# **TEMPLE SINAI NEWS**



# on my **mind**Rabbi Adam Wohlberg



A new year is about to begin. That sounds like something worth celebrating, doesn't it?

Brazilians start the year by honoring the god of the sea. On New Year's Eve, up to a million people in Rio de Janeiro visit the beach at night—dressed in white, lighting candles, and dancing. At midnight, fireworks dramatically signal the new year.

In Denmark, people save their broken or discarded dishes all year and throw them on their friends' doorsteps. You have a lot of friends if you have many broken dishes on your doorstep.

Japanese Buddhists visit their temples on New Year's Eve and ring the temple bells 108 times to banish trouble. They return on New Year's Day to pray for prosperity and goodness.

And in Spain, Spaniards make special use of the very last seconds of the old year. They gather around a chiming clock, and at each stroke of midnight, each person has to eat a grape. All the grapes should be eaten by the last stroke, but usually everyone is laughing so hard watching each other that it's impossible.

If these New Year's rituals (culled from *Bits & Pieces: The Magazine That Motivates the World*, December 2001) sound a bit odd, just imagine trying to explain to someone from Denmark or a Japanese Buddhist, the sounding of a shofar! From blowing a ram's horn to eating apples dipped in honey to throwing bread crumbs into a body of water—symbolically ridding ourselves of our sins—there are a variety of things we do to mark the end of one year and the start of another.

Less familiar to Ashkenazic Jews (those of us of Germanic or Eastern European descent) is the Rosh Hashanah seder enjoyed by Sephardic Jews (from Spain, Portugal, and North Africa) and Mizrachi Jews (originating in Iraq, Iran, and Yemen). Like the Passover seder, the seder for Rosh Hashanah features the eating of symbolic foods accompanied by readings and blessings. For example, Sephardic and Mizrachi Jews eat dates and recite, "May it be your will, God, that enmity will end." Why this prayer? The Hebrew word for a date is *tamar* and it resembles the word for "end" —*yitamu*. Before eating a pomegranate, participants will say, "May we be as full of *mitzvot* as the pomegranate is full of seeds." And before eating string beans (rubia): "May it be Your will, God, that our merits increase." In her article, "A Sephardic Rosh Hashanah Seder," Rachel Musleah points out that rubia resembles the Hebrew word for increase—*yirbu*.

Musleah adds: "The seder originally called for a fish or sheep's head to symbolize our wish to be heads, not tails; leaders, not stragglers. The sheep's head (the brains were removed and cooked) also served as a reminder of the ram that saved Isaac's life; we recite the story of the binding of Isaac on the second day of Rosh Hashanah." While these traditions are many centuries old, new ones have been proposed though not officially adopted. I like the ones that suggest eating an avocado in the hope that God might be our advocate or eating a pear after reciting the words: "I will pare away my sins in this new year." Or you might want to follow the tradition of Rav Moshe Heinemann of Baltimore who was purported to have said that eating a raisin with a celery stalk could express the hope for "a raise in salary."

Whatever traditions you enjoy, the start of a new year offers us the opportunity to begin anew. When you gather with family over Rosh Hashanah, consider adopting an older custom or establishing a new one. Let people share what they are hoping for in the new year. Invite children to share what they have learned about the significance of Rosh Hashanah. What you do at home will have as much impact on children and grandchildren—and their memories of the holiday—as anything they learn in school or experience in the synagogue. The Passover seder makes a lasting impression. There are Rosh Hashanah mealtime rituals, which you can introduce, that will have the same effect.

Our goal should be to make the most of this opportunity to celebrate and to be together, as families and as a synagogue community. In this way, we can ensure that our New Year's celebration is joyous, meaningful, and a fitting start to an exciting new year.

Shira, Tamar, Hana and I wish you a *Shanah Tovah u'Metukah*—a good year, a sweet year, a year of good health, and a year filled with God's blessings!

# cantor's corner Cantor Stephen Freedman



As Bob Dylan wrote some fifty years ago, "the times, they are a-changin."

That's true in so many ways. First, we have the change in seasons as we transition from the more relaxed pace of summer to the more active pace of the academic year. Second, we have the transition from year-round mode to High Holy Day mode, as we anticipate the Days of Awe that will be here before we know it.

The High Holy Days mean so many different things to us. For some, it is a time to join with family and friends to celebrate the new year with traditional foods and good company. For others, it is the socialization that comes from attending synagogue and seeing people that we perhaps encounter only at this time of year. And for others, it is a time for introspection, for self-examination, for heartfelt prayer and contemplation.

Our services here at Temple Sinai are designed to accommodate all of the many and varied needs of our congregants. On a holiday-oriented gastronomic note, there are the apples that are handed out at the end of services on Rosh Hashanah. On a social note, there is no question that many of you use the synagogue as a way of reconnecting during this holiday period.

On a spiritual note, our services have something for everyone: there are opportunities to *daven* (pray) in a traditional fashion; to engage in congregational singing; to hear the Cantor chant some of the most significant *t'filot*; to hear the Torah read with the beautiful High Holy Day *trope*; to listen to inspiring sermons from the Rabbi; and more.

We can be proud of the active roles that so many of our members take during these services. Aside from the honors that are assigned, such as being called for an *aliyah* or opening the Ark, a number of people enhance our services in other ways: *davening* the preliminary and *shacharit* portions of the service; reading Torah; chanting Haftarah; blowing shofar; and more.

I am particularly proud of the participation of many post-B'nai Mitzvah teens: those who are "lifters" for me; those who read Torah; those who lead *Ashrei*; those who chant the Book of Jonah; and more.

And let's not forget the upbeat end to services on *Rosh Hashanah* through the spirited singing of our Junior Choir.

Last year a survey was circulated following the High Holy Days soliciting feedback on the services. One of the takeaways from the responses is that people are looking for new and different approaches to the music.

One of the considerations in thinking about what music is sung during services is sensitivity toward achieving the right balances, between old and new, chant and congregational singing, solo and ensemble, so that everyone in the congregation feels like his or her needs are being met—at least some of the time. As the old saying goes, "you can please all of the people some of the time and some of the people all of the time, but you can't please all of the people all of the time."

