



Jerusalem Day -May 22 -28 Iyyar



SHOFAR

May 2020

Iyar-Sivan 5780

Torah Portions May 2020

May 2—8 Iyar

Aharei Mot-Kedoshim (After Death-Holy One)

Leviticus 16:1 - 18:30

G-d speaks to Moses after the death of Aaron's sons. G-d instructs Moses and Aaron about Yom Kippur and sexual prohibitions.

Leviticus 19:1 - 20:27

G-d describes to Moses laws helping people live lives of holiness including those described in the Ten Commandments. G-d introduces laws about farming and about belief in supernatural beings.

May 9—15 Iyar

Emor (Say)

Leviticus 21:1 - 24:23

G-d describes the restrictions to priests' sexuality and marriage, then describes Passover, Shabbat, Yom Kippur, and Sukkot. G-d outlines the omer period, asking the Israelites to bring food offerings to the priests for seven weeks.

May 16—22 Iyar

Behar-Bechutotai (On the Mountain-In my laws)

Leviticus 25:1 - 26:2

G-d describes resting the land and crops every seven years, and the Jubilee year every 50 years. G-d permits the use of slaves but stipulates the obligation to eventually free your slaves.

Leviticus 26:3 - 27:34

G-d describes the rewards and punishments for following or not following G-d's laws.

May 23—29 Iyar

Bamidbar (In the Desert)

Numbers 1:1 - 4:20

G-d tells Moses to conduct a census of all the Israelite men over the age of 20. Moses takes up a second census to count all of the Levite men. G-d gives specific instructions to the Levites about their roles in the Tent of Meeting.

May 30—7 Sivan, 2nd Day of Shavuot

Megillat Ruth

Yizkor Memorial Service

To participate in Shabbat services send an email to Arava Talve at principal@templesinaipd.org to request an invitation to participate. If you are using a mobile device, you may have to go to your app store and download *Zoom*. You will be sent an invitation on Friday to participate in the Erev Shabbat service, and an invitation on Saturday morning to participate in the morning service —just click on the link.

FRIDAY NIGHT SERVICES

May 1 5:30 PM

May 8 5:30 PM

May 15 5:30 PM

May 22 5:30 PM

May 29 5:30 PM

SATURDAY MORNINGS

Services begin at 10:00 AM

May 2

May 9

May 16

May 23

May 29

Temple Leadership

Bob Glast	President
Jack Olshansky	Past President
Sanford Friedman	VP
Rosanne Ezer	Treasurer
Fred Fabricant	Ritual Chair
Bobbie Rosenberg	Corporate Secretary
Terrie Turner	Chavurah Chair
Ann Miller	Membership Chair
Micki Greenspan	Ambassador
Nancy Singer	Women of Sinai
Gary Kreger	Brotherhood
Lily Mazet	Parent Teacher Organization
Marvin Paul	House & Grounds

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 Vernon Kozlen z"l
 Mitzie & Jack Olshansky

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 Nancy & Arthur Shorr
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 Lillian Fox z"l
 Sally Frank
 Shirley Greenwall
 Kathy Kapler z"l
 Gladys Layne
 Reesa Manning
 Alicia Rodriguez
 Nancy Singer

President's Message

Special thanks to all of those who are contributing their time above and beyond during the Covid-19 shelter in place. Among the volunteers we want to acknowledge are Sandy Schachter, Diana McGinity, Gail Jacobs, Bob Denebeim, Arthur Shorr and Michael Sonduck.



Bob Glast, President

Thanks to our staff, Arava Talve, all of the religious school teachers, Toni Robinson, Temple Manager and her staff of Jim Dobis and Elaine McDonald, and our custodial staff. Thanks to Nesa Bland and Wayne Abravanel.

Temple Sinai Board of Trustees has approved a Transition Committee to assist Rabbi Novak as he will start as our Rabbi on July 1, 2020. The committee will be chaired by Michael Sonduck, a member of Temple Sinai since 2002. Michael has returned to the desert after a stint as CEO of the Federation of San Diego County. His experience participating in transition makes him the right person to Chair this committee. Members of the transition committee include Arava Talve, Toni Robinson, Lily Mazet, Fred Fabricant, Bob Glast and Rabbi Novak.

The Nominating Committee has received more letters of interest than open board positions. The committee will review and recommend to the Board of Trustees a slate for approval. Due to the Coronavirus there will be no Annual Meeting this year. We will send out a report with information you normally hear at the Annual Meeting to keep you up to date on Temple Sinai. Be smart, stay safe.

L'shalom

Bob Glast, President



Temple Manager Toni Robinson

I keep hearing the phrase new normal. I certainly hope not. I suspect that we will go through some transitional behavior modifications over the coming months but at some point, things will return to the familiar. The science says that once a vaccine is developed and deployed, then we can return to conducting our lives in the manner to which we have grown accustomed. That could take quite a long time, but it will happen, and familiar activities will return.

