



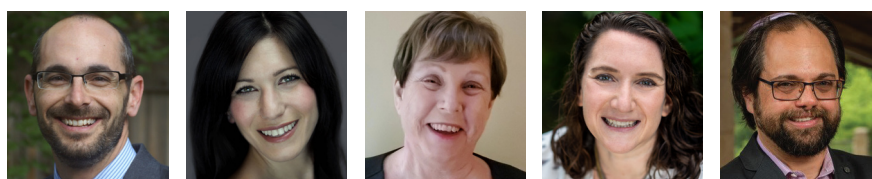
Temple Sinai

GROWTH HAPPENS HERE

SCROLL OF LIVING

Programs and Events

2023 – 2024/5784



458 Lakeside Drive | Stamford, CT 06903-5098 | 203.322.1649

TempleSinaiStamford.org

Temple Sinai's Scroll of Living includes all the educational opportunities (youth and adult) you've come to expect and much, much more. This booklet contains information about classes, activities, guest speakers, special Shabbat and holiday programs, social action programs, and Brotherhood and Sisterhood events. Check out all the offerings. You'll find some familiar faces as well as some new teachers. This Scroll of Living truly represents a "Year in the Life" of Temple Sinai and we look forward to having you be a part of it!

SPECIAL SHABBAT SERVICES & PROGRAMS

AVODAT HALEV – SERVICE OF THE HEART – SHABBAT MORNING MEDITATION SERVICE

Led by Rabbi Jay TelRav and Cantor Micah Morgovsky
Saturday mornings at 9:00am: September 2, October 7, November 4,
December 2, January 6, February 3, March 2, April 6, May 4, June 1

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.

RUACH SERVICES

Friday evenings at 7:30pm: October 13, November 10, December 8,
January 12, February 9, March 8, April 12, May 10

Ruach Havdalah Concert: Saturday, June 15, 7:00pm

The word ruach means spirit, and this congregant-based musical ensemble of singers and instrumentalists is just that, spirited worship offerings. Under the direction of Barbara Orwick and Paul Storfer, these all-musical services are spiritual and spirited, offering beautiful musical harmonies, familiar melodies, and new arrangements.

RUJU (TEMPLE SINAI'S AFFECTIONATE TERM FOR "RUACH JUNIOR") REBOOT!

RuJu is our children's musical ensemble for religious school students in 1st through 5th grade. This year, we will have two RuJu cohorts – 1st and 2nd graders (Ruach Junior, Junior!) and 3rd through 5th graders. If children elect to join RuJu, they will join Cantor Micah for rehearsal instead of attending Sunday morning services, every other week. On the alternating weeks, RuJu singers will then help to LEAD their Sunday service. Don't worry, we'll send out a schedule so it will be clear!

RuJu's goals include making beautiful music and learning about Jewish prayer. Most importantly, the members of RuJu enjoy being part of a musical community of children, singing together and enjoying their Judaism through music. All 1st through 5th graders are welcome, no audition required. Please contact Cantor Micah (cantormicah@templesinaistamford.org) for more information.

SIMCHAT TORAH SERVICE

Friday, October 6
6:00pm: Pre-neg, 6:30pm: Service

Join us as we dance, change the Torah covers, unroll the WHOLE scroll around the social hall, complete the cycle of annual Torah readings and start over again with the words of Creation. We will surround our children with the words of our ancestors and see ourselves as the bridge between the past and the present. All are warmly welcomed.

TABLE OF CONTENTS

Special Shabbat Services & Programs	1 - 3	Social Action	9
Staying Connected	3	Brotherhood	10
Adult Ed & Special Programs	4 - 6	Sisterhood	11
Early Childhood Education Center (ECEC)	6	Sinai Circles.....	12 - 13
Youth Engagement	7 - 8	Bios	14 - 15
Programming for Families with Young Children	8	Scholar-in-Residence	Back Cover



SPECIAL SHABBAT SERVICES & PROGRAMS, continued

CANTOR'S CONCERT

Sunday, December 17

Cocktail Reception: 4:30pm, Concert: 5:30pm

Join Cantor Micah for her annual Cantor's Concert. Together we'll enjoy a festive evening of music, while supporting Temple Sinai's varied and vibrant music programs. Each year, this themed concert highlights an eclectic array of music, both new and familiar, woven together with thought and intention. This family-friendly night of music and celebration is suitable for children and adults of all ages.

CHANUKAH B.Y.O.M. (BRING YOUR OWN MENORAH TO LIGHT)

Friday, December 8, 7:30pm prior to Shabbat Services

Have you ever seen dozens of *menorot* (the plural of menorah) burning all together? It is quite a sight and a fun way to anticipate the miracle of Chanukah. If you've got multiple Chanukah menorot, bring them all – we'll bring the fire extinguisher, just in case! Plus, Ruach will lead us in all our favorite festive Chanukah tunes.

SHABBAT M.L.K. WITH RUACH

Friday, January 12, 7:30pm

Now, more than ever, we need inspiring leaders who strive to lift up equality and justice for every person. Dr. Martin Luther King Jr. remains a beacon of hope for all and serves as a constant reminder that we are still marching towards freedom and a Promised Land. Ruach will enhance our service with songs of freedom, equality, justice and love.

SHABBAT SHIRAH (SABBATH OF SONG) WITH KOLOT SINAI

Friday, January 26, 7:30pm

Please join us for a traditional Shabbat service with our volunteer choir, Kolot Sinai. We'll read the biblical poem, the *Song of the Sea*, from the Torah, and hear the familiar words of *Mi Chamocho*, all with the backdrop of nostalgic melodies from eras past. Together, we'll celebrate our freedom from Egyptian slavery with rejoicing and music.

TU B'SHVAT SEDER

Wednesday, January 24, 7:00pm

Known as the "Birthday of the Trees," Tu B'Shvat revels in the wonders of nature. Join us for a creative, interactive experience centered on themes of nature, trees and the environment.

FEE: \$18 PER PERSON

PURIM

MISHLOACH MANOT

Purim will begin on the evening of March 23. In addition to the other mitzvot of Purim, it is traditional to send out little gift baskets to friends, neighbors and family. Temple Sinai will make it easy for you to fulfill the commandment of *Mishloach Manot* and to help build our community at the same time. A simple form on our website will allow you to list all the Sinai families you would like to receive a notice that their bag came from you. Watch for more information at the beginning of the new year.

SHABBAT SERVICE AND MEGILLAH READING

Friday, March 22, 7:30pm

Join us as we revel in the outrageous story and delight in the sharing of this age-old tradition. Drinks and noshes will abound and, though there may not be many young ones with us that evening, come in costume and connect with your child within.

PURIM – TWICE THE MEGILLAH, TWICE THE FUN

Sunday, March 24, 10:30am

A fun-filled kids' morning, complete with music, hamantaschen, a parade of costumes and, of course, a GREAT STORY! Experience the annual re-telling of the Purim story and hear the chanting of the Scroll of Esther. And don't forget there are prizes for the kids after the readings. Bring your family, friends and neighbors of all ages to show them how Sinai has a good time!

PURIM CARNIVAL

Sunday, March 24, 11:00am – 12:30pm

Morah Erica and our teens will host a Purim carnival for religious school students. Expect a bounce house, carnival activities, snacks and prizes. The carnival is a fundraiser for our Youth Engagement programs.



