September 9 10:30am Torah Study **7:30pm Selichot Service**

ROSH HASHANA

Friday, September 15 Candle Lighting at 6:39pm 7:30pm Erev Rosh Hashana Service Saturday, September 16 **See High Holiday Schedule**

HA'AZINU

Friday, September 22 Candle Lighting at 6:27pm 7:30pm Shabbat Service **Shabbat Shuva** Saturday, September 23 10:30am Torah Study Deuteronomy 32:1-32:52

YOM KIPPUR

Sunday, September 24 Candle Lighting at 6:23pm 7:30pm Kol Nidre Service Monday, September 25 11:00am Yom Kippur Main Service **See High Holiday Schedule**

SUKKOT

Friday, September 29 Candle Lighting at 6:14pm 7:30pm Erev Sukkot Service Saturday, September 30 10:30am Torah Study See High Holiday Schedule

SIMCHAT TORAH

Friday, October 6 Candle Lighting at 6:02pm 7:30pm Erev Simchat Torah and Yizkor Service See High Holiday Schedule

BERESHIT

Friday, October 13 Shabbat Mevarchim Chodesh Cheshvan Candle Lighting at 5:51pm 7:30pm Shabbat Service Saturday, October 14 10:30am Torah Study Genesis 1:1-6:8

NOACH

Friday, October 20 Candle Lighting at 5:39pm 7:30pm Shabbat Service Saturday, October 21 10:30am Torah Study Genesis 6:9-11:32

LECH-LECHA

Friday, October 27 Candle Lighting at 5:29pm 7:30pm Shabbat Service Saturday, October 28 10:30am Torah Study Genesis 12:1-17:27

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 5:45pm (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	Talia Mugg, RS Director tmugg@emanuelsinai.org	Sophia Schlegelmilch, Communications Administrator sschleg@emanuelsinai.org
Gitit Shoval, Cantorial Soloist & Music Director gshoval@emanuelsinai.org	Christa Benoit, Office Assistant cbenoit@emanuelsinai.org	Steve Contois, Caretaker
	Jade Le'Jeune, Temple Administrator jlejeune@emanuelsinai.org	Temple Main Phone Line 508-755-1257

RELIGIOUS SCHOOL AND YOUTH NEWS



Shalom from our Religious School!

Welcome to another exciting new year at Temple Emanuel Sinai Religious School! The fresh scent of early autumn is in the air, and with it comes a promise of learning, growth, and connection. As we enter the vibrant months of September and October, our dedicated teachers are eagerly preparing for a year full of meaningful experiences and lessons. They have been gathering, planning, and brainstorming throughout the summer to craft lessons and activities that are engaging, insightful, and impactful, and they can't wait to welcome each of our students, both

returning and new, into their classrooms and into our Temple community. The High Holidays – a period of introspection, renewal, and celebration – are just around the corner. As these days approach, we will embark on a special journey of understanding the significance and traditions associated with Rosh Hashana, Yom Kippur, Sukkot, and Simchat Torah. Our students will dive deep into the rituals, stories, and songs that make these holidays so cherished within our faith.

The first day of our Religious School is on Saturday, September 23, and it is always filled with a mix of anticipation and excitement! We have got just the right activities to break the ice and kick-start the year on a high note, and we are hoping that parents will be able to join us for this special day. More information regarding the schedule and activities for first day of school will be emailed later.

We believe that Jewish education is a partnership between school and home. Together, we can ensure that our children grow in their understanding of our rich heritage, culture, and traditions. We look forward to seeing the beautiful tapestry of learning and experiences that our students will weave this year.

L'Shanah Tovah – Wishing you a good and sweet year ahead! Talia



GET TO KNOW OUR NEW OFFICE STAFF



Jade Le'Jeune, Temple Administrator

Hi everyone! As many of you know, I am the new Temple Administrator here at Temple Emanuel Sinai and I am extremely excited to start my time here as more than a congregant. Some background on me: I am an avid comic book reader, amateur Historian (with a focus on African American studies), music lover, and proud parent to two wonderful children whom my wife and I are raising Jewish.

