



A NOTE FROM RABBI VALERIE

A Time for Honest Conversation

I can count on one hand the number of times I've scrapped my bulletin article at the last minute to write about a deep concern that's been taking up a lot of headspace. This is one of those times.

My original July/August piece on the healing power of art is still included on page 8 — it's a topic I care deeply about. But I've been consumed with how to address Israel and Palestine, Israelis and Palestinians, the Israel-Hamas Conflict, the Israeli War on Gaza... even what we call this situation sparks deep pain and disagreement. And that's true within our own congregation.

Recently, I've heard that some congregants feel Temple Emanuel Sinai has been silent on the issue. People are yearning for space to talk, to process, to share in a Jewish setting grounded in our values and our faith community.

The blessing — and the challenge — of our congregation is our diversity. Truly, what a gift to have built a home for people from so many different backgrounds, traditions, and viewpoints. But around this issue, our diversity stretches across a spectrum so vast that it sometimes feels like we're as numerous and scattered as "the sands of the sea and the stars in the sky," just as Genesis describes Abraham's descendants.

So what does it mean to say our synagogue has been "silent"? Perhaps we haven't created formal opportunities for open conversation. Perhaps we haven't said what some hoped to hear — whether that's more support for Israel and the return of the hostages, or stronger condemnation of the humanitarian crisis in Gaza caused by the Israeli government's actions. And when people say "we," they often mean me — the rabbi.

In my role, I've tried to speak my truth while also holding space for everyone to feel they belong. The truth is, I can't do both fully. I cannot speak my whole truth and also represent the full range of beliefs in our diverse congregation. No matter what I say, some will want to hear something else.

But I speak from a foundation of Jewish values: the sanctity of human life overrides everything. That means we must grieve and condemn the horrific crimes of October 7 — the murder of civilians, the taking of hostages, many still not returned. What person of faith could not be outraged by that?

And I also grieve and condemn the killing of Palestinian civilians, the displacement of families, and the denial of humanitarian aid. What person of faith could not feel the moral urgency of that?

I hold both truths at the same time.

Now is the time for conversation. A committee is working carefully to create a respectful, professionally facilitated space for that to happen. Is it taking longer than we'd like? Yes. But I've seen too many congregations rush into it and end up more divided than before.

We've heard you. I've heard you. And we're moving forward.

If you want to talk, I'm here. Let's meet — preferably over a cool drink during these hot summer days.

And finally, I invite you to read my recent *Keeping the Faith* column in the *Telegram*: "...As if they have saved the entire world: The case for turning away from destruction," published June 21, 2025, and available online.



PRESIDENT'S MESSAGE

Many have asked how I feel to have been elected President of Temple Emanuel Sinai at our recent annual meeting. It's a simple answer: I feel both humbled and proud to have been asked, I feel optimistic and enthusiastic about what is ahead for our congregation, I feel hopeful that we will each find opportunities to share ideas and work together to make this an even stronger, relevant community for our members, our prospective members, and our guests. A community of belonging, a community that supports each other, a community that reminds us of and reinforces our Jewish values.

As we look ahead to our High Holidays, I hope that I will have the opportunity to greet you at services if you will be joining us in the sanctuary, and also to greet you if you join online. I also invite you to include your family members, friends, anyone who is even a bit curious about Temple Emanuel Sinai. We have so much to be proud of.

I will endeavor to use this column to highlight the priorities of our Board and to share updates of our activities. If there are other ways you'd like me to use this column, I'm also open to feedback. I look forward to working together.

Yours,
Stuart Sadick

Board Member and Officer Installation Ceremony



Friday, September 5, 6:30pm
During Shabbat Services



MUSIC NEWS

Dear Friends,

This year, Temple Emanuel Sinai has been filled with meaningful and enriching musical experiences.

Kol HaLev continued to rehearse on Thursday evenings and performed at several services and events throughout the year. We expanded our repertoire by learning new pieces and refining familiar ones, always striving to elevate the quality and spirit of our performances.

We were also privileged to host several outstanding guest artists, including **Jacob's Ladder**, **Ezekiel's Wheels**, and **Kantika**, along with a special evening that brought together singing groups and choirs. These collaborations infused our community with new energy and broadened the scope of our musical offerings.

Thanks to the generosity of a dedicated donor, we were able to add a pianist to our Friday night services. This addition has deeply enriched our musical experience, allowing us to explore a broader and more dynamic range of music.

Looking ahead, we are excited to introduce a new **monthly Friday service** featuring piano, guitar, a guest musician, and **Tutti Druyan**, who will join me in leading the music.