SPECIAL SHABBAT SERVICES & PROGRAMS, continued

CONGREGATIONAL SECOND NIGHT SEDER

Tuesday, April 23, 5:00pm

There is nothing like being with your Sinai family on the Second Night of Passover! This family-friendly Seder will include 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.

FEE: TBA

SISTERHOOD SHABBAT WITH KOLOT SINAI

Friday, April 26, 7:30pm

This creative worship service, prepared and led by members of the Temple Sinai Sisterhood, will feature inspirational readings and music with Kolot Sinai that highlight the intellectual and cultural contributions of women to the Jewish spiritual and secular life at Temple Sinai and beyond.

ANNUAL PRIDE SHABBAT SERVICE

Friday, June 7, 6:00pm

Each summer, Temple Sinai joins the LGBTQI+ community as an ally and affirms the worth of all members of our community. We will show our congregational Pride at this Friday's service as well as joining the Triangle Community Center in Norwalk for our 12th year as participants in its Annual Pride in the Park event.

JOIN US FOR RUACH... IN CONCERT!

Saturday, June 15, 7:00pm

Join us for a rockin' good time at our sixth annual end-of-year Ruach concert. We'll begin with *Havdalah*, as we say goodbye to Shabbat and welcome in the new week. 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.

SUMMER 2024 – OUTDOOR SERVICES WEATHER PERMITTING

Friday evenings: June 21, July 19, August 16

Join us at our beloved Summer Outdoor Shabbat Services on the back lawn at Temple Sinai.

5:30pm: Bring-your-own picnic Shabbat dinner (and sweets to share) as a whole community.

6:30pm: Casual Shabbat service, heavy on the music and the fellowship of friends.

Be sure to bring your lawn chairs and picnic blankets. We'll bring the bug repellent!

STAYING CONNECTED

Staying Connected: Programming for our seniors (65+) to connect and reconnect with their Temple Sinai family. Connecting with others is a key element of happiness and fulfillment. The programs are designed to foster interaction and intellectual discovery, and strengthen the bonds of our *Kehillah Kedoshah* (sacred community).

PANEL DISCUSSION: GROWING UP JEWISH IN THE SOUTH IN THE 60S

Thursday, October 19, 1:00pm

Please join us for a "Staying Connected" panel discussion led by Elissa & David Kaplan and Diane Rossler on the topic: *Growing Up Jewish in the South in the 60s*. The discussion will be led by people who have first-hand experience on this subject. Suggested reading prior to the discussion: *Terror in the Night* by Jack Nelson

MOVIE AND DISCUSSION

Thursday, January 18, 2:00pm

Join "Staying Connected" in the Greenberg Family Chapel at a special screening of a movie with a Jewish theme. Enjoy popcorn and the company of your fellow Temple Sinai members including a guided discussion after the film.

NY BOTANICAL GARDEN ORCHID DISPLAY VISIT

Thursday, April 4, Time TBA

"Staying Connected" will take a trip to the Botanical Gardens in the Bronx. You will feast your eyes on the magnificence of orchids in an unbelievable array of dazzling colors. Join us as we pursue this amazing display of beauty.



ADULT ED & SPECIAL PROGRAMS

ELUL STUDY

Led by Moira Morrissey and Betsy Stone

Wednesday evenings at 7:00pm: August 30, September 6, 13

In-person and virtual.

In this season of repentance and repair, are there limits to my responsibility for the actions I've taken? How do I know when I can forgive myself, whether or not I am forgiven by others? Join Betsy Stone and Moira Morrissey to think about how we can examine our behavior through the lenses of self-forgiveness, self-compassion and self-kindness.

No FEE

INTERESTED IN MUSSAR?

Facilitated by Moira Morrissey and Ronnie Lilien

Second Saturday of the month from 10:30am – 11:30am: September 9*, October 14, November 11, December 9, January 13, February 10, March 9, April 13, May 11, June 8

Mussar is a Jewish ethical and educational system which draws on centuries-old teachings as well as modern interpretations to provide participants with a structure for growth and spiritual development. At Temple Sinai, Mussar is a yearlong commitment to a group that meets monthly and is dedicated to ongoing self-study and thoughtful questioning looking at character traits or *middot* in Mussar practice. Please contact Ronnie Lilien (ronnielilien@gmail.com) or Moira Morrissey (moiraimelda@gmail.com) for questions or more information.

*AN INTRODUCTORY SESSION ON SEPTEMBER 9 IS OPEN TO ALL.

No FEE

DIY (DO-IT-YOURSELF) JUDAISM

Taught by Rabbi Jay TelRav

Thursday evenings from 7:00pm – 8:30pm: September 28, October 12, 19

In-person and virtual.

For two thousand years, we have largely outsourced the expression of our personal Jewish journey to professionals. While rabbis and cantors bring experience to the moment, there are some rituals that can be made much more powerful when they are done by the individual. We'll take a close look at what makes for meaningful ritual, what moments in life should be marked and think about developing new rituals that can create depth for you. No experience necessary; all are welcome regardless of religion or belief.

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$18 FOR NON-MEMBERS

MUSICAL GENRES LECTURE SERIES

Saturday afternoons at 12:30pm: October 7, 14, 21, March 2, 9, 16
May 4, 11, 18

Zach Kampler, Musical Director of Kolot Sinai, Temple Sinai's volunteer adult choir, also offers interactive musical lectures throughout the year, when he will share his vast knowledge of jazz, Broadway, opera, popular music and so much more. All are welcome to attend the musical lectures.

No FEE

BEYOND THE "OLD MAN IN THE SKY" - RADICAL JEWISH VIEWS OF GOD - A CLASS SERIES

Taught by Rabbi Micah Streiffer

Thursday evenings from 7:00pm – 8:30pm: October 26, November 2, 9, 16

In-person and virtual.

Think your beliefs (or lack thereof) are "out there?" Think again! In this series, we will study "radical" thinkers whose ideas have transformed the way modern Jews think about God. Is God a being? A process? An idea? A part of the world or apart from the world? Is God found in relationships, nature, morality, social action, or somewhere else? How can we relate to the traditional words of the prayerbook if we don't exactly believe in what they say? We'll enter into conversation with the writings of Maimonides, Spinoza, Martin Buber, Judith Plaskow, Mordecai Kaplan, Margaret Moers Wenig, and others. And we'll explore our own beliefs along the way.

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$36 FOR NON-MEMBERS

ZENTANGLE

Taught by Cantor Micah Morgovsky

Wednesday evenings from 6:00pm – 7:30pm via Zoom

November 1, 8, 15, January 3, 10, 17, March 6, 13, 20, May 1, 8, 15

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

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$18 PER SESSION FOR NON-MEMBERS.

SHABBAT HALF-DAY MEDITATION RETREAT

Led by Rabbi Jay TelRav and Cantor Micah Morgovsky

Saturday, November 4, 10:00am – 2:00pm

Following a quiet, contemplative meditative start to the Shabbat morning with our beloved Avodat HaLev service, we will begin a half-day workshop in which participants will practice various meditation techniques and styles. Together we will spend time considering our tradition's literature on spirituality and we will delve into the hard work of quieting the mind to see what arises.

