

TEMPLE
SINAI

5505 Forbes Ave
Pittsburgh, PA 15217
(412) 421-9715
www.TempleSinaiPGH.org

Shanah Tovah



HIGH HOLY DAYS
2020 ~ 5781

A MESSAGE FROM RABBI CRYSTAL

Dear Friends,

On the High Holy Days, we celebrate the joys of the past year, seek to renew relationships, think about the fragility of life, and look for ways to bring healing to the world.

We have memories of family traditions and High Holy Day moments from the past that have touched our souls. This year the High Holy Days will be different than ever before. We think of:



- **The Retirement of Rabbi Gibson.** Although Rabbi Gibson has retired, his devotion to each member of the congregation, commitment to Jewish life, inspiration in leading services and sharing sermons, and his passion for social justice are part of the fabric of Temple Sinai
- **COVID-19.** We worry about safety for our families, dear ones, and ourselves because of the COVID-19 pandemic. We grieve for people who have lost their lives and who suffer because of the disease. We are grateful for the work of caregivers and essential workers who have sustained our country.
- **Crises in the United States and the World.** Increased awareness of racial injustice after the death of George Floyd, the polarization in society, the rise in attacks by hate groups, the economy, and the coming election touch our hearts and call many to action.

This year, services for the High Holy Days will be online.

Rabbi Keren Gorban, Cantor Laura Berman, Drew Barkley, synagogue leaders, staff members, and I are working together to bring our services and programs online. We have been consulting with Reform leaders and clergy to learn from other synagogues' experiences.

How are we creating the High Holy Days online? Services and activities will grow from the spirit of Temple Sinai: Inspired, Innovative, and Inclusive. We have had conversations with the Neshama Center, Intergenerational Choir, disAbility Task Force, and other groups involved with worship as well as the many congregants who have participated in Meet & Greets. We asked these groups the following:

1. When you think back to last year and in the past, what are the most meaningful parts of the High Holy Days to you?
2. What is most important to you about the High Holy Days this year? What are people looking for? What is the meaning of the High Holy Days?

This guide will share with you the vision for the High Holy Days at Temple Sinai this year. Please contact members of the clergy, staff, or synagogue leaders if you have any questions or want to share your ideas.

*Shanah
Torah*

**May you, your family, dear ones,
community, and the world be
inscribed in the Book of Life,
Health, and Blessing.**



Rabbi Darryl Crystal,
Interim Senior Rabbi



Rabbi Keren Gorban,
Associate Rabbi



Cantor Laura Berman

PREPARING FOR THE HIGH HOLY DAYS AT HOME

The Temple in Jerusalem was called the *Beit Ha-Mikdash* (Sanctuary/Home of Holiness). When the Jewish people were exiled from Jerusalem, the sages said of our ancestors that God's presence, the *Shechinah*, went with them. The synagogue and our homes became a *Mikdash Me-at* (a Miniature Sanctuary/Home of Holiness). We are accustomed to the holiness of our sanctuary at Temple Sinai: the ark, the stained glass windows, friends and family, our community, the rabbis and cantor, group aliyot for Torah blessings, and so much more.

This year the experience will be different. This year we seek to sanctify our homes as a sacred space for the holidays.

- **Select Your Prayer Place.** Some of us have a fixed place for our computers or other devices. Others can set up computers in different locations in our homes. If possible, select a special place to participate in services. Once you have set up the computer or other device for the service, cover the keyboard (you can use a white or decorative cloth) so you will be able to bring your attention to the service.
- **Consider Connecting Your Computer or Other Device to a TV.** You can have a more immersive experience if you connect your computer to a television. This can be done with an HDMI cable or wireless device.
- **Pictures and Mementos of Holiness.** Because you will be participating in services through a screen, arrange things that will make the experience sacred to you. You could cover your desk or table with a white or decorative tablecloth. If you cannot be with family or friends, set up pictures of them near you so they will feel close to you. You could also arrange flowers to make your prayer space feel festive. You may also want to have Jewish ritual objects, like candlesticks or a shofar, or other mementos that remind you of special memories.
- **Machzor, High Holy Day Prayerbook.** Temple Sinai will provide a copy of *Mishkan HaNefesh* for each family (see page 9 for more information). We will send out special prayerbooks for the family services. You can purchase extra copies of *Mishkan HaNefesh* from Kindle. Have your *machzor* ready for the start of the service.

