



Temple Sinai

APRIL 2019
Volume 58, Issue 7
Adar 2 – Nissan 5779

SERVING THE STAMFORD, NEW CANAAN, DARIEN AND POUND RIDGE COMMUNITIES

RABBI'S RESPONSA



Shalom L'Kulam (Peace Everyone),

My kids' school is one (of the many) that has been discovered to have a mold problem. We also receive heartbreaking notes home asking parents to consider sending in boxes of tissues or glue sticks so the teachers will not have to purchase these basics out of their own pockets. The enrichment programs that are so important in ensuring the proper education of all our students are non-existent and the classrooms are overcrowded to the point that our precious teachers have a near-impossible task. There are plenty of problems and opportunities for

improvement right here in our own neighborhood. So why, then, did we go across the pond to live with, work with and fund a school for people who could not be more different from us?

In fact, the Shulchan Aruch (the definitive code of Jewish Law from the 16th century) would have us handle it differently. One is commanded to provide support first to their parents, then children, then siblings followed by other more removed family members. If there is still capacity to give further, then one may consider a neighbor and strangers from their own community. Finally, we are permitted to look outside the poor of our own family and our community to give beyond our own circles (Yoreh Deah, 251). By these guidelines alone, perhaps we should not have undertaken the efforts in Senegal. But there is also a Talmudic concept called, "*mipnei darchei shalom* – for the sake of peace."

I used to understand it to mean that there are choices that we are directed to make which seem contradictory with tradition, at first in order to establish strong and healthy relationships with our surrounding community. We are to allow the non-Jewish poor to gather the gleanings of our fields along with the hungry Jews to ensure peaceful relationships (Mishnah Gittin, 5:8). And today, Jews are encouraged to donate their bodies to science after death to demonstrate our partnership in striving for advanced medical understanding. This is surprising since we also avoid any desecration of the body, but we do it *mipnei darchei shalom*.

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**Life begins
at the end
of your
comfort
zone.**

RIISING BY LIFTING OTHERS

Max DePree once said: "We cannot become what we want by remaining what we are." At Temple Sinai, these words ring true as we continue to think about our values. We start all of our leadership meetings at Temple Sinai by reading our mission statement, which concludes "growth happens here." These words never get old; they inform every decision and all action we take.

In previous bulletins, we shared our intent around a renewed approach to our Caring Committee with the

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PRESIDENT'S PERSPECTIVE

page 3



**BE THE SPARK THAT
IGNITES THE FLAME!**

**MITZVAH DAY IS COMING
SUNDAY, MAY 5**

- Do a Mitzvah!
- Have a great time!
- Indulge at the BBQ!

see details on page 9



PASSOVER
pages 13 & 14

SERVICE SCHEDULE

Friday, April 5

7:30pm: Shabbat Service with
Torah Reading and
Tzahal Shalom

Saturday, April 6

9:00am: Avodat HaLev Service

10:30am: Shabbat Morning
Service and
Bat Mitzvah of
Reese Johnson

Friday, April 12

5:00pm: Tot Shabbat

5:30pm: Pre-Neg

6:00pm: Shabbat Service

Friday, April 19

No Shabbat Service at
Temple Sinai

Friday, April 26

7:30pm: Shabbat RUACH Service

Saturday, April 27

9:00am: Shabbateinu Service

10:30am: Shabbat Morning
Service and
Bar Mitzvah of
Jacob Velozzi

RABBI'S RESPONSA CONTINUED

Upon my return from the village of Nerane Diarrere, I understand yet another benefit of pushing beyond my own myopic view of the world. I was reconnected with what it means to be guided by the principles of Jewish values. I was reminded how proud I am of our tradition that demands prioritization of education. Working with and on behalf of a village of not-yet-literate, black, African Muslims was, perhaps, the most important opportunity because it was so stark in its juxtaposition to my day-to-day world. While I was acquiring a little understanding of them, I was sharpening

my understanding of us: We are members of a tradition that demands more than the pursuit of personal wealth, more than our self-interest and more than the path of least resistance. I was already a proud Jew before Africa. Now, I'm proud of Judaism.

Does that sound like an outcome you'd want? Who's ready to go on the next service trek, as a member of a Jewish community, with us?!?

Rabbi Jay TelRav

RIISING BY LIFTING OTHERS CONTINUED



help of Sisterhood members and new programming and resources for our senior members who laid the groundwork for many of the rich offerings we provide congregants today. We are invested in these programs and hope to take them to new heights.

While we've created the foundation, it relies on community engagement and volunteerism. It relies on all of us. As Ghandi said: "The best way to find yourself is to lose yourself in others."

We are taking a three-pronged approach to caring for all our congregants:

First, we will continue to offer our Driving Program to help congregants attend Temple events and services. If you attend services or programs or just want to perform mitzvot please sign up to help those who can't drive. It is a critical need. In order for our congregation to be fully realized, all congregants should have a means to get to Temple Sinai for any service or event. To volunteer, email us at: caring@templesinaistamford.org.

Second, we will remain focused on our Meals Program. The Caring Committee is committed to providing meals to anyone who may need an extra hand in times of need like illness and recovery, and death and birth. If you aren't a great cook, but you'd still like to help, consider asking a caterer to assist you with a meal or

purchasing grocery items such as fruit and healthy snacks. You will find that nourishing another's body will nourish your soul. To help with this program, please send an email to: caring@templesinaistamford.org.