In the meantime, while the building is closed to the public, I usually go in twice a week to collect the mail and check up on Adrian and Ben to see if they need any supplies. They have been repainting the stripes in the parking lot over the last few weeks, and when it gets too hot to work outside, they have much to do inside. The halls are empty, the rooms are quiet, there is no

laughter, there are no arguments, no blessings, no singing, no prayers, no one pops into my office unexpectedly. The phone rarely rings. The Sanctuary and social hall are dark and a bit foreboding. On my way into the building one morning recently I was greeted by this



and it reminded me that our current situation is only temporary, and there are many blessings to be found. Jim comes in to make bank deposits and record payments twice per week. He has also been preparing our congregational management software to manage temple finances so that individual congregants will be able to look at their own account. Elaine also comes in twice per week to attend to the things that she cannot accomplish at home. The thing is, none of us are there at the same time. So, for the time being that is our new normal.

It has been very gratifying to see all of you attending services via ZOOM. It illustrates to me just how devoted you all are to Temple Sinai and to its continuing success. We have so very much to look forward to in the coming months, (not the least of which is welcoming our new rabbi.) It makes planning the calendar for the next year more exciting than usual. When I look at the remainder of this year's calendar, I see very few activities, but the essentials are still happening.

Thanks to Arava's leadership and her teachers' willingness to adapt, our religious school is continuing online. We will miss having confirmation during Shavuot this year, but can look forward with much anticipation to having a new confirmation experience during Sukkot in the fall. Our Shavuot experience will undoubtedly be new this year, but will contain familiar elements. Maybe we can have a virtual communal meal via ZOOM when we conclude the service. I will close with a heartfelt thank you to all of you for the continuing participation of this incredible community.



Arava Talve, Principal

I think one of the most important things we can do for our children during this time of physical isolation is to validate feelings by acknowledging that it's hard not to see their friends, grandparents or other loved ones, but parents can explain in an age-appropriate way that we're taking these measures so that people don't get sick. While we are not sure how long this will last, it is temporary. Children are resilient. So, in that spirit, we continue planning for the times we will be together as a community.

Today I began working on our calendar for the next school year, and the first order of business was to find a new date for our Confirmation/Shavout service. As I stared at the calendar, Toni Robinson suggested Sukkot, another beautiful holiday of giving, for the new date. I am therefore happy to announce that October 1st will be our Confirmation/Sukkot service! The students are busy writing a creative service, and sharing their ideas about what it means to be a young Jewish adult in these times.

Most of our classes are taking place on Zoom, [freeconferencing.com](https://www.freeconferencing.com), Facetime and Google Duo. Sunday, April 26th, we held our first virtual school T'fillah. Our Kitah Zayin class did beautifully practicing the leadership role, and it was wonderful having so many families tune in.

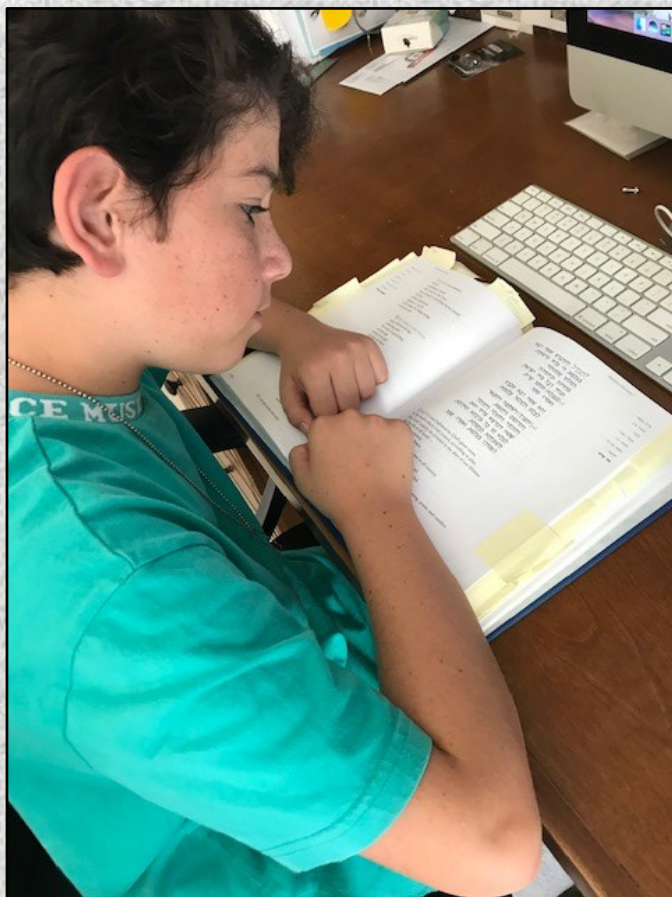
Our youngest students are meeting on Zoom for mini lessons and crafts with Amy and Judy. Our 4th through 6th grade students are meeting individually and collectively with their teachers as they work on their Mitkadem Hebrew curriculum and study Jewish lifecycles and holidays. Our wonderful madrichim created a Jewish Jeopardy game that has been fun collective experience.

Our Midrashah students meet with Nesa on Sundays and are continuing their journey through Perkei avot; understanding how Jewish ethics relate to their lives as teens.

A few days ago we began scheduling B'nai mitzvah dates for 2022! There are many Simchas in our future and I look forward to when we may share in the joy together. Many thanks to our wonderful families for your continued support as we work to keep our youth connected to their Jewish community.

In this special edition of the Shofar, we have taken an expanded look at what life looks like for temple members under quarantine. Some of our congregants have sent pictures or lent us their thoughts as to how the Covid-19 virus has affected their lives. If you would like to share your experiences as well, please don't hesitate to contact us at trobenson@templesinaipd.org.

We've also included a fun zone for the kids and the kids at heart.