As we begin preparations for the High Holidays, I always find myself thinking, "This year will be less stressful." Yet each year, the same mix of anticipation and pressure returns — perhaps even more so. There is something profoundly moving and sacred about the High Holidays, and I want each aspect to be as meaningful and beautiful as possible. I'm excited to share inspiring prayers and powerful musical moments, accompanied by a gifted pianist, a choir, a cellist, and of course, our "Kol HaLev."

I look forward to seeing you all in our beautiful sanctuary at Friday night services and during the High Holidays.

Always yours,
Gitit

JULY - AUGUST 2025 WORSHIP SERVICES

CHUKAT

Friday, July 4
Candle Lighting at 8:09pm
6:30pm Shabbat Service
Saturday, July 5
10:30am Torah Study

BALAK

Friday, July 11
Candle Lighting at 8:06pm
6:30pm Shabbat Services
Saturday, July 12
10:30am Torah Study

PINCHAS

Friday, July 18
Candle Lighting at 8:01pm
6:30pm Shabbat Services
Saturday, July 19
10:30am Torah Study

MATOT-MASEI

Friday, July 25
Candle Lighting at 7:55pm
6:30pm Shabbat Service
Saturday, July 26
10:30am Torah Study

DEVARIM

Friday, August 1
Candle Lighting at 7:48pm
6:30pm Shabbat Service
Saturday, August 2
10:30am Torah Study

VAETCHANAN

Friday, August 8
Candle Lighting at 7:39pm
6:30pm Shabbat Service
Saturday, August 9
10:30am Torah Study

EIKEV

Friday, August 15
Candle Lighting at 7:29pm
6:30pm Shabbat Service
Saturday, August 16
10:30am Torah Study

RE'EH

Friday, August 22
Candle Lighting at 7:19pm
6:30pm Shabbat Service
Saturday, August 23
10:30am Torah Study

SHOFTIM

Friday, August 29
Candle Lighting at 7:07pm
6:30pm Shabbat Service
Saturday, August 30
10:30am Torah Study

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 livestreamed. Login information can be found in eNews.

CLERGY & STAFF CONTACT INFORMATION

Rabbi Valerie Cohen
rabbivaleriecohen@gmail.com

Gitit Shoval, Cantorial Soloist & Music Director
gshoval@emanuelsinai.org

Talia Mugg, Religious School Director
tmugg@emanuelsinai.org

Christa Benoit, Office Assistant
cbenoit@emanuelsinai.org

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!

We hope you're enjoying a joyful and restful summer! As summer sets in, we're already buzzing with excitement at Our Religious School, preparing for a brand-new school year filled with discovery, tradition, and connection.



Our team is hard at work getting ready for this upcoming school year - organizing materials and planning engaging lessons for each grade. Whether your child is just starting their Jewish learning journey or continuing with us for another meaningful year, we can't wait to welcome them back. Please keep an eye out for upcoming emails with important information regarding the registration for 2025/2026.

This year, students will explore Jewish history, Hebrew, and mitzvot while also reflecting on how Jewish values guide them in today's world. Expect more hands-on activities, family engagement, and exciting opportunities for leadership and creativity!

As we turn our thoughts to Rosh Hashanah and Yom Kippur this fall, our students will begin learning the prayers, meanings, and messages behind the High Holidays. We'll be preparing spiritually and emotionally for this sacred season, with age-appropriate lessons and activities that bring the holidays to life.

Mark Your Calendars for the first day of school- Saturday, 9/20 at 9:00am at Temple Emanuel Sinai.

There's nothing like the energy of a new year. Thank you for being part of our Religious School community. We're so excited to learn, grow, and celebrate together in the months ahead!

Wishing you the rest of a relaxing summer,
Talia

CARING COMMITTEE

The Caring Committee is committed to supporting our community through check-in calls, heartfelt notes of condolence and mazel tov, visits, and assisting Rabbi Valerie in her pastoral work. We are incredibly grateful to our dedicated volunteers for their kindness and commitment.

As we prepare for the upcoming High Holy Days—Rosh Hashanah and Yom Kippur—the Caring Committee is especially mindful of the needs of our community during this sacred time. We will be reaching out with care and compassion to those who may need extra support, and we welcome your help in making this season one of connection and reflection.

If you would like to join us in this meaningful work, please reach out to us.