Third, we will like to build on our work around Fellowship. Some of our congregants who have laid the path for us and/or are involved in our community are homebound with an illness, recovering or are incapacitated. While they aren't physically at Temple Sinai, they are every bit a part of our community and would welcome a short visit to talk and hear about Temple life. If you are willing to get out of your comfort zone and meet a wonderful member of our community from time to time, please reach out to us at: caring@templesinaistamford.org.

Don't wait. Our congregation's actualization relies on your participation. Consider the well-known adage from Winston Churchill: "We make a living by what we get. We make a life by what we give!" If you volunteer, not only will you be helping others and making the congregation stronger, you will be helping yourself. Together we will become forever changed as we grow in our capacity to care for all. And it starts with you signing up today!

Larry Stoogenke, Director of
Congregational Engagement
Lisa Silver, Vice President

PRESIDENT'S PERSPECTIVE



As many of you know, I've been part of buildOn (a non profit organization) since its founding in 1991. Our mission, to break the cycle of poverty, illiteracy and low expectations through service and education, has inspired hundreds of thousands of people to rise up and take action.

Some have built schools in remote villages in developing countries. Some

have served hot soup to those who are homeless. And some have worked with kids who have learning disabilities. From the South Bronx to West Africa and from Detroit to Nepal, over the past 28 years I've been fortunate enough to do all of these types of service and more.

You'd think that after all of these years, nothing would surprise me. Well that was not the case when I joined some of my brothers from Temple Sinai and went to Senegal to help build a school in Nerane Diarrere Village this past February. Under Rabbi TelRav's leadership, 12 of us joined together with the people of Nerane Diarrere to break ground on a primary school. We worked hard each day, digging the foundation and latrines, making bricks (boom-boom, tap-tap), tying the rebar, and carrying water. All of these tasks were essential components for building the school. After one week our progress we impressive. We completed digging the foundation and made hundreds of bricks. Over the next three months community members will carry on, completing our collective work under the watchful eye of the buildOn team.

Rabbi TelRav asked us upon returning to the States, what will likely endure as a symbolic representation of our time in Senegal. I'm not sure if it was digging the latrine along side the women and men of Nerane Diarrere under the blazing hot sun; or being among so many children who were helping us carry the rocks to make the cement, knowing that soon they would have a new school to learn in; or if it was the women who were sharing how important the school would be to ensure their children became literate. And how could I leave out Bif, the very large and intimidating cow who stood guard outside the door to the latrine making that even more of an adventure. All of these are enduring representations of my time in Senegal.

But that's not what made this trip meaningful for me. It's that fact that we, as Jews, went into this Muslim community and worked along side of the women and men to build their school. It was singing Sim Shalom and dancing the hora with our host family kids. It was having Shabbat Services in this West African village while many of you were doing the same in Stamford, CT. It was sharing Jewish and Muslim prayers with the community as we broke ground on the school. It was bringing two



Back row l to r: Peter Ebstein, Carl Rosen, Lee Bowbeer, Anthony Stark, Todd Palker, Ousmane Diouf, Henry Bubel, Bob Dorf, Gary Gepner
Kneeling l to r: Aaron Stark, Alan Cohen, Rabbi TelRav

of my passions, Temple Sinai and buildOn, together as ONE. That's what made this trip meaningful for me. It was a life-changing experience that I will never forget.

I want to thank Lee Bowbeer, Henry Bubel, Alan Cohen, Bob Dorf, Peter Epstein, Gary Gepner, Todd Palker, Carl Rosen, Anthony Stark, Aaron Stark, and Rabbi TelRav for stepping up and answering the call of *Hineni* (Here I AM). I have enormous gratitude for the trust and faith that each of you had in me and the buildOn team. Together we are breaking the cycle. Growth Happens Here!

Marc Friedman
President

NOMINATIONS REQUESTED

The Nominating Committee is preparing its recommendations for new officers and trustees for 2019. Please send your suggestions to Michael Kadish at mkadishsj@yahoo.com



SoSTY

Baby Shark Doodoodooooo

Thank you to everyone who came to the new and improved SoSTY Purim Activity Fair this year. We hope you and your families had a great time!

Just like raising children and teenagers takes a village, engaging our youth in congregational opportunities takes a village. I cannot overlook the help and support that I receive from the parents of past and current SoSTY members. I want to extend my sincere thank you to all of the parents who have and will volunteer to help with SoSTY projects and programs throughout the year.

We are looking forward to Mitzvah Day which I find to be one of the highlights of the Temple Sinai programs during the year. It is the perfect opportunity for myself and parents to model Jewish engagement in *mitzvot* to our children and teens. This year SoSTY teens will participate in a variety of activities including working with the Amidah Leadership Initiative to offer training and assistance to congregants with using Temple's Sinai's new website and app. This is an important intergenerational effort!

L'shalom,
Erica B. Quamily, LMSW

REESE JOHNSON



STATS:

Parents: Anne & Darrell
Siblings: Madison, Dylan
Bat Mitzvah: April 6
School: 7th @ Rippowam
Favorite subject: Math
Interests: Basketball, field hockey, art

Torah Portion: Tazria

"That in the Torah God gives instructions on women's purification after childbirth. And there are gender inequalities in this ritual."