Alex Horne remotely prepares for his bar mitzvah with Melamedet Arava Talve.



Grade 5-6 teacher Marjorie Lander plays Jewish Jeopardy with her class with the help of teen game designers Sienna Greenberg and Lexi Berman.

The Corona Virus and Ed and Gloria Rudetsky

We, Gloria and Ed, live in a comfortable condo. Our patio faces west, and we watch the sun set in blazing color each day. The rose bushes are having their best year. As we front a golf course, the expanse of green, green grass is a panorama of nature's best.

We have the corona virus to thank for defining and confining our daily inactivity. We sleep late and eat well and have time to read the New York Times and complete its challenging crossword. But the headlines shock us. Thousands of Americans have died from this virus and our hometown, New York, leads the nation in fatalities. We know the hospitals that have beds in the hallways and the neighborhoods that supply the victims. We both have family and friends in and around the city and pray that this plague passes them by.

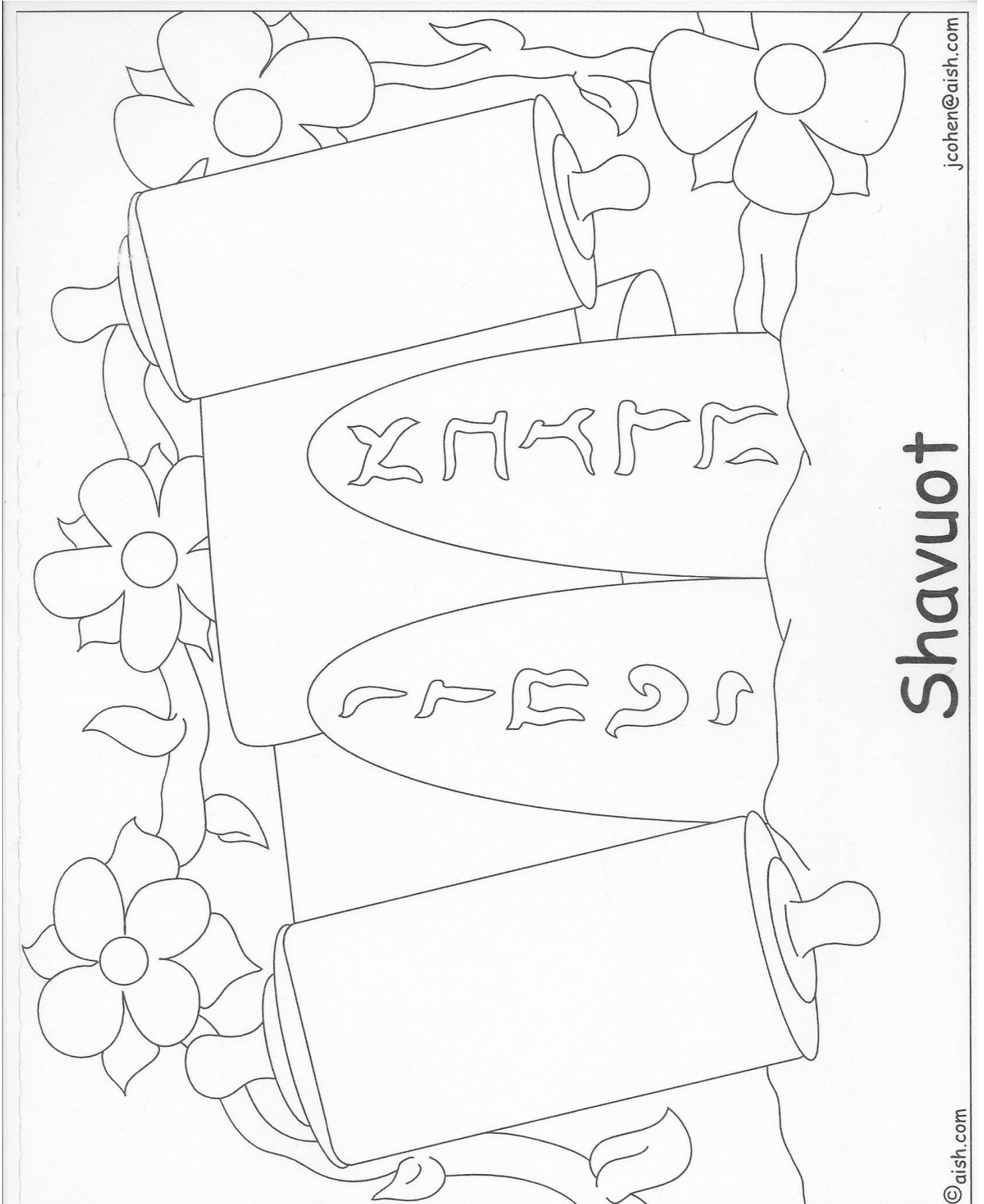
We are impressed with the planning that governs our shopping. We stand in line outside Costco, Trader Joe and Albertson's, mask in place over face, have our hands shpritzed with disinfectants, stand six feet from the nearest neighbor and enter the store after some customers exit. A cashier at Trader Joe's admonished Ed for standing too close to the counter. When he said he had to follow the prices rung up on each item, she wouldn't relent, "Step back!!!" He did. We hope the numbers add up.

