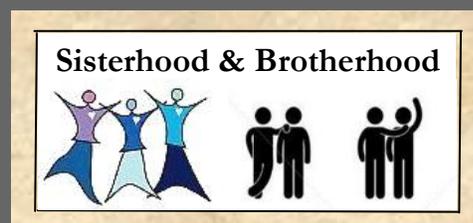
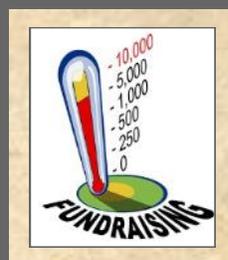
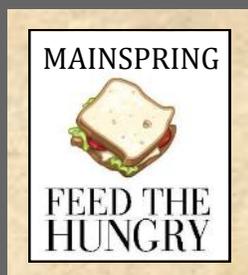




השופר

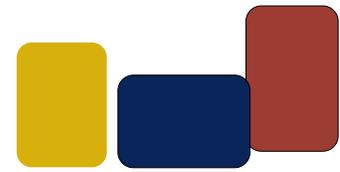
THE SHOFAR

TEMPLE SINAI'S COMMITTEES SO MANY WAYS TO GET INVOLVED!



Committee Chair contacts on back cover.

PRESIDENT'S Message



Jill Goldberg Arnold



As I write my Shofar article at the end of July 2020, I am acutely aware of the trauma, grief, fear and exhaustion we continue to experience.

Given the challenges we face, compassion, community and connection become especially important. We need to approach ourselves and each other with compassion.

Approaching ourselves with compassion means focusing on what we can do and not so much on what we can't do. It means staying in close touch with people even though we can't stand in close proximity to each other. And it means sometimes letting ourselves off the hook but holding ourselves to self-care routines. Leave a chore behind and take a much needed walk. Turn the news off and read a good book or find something to watch that will make you laugh.

As we adjust to living with the threat of the coronavirus, we also have to find ways to balance staying mentally and emotionally healthy while protecting our physical safety. In particular, we need human contact. I have struggled with the phrase "social distancing" from the beginning. Our social connections, our community connections, and especially our synagogue community are crucial to our wellbeing, now more than ever.

To help guide us in our efforts to safely reopen, I have formed a Medical/Covid Advisory Committee made up of four physicians (Drs. Jeff Schnipper, Eric Winer, Jennifer Parent and Brett Kalmowitz), our senior staff (Rabbi Meszler, Cantor Khitrik, Rabbi Amy Goodman and Beth Nelson), and our building/security co-chairs (Barry Fritz and David Shore). While the weather is conducive to being outdoors, the Medical/Covid Advisory Committee will be guiding us as we seek to provide safe, outdoor activities that allow us to come together as a community. (Read more on page 6.)

If you have ideas for outdoor programs, please feel free to share them with me at sinaisharonpres@gmail.com.

In the meantime, gather friends for a bike ride, take a physically distanced walk, or find time to sit outside six feet apart and have a good chat with a friend. But most of all, take good care of yourselves and your loved ones.

What we need is social closeness
while maintaining
a safe physical distance.

Our Worship Service On Facebook Live

Saturday August 1
*9:45 a.m. *Shabbat Morning Service*

Friday August 7
6:00 p.m. *Tot Shabbat*
7:30 p.m. *Erev Shabbat Service*

Saturday August 8
*9:45 a.m. *Shabbat Morning Service*

Friday August 14
7:30 p.m. *Erev Shabbat Service*

Saturday August 15
*9:45 a.m. *Shabbat Morning Service*

Friday August 21
7:30 p.m. *Erev Shabbat Service*

Saturday August 22
*9:45 a.m. *Shabbat Morning Service*

Friday August 28
7:30 p.m. *Erev Shabbat Service*

Saturday August 29
*9:45 a.m. *Shabbat Morning Service*

***The new start time for all *Shabbat* morning services is now 9:45 a.m.**

*Socially distanced
and
Spiritually together*

From the Bimah



אֲשִׁירָה וְאֶזְמְרָה אֶף-כְּבוֹדִי
I WILL SING AND CHANT A SONG WITH ALL MY SOUL

Rabbi Joseph Meszler



What Elul Means Now

The last Hebrew month on the calendar, Elul, is actually a preface for things to come. Elul gives us the opportunity to prepare for the High Holy Days. It is a time of *chesbbon hanefesh* self-accounting over the past year and a setting of expectations for the year.