Becoming a Bat Mitzvah:

"I am excited to become a Bar Mitzvah. I understand what an important milestone this is in my Jewish life."

JACOB VELLOZI



STATS:

Parents: Debby & Chris
Sibling: Lucas 11
Bar Mitzvah: April 27
School: 7th @ Rippowam
Favorite subject: Science
Interests: Soccer, running

Torah Portion: Chol HaMoad Passover

"In order to make a sacrifice to God you must be pure and clean."

Becoming a Bar Mitzvah:

"I am excited to become a Jewish adult."

About me:

"This means so much to me, from the bar mitzvah to maturing and becoming a Jewish adult."

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William F. Gilbert, Owner, is a long standing member of Temple Sinai

NOTES FROM THE CANTOR



Are you a skilled knitter or artist, but suffer from carpal tunnel syndrome as a result of too much of this activity? Are you a fast runner or an accomplished skier, but struggle with tendonitis or chronic joint pain from overuse?

Perhaps you are sensitive and empathetic, which both allows you

to create deep connections with those around you, but may also mean you often have your feelings hurt. Like the concept of Yin and Yang, the balance of light and dark within us, sometimes our greatest strengths can also be our greatest weaknesses.

This past November, as I was preparing for our annual Cantor's Concert, I awoke one morning and found I had lost my voice. Now, after ten years as your cantor, you know that, unfortunately, this is not an uncommon occurrence. But what was most distressing about this case of laryngitis was that I was not sick. I didn't have a cold or a sore throat, no coughing or fever. I just couldn't phonate - no sound came out. I rushed to an ENT who scoped

my throat and told me I had hemorrhaged a blood vessel on one of my vocal cords. He said it was like a sports injury and that with time and rest it would fully heal.

As I was recovering, it got me thinking about my voice and the blessings and challenges that come with any singing career. I realized that my voice is both my greatest strength and my greatest weakness. Whenever I am stressed or tired, or whenever I get sick, the first place I experience symptoms is in my voice. It is frustrating and infuriating and I sometimes wish I did something else that didn't require singing. And yet, my voice allows me to express my Judaism and my spirituality. It connects me to my past and I use it as a tool to help lead the future of our people. Singing allows me to connect with others and hopefully, encourages others to find their voices too.

All too often, we take our gifts, our

strengths, for granted. We don't nurture and care for them and we assume they will always be there for us when we need them. But, that may not always be the case. Whenever I lose my voice, it becomes a struggle to do my job and it's humbling to attempt to sing or lead services when only croaks and tiny whispers come out. I'm always incredibly grateful when my voice returns and I'm reminded to try to take better care of my health and my voice.

So, at this season of renewal and rebirth I invite you to take stock - what are your greatest strengths and weaknesses? Is it possible the two are one and the same? How can you better acknowledge and care for those gifts within you to ensure you can enjoy them for years to come?

B'Shira, in song,
Cantor Micah Morgovsky

PASSOVER 2ND NIGHT SEDER



**SATURDAY, APRIL 20
AT 5:00PM**

Four course Passover meal

RSVP on or before April 5
\$36 per adult / \$18 per child

After April 5
\$54 per adult / \$18 per child

Please go to our website to signup:
www.templestsinaiamford.org

NOTE: WE CANNOT TAKE ANY ORDERS AFTER APRIL 15

WHAT ARE YOU DOING FOR THE SECOND NIGHT OF PASSOVER?

No plans? Well then, come join us!

Temple Sinai will host a Second Night Seder and we'd love for you to be there. We'll revisit the story of our people's formation with songs, activities and traditions for kids of all ages. Rabbi TelRav and Cantor Morgovsky will lead the Seder but with a lot of help. It's going to be a participatory evening with support from the RuJu singers. But it will only work if you come. Please visit our website www.templestsinaiamford.org now and reserve a space for yourself and your loved ones. The Early Bird price is \$36/adult and \$18/child. Temple Sinai is subsidizing a large portion of the cost of the meal but if this is still too expensive, call Rabbi TelRav and we'll figure something out.

APRIL BIRTHDAYS

Sophie Aflalo	Skyler Gendason	Kayla Richman	Michael Stone
Benjamin Alper	Richard Greenburg	Betty Roberts	Daniel Stooogenke
Jerome Alper	Amy Lilien-Harper	Carl Rosen	Hildi Todrin
Zachary Alper	Lee Ann Heller	Alex Rosenberg	Jarrold Trief
Hillary Amoyal	Elizabeth Hershtman	Jonathan Rosenberg	Jacob Vellozzi
Dorothy Kessler Banner	Gail Karlitz	Martin Roth	Sarah Weil
Guido Benz	Randie Katz	Amitan Rubin	Joseph Wallen
Eileen Besser	Samara Krellenstein	Jonathan Rubin	Barbara White
Dylan Block	Sallie Kuh	Mitchell Rubin	
Gary Bologna	Shelley Leibowitz	Rosalind Rubin	
Maxwell Brown	Miles Leslie	Paul Sachs	
Stephen Brown	Rachel Leslie	Sharyn Sarner	
Leia Brunner	Bradd Levin	Anna Schlessinger	
Stuart Danoff	Sharon Libman	Megan Schoenholtz	
Nicholas Schiff Denota	Keira Lubliner	H. Andrew Schwedel	
Rachel Deutsch	Jeremy Matloub	Steven Shaby	
Richard Fierstein	Michael Meister	Brett Shaulson	
Jake Frattaroli	Cami Murace	Eliana Shaulson	
Nicole Frederick	Nicole Murace	Natalie Skigen	
Ari Gendason	Ryan Murace	Nancy Spaulding	
Peyton Gendason	Allan Paull	Alec Stark	



HAPPY
BIRTHDAY!