FEE: MEMBERS: EARLY BIRD \$18 PER PERSON. AFTER OCTOBER 21 \$25 PER PERSON (INCLUDES LUNCH).

NON-MEMBERS: \$36 (INCLUDES LUNCH).



ADULT ED & SPECIAL PROGRAMS, continued

COOK & KIBBITZ WITH AMANDA SHERMAN & ANTHONY STARK

Sunday, November 19, 5:00pm – Korean night

Sunday, March 10, 5:00pm – TBD

Two busy parents and self-proclaimed foodies lead a group through recipes and dishes that we scarf down at the end of the night. This is not your typical cooking class, but you may learn something. We love to make tasty food, but it is not always 100% healthy, organic, or allergen free. We welcome all levels of cooking skills and appetites to join us. Participation is limited to the first 16 people. You will definitely make new friends and enjoy a great meal.

FEE: \$25 PER PERSON; PROCEEDS DONATED TO TEMPLE SINAI. PLEASE INFORM US OF ANY FOOD SENSITIVITIES OR ALLERGIES.

LAYER. GLUE. PRINT. PAINT.

Led by Julie TelRav

Four-week class in February, dates TBD

Create something beautiful. Join Julie TelRav for a creative mixed media art class and learn new techniques for self-expression. No experience or artistic ability required!

FEE \$36 FOR SUPPLIES

REMEMBERING THE FAMILY STORE...DOWNTOWN STAMFORD CIRCA 1940-1965

Sunday, February 4, 1:00pm at Temple Sinai

The Jewish Historical Society of Fairfield County presents an all-new documentary entitled *Remembering the Family Store...Downtown Stamford, circa 1940-1965*.

"*Remembering the Family Store* is an interesting, touching and extremely well-made narrative about virtually every city and town in America. Through its beautifully filmed 75 minutes, the audience hears directly from the people who were part of these small family businesses... the children who grew up in the stores, the people for whom the family business wasn't a job, but a way of life." Quoted from Stuart Adelberg, CEO of Avon Theatre, who writes for the *Greenwich Sentinel*.

The showing will include a talk-back after the movie.

No FEE

CRASH COURSE – DEATH AND DYING RITUALS

Taught by Rabbi Jay TelRav

Thursday evenings from 7:00pm – 8:30pm: February 15, 22, 29

In-person and virtual.

Our community's rituals around end-of-life are powerful tools for those who use them but can become intimidating obstacles when we're unfamiliar with these traditions. This experience is designed to walk us through the final moments of life, the early days after a loss and the choices that you will have to make along the way. We'll describe the ways you can offer support to others who are going through this experience and you'll leave with a better grasp on what to expect.

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$18 FOR NON-MEMBERS

TEMPLE SINAI WOMEN'S RETREAT

Friday, March 15 – Sunday, March 17

Join the women of Temple Sinai for our annual retreat. This spiritual retreat will be held at the Guest House Retreat and Conference Center in Chester, CT. Planned activities include creative Shabbat and Havdalah services, group walks, and bonding experiences. If you are interested, please contact Shelly Welfeld (shelly@templesinaistamford.org).

FEE: TBD

ETHICAL WILLS- THE HOW, WHAT AND WHY — LEAVING YOUR HARD-EARNED WISDOM TO THOSE WHO LIVE BEYOND YOU.

Taught by Rabbi Jay TelRav

Thursday evenings: 7:00pm – 8:30pm: April 11, 18, 25

In-person and virtual.

Imagine the path your own life might have taken had someone been able to prevent you from making some of the mistakes you made along the way. Imagine what it would be like to offer your grandchildren or great-grandchildren wisdom that may keep them from wasting time and emotion on the things you did! Ethical wills are a form of wisdom-transmission that bequeaths the most valuable of our knowledge to our loved ones in the same way that a traditional will passes on our belongings. Together, we will look to the historical forms of Jewish Ethical Wills, undertake a process of discernment to develop our own and the development of the proper delivery to our beneficiaries.

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$18 FOR NON-MEMBERS

BEGINNER'S TORAH STUDY

Led by Cantor Micah Morgovsky

Every Friday from 12noon – 1:00pm via Zoom

"Torah Study" sounds intimidating to some, but it should not. Every Friday at noon a group of interested adults gathers to read a chapter or two of the Jewish Bible and discuss it. We consider the relevance of the values and behaviors portrayed and link the ancient lives to our own. You can contribute to the discussion or just listen in but do join on Zoom! No previous education or experience necessary.

No FEE

RABBI EUGENE B. BOROWITZ MEMORIAL BIBLE STUDY

Led by Rabbi Jay TelRav

Every Saturday morning at 9:00am or 10:05am

(check calendar for exact time)

In-person and virtual.

Come join a very special group of people who meet to study Torah in a light, friendly and welcoming way. We have been learning together for decades but we are always looking for new points of view. No experience or previous Judaic study necessary.

No FEE



ADULT ED & SPECIAL PROGRAMS, continued

COME PLAY MAH JONGG

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.

COME PLAY CANASTA

Monday evenings, 6:30pm – 9:00pm

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

REEL THEOLOGY – A TRIBUTE TO RABBI EUGENE B. BOROWITZ, Z”L

Led by Rabbi Jay TelRav

Saturday, February 10, 9:00am

February 2024 would have seen the celebration of Rabbi Borowitz’ z”l 100th birthday and we will celebrate the impact he made on Temple Sinai, on 50 years’ worth of rabbinical and cantorial students at HUC, and on the entire world of 20th century Jewish thought. At the end of his tenure at the seminary, he was teaching a wildly popular course known as Reel Theology in which students pre-watched movies with important implications for our system of beliefs and then discussed it together. We will do the same this morning in the Shabbat Morning Bible Study group – one name in his memory and on which he made a lasting impact. The movie we will watch is called *Don’t Look Up* and is available on Netflix (at time of publish) or for rent.

ANNUAL JOAN BRUDER DANOFF LECTURE SERIES

Date: TBD

This annual event is made possible by a gift from the Danoff family allowing Temple Sinai to provide a lecture by a leading figure in Jewish arts and culture. Past speakers have included Bruce Feiler, author of *Walking the Bible* and *Life is in the Transitions* as well as Jodi Rudoren, editor-in-chief of *The Forward* newspaper and Marra B. Gadd, author of *The Color of Love*. While this year’s speaker has not been selected at the time of this printing, we know that it will be someone worth listening to. This event is open to the community.

No FEE

CONNECTIONS WITH LARRY

Once a week, day and time TBD

Nature was an important element of our congregation’s spirituality, according to Rabbi Jay’s recent poll.

Spend time with our Director of Congregational Engagement, Larry Stoogenke, as we will take walks and have time to connect with each other. Take this time to improve your physical, mental, and spiritual health. Contact Larry Stoogenke for more information.

THE EARLY CHILDHOOD EDUCATION CENTER (ECEC) AT TEMPLE SINAI

A five day a week, full day, year-round, childcare center for families with infants as young as 6 weeks old and up to 5 years, the ECEC is a best-in-class program. Our philosophy is based on active learning that encourages the development of the life skills of respecting others, negotiating, problem-solving, making choices, and developing a positive self-image. We have professional teachers, an amazing facility and our programs provide a variety of opportunities for each child to participate in fun, play-based, engaging and hands-on learning activities. While we are in high demand, we hope you’ll reach out or tell someone about the program to see if there is an opening for your little ones.

