

Building Sacred Connections

Temple Sinai Scroll of Living

Programs and Events

2016 – 2017/5777



Temple Sinai
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Temple Sinai

Building Sacred Connections

**SCROLL OF
LIVING**

Temple Sinai's Scroll of Living includes all the educational opportunities (youth and adult) you've come to expect and much, much more. You need look no further than this booklet which includes information about classes, activities, guest speakers, special Shabbat and holiday programs, social action programs, and Brotherhood and Sisterhood events. There are experiences offered by some familiar faces as well as opportunities to learn with new teachers. This Scroll of Living truly represents a Year in the Life of Temple Sinai and we look forward to having you be a part of it!

ADULT LEARNING OFFERINGS*

SO YOU WANT TO LEARN YIDDISH

Taught by Gilda Simpkin

Tuesday evenings, Oct. 18, 25; Nov. 1, 8, 15 from 7:15pm – 8:30pm

Everyone knows some "Mama Lochen." Find out what you know and build on it. In this class you will learn some basic conversational phrases, idioms and proverbs. By the end of the five weeks you'll know what your parents or grandparents were saying when they didn't want you to understand and be able to create some of your own conversations.

FEE: \$72

ADULT BAR/BAT MITZVAH & BEGINNERS' HEBREW*

Taught by Rabbi TelRav, Cantor Morgovsky

Wed. evenings, Oct. 26, 2016 – May 24, 2017 from 6:00pm – 7:15pm

Have you been waiting for the right time to celebrate your adult Jewish right to lead services? That is, after all, the point of preparing for a bar/bat mitzvah. If you're ready to try, then we're ready for you. The preparation will happen in a one-year weekly class. Hebrew class will be offered separately right after each session and is optional. That is right, Hebrew is absolutely not a requirement to lead a service. One half of the year will be taught by Rabbi TelRav and will focus on Jewish history, holidays, prophets, and text. The second half of the year will be taught by Cantor Morgovsky and will focus on liturgy and B'nai Mitzvah preparation which includes service leading and sermon writing. The class will culminate in a group adult B'nai Mitzvah on June 24, 2017. This class will follow the religious school calendar and will meet the weeks that school is in session beginning on October 26, 2016 and ending on May 24, 2017.

FEE: \$180.00

THE TORAH'S RELATIONSHIP TO POLITICAL POWER

Taught by Rabbi TelRav

Sunday, October 30 at 1:00pm

From our earliest sources, our tradition has cautioned us to be on guard against the abuse of power from our mortal authorities. This year's election cycle has shown us some of the worst of this and we'll do a deep dive into our tradition and its time-honored texts to see what we might discern as we head into the next four years of presidential leadership. This will, of course, be a non-partisan discussion about power in general and not about specific candidates.

*BEGINNERS' ADULT HEBREW

Taught by Fran Schechter

Wed. evenings, Oct. 26, 2016 - May 24, 2017 from 7:30pm – 8:30pm

Have you thought about learning Hebrew so you can follow along in the prayer book? So you can help your children prepare for their B'nai Mitzvah? So you can pursue your own Bar or Bat Mitzvah as an adult? So you can learn the Hebrew language? This class will begin with the aleph-bet and will continue through learning how to read the Friday night prayers in Hebrew. Come one, come all! The class will follow the religious school calendar and will meet the weeks that school is in session beginning on October 26, 2016 and ending on May 24, 2017.

FEE: \$180.00

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*CLASSES ARE SUBJECT TO CHANGE.

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ADULT LEARNING OFFERINGS*

HOW MUCH DO YOU KNOW (ABOUT JUDAISM)?

Taught by Rabbi TelRav

Monday evenings, January 23, 30; February 6 and 13 at 6:00pm

"When I am preparing a candidate to join our people as a Jew-by-Choice, I provide him/her with an exam to take. S/he is encouraged to use all the sources available to complete the material which is designed to teach them how to find the answers for themselves – making them self-sufficient Jews." — Rabbi TelRav

How do you think you'd do on that test of basic Jewish knowledge? If you're brave enough, go to the Temple's website and give it a try. If you're surprised by how poorly you did, register for this class. We'll go over the material covered on the exam and you can walk out with your head held high – at least in regard to your Judaic knowledge!

NO FEE

"WHAT WOULD YOU DO?"

Sunday March 19 at 11:30am

If you were confronted by anti-Semitism when you least expect it?

Imagine that you're in a public situation and you unexpectedly hear an offensive comment against Jews. What would you do? If you're like most people, you'd probably feel shocked and unsure how to respond. You may also feel guilty or powerless for failing to speak up effectively or take a stand.

Based on the John Quinones TV series, "What Would You Do?" ADL's (Anti-Defamation League's) unique program offers Jewish adults and high school students the chance to explore these kinds of situations in a safe, supportive setting. In facilitated discussions and activities with ADL professionals, participants discuss their reactions to an ABC-TV episode, learn effective strategies for responding to offensive statements, and get together in small groups to brainstorm strategies for a variety of anti-Semitic situations.

NO FEE: FOR THE PROGRAM, \$10 FEE FOR LUNCH.

AMIDAH LEADERSHIP INITIATIVE (ALI)

A special program designed for a select group of future leaders of Temple Sinai to learn the principles of effective leadership through a Jewish lens and participate in important Board-approved initiatives. The program consists of three interactive learning sessions in the fall followed by teamwork on the initiatives. Each learning session will be led by experts in the areas of leadership, organizational excellence, temple governance or Jewish values. A great option for those interested in bonding with other temple congregants and helping to shape Temple Sinai for the future. If interested, please contact Martha Kramer martha@mdkramer.com or Steve Zales stevenzales@gmail.com.