Have you got...

- ✓ Something to celebrate,
- ✓ Someone to honor,
- ✓ An anniversary to mark,
- ✓ A loved one to memorialize or
- ✓ Just a desire to spoil us?

Why not sponsor an oneg at one of our services? You can send a meaningful message, create enjoyment for your Sinai family members and support your congregation all at the same time. We'll be sure to thank you and mention the reason for your sponsorship during the service and in our materials! Please contact the temple office for more details.

Temple Sinai *Kehillah K'dosha* Zentangle prints for sale

During the course of our Rosh Hashanah morning service of 2017, Rick Roberts and Maria Thomas, creators of Zentangle, created an original piece of artwork for Temple Sinai. Throughout the service, they completed six triangular paper tiles – one for each day of creation – and we watched their breathtaking artwork unfold on the screen above the bima. When finished, the triangles formed the points of a *magen david* – a Jewish Star, the center of which was made from vellum, animal skin, much like the Torah itself, which had been previously tangled on and inscribed with gold-leaf and Hebrew calligraphy with the words *K'hilah K'dosha* – sacred community. The completed work was Rick and Maria's gift to Temple Sinai and it is displayed prominently in our Atrium. We are now offering prints of this magnificent piece for sale in the temple office. Each framed print is \$36 dollars and proceeds will go to *tzedakah*.



EDUCATION



In speaking with my daughter the other day I mentioned that I was trying to come up with a subject for this article. She rattled off a few ideas, one of which was “10 ways to be free this Passover season.” Inspired, I started to think about what I could do to be more free.

The definition of freedom according to Webster's dictionary is 1: the quality or state of being free: such as a: the absence of necessity, coercion, or constraint in choice or action. b: liberation from slavery or restraint or from the power of another: independence.

Hmm ... This is actually much harder than I thought. I mean, I'm free to choose what I have for lunch, but what about the bigger decisions like a car, a house, or how to raise my kids? I'm married, big decisions require agreement or compromise. If I compromise, does that imply coercion? If you can't afford to do what you want, is that constraint in choice or action?

At first glance, slavery does not seem to apply, but I am a slave, to my family, to my job and to technology. I can't just ignore my responsibilities to my family and to my job, and my cell phone pretty much guarantees that I don't. If I exercise

my freedom and do as I please, there are consequences. I may miss an important call in an emergency or I could lose my job. Is there always a cost in the pursuit of freedom, and if so, are we truly free? Did freedom from slavery just set the scene for a whole new bunch of constraints for the Israelites? I don't know.

Maybe I'm being too literal with the definition of freedom. I suppose that if our freedom of choice and action brings consequences, it is our choice to accept them. So let's get back to the 10 ways to be free this Passover. I could:

1. Turn off my phone for an hour each day (probably not)
2. Restrict checking my e-mail to 3x a day (probably not)
3. Increase my use of the word “no” by 50%, when asked to do a favor (possibly)
4. Make time to do something I truly enjoy once a week (doable)

That's it, that's all I can come up with. How would you fill in the remaining six? I would love some input. Otherwise, it will have to be “4 ways to be free this Passover season”.

Have a very happy Passover and enjoy your freedom!

L'shalom,
Morah Amy

APRIL DATES TO REMEMBER:

- | | |
|-------------|--|
| April 7 | School Passover Celebration
4 th Grade Chavurah JFS Food delivery
Schiff Tichon Sinai |
| April 14-21 | No Religious School or Tutoring |
| April 28 | 3 rd Grade Chavurah Planting at Scofield Manor
Schiff Tchon Sinai
6 th Grade Wedding |

United Jewish Federation 2019 Communal Yom HaShoah Program

Guest Speaker: Survivor and Author, Marion Blumenthal Lazan
“Four Perfect Pebbles, A Holocaust Story”

Sunday, April 28 ~ 5:00 PM
UConn Auditorium, 1 University Place
(corner of West Broad St. & Washington Blvd.)

Chairs: Sherry Steiner & Barbara Webski

RSVP appreciated: www.ujf.org/YH2019

Questions: Contact Diane Sloyer 203-321-1373 ext. 105/ DianeSloyer@ujf.org



United Jewish Federation



An early "Happy Pesach" from the Brotherhood. We are in the planning phase for the upcoming Mitzvah Day on May 5.

This year the BBQ will operate a bit differently than in years past.

Essentially most of the Mitzvah Day

projects are completed by around noon time. So instead of making everyone wait until dinner time to feast on the hot dogs and hamburgers, we'll be serving a lunch that will cap off all your hard work. Look for more announcements about this in the Bulletin and other emails.

Mark your calendars for April 28, when we'll have our next Brotherhood breakfast meeting at 9:30am in the Youth Lounge. This is likely to be an important meeting as we'll be working out last minute details for the Mitzvah Day projects, including the BBQ lunch. In between nibbles of

bagels and lox, we'll discuss several other outstanding projects and activities. Please join us, not only for the topics that we'll cover and the great food, but also for the camaraderie during these meetings.