Want to learn more about ECEC? We’d love to show you around. Check us out at www.ececsinai.org or contact the director, Morah Phyllis Lyons (morahphyllis@templesinaistamford.org).



YOUTH ENGAGEMENT AT TEMPLE SINAI

RELIGIOUS SCHOOL

Beginning in our Pre-K program, the goal of our Religious School is to teach students about the tapestry of Jewish life. Finding the right place to make a spiritual home for one's family is crucial, and we encourage families to get to know us before making that sort of commitment. For that reason and thanks to the generous funding from the Larry Cohen Fund, we offer free enrollment for our Pre-K and Kindergarten to any member or non-member family.

In addition to Sunday classes, students in 3rd through 6th grade also participate in the Remote Hebrew Learning program. Students learn in pairs or a small groups depending on their Hebrew level. The language component is highly individualized.

In 7th grade (or one year before celebrating becoming B'nei Mitzvah, whichever comes first), students continue to participate in Sunday classes, and also individual weekly sessions for their B'nei Mitzvah prep. Our process of preparation for this rite of passage is not one-size-fits-all. All aspects of the process are personalized and we are confident we can help each student celebrate in the best possible way.

SCHIFF TICHON SINAI

Led by Rabbi Jay

Schiff Tichon Sinai is a program that allows students in 8th – 12th grades to experience joy in Jewish learning, pride in being Jewish, and a commitment to participation in Jewish life. When our teens remain connected to Temple Sinai, they learn about Jewish life by actively experiencing it. Schiff Tichon Sinai combines the best of classroom-based and experiential education in a program fostering Jewish identity development and community-building.

The goals of the program are to meet students where they are – to provide appropriate challenges for growth, to build leadership among our teens, to give them ownership of their learning, to provide multiple points of entry into Jewish life and to promote Jewish identity formation. Most of all, it brings our kids together to have fun!

Schiff Tichon Sinai is generously funded from the Schiff Educational Fund and the United Jewish Federation of Stamford, New Canaan and Darien.

SINAI OF STAMFORD TEMPLE YOUTH (SOSTY)

Led by Morah Erica Quamilly

SoSTY is Temple Sinai's youth group for students in 8th through 12th grades. SoSTY connects our teens to the Temple Sinai and to Reform Judaism through social, educational and *tikkun olam* programming. Events include Purim and Chanukah celebrations, and much more, including all NFTY (National Federation of Temple Youth) regional events! SoSTY, a chapter of NFTY-NAR, New York Area Region of NFTY, is open to all Temple Sinai teens and their friends (including those who are not Temple members).

FEE: \$36 PER YEAR FOR SoSTY MEMBERSHIP

TS INSPIRE

Temple Sinai has a rich history of confirming teens at the end of their 10th grade year. The Confirmation and Post-Confirmation programs include our Madrichim program (teen assistants in Religious School classrooms). Our goal is to continue to build our teen community one point of engagement at a time. Students are told they will go to religious school and participate in the B'nei Mitzvah experience. Now Temple Sinai TS Inspire provides the opportunity to commit on their own. We encourage you to talk with your teen(s) about the meaning of Confirmation and/or being a part of our community. We hope they will continue to build on their Jewish education by joining us for learning and fun.

Here are a few examples of what participation in TS Inspire might look like for a teen on the path to Confirmation or who may be interested in youth engagement. Our goal is to allow teens to step in and out of activities based on their interests and schedules and to create an engagement plan that appeals to them. This includes, but is not limited to:

- A *madrich* who regularly works on Sunday mornings and joins Rabbi Jay for Schiff Tichon Sinai as their schedule allows.
- A teen who regularly participates in Hitnadvoot (volunteering) and SoSTY events.
- A teen who participates in various TS Inspire programs as their schedule allows.
- A teen who only attends Schiff Tichon Sinai sessions with Rabbi Jay and the Philadelphia trip.

MADRICHIM (RELIGIOUS SCHOOL TEACHING ASSISTANTS)

Temple Sinai invites 8th through 12th grade students to help support our Religious School. *Madrich* (male), *madrichah* (female), and *madrichim* (plural) all mean guide or counselor in Hebrew. Our *madrichim* assist teachers in the classroom and are encouraged to plan and teach mini lessons as they wish in coordination with their classroom teacher. Younger religious school students look up to our *madrichim* as a *dugmah*/role models.

There will be periodic *madrichim* meetings throughout the year to help develop and sharpen leadership skills. At Temple Sinai, *madrichim* who are graduates of our Confirmation program are paid a stipend, while others are volunteers until they reach that milestone.

TEEN TRIP TO PHILADELPHIA

Saturday October 28 - Sunday, October 29

Teen overnight trip with Rabbi Jay, Morah Erica and Larry Stoogenke. We will see both Jewish and non-Jewish sites and, have tons of fun! For students in 8th – 12th grade.

FEE: CONTACT MORAH ERICA FOR MORE INFORMATION



YOUTH ENGAGEMENT AT TEMPLE SINAI, continued

PROGRAMMING FOR FAMILIES WITH YOUNG CHILDREN

(Geared toward families with children ages 0-5)

SHABBAT PROGRAMS FOR FAMILIES WITH YOUNG CHILDREN WITH NATASHA FENSTER!

Join us for dancing, singing, praying, crafting and playing at our Shabbat celebrations. Age appropriate (birth to five) programs are led by the talented Natasha Fenster. Come, taste the challah and sip sweet grape juice as we learn about Shabbat! Stay to play in Kids Zone and enjoy lite bites. Together we will enjoy the Festivals and Holy Days through music, educational Jewish toys, and movement. Open to the entire community.

FIRST FRIDAY SHABBAT SERVICE IS MUSICAL SHABBAT SERVICE

The first Friday of each month *(except where noted in bold)* at 5:30pm in the Chapel or Sanctuary: **September 8**, October 6, November 3, December 1, January 5, February 2, March 1, April 5, May 3

Third Fridays Shabbat program is a highly interactive, musical, and creative program.

The third Friday of each month *(except where noted in bold)* at 5:30pm in Kids Zone: **September 22**, October 20, November 17, December 15, January 19, February 16, March 15, **April 26**, May 17, June 17

ROSH HASHANAH & YOM KIPPUR

Saturday, September 16, Monday, September 25

Temple Sinai staff and teens will supervise children in High Holy Day themed activities during the main services. Children 5 and up will join their families for the Torah Service and Shofar blowing. Babysitting is offered for children from 6 weeks up to 5 years.

TEMPLE SINAI FAMILIES AND PJ LIBRARY SUKKOT BREAKFAST

Sunday, October 1, 9:00am

Morah Erica and United Jewish Federation's PJ Library program will host activities and breakfast in our Sukkah.

TEMPLE SINAI FAMILIES AND PJ LIBRARY CHANUKAH PARTY

Sunday, December 3, Time: TBD

Morah Erica and United Jewish Federation's PJ Library program will host Chanukah themed activities and snacks for children and their families.