NO FEE

BEGINNERS' TORAH STUDY

Taught by Rabbi Jay TelRav, Cantor Micah Morgovsky and Amy Ritell
Every Friday from 12:00noon – 1:00pm, bring your lunch

Have you always wanted to learn about Torah but haven't had the time? Or maybe you thought it might be too difficult? Every Friday at noon a Beginners' Torah study group meets to discuss the Torah, its laws, its stories, and the ancient people described in it. No previous education or experience necessary. Bring your lunch, make some new friends, and learn a little Torah!

NO FEE

RABBI EUGENE B. BOROWITZ MEMORIAL BIBLE STUDY

Every Saturday Morning at 9:00am

Come join a very special group of people who meet to share in Shabbat and study Torah.

NO FEE

JUDAIC STUDIES ROAD SHOW

This is a program provided by UCONN's Center for Judaic Studies and Contemporary Jewish Life.

Last year, Jeffrey Shaulson, the Director of the Center, lectured at Temple Sinai on the subject of "Prayer for the Government: Jews and Citizenship," through the Judaic Studies Road Show. This year we plan to bring in another exciting speaker. Watch for information on times and topics later this fall.

*CLASSES ARE SUBJECT TO CHANGE.



PROGRAM OFFERINGS

JOIN TEMPLE SINAI AS WE CREATE UNITY IN OUR COMMUNITY

During the High Holy Days

“UNITY” is a larger-than-life structure, that helps us celebrate our uniqueness and strengthens our ties to each other. The project consists of 36 posts, each with identifiers such as, “I’m a parent; I speak English as a second language; I identify as LGBTQ,” etc. Participants tie colorful yarn to posts that reflect their identities. Their yarn intertwines with others’ to create a web of interconnectedness. In the end, we see that we are all connected by something, and it’s our diversity that builds a strong and vibrant community.”

Throughout the Yamim Noraim, the Days of Awe, as you reflect on the year that has passed and the future spread out before you, you’ll have the opportunity to thread your yarn, symbolizing your identity, throughout the structure, and to discover how your life intersects with those of your friends and neighbors. This multi-faith endeavor will include members of the greater Stamford community in an effort to bring all of us together, quite literally, under one canopy. Our UNITY structure will then serve as our congregation’s Sukkah, as we celebrate the Festival of Booths sheltered beneath strands of yarn that comprise our entire Stamford family.

Be sure to check the temple website and your weekly emails for the dates and times to come and participate. And please contact Cantor Morgovsky cantor@templesinaistamford.org if you’d like more information about participating in or volunteering with UNITY.

GLOBAL DAY OF JEWISH LEARNING

November 20, 2016, 10:00am – 11:30am at the Bartlett Arboretum

Join our Kindergarten and First Grade families for a morning of fun and learning. We will discuss Tzedakah and the many ways to give. Each family will have the opportunity to make a Tzedakah Box decorated with natural items found at the Arboretum. In the event of inclement weather, the program will take place at Temple Sinai. Please RSVP to Amy Ritell at educator@templesinaistamford.org or (203) 322-1649.

NO FEE

HAVDALAH PARTIES

Why do we all love the service ending Shabbat on Saturday evening? Is it because it is beautiful? Perhaps because it tickles all five senses and leaves us humming a sweet melody? Could it be because it is only 15 minutes long? Whatever the answer, Havdalah is a favorite of our members and we want to share it with even more of you. These Havdalah parties are small group experiences for 10-15 people in private homes. Rabbi TelRav will lead a Havdalah service and then share a brief program that many have found deeply meaningful. It never hurts that there is wine and hors d’oeuvres, too! You can supply the venue, the group of attendees or both. If you are intrigued by the idea of being a host or would like to attend a Havdalah party, contact the temple office and we will help you make it happen.

We are also planning three special Havdalah Services for the entire congregation: 2nd Grade Havdalah Service on December 3, 2016, Artists-in-Residence: Pizmon, January 28, 2107 (see page 11) and Lag B’Omer, May 13, 2017 (see page 5).

BROADWAY SHOW

If you enjoyed our trip to see Fiddler on the Roof in NYC, or if you just enjoy a Broadway show, be on the lookout for another great opportunity in the spring.

DINNER AND A MOVIE

Saturday evenings, November 2*; February 26; June 17; Times: TBA

This year at Temple Sinai we will go to movies together at local theatres! We will see first-run movies as a community with Rabbi TelRav, Cantor Morgovsky and Amy Ritell and will go for dinner afterwards to talk about themes and thoughts. Keep a lookout for updates in the weekly e-mails and bulletins.

*STAMFORD JEWISH ARTS AND FILM FESTIVAL

Wednesday, November 2 at 7:00pm at The State Cinema, Stamford

The Kind Words, Directed by Shemi Zarhin, Israel, 2015, Drama, 118 minutes, Hebrew with English subtitles

Three Jerusalem siblings take a life-changing trip to uncover the truth of their parentage. Embittered, spiky-tempered restaurateur Dorona and her two very dissimilar brothers—the older an unsettled Orthodox father, Netanel, and the younger a bisexual bar owner, Shai, come together following the death of their mother when they learn that the man who raised them isn’t their biological father. Set on a quest across France to unravel their origins, they piece together the inscrutable secrets of their past and grapple with issues of familial, religious and ethnic identity. Nominated for 12 Israeli Academy Awards, including Best Film, Best Director and Best Screenplay. Followed by a Q&A.