Brotherhood gift cards are our only source of revenue besides annual dues. "Thank you," to those of you who have helped us in the past. Over the years, it amazes me that more people don't regularly participate in this fund raising activity. Buying gift cards isn't a difficult thing to do and using them is also quite simple. I do it all the time. I email Jayne and she sends me cards. I always keep one in my wallet so that anytime I'm shopping at ShopRite, I pull out the card instead of my credit card. Poof – Done! Remember, we're doing this for the benefit of the Brotherhood and Temple

Sinai. It's charity. A donation as it were.

So, please start purchasing our gift cards for the good of the Brotherhood and Temple Sinai. Call or email Jayne and she will accommodate your request. The money we collect goes for great causes: We donate large amounts of money to various Temple projects (e.g., Chapel and Atrium bathroom projects) but more importantly we give each Bar and Bat Mitzvah child a Holy Bible which, hopefully, they will cherish the rest of their lives.

Until we meet again, buy gift cards, and enjoy your Passover Seders with your family and friends.

Stu Madison
President

HAPPY ANNIVERSARY 25+

Jeri & Mark Appel
Barbara & Gary Bloom
Judy & Grant Kallen
Sharyn & Richard Sarner
Maira Morrissey & Mark Slivka
Susan Pellish & Don Thaler

MAZEL TOV

Joan & Stu Madison on the birth of their grandson, Leo Elkin

REMEMBER TEMPLE SINAI IN YOUR WILL!

For more information, please call the temple office at (203) 322-1649 or email shelly@templesinaistamford.org

TORAH PORTIONS

Saturday, April 6: Tazria
Saturday, April 13: Metzora
Saturday, April 20: Passover 1st Day
Saturday, April 27: Chol HaMoed
Passover

Remember to visit the
Sisterhood Gift Shop for your
Judaica needs. All proceeds help
support Religious School and
other temple programs.

ONEG SPONSORS

April 5: Anne & Darrell Johnson in honor of the Bat Mitzvah of their daughter, Reese

April 12: Need a Sponsor*

April 19: No Shabbat Service at temple

April 26: Debby & Chris Vellozzi in honor of the Bar Mitzvah of their son, Jacob

***Please volunteer to sponsor a Pre-neg or Oneg**

Recognize an anniversary, yahrzeit, or important milestone – or give back to our community at a date that is convenient for you. Your sponsorship will be recognized in both the temple bulletin and in the announcements on Friday night. We would welcome a sponsor for April 12. Please contact Jayne Vasco in the temple office at (203) 322-1649, or Jayne@templesinaistamford.org.



Sisterhood is a group of women actively involved in activities that enrich Temple Sinai, our religious school and youth programs as well as the community around us. We plan a variety of cultural, educational, and social programs, spanning the diverse interests of our members.

We constantly seek to perpetuate the values of Reform Judaism, emphasizing the love of family, traditions, observance of mitzvot and our connection with the Jewish people and Israel. Sisterhood provides opportunities for each member to become more informed and connected as Jewish women in today's society. We are committed to serving Temple Sinai and the community. Being affiliated with Sisterhood gives each member an avenue for identification, participation and a way to contribute to the Jewish women of our synagogue.

Save the date for . . .

Lord and Taylor Shop Smart Do Good Fundraiser, Monday, April 1. Purchase a \$5 coupon for the Stamford Lord and Taylor Fundraiser from Temple Sinai Sisterhood and shop on April 1st. Proceeds from the sales go right back to Sisterhood to support and enrich youth and community programs.

Sisterhood Shabbat, Friday, May 10. If you are interested in participating in the Sisterhood Shabbat by reading a prayer, inspirational reading, or making an aliyah, please contact Irma Paull at irpaull@optonline.net

Yale University Art Gallery Guided Tour, Saturday, May 18. Explore the Yale University Art Gallery with artist and art



historian Geraldine Brunell. Join us for an afternoon tour of the museum and then dinner out with Sisterhood. Carpooling will be arranged so reserve your spot now. Email Michele Haiken Fink to RSVP haikenfink2000@optonline.net

Michele Haiken Fink & Sharon Pardo, Sisterhood Co-Presidents



BE THE SPARK THAT IGNITES THE FLAME!

MITZVAH DAY IS COMING
SUNDAY, MAY 5

Temple Sinai's 23rd Annual Mitzvah Day will take place on Sunday, May 5. This year, we are challenging each of you to be that spark that can create real change, and even rekindle the spark within another person. You won't believe what you gain by giving to others!

Come at 8:30am to get your name tags, then visit and nosh on some tasty bagels until 9:30am when Rabbi TelRav will officially launch the day and send us off to our activities. Religious school families are asked to participate as a family. This year each of our projects will focus on a Jewish value and we hope that families will be able to sample more than one. Below are some of the activities that will be available:

- ✓ **Helping the stranger:** Sandwich making, lasagnas with love, recipe cards for meals for food bank
- ✓ **Engaging in study:** Temple website engagement
- ✓ **Caring for the environment:** Bird feeders from apples; toys for animal shelter
- ✓ **Honoring the dead:** Visit our cemetery and learn about the mitzvot and traditions for burying and honoring the deceased, and helping with grounds clean up.