The Food Court at Costco is closed but they will prepare food to go. A frank is covered in whatever condiment you desire, mustard, relish, onions and wrapped tight in foil. And a small drink! A \$1.62. The frankfurter cannot be eaten in Costco. It must be enjoyed outside, so take napkins. (Gloria is a vegetarian, eats no meat, but tolerates her carnivore's appetites.)

Albertson's has shelves devoted to kosher foods and Passover specific. Looking at the labels, Streits, Manischewitz, Yehuda matzo, et al made us think of Seders past and Seders now. We had a mini-Seder, just us two, at home using ceremonial foods supplied by Chabad. Zoom, a 21st century miracle, let Gloria enjoy her Women's Torah Study and Women's Prayer Group led by Sussie Denebeim of Chabad. Plague, no problem.

We light candles erev Shabbos, but we miss being with our friends.

We pray that the plague ends, no more fatalities and take a serious look on preventing future world maladies.



Shavuot

jcohen@aish.com

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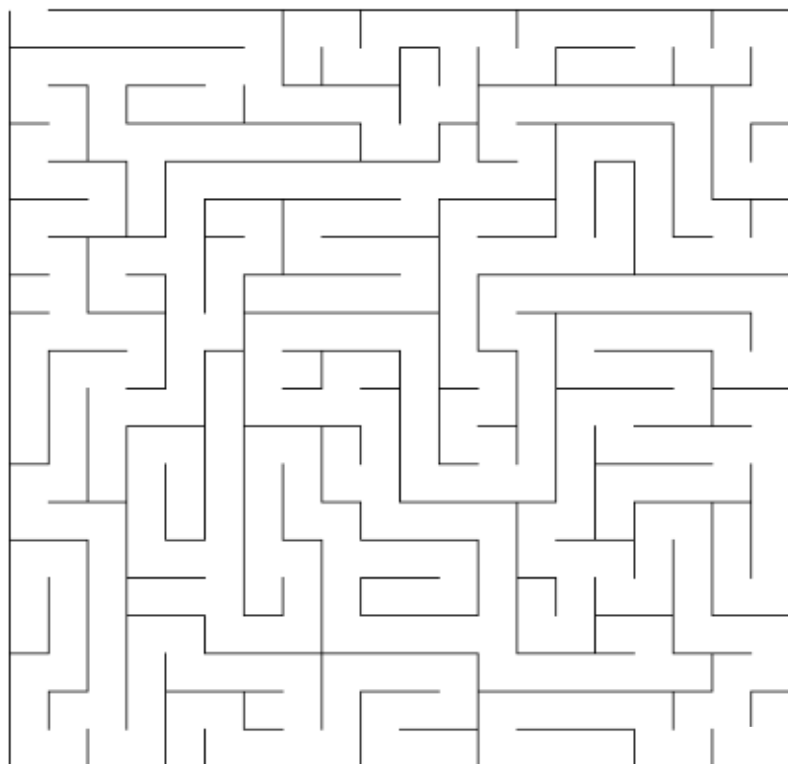
Jewish Holidays

H A N A H S A H H S O R Y A R
 W V I F E L J U X Q A U L Z U
 F M Y T I H U S H A B B A T P
 M E M F D L K W G C S D N D P
 P A S S O V E R E J P O A N I
 S H M I N I A T Z E R E T D K
 I S S I M C H A T T O R A H M
 I B C H E C H A N U K A H W O
 M T Y A H A K K U N A H I I Y
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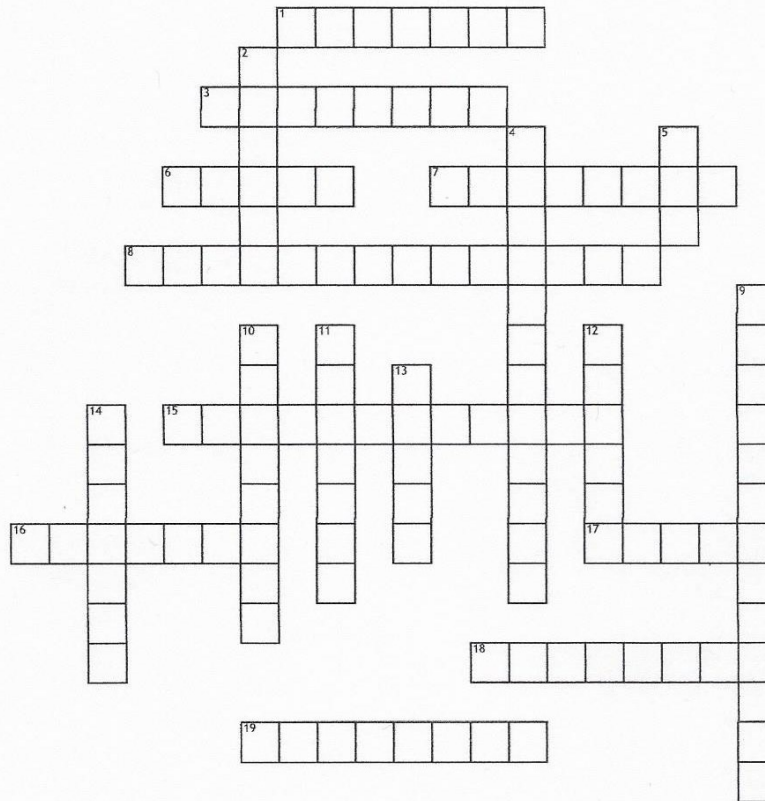
CHANUKAH
 HANUKKAH
 LAG BOMER
 PASSOVER
 PURIM
 ROSH HASHANAH
 SHABBAT
 SHAVUOT
 SHMINI ATZERET
 SIMCHAT TORAH
 SUKKOT
 TU BISHVAT
 YOM HAATZMAUT
 YOM KIPPUR