FEE: \$15 FOR MOVIE ONLY (CONTACT THE TEMPLE OFFICE – THERE ARE A LIMITED NUMBER OF COMPLIMENTARY MOVIE PASSES AVAILABLE.)

ZENTANGLE

Taught by Cantor Micah Morgovsky

Wed. evenings, Nov. 9, 30; December 7, 14 from 6:30pm – 8:00pm

Zentangle is an easy-to-learn, meditative art form. It is a relaxing and fun way to create beautiful images by drawing structured patterns. A regular Zentangle practice increases focus and creativity, and provides artistic satisfaction, along with an increased sense of personal well-being.

Join Cantor Micah Morgovsky in an exploration of this beautiful, artistic, mindfulness practice.

Zentangle can be enjoyed by everyone, regardless of skill, experience, or artistic training. This four-week series is suitable for beginner and experienced tangles alike – we’ll review the basics of the Zentangle Method and learn new Zentangle patterns and techniques.

FEE: \$18 PER SESSION OR \$36 FOR NON-MEMBERS
FEE INCLUDES ALL MATERIALS.

CONTINUED...



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PROGRAM OFFERINGS continued

CANTOR'S CONCERT – STORIES IN SONG

Sunday, December 11, Time: TBA

Memories, dreams and stories shape our past, present and future. They hold within them our deepest disappointments and our greatest hopes. These emotional narratives are expressed most eloquently and evocatively in the songs of the Broadway musical. Join Cantor Micah, Alex Ruvinshtein, and special musical guests from the congregation and the community for an elegant evening of stories in song. You'll hear tunes from the great shows of decades past, as well as new melodies from the smash hits on the stage today.

TEMPLE SINAI WOMEN'S RETREAT

Friday, March 24 – Sunday, March 26

The retreat will be held at the Guest House Retreat and Conference Center in Chester, CT. Some fun activities include sharing, creative services, book group discussion and hang-out time. If you are interested, please contact Amy Ritell, educator@templesinaistamford.org.

TEMPLE SINAI'S MEN'S RETREAT

Friday, April 7 – Sunday, April 9, at the Silver Lake Conference Center, Sharon, CT

Every man who attended last year left saying he was definitely coming again this year. We'll all be there and we've got room for you, too. There is even more planned for our second Men's Retreat. It is a couple of days of good food, new friends, engaging prayer, meaningful conversation, a bonfire and lots to drink. If you're interested or curious, please contact the temple office for more details or to help plan this exciting event.

COME PLAY MAH JONGG

Monday evenings from 6:30pm – 9:00pm

Mah Jongg is a game that originated in China, commonly played by four players, with some three-player versions as well. Using tiles instead of playing cards, players try to complete one of the combinations of suits and values shown on the Mah Jongg card. If you are new to Mah Jongg, contact the temple office for more information.

NO FEE, JUST BRING YOUR OWN MAH JONGG CARD

SPECIAL SHABBAT SERVICE PROGRAMS

FIRST FRIDAYS AT TEMPLE SINAI

September 2; October 7; November 4; December 2; January 6;
February 3; April 7; May 5; June 2 at 6:00pm

Worship for those who are young-at-heart. A family-friendly service (45-60 min.) with good music and familiar faces. A little snack before-hand at 5:30pm – fruit, crudités, wine, cheese and crackers. And perhaps an impromptu dinner afterward with friends at a restaurant of your choosing?

TOT SHABBAT

Friday evenings, 5:00pm: September 9; November 4; December 2;
January 6; February 3; April 7; May 5; June 16*

Saturday mornings, 9:00am: December 17, March 18, May 20

Please join us for dancing, singing, praying and playing at our Tot Shabbat celebrations. Age appropriate (birth to 7) worship services are led by Rabbi TelRav and Cantor Morgovsky. Come, taste the challah and sip sweet grape juice as we learn about Shabbat! Together we will enjoy the Festivals and Holy Days through music, crafts and movement. Open to the community.

*JUNE 16 SERVICES TO BE HELD AT THE BARTLETT ARBORETUM.

RUACH SERVICES

Saturday, September 24, Selichot, 7:30pm

Friday evenings: October 21; November 18; December 9;
January 20; March 17; April 21; May 19; June 23

Saturday Feb. 11, Shabbat Shira, 10:30am

The word "ruach" means "spirit," and this all-member musical ensemble of singers and instrumentalists is just that, the spirit of our worship offerings. Coordinated by Paul Storfer and Barbara Orwick, these all-musical services are energetic and informal, offering beautiful musical harmonies, familiar melodies and new arrangements. For more information about auditioning to join this group, please contact Cantor Morgovsky.

SERVICES WITH KOLOT SINAI

Yom Kippur, Wednesday, October 12 at 4:30pm

Saturday morning, January 14 (Shabbat MLK Service) at 10:30am

Friday evening, March 31 at 7:30pm

Kolot Sinai, the Voices of Sinai, is Temple Sinai's adult volunteer choir. Under the direction of Beth Styles, this group participates in three services throughout the year. They bring a wide variety of Jewish choral music to our services and infuse our worship with tremendous spirit and joy. The group rehearses on designated Saturday afternoons leading up to each service. No audition or experience is required. For more information about joining this wonderful singing group, please contact Cantor Morgovsky.