- ✓ **Respecting the elder:** Singing at assisted living facility
- ✓ **Acts of loving-kindness:** Spreading kindness and thanks in the world through kindness rocks project and Operation Gratitude
- ✓ **Making prayer meaningful:** Inspect prayer books for needed repair, markings, inserts to be removed
- ✓ **Giving tzedakah:** Decorating personal tzedakah boxes to be filled and returned
- ✓ **Pursuing justice:** Letter writing for social justice initiatives

From 11:30am to 1:00pm, the chefs from Brotherhood will host a barbeque for the entire community, with side dishes from congregants. Please respond to the Mitzvah Day brochure that will soon arrive in your mailbox. Remember to sign up online or by mailing in your registration so we can plan for your participation. By participating together in Temple Sinai's 23rd Annual Mitzvah Day, we can bring about a change for the better in our community. For questions about Mitzvah Day, contact Gloria Skigen (gloria.skigen@hklaw.com) or Gail Karlitz (gkarlitz1@gmail.com).

SPECIAL SHABBAT SERVICE PROGRAMS

RUACH SERVICES

Friday evenings at 7:30pm: **April 26**, May 17, June 14

The word "ruach" means "spirit," and this congregant-based 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 spiritual and spirited, offering beautiful musical harmonies, familiar melodies, and new arrangements. In addition to our regular monthly Ruach services, we're excited to add a new component – a series of "Home and Home" services in partnership with Woodlands Community Temple in White Plains. Like Ruach, their band "Joyful Noise" offers music on a regular basis at their synagogue. In October we welcomed Joyful Noise to our bima with Ruach at Temple Sinai, and on December 21, Ruach traveled to White Plains and participated at services at Woodlands.

AVODAT HALEV – SERVICE OF THE HEART

Saturday mornings at 9:00am: **April 6**, May 4, June 1, July 8, August 3

Shabbat morning has a special energy to it that we miss if we get up and get right to our day's list of to-do items. Now you can join us for a monthly contemplative Shabbat service with song, meditation and peace. All are welcome and no prior experience with meditation is necessary. Come comfortably dressed and be ready to leave comfortably spirited.

SHABBATEINU – OUR SHABBAT

Saturday mornings at 9:00am: **April 27**, May 18, June 15

Not all services are equally satisfying to all attendees. Families with school aged kids often find Friday night services difficult to make work. This new service, full of stories, Torah and music, will find its way into every heart and you'll start your weekend easily and peacefully, ready to go on about your day. All are welcome – kids and kids at heart.

JOIN US FOR RUACH...IN CONCERT!

June 14, 2019

Join us for a rockin' good time at our third annual end-of-year RUACH concert. With an eclectic mix of musical genres, we'll feature our Ruach singers and musicians in new and innovative ways. You'll be uplifted and inspired as we shed a new light on familiar tunes. As in years past, it's sure to be a unique evening of singing, praying and celebrating together.

PROGRAM OFFERINGS

RABBI EUGENE B. BOROWITZ MEMORIAL BIBLE STUDY

Led by Rabbi TelRav and Moira Morrissey

First Saturday of each month, 10:00am. Every other Saturday, 9:00am.

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WALKING GROUP (BEGINNING AT THE END OF APRIL)

Fridays at 1:15pm, weather-permitting

Join Cantor Micah for a walk in the great outdoors. We begin each walk with an intention, meditation or prayer as we nurture our bodies, hearts and minds. Our walks cultivate an appreciation for the beauty of nature, inspire mindfulness and gratitude for the blessings of every day, and give us the opportunity to exercise and talk with Temple Sinai friends, old and new. Contact Cantor Micah for more information.

BEGINNERS' TORAH STUDY

Taught by Rabbi Jay TelRav, Cantor Micah Morgovsky & Educator Amy Ritell
Every Friday, 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

COME PLAY MAH JONGG OR CANASTA

Monday evenings, 6:30pm – 9:00pm

Mah Jongg is a game that originated in China, usually played by four players. 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

Canasta is a game usually played by four people in two partnerships with two decks of regular playing cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand. If you are new to Canasta or would like to learn, please contact the temple office.

NO FEE

ZENTANGLE

Taught by Cantor Micah Morgovsky

Wednesday evenings, 6:00pm – 7:30pm, **April 3 & 10**

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. These six classes are suitable for beginner and experienced tangles alike – we'll continue to incorporate Zentangle basics while exploring new Zentangle patterns and techniques.

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

DINNER AND A MOVIE

Saturday evenings, June 22, Times: TBA

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

TEMPLE SINAI MEN'S RETREAT

Friday, **April 12** – Sunday, **April 14**, at the Stony Point Center, Stony Point, NY

Each year, the experience of retreating with Sinai's community of men seems to achieve new levels of excellence and meaning. All of us from last year plan to be there again and we've got room for you, too. This year, the Fourth Annual Men's Retreat looks to surpass all expectations. It is a couple of days of good food, new friends, engaging prayer, meaningful conversation, a bonfire and too many snacks. If you're interested or curious, please contact the temple office for more details or to help plan this exciting weekend.

HOLIDAY EVENTS

CONGREGATIONAL SECOND NIGHT SEDER

Saturday, **April 20** at 5:00pm

Your First Night might be around a table with friends and family, but your 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.