Anne Sadick and Marcy Ostrow
Caring Committee Co-Chairs
caring@emanuelsinai.com



WORSHIP COMMITTEE

The Worship Committee welcomes others to join us in collaborating with Rabbi Valerie and Cantorial Soloist Gitit in implementing meaningful worship experiences. Members meet every other month to discuss ideas and plan. If you are interested in joining the Worship Committee, or if you have suggestions, please contact Debbie at: deborahankelly@gmail.com.

Hoping to hear from you!

Debbie Kelly
Worship Chair

Temple Emanuel Sinai

Tisha B'Av

Meditative and Musical Service

Saturday, August 2, 2025
6:30pm

In Person on TES Back Patio (Weather Permitting) and on Livestream

Although the world has been broken, we can and will emerge whole. Although we grieve, together we can heal and find meaning for the future.

With liturgy and the whispers of our own hearts, we will wind our way through our past and through our brokenness toward wholeness and healing.

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Temple Emanuel Sinai

All services available online at emanuelsinai.org/live-streams

TES SUMMER INSTITUTE 2025

Save the Date(s)

Friday Evenings
July 11 - Aug 29, 2025

Join us during Shabbat services this summer to meet some of the many artistic congregants in our community and learn more about the work they do.

Guest Speakers

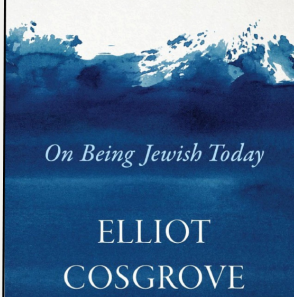
July 11 - Cheryl Rosen
July 18 - Chris Noce
July 25 - Lauren Shron Kaplan
August 1 - Howie Stein
August 8 - Val Sophos
August 15 - Renee Malowitz
August 22 - German Chiriboga
August 29 - Kristina Wilson

3 ONE HOUR DISCUSSIONS ON

ANTISEMITISM

BASED ON THE BOOK
"FOR SUCH A TIME AS THIS"

FACILITATED BY:
RABBI VALERIE

<p>THURSDAYS AT 6:30PM</p> <p>AUGUST 14 AUGUST 28 SEPTEMBER 4</p> <p>OPTIONAL: 6:00 PM PIZZA OR BYO DINNER</p> <p>IN PERSON ONLY AT TES</p>	<p><small>"During such a difficult, frightening moment for Jews around the world, this compelling book will bring you hope." —SHERYL SANDBERG, founder, Lean In</small></p> <h2 style="color: #000080;">FOR SUCH A TIME AS THIS</h2>  <p style="color: #000080;">On Being Jewish Today</p> <p style="color: #000080;">ELLIOT COSGROVE</p>
<p>"FOR SUCH A TIME AS THIS" IS AVAILABLE AT LOCAL LIBRARIES AND THE TEMPLE OFFICE HAS 2 COPIES FOR LOAN.</p>	<p>FOR PIZZA RSVP TO: PATTI GOULD POGOULD@YAHOO.COM (508) 612-0540</p>

PROGRAM SPONSORED BY:
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THE ANTISEMITISM AWARENESS INITIATIVE

TOT MEET-UP

for Little Ones 0-5 & their Caregivers

JULY/AUGUST DATES:
SUNDAYS, JULY 13 AND AUGUST 3
10:00AM @TEMPLE EMANUEL SINAI

Fun and Friendly Play
Casual Gathering
Connect with Others
Build Community in a Warm Jewish Environment.

Everyone Welcome!



High Holy Days 5786

SERVICE HONORS

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, scan the QR code or go to:
templemanuelsinai.shulcloud.com/form/HHDhonors25



Temple Emanuel Sinai



Book of Remembrance

5786

*"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 the mitzvah of placing the names of loved ones who have passed away into our Memorial Book, which will be distributed at the afternoon Yizkor (Memorial) service on Yom Kippur.

Forms are available for download on our website on the "High Holy Days" page.

Submissions can also be made online at
templemanuelsinai.shulcloud.com/form/memorialbook2025



7:00PM SATURDAY, SEPTEMBER 13

Selichot

**CREATIVE PROGRAM AND MUSICAL
MEDITATIVE SERVICE**

Enter the High Holy Days experience with a gentle invitation through the music of the season.

Join us for an interactive, creative program (in person and on Zoom) before the service.

Musical, meditative service to follow in person and on livestream.



Temple Emanuel Sinai

Yizkor/Memorial Video

♥ *Yom Kippur 5786* ♥

We will continue our tradition of displaying the Memorial Book on screen before the Yizkor Service, along with pictures of loved ones that congregants have submitted.