MARTIN LUTHER KING, JR. SHABBAT SERVICE

Saturday, January 14, 10:30am

Our annual Martin Luther King, Jr. Shabbat service is a moving tribute to this great leader. This year, on Saturday, January 14, Kolot Sinai will be joined by our friends in the Union Baptist Church Sanctuary Choir to remember and honor the life and legacy of Dr. King with a powerful Shabbat service featuring songs of freedom and equality. After services, join us for a festive Kiddush luncheon. As always, this special morning service is open to the community and we hope you and your friends will join us! Please RSVP to let us know if you can stay for lunch.

CONTINUED...



SPECIAL SHABBAT SERVICE PROGRAMS continued

SHABBAT SHIRAH AT TEMPLE SINAI

Saturday, February 11, 10:30am

Please join us for a unique Shabbat morning service. We'll read the biblical poem, the Song of the Sea, from the Torah and hear the familiar words of Mi Chamocha as we celebrate our exodus from Egypt with rejoicing and music. Join Cantor Morgovsky and RUACH, as we raise our voices in song to celebrate this miraculous event. After services, join us for a festive Kiddush luncheon. As always, this Shabbat morning service is open to the community and we hope you and your friends will join us! Please RSVP to let us know if you can stay for lunch.

VISITING ARTIST-IN-RESIDENCE WEEKEND

With Pizmon

Friday, January 27 – Sunday, January 29

See page 11 for more details.

SHABBAT ACROSS STAMFORD

Friday, March 3, 2017 at The Stamford Athletic Club, Third Street, Stamford

Now in its third year, this annual service brings together several hundred members of the Stamford Jewish community to celebrate Shabbat evening

together. Candle lighting is followed by a choice of two services (traditional and egalitarian). Dinner together and a program cap off the evening. You won't want to miss that. Please note: there will be no services at Temple Sinai that evening.

SOSTY (SINAI OF STAMFORD TEMPLE YOUTH) SHABBAT/RUACH SERVICE

Friday, March 17 at 7:30pm

Our SoSTY teen group will lead us in prayer as part of their ritual and Jewish experiences. SoSTY, is part of the Union for Reform Judaism's NFTY, or National Federation of Temple Youth. There will be new melodies as well as more familiar ones.

SISTERHOOD SHABBAT

Friday, March 31 at 7:30pm

This creative worship service, prepared and led by members of the Temple Sinai Sisterhood, will feature inspirational readings and music that highlight the intellectual and cultural contributions of women to the Jewish spiritual and secular life at Temple Sinai and beyond.

HOLIDAY EVENTS

SIMCHAT TORAH & CONSECRATION SERVICE

Sunday, October 23 at 5:00pm

When a holiday is named "Happiness in Torah," you know it's going to be good! We complete the cycle of annual Torah readings, unroll the WHOLE scroll around the social hall and then start over again with the words of creation. There will be plenty of dancing and sweets and we'll celebrate our most precious possession – our new students – as we consecrate them into our school and welcome them into our Community of Learning.

NO FEE

CHANUKAH FAMILY DINNER

Friday, December 30 at 6:00pm

Bring your menorah because everyone else will, too. Have you ever seen dozens of menorot (the plural of menorah) burning all together? It is quite a sight and a fun way to celebrate the miracle of Chanukah. There will be plenty of latkes and both sour cream AND applesauce to meet every tradition!

FEE: DINNER \$18 PER ADULT, \$10 PER CHILD

TU B'SHVAT SEDER AND SERVICE

Friday, February 10 at 7:30pm

This service will look somewhat different from our usual Friday nights. Celebrating our natural environment and the connection we feel to it, we'll mark Tu B'Shvat, the New Year of the Trees, with a special seder. There will be interesting foods and drinks, interesting ways of looking at the Universe and interesting ideas to take home with you.

PURIM

Sunday, March 12 at 9:30am

Join us for a fun-filled morning, complete with music, festive appetizers and of course, bloody marys and virgin bloody marys too and a Purim Carnival after the reading for all the kids! Experience a creative re-telling of the Purim story and hear the chanting of the Scroll of Esther. It's the whole megillah! Please be sure to come in costume. Friends and family of all ages welcome!

NO FEE

CONGREGATIONAL SECOND NIGHT SEDER

Tuesday, April 11 at 5:00pm

The First Night might be around a table with friends and family but the Second Night should be with us! We will conduct a seder with all the traditions you know and love and a few more you will never forget. For more information or to reserve your space, please contact the temple office.

LAG B'OMER HAVDALAH

Saturday, May 13 at 8:30pm

The Omer is the 50-day period stretching from Passover to Shavuot. The 33rd day in the counting of the Omer is a time when our ancestors took to the hillsides and celebrated under the stars with music, food and fire. We're going to do the same and you are invited to join us in Temple Sinai's backyard. Bring your stick and we'll bring the marshmallows – we will send up an aroma pleasing to God!

CONTINUED...



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TEEN OFFERINGS

SCHIFF TICHON SINAI/CONFIRMATION*: A PROGRAM FOR POST B'NAI MITZVAH STUDENTS IN 7TH THROUGH 10TH* GRADE.

Led by Rabbi TelRav, Cantor Morgovsky and Amy Ritell
Sunday mornings, September 18; October 16, 30; November 13;
December 11; January 8, 22; February 5, 26; March 5, 19; April 2, 30;
May 14.

11:30am-12:45pm

Schiff Tichon Sinai will enable 7th, 8th, 9th and 10th grade teens to experience joy in Jewish learning, pride in being Jewish, and a commitment to participation in Jewish life. When our teens are connected to Temple Sinai they learn about Jewish life by actively experiencing it. Schiff Tichon Sinai combines the best of classroom-based and experiential education in a cohesive program that fosters Jewish identity development and community-building.