In this time of the pandemic, we cannot engage with Elul in the usual way. We do not know what next year will look like. Instead, we are kept in a hyper-sense of now: what am I doing today? What will the news be next week? For those of us who are planners (I include myself among them), not knowing what is going to happen in October is deeply uncomfortable.

Perhaps the invitation of Elul is to embrace the right now: How am I doing this morning? We are being asked to live in the present, which isn't necessarily a bad thing! We can let go of reliving the past, and we can also release anxiety over anticipation of the future, or at least we can try to. Revelation can only happen in the present. What is true right now? How am I, how are we, today?

To help with this endeavor, I will be posting meditations for each day of Elul provided by my colleagues at the Central Conference of American Rabbis (CCAR). I hope these daily readings will provide you with a moment of transcendence when you can catch your breath.

Be well, be safe, and let's be together as best we can.

Cantor Becky Khitrik



This past month, I had the great fortune to vacation with my family, my first big chunk of time off since last summer. I spent two glorious weeks at a house on a lake in Western Maine surrounded by mountains

and loons. We canoed, hiked, swam, and cooked delicious meals, which we ate on a covered porch that overlooked beautiful pine, fir, hemlock, and birch trees sloping gently to the water. For the most part, I turned off all of my devices and stayed offline. It was a true respite and a blessing.

Every once in a while, I would succumb to temptation and look at the news and become painfully aware of the cognitive dissonance of sitting in paradise while thousands died each day and our society struggled to function. How is it possible to be so happy and so heartbroken at the same time?

Last week marked the beginning of the Jewish month of *Av* and on the ninth of the month, *Tisha B'Av*. This day of mourning marks the destruction of the Temple in Jerusalem. Customs include fasting and reading elegies and the Book of *Eicha* (Lamentations). Some followers also refrain from shaving, wearing cosmetics, listening to music, smiling, laughing, and engaging in idle conversation. And some extend the ban on listening to music and celebrating for three weeks leading up to the date.

In years past, during the three weeks leading up to *Tisha B'Av*, I have noticed that I find it difficult to be "sad" during a time that usually falls in the middle of the most glorious of the summer days in New England. But, this year is different. It is impossible to ignore the present circumstances of the pandemic. We are all mourning, each of us in different ways. This year on *Tisha B'Av*, I looked around and saw the world burning. This year I was not just spiritually prohibited from listening to live music, I literally was not allowed to do so.

Continued on page 5

Rabbi's Study Class

Thursdays @ 1:30 p.m.

The Mussar Torah Commentary

This commentary looks to the *Torah* as the source of fundamental guidance for human living.

STUDY TORAH WITH US!



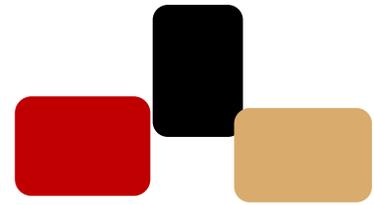
EVERY SHABBAT MORNING
AT 8:30 A.M.

Join us on Zoom.

<https://zoom.us/j/3697230846>

Password: **Bagels**

From our EDUCATOR



Beth Fine-Nelson

School Happenings



Fall 2020

August 2020 is unlike any August I have seen in over 25 years as a Jewish educator. August is typically when we organize our class lists, books and lesson plans, decorate our rooms and anxiously await the start of another Religious School year. Although much of the planning is similar – ordering books and supplies and creating lesson plans - our classrooms may look a little different this year.

We are excited to start another school year and ask for your patience on this new adventure as we navigate our way! Please see the suggestions and school information below.

STUDENT WORKSPACE

Be creative when designing your student's learning space in your home. Be sure that wherever they set-up is free of distractions, so your student is ready and able to fully participate in the learning.

The Today show shared some tips on how to do this. One suggestion: face the desk (or whatever you are using as a desk) toward the wall with a bulletin board or white board. List the date, classes and assignments due for the day. This desk works for on-line learning and tackling other assignments as well. When I was a child, my father used two saw-horses and a board as his workstation; he could move it around very easily both indoors and out. Another suggestion: a cart with wheels can move between different rooms with books, supplies and all your student needs in one place. Stores are full of these carts as college students prepare their return to their dorm rooms.

RELIGIOUS SCHOOL STAFF

The Temple Sinai Religious School faculty have been taking part in an on-line program called TSOHAR (Teaching On-line Hebrew and Religion). **We are learning different applications and programs to enhance our lesson plans, to enable our students to move forward in their learning and to help students remain engaged.** We will introduce students to different methods of learning including games, drawing, virtual tours, 3D pictures, I spy, creating their own games and much more. In addition, our *madrichim* (teacher's aides) attended a workshop on how to help in this virtual teaching world. We will have more trainings in August to work on break out rooms, games, etc. This year, more than ever, requires teamwork between our staff, students and families.