- **Blessing the Space.** You can offer a blessing to make the place sacred before the start of services. A sample prayer is:

Eternal God, Source of life in the universe, I dedicate this place for prayer on Rosh HaShanah/Yom Kippur for...peace, tranquility, love, renewal, forgiveness, (your intention)...

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיָּמְנוּ
וְהִגִּיעָנוּ לַזְמַן הַזֶּה.

*Baruch atah, Adonai Eloheinu Melech haolam,
shehecheyanu v'kiy'manu, v'higiyanu laz'man hazeh.*

*Blessed are You, Eternal our God, Sovereign of all, for
giving us life, sustaining us, and bringing us to this season.*

- **Clothing for the High Holy Days.** We are used to wearing dress clothes to synagogue for the High Holy Days. In some communities, people wear a kittel, a white garment like a robe, and do not wear leather on Yom Kippur. Select special clothes to wear for services. At some Jewish summer camps everyone wears white for Shabbat. At others, campers and staff bring nice Shabbat clothes. Even though you're at home, we encourage you to dress for the High Holy Days.
- **Prayerful Readings or Sacred Doodling.** At times we are distracted or bored watching our screens. We may switch to other activities and watch the screen on autopilot. Instead of these distractions consider looking for alternate readings in the *Machzor*, High Holy Day prayerbook, or have nearby a book with inspiration readings. Consider illustrating or writing a response to a verse from the *Machzor*. Please make sure to use a separate piece of paper.

A GUIDE TO HIGH HOLY DAY SERVICES

Temple Sinai cherishes inclusion and diversity. We are a “Family of Families.” The services for the High Holy Days offer spiritual experiences for children of all ages, congregants who want to experience the high points of the holidays and those who want a full traditional experience. We also to ensure that congregants with various disabilities have access to any of our offerings.

Online worship is unique. In place of a two-hour service in the sanctuary and rushing to finish one service before the next, our main services will be in two sections. Sections are scheduled for one hour or less. We will have a Musical Meditation as a spiritual interlude when a service is divided into two parts.

You can participate in some or all the services and service sections to create your personal High Holy Days experience. (Yes, you can think of it as “Choose Your Own Spiritual Journey/Adventure.”)

Below are ways congregants might experience Rosh HaShanah:

- **We are a family with children.** There will be Tot & Sensory Service and a Family Service for children in different age groups. The shofar will be blown at each service.
- **I need a sensory friendly service.** We will offer the Tot & Sensory Service at 8:30 AM on Rosh HaShanah and Yom Kippur for those who prefer a more informal service focused on experiencing the High Holy Days with all their senses.
- **I find the special music of our prayers and shofar calls most meaningful.** The 10 AM section of the main service will have the morning prayers and the first set of shofar calls.
- **My highlights are the Torah Service and hearing the Shofar on Rosh HaShanah.** The 11:15 AM section of the main service will have the Torah reading, sermon, and blowing of the shofar.
- **I am looking for the spirituality of the entire Rosh HaShanah morning service.** There are two options. 1) Join us for the 10 AM and 11:15 AM service sections, which will include an opening meditation, the morning prayers, musical meditation, Torah service, sermon, shofar, and concluding prayers. 2) Join us at 9:30 AM with Blessings of the Morning followed by the 10 AM and 11:15 AM service sections.

- **I enjoy music of the High Holy Days.** We will have a one-hour Music of the High Holy Days program. You will be able to access this at any time on our YouTube channel.

You mean I can pick and choose?

Yes! Similar to a day-long family Thanksgiving celebration, we share the meal together, but during the day we will visit with different siblings, aunts, uncles, and cousins. We have arranged Rosh HaShanah with one evening service and multiple options for the day-time services. We are a Family of Families so come visit when it's the right time for you!

And what about Yom Kippur? You will see that we have used the same plan for Yom Kippur. We will include the Beit Midrash, Mincha/Afternoon Service, Yizkor, and N'ilah/Closing Service.

How do I watch services? Visit our website at www.TempleSinaiPGH.org and click on "Watch High Holy Day Services." You will be taken to a page with the Live Stream and Zoom links for each service. You can also watch a video recording of a previous service on our YouTube page. The services will be listed by date and name. Click on the one you want to view. *(More details will be available closer to the date.)*

What if I do not have a computer or other device to watch services?

Contact Drew Barkley for assistance.

Questions? If you have any questions about the High Holy Day services, contact one of our clergy or staff listed below.

