

TES B'MITZVAH COMMUNITY CELEBRATION



**MAY 1-3
2026**

We're marking an important milestone: 13 years as a united congregation. Our B'Mitzvah Weekend invites every congregant to celebrate with a joyful blend of Torah, fellowship, and fun. The centerpiece of our weekend is a collaborative art experience with guest artist Heather Stoltz, as we come together to create new Torah scroll covers— an enduring symbol of our shared journey.

FRIDAY Shabbat Together

- **5:45 PM — Festive Pre-Neg**
 - Mix, mingle, and kick off the celebration!
- **6:30 PM — Shabbat Across the Generations**
 - Featuring Musical guests, Torah readings by past presidents and special participation from our K-2 students
- **Immediately Following — Anniversary Oneg Celebration**
 - Sweet treats and community connection

SATURDAY Inspiration & Community

- **10:30 AM — “Meet the Maker”: Guest Artist Talk with Heather Stoltz**
 - *From Text to Textile: Weaving Torah, Thread, and Tzedek*
 - Learn more about our artist and her creative process
- **12:00 PM — Community Luncheon**
 - Religious School families and congregants of all ages come together for a joyful community meal.

SUNDAY Our Signature Moment: Create Together Community Art Project: Creating Our Torah Scroll Covers

This is your chance to help create something truly sacred and lasting. With guidance from the artist and her assistants, congregants of all ages and abilities are invited to add their own personal touch to the Torah scroll covers during our collaborative work sessions. Participate as much or as little as you'd like—every contribution matters.

- **9:30 AM-12:00 PM — Hands-On Holiness: Session 1**
- **12:00 PM — Pizza and Pop-In Community Lunch**
- **1:00-3:30 PM — Hands-On Holiness: Session 2**
- **3:30 PM — Ice Cream & Celebration Finale!**
 - A fun (and tasty!) finale celebrating our creativity and connection—**13 years strong, rooted in tradition, growing toward a bright future.**

Join us for one event or the whole weekend – every moment matters, and every person belongs.

We're still accepting donations to support this special weekend (via QR Code or via check)—with heartfelt thanks to all who have already donated.

Want to be part of the celebration even before it begins? Join our volunteer team and help bring the weekend to life—scan the QR Code to get involved.





A NOTE FROM RABBI VALERIE

Repeat: Repair and Restore

In oral presentations, subtle repetition is central to successfully delivering a message. In other words: tell them what you're going to tell them; then tell them; then tell them what you told them. Judaism follows this principle of repetition faithfully and with intention. We see repetition all over the Torah. We receive the Ten Commandments twice, whole narratives are retold, and core teachings appear in multiple places with only slight variation. Judaism assumes that wisdom is not absorbed all at once. It is learned slowly, through repetition, through living, forgetting, and returning.

The Torah tells us, "You shall teach them diligently to your children" (Deuteronomy 6:7). The Hebrew word *veshinantam* comes from the root *shanan*, meaning "to sharpen." Learning is not about hearing something once; it is about being shaped by it over time. The rabbis deepen this idea when they teach that a person does not truly understand Torah until they have stumbled over it again and again (Talmud, Gittin 43a). Repetition is not redundancy—it is refinement.

That is why I return to messages I have written about before. Not because they are new, but because they are necessary.

One such lesson is this: we are not meant to fix everything. Our ancient rabbis insist, "It is not upon you to finish the work, but neither are you free to desist from it" (Pirkei Avot 2:16). Judaism asks us to act, but also to know our limits. If we try to carry every injustice – like food insecurity, homelessness, climate change, immigration, health inequity, racial and gender and religious and LGBTQ+ discrimination and more – the overwhelming weight of the burden can lead to paralysis. The work of *tikkun olam* becomes possible when we choose one place to stand, one issue where our efforts can be focused, sustained, and meaningful.

But Judaism never asks for action alone. It insists on balance. Alongside our obligation to repair the world is an equally sacred obligation to care for the soul that is doing the repairing. The Torah commands, "Guard yourself very carefully" (Deuteronomy 4:15), a verse the rabbis understand as a mandate for spiritual and physical self-care. Even God models self-care: after creation, God rests. Not because the work was done, but because rest is part of how the world continues.

The Hasidic masters teach that when a soul is depleted, even holy work can become destructive. To avoid compassion fatigue, we need a restorative practice to walk alongside our justice work—art, music, learning, prayer, nature, movement, meditation, even silence. Rabbi Nachman of Breslov taught that despair itself is a spiritual danger, and that joy and renewal are religious acts.

So, we repeat these lessons: focus your efforts and replenish your soul. Judaism knows that transformation does not happen through hearing once, but through returning—again and again—until the teaching finally takes root.

CARING COMMITTEE

As we move toward the early days of spring and prepare for Passover, the Caring Committee remains dedicated to supporting our Temple Emanuel Sinai community. Whether through check-in calls, notes of condolence or congratulations, or quiet acts of presence, we partner with Rabbi Valerie in her pastoral outreach to ensure that no one feels alone.

This season can bring both renewal and challenge. We are especially mindful of those who may be navigating illness, loss, or isolation. We will continue reaching out with compassion, and we invite you to help us extend that care.

If you are interested in joining the Caring Committee or would like to learn more about how you can help, please reach out. Every act of kindness strengthens our community, and together we bring comfort to one another.

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



MARCH - APRIL 2026 WORSHIP SERVICES

KI TISA

Friday, March 6
Candle Lighting at 5:25pm
6:30pm Shabbat Service
Saturday, March 7
9:00am Torah Study
10:30am Olivia Grace Gelardi's Bat Mitzvah

VAYAKHEL-PEKUDEI

Friday, March 13
Candle Lighting at 6:33pm
6:30pm Shabbat Services
Saturday, March 14
10:30am Torah Study

VAYIKRA

Friday, March 20
Candle Lighting at 6:41pm
6:30pm Shabbat Services
Saturday, March 21
10:30am Torah Study

TZAV

Friday, March 27
Candle Lighting at 6:49pm
6:30pm Shabbat Service
Saturday, March 28
10:30am Torah Study

PESACH II (CH" M)

Friday, April 3
Candle Lighting at 6:57pm
6:30pm Shabbat Service
Saturday, April 4
10:30am Torah Study

SHMINI

Friday, April 10
Candle Lighting at 7:05pm
6:30pm Shabbat Service
Saturday, April 11
10:30am Torah Study

TAZRIA-METZORA

Friday, April 17
Candle Lighting at 7:13pm
6:30pm Shabbat Service
Saturday, April 18
10:30am Torah Study

ACHREI MOT-KEDOSHIM

Friday, April 24
Candle Lighting at 7:21pm
6:30pm Shabbat Service
Saturday, April 25
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

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Christa Benoit, Office Assistant
cbenoit@emanuelsinai.org

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

Jade Le'Jeune, Temple Administrator
jlejeune@emanuelsinai.org

Temple Main Phone Line
508-755-1257



PRESIDENT'S MESSAGE

As winter gives way to spring, our community turns its heart toward the joyful celebrations of Purim and the renewal of Passover. Each holiday reminds us of courage and liberation — Purim through Esther's bravery and the triumph of hope over fear, and Passover through our shared story of freedom, perseverance, and faith. These moments on the Jewish calendar invite us to not only recall our history but to live its lessons by strengthening our community's bonds and practicing gratitude for the blessings of belonging.

Our Board has been deeply engaged in work that reflects these same values of responsibility and renewal. We have drafted our congregational code of ethics, following guidelines provided by the Union of Reform Judaism (URJ). We are planning a Board workshop in Diversity, Equity, Inclusion, and Belonging awareness to reaffirm our commitment to respect and compassion in all that we do.

In addition, the Board is reviewing our by-laws to ensure they serve our growing and evolving congregation. We recently completed the URJ Equity Indicator — a valuable tool for reflection and growth as a first step to building a more just and inclusive community. I am extremely grateful for their hard work, as I am also grateful for all that our committees and its members, in fact all volunteers, bring to Temple Emanuel Sinai. We could not exist without this support.

We also plan to renew our activities related to the Jewish Federation of Central Massachusetts's Life & Legacy program, a shared effort to honor the past while investing in our future. Through this endowment program, we have an opportunity to secure the vitality of Temple Emanuel Sinai for generations to come, ensuring that our values and community spirit endure long beyond today.

To learn more about any of these initiatives, or for any other topics on your mind, please don't hesitate to reach out to me. I welcome the input. And I also welcome your involvement.

As we gather for Purim's laughter and Passover's renewal, may we each take inspiration from our ancestors' resilience and one another's commitment. Together, we celebrate not only our traditions but the strength of a community that continues to learn, grow, and uphold our sacred mission.

L'shalom,
Stuart Sadick



MUSIC NEWS

This season has certainly brought its share of freezing temperatures, gray skies, and snowy stretches, the kind of weather that makes us want to bundle up, stay close to home, and look for comfort wherever we can find it.

And one of the most beautiful sources of comfort is music.

Music has a special way of warming us from the inside out. Even when the air outside is icy, a familiar melody, a heartfelt harmony, or a room full of voices singing together can lift our spirits and remind us that we are not alone.

Music connects us, strengthens community, and brings light into the coldest months of the year. With that spirit in mind, I'm excited to share two upcoming musical events you won't want to miss:

Saturday, March 14, 7:00 pm

We will welcome "Berkalit," a fantastic Jewish a cappella group known for their outstanding arrangements of both original music and beloved familiar songs. Their sound is rich, inspiring, and truly unforgettable.

Saturday, May 30, 7:00 pm

Join us for our Annual Singing Groups and Choir Night.

A fun, uplifting, and very musical evening! Our own Kol Ha'Lev will be there, along with "Pa'amonim," an Israeli singing group, and more choirs and singing groups. It's always a joyful celebration of music and community. Don't miss it!

As the winter continues, I hope you'll join us for these special nights of song, warmth, and togetherness.

With gratitude and music,
Gitit



RELIGIOUS SCHOOL AND YOUTH NEWS

Shalom from our Religious School!

As we head into the joyful and meaningful months of March and April, our classrooms are buzzing with energy! These spring months bring celebration, learning, creativity, and deep connection to our Jewish traditions.



Purim Spiel

Our students have been learning the story of Queen Esther, Mordechai, and Haman. This year's Purim Spiel "Wicked Purim" featured music, costumes, humor, and plenty of audience participation.

The Spiel was a wonderful opportunity for our students to showcase what they've learned while celebrating the themes of courage, identity, and standing up for what is right.

Purim Carnival

Following the Spiel, everyone had an amazing time at our festive Purim Carnival!

We had:

- Games and prizes
- Crafts
- Pizza and treats
- Raffles and fun surprises

This was a joyful community event for all ages and are so happy that we could celebrate together.

Passover Learning

As April approaches, our focus will shift to Passover. Students will explore the Exodus story, the meaning of freedom, and the traditions of the Seder. Younger grades will learn the Four Questions and engage with hands-on activities, while older students will take a deeper look at themes of liberation and responsibility.

We encourage families to involve your children in your Seders — asking questions, reading parts, or sharing something they've learned in class!

Hebrew Progress

Our students continue to build confidence in their Hebrew reading and comprehension. We are so proud of their dedication and growth.

Thank you for being such an important part of our Temple Emanuel Sinai Religious School community. Watching your children grow in their Jewish learning and identity is a true privilege.

Wishing your family a joyful Purim and a meaningful Passover.

Talia



BAT MITZVAH - MARCH 7

Olivia Grace Gelardi

Daughter of Heather and Bill Gelardi

Olivia is a seventh grader at Charlton Middle School. As a talented member of the award-winning Show Choir Team "Mirage," Olivia travels throughout New England competing at the highest level. Her leadership extends beyond the stage as an active member of the student council.

This past spring, Olivia captivated audiences in her starring role as Mal in the school's production of *Descendants: The Musical*, and she's already preparing for her next performance this spring in *Beetlejuice Jr.*

When she's not performing or serving her school community, you can find Olivia hitting the slopes, on the softball diamond, or enjoying time with friends.

TOT SHABBAT

@ TEMPLE EMANUEL SINAI

Saturday, March 14

and April 11

9:30-10:30am



Shabbat & Holiday
Activities

Music

Story-telling

SHABBAT SHALOM



TOT FAMILY MEET-UP

@ TEMPLE EMANUEL SINAI

SUNDAY, March 29,

and April 26

9:30-10:30am



Fun with Friends for
Tots and their Adults

Activities

Jewish Music

Story-telling with
Rabbi Valerie



Shabbat Pesach

A Seder Service for Shabbat

Friday, April 3, 6:30pm

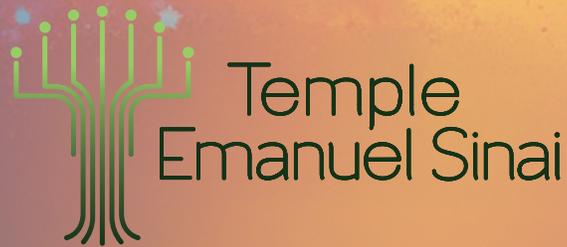
Our service will include an interactive and concise Seder that is appropriate for all ages.

Filled with:

- Seder rituals
- Charoset from around the world
- Matzah ball soup
- Passover dessert oneg

More details to follow
including how to RSVP (for food quantities)





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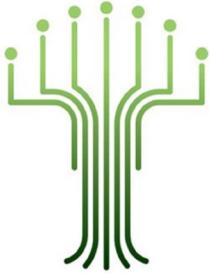


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