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

Please Note: Photos submitted last year for the 5785/2024 High Holiday Yizkor video will be automatically included in this year's video and do not need to be resubmitted.

Please use this form to send **new photos** and/or photos submitted before the 5785 High Holy Days that you would like included in this year's video.

To upload a photo, use the QR code below. **Please submit your names and pictures before September 8.**



High Holy Day Schedule 5786

ALL SERVICES WILL BE IN PERSON AND ONLINE



SELICHOT

Saturday, September 13
7:00pm



SHABBAT SHUVA

Friday, September 26
6:30pm



SHABBAT SUKKOT

Friday, October 10
6:30pm



SIMCHAT TORAH

Monday, October 13
6:30pm



ROSH HASHANA

Erev Rosh Hashana: Monday, September 22, 7:30pm
(followed by a celebratory Oneg)

Rosh Hashana Family Service

Tuesday, September 23, 9:00am
(for families with children 4th grade and younger)

Rosh Hashana Main Service

Tuesday, September 23, 11:00am

Rosh Hashana 2nd Day Service

Wednesday, September 24, 11:00am

Tashlich: Wednesday, September 24

(immediately following services at TES pond - meet in front of building)



YOM KIPPUR

Kol Nidre: Wednesday, October 1, 7:30pm

Yom Kippur Day: Thursday, October 2

Yom Kippur Family Service: 9:00am
(for families with children 4th grade and younger)

Yom Kippur Main Service: 11:00am

Healing Service: Estimated start 1:00pm
(begins immediately following Main Service)

Study Sessions, Topics TBD: 2:00pm

Afternoon Service: 3:30pm

Memorial Video 5:00pm

Yizkor/Memorial Service: 5:15pm

Ne'ilah/Concluding Service: 6:00pm
(followed by Break-the-fast)

THE HEALING POWER OF CREATIVITY

"When you make art and you don't know what's going to happen, you're involved in the mystery that life really is... I've had to find ways to express that stirring, boiling within, to try to map the ever-moving ocean. That's where I think art is most healing." - Judy Tuwaletstiwa, *Your Brain on Art*

"The act of making art is both scary and healing... Making art, at any level, is an act of courage and an expression of faith." - Julia Cameron, *The Artist's Way*

These reflections point to a powerful truth: art is healing. Whether rooted in neuroscience or spiritual exploration, creativity brings light into hidden places, both within and around us.

Over the past two years, I've had the privilege of completing a creative facilitator training through the Jewish Studio Project, a program devoted to exploring "Creative Health" — the intersection of creativity and well-being. (You can learn more at jewishstudioproject.org.)

That theme of creative health seems to have naturally emerged at TES this year. Juliet Feibel, Executive Director of ArtsWorcester and a TES congregant, gave a compelling talk at our Annual Meeting about the role of visual art in Judaism and everyday life.

Two of her insights are staying with me:

First, when you visit an art gallery or museum — and we should, often — give yourself permission to see just one gallery or exhibit. Instead of pushing yourself to take it all in (and feeling guilty when you tire out), allow yourself to truly experience just one space, deeply and joyfully.

Second, go with friends. Art is not only about individual reflection — it's also about shared experience. Going to a museum or gallery with others strengthens our connections and fosters belonging.

Building on Juliet's talk, we will launch our **2025 TES Summer Institute Series**, where TES members involved in the visual and performing arts will share their experiences through a Jewish lens during Shabbat services in July and August. The lineup includes a photographer, musician, educators, mixed-media artist, painter, dancer, and an art historian — a true celebration of the creativity in our community.

Throughout the year, we continue to nurture this spirit through our monthly **Beit Omanut** (Arts & Crafts Affinity Group), where we gather to work on individual projects and engage in free-flowing conversation. In **February**, we'll host guest artists for **Arts Month**, learning new techniques and exploring unfamiliar media. And we'll round out the year during our **TES BMitzvah Anniversary Celebration (May 1–3)** with a community art project: designing new covers for our Torah scrolls.

If God is the ultimate Creator, and we are made in the Divine image, then creativity is not optional — it's intrinsic. To make art, to appreciate it, to gather around it — these are acts of spiritual vitality. As Picasso once said, art "washes away from the soul the dust of everyday life."