**Rabbi Darryl Crystal,
Interim Senior Rabbi**
RabbiCrystal@
TempleSinaiPGH.org
(412) 421-9715 ext. 119

**Rabbi Keren Gorban,
Associate Rabbi**
RabbiGorban@
TempleSinaiPGH.org
(412) 421-9715 ext. 117

Cantor Laura Berman
CantorBerman@
TempleSinaiPGH.org
(412) 421-9715 ext. 112

**Drew Barkley,
Executive Director**
Drew@TempleSinaiPGH.org
(412) 421-9715 ext. 111

**Judy Rulin Mahan, Clergy
Team Chief of Staff,**
Judy@TempleSinaiPGH.org
(412) 421-9715 ext. 110

**Tech Support will be
available to help you.**
Details coming soon!

HIGH HOLY DAY SCHEDULE

S'lichot Saturday, September 12

(Details coming closer to S'lichot.)

EREV ROSH HASHANAH Friday, September 18

5:30–6 PM Tot Service

Led by Rabbi Keren Gorban with stories, songs, and movement for families with children ages 0–6.

7:30 PM Evening Service

Celebrate the beginning of the New Year together.

ROSH HASHANAH Saturday, September 19

EARLY MORNING OPTIONS

8:30–9 AM Tot & Sensory Service

Led by Rabbi Keren Gorban, suitable for anyone who prefers to engage the body and the senses, including families with children ages 0–6.

9–9:45 AM Family Service

Rabbi Keren Gorban and Rabbi Darryl Crystal will bring the joy of Rosh HaShanah to families with children in grades 1–5.

9:30–10 AM Blessings of the Morning

Join Cantor Laura Berman for blessings to open the heart called *Birchot HaShachar* (*Blessings of the Dawn*) and *P'sukei d'Zimrah* (*Verse of Song*).

ROSH HASHANAH MORNING SERVICE

(This is one service. You can join at any point)

10 AM Morning Service Part I

The Morning Service begins with opening blessings, the main prayer service, and one set of shofar calls.

11 AM Musical Meditation between sections of the service.

11:15 AM Morning Service Part II

The Morning Service concludes with the Torah reading, sermon, the rest of the shofar calls, and closing prayers with the Kaddish.

ROSH HASHANAH SEPT. 18–20

AFTERNOON ACTIVITIES

12:30 PM Haftarah Study with Rabbi Darryl Crystal

On-Demand Musical Hour

Does music speak to you? Step away from your screen and immerse yourself in the sounds of the High Holy Days. Please note: This is not a service. It is an opportunity to hear beautiful arrangements of pieces that evoke the feelings of the High Holy Days. Visit www.TempleSinaiPGH.org to access the recording.

Sunday, September 20

10 AM 2nd Day Rosh HaShanah Morning Service

PRAYERBOOKS

We use the *Mishkan HaNefesh* prayerbook for most High Holy Day services and are pleased to loan one set of Rosh HaShanah and Yom Kippur prayerbooks to Temple Sinai members, who have made their 2020 Pledge.

Prayerbooks for services not using the *Mishkan HaNefesh* will also be available.

Please note: A limited number of large print books are available.

Contact Executive Director Drew Barkley at Drew@TempleSinaiPGH.org or (412) 421-9715 ext. 111 if you have any questions.

Please note: Amazon has *Mishkan HaNefesh* for Kindle.

Pick-up Dates/Times

(no appointment needed; masks and social distancing required)

Wed., Sept. 9, 10 AM–3 PM

Thurs., Sept. 10, 1–6 PM

Fri., Sept. 11, 1–3 PM

Sun., Sept. 13, 10 AM–2 PM

Mon., Sept. 14, 1–6 PM

Tues., Sept. 15, 1–6 PM

Wed., Sept. 16, 1–6 PM

Thurs., Sept. 24, 1–6 PM

Fri., Sept. 25, 10 AM–3 PM

Prayerbooks can be returned any time during office hours Monday–Thursday, 9 AM–5 PM and Friday, 9 AM–3 PM and should be returned no later than the end of October.

HIGH HOLY DAY SCHEDULE (CONT.)

EREV YOM KIPPUR Sunday, September 27

5:30–6 PM Tot Service

Led by Rabbi Keren Gorban with stories, songs, and movement for families with children ages 0–6.

KOL NIDRE SERVICE

(This is one service. You can join at any point)

7:15 PM Prelude to Kol Nidre

Cellist Anne Martindale Williams will play *Kol Nidre* to prepare our souls for the service.

7:30 PM Evening Service Part I

We will begin the Day of Atonement with a message from Temple Sinai President Saul Straussman, the singing of *Kol Nidre*, and the evening service.