The goals of this program are to meet students where they are and to provide appropriate challenges for growth, to build leadership among our teens, to give them ownership of their learning, to provide multiple points of entry into Jewish life and to promote Jewish identity formation. Most of all, it will bring our kids together to have fun!

Activities will include: Discussion of ethics and contemporary issues, hands-on/tikkun olam experiences, trips to NYC and a fall weekend retreat.

Starting this year, 7th grade students who are post B'nai mitzvah are invited to join the Schiff Tichon Sinai Confirmation classes. There will be two sections; 7th & 8th, and 9th & 10th.

*10TH GRADERS WILL JOIN RABBI TELRAV FOR ADDITIONAL CONFIRMATION ACTIVITIES.

FEE: 7TH GRADE: INCLUDED IN REGULAR RELIGIOUS SCHOOL TUITION.

8TH – 10TH GRADERS: \$360

***CONFIRMATION**

Led by Rabbi TelRav

Sunday mornings, September 18; October 16, 30; November 13;
December 11; January 8, 22; February 5, 26; March 5, 19; April 2, 30;
May 14, 11:30am – 12:45pm

At Temple Sinai, Confirmation takes place in the 10th grade year and is part of our Schiff Tichon Sinai Program. Confirmation studies teach young adult Jews that they are entering “a sacred community” in which they can question, challenge, and debate Jewish questions without being judged. The confirmation model also encourages youth to work together as a community to contribute to the world around them. While Bar and Bat Mitzvah ceremonies focus on an individual child becoming a Jewish adult, Confirmation ceremonies focus on a community of young adults confirming their commitment to Judaism. Join us on Friday June 2, at 6:00pm for the Shabbat Confirmation Service.

FEE: \$360

MADRICHIM & MIT'S (MADRICHIM IN TRAINING), AN UPDATED PROGRAM FOR TEACHING ASSISTANTS AT TEMPLE SINAI

The Hebrew term “madrich” means guide. Madrich (male) and madrichah (female) are two versions of the same word; madrichim is the plural form. Here at Temple Sinai, a madrich/ah is someone who helps Jewish learning happen in an informal way. Starting this September, graduates of our Schiff Tichon Sinai/Confirmation program will be eligible to work as madrichim. All other 8th through 12th grade students are invited to volunteer as Madrichim In Training or MIT's.

As a madrich/ah or MIT your role in the classroom is different than that of a student. The younger students will look up to you as a role model. Our MIT's will assist teachers in the classroom, while madrichim will be given a bit more responsibility, and will be encouraged to plan and implement mini-lessons. There will be periodic madrichim/MIT meetings to help develop leadership skills throughout the year.

MIT's at Temple Sinai will continue to be volunteer positions, while madrichim (graduates of our Confirmation program) will be paid positions.

Students interested in finding out more about the Madrichim and MIT opportunities should contact Amy Ritell (educator@templesinaistamford.org) to arrange for an interview.

SENIOR YOUTH GROUP: SOSTY — SINAI OF STAMFORD TEMPLE YOUTH

Led by Erica Santiago, Youth Director

SoSTY is Temple Sinai's senior youth group for students in grades 9 – 12. The goal of SoSTY is to connect our teens to the synagogue and to Reform Judaism through social, educational and tikkun olam programming. SoSTY's events include shul-ins, Midnight Runs (delivering clothes and supplies to the homeless), the Chanukah Fair and Purim Carnival and much more! SoSTY is open for all Temple Sinai teens and their friends (who are not temple members). SoSTY is a chapter of NFTY-NAR, New York Area Region of NFTY (National Federation of Temple Youth), and our kids participate in NFTY regional events.

SOSTY MEMBERSHIP FEE: \$36 PER YEAR

“WHAT WOULD YOU DO?”

Sunday March 19 at 11:30am

If you were confronted by anti-Semitism when you least expect it?

Imagine that you're in a public situation and you unexpectedly hear an offensive comment against Jews. What would you do? If you're like most people, you'd probably feel shocked and unsure how to respond. You may also feel guilty or powerless for failing to speak up effectively or take a stand.

Based on the John Quinones TV series, “What Would You Do?” ADL's (Anti-Defamation League's) unique program offers Jewish adults and high school students the chance to explore these kinds of situations in a safe, supportive setting. In facilitated discussions and activities with ADL professionals, participants discuss their reactions to an ABC-TV episode, learn effective strategies for responding to offensive statements, and get together in small groups to brainstorm strategies for a variety of anti-Semitic situations.

NO FEE: FOR THE PROGRAM, \$10 FEE FOR LUNCH.

CONTINUED...



SOCIAL ACTION PROGRAMS

SHABBAT BAGS FROM THE CARING COMMITTEE

Being in the hospital is no fun – having to spend Shabbat there is even worse. Temple Sinai brings bags of challah, grape juice and greetings and delivers them with a smile and a “Shabbat Shalom” to members of the Jewish community who are admitted to Stamford Hospital. If you have a little time to help us build the bags or deliver them on a Friday afternoon, email Roz Rubin at rnr09@att.net for more information.

SANDWICH MAKING

The first Monday of every month at 4:30pm

Once a month for the last 20+ years, committed individuals have gathered to prepare a few hundred sandwiches to deliver to local soup kitchens and food pantries. They have become a close knit group and would love your help. For more information, contact the temple office.