Shalom,
Rabbi Valerie



TES DONATIONS: APRIL 1, 2025 – MAY 31, 2025

Brotherhood Scholarship Funds

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Samuel Hirshberg, Yale Hirshberg, Ida Blotnick Mann and
William Isaac Mann

Sheila Tarlin in memory of Harris Tarlin

Lurier Scholarship Fund

Lurier Family in memory of Miriam Lurier

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Camp Scholarship Fund

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Lee & Chuck Radlo in memory of Jack Warren Daniels

Fran Shleffar in memory of Suzanne Feldman

Caring Committee Fund

Shelley Rolf in memory of Eileen Jacobson Silverman

Yael Savage in honor of Emily Gerber's birthday

Eugene & Faye Rubin Children's Program Fund

Lisa & Peter Honig in memory of Ruth Herrmann

Floral Fund

Davida & Joel Berman in memory of Suzanne Feldman
and Rabbi Stanley Davids

Davida & Joel Berman in honor of Harriette Chandler

General Fund

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Ruth Berman in memory of Ruth Chaifetz

Ruth Berman in memory of Eleanor Fertel

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Irving & Esther Katz and Stuart Katz

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Deena & Ronal Madnick in memory of Ann Silverman
and David Silverman

Judy Markowitz in memory of Suzanne Feldman

Cantor Daniel Mutlu

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Lee & Chuck Radlo in memory of Catherine McPhillips

Lee & Chuck Radlo in memory of Louis Radlo

Lee & Chuck Radlo in memory of Joseph Trainor

Lee & Chuck Radlo in memory of John Mervyn Lent

Ron Rosenstock in memory of Evan Rosenstock

Cheryl & Douglas Ross in memory of Suzanne Feldman

Francy Schorr in memory of Suzanne Feldman

Alexis Silver in memory of Alexander Silver

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Theodore White

Gary Wolf in memory of Valerie Kerxhalli and Brenda Verduin

Dean and in honor of Samantha Horne's Bat Mitzvah

Wolfson Family in memory of Jack L. Wolfson

High Holy Day Appeal

Erin Goldstein & German Chiriboga

Elaine & Stephen Gordon

Patty & Donald Jacobs

Ellen & Richard Levitt

Michael Sharpe

IHN Fund

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Carolyn Powers in memory of Dennis Powers

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Judy & Allan Shriber in memory of Suzanne Feldman

Judy & Allan Shriber in memory of Eleanor Fertel and
Selma Coyne

Lifelong Learning Fund

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Derek Gordon in memory of Suzanne Feldman

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Lee & Chuck Radlo in memory of Suzanne Feldman

Marc Levine Youth Fund

Faye Levine & Family in memory of Rabbi Stanley Davids

Faye Levine in memory of Abraham Levine

Faye Levine in memory of Ethel Zellen

TES DONATIONS: APRIL 1, 2025 – MAY 31, 2025

Music Fund

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Paula & Dennis Selvitella in honor of Isaac Ball's naming
Sandy Sotak in memory of Valerie Kerxhalli,
Suzanne Feldman and Dennis Powers
Leslie & Mark Spencer

Oneg Fund

Paula & Dennis Selvitella in memory of
Eleanor Hartman Fertel

President's Fund

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in honor of Stuart Sadick

Rabbi's Fund

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Ruth Kaufman Perler
Helene & Lawrence Freed in memory of Suzanne Feldman
Barton Kamp in memory of Leon Kamp
Lee & Chuck Radlo in memory of Karen Trainor
Anne & Jonathan Sadick
Stuart Sadick in memory of Marcia Sadick
Stuart Sadick in memory of Joseph Dobis
Stuart Sadick in memory of Selma Coyne, Eleanor Fertel
and Carl Sherr
Deb & Mark Shear in memory of Suzanne Feldman
Lynne & Steven Silver in memory of Sara Silver
Karen & Tom Thomsen in memory of Charles Tischelman
Andy Weissman in memory of Suzanne Feldman

Religious School Fund

Sheryl & Steven Sigel in memory of Elaine Kulberg

Shelanu Campaign Fund

Marlene & David Persky in memory of Suzanne Feldman

Social Action Fund

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Marshall Farmelant in memory of Phyllis Farmelant
Lee & Chuck Radlo in memory of Selma Coyne
Paula & Dennis Selvitella in memory of Selma Coyne

Torah Fund

Marshall Farmelant in memory of Maxwell Byer
Karen & Michael Kagan in memory of Everett Kagan
Lee & Chuck Radlo in honor of the naming of Isaac Robert Ball
Sandy Sotak in memory of Chris Sotak

Willins Fund

Ron Joseph in memory of Edna Joseph

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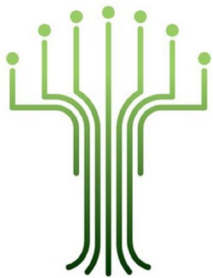


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