SOCIAL ACTION

FEEDING THE HUNGRY AT NEW COVENANT CENTER

A group of volunteers from Temple Sinai meets at New Covenant Center's soup kitchen once a month to prepare and serve a hot dinner to about 100 people who come to the Center for meals each day. The need for food has grown since the pandemic.

Two volunteers help cook the food and prepare side dishes. Three or four volunteers serve dinner cafeteria style to the NCC guests.

Volunteers are needed on the first Thursday of the month. Cooking takes place from 2:30pm to 4:00pm and serving from 4:15pm to 5:30pm. Masks are optional. Volunteers do not have to be available every month. If you are interested in volunteering for this very worthwhile project or would like more information on this or other volunteer opportunities at New Covenant Center, please contact Marian Freed (marian.freed@gmail.com) or 914-393-7675 for more information.

SANDWICH MAKING

Ongoing

New Covenant Center accepts sandwiches every week for its clients. Sandwiches should not have condiments and should be labelled with preparation date and type. NCC also accepts bottles of water, chips and other individually wrapped snacks to serve with sandwiches. Deliveries should be made to 174 Richmond Hill Road, Stamford. To make and deliver sandwiches, feel free to contact David Lovegreen (dlovegreen@ccfc-ct.org).

DIGNITY GROWS™

Dignity Grows™ is an organization that seeks to provide feminine hygiene supplies to female-identifying individuals in need. Founded by the Jewish Federation of Greater Hartford's Women's Philanthropy, Dignity Grows™ embodies the Jewish values of *tzedakah* (righteousness) and *tikkun olam* (repairing the world). The cost to sponsor a bag is \$10 and Temple Sinai is committed to four bag packing events per year. Contact Betsy Stone (betsy951@gmail.com).

HOLIDAY TOY DRIVE

In conjunction with Building One Community, JCCA (formerly known as Jewish Child Care Association) and Inspirica, we will collect new toys for children to make the holidays brighter. For more details, contact Lisa Silver (lmsilver@gmail.com).

CHRISTMAS DINNER

Monday, December 25

Each year, Temple Sinai members serve the afternoon holiday meal at New Covenant Center. While much of our greater Stamford community is celebrating, those without enough to eat are still hungry, those with no family are still lonely, and we are ready to help. Roll up your sleeves because everyone has a role to fill. For more information, please contact Sally Kelman (skelmanpru@aol.com) or Marian Freed (marian.freed@gmail.com).



BROTHERHOOD

SUKKAH RAISING

Brotherhood members construct the Temple sukkah each year and take it down after the holiday, generally before Erev Rosh Hashanah.

BREAKFAST MEETINGS

Sunday mornings at 9:30am

Dates TBD

Breakfast meetings are just to get together, enjoy bagels and lox with all the fixings and plan future activities.

KIDDUSH FOLLOWING ROSH HASHANAH MORNING SERVICE

Saturday, September 16

The Kiddush at the conclusion of the Rosh Hashanah morning service is hosted by the Brotherhood.

POLITICAL BRUNCH

Sunday, October 22

Join us for exciting debates between local hopefuls for national, state and local political offices. This event is managed by Randy Skigen, Brotherhood member and former president of the Stamford Board of Representatives.

GUEST SPEAKERS

Dates TBA

Coordinated by Brotherhood, speakers from many areas of interest, including politics, science, industry and education, address our congregants and members of the community. Brunch is usually included.

FOOTBALL MEETINGS

Dates TBA

Join Brotherhood for two exciting football events in the fall. We will gather and enjoy dinner, have a short meeting and then settle in to watch the game.

TEMPLE SINAI BROTHERHOOD MEN'S RETREAT

March 8-10

Location: Stony Point Center, Stony Point, NY

Our lives have been largely focused on taking care of others: our families, our co-workers and our communities. We've accepted this as men and yet, everyone knows that we care for others more effectively when we care for ourselves as well. This weekend provides an opportunity for the men of Temple Sinai to take a break from our routine, to rest and recreate (re-create!) and to spend some time looking at how we've grown these last few years and how we have yet to grow. We'll eat, drink, pray, hike, build and think. We'll strengthen old bonds and create new ones. Space is limited.

FEE: TBA

TEMPLE SINAI ANNUAL MEETING BREAKFAST

Sunday, June 9

Prepare tasty bagels and lox breakfast for all to enjoy before the annual membership meeting.

HIKE

Date TBA

Brotherhood plans to make the hike an annual or semi-annual event. Somewhere in the Fairfield/Westchester Counties area, nothing extreme, no experience required.

YEAR-END BBQ

Social gathering in the spring, open to all Brotherhood members at the home of a Brotherhood member - food and beverages are served along with an enormous amount of camaraderie.

SUMMER DINNER

Fun midweek dinner at a local establishment to kick back, relax and enjoy each other's company.

For more information about Temple Sinai Brotherhood, please email Brotherhood@templesinaistamford.org



SISTERHOOD

YOM KIPPUR BREAK-FAST

Monday, September 25

Sisterhood continues to host the Temple's annual break-fast for the congregation following *Yizkor* and *Neilah* services.

SISTERHOOD PAID UP DINNER: BOUREKA COOKING DEMONSTRATION WITH YOAV YARON

October 25, 6:00pm

Bourekas are nothing short of edible perfection — heavenly little parcels of dough crisped with hot oil or melted butter and stuffed with delicious savory ingredients. Like Italy's calzone, Spain's empanada, and India's samosa, these pastries are a perfect Sephardi "pie." Join us for a welcome back dinner and boureka demonstration with UJF Israeli Emissary, Yoav Yaron.

RESERVATIONS REQUIRED

DINNER & BOOK CLUB DISCUSSION: *THE GOLDEN DOVES* BY MARTHA HALL KELLY

November 8, 6:00pm

Martha Hall Kelly is the New York Times bestselling author of *Lilac Girls*, *Lost Roses*, and *Sunflower Sisters*. *The Golden Doves* is the story of American Josie Anderson and Parisian Arlette LaRue who are thrilled to be working in the French resistance, stealing so many Nazi secrets that they become known as the Golden Doves, renowned across France and hunted by the Gestapo. Their courage will cost them everything. Read Kelly's newest novel and join us for an in-person discussion over dinner (place to be determined).

ZOOM BOOK CLUB DISCUSSION: *THE WOMAN BEYOND THE SEA* BY SARIT YISHA-LEVI

Thursday, January 25, 7:00pm

Fans of *Beauty Queen of Jerusalem* by Sarit Yisha-Levi will be reading and discussing her newest novel. An immersive historical tale spanning the life stories of three women, *The Woman Beyond the Sea* traces the paths of a daughter, mother, and grandmother who lead entirely separate lives, until finally their stories and their hearts are joined together.

SISTERHOOD SHABBAT

Friday, April 26, 7:30pm

Sisterhood Shabbat is our annual Sisterhood led Sabbath. It is Sisterhood's opportunity to step up on the *bimah* and celebrate our friendships, community activism, and inspire our souls. It is our chance to share our stories, and to celebrate our connections and commitment to Temple Sinai.

Additional exciting events and new and noteworthy book club discussions will be updated on the Temple's website and in the weekly email blasts.