To that end, there are going to be a few significant additions to the music of our services this year. First, I will be singing a number of duets with Liana Matez, a talented pre-Bat Mitzvah student who has sung in Junior Choir for several years. Second, services on Kol Nidre eve will include instrumental accompaniment for the Kol Nidre prayer. I'm confident that these additions will be an enhancement to our worship experience.

Our High Holy Day services are a tapestry of many, many elements that are interwoven, music being one of the most significant of them. I hope that your participation throughout the *Yamim Noraim* will add to the beauty of that tapestry.

Randi and I, along with our families, wish you a *Shanah Tovah u'Metukah*, a good and sweet year. May it be filled with all good things for you and yours.

### DO YOU KNOW SOMETHING WE DON'T?!?

Are you a Torah or Haftarah reader? Would you like to share your skills with the congregation by becoming part of our cadre of capable readers? If so, please let Cantor Freedman know: sfreedman@tsinai.com or 215-643-6510, x. 108.

# executive director Roy H Feinberg



Throughout my career as Executive Director, in planning for the month of Elul, the logistical considerations take over and it becomes a whirlwind of details—arranging tickets, parking, assigning aliyot, planning for break-the-fast. Do we have enough chairs and prayer books? Managing these details is necessary to ensure a meaningful worship experience. It is very easy to get caught up in the to-do list. I'm fairly certain I am not the only one this happens to—does this sound familiar to you?

As leaders, parents, and role models, we need to devote some time and attention to our spiritual health, for our congregation and ourselves. This is a time of moral assessment, making amends, resolving to be on a better path, and to *do* better. As a congregation, I hope we turn our attention to developing leaders to face challenges and to nurture innovation, to be responsive to change, and to inspire action! Through our work here at Temple Sinai we invest in the future, deepen our experiences, and welcome and connect with others in our community.

In the words of Rav Abraham Isaac Kook, "the old shall be renewed and the new shall be made holy." Let us find meaning, fulfillment, renewal, and holiness in each of the important endeavors associated with the High Holy Day season.

My family and I wish you and your loved ones a year of good health and blessings! *Shanah Tovah u'Metukah*.

### **JUNIOR CHOIR with Cantor Freedman**

Does your child like to sing? If so, why not consider Junior Choir? The choir is open to students, in grades 3 and up. Rehearsals are held on Sunday mornings, 8:45-9:30 am. The Choir sings monthly at Friday night services, as well as at other times of the year.

Temple Sinai will be hosting the youth choirs' Zimriyah this year, an afternoon of children's choirs performing for and with each other. Rehearsals begin on October 14.

### **YAD SQUAD with Cantor Freedman**

Yad Squad is Temple Sinai's Torah reading club. It is open to students in grades 5 and up who would like to learn the skill of reading Torah. In addition to their studies, each student will read from the Torah in late spring and will read a section of Megillat Esther on Purim. Yad Squad meets on Sundays immediately after Religious School; it begins at noon with a snack and continues until 12:45 for first-year students and until 1:00 for second year students. The first class will be held on October 14.

Registration forms can be found at Temple Sinai and will be handed out to your children during religious School.

# **High Holy Day Food Drive**

Thank You for Nourishing Families in Need

We need your help collecting nutritious and kosher non-perishable proteins (e.g., nut butters, canned fish, canned beans, etc.)

All food must be unopened and have a future expiration date. NO bulk or glass items, pasta, grains, cereal, or crackers.

On Rosh Hashanah we will be handing out empty shopping bags. You may use that bag for your donation, and return to Temple Sinai the week between Rosh Hashanah and Yom Kippur.





## president's message Lauren Gladstone



Every year I long for the summer months as a time to relax and reflect. I have a list of all the things I hope to accomplish during my favorite season. I always think of September as far in the distance, and, each year, I look up and realize that the High Holy Days are just around the corner. It shouldn't come as a surprise since they come every year, but for some reason, summer has a way of allowing me to let my guard down.

This summer has been quite different, but I don't mind it because of the electricity I see every time I walk into the building. The infant care center and the preschool are filled with happy children playing on the playground and singing in the hallways. The religious school is busy gearing up for a strong year filled with fun and exciting programming. The accounting office is working on High Holy Days billing and ticketing. The main office is preparing all of the mailings that you receive this time of the year. The clergymen are working on creating meaningful services as we begin a new year. Even the outside of our building will have new sidewalks and black top.

The lay leadership has also been busy meeting throughout the summer months. The Strategic Planning Committee has been hard at work creating a discussion guide for focus groups that will occur this fall. It will be an opportunity for all of our voices to be heard. The Executive Committee has been meeting throughout the summer to set goals for the coming year. We hope to improve communications on all levels so that we can best serve the needs of our congregation. In addition, we plan to create synergies between the various arms of the synagogue to foster cooperation and to improve programming. None of this could happen without the dedication of countless volunteers who want our community to thrive and continue to grow.

#### Kehilah Kedosha, A Holy Community

At my installation in June, I spoke about working with our staff, the Executive Committee, and the Board of Directors this year as we continue to strive toward *Kehilah Kedosha*, a holy community. We need to do a better job of meeting the needs of our congregants. It can no longer just be about programming, marketing, slogans and institutions—it must be about relationships. We will strive to offer our congregants a deeper connection to each other, the community, and to Judaism itself. Our goal this year is for 100% participation in our Annual Appeal. No gift is considered too small. We are one community, and we all need to help ensure that Temple Sinai will remain strong and vibrant for generations to come. In so many areas of my life I have come to see the value in the saying that "it takes a village." Whether it is in times of celebrations, crises, sadness, or despair, "we all need a little help from our friends" as the immortal Ringo Starr once sang.

Last year we conducted a High Holy Days survey, and I want you to know that we listened to the voices of the congregation and we have done our best to create more meaningful experiences during services. We will introduce some instrumental music into services as well as some alternative opportunities to connect individually. We have also enhanced the programming for youth and families. I always welcome your feedback, as we want to prioritize congregants' needs.

Please also keep an eye out for our new members and guests and be sure to greet and welcome them to our Temple Sinai family. I look forward to seeing you at High Holy Day services, and I will do my best to greet as many as you as possible. My family and I wish you L'Shanah Tovah u'metuka. May this be a happy, healthy, and sweet New Year for all.