8:30 PM Musical Meditation between sections of the service.

8:45 Evening Service Part II

The service will include the *Viddui* (*Confession, including Ashamnu and Al Chet*), the sermon, *Kol Nidre* with Cellist Michael Lipman, and closing prayers with the Kaddish.

YOM KIPPUR Monday, September 28*

EARLY MORNING OPTIONS

8:30–9 AM Tot & Sensory Service

Led by Rabbi Keren Gorban suitable for anyone who prefers to engage the body and the senses, including families with children ages 0–6.

9–9:45 AM Family Service

Rabbi Keren Gorban and Rabbi Darryl Crystal will lead a service for families with children in grades 1–5.

9:30–10 AM Blessings of the Morning

Join Cantor Laura Berman for blessings to open the heart called *Birchot HaShachar* (*Blessings of the Dawn*) and *P'sukei d'Zimrah* (*Verse of Song*).

YOM KIPPUR SEPT. 27–28

YOM KIPPUR MORNING SERVICE

(This is one service. You can join at any point)

10 AM Morning Service Part I

The service begins with opening blessings, the main prayer service, and the Viddui (Confession, including Ashamnu and Al Chet).

11 AM Musical Meditation between sections of the service.

11:15 AM Morning Service Part II

The service concludes with the Torah reading and sermon.

AFTERNOON ACTIVITIES

12:30 PM Haftarah Study with Rabbi Darryl Crystal

1:30 PM Mincha/Afternoon Service

We will share the afternoon service and Torah reading.

2:45 PM Beit Midrash Part I

Join the Temple Sinai tradition of the Beit Midrash with sessions by wonderful leaders and teachers. *(More details coming closer to Yom Kippur.)*

3:45 PM Beit Midrash Part II

The tradition continues with additional topics.

YOM KIPPUR CONCLUDING SERVICES

5 PM Yizkor & N'ilah

We will conclude Yom Kippur as a congregation with the Yizkor service of remembrance and N'ilah concluding service.

**All times are approximate.*

*Shanah
Torah*

FOR FAMILIES WITH YOUNG CHILDREN

We love welcoming in the New Year with our families and children of all ages (even the grown up ones!). Although we won't be able to come together in person to celebrate and reflect, we will still have plenty of opportunities to engage your children and/or your inner child.

Tot & Sensory Services

Suitable for our youngest congregants (age 0–6) and those who would prefer to engage their bodies and senses, Rabbi Gorban will lead these 30-minute services with the help of some friends. We will celebrate with music, movement, and stories that highlight the themes of the High Holy Days.

Friday Sept. 18, 5:30 PM Erev Rosh HaShanah
Saturday, Sept. 19, 8:30 AM Rosh HaShanah Day
Sunday, Sept. 27, 5:30 PM Kol Nidre
Monday, Sept. 28, 8:30 AM Yom Kippur Day

Family Services*

Rabbi Gorban and Rabbi Crystal will lead a service to bring the joy of Rosh HaShanah to families with children in grades 1–5. These 45-minute services will include familiar songs and prayers along with those unique to the High Holy Days, a taste of the Torah reading, and a story.

Saturday, Sept. 19, 9 AM, Rosh HaShanah Day
Monday, Sept. 28, 9 AM, Yom Kippur Day

**Please note that these services will not include group aliyot for the Torah reading or the sermon.*

HIGH HOLY DAY ALIYOT

One of our favorite parts of being together in our sanctuary for the High Holy Days is gathering on the bimah to say the blessings over the Torah reading in group aliyot. Although we can't do that in-person this year, we still want to see everyone's faces and honor groups of people with aliyot.

In your High Holy Day packet, you'll find a form listing the categories and how to participate. We look forward to including you!

HIGH HOLY DAY MUSIC 2020~5781

Chances are, if you have childhood memories of the High Holy Days, they echo with the rich musical sounds of the season. There is the unique sound of the evening services, the stirring *YitgaDA-AL!* announcing the heart of the morning service, and the haunting and awe-inspiring melody of *Un'taneh Tokef*. Many of you have noted that Yom Kippur would not feel the same without the characteristic sounds of *Kol Nidre* and *Avinu Malkeinu*. Such musical memories are visceral connections, which penetrate our souls and provide a sense of tradition. They connect us both as a community and through the years.

This year, while physically distanced, we still will connect across the zip codes and through our generations by the sounds of the High Holy Days. You'll hear our choir members' individually recorded voices digitally combined, helping us all to express thanks and wonder for the ways we can join together while being apart. Despite that which separates us during this pandemic, we will create sacred space within our hearts and our homes, sharing musical memories as an extended synagogue family.