SEE PAGE 13 FOR MORE INFORMATION.

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Passover 5779

First Night Seder: Friday, April 19
Second Night Seder: Saturday, April 20

What Goes on the Seder Plate?

Most seder plates have six dishes for the six* symbols of the Passover seder.

These are:

Maror (bitter herbs)

Karpas (vegetable)

Chazeret (bitter vegetable)*

Charoset (apple, nut, spice and wine mixture)

Zeroa (shankbone)

Beitzah (egg)



*Some seder plates have only five dishes, as there is some controversy among the authorities as to the requirement of chazeret. Plates with five dishes omit the second bitter herb (or bitter vegetable).

A Little Disorder to the Order

The Passover Seder is conducted in an orderly fashion, with each ritual performed at a certain time, in a certain way, according to thousands of years of tradition. This is surprising, as the Jewish people do not have a history of being particularly well organized. Even God Himself often seems engaged in convulsion, a phrase which here means "as if He has not quite followed His own plan." If you look around your Passover table now, you will most certainly see the muddle and the mess of the world. There is likely a stain someplace on the tablecloth, or perhaps one of the glasses has a smudge. Soon things will be spilled. You might be sitting with people you do not know very well, or do not like very much, so your own emotional state is somewhat disordered. Nobody likes everything served at the Passover dinner, so there will be chaos within people's palates, and the room is likely to be either too cold or too hot for someone, creating a chaos of discomfort. Perhaps there is someone who has not yet been seated, even as the seder is beginning, because they are "checking on the food," a phrase which here means "sneaking a few bites" when they're supposed to be participating in the ceremony.

This is as it should be. Passover celebrates freedom, and while the evening will proceed in a certain order, it is the muddle and the mess around the order that represent the freedom that everyone deserves, and that far too many people have been denied. With that in mind, why not excuse yourself, in an orderly fashion at some point in the ceremony, so that you might check on the food?

~ Daniel Handler (aka Lemony Snicket) From *New American Haggadah*
Jonathan Safran Foer, 2012, , p. 12. ed.

The Order of the Seder

The "order" of the seder is recounted in a book called the *Haggadah*. There are fifteen steps in the Seder that we follow the one by one in the *Haggadah*.

1. Kadesh, Recite the Kiddush.

קִדְּשׁ

We make a special Kiddush for the Festival of Passover. This is the first glass of wine (there are 4 glasses during the 15 steps).

2. Urchatz, Wash hands.

וּרְחַץ

Since the next step in the Seder will be the eating of a vegetable dipped in salt water we wash our hands to be ritually clean.

3. Karpas, Eat the green vegetable dipped in salt water.

כַּרְפָּס

Salt water is symbolic of the tears shed by the Jewish People in Egypt during slavery and throughout our history.

4. Yahatz, Break the middle matzah and hide half for Afikoman.

יַחַץ

The smaller piece, representing the "bread of affliction," is returned to the Seder plate to be eaten later for the Mitzvah of Matzah. The larger piece, representing the Passover Sacrifice is set aside, to be eaten at the end of the meal.

5. Maggid, Tell the story of Passover.

מַגִּיד

This is the part where the youngest child asks the four questions. We drink the second cup of wine. A new tradition is Miriam's cup, which is filled with water, and the story of how she helped find water in the desert and how women have helped the Jewish people is told.

6. Rachtzah, Wash hands before meal.

רְחִיצָה

This is the regular blessing recited before every meal in which bread is eaten, but during Passover we only eat Matzah.

7. Motzi, Say Hamotzi (the blessing for bread).

מוֹצִיא

While holding the remaining Matzot.

8. Matzah, Special blessing for the matzah.

מַצָּה

Everyone eats a part of the top and the middle matzah.

9. Maror, Eat the bitter herb.

מָרֹר

Everyone eats lettuce leaves or stalks which are dipped into Charoset (a mix of nuts, apples, cinnamon, and sweet wine).

10. Koresh, Eat the bitter herb and matzah together.

כּוֹרֵךְ

11. Shulchan Orech, Serve the festive meal.

שֻׁלְחַן עֹרֵךְ

The term *Shulchan Orech* actually means "set table".

12. Tzafun, Eat the Afikoman.

צִפּוּן

The *Afikoman*, which symbolizes the Passover Sacrifice, which is eaten at the end of the meal. Some traditions ransom it from the children who have "hidden" it. Other traditions put the Afikoman into a pillow case to symbolize that when we left Egypt we carried everything on our backs. The pillow case is passed around the table during the Seder.

13. Barech, Say the grace after meal.

בָּרַךְ

The third cup of wine is drunk. The cup of Elijah the Prophet is filled.

14. Hallel, Recite Hallel.

הַלֵּל

We recite the second part of Hallel, the selection of chapters of Psalms used as special praise for Hashem.