# Are you or someone in your family headed off to college in the fall?

We'd love to stay in touch!

Contact the Main Office to give us your updated info.

education**update** 



Early Childhood Director

Beth Rabinowitz







One of my favorite pastimes is seeing live theater. Though I am happy to experience a variety of theater, I never miss the opportunity to experience *Cirque du Soleil*. Generally, unless you are in Las Vegas, the show takes place under massive white tents. As you approach these large white tents, there is an immediate feeling of awe. There's a sense that something exhilarating is waiting inside for you. *Cirque du Soleil* has mastered the technique of bringing your "inner child" to the surface. We all delight in the pleasure of seeing our children experience something new. Unfortunately, as adults, that "wow" factor seems to lessen over time. Grownups are typically more focused on their children's happiness over their own. It takes effort and intentional planning to find activities that, as adults, astound and astonish us.

My husband and I recently went to see Cirque du Soleil Volta, which was under a big tent in Oaks, Pa. I was excited, as my inner child was out, and I knew it was going to bea terrific show. In Cirque's shows the athleticism is mind boggling, the music is unique and the costumes are beautifully crafted. I do admire such talent, but each show also has its own unique story, a theme that connects all the performances. In Volta, there is a little boy with blue hair. He appears insecure and uncomfortable about his appearance. As a child, while his mother lovingly spends time with him, he is playing and riding his bike. He is happy, free spirited, and energetic. As the boy matures, his clothing, which was colorful, is now black and white. Instead of playing, he only gazes mindlessly at a cell phone. He walks in the same direction as everyone else, trying to follow the group. Somewhere along the line, the "awe" and playfulness of youth have disappeared. As the "man" watches, during the show, there are a variety of incredible performances. You can actually sense, as an audience member, the joy these artists are projecting. Each one appears confident, animated, and genuinely happy. As on onlooker, you began to anticipate the energy and camaraderie happening on stage.

I sat on the edge of my seat and was in complete admiration of these entertainers, but my early childhood educator side was attuned to the story. As a parent, and an educator, I want children to know they are empowered and accepted to be their true selves. Due to academic demands, social media, and the outsourcing of activities, children have an enormous amount of stimuli thrown at them. The goal of early childhood education, is to inspire children to recognize their potential and to celebrate the powers that live within them. As parents, through this journey into adulthood, we need to navigate and support our children. No one said this was an easy task.

The story had a very happy finale, and the same conclusion we all want for our own children. The man realized that he wanted a life filled with "awe" and to celebrate his own uniqueness. As the show finished, the performers came out into the audience. I felt like a little kid shaking hands with Elmo at Sesame Place. My husband and I both had the same sentiment, what fun we had! No matter what your age, we all deserve some wow in our lives!

I wish you a happy new year filled with plenty of awe and wonder!

## education**update**



Director of Education
Shira Weissbach

Shanah Tovah! Happy new year! September marks the start of our Jewish calendar, and the year 5779. It also corresponds with an extremely busy time for many of us: the start of the school year for those of us with children or who work in a school setting, cooking/planning for the holidays, the coordination of sports schedules and after-school activities, and so much more! How can we focus on the start of a new Jewish year with all of our other daily distractions? I know that this poses a challenge for me as a parent and as a Jewish educator. If you have the time, try to:

- Go apple picking and use your apples for your Rosh Hashanah meals.
- Make cards for family and friends.
- Bake a round challah. (I made one using a regular challah recipe and a YouTube video on how to make it round and it actually turned out great!)
- Stop in the Temple Sinai gift shop and pick up a bottle or two of special honey from Israel. The gift shop has more than one variety—and you can have a taste test during your holiday meals!

Even though the summer is quiet, we have been hard at work planning for the High Holy Days and beyond. Our grade-based programs for the High Holy Days for students in grades K-12 are sure to be full of meaning and fun activities.

I'm very excited about the new B'nai Mitzvah 6th grade curriculum that we are piloting for the coming year in partnership with Moving Traditions (the organization that brings us awesome programs like Rosh Hodesh and Brotherhood) that will focus on what it means to be a teen (and a parent of one), how to be a guest and host, how to navigate being the center of attention—all through a Jewish lens with Jewish text and experiential activities. This program will be a wonderful enhancement to the Kitah Vav (6th grade program) and will continue into the 7th grade year.

A major focus for the year for the Religious School community and beyond will be creating a *Kehillah Kedoshah* (a holy community). This means providing more opportunities for students (and their parents) to get to know each other and build friends both in and outside of class time. The Religious School Committee and PTO will be helping me to work toward this important goal. I'm looking forward to a great year for the Religious School and Sinai High. *Shanah Tovah u'Metukah* 



# Break the Fast with Temple Sinai

Wednesday, September 19

Right after the Shofar is blown \$24 per adult

\$12 per child (5-12)

No charge for children under 5

RSVP REQUIRED: REGISTRATION FORMS AVAILABLE ONLINE

# the**scoop**with**sydnie**



Youth Engagement Coordinator Sydnie Ciment



2018 Camp Ramah in the Poconos Visit

As I approach my first anniversary here at Temple Sinai, I want to take advantage of this space to reflect on this past year. I have been so grateful for the opportunity to serve this community as the Youth Engagement Coordinator: every day is a great day that I get to learn something new, meet someone new, and help enhance the fun that goes on here at Temple Sinai. Below is a list of some of the highlights from my year here:

- 1. Starting a few days before the High Holy Days...what a way to start! I hit the ground running with assisting the High Holy Day programming and meeting tons of new people.
- 2. Who doesn't love a good party? Helping to plan and execute the Hanukkah Hoopla, The Greatest Purim Show and IsraelFest was so much fun. I got the chance to work and learn from my amazing and talented colleagues and lay leaders in this community.
- 3. The youth are pretty cool too! I have spent a lot of time with the kids/teens of Temple Sinai. This involvement ranges from running youth group events to teaching and visiting them at camp, which I will get to... I got to bondwith 3rd, 4th, 5th, and 6th graders late at night snacking on tortilla chips and salsa in the Gellman Lounge, jump ing around at Get Air, and doing Minute to Win it games. The 7th graders and I have made memories on our experientia learning trips to Jewish Relief Agency, Mitzvah Circle Foundation, and the United States Holocaust Memorial Museum in Washington, DC. I have also had the privilege to co-facilitate an 11th grade Rosh Hodesh group, teach Food for Thought and meet the teens who work in the Religious School.
- 4. This past summer Education Director Shira Weissbach and I went to visit two Jewish camps, Camp Harlam and Pinemere Camp, to visit the Temple Sinai kids who attended. It was so nice to be a familiar and warm face from home. The kids were surprised to see us, as this was a first time some of the kids had visitors from Temple Sinai at their camp. We got to hear all about how great of a time they were having and they shared with us all the cool things they get to do at camp.
- 5. The future. I have been hard at work planning for the upcoming year. Reorganizing the youth group structure and revamping the High Holy Day teen programming have been top priority. This year Makor will be for grades 2 and 3, and Kadima for grades 4, 5 and 6. Temple Sinai Teen programming will not be one size fits all, but rather events and programs tailored to specific grade groupings. An example of this type of programming might be a 7thand 8th-grade-only event, or a speaker series for 11th and 12th graders. This year the teens will have some new and innovative programming for the High Holy Days they will not want to miss. New for this year will be a Rosh Hashanah Seder. Not sure what that is? I would tell you but I don't want to give away too many details, you will just need to come and see what it is all about! Hint: it does include food!

Thank you again for welcoming Sloane (my silly and sassy daughter) and me into your community! If you see me around make sure to say hi or stop by my office for a quick game of foosball and a snack. (I have all the good ones!)

Wishing you a happy, healthy, and sweet New Year.

SYDNIE & SHIRA had a great time visiting Pinemere Camp & Camp Harlam



# HIGH HOLY DAYS 5779

### **SUKKOT - DAY 1**

{Monday, September 24} Shacharit - 9:30 AM Mincha/Ma'ariv - 6:15 PM

#### SUKKOT - DAY 2

{Tuesday, September 25} Shacharit - 9:30 AM Mincha/Ma'ariv - 7:00 PM

### **SUKKOT - DAY 3**

{Wednesday, September 26} Morning Minyan - 7:00 AM Evening Minyan - 7:30 PM

### **SUKKOT - DAY 4**

{Thursday, September 27} Morning Minyan - 7:00 AM

### **SUKKOT - DAY 5**

{Friday, September 28} Morning Minyan - 7:00 AM Minyan Same'ach - 6:00 PM

#### SUKKOT - DAY 6

{Saturday, September 29} Shabbat Services - 9:30 AM Tot Shabbat - 11:00 AM Grades 3-6 Shabbat Experience - 10:30 AM Grades K-2 Mini Minyan - 10:45 AM

#### **HOSHANAH RABAH**

{Sunday, September 30} Morning Minyan - 8:00 AM

### **EREV SHEMINI ATZERET**

{Sunday, September 30} Ma'ariv/Yizkor - 7:00 PM

#### SHEMINI ATZERET

{Monday, October 1} Shacharit & Yizkor - 9:30 AM

### **EREV SIMCHAT TORAH**

{Monday, October 1} Ma'ariv/Hakafot - 6:45 PM

### **SIMCHAT TORAH**

{Tuesday, October 2} Shacharit - 9:30 AM Mincha/Ma'ariv - 7:00 PM

### MA'ARIV/LEYL SELICHOT

{Saturday, September 1} 8:30 PM

### **ROSH HASHANAH EVENING SERVICES**

{Sunday, September 9} 6:15 PM

### ROSH HASHANAH SERVICES

Day 1

{Monday, September 10} Shacharit - 8:30 AM K-12 Programming - 10:30 AM Tashlich - 1:00 PM Mincha/Ma'ariv - 7:00 PM

### **ROSH HASHANAH SERVICES** DAY 2

{Tuesday, September 11} Shacharit - 8:30 AM Preschool Family Service - 9:30 AM Family Service (Grade K-6) - 10:30 AM Teen (Grade 7-12) Programming - 10:30 AM Grade K-6 Programming - 12:00 PM Mincha/Ma'ariv - 7:30 PM

#### **EREV YOM KIPPUR**

{Tuesday, September 18} Kol Nidrei- 6:15 PM (Sharp!) Grades K-6 Programming - 6:15 PM

### YOM KIPPUR

{Wednesday, September 19} Shacharit - 9:00AM Grade K-12 Programming - 10:45 AM Musaf - 11:30 AM Yizkor - 2:00 PM Mincha - 3:30 PM Martyrology - 4:45 PM Ne'ilah - 6:00 PM Ma'ariv - 7:15 PM Havdalah Parade - gather in chapel at 7:20PM Final Shofar Blast - 7:43 PM

### **EREV SUKKOT**

{Sunday, September 23} Morning Minyan - 8:45 AM Mincha/Ma'ariv - 6:00 PM

### sisterhood**news**

## Amy Brody & Beth Chernoff

### **Co-presidents**

We wish all our friends and fellow congregants a *Shanah Tovah*, a good year. Joining Sisterhood is a surefire way to add goodness and positivity to your year, as well as comradery, and nourishment for the mind and soul. Along with the familiar events you look forward to—Sisterhood Shabbat, Shalach Manot, Broadway trips, Rosh Chodesh discussions—we are always thinking up novel ideas and programs.

One new approach will be our Opening Event, where we will invite your daughters and granddaughters to join us. We are so pleased to announce that Shira Goodman, Temple Sinai congregant and recent Pennsylvania congressional candidate, will be our featured speaker. We look forward to an evening of insight and vision, and think that our young adults—especially those considering a life of public service—will also be inspired. Our first Rosh Chodesh program of the year will kick off the following Shabbat with Carolyn Savitzky leading an interesting discussion for women only. A few days later is the fall Broadway trip; once you go, you will eagerly await the announcement of the spring Broadway trip. And that is just October!