Whenever the office is open, please feel free to stop by and say hi if you're in the area. I love making meaningful connections to those I serve and would love to put a face on the voices I hear over the phone! If ever you have a question or concern that I can address, please do not hesitate to reach out to me by phone at 508-755-1257 or by email jlejeune@emanuelsinai.org.



Sophia Schlegelmilch, Communications Administrator

Sophia joined the TES office staff in May of 2023 after several years as a temple congregant. She lives in Leominster with her husband Spencer and several furry, four-legged children. As a former Veterinary Technician, Sophia enjoyed caring for countless clients and their pets for ten years before leaving the veterinary field to pursue her Bachelor's degree. She currently studies English and Communications at Worcester State University, and looks forward to graduating in December 2023. When she's not studying or working, Sophia enjoys photography, urban exploration, spending time with her pets, and volunteering for Mainely Rat Rescue.

UPCOMING SPONSORED SHABBATS

Mark your calendars – This fall, a number of TES committees have volunteered to sponsor and lead themed Shabbat services during October and November. Service topics will include Climate Change, the TES Racial Justice Alliance, the Antisemitism Awareness Initiative, and more. Further details will be announced in our weekly eNews in the upcoming months.



MUSIC NEWS

Summer is ending, and fall is knocking on our doors.

I cannot believe I am saying this, but the High Holidays are approaching and we are already rehearsing and getting excited.

Every year when I go back to the incredible music of the High Holidays it moves me deeply, and every year it seems like this music introduces itself as if it is the first time I hear it. There is something magical about this time of year when everyone gets ready for Rosh Hashanah. I will be with you in the sanctuary, welcoming the new year, with my heart full of hopes and prayers.

As the new year begins, we go back to our activities at religious school and Pray and Play. I cannot wait to start leading Shabbat morning services alongside Rabbi Valerie and afterward work with the little ones on songs, games, stories, and much more.

This year I will be opening a new singing group, and I would like to invite anyone who likes to sing and wants to be a part of this group to email me at gitit.shoval@gmail.com so we can start determining the day of the week on which we will rehearse. It will be an incredibly fun and educational experience, which will lead us to be the best we can be.

Many exciting musical things will happen this year, and I hope you will find comfort connecting to others through music.

Yours always, Gitit





TORATHON 2023 November 4, 6:30 pm

The Jewish Federation of Central MA is please to present Torathon 2023, featuring a special theme: The Wonderful World of Jewish Music!



This year's Torathon will take place in conjunction with Congregation Beth Israel's 100th Anniversary Celebration, and will include Havdalah, a Klezmer musical and storytelling event, two sessions of musically-themed classes, and closing songs with refreshments. The entire community, plus family and friends, is invited to attend free of charge.

Further details to follow in our weekly eNews.

VOLUNTEER WITH THE CARING COMMITTEE

At the heart of Temple Emanuel Sinai is our congregants' knowledge that our temple family cares about them. Every person and every family sometimes faces challenging times, and that's when we need to lean on the strength of our community most of all.

The Caring Committee recognizes our responsibility to care for one another. Together we are building and nourishing a network of relationships to provide some comfort in times of sadness or need such as an illness or a death in the family. There are no meetings, just friendly phone calls and condolence cards. Since June 2023, fifteen TES volunteers have made 64 phone calls. Twenty condolence cards have been sent.

If you want to volunteer, contact us by email at caring@emanuelsinai.org

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





High Holy Day Schedule 5784

ALL SERVICES WILL BE IN PERSON AND ONLINE



ADDITIONAL HIGH HOLY DAY INFORMATION

SELICHOT SERVICE - Saturday, September 9, 7:30pm

Creative Program and Musical, Meditative Service

Enter the High Holy Day Experience with a Gentle Invitation through the Music of the Season. Music touches our souls in unique ways, softly sparks memories of past holidays, stirs our emotions, and inspires us to respond to those emotions. Selichot, its liturgy and the music, prepares us for the High Holy Days. We'll begin the evening with an interactive, creative program.

EREV ROSH HASHANA ONEG - Friday, September 15, following the 7:30pm service

Join us for a celebratory Oneg sponsored by the TES Board of Directors.