SCHEDULE

The students in Grades 3-6 will meet virtually during the week and some form of in-person learning on Sundays. Kindergarten through Grade 2 classes will move to Sunday to create an in-person experience. Grade 7 will continue to meet on a weekday. We are actively working with the Temple Sinai Medical Advisory committee to develop these plans. **Please know that our students' and staff's safety is our priority.**

SCHOOL SUPPLY PICK-UP

To get prepared for the start of school as well as our upcoming High Holy Day programs, we are holding drive-by supply pick-up. We will have a table in the back of the building (carpool pick-up). Families will drive up and receive a package with their grade specific textbooks, art supplies for projects, the supplies for the High Holy Day programs and other special goodies. The dates for pick up are **September 6 and 13 from 10 a.m.-12 p.m.**

Please let me know if you have any questions or concerns.

Bnelson@temple-sinai.com or 781-784-6081

AT THE TEMPLE



In The Kitchen- Preparing our Souls for the High Holy Days with Cantor Becky & Alex Khitrik

Wednesday Evenings
Aug 5, 12, 19
8:00 p.m. - 9:00 p.m.



'Travel' around the world, as we explore cuisine and song from different Jewish communities. Registrants will receive a list of ingredients, recipe, and song sheet in advance so that they can cook and sing with us.

[Please register in advance here.](#)

Join Us Sunday Mornings during Elul Hear the Shofar Sound!



Park outside the Temple, roll down your windows and hear the shofar call, a tradition throughout the month of Elul, as we begin our spiritual and physical preparations for the High Holy Day season.

August 23 & 30 and September 6 & 13
10:00 a.m. - 11:00 a.m.

Drop by and drive through any time during the hour!

During various weeks we will offer other treats such as honey candies to wish you a sweet new year.

In September, Mrs. Nelson will distribute textbooks/materials for the school year as well as service and program items for our school-aged children to celebrate the High Holy Days.

There are many ways this year will be different; the familiar call of the *shofar* can bring us together as a community as we return to our sacred season.



Temple Sinai, led by TASTY and the Social Justice Committee, is writing postcards to combat voter suppression.

This effort specifically reaches eligible people-of-color voters, many of whom have been purged from voter rolls without their knowledge. Data show that postcard campaigns like ours increase voter turnout.

If you are interested in writing postcards or learning more, please email Justin Meszler at meszlerjustin@gmail.com

Cantor Becky Khitrik (cont'd)

Still, times of collective grief may be tempered by moments of beauty. Sunlight shimmering off a lake, a moment to connect with loved ones, the satisfaction of finishing a project. As soon as *Tisha B'Av* was over, our liturgical calendar instructed us to be comforted and to rejoice. For seven weeks, we read *Haftarot* of consolation, culminating in the *shofar* blast to welcome a new year and a clean slate.

The *Torah* teaches that each time the Jewish people have felt abandoned by God, the Eternal renews their relationship and restores their intimacy. I'm comforted by the possibility of repair, by the prospect of hope and resiliency out of destruction.

This summer when I marvel at a perfect sunset, I'll be thinking about seeing you all someday in person, unmasked and face to face, on the other side.



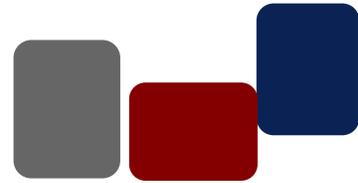
Brotherhood



At Temple Sinai This Fall!

The Temple Sinai Brotherhood Fantasy Football League still has a few slots available for fresh new owners. In light of Covid-19 we will be drafting remotely the week before the season starts.

Contact Jon Cohan, joncohan@gmail.com or 781-724-3744, for league details and how to join. It's a great activity for parent and



Jeffrey L Schnipper, MD, MPH

In June, Temple Sinai established a Medical Advisory Committee to help the Temple make decisions during the COVID-19 pandemic that balance the needs and desires of Temple Sinai families with the health and safety of our Temple clergy, staff, members, and guests, along with public health concerns. The Committee consists of congregants who are physicians from several different fields of medicine, along with our heads of security and grounds, current president and first vice president, executive director, Rabbi, and Cantor.