For more information about Temple Sinai Sisterhood, please email Sisterhood@templesinaistamford.org



Temple Sinai
458 Lakeside Drive
Stamford, CT 06903-5098
(203) 322-1649
www.templesinaistamford.org

For more information or to sign up for any programs, contact Shelly Welfeld at shelly@templesinaistamford.org. All programs are subject to change; please check our website for updates.

SINAI CIRCLES

Sinai Circles are congregant-led small groups, composed of 8-12 congregants, which meet on a regular basis. These self-selecting affinity groups serve to intersect shared interests and Jewish values. Sinai Circles provide a safe and nurturing community within our community and participants experience meaningful connections and powerful personal growth. If you would like more information or have an idea for a new Circle, contact Larry Stoogenke (larry@templesinaistamford.org).

ANTI-RACISM AS A SPIRITUAL JOURNEY

Leader: Carolyn Ginsberg

Our Circle is happily embarking on our fourth cycle! As we continue to learn about the historical and current manifestations of racism against Blacks, we will examine our own thoughts and feelings as we learn. We regularly consider new ideas for discussion and possible action. We welcome congregants who have been on their own paths of racial awareness to join us.

CINEMA CIRCLES

Leaders: Carl Rosen and Glenn Wolff (*Two separate circles*)

Movies affect many of us powerfully and can elicit deep feelings and help us reflect on our lives or the lives and culture of others. Movies are often a mirror image of society and can be inspirational and expand our knowledge of the world and attitudes around us. Current and classic movies will serve as a background for discussion on a wide variety of topics. Movies will be selected by the Circle members.

CLASSICAL MUSIC CIRCLE

Leader: Joan Madison

Do you love, appreciate, want to hear and learn about classical music? If so, this Circle is for you! We will share our favorite works, listen together, react, enjoy, and expand our knowledge in the process. All ideas are welcome as we strive to create a meaningful experience. There are no musical requirements.

DEMOCRACY AT WORK: GET OUT THE VOTE CIRCLE

Leader: Joan Kranz

Explore how democracy works and how you can make a difference. We will work with Vote Forward (Voteforward.org), which is dedicated to empowering grassroots volunteers, wherever they may be, to encourage fellow citizens to vote and to participate in our democracy. A diverse community of volunteers from all over the country has written millions of letters to voters since 2018. Vote Forward has results that show voter turnout can be increased by up 3.4 percentage points.

Vote Forward templates are nonpartisan, encouraging the recipient to vote and providing important election information. Volunteers, regardless of their political leanings, are instructed not to reference candidates or political parties in the personal messages they write.

CONNECTING THROUGH SOCIALIZING CIRCLE

Leader: Robin Himelstein

Get together with other women of Temple Sinai once a month for relaxing conversation, good food, and strong bonding. What more can you ask for?

EXPLORING ISSUES IN ISRAEL AND THE JEWISH COMMUNITY CIRCLE

Leaders: Carol Lilienthal and Edith Samers

Curious about all things that make Israel and the Jewish community so exciting? Let's explore the fascinating developments in Israel's society: government, arts, scientific and medical achievements, as well as conflicts and challenges. We'll also dive into the growing antisemitism and other challenges that the American Jewish community faces, especially on college campuses. Expect guest speakers for some of the meetings.

FAMILY FUN CIRCLE

Leader: Joanna Frank

The Family Fun Circle is like a youth group for young families! Once a month, we will get together and participate in a fun activity. Apple and pumpkin picking, a playground playdate, or sharing Shabbat dinner together, are some of the endless possibilities to have tons of fun. Recommended ages: families with elementary school aged or younger children.

FAMILY PIZZA CRAWL CIRCLE

Leader: Rachel Hager

Come, bring the kids, and get to know other families in an informal and fun way. We'll meet at the Temple grounds (inside or the 'backyard') to taste our way through local pizzerias. Many of us are busy with drop offs/pickups, and this is a great opportunity to pause and get to know some of the Sinai families. By the end of the Circle cycle, hopefully we will have crowned a pizza winner and made new family friends.

GROUP STUDY OF GOD IS HERE CIRCLE, REIMAGINING THE DIVINE, A BOOK BY RABBI TOVA SPITZER

Leader: Moira Morrissey

We will explore metaphors for God found in our sacred texts using Rabbi Spitzer's book as the framework. The purpose is to help enable us to better access experiences of divinity. These experiences encompass all aspects of our lives—joy and sorrow, birth and death, love and anger, compassion and hard heartedness—and because the divine is not easily accessible, we need a multitude of metaphors. We will 'try on' the idea of God as something other than the King/Judge/Big Person. There is no belief or disbelief in any concept of God required to participate. We will use the meditations and practices suggested in Rabbi Spitzer's book as a way of deepening our spiritual practice and communal worship.

SEASONAL SUNDAY THRILLS!

Leader: Jessica Kooris

We invite you to join our monthly Circle which meets right after Religious School on Sundays. If you're looking for fun and excitement, get ready for a series of local seasonal adventures that will create unforgettable memories. Apple picking in the golden autumn, navigating through tricky corn mazes, thrilling ice-skating sessions, and feeling the adrenaline rush as we go snow tubing! Each adventure will be a blend of laughter, camaraderie, and exploration.



SINAI CIRCLES, continued

INTELLECTUAL CURIOSITY CIRCLE

Leader: Betsy Stone

Looking for some intellectual discussion? The *Atlantic Monthly* is a periodical full of interesting and thought-provoking articles. Recent issues had articles about Mel Brooks, Lara Logan and her break with reality, the limits of liberalism and the impact of Moneyball on baseball. This Circle will meet monthly to discuss one or more articles from recent Atlantic issues. Join Betsy Stone for thoughtful conversations!

LOCAL POLITICS CIRCLE

Leaders: Randy Skigen and Eric Morson

We'll meet monthly to discuss our local government's inner workings, invite local leaders to discuss current political issues as well as the future of Stamford and the region. This Circle will be co-led by Randy Skigen, a 22-year former member and President of the Board of Representatives, and Eric Morson, a current member and Deputy Majority Leader of the Board of Representatives.

THE JOY OF MEDITATION CIRCLE

Leaders: Ellen Jacobson and Ronnie Lilien

Would you like the tools to help navigate life's challenges? For centuries, meditation has been a core practice around the world to help people uplift their lives and transform their experience of daily living. Join our monthly circle as we practice different meditation techniques including guided imagery, mantra, chanting, mindful breathing, moving meditations and more all with the wonderful energy of practicing in a group. "You can't stop the waves, but you can learn to surf." – Jon Kabat-Zinn

MEN'S BOOK CLUB CIRCLE

Leader: David Swerdloff

Looking to read books that are so engaging that you can't wait to discuss them with others? The Men's Book Club Circle is designed to discover books that are suitable for conversation, learning and fostering deeper relationships with others who share the passion for reading and conversation. Discussions will reflect the Jewish "angle" or theme or other related aspect of the book that can be either fiction or non-fiction. Join us to make new friends and add a new dimension to your enjoyment of reading.

PICKLEBALL CIRCLE

Aaron Levenson and Rebecca Levin

Be a part of the new craze and join us for pickleball games. We can play singles or doubles.

It's fun, easy to learn, a great way to get exercise and socialize. There's a reason it's the fastest growing sport in the world! No need to purchase equipment, the venues should have them available for a nominal fee. A fee will be required to secure court time.