For only \$40 you can be a part of our Sisterhood family. For those who want to be "angels," there is the Goodwill Membership of \$75.00, which includes a free dinner at the Paid Up Membership event in December. The Sisterhood membership form should have already arrived by e-mail and by "snail mail," so mark your calendars, and please think about bringing a friend to one of our events. Feel free to reach out directly, or we can do it for you. Sisterhood is a wonderful way to deepen existing friendships and make new ones, offer a helping hand in the synagogue and in the community, learn more about Judaism, and expand leadership skills.

One such leader in our Sisterhood is Ruth Segal who has been selected by the Torah Fund committee as the Women's League for Conservative Judaism Woman of Achievement honoree for 5779. Ruth will be honored at a spring brunch, along with the memory of her mother, Agnes Young z"l, who also faithfully supported Torah Fund through the years. Thank you to the Torah Fund Committee (Ilene Blatman, Benne Marmer, and Ellen Spear) for making this outstanding choice! We also thank Audrey Cohen who puts in hours of work every year on the High Holy Days greetings, and the tireless gift shop volunteers who help us make just the right choice among the beautiful gift items and Judaica. Thank you also to Soroosh Michaels for hosting our summer Rosh Chodesh with a cooking theme. Please enjoy the photos from this yummy event. We look forward to making many more memories with you in the coming year.

Want to get more involved? We always appreciate hearing your suggestions for new programming. All are welcome to board meetings, and everyone is encouraged to become involved in a committee. Contact Amy Brody, jnabrody@comcast.net, 215.549.9009 or Beth Chernoff, bec411@hotmail.com, 215.887.7581.

### **5779 Sisterhood Calendar of Events**

Opening Event with Shira Goodman

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10/13	Rosh Chodesh discussion group
10/17	New York Theatre Trip—My Fair Lady
11/10	Rosh Chodesh discussion group
11/18	Mid-Atlantic Region event @ Temple Sinai
12/1	Rosh Chodesh discussion group
12/3	Membership Dinner and Chanukah Party
1/5	Rosh Chodesh discussion group
1/23	Tu B'Shevat Seder led by Sara Wenger
2/2	Sisterhood Shabbat
2/16	Rosh Chodesh discussion group
3/5	Shalach Manot Assembly
3/9	Rosh Chodesh discussion group

Torah Fund Brunch, honoring Ruth Segal

4/6 Rosh Chodesh discussion group4/8 Spring Event5/6 Installation







# mens**club**Rob Rosenthal



What a year it has been! There was horrible news like Hurricane Maria and the Las Vegas shootings; the emergence of the #MeToo movement; the Eagles victory; Meghan Markle becoming a princess; Jeff Workman winning the Joe Fine Award; and the Embassy move to Jerusalem. I wonder what next year will bring!

As I recall all that has happened over the last year, I truly believe being part of our Temple Sinai community helps us celebrate great things, and process and heal from bad things. Connectedness—it is what makes a good community great. Connectedness helps us make good news feel great by sharing

it and celebrating it. Connectedness also is what prevents us from making decisions detrimental to our health and well-being—we look out for each other. Not only do studies show that being connected to others leads to greater feelings of happiness, but connectedness is the main tool in the evidence-based efforts to combat suicide. *Kehillah* or community is the way we can feel connected to others.

One recent study indicates that Americans spend nearly six hours a day on connected devices. Add TV and that number rises to nearly ten hours. That kind of connection—to devices and machines—can feel great too. But that is not the connectedness to which I am referring. I am convinced that the efforts that go into social connections and community have great payouts.

It is very easy to not get involved; to believe that it will cost too much energy and time. We often say to each other, how overbooked we all are. I know. Those are my own excuses. However, I also know that joining a Men's Club activity, or any activity involving others, provides me with meaning that very little else provides. I sometimes complain about going to events, only to reflect on how glad I am that I went. No pressure, but Jewish texts treat participation in communal affairs not as an option, but as a religious obligation. Attending Men's Club events fulfills this obligation.

I ask all men involved with Temple Sinai to come join us. We love seeing new faces, and old friends. Also, we are always looking for new ideas—come share yours. I can attest that long-lasting, meaningful relationships are formed—sometimes with people far different than yourself. So set a goal: attend a few more events than you did last year. You won't regret it. I wish you all a happy and healthy new year.

# TEMPLE SINAI ANNOUNCES youwon'twanttomissthis



Temple Sinai's Cultural Committee has put together a creative and thought-provoking series of events that will appeal to the diverse membership at our synagogue. The four events were planned in response to congregants' preferences in a survey earlier this year. The first event will take place in October:

### Sunday, October 14th; 6:30-8:00pm

The Resurgence of Antisemitism in 2018 America

featuring Jonathan Weissman, assistant Washington Bureau Chief of the New York Times, and author of the recent best seller (((Semitism)))- Being Jewish in the Age of Trump

In addition, an update on Antisemitism at home and in Europe will be presented by Robyn Burstein, representing the Philadelphia chapter of the Anti Defamation League.

Individual tickets are \$18 for Temple Sinai members, \$25 for non-members, and free to interested students 13 and older, who are encouraged to attend at no cost. More detailed information about all four events, including Series discounts and other event amenities, can be seen at: https://tinyurl.com/sinaiseries

# hazak**news**Marty & Gail Weiss



L'Shanah Tovah to you! Our 2017-2018 year at Hazak was very successful, and our programs were well attended and enjoyed by all. We are very excited about the start of another year as co-presidents of Hazak. Our Board is in the process of finalizing some fantastic programs for the coming year, and we want to make sure that you put our dates on your calendar so that you do not miss any of them.

Back by popular demand—We are thrilled that Claudia Pellegrini will be performing for us at our opening program, Sunday, October 7. She is a superb violist and singer, and performed for us last year. This is an event not to be missed! More information to follow as we get closer.

Please add these dates to your calendar as well:

11.11.18 Veteran's Day brunch and program

12.16.18 Brunch and program

1.17.19 AARP Driving program

1.24.19 AARP Driving program

1.31.19 AARP Diving program

2.7.19 Make-up date for AARP driving program, if necessary

2.10.19 Brunch and program

3.24.19 Brunch and program, featuring Jack Kessler and his Klezmer Music Group

5.8.19 Offsite program (date subject to change)

6.22.19 Hazak Shabbat

6.23.19 Year-end brunch and program, featuring Cantor Freedman

Please watch for updates in ChaiLights and the flyers we will be sending out with further program details.