15. Nirtzah, Conclusion

נִרְטָזָה

Some fun facts about Passover:

- ☆ Passover holiday has three names: *Pesach* - literally meaning the Passover sacrifice; *Hag Hamatzot* - Feast of Unleavened Bread; and *Zeman Heirutenu* - the Season of Our Freedom.
- ☆ Many centuries ago, Jewish people who lived in the Sahara used to abandon their fortified villages on the Passover day and march into the desert, in memory of the first Passover, when the ancient Israelites left Egypt to follow Moses to the Promised Land.
- ☆ During World War I, in Vilna, Poland, when it was very difficult to find kosher wine, the rabbinical authorities made a special announcement to allow sweet tea in the Seder ceremony, instead of the traditional four cups of wine.
- ☆ Coca-Cola Makes a Special Batch of Kosher Coke for Passover. While Coke is generally a kosher product, the dietary laws tighten during the Passover holiday making high-fructose corn syrup a no-no for those who avoid *kitniyot* (soda really should be a no-no for everybody all the time, but that's for another time). In response, Coca-Cola produces a batch of limited edition Coke that uses (gasp) real sugar instead of the corn *kitniyot*. Look for bottles with yellow caps on them to be sure you're getting the good stuff!
- ☆ For decades, the world's largest Seder has been taking place in Kathmandu, Nepal, with an excess of 2,000 attendees. To host so many celebrants, they get shipments of 2,000 bottles of wine, 2,000 pounds of matzah and 3,000 units of gefilte fish on an average year.



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Keeva Crelan in memory of Jean Palley

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Joan & Stu Madison celebrating the birth of their grandson, Leo Elkin

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Bob Gray in memory of Marie Gray & Ruth Zeldin

Judy Heft in memory of Sidney Heft

Betsy & Mike Stone in memory of Betty Hissong

Diane & Steven Shaby in memory of Alex Steiner, Grace & Abraham Shaby and Mimi Lewinger

Sustaining Members of the Legacy Society:

We gratefully recognize the following, who have made sustaining gifts to our temple (to endowment, through estate planning, or otherwise): Anonymous (2), Suellen Bache, Amy & Henry Bubel, Andrea & David M. Cohen, Judy & David S. Cohen, Fran & Bob Dorf, Marc Friedman, Lesley & Dennis Gehr, Carole Gladstone, Sylvia z"l & Herb z"l Gladstone, Nan & Paul Gordon, Meryl & Ron Japha, Judith & Sheldon Katz, Susan Kostin, Helen & Ed Kveskin, Enid Randall z"l, Betty & Dan z"l Roberts, Arlene & Carl Rosen, Sharyn & Richard Sarnier, Jayne & Bud Schiff, Carol Ruth z"l & Herman Shepherd z"l, Paula Simon, Betsy & Michael Stone, Leon Weisburgh. If you have made provisions for Temple Sinai in your long-term gift planning, please let us know so we may recognize you as well!

YAHREZITS RECALLED FOR APRIL

April 5

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April 19

**(Note: there will be no service this night at
Temple Sinai)**

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Philip Bauer

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 4-6p Religious School 4:00p Sandwich Making 6:45p Mah Jongg & Canasta	2	3 12:30p Canasta 4-6p Religious School 6:00p Zentangle	4	5 12:00p Torah Study 7:30p Shabbat Service with Torah Reading and Tzahal Shalom	6 ☐ Tazria ☆ 9:00a Avodat HaLev Service ■ 10:00a Rabbi Eugene B. Borowitz Memorial Bible Study ☐ 10:30a Shabbat Morning Service and Bat Mitzvah of Reese Johnson ■ 6:30p Temple Sinai Gala <i>Reaching New Heights</i>
7 9:30a Religious School & Passover Celebration 9:30a 4 th Grade Chavurah – JFS Passover Delivery 10:00a Mussar 11:30a Schiff Tichon Sinai	8 4-6p Religious School 6:45p Mah Jongg & Canasta	9	10 12:30p Canasta 4-6p Religious School 6:00p Zentangle	11	12 12:00p Torah Study ☆ 5:00p Tot Shabbat ☆ 5:30p Pre-Neg ☆ 6:00p Shabbat Service	13 APRIL 12-14: MEN'S RETREAT ☐ Metzora ■ 9:00a Rabbi Eugene B. Borowitz Memorial Bible Study
14	15	16	17	18	19-First Seder	20
APRIL 14-21: NO SUNDAY, MONDAY OR WEDNESDAY RELIGIOUS SCHOOL						
	6:45p Mah Jongg & Canasta		12:30p Canasta		NO Services at Temple Sinai	☐ Passover 1 st Day ■ 9:00a Rabbi Eugene B. Borowitz Memorial Bible Study ☐ 5:00p Congregational 2 nd Night Seder
21	22 4-6p Religious School 6:45p Mah Jongg & Canasta 7:30p Board Meeting	23	24 12:30p Canasta 4-6p Religious School	25	26 12:00p Torah Study ☆ 7:30p Shabbat RUACH Service	27 ☐ Chol HaMoed Passover ■ 9:00a Rabbi Eugene B. Borowitz Memorial Bible Study ■ 9:00a Shabbateinu Service ☐ 10:30a Shabbat Morning Service and Bar Mitzvah of Jacob Vellozi
28 9:30a Religious School 3 rd Grade Chavurah – Planting at Scofield Manor 6 th Grade Wedding 9:30a Brotherhood Mtg 9:30a Sisterhood Mtg 11:30a Schiff Tichon Sinai 11:30a RuJu Rehearsal	29 4-6p Religious School 6:45p Mah Jongg & Canasta	30				



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APRIL BULLETIN DEADLINE
Friday, March 1