Thanks to mywordsearch.com



Thanks to bigactivities.com

Judaism



Across

1. The type of biblical interpretation found in rabbinic literature, especially the Talmuds.
3. A religious ceremony that symbolically ends the Shabbat, usually recited over kosher wine or kosher grape juice.
6. The elevated platform in a Jewish synagogue where the person reading aloud from the Torah stands during the service.
7. Giving worship to something or someone other than the one, true God.
8. Writing fragments from the Essene community found in caves near Qumran that indicated the monastic nature of the Essenes and their scrupulous its for the Law.
15. The sanctuary inside the tabernacle in the Temple of Jerusalem where the Ark of the Covenant was kept.
16. Meaning "doorpost", a small parchment containing Jewish scripture, usually the Sh'ma, that is placed in a case on or near the right doorframe at the home of an observant Jew.
17. Hebrew for "my master" or "my teacher"; someone who was authorized to teach and judge in matters of Jewish Law.
18. A binding and solemn agreement between human beings or between God and his people, holding each to a particular course of action.
19. From the Hebrew meaning "pious", a movement within Judaism founded in eighteenth-century Poland where pious devotion to God is as important as study of Torah.

Down

2. Two long collections of Jewish religious literature that are commentaries on the Mishnah, the Hebrew code of laws that emerged about 200 CE.
4. Subscribing to the doctrine or belief that there is only one God.
5. A repository traditionally in or against the wall of a synagogue for the scrolls of the Torah.
9. The adoption of Greek ways and speech as happened in the case of Jews living in the Diaspora.
10. From the Hebrew meaning "way", Jewish law that covers all aspects of the life of an individual and of the community.
11. From the name Zion, it is a movement with origins in the nineteenth century that sought to restore a Jewish homeland in Palestine in response to anti-Semitism.
12. From the Hebrew word kaser, meaning "proper"; refers to food permitted by Jewish dietary laws.
13. Hebrew for "calamity", it refers to the mass murder of Jews by the Nazis during World War II.
14. A commandment of the Jewish law.

Thanks to WordMint.com

Answers are on page 12

From Lily Mazet, President of PTO

We are teaching our children to live with passion and meaning: that is the pact that my husband and I made when we agreed to become parents. And so, in this anomalous time of quarantine, how do we fulfill our duty? Thanks to the community and philanthropic organizations our family is part of, we have lived by the mitzvot that our ordinary life has always included: fulfilling our obligations, as challenging as they may be, and wringing out the greatest joy it can bring. In that vein, we have been fulfilling the mitzvot of character, study and service by making masks for Eisenhower hospital staff, figuring out how to maintain relationships with our loved ones by mailing cards, making phone calls, dropping off gifts or groceries, painting stones with inspirational sayings and randomly leaving them on our neighbors' doorsteps in order to connect.

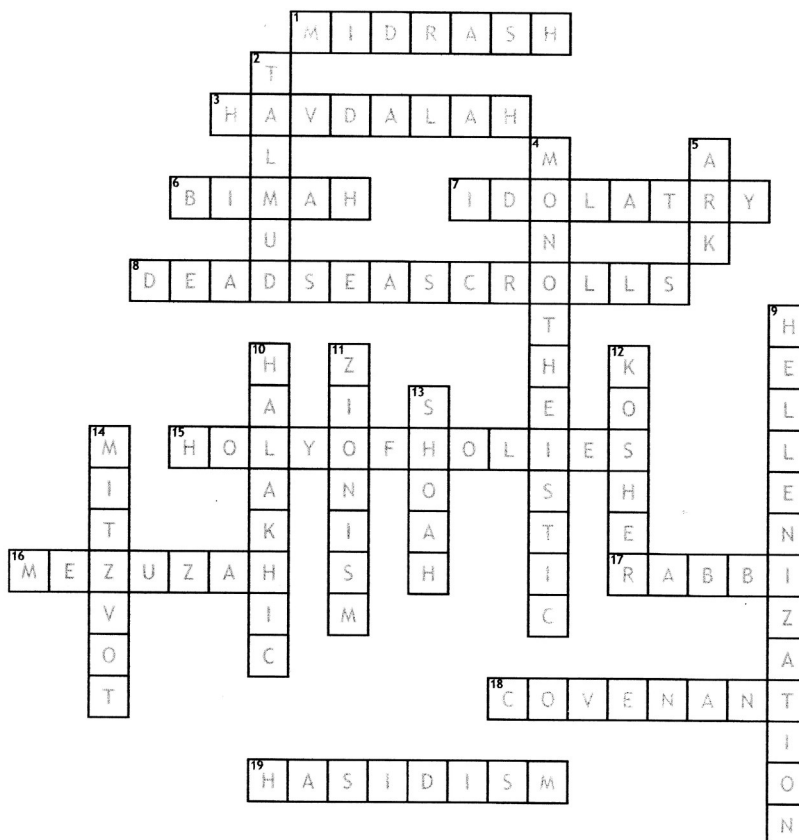
Our daughters' levels of independence have grown. "Jews adapt", is how Coco (my 8th grader) explains quarantine. This straightforward commentary on her present situation comes from a reflective conversation and assignment that she was given by Nessa's online religious school lesson in which the challenge was to apply daily a character trait that doesn't come naturally to her. This task brings to mind a long-established Jewish wisdom by Viktor Frankl, "When we are no longer able to change a situation, we are challenged to change ourselves." For my children, adaptation in secular studies means participating in on-line meetings, organizing their assignments and to-do lists in order to prevent becoming overwhelmed by the workload. As parents, we are proud of them, we are sympathetic to the fact that in the "new normal" sacrifices are amplified for them.