Among its recommendations were the following:

1. Confirmation of the decision to have virtual High Holy Day services this year, as discussed at the Congregational meeting and in a recent article in the Shofar, along with steps that would be necessary for the Rabbi and Cantor to share the *Bimah* during the Holidays.
2. Endorsement of certain events to be held by TASTY (the Temple's senior youth group) along with the precautions that would be necessary for them to be safe.
3. Approval for an outdoor religious school event this summer, again with the precautions that would be necessary for them to be safe.

The most difficult decisions of the Committee were regarding *Bar/Bat Mitzvah* services for the fall. Given the current state of the pandemic, the committee decided that **the following options for *Bar/Bat Mitzvah* services are safe for now:**

Option 1: Zoom Mitzvah at Home

This option has been successfully done throughout the pandemic and will continue as our safest option for the foreseeable future. The Cantor and Rabbi lead the service from their own locations, and Rabbi Meszler facilitates the Zoom experience. No masks are required.

Option 2: Zoom Mitzvah on the Bimah

This option is similar to Option 1; however, in this case the household of the *Bar/Bat Mitzvah* who live together would be on the *Bimah* instead of in their living room. The Rabbi would be present at the Temple, but he would facilitate the service from his office, and the Cantor would lead from home. For the Rabbi's safety, he would set everything up ahead of time and would not be in the sanctuary at the same time as the *B'nai Mitzvah* household. For all interactions outside of the sanctuary, everyone would need be masked.

Option 3: Zoom Mitzvah on the Bimah with a Limited Number of Guests

This option is similar to Option 2; however, in this case the ceremony would take place in the sanctuary with a maximum of 10 people (including the *Bar/Bat Mitzvah*), identified in advance. A Temple usher would be on hand to help facilitate the experience and monitor adherence to all regulations.

In order to have guests who are not household members of the *Bar/Bat Mitzvah*:

1. The *Bar/Bat Mitzvah* would need to have a negative test for COVID-19 within 72 hours of the service (ideally this period will shorten in the fall with better testing options) and to self-quarantine from the time of the test until the service, since singing is considered a "super-spreader" activity.
2. Out of state guests would need to comply with all state-wide regulations regarding quarantine and testing.
3. All guests would need to wear masks and be seated at least 6 feet apart from each other in the pews.
4. Guests would need to refrain from singing/chanting out loud.
5. For the Rabbi's safety, he would set everything up ahead of time and would not be in the sanctuary at the same time as the *B'nai Mitzvah* family or their guests.

Later this summer, the Committee will provide guidance to the Religious School regarding their activities for the Fall semester and to give advice regarding other Temple-wide religious and community activities.

The Committee will continue to meet on a regular basis and will modify and add to these recommendations based on the state of the pandemic in Massachusetts, including the rate of community transmission, availability of testing, and the availability of effective treatments or widespread vaccination.

The Life Cycle of our Congregational Family

Mazel Tov



To **Leslee & Ernie Rotman** on the birth of their granddaughter, *Jorab Elle*, born on June 28, to Joshua & Jessica Rotman.

To **Nancy August & Stuart Zorn** on their July 5 wedding

To **Rick & Beth Trilling** on the engagement of their son, *Mark*, to Becky Drossman

To **Barbara Mazzella** on the engagement of her daughter, *Lauren*, to Cecilia Beltran

To **Cindi Crutchfield** on the birth of her grandson, *Oliver Renan*, born on July 23 to Jake Crutchfield & Carla Becerra

Condolence



May their memory be a blessing.

To **Barbara Howard** on the death of her husband, *Robert*, on July 19

To **Harry & Shari Cohen** on the death of their sister-in-law, *Molly Williams*, on July 24

Our VOLUNTEERS



MainSpring Thanks

Temple Sinai serves guests of the MainSpring House in Brockton on the second Sunday of every month. If you are able to contribute time or meals, please contact:

Susie Cashton at suzcashton@gmail.com or
Sue Greenfield at daisysue22@comcast.net

Thank You to the Cooks for:

June

Lisa Beatty	Robbie Mandell
Jodi Carter	JoEllen Ross
Jaqueline Fleishman	Cheryl Rubinstein
Joy Goldenberg	Allison Schnipper
Marci Goldowsky	Stacey Simons
Sue Greenfield	Susan Slater
Nancy Hall	Sandy Slavet
Laura Hess	Beth Trilling
Lisa Jaffe	Jennifer Zinman



JF&CS Family Table serves low-income families, isolated seniors, disabled adults, unemployed individuals, and survivors of domestic abuse, with food and monetary donations from 70 collection sites.