We wish everyone a happy, healthy, and fantastic New Year!

# sisterhood jewishliving Joan Winokur

Summer is over. I hope yours was enjoyable, restful, and renewing. That's physical.

On September 10, lighting the candles for Rosh Hashanah at 7:01pm, we begin the penitential season. This is family time, whole-clan get-togethers, heaping love, catching up. What could be better? The "heavy" preparations are over, and we don't go to work. Even though we're busy. It's a restful time.

The focus of this season is on penitence. We use these "Days of Awe" to go inside us—to tally the good and the not so good we find. We use these "Days of Awe" to reach out to G-d to ask for cleansing and forgiveness. We ask for hope and for pray for emotional and spiritual renewal.

We want to go into 5779 as if newly minted and ready to meet the new year with a fresh outlook. To expect forgiveness from on high, we must first ask forgiveness on earth. To that end, I offer my sincerest apology for any wrongs I have committed against you wittingly or unwittingly, and send my heartfelt wish that you will be inscribed in the book of life for good and for peace in your heart in a world truly working for peace.

Good 5779!

## adult**education**

Adult Ed W/
Rabbi Wohlberg
Exploring Our World Through
a Jewish Lens

Wednesdays @ 9:30am

Starts Wednesday, Oct 10 (in the conference room)

Adult Ed W/
Faith Rubin
Back To The Beginning

Thursdays @ 10:30am
Starts Thursday, Oct. 11
(in the conference room)

Check online calendar for date exceptions.

# Martyrology Service

September 19, 2018 4:45 PM

Speaker: Eszter Kutas
Acting Director of the Philadelphia Holocaust
Remembrance Foundation

Topic: The Newly Designed Philadelphia Holocaust Memorial Plaza – A Place of Learning & Remembrance

In 1964, Philadelphia's Monument to the Six Million Jewish Martyrs became the first public Holocaust memorial in the United States. The original sculpture on the Benjamin Franklin Parkway was commissioned by a group of Holocaust survivors, and prominent business and community leaders.

Since 2006 the Philadelphia Holocaust Remembrance Foundation has been spearheading efforts to preserve the existing monument and reactivate the site for enhanced public access and education. The Foundation has assembled a world-class group of content advisors and Philadelphia civic and corporate leaders to redesign, reconstruct, and expand the existing site of the Monument into the Holocaust Memorial Plaza. The redesigned park – set to open this fall -will become a destination landmark among Philadelphia's other historic sites on the Benjamin Franklin Parkway, which attracts more than 3 million visitors annually. To learn more about the plaza's features, visit https://www.philaholocaustmemorial.org/visit/features/.

Eszter Kutas serves as the project lead and acting director for the Philadelphia Holocaust Memorial Plaza. A native of Budapest, Hungary, Eszter is the granddaughter of four Holocaust survivors. Her commitment to the Holocaust Memorial project is both personal and professional; as staff attorney at The Claims Conference, Eszter oversaw the administration of a \$1.25 Billion fund established by a consortium of Swiss Banks and supported the assessment of more than 80,000 Holocaust restitution claims across international borders.

Eszter has served as a senior advisor and chief of staff, program developer, fundraiser, and project manager at Philabundance, the Philadelphia region's largest hunger-relief organization, and was the project planner and lead manager for the nation's first nonprofit grocery store to address food inequality and access in urban food deserts.

Eszter earned her J.D. at the University of Eotvos Lorand in Hungary and her LL.M. at the University of Pennsylvania Law School.

Please join us for this unique presentation on the afternoon of Yom Kippur.

### B'nai Mitzvah

### sarah **kideckel •** 9/1/2018

### daughter of Alison Klugherz & Ken Kideckel



Sarah is in 8th grade at the Murray Avenue School. Sarah's first "big outing" was to Temple Sinai for Rosh Hashanah services when she was just two months old, and she has been coming to services regularly ever since. In addition to attending the Ann Newman Preschool, she also attended Tot Shabbats. She then continued her Jewish education at Temple Sinai's Religious School, actively participating in the junior choir and Yad Squad.

Sarah participateshas many interests and participates in several extracurricular activities, including chorus, band, orchestra, theater, dance, and tennis. During the summer, Sarah attends a tennis camp and acting camp, and she travels with her family.

For Sarah's Mitzvah project, she participated in the M.V.P. program for Philly Friendship Circle, in which she worked with children with special needs. She also donated her hair to Locks of Love and Pantene Beautiful Lengths. Sarah is thrilled to become a Bat Mitzvah and to celebrate this special day with her parents, her sisters Rebecca and Hannah, her grandparents Joyce and Peter Klugherz and Susan Kideckel, and all of her aunts, uncles, cousins, and friends.

# ben dawson • 9/1/2018 son of Kimberley & Scott Dawsom



Ben is an 8th grader at Jack M. Barrack Hebrew Academy. He has chosen to collect much-needed items for the Philadelphia Ronald McDonald House as his Mitzvah Project, because he wants to help children and their families.

Ronald McDonald House supports families of seriously ill children by creating a community of comfort and hope. They give families a place to stay while their children are being treated at nearby hospitals.

Ben is excited to celebrate his Bar Mitzvah with family and friends!

ethan rosenberg • 9/8/2018 son of Lisa & Jeff Rosenberg

# rachael **gross** • 10/6/2018 daughter of Julie Gross



Rachael is a 7th grader at Sandy Run Middle School and a member of the National Junior Honors society. Rachael loves to sing, play soccer and is an excellent artist. Rachael's Mitzvah Project is to help Mitzvah Circle. She came to appreciate this organization while helping from Temple Sinai.

Rachael is excited to become a Bat Mitzvah and celebrate with her Mom, sisters Anna and Leah, family and friends.

# jacob rifkin• 10/13/2018 son of Nicole & Andrew Rifkin



Jacob is a 7th grade student at Sandy Run Middle School. He is a 4th generation Temple Sinai member and has attended the Synagogue Pre-school, Religious School, and Camp Maccabee.

Jacob enjoys playing basketball and piano. He attends Camp Lindenmere in the summer. He also likes to spend time with his friends and family.