Spring, for them, usually includes a culmination of efforts put forth in sports, creative and academic obligations in the form of competitions, meets, performances, dances, birthday celebrations, sleepovers, and exams. They have lost a lot. So, guided by our spirituality, guided by Bella's remark that "G-d gives us a means to explain the inexplicable", Chuck and I have added family movie and game nights, loosened the reins on "screen time" and even encouraged "couch potatoes," in an attempt to ease the adverse effects of Quarantine on our daughters, who are having to reschedule Confirmation, consider alternatives for Sabrina's Bat Mitzvah that was scheduled for October; and, most of all, just missing our friends. Our passion lives in how we choose to respond to a situation that we have no control over, knowing that it will yield joy: an awareness in our capability for growth and transformation within ourselves.

From Lori Sanford

Change is hard. Covid-19 has impacted our families, our work lives, and our activities. My coping mechanism right now is to remember the words of Nisim B'chol Yom (Prayer for Daily Miracles) and be thankful for the daily things in my life that make me happy. I find joy in the hummingbird that built a nest by my front door that I can watch through a glass panel. I find joy in the vegetables growing in my garden. I reach out to friends and the attorneys I know to Zoom or talk so that I have intelligent adult interactions. I let my husband know that I am thankful that he has a job, and show appreciation that he does the grocery shopping and other errands. I tell my parents how happy I am that their neighbors go grocery shopping for them, so they do not have to be exposed to anything.

Mostly, I am appreciative that our Temple, and especially Arava, has ensured that my children connect with their religious school classes and continue in their Jewish education. I appreciate that the Temple staff is progressive and going online (with my husband's technical help) so that we can all enjoy services. Yes, I wish I could see my friends and play Mah Jongg in person, I wish I could go grocery shopping, and I wish I could go to the gym. However, when it comes down to it, I am healthy and thankful for what I have, and everything else is just mishegoss. Yes, change is hard, but together we can all look forward to a better day.



Hate in the Age of Coronavirus: Racism, Antisemitism, and Conspiracy Theories

Aryeh Tuchman is Associate Director of the ADL's Center on Extremism, where he monitors and responds to antisemitism and extremism across the country. He is a specialist on Holocaust denial, antisemitic conspiracy theories, anti-Zionism, and attacks on Jewish history and theology. He has an MA in medieval Jewish history and is an ordained rabbi.



Aryeh Tuchman,

ADL Associate Director of the Center on Extremism

4:00 p.m. PST
Thursday, May 7, 2020

Free Online Webinar

[Click Here to Register](#)



Email mfriedman@adl.org
with any questions.



Our New Normal

by Whitney Rosam

March 13, 2020 is a day that I will never forget. Life, as we knew it, would change drastically.

For weeks, anxiety had been brewing surrounding the Covid-19 pandemic. As a middle school teacher and a mother of three, my main worry, besides the health of my family and friends, went from *if* they were going to shut down the schools to *when* would they finally close.

Our kids initially reacted with cheers! Yay! School was now closed for three weeks! It began as an exciting, new experience. Mom was now a homeschool teacher and short order chef. Dad was now the principal and custodian. The kids didn't have to wear uniforms and could meet with their classes on Zoom while wearing slippers and cuddling with their pets.

But the honeymoon period slowly waned. The school closure was extended through the end of the school year. Our kids missed their friends. They missed their teachers. Going outside to play with neighborhood friends was no longer an option. And although my husband and I were home, we were extremely busy working.

Along with the school closures, society has had to abide by the shelter in place orders. For our family, that meant no more soccer. No more dance classes. No more choir. No more technology team. No more play dates with friends. Don't get me wrong; we have greatly enjoyed spending time together. We are very lucky to live in a beautiful climate and enjoy a home with a yard and pool. We have bonded even more closely with swimming, jacuzzis, games, movies, and meals together. But for our 11, 9, and 4 year old, they are now missing their friends, sports, and other weekly activities.

When we joined Temple Sinai and registered our children for the Rabbi Avi Levine Religious School, we had, of course, hoped for a wonderful connection to our religion and experience for our family. We didn't realize at the time how this community would help our family navigate through a pandemic! Our Temple Sinai religious school teachers and tutors have been in regular contact with our kids. They meet bi-weekly through Zoom and are able to continue their Jewish education. We are invited to stream services that help us to feel connected during these uncertain times. The wonderful teachers and religious school classmates are providing consistency and comfort.

Our family is finding ourselves constantly able to make connections from our Jewish history and values to our current situation. The most notable connection that our young children have made has been through celebrating the recent holiday of Passover. By telling the story of Moses, the children were immediately drawn in. Their young minds were able to connect some of the plagues to the pandemic that we are experiencing. We also discussed the importance of staying strong with our family during tough times, and to help others who cannot help themselves. We truly are going to emerge from this as a stronger family unit.