CHRISTMAS DINNER

Friday, December 25

Each year, Temple Sinai members serve the afternoon holiday meal at New Covenant House Soup Kitchen. While much of our greater Stamford community is celebrating but those without enough to eat are still hungry and we are ready to help. Roll up your sleeves because everyone has a role to fill. For more information, please contact Sally Kelman at 203.322.0518.

FEED THE HUNGRY

This group of members has been quietly cooking and serving an entire meal for the hungry at the New Covenant House once a month for many years. They receive no great public praise for their hard work but you should know about their efforts. If you're interested in supporting their work by volunteering or donating to The New Covenant House Soup Kitchen in Stamford, please contact Eileen Besser (etbesser@aol.com or 203.966.5525), Lisa Popper (jpopper950@aol.com or 203.966.9286) or Sharyn Sarner (sharsarn@aol.com or 203.968.2504).

INSPIRICA DINNERS

For at least 20 years, Temple Sinai has served dinner to the women at Inspirica (formerly St. Luke's Lifeworks) women's shelter in Stamford on the second Sunday of the month. The menu is e-mailed to all the volunteers and each person who can make something that month replies. Contributors only volunteer when they are able.

A lovely meal is served for about 25 women. The women at the shelter always get excited when they see us. They say we make the best food. (We take great pride in our meals!)

Join us! You can do it as frequently or infrequently as you wish. You can have a child join you. It's a great lesson. On the way home you will experience that elated feeling of having done a mitzvah! Please contact Judy Katz (203.322.3083 or tokatz@sbcglobal.net).

MITZVAH DAY

Sunday, May 7

Our members are doing “mitzvot” (good deeds) all the time but, once a year Temple Sinai comes out in force to make a difference in our temple community and the community at large. Starting early and ending with a good old-fashioned BBQ, participants can choose from many types of activities. Some require getting your hands dirty and others simply opening your heart. To register yourself, suggest a project or for more information contact Monica Schlessinger at at5917@aol.com.

BROTHERHOOD EVENTS

SMOKIN' BBQ

Sunday, September 11, 11:00am

Brotherhood sponsors this annual event featuring great eats, expertly cooked and served by Brotherhood members and for the kids there is a special inflatable jump house to add to the fun.

KIDDUSH AFTER ROSH HASHANAH MORNING SERVICE

Monday, October 3, following morning services

Coordinated by Brotherhood

HIGH HOLY DAY USHERING

Sunday evening October 2; Monday morning October 3;

Wednesday evening October 12; Thursday morning October 13

Ensure services run smoothly by helping people find seats and addressing other needs as they arise.

SUKKAH RAISING

Date and Time: TBA

Temple Sinai is currently working to re-create UNITY (see page 3) here on the temple grounds. Our UNITY structure, erected by the Temple Sinai brotherhood and members of the Boy Scouts, will then serve as our congregation's Sukkah, as we celebrate the festival of Booths sheltered beneath stands of yarn that comprise our entire Stamford family. Throughout the *Yamim Noraim*, the Days of Awe, you'll have the opportunity to thread your yarn, symbolizing your identity, throughout the structure, and find out how your life intersects with those of your friends and neighbors. This multi-faith endeavor will include members of the greater Stamford community, in an effort to bring all of us together, quite literally, under one canopy.

CONTINUED...



Temple Sinai
458 Lakeside Drive
Stamford, CT 06903-5098

For more information, contact Amy Ritell at educator@templesinaistamford.org
And to sign up, contact Shelly Welfeld at assistant@templesinaistamford.org

BROTHERHOOD EVENTS continued

BREAKFAST MEETINGS

Sunday mornings, September 25; January 8; February 5; March 5;
April 2 at 9:30am

Breakfast meetings just to get together, taste bagels and lox and all the fixin's, kibitz and conduct a brief meeting.

POLITICAL BRUNCH

Sunday, October 16 at 9:30am

Exciting debates between national, state and local hopefuls for political offices. This event is managed by Board of Representatives President and Temple Sinai congregant, Randy Skigen.

MITZVAH DAY BBQ

Sunday, May 1 at 5:30pm

Welcoming tired and hungry workers returning to the temple after a day of fulfilling mitzvot, Brotherhood provides a wonderful dinner supplemented by homemade congregational goodies.

GUEST SPEAKERS

Dates TBA

Coordinated by Brotherhood, speakers from many areas of interest, politics, science, industry and education, address our congregants and members of the community. A bagel and shmear brunch is always included.

FOOTBALL NIGHTS

Dates TBA

Join Brotherhood during for two exciting football nights in the Fall. We will gather at a member's home, enjoy dinner, have a short meeting and then settle in to watch the game!

GOLF OUTINGS

Dates TBA

Organized by the Brotherhood for the enjoyment of those who keep trying to improve their score.

YEAR-END SPRING BBQ

Date TBA

Social gathering at the home of a member where relaxation, food and beverages are served along with an enormous amount of camaraderie.

SUMMER DINNER

Date TBA

Fun midweek dinner at a local establishment to kick back, relax and enjoy each other's company.