HIGH HOLY DAY FOOD DRIVE

Bring your food donations to Temple Sinai and leave them on the tables between the exterior and interior doors at the Krieger entrance.

We will collect food through Simchat Torah, Saturday, October 10.

Items needed: canned tomato sauce, spaghetti and macaroni pasta, instant mashed potatoes, canned soups, canned fruits in water, oatmeal and whole grain cereals, mac & cheese boxes, white and brown rice, Ziploc bags, any size napkins, paper towels, brown paper bags for bagged lunches, take out boxes, 60-gallon trash bags, 9" or 10" disposable plates, reusable grocery/tote bags, individually wrapped rolls of toilet paper, diapers, & baby wipes

Please donate unopened, unexpired items in cans, boxes, packages, etc. Please no glass jars or bottles.

Please call or email Executive Director Drew Barkley with questions.

Shanah Torah

HIGH HOLY DAY "OFFICE HOURS"

Our virtual "offices" will close early or be closed on the following dates.

- **Rosh HaShanah:** closing at Noon, Friday, Sept. 18
- **Yom Kippur:** closed all day, Monday, Sept. 28
- **Sukkot & Simchat Torah:** closed all day, Friday, Oct. 2 & Friday, Oct. 9



MEMORIAL PARK BLESSINGS

With everyone's health and safety of paramount concern during the COVID-19 pandemic, we have decided not to hold our regular Service of Remembrance at the Memorial Park this year.

Because this is special time to honor and remember those of our loved ones who are no longer with us, Rabbi Darryl Crystal and Cantor Laura Berman will be available to offer individual graveside prayers for families.

Each individual blessing will take approximately 15 minutes on Sunday, September 13 from 12–2 PM.

Contact Nancy Conaway at Nancy@TempleSinaiPGH.org or (412) 421-9715 ext. 115 to schedule a blessing by Friday, September 11, 3 PM. Masks are required.

Temple Sinai Memorial Park
7740 Saltsburg Road, Plum, PA 15239

*May you be inscribed
in the Book of Life
for a fulfilling and
happy year!*



Let WoTS send New Year's Greetings for you!

What a year this has been! We haven't worshiped together or greeted each other in person since mid-March and—at the time of this writing—we don't know when that situation will change. So this year you might want to take advantage of the Holiday Card program by Women of Temple Sinai (WoTS) as an easy way to send New Year's Greetings to your fellow congregants.

How does it work?

1. In mid-August, you will receive an email from WOTS@HappyRoshHashanah.com with the instructions for logging into your file.
2. You can select the members to whom you would like us to send a card on your behalf whether individuals, the entire congregation, or specific groups such as the Intergenerational Choir, Clergy, WoTS, etc.
3. Pay online or send a check made out to "WoTS" to the Temple Sinai address.

What if I don't receive the email?

Go to www.HappyRoshHashana.com (after August 14) and click on "get my code." Just enter your email address and your code will be emailed to you.

What if I prefer a printed order form?

1. If you have requested a printed order form in the past, we will automatically mail one to you this year.
2. If you have not received your order form by August 14, please contact Carol Woolford at (412) 731-5054 or Susan Cohen at (412) 363-7745.

Thank you for your support.

L'Shanah Tovah!

**Susan Blackman,
WoTS President**



EREV ROSH HASHANAH VIRTUAL DINNER

Friday, Sept. 18, 5:45 PM

Join us via Zoom as we continue our tradition of gathering together for dinner on Erev Rosh HaShanah.

Clergy will lead us in the blessings and together we can welcome the new year. Afterwards, if you wish, remain on Zoom to enjoy dinner while virtually sharing with others.

If you wish, you can order a catered dinner directly from Temple Sinai.

Order online by Mon.,
Sept. 14 at 5 PM.

Visit www.TempleSinaiPGH.org
for all the details and to register
for the Zoom link.



PLEASE REMEMBER TEMPLE SINAI
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RETIREMENT ACCOUNT, OR LIFE
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TEMPLE
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Jewish Community
Foundation
OF GREATER PITTSBURGH

LIFE &
LEGACY
Assuring JEWISH TOMORROWS
A program of the HAROLD GENSFON FOUNDATION

To create your Jewish legacy, contact:

Drew Barkley, Executive Director, Drew@TempleSinaiPGH.org, (412) 421-9715 ext. 111