Just a few months ago we celebrated Tu B'Shevat at the temple. The students tried new foods during a seder, planted seeds, and made sachets of spices to smell and appreciate. As Jews, we honor our Earth. I imagine that this pandemic will change the way we live, but, mostly, I believe that it will be for the better. Our skies have never been clearer, our water cleaner, and our wildlife happier. We take the time to remind our children about this.

We hope and pray for all of our community to stay healthy, safe, and strong. We can get through this together. Just remember to stay six feet apart.

GENEROUS DONATIONS

GENERAL FUND

Yahrzeit

Roz Anzel

By: Stephanie and Marvin Anzel

Ed Singer

By: Nancy Singer

June Stern

By: Nancy Singer

Miriam Ross

By: Stephanie and Paul Ross

IN MEMORY

Herman Lew

By: Picce and Bob Glast

Donald Pierce

By: Picce and Bob Glast

Norma Stempler

By: Picce and Bob Glast

Lloyd Leshnower

By: Picce and Bob Glast

Adele Lambert

By: Picce and Bob Glast

Sylvia Lambert

By: Picce and Bob Glast

Donald Pierce

By: Susan Kross

Adele Lambert

By: Susan Kross

Sylvia Lambert

By: Susan Kross

Nathan Bookin

By: Renee and Ron Partelow

Oscar Weinstein

By: Carole and Jerry Corngold

Barry Krieger

By: Mitzie and Jack Olshansky

Herman Lew

By: Mitzie and Jack Olshansky

Shirley Broody

By: Diana and Robert McGinity

Lillian Fox

By: Marv Paul

Donald Pierce

By: Sheryl Gooreau

Olga Bernstein

By: Eve Kramer

Elaine and Arthur Sachs

By: Stephanie and Paul Ross

Miriam and Norman Ross

By: Stephanie and Paul Ross

Lillian Fox

By: Marv Paul

TZEDAKAH

In honor of the birthday and speedy recovery of Jack Olshansky

By: Nancy Singer

In honor of Rabbi Susan Talve, and recent Aliyah at Shabbat Service

By: Stephanie and Paul Ross

Myrna Siegler

Nancy and Graham Paull

Lisa and Brian Gottlieb

Sandra Mary Ovesen

RABBI AVI LEVINE RELIGIOUS SCHOOL

Yahrzeit

Paul Drucker

By: Hon. Jacqueline Drucker

IN MEMORY

Bella and Joseph Levin

By: Gary Levin

IN HONOR OF

Arava Talve

By: Gary Levin

TZEDAKAH

Bernard Reiter

RABBI'S DISCRETIONARY FUND

IN HONOR OF

Sandy Schachter

By: Picce and Bob Glast

Rabbi Search Committee

By: Picce and Bob Glast

SAMSON ZIMRA FUND

In memory of Barbara Jacobs

By: Gloria and Ed Rudetsky

MAINTAINING MY CONNECTION WITH TEMPLE SINAI WHILE UNDER CONFINEMENT

By Gary M. Levin, Ed.D

The words “Oy vey” pretty much sum up my reaction to what we are all going through right now in the midst of this pandemic. Maintaining shelter in place, social distancing, wearing masks and gloves when going outside, and not being able to be together with our family and friends, have all become the new normal.

However, since I have only recently come back to the Jewish community after a long time away, I didn’t want to give up anything connected to my being an active congregant and volunteer at the Temple.

But, how can I worship if I’m not in the sanctuary or the chapel? How can the prayers be meaningful if an entire congregation is not allowed to chant them together? How can I say the Kiddush when all I have is White Zinfandel? Who will fill the Shul with music? I was devastated that I wouldn’t be celebrating Shabbat with my Temple Sinai friends! How will the children of the religious school continue their studies?

Then it dawned on me that it’s not the building that is important, but the people! Temple Sinai pulled out its technological know-how and carried on remotely.

Every Friday evening Erev-Shabbat services were normally streamed directly from the sanctuary, but now with more stringent regulations, they are being ZOOMED from the homes of the lay people leading the service. Wayne continues to play the piano and Sandy, Diane and Arava organize and officiate the services.

Saturday mornings we have another ZOOM session, complete with Torah study and the reading of the Torah and Haftarah. We’ve (almost) all learned how to navigate ZOOM so that we can be heard when speaking, and muted when listening! Congregants take turns chanting different prayers. Actually, the only thing missing is carrying the Torah around through the congregation.

During the week, I am privileged to be a Hebrew tutor for the religious school. My students individually receive 30-45 minutes one-on-one tutoring with me once a week. Believe me, they are much more comfortable with the technology than I am.

The religious school is continuing their studies with some of the most innovative teaching techniques I have ever witnessed (think Hebrew Jeopardy!). All grades, B’nai Mitzvah students as well as teens and the confirmation class, have continued their studies. This Sunday they are going to have their regular school T’fillah at 11am. The Kita Zayin seventh grade students will be practicing their leadership skills by directing the service.

Although my Bar Mitzvah was postponed from May until September 12, 2020 (God willing), I continue my lessons with Arava.