POETIC LICENSE CIRCLE

Leader: Cantor Micah Morgovsky

Join Cantor Micah as we delve deeper into the liturgy of Shabbat. We'll begin each session with a contemplative *niggun*. We'll read a close translation of the prayer, and explore various interpretations and creative reimagining of each text. We'll then set out, each one of us, to write our own poetic version of the prayer, making it our own and weaving our stories with these ancient texts.

SHABBAT DINNER CIRCLE

Circle Leaders: Connie Elkinson and Everett Shaw

Let's grow together as we celebrate Shabbat with a meal and free flowing conversation. This Circle will meet once a month. We hope that after dinner, we can attend services together.

SPORTS AND POKÉMON CARDS ENTHUSIAST CIRCLE

Leader: Phil Garmon

Are you looking for an exciting opportunity to learn about card collecting and discuss the fun and business sides of sports cards and the Pokémon trading card game? We are thrilled to offer a unique learning experience. Join us as we delve into the rich history of sports cards collecting, whether it be collecting your favorite athletes and teams, understanding their values, the art of trading, and how to best invest in the card market. We'll also explore collecting the captivating card game of Pokémon, learning about the various species, their abilities, and the intricacies of the trading card game. Whether you are a novice or a seasoned collector, this opportunity promises to be an enriching and unforgettable journey.

TIKKUN OLAM CIRCLE

Leader: Elisabeth Giles

The goal of the Tikkun Olam Circle is to create relationships while giving back to the community. Whether it is a beach cleanup, a trail cleanup, or putting together necessity bags for the shelters, this Circle will be sure to fill your mitzvah needs! Come and spend a few hours once a month in service with new friends! All ideas are encouraged and welcomed.

WELLNESS HAPPENS HERE CIRCLE

Leader: Nan Gordon

In this Circle, group members will encourage one another to become healthier either through exercise, diet, food choices, reducing unhealthy habits, etc. The Circle will be designed to assist and encourage each member to set long and short-term goals. There is NO specific plan for the whole group. Each member will be setting their own plan and pace and using other members for advice and encouragement.

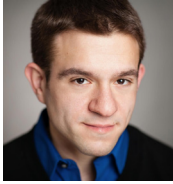
WRITERS ANON! CIRCLE

Circle Leader: Mike Kadish

Have a half-finished novel manuscript in your drawer? Looking for time to write that memoir? Trying to find a space to think through a picture book you want to publish? Give yourself the time you need to tell that special story...and to support others as they share their creative voices. All genres are welcome – we have had memoirs, fiction for adults and young people, humor, blog posts, and graphic novels!



BIOS



Zachary Kampler

Zachary is a professor at Westchester Community College, the Music Director of the Sound Beach Community Band and the conductor for Saint Catherine's Players. He has served as Music Director for Staples Players, Bedford Acting Group, Weston High School Company, Binghamton University

Theater Department, Musicals at Richer, and the Boys & Girls Club Theater Program. Additionally, he has conducted the Connecticut Little Symphony, Nickel City Opera, and Crystal Opera, in addition to holding the position of Assistant Conductor with the Stamford Young Artists Philharmonic, Tri-Cities Opera, and Sarasota Opera. Zachary's musical, K.C.@Bat, premiered at the historic Cherry Lane Theatre in NYC and is being produced around the country. He is a graduate of the Juilliard Pre-College Program, holds a B.A. in Music from New York University and earned an M.M. in Orchestral Conducting with a concentration in Opera, from SUNY Binghamton.



Ronnie Lilien

She was inspired to start doing yoga and meditation by the book Be Here Now. Author Ram Das, a psychology professor who became a leader in bringing Eastern thinking into the Western world. After 26 years as a school psychologist in NYC, she found her students did better when she began with quiet breathing and slow

movements. Add to that my experience with Judaism's Mussar approach to building character through study and self-observation and we have a powerful method for teaching personal growth.



Cantor Micah Morgovsky

Cantor Micah Morgovsky has been honored to serve as the Cantor of Temple Sinai since 2008. She received her undergraduate degree in 2001 from Syracuse University with a major in English and Textual Studies and a minor in Psychology. She spent two years studying in Israel, one at Hebrew University in fulfillment of a junior year study abroad program, and one at the Hebrew Union College, for her first year of Cantorial school. Through the Hebrew Union College School of Sacred Music, Cantor Morgovsky received a Master of Sacred Music in 2005 and was ordained as Cantor in May 2006. Before joining the Temple Sinai clergy team, she served as Cantor and Director of Religious Education at North Country Reform Temple in Glen Cove, NY.

At Temple Sinai, Cantor Micah encourages everyone to find their own voice – from our youngest singers in RuJu (youth choir), to our volunteer adult choir (Kolot Sinai) and Ruach (our musical ensemble). She regularly collaborates with many local musicians to bring new and innovative worship experiences to Temple Sinai. She frequently leads Shabbat services at the Stamford Atria and at Edgehill retirement communities and participates in numerous community-wide events throughout the year. She enjoys playing flute and guitar, she paints and she is a Certified Zentangle Teacher. Cantor Morgovsky lives in Hasting-on-Hudson, NY with her husband, Benjamin Spratt, Senior Rabbi at Congregation Rodeph Sholom in Manhattan, and their children, Ayalah and Jonah.



Moira Morrissey

Moira Morrissey studied philosophy as an undergraduate and holds a degree in jurisprudence from the NYU School of Law. She has a life-long interest in biblical studies, religious history and theology. She has participated in several Torah study groups over the past 30 years and traveled to Israel with an inter-faith work-

based group from Four Winds Hospital when they concluded the study of Genesis. Moira spent many years as the CEO of Four Winds and is the Past President of Temple Sinai and lives in Pound Ridge with her husband, Mark Slivka. They have three adult children.



Barbara Orwick

Barbara Orwick earned a Bachelor of Music degree from Manhattanville College in 1983 and has been making music in Westchester and Fairfield Counties ever since. As a piano accompanist, she has worked throughout the area for various schools, churches, community choirs, singers, instrumentalists and theater organizations.

Barbara has been playing synagogue music for almost 30 years and joined Temple Sinai as co-music coordinator in 2012. She is a member of the Guild of Temple Musicians, and in addition to her work at Temple Sinai enjoys filling in at other synagogues. She enjoys having the opportunity to arrange music specifically for Ruach, and to occasionally hear some of her own compositions performed by the group.

In addition to her ongoing synagogue work, Barbara works with The Play Group Theatre in White Plains, where she serves as bookkeeper in addition to working with children in after-school theater programs. She also accompanies a group called Poperatic, a non-profit group of singers who perform several times a month at nursing homes and assisted living facilities throughout Westchester. She is currently keyboard player and vocalist for the classic rock band SR2, based in White Plains.



Erica B. Quamily, LMSW

Erica joined Temple Sinai as our Youth Director in 2014. She now holds the position of Religious School and Youth Director. Erica grew up as a member of Monroe Temple Beth El of Liberal Judaism in Monroe, NY. As members of the congregation, she and her family were involved with the youth group as well as

social action programming.

