

Genesis 2:1-3

Completed now were heaven and earth and all their array. On the seventh day, God had completed the work that had done, ceasing then on the seventh day from all the work that God had done. Then, God blessed the seventh day and made it holy and ceased from all the creative work that God had chosen to do.

At a recent Shabbat evening service Rabbi TelRav reminded us that the most important day for the Jewish people is not Yom Kippur. He reminded us that the most important day is Shabbat. It is the first holy day mentioned in the Bible, and God was the first to observe it with the cessation of Creation (Genesis 2:1 – 3).

The following morning about 30 of us gathered at the temple for the first Avodat HaLev: Service of the Heart. This monthly contemplative service is focused on song, meditation, and peace. It was a beautiful service that provided a natural continuation of Shabbat for me and so many others.

Like many of you, I tend to see how much I can fit into one day even on Shabbat. Over the past year or so I've tried to slow down on Shabbat and allow for some "self-care time" (a new phrase for me to learn and implement). You see, I was "doing good" during most weeks and decided that I wanted to focus on "doing well" on Shabbat.

The Avodat HaLev service provided me an opportunity to do well and stay focused on Shabbat and my self-care time. I was moved by the songs as I focused on strengthening my relationship with God (more on that in another bulletin article) and restoring my soul. I felt great leaving the shul and was able to hold onto that feeling for the rest of the day, even while cutting the lawn. I do hope you will consider joining the Rabbi and Cantor monthly on the first Saturday morning of each month at 9:00am for this meaningful service. Here are the dates: October 6, November 3, December 1, January 5, February 2, March 2, April 6, May 4, June 1, July 8, and August 3.

Another part of my focus on Shabbat has been my weekly routine of Mussar practice. For the past two years I've enjoyed studying Mussar through the temple's Mussar class. Over a Shabbat beer the same weekend that we started the Avodat HaLev Service, my Mussar Chevruta (study partner) and I committed to continuing our Mussar study practice on Shabbat. We've enjoyed learning with our classmates over the past two years and have challenged each other to continue learning and growing on our own. We'll see if we can do this without the beer. As we were finishing our beer, he asked me how the Annual Appeal was coming along and that reminded me to include it in this article. So...

**Annual Appeal**

**You recently received a letter in the mail from me with a request for the Annual Giving Campaign.** Our goal is to get 100% participation from every family. The size of the gift is not as important as is your commitment to financially support Temple Sinai. Remember that our membership contributions cover only a portion of our operating budget and we rely heavily on supplemental fundraising to finance our programs. Through the Annual Giving Campaign you can demonstrate how grateful you are and ensure our fiscal health for yet another year. Please take a moment to complete the pledge card and return it to us...or simply go on line and make your pledge through our web site.

**Also, please consider an additional gift in support of our Bathroom Renovation Project.** We will be renovating the bathrooms between the atrium and sanctuary. We will be relying your gifts to fund this project and not funds from the operating budget.

Thank you for considering both of these requests and I look forward to seeing you at our next Avodat HaLev service.

Marc Friedman  
President