YOM KIPPUR AFTERNOON STUDY SESSIONS - Monday, September 25, 2:00pm

Kol Nidre "Prayer" - History, Meaning, and Impact Led by Rabbi Valerie Cohen (in person only)

How the High Holy Day Liturgy Transforms Us... or Not Led by the Worship Committee (in person and Zoom)

Who Feels Welcome at Synagogue? A Model to Examine Privilege Led by the TES Racial Justice Alliance (in person and Zoom)

YOM KIPPUR BREAK THE FAST - Monday, September 25, following the 6:00pm Ne'ilah service Join us for a Break the Fast Gathering sponsored by the TES Board of Directors.

SUKKOT CELEBRATION AND SERVICE - Friday, September 29, 6:45pm followed by service at 7:30pm

Creative and Interactive Sukkot Service for all ages - Outside on Patio, Weather Permitting

6:45pm - Come early for an art activity and finish decorating the sukkah. 7:30pm - Join in a fun and musical service with gratitude for nature and shake the lulav and etrog.

Sukkot is called Z'man Simchateinu – the Time of our Rejoicing. A holiday filled with happiness, joy and fun so let us increase our joy by celebrating together!

SIMCHAT TORAH - Friday, October 6, 7:30 pm with Shabbat Services

Celebration, Service and Yizkor (Memorial)

Do you have a favorite book that you read over and over again? The answer is YES – the TORAH!

On Simchat Torah, we finish the last chapter and begin reading the first chapter again, from Deuteronomy to Genesis. See the entire Torah Scroll rolled open before our very eyes. At the conclusion of our Simchat Torah celebration, we will move toward memory and Yizkor.

HIGH HOLY DAYS 5784 HONORS REQUEST

We want as many congregants as

possible to be involved in leading our community in these holy and meaningful days. If you would like to be involved in any of the services, there is a place for you:



· Opening the ark Carrying the Torah Candle lighting

• Reading an English passage or poem · Lighting a candle in memory of a

loved one at Yizkor

To volunteer, use the QR code

Yizkor/Memorial Video

This year we plan to continue our recent tradition of displaying our Memorial Book on a video screen before the Yizkor

Service, along with pictures of our loved ones that congregants have submitted.

In order to make the video most meaningful, we invite you to submit photos of those you are remembering.

Even if you have submitted a photo in past years, you will need to submit the form again to ensure we have the correct information. To upload a photo use the QR code below.

Please submit your names and pictures before September 7.



Book of Remembrance

"May their souls be bound up in the bond of eternal life"

As we turn our minds to the High Holy Days, we remember those who are no longer among us. This year we will once again offer you the mitzvah of placing the names of loved ones who have passed away into our Memorial Book for Yom Kippur. Mail-in forms have been sent, and are also available for download on our website on the "High Holy Days" page.

INTRODUCTION TO JUDAISM

Led by Rabbi Valerie Cohen & 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: S180

Complimentary for members of TES & Congregation B'nai Shalom



Schedule: Sunday evenings

December 3, 2023 - May 19, 2024 (no class on certain holidays) 7:00-8:30pm Class 8:30-9:00pm "Parking Lot Conversation" (a time for questions)

High Holy Day FOOD DRIVE

September 16th through October 7th

- Nonperishable foods
- Unbreakable containers
- New and Unopened Pantry items

Examples of non-perishable food items:

Canned soups, canned vegetables and fruits, pastas, dry beans, rice, flour, cereals, canned soups and meals, peanut butter, infant formulas, macaroni and cheese, other boxed meals.

New this year

Some of our community partners have told us that it makes a positive difference to people they serve to receive food items and ingredients that fit the cultures of these populations – items that are not usually found in the standard U.S. diet and are not often provided by food banks and pantries. Seasonings and spices are especially appreciated. Providing these items allows their clients to prepare meals and feed their families in ways that affirm their cultures and traditions. In coming weeks, look in the eNews for further details and a "wish list" of such items as well as suggestions for where to find them.