Each month our synagogue has made the commitment to collect 25 boxes of whole grain (kosher) crackers and boxes of raisins for distribution to families in need.

To get involved, contact:
Steven Weil at weilthing1@comcast.net

Please help us make a difference!

Finding Strength in Uncertain Times: How to Manage Anxiety, Grief, and Isolation.

Aimee Gindin

In June, Temple Sinai produced a webinar series to support its members in coping with the pandemic. One of the webinars, led by Stuart Jacoby, E.D., and Beth Kurland, Ph.D., addressed a number of thematic stressors that many adults are facing at the moment.

The following is a paraphrase of this Q&A session.

What advice do you both have for people who are struggling right now to make decisions or plans for how to interact with the world around them during these uncertain times?

Oftentimes, anxiety comes with making decisions during uncertain times. The first step is to identify what's important to you during right now and determine the risks you're willing to take. Everyone has a different risk tolerance. For example, some people will dine at restaurants while others haven't been to a grocery store since March. Weighing the pros and cons of each decision, while recognizing what you can and cannot control in each situation can help guide your thought process.

We're also living in a time when it's nearly impossible to plan too far in advance. With this ever-evolving pandemic, try not to make plans too far in advance when possible. Use the information you have now to make decisions about the present.

What are the different kinds of anxiety you're seeing in your practices, and what are some ways that you've seen people successfully manage it?

Anxiety can manifest in many different ways. Some experience it physically through stomach aches or headaches, while others feel irritable, disorganized, and have trouble concentrating. Anxiety can also impact quality of sleep and appetite. Depression is also common during this time. Many people are feeling worn-down by this pandemic. These are all reasonable responses to a set of unreasonable circumstances.

Some ways to ameliorate these feelings are by establishing routines, exercising regularly, practicing meditation or deep breathing exercises, and reaching out to others for support.

With all of the limitations placed on our rituals, traditions, and our ability to be physically together right now, how can mourners process their grief during these difficult times?

Most of us are grieving for the lives we used to have before this pandemic, and on top of that, many of us have lost loved ones in these last six months. It's important to be able to find support in any way you can during this time. Some people have engaged in Zoom-based *shivahs* and Zoom burials. Others have found support from online grief groups or attending Facebook Live *Yizkor* services.

It's important to recognize that grief often comes in waves. Make sure you have someone to talk to when the feelings become intense or overwhelming. If you're experiencing too much loneliness, schedule time with friends or family to reconnect or reach out to a mental health professional.

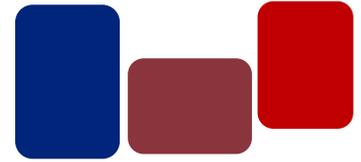
If you're interested in watching the full webinar or any in the three-part series, visit: <https://www.temple-sinai.com/covidwebinar.html> for the recordings.



Acts of TZEDAKAH



Donations for March/April (cont'd)



Adult Education and Culture Fund

Sandra Levy

In memory of my father-in-law, *Isadore Levy*

Amy Gardner Youth Fund

Harriet Gardner

In memory of *Alida Cohen*, beloved mother of
Eileen Cohen

In memory of *Allan Stack*

Beautification Fund

Shelley Kahalas

Mazel tov to *Joy Goldenberg* on the birth of her
great-granddaughter, Noa Karp

Building & Maintenance Fund

Rick & Beth Trilling

In memory of *Caryl Kalmowitz*, mother of Roni Thaler

Cantor Morris Gordon Fund

Janice Halpern

In memory of *Alan Levine*

Bob & Carolyn Rosen

In memory of *Alan Levine*

Bob & Lynn Seltzer

In memory of *Alan Levine*

Jeff & Ellen Shapiro

In memory of *Richard Alan Ritt*, brother of
Jay & Melody Ritt

Cantor Music Fund

Bradley & Joan Clemens

In honor of the birth of *Lily*, grandchild of the
Lavender-Popovsky family

Bradley & Joan Clemens

In memory of *Bruce Jacoby ז"ל*, brother of
Stuart Jacoby

Shelley Kahalas

In appreciation of *Cantor Kbitrik's* beautiful &
calming music during this difficult time