For his Mitzvah Project, Jacob wanted to support a cause that is important to his family, The National MS Society. He participated in his 12th Walk for MS and raised over \$1,500. In addition, Jacob volunteered

with the Jewish Relief Agency, and regularly plays piano for the residents of Rydal Park.

Jacob is happy to be celebrating his Bar Mitzvah with his parents Nikki and Andrew, his sister Bailey, his grandparents, friends, and extended family on this special day.

# harrison calise • 10/20/2018 son of Gennifer & Stephen Calise



Harrison is a 7th grader at Sandy Run Middle School who has always felt that everyone should have access to fresh fruit and vegetables. For this reason, Harrison decided his Mitzvah Project would be to work with Pennypack Farm to help combat hunger. He assisted the farm in planting and growing fruit and vegetables to donate to local food banks.

Last Spring, Harrison raised money by creating a team to participate in the Walk for Hunger. This walk was very meaningful and a lot of fun, because he was able to walk with family and friends.

Harrison is excited to celebrate becoming a Bar Mitzvah with everyone he loves!

# brendan **bush** • 10/27/2018 son of Alicia & Andrew Bush



Brendan is a 7th grader at Sandy Run Middle School. He attended Ann Newman Preschool and he loves to spend his summers at Camp Harlam.

Brendan enjoys playing many sports including basketball and baseball. His love of sports and baseball led him to his Mitzvah project. Brendan spent the spring volunteering as a Buddy for the Horsham Challenger Baseball League. The Challenger Baseball League provides an environment where layers can learn and enjoy the game of baseball in a manner structured to their abilities and needs. Brendan helped out every week, assisting players in the field, offering high fives and support to the players as well as the coaches.

It was an amazing experience and Brendan enjoyed the bonds he formed with the players. He plans to volunteer with the Challenger League in the Fall and Spring 2019. Brendan also volunteers at the Mitzvah Circle and Project Hope with his family.

Brendan is excited to share this special Simcha with his parents, Alicia and Andrew Bush, his sister Devin, his grandparents Hedda and Hugh Chairnoff, Susan and Steve Bush and many aunts, uncles, cousins and extended family and friends.

### Contributions: Thank You For Your Support 6/25 - 8/10/18

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In Honor of

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Karen Kramer's special birthday

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Sylvia Marmer

**Temple Sinai General (continued)** 

Temple Sinal owns a dedicated section at Name David MEMORIAL PARK

Cemetery lots are available Individual Family Groups

Call Temple Sinai's office for information 215-643-6510

PEACE OF MIND - OBTAIN IT NOW

When there's a death in the family, decisions tend to be colored by grief, not governed by reason. You can save your family unnecessary stress by purchasing your gravesite now and prearranging your funeral.

Buying a cemetery plot is a decision you

can make today for a time when your family must go on without you or a loved one. Making these inevitable decisions during a time of calm and clarity will ease the burden faced by your loved ones and will ensure that your wishes are fulfilled. In order to address our congregants' needs, Temple Sinai purchased grave sites at nearby King David Memorial Park in Bensalem. These are available to members and their families at a reasonable price, substantially less

215-643-6510 or www.tsinai.com

than at other cemeteries.

For additional information please call
the Temple Sinai office,

### **Memorial Room**

At times of sorrow, Temple Sinai's
Memorial Room provides a permanent way
to remember your loved ones.
Please contact the main office for
details if you would like to
commemorate those who have passed.



## simchat**torah**honorees

## Gail and Marty Weiss and Natalie and Ray Kail

Each year, on Simchat Torah, our congregation honors members who, through their participation and/or leadership, have made significant contributions to our synagogue.



🍒 Gail & Marty Weiss

Hatan & Kallat Torah

This year, our Hatan & Kallat Torah (the designation given to the individuals who are called to the Torah for the reading of the final aliyah in the Torah) will be Gail and Marty Weiss.

Gail and Marty have been devoted members of Temple Sinai since moving to Pennsylvania from New York 13 years ago. Formerly members of North Shore Jewish Center in Port Jefferson Station, Gail and Marty have become very involved in the life of our congregation. After several years of volunteering on behalf of Hazak with publicity, programming, and kitchen duty, they are currently in the second year of their term as co-presidents of our Hazak chapter. Gail and Marty attend our morning minyan and are members of Faith Rubin's adult education class on Thursday mornings. Marty spends Wednesday mornings in Rabbi Wohlberg's class and is often joined by Gail. Gail enjoys learning Hebrew with Faith and is a member of Faith's Adult B'not Torah class. Marty serves on the synagogue's Board of Directors and on the Budget Committee. He chairs the Cemetery Committee and has spent countless hours working in the Memorial Room and preparing mailings for the congregation. At morning minyan, Marty regularly fills the role of gabbai and he has a said that being a minyannaire is one of the great joys in his life.

Marty and Gail are the proud parents of David and Stacey (David is our Treasurer and Stacey teaches in our Preschool) and Judy and Tim, and the proud grandparents of Matthew, Jacob, Adam, Alex, Gabe, and Jeremy.



Natalie and Raphael Kail

Hatan & Kallat Bereisheet

Natalie and Ray Kail will be called to the Torah as we begin the Torah reading cycle anew with the first aliyah in Sefer Bereisheet (The Book of Genesis) and thus will be honored as our Hatan & Kallat Bereisheet.

Natalie and Ray joined Temple Sinai not long after moving to Upper Dublin in 1977. During their 40 years of membership, Natalie and Ray have taken on numerous leadership. Ray has chaired the Religious Committee and the Bar/Bat Mitzvah Committee, and has served on the Long-range Planning Committee and the Board of Directors. Natalie worked her way up through the ranks of Sisterhood and served as Sisterhood President for two years. Together, Natalie and Ray have chaired our Annual Meeting (perhaps the only couple to do so in a tuxedo and ball gown) and held a significant role in Temple Sinai's L'Dor Va'Dor campaign. They were founders of the synagogue's Cub Scout and Boy Scout troops (their son Ben became an Eagle Scout), and Ray spent five years chairing the Men's Club's Ambler Rest Home visits. At Temple Sinai, Ray's talents for creating, repairing, and restoring have benefitted the congregation immensely. The *atzei chayyim* (wooden rollers) and the wood-carved piece at the top of the mantel for the Holocaust Torah are evidence of his handiwork, as are touch-ups to the Torah reading table. Singlehandedly, Ray has repaired more than 300 *chumashim* (bibles) and prayer books. In recent years, Ray has become a regular attendee of our Shabbat morning service.