Drop off your bags of food at the Temple Emanuel Sinai lobby at any service before October 7th or during office hours 9:00 AM-3:00 PM Monday, Wednesday, Thursday, and Friday) (look for a bin outside the office)

> Contributions will be collected by Rachel's Table and distributed to local food pantries

Thank you from the TES Social Action Committee and Rachel's Table



Rachel's Table is a program of the Jewish Federation of Central Massachusetts.

TEMPLE EMANUEL SINAI'S ISRAEL ADVENTURE:

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

CONGREGATIONAL TRIP INFO SESSION WITH BONUS TASTE OF ISRAELI FLAVORS

WEDNESDAY, OCTOBER 4 7:00PM IN PERSON UNDER THE SUKKAH AND ONLINE (ZOOM)

REGISTRATION STARTS OCTOBER 1 WATCH ENEWS FOR MORE DETAILS



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Endowment Fund

Frances Gordon in memory of Ethal Goldberg

Floral Fund

Bobbie Hirshberg in memory of Ida Blotnick Mann

<u>General Fund</u>

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High Holy Day Appeal

Gerald Finkle Sandy & Maruice Goodman Beth & Jeffrey Greenberg Ellie & Peter Lin Renee Malowitz & Frederick Lilienkamp Talia & Andy Mugg Jo & Neil Patrick Marcy Supovitz & Van Leichter Rodolfo Martinez-Rivera Ellen & Conrad Swartz

Interfaith Hospitality Network (IHN) Fund

Marsha Gordon in memory of Leo Z. Gordon

DONATIONS CONTINUED

Lifelong Learning Fund

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Ma'ot Chitim Fund

Ruth Berman & Family in memory of Michael Katz Ellen, Bruce & Danny Wahle in memory of Stanley Merer Ellen, Bruce & Danny Wahle in memory of Daniel Wahle

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Stuart Sadick

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Harriette Chandler in memory of Reba Kesser Levy

President's Fund

Paula Selvitella in honor of and thanks to the Board for their support

Rabbi's Fund

Kimiko Abramoff in memory of Yaeko Ono Margot Barnet & David Coyne in memory of Steven Pacheco Deborah & David Bunker in memory of Steven Pacheco Selma Coyne in memory of Steven Pacheco Janyce & Joel Cutler in memory of Steven Pacheco Susan DeFalco in memory of Steven Pacheco Marshall Farmelant in memory of Steven Pacheco Marshall Farmelant in memory of Maxwell Byer Helene & Lawrence Freed in memory of Samuel Freed Marianne & Howard Gewandter in memory of Vitaly Kozlov Sandra & H. Maurice Goodman in memory of Mary R. Goodman Patti & Harvey Gould in memory of Nancy Orbuch Patti & Harvey Gould in memory of Steven Pacheco Patti & Harvey Gould in memory of Joanna Levine Jonathan Heimberg in memory of Steven Pacheco Donna & Harry Hubbard in memory of Freda Galanty Deborah Kelly in memory of Margaret Kelly Beth-Ann Martunas and family in memory of Gladys Pollet Young Steve Miller in memory of Marilyn Miller Pacheco Family in memory of Steven Pacheco

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Stuart Sadick in memory of Steven Pacheco Yael Savage in memory of Steven Pacheco Deb & Mark Shear in memory of Maxwell Byer Allan & Judy Shriber in memory of Steven Pacheco Allan & Judy Shriber in memory of Frances Gordon, Joanna Levine, Thelma Shriber, Benjamin Finkelstein and Samuel Shriber

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Steven Silver in memory of Solomon Silver

Edward Stein in memory of Pearl Stein

Edward Stein in memory of Dorothy Stein

Religious School Fund

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Shelanu Campaign Fund

Marlene & David Persky in memory of Marguerite Persky

Social Action Fund

Sandra Meltzer in memory of Ruth Saage Yael Savage in memory of Hans Hess

<u>Torah Fund</u>

Lee & Chuck Radlo in honor of the birth of Kali Marie Slaten Sandra Sotak in memory of Dianne Rath

Walls to Bridges Fund

Karen & Tom Thomsen in memory of Charles Tischelman



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