Walter & Jeanette Winthrop

In memory of *Alan Levine*

Dickerman Endowment Fund

Myron & Laura Dickerman

Condolences to *Sandra Sims* on the loss of
her son, Jeff

Happy Birthday *Dr. Mort Hoffman*

In memory of *Caryl Kalmowitz*, mother of
Roni Thaler

In memory of the *grandmother* of
Sam Farkas & family

In memory of *Alida Cohen*, wife of Harris Cohen

In memory of *Richard Alan Ritt*, brother of Jay Ritt

Charles & Jeri Heinberg

In memory of *Sylvia Schechter*, beloved mother,
grandmother & great-grandmother of
Jeri & Chick Heinberg, Ami, Matt, Sam &
Max Ceci

Mort & Sandy Hoffman

In memory of *Alida Cohen*, loving wife, mother &
grandmother

Sandy Hoffman

In honor of *Mort's* special birthday

Donations & Memorial

James & Anne Carney

In memory of *Caryl Kalmowitz*

Samuel Goldsmith & Phyllis Cohen

In memory of *Alan Levine*, beloved husband,
father & dear friend to many

Phyllis Cohen

In memory of my dear husband, *Martin Cohen*

Ellen Gold

In memory of *Alan Levine*

William & Veronica Jarlis

In memory of *Alan Levine*

Sheldon Leppo

In memory of my loving mother, *Bertha Leppo*

David Ness

In memory of *Harry Ness*

Neal, Cheryl & Russell Oppen

An act of *tzedakah*

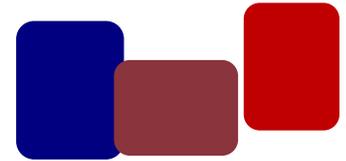
David & Rhonda Parish

In memory of *Alan Levine*

Acts of TZEDAKAH



Donations for March/April (cont'd)



Donations & Memorial (cont'd)

Joan Phelan

In memory of *Alan Levine*

Marie Schuhmacher

In memory of *Alan Levine*

Carolyn Weinstein

In memory of *Alan Levine*

Walter & Jeanette Winthrop

In memory of *Irene Delello*

In memory of *Sophie Landstein*

Hesed Fund

Barry & Lisa Fireman

In memory of *Richard Alan Ritt*

Joy Goldenberg

In memory of *Alida*, wife of Harris Cohen

Leo & Claire Kadet

In memory of *Alida Cohen*, wife of Harris Cohen

In memory of *Caryl Kalmowitz*, mother of Roni Thaler

In memory of *Dora Levine*

In memory of *Nathan Miller*

In memory of *Richard Ritt*, brother of Jay Ritt

Shelley Kahalas

In memory of *Richard Alan Ritt*

Aron & Diane Koppersmith

In loving memory of *Richard Ritt*, beloved brother & uncle of Jay & Melody Ritt and family

Sheldon Leppo

In memory of my loving sister, *Ruth Hamel*

Nancy Scoliard

In memory of *Evelyn Broomfield*

Library Book Inscription

Leslie Goldberg

In honor of the birth of the great-granddaughter of
Mia Pearlstein

Library Fund

Arthur Segaloff & Rona Litcofsky

An act of *tzedakah*

Memorial Plaques

Ingrid Miller

Rachel Gussman Fund

Mark & Mimi Rothstein

In memory of *Rick Ritt*

Safety & Security Fund

Harvey & Karen Gordon

In memory of *Wallace Wiseman*

Social Action Fund

Scott & Carol Brown

In honor of *Victoria Ann Sorokin*, beloved mother & grandmother of Sara Kofman & family

Joel & Sue Fishman

In memory of *Murray Fishman*, beloved father of Joel Fishman

Jeff & Ellen Shapiro

In memory of *Alida Cohen*, beloved wife of Harris Cohen, beloved mother & grandmother

Tzedakah

Myron & Laura Dickerman

An act of *tzedakah*

Vera & Stanley Marshall Lecture Fund

Benjamin & Linda Cooley

In memory of my mother, *Esther Spill*, whom I miss now more than ever

Youth Group Fund

Chris Zirps & Debi Sherman

In memory of *Mel Shindler*, father of Ilyse Habbe



Yahrzeit Plaques

Purchase a *Yahrzeit* plaque memorializing the life of a loved one.

Names appearing on these boards are read from the pulpit on *Yom Kippur* and appear in our annual *Yizkor* Book.

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Hear... שְׁמַע

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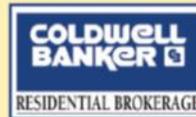
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**Shabbat Candle Lighting Times
for August**

August	7	14	21	28
	7:38	7:28	7:17	7:06



Temple Sinai is managed by a group of very dedicated people who strive to make it a spiritual place of worship and a community for social action, education, and mitzvot.

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