The Temple also sent a link to the congregants inviting us to attend the Yom HaShoah Commemoration hosted by the Los Angeles Museum of the Holocaust. The messages conveyed, stories heard, heartfelt beliefs for a better tomorrow, could not have been more inspiring if I heard them in an auditorium surrounded by hundreds of people.

So yes, I miss being in the physical company of my friends and students at Sinai but I am just as connected as ever. I now make more phone calls, texts and keep up with others on Facebook than pre-confinement. I even had a call from a Board member checking up to see how I was doing. So appreciated!

Someday soon we will be going back to being with each other again. I am very excited about that. I am also excited that I have a deeper understanding of my faith and the connection I share with the people of Temple Sinai, even if, for now, we are only together virtually.

L’Shalom,

Gary



Anniversaries

5/1

Patricia & Howard Levy

5/9

Bonnie & Robert Guss

5/13

Marie & Eric Sontz

5/21

Sharon & Sanford Kaplan

Birthdays

5/2 Martin Sherman
Rosanne Ezer
Todd Lond

5/3 Shirley Greenwall

5/5 James Danoff-Berg
Lynn Hannan

5/8 Roz Roniss

5/9 Michael Horne

5/10 Harris Weinstein

5/11 Anne Kaplan

5/12 Marion Cowle
Bob Livingston

5/13 Terry Blitz

5/14 Carol Woodward

5/15 Lorraine Pregozen

5/16 Micki Greenspan

5/18 Mitzie Olshansky
Andy Kaplan

5/19 Steven Alden
Sally Frank

5/21 Leila Lambert

5/22 Ayala Marks

5/23 Michelle Hoffman
Ellen Sachs

5/24 Mel Cohn
Daniel Levine

5/27 Matthew Israel
Nancy Levine
Bonnie Guss

5/29 Bernard Zemmol

5/31 Sam Weiss
Gary Cherlin
Reesa Manning


Reflections on Sheltering in Place, or How We Are Keeping Sane

We've been sheltering in place for over five weeks now, and we're still relatively sane—at least according to friends with whom we speak or videoconference. Several things have struck us as we have whiled away the hours. We can remember wishing we had more time to do things. Now that we have that time, we can't seem to get up the motivation to do them. Sound familiar? Another reality that hit us is that it is one thing to choose to do nothing; it is another thing for it to be imposed on you.

Everything stopped at once. It felt like a diver coming up too quickly and getting the bends. It was so weird. We went from being very active to sitting around, watching TV, reading, and, of course, social media. It is amazing the old movies that we missed that we are seeing now. Always trying to make the best out of bad situations, we began to reach out to friends to find out how they are, and to videoconference with them as ways of ending the isolation.

Passover was a saving grace in that we enjoy cooking even for ourselves. We cooked for our Seder—yes, there are leftovers in our freezer just waiting for us—and read the Haggadah. While we are used to a table full of people and lively conversation, there was a specialness to the Seder, because we decided to do all the work to have a Seder for two. We also attended an online Seder, another first for us.

Our sense of humor plays a really vital role as does patience in our survival tool kit. Humor helps us see things from different perspectives. That sure helps. We each try to make at least one really funny joke each day. Patience helps us since there is nothing we can do about the situation, except keep safe. So, we look forward to our daily walks to the mailbox and the onetime a week that we go grocery shopping. We do smile under our masks thinking 10 weeks ago anyone entering a business wearing a mask would be escorted out of the store, if they did not remove their mask. Now you can't get in without wearing one. Such is life when you go through the looking glass, as it were.

A photograph of a round dining table set for a meal. The table is covered with a vibrant, multi-colored patterned tablecloth. In the foreground, there is a white plate with a decorative border, a white candle in a holder, and a glass. In the background, there is another plate with a landscape picture, a glass, and a blue napkin. A green upholstered chair is visible behind the table.

We can't say that things don't get to us, nor, can we say that we enjoy being cooped up as we have and will continue to be until it is safe. We can't always be positive, but we try. More than anything, we think of our friends and our community and know they are going through the same thing. Also, we've made, as no doubt you have, other people's days by contacting them to find out how they are. Writing this enables us to connect with all of you, our temple community.

Smile, joke, binge watch, read, do puzzles or whatever you like. This will end, and we are all there for one another. Be safe, be well, and most of all be patient.

L'shalom.

Sanford Friedman, Vice President & Jerry Hipps



May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:30 PM Erev Shabbat Service on Zoom	2 10:00 AM Shabbat Service
3 9:00 AM Virtual Religious School	4	5 4:00 PM Virtual Religious School	6	7	8 5:30 PM Erev Shabbat Service on Zoom	9 10:00 AM Shabbat Service
10 9:00 AM Virtual Religious School	11	12 Lag B'Omer 4:00 PM Virtual Religious School	13	14	15 5:30 PM Erev Shabbat Service on Zoom	16 10:00 AM Shabbat Service
17 9:00 AM Virtual Religious School	18	19 4:00 PM Virtual Religious School	20	21	22 5:30 PM Erev Shabbat Service on Zoom Yom Yerushalayim (Jerusalem Day)	23 10:00 AM Shabbat Service
24 9:00 AM Virtual Religious School	25 Memorial Day	26 4:00 PM Virtual Religious School	27	28	29 5:30 PM Erev Shabbat Service on Zoom Shavuot	30 10:00 AM Shabbat Service Yizkor Service
31 9:00 AM Virtual Religious School						



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