SISTERHOOD EVENTS

SISTERHOOD WELCOME BACK BRUNCH

Sunday, September 18 from 10:00am - 11:30am

Creating a Loving Relationship with Our Food, Body and Weight

An interactive Workshop with Hope Stanger, HHC

Hope Stanger is a trauma therapist, nutritional counselor and sought-after motivational speaker in practice for over fifteen years. She is the author of *Weigh Your Words and Throw Away Your Scale! The Jewish Woman's Guide to Losing Weight and Feeling Great*, published by Targum Press and in stores September 2016. Hope is an expert in the field of Transformational Nutrition and brings a passion and compassion to her work. She has worked with hundreds of women, teaching them how to have joyful, peaceful and powerful relationships with their food, body and health. In her personal journey of weight loss, she went from weighing two hundred and twenty pounds to losing over eighty pounds. Seeing this in her own life inspired her to become a nutritional therapist. Hope is a graduate of the Institute for Integrative Nutrition. She developed a new model to heal trauma, relationships and eating disorders and is the founder of Therapy Beyond Walls, counseling individuals, couples and groups worldwide.

SALSA AND SANGRIA IN THE SUKKAH

Saturday, October 22 at 7:00pm

Join us under the stars and in the sukkah for some fun and salsa dancing. Sangria and delicious tapas will be served throughout the night.

SISTERHOOD MEMBER DINNER

Wednesday, November 16

Dinner and an evening program. More information to come.

LATKAPALOOZA

Sunday, December 18

During the Chanukah Fair bring your appetite and try delicious latkas made by our Temple Sinai members. Sample the secret recipes for a variety of latkas from traditional potato to vegetable latkas and more.

SISTERHOOD SHABBAT SERVICE

Friday, March 31

This creative worship service, prepared and led by members of the Temple Sinai Sisterhood, will feature inspirational readings and music highlighting the intellectual and cultural contributions of Jewish women to the spiritual and secular life at Temple Sinai and beyond.

GAME NIGHT

Wednesday, April 5

Come out and play! Mah Jongg, Bridge, Scrabble, Boggle. Bring your own game and bring your friends.

FEE: \$15 PER PERSON



SISTERHOOD EVENTS continued

SISTERHOOD GIFT SHOP

Sisterhood is pleased to have our new display case in the atrium to display some of our beautiful items that are offered in the gift shop. We carry candles for all occasions, including beeswax candles, we have Mah Jongg soap and other items for the Mah Jongg player, greeting cards for all occasions, honey and honey bowls.

Sisterhood can help you with Bar and Bat Mitzvah needs like kippahs and bima baskets as well as a variety of gifts for the holidays and the home.

For special order of tallits or other Judaica items, please contact either Roberta Sultzer (rks1318@yahoo.com) or Irma Paull (IPaull@optionline.net) who are happy to meet with you at your convenience to review our catalogs. If the store is closed, either Shelly or Jayne are able to assist you with your purchases.

FACULTY



Cantor Micah Morgovsky

Cantor Micah Morgovsky has been honored to serve as the Cantor of Temple Sinai since 2008. She received her undergraduate degree in 2001 from Syracuse University with a major in English and Textual Studies and a minor in Psychology. She spent two years studying in Israel; one at Hebrew University in fulfillment of a junior year study

abroad program, and one at the Hebrew Union College, for her first year of Cantorial school. Through the Hebrew Union College School of Sacred Music, Cantor Morgovsky received a Master in Sacred Music in 2005 and was ordained as Cantor in May 2006. Before joining the Temple Sinai clergy team, she served as Cantor and Director of Religious Education at North Country Reform Temple in Glen Cove, NY.

Cantor Morgovsky serves the Temple Sinai community by leading worship services alongside Rabbi TelRav, teaching music and conducting learning services in the religious school. She tutors b'nai mitzvah students, teaches adult education, and coordinates the temple's vibrant musical program, which includes: Kolot Sinai, our volunteer choir, RUJU, our religious school youth choir and RUACH, our beloved musical ensemble, all of which are featured on the Songs of Sinai CD, available in the temple office.

Cantor Morgovsky collaborates with many local musicians to bring new and innovative worship experiences to Temple Sinai. She frequently leads Shabbat services at the Stamford Atria, and participates in numerous community-wide events throughout the year. She enjoys playing flute and guitar, she paints and is a Certified Zentangle Teacher. Cantor Morgovsky lives in Riverdale, NY, with her husband, Benjamin Spratt, a rabbi at Congregation Rodeph Sholom in Manhattan, and their children, Ayalah and Jonah.



Pizmon

Pizmon is the co-ed, pluralistic Jewish a cappella group of Columbia University, Barnard College, and The Jewish Theological

Seminary of America. Since its inception in 1987 as the first collegiate Jewish A Cappella group, Pizmon has traveled to hundreds of communities within the United States and around the world to share our love of Jewish music and culture. Pizmon's repertoire includes liturgical pieces, Israeli rock and pop, Yiddish and Ladino music, and children's songs.

Why is this a cappella group different from all other a cappella groups?

Pizmon is more than an a cappella group; we are a Jewish outreach group that sings a cappella! Our mission is to bring ruach (spirit) and Jewish music to communities around the globe.

Every year, we take a spring break trip that we like to call our "Music Outreach Initiative," during which we visit communities that we are not able to reach during the school year. Through this trip, we aspire to heighten the Jewish experience of the communities we visit, engage in community service oriented work, and spread our love of Jewish music to residents of old age homes, hospitals, schools, and congregations.

In the past, we have traveled overseas to countries including Costa Rica, Panama, England, Wales, France, Ukraine, Canada, Israel, Poland, and Brazil, and domestically to New Mexico, Arizona, Washington, California, Alabama, Florida, and Georgia. We have also performed in such venues as the White House and Lincoln Center.

As a Jewish pluralistic group, we have members originating from nearly every Jewish background. Through our identity as Jews and our love of music, we strive to be role models for Jewish youth and enhance the religious experiences of Jewish communities of all denominations.

Members:

Adam Alpert (Tenor)

Michael Berkson (Tenor)

Yaffa Fogel (Alto)

Kobi Goodwin (Bass)

Avidan Halivni (Bass)

Rachel (Raykay) Kastner (Alto)

Ilana Sandberg (Alto/Soprano)

Ilana Schwartz (Soprano)

Meghan Siritzky (Soprano)

Asher Varon (Tenor)



FACULTY continued



Amy Ritell

Amy joined Temple Sinai as its Interim Educator in July 2015. She fell in love with Temple Sinai and decided to stay. Amy is a long-time Jewish Educator and mother of two, who loves to cook and enjoys music of all genres.

She is a graduate of the University of Bridgeport where she received a B.S. in Advertising and Mass Communications with a minor in Art. She has also earned certification from United Synagogue of Conservative Judaism's Teacher Development Institute. She and her husband Jeff reside in Ridgefield, CT where Amy was the Education Director at Temple Shearith Israel of Ridgefield for 14 years, developing creative family and special education programs. In addition to her duties as Director, she taught religious school in both Ridgefield and Mount Kisco for 20 years. Working in the Jewish community runs in her blood, having grown up attending a Hebrew school where her mother was the educational director for 36 years.



Erica Santiago

Erica joined Temple Sinai as our Youth Director in 2014. She grew up as a member of Monroe Temple Beth El of Liberal Judaism in Monroe, NY. As a member of the congregation she and her family were involved with the youth group as well as social action programming. Erica

is passionate about Jewish youth education. While in college and graduate school Erica stayed active in the NFTY community by staffing local and regional events. Erica works full time at the Food Bank for Westchester in Elmsford, NY as the Manager of Network and Community Mobilization. Erica holds a Master's Degree from CUNY's Hunter College School of Social Work with a specialization in Community Organizing. Erica lives in Stamford with her fiancé where she also mentors runners through a local running store.



Fran Schechter

Fran Schechter holds a Master's Degree in Education and Psychology from Western Connecticut State College. In her 28+ years of teaching, Fran has taught public, private, Jewish and secular students from Pre-K through high school. Fran has taught in several Fairfield

County Jewish communities, including Temple Sinai's religious school for 20 years. Fran is a Temple Sinai congregant and lives in New Canaan. Her children, Ethan, Leah and Sarah all grew up at Temple Sinai.



Gilda Simpkin

Gilda Simpkin has had a 30-year career as a Learning Consultant and Corporate Trainer. She has led personal development and management skills programs all over the world and has been on the faculty of Fairfield University, Queens College and Norwalk Community College. She

holds an M.S. in Counseling and Human Resource Development. Gilda has been bilingual since she could talk. She has conducted Yiddish classes in many venues and last summer conducted a week long workshop for Children of Holocaust Survivors in Yiddish. Her favorite job is being the single mother of two teenage daughters.



Rabbi Jay TelRav

Rabbi TelRav joined Temple Sinai as its spiritual leader in 2012. Since that time, he has focused on connecting the community's members to what they love and what they need. For some that is worship, for others learning, and for others it is being active in volunteerism. He

has spent a great amount of his time and attention on the youth of the congregation. Our congregational family has grown very strong under his leadership.

In the wider community, Rabbi TelRav has created meaningful relationships with other congregations in the area, has been a vocal partner in the Interfaith Clergy Alliance of Stamford and is currently serving as Board of Rabbis president.

Rabbi TelRav holds a degree from the University of Michigan in psychology and a Master of Hebrew Literature from Hebrew Union College-Jewish Institute of Religion in New York where he also received rabbinic ordination. He lived in Israel for more than three years studying, volunteering and supervising archeological digs. He has served as a Chaplain to the Sailors and Marines in the United States Navy and as rabbi to the Scouts at Philmont Scout Ranch in New Mexico.

Rabbi TelRav lives in Stamford with his wife Julie, and their children, Amitai and Nili.



An Invitation...

SPEND THE WEEKEND

WITH

Pizmon



Pizmon is a vibrant, young, Jewish a cappella singing group whose mission is to bring ruach (spirit) and contemporary Jewish music to communities around the globe. Pizmon is a pluralistic, co-ed group of students from Columbia University, Barnard College, and the Jewish Theological Seminary of America. Their repertoire includes liturgical pieces, Israeli rock and pop, Yiddish and Ladino music, and children's songs.

The group's worldwide travels have included Costa Rica, Panama, England, Wales, France, Ukraine, Canada, Israel, Poland and Brazil. In this country, they have performed in New Mexico, Arizona, Washington, California, Alabama, Florida and Georgia. They have even performed at the White House and Lincoln Center. Wherever they go, the members of Pizmon have shared their love of Jewish music with residents of assisted living facilities, hospitals, schools and congregations.

Friday, January 27 @ 6:30pm

Join us for a congregational dinner* with Pizmon, as they lead us in z'mirot (songs) and singing. After the dinner, at 7:30pm, Pizmon will join us in our Shabbat service and present a special sermon in song.

Saturday, January 28

9:30am: Pizmon will lead services with our 4th/5th & 6th/7th Grade Shabbat Morning program and the greater congregation.

6:00pm: As Shabbat comes to a close, join us to celebrate Havdalah, followed by a concert with Pizmon open to all members of the community.

Sunday, January 29

Pizmon will share their musical magic with the Temple Sinai Religious School students, who will learn several songs that they will perform for families and guests at the end of the school day.

See Pizmon's bio on page 9.

RSVP

*Please contact the temple office for more information on the Shabbat dinner.