Erica is passionate about strengthening Jewish youth engagement. While in college and graduate school Erica stayed active in the NFTY community by staffing local and regional events. Erica previously worked full time at the Union for Reform Judaism as the Program Manager for Learning and Innovation and Participant Care Coordinator for Mitzvah Corps. Erica lives in Norwalk with her husband Robert and their daughter Parker.



Amanda Sherman and Anthony Stark

Amanda and her husband, Anthony Stark, have been members of Temple Sinai since 2004 with two sons who both attended Temple Sinai religious school. Amanda participated in the Amidah Leadership Initiative (2016-17), was a member of Kolot Sinai, and currently is on the Cantor's concert committee. Anthony assisted in the redesign of the

bathrooms in the Atrium in 2019 and 2020.



BIOS, continued



Larry Stoogenke

Larry was born and raised in Stamford. After graduating from Syracuse University with a degree in International Relations and Mediation, he lived in Washington D.C., Colorado and New York City. In 1998 he moved back to Stamford where he managed a staffing agency for 13 years. When his son Harrison was born in 2010 with

health issues, he left his job to care for him. In 2015, he began substitute teaching at Harrison's school.

Larry has been a member of Temple Sinai since 2015. He is a member of the board, chaired the LGBTQ inclusion committee, is a member of the religious school committee and membership committee, and served as an usher at High Holiday services.

Larry's time while at home caring for Harrison has sharpened his understanding of the importance of relationships. That, combined with his professional experience as a recruiter, connecting employees and employers, makes him a natural fit to create "*kehillah kedoshah* – sacred community" at Temple Sinai.

Larry lives in Stamford with his wife, Susie, and their son, Harrison.



Betsy S. Stone, Ph.D.

Dr. Betsy Stone is a retired clinical psychologist who spent many years as an adjunct lecturer at HUC-JIR, teaching pastoral and developmental topics in the School of Education.

Betsy teaches webinars and seminars, and serves as a Scholar in Residence, on topics including Trauma, Adolescent Spirituality, Gen-Xers as parents, Teenagers and their Brains, Leadership in Crisis, and Stress and Anxiety. She is an engaging speaker whose passion for wellness has brought her invitations to teach throughout North America. She also facilitates a group for Rabbis in her local community, and is a frequent contributor to eJewish Philanthropy, an online forum for opinion within the larger Jewish community.

Betsy consults on program development and community building. During the COVID-19 crisis, Betsy has led webinars on Trauma, Resilience and Post-Traumatic Growth for congregations, Rabbis, Hillels, the Central Conference of American Rabbis, The Jewish Teen Funders Network, Hebrew Union College and the Jewish Education Project. She does not like chocolate in any form.



Paul Storfer

Paul Storfer has co-led Ruach for the past nine years. He plays guitar and percussion and over the past 30 years has sung with Pete Seeger, Peter, Paul and Mary, Mary Chapin Carpenter, and the Walkabout Clearwater Chorus. He has also studied vocal improvisation with Bobby McFerrin and Voicestra. Paul is passionate about

using music as a tool of social justice and has led vigils and supported protests for 30+ years and conducted and led interfaith choirs for 25 years in different venues including the United Nations General Assembly. In his non-musical life, Paul is a leadership consultant.



Rabbi Micah Streiffer

Rabbi Micah Streiffer is a rabbi, teacher, writer, and lifelong student who is known for his engaging style in the classroom and his ability to make Jewish texts and ideas come to life. He is the founder of LAASOK, a virtual Beit Midrash ("House of Study") where liberal Jewish learners can deepen their connection with

Judaism through meaningful engagement with sacred texts. He also hosts the popular "Seven Minute Torah" podcast, a weekly exploration of the Torah portion through modern, liberal Jewish eyes. Ordained a rabbi at the Hebrew Union College-Jewish Institute of Religion (Cincinnati 2007), Micah has served as a congregational rabbi for over 15 years. He is currently pursuing a Ph.D. in Jewish thought at McMaster University in Hamilton, Ontario.



Rabbi Jay TelRav

Rabbi TelRav joined Temple Sinai as its spiritual leader in 2012. Since that time, he has focused on connecting the community's members to what they love and what they need. For some that is worship, for others learning, and for others it is being active in volunteerism. He spends a great amount of his time and attention on the

youth of the congregation. Temple Sinai congregational family has grown to be very strong under his leadership.

In the wider community, Rabbi TelRav has created meaningful relationships with other congregations in the area, has been a vocal partner in the Interfaith Clergy Alliance of Stamford and served as Board of Rabbis president for three years.

Rabbi TelRav holds a degree in psychology from the University of Michigan and a Master of Hebrew Literature from Hebrew Union College-Jewish Institute of Religion in New York where he also received rabbinic ordination. He lived in Israel for more than three years studying, volunteering and supervising archeological digs. He has served as a chaplain to the sailors and marines in the United States Navy and as rabbi to the Scouts at Philmont Scout Ranch in New Mexico. Rabbi TelRav lives in Stamford with his wife, Julie and their children, Amitai and Nili.



TEMPLE SINAI is a progressive, Reform Jewish congregation dedicated to the spiritual, social and intellectual development of our members through engaging worship, community involvement and inspiring learning within a caring, responsive and inclusive extended family. Growth Happens Here.

CONTACT INFORMATION

Rabbi Jay TelRav..... Ext. 12
ravtelrav@templesinaistamford.org

Cantor Micah Morgovsky Ext. 14
cantormicah@templesinaistamford.org

Erica Quamily Ext. 13
moraherica@templesinaistamford.org

Phyllis Lyons Ext. 21
morahphyllis@templesinaistamford.org

Jayne Vasco Ext. 10
jayne@templesinaistamford.org

Shelly Welfeld..... Ext. 11
shelly@templesinaistamford.org

Larry Stoogenke
larry@templesinaistamford.org

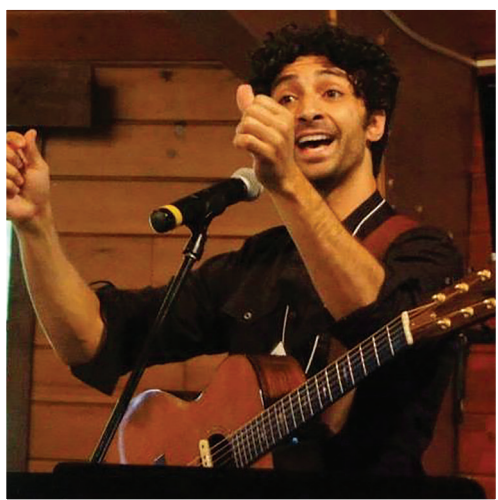


An Invitation...

SPEND THE WEEKEND OF MAY 3-5

WITH

Noah Aronson



Jewish singer/songwriter, Noah Aronson, will join us for an unforgettable musical weekend. He'll join Cantor Micah and Rabbi Jay on the bima for a special musical Shabbat service on Friday night. On Saturday morning, he'll lead us through an Avodat HaLev meditative morning service, followed by interactive workshops throughout the day. As we say goodbye to Shabbat, he'll share Havdalah and a concert of his original music as part of our annual gala festivities. Sunday morning at 9:00am, he'll offer an energetic musical program for the entire Religious School student body and their families. It's a weekend of music you won't want to miss.

ABOUT