Natalie and Ray raised their sons—Josh and Ben— at Temple Sinai. Today Josh is married to Cassi (a congregational rabbi in Jericho, NY) and Ben's wife is Deborah (Executive Director of Hillel at Arizona State University). Natalie and Ray are proud of their children and their grandchildren—Noam, Talia and Gabriel.

We hope you will join us on the morning of Simchat Torah (Tuesday, October 2) to help us honor these very worthy members of our congregation.

## **Q&Awithacongregant**

### Ilan Sussan



Each year, the Jewish Federation of Greater Philadelphia presents its Young Leadership Awards to three members of the Jewish community ages 25-45 in recognition of their participation in Federation and in the Jewish community. This year, Federation presented the Myer and Rosaline Feinstein Young Leadership Award to Temple Sinai's own Ilan Sussan, for his professional and personal commitment to the Jewish community and Jewish values. Congratulations to Ilan for receiving this honor!

Temple Sinai News spoke with Ilan to get to know him better:

### TSN: Where did you grow up and what brought you to Philadelphia?

**IL:** I was born in Washington, D.C. (Georgetown University), and I spent most of my childhood in the Maryland suburbs. My family and I relocated to Philly for a career opportunity. You could say moving to Dresher has been a "homecoming" of sorts, as I'm in Montgomery County once again—this time, it's Pennsylvania instead of Maryland!

### TSN: What motivates or inspires you to be involved as a leader in the Jewish community?

**IL:** Connections. A familiar passage from the Babylonian Talmud notes: "Just as my forefathers planted trees for me, I am planting trees for my children and grandchildren so that they will be able to eat the fruit of these trees." *L'dor V'dor*—from generation to generation—I believe that as we go forward, together, we should do so as a connected community. And together, our connected community will continue to go from strength to strength.

Maimonides wrote in his code of law, "Each person must see himself as though the entire world were held in balance and any deed that person might do could tip the scales." Whatever, whenever, and wherever the need, our community should join together to provide necessary resources to make the lives of those in need a little brighter—showing that the connected whole truly is greater than the sum of its parts.

### TSN: What's your favorite thing about being a Temple Sinai member?

IL: The deep and meaningful friendships our family has made at Temple Sinai—and the cousin (Andrea Klemow Domsky) I discovered, too!

### TSN: What are your other interests?

**IL:** I enjoy spending time with family and friends, traveling internationally, researching genealogy, enjoying delicious food and beverage, watching sports, and ... predicting the weather!





Rockin' Family Shabbat and Temple Sinai's Baby Cafe

# Shana Tova! Best Wishes for a Happy & Healthy New Year!

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### Wine Tasting – Tuesday, September 4th 6 to 9 pm

Come taste some of our new selections for your Rosh Hashanah Dinner.

New items arriving weekly! Fall Hours:

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to 9

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Thursday – 10-1 pm Friday – 9:30 to 3:30 pm

Or by appointment

contact Stacy at 215-802-0691.

## Refuah Shlaymah

Enid Horowitz
Alan Shore
Nicola Wiener
Maxine Stutman
Bernie Roseman



Rabbi Wohlberg had a great time visiting camps this summer!







Preparing ourselves for the High Holy Days

# Saturday, September 1

Temple Sinai 1401 N. Limekiln Pike Dresher, PA 19025

8:30pm Havdalah

# 8:40pm Program & Dessert Reception

A screening of *Kipur*, *The Final Show*, and/or *Shade of Music*,
introduced and followed by remarks from
Seymour Levin

Seymour Levin is a documentary filmmaker from the Philadelphia area. He has worked on several notable projects including Steven Spielberg's Survivors of the Shoah Visual History Foundation and A World of Discovery for the Philadelphia Museum of Art. As the son of Holocaust survivors and a certified Gestalt counselor, he is particularly drawn to projects that promote social justice and healing. His award winning feature length documentary, Hard Coal: Last of the Bootleg Miners, reveals the crushing political and economic injustices faced by independent coal mine owners.

# 10:00pm Selichot Service

will be led by the Cantors of Beth Tikvah-B'nai Jeshurun, Tiferet Bet Israel and Temple Sinai and include comments by rabbis of the 3 congregations







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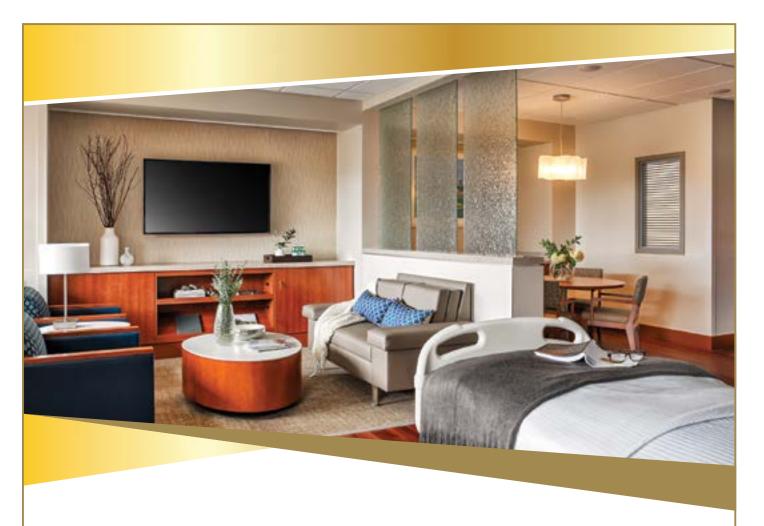
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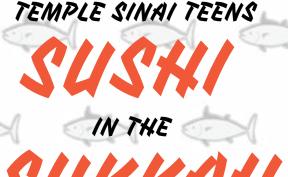
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The next Temple Sinai News deadline for content and advertising is

September 15, 2018
for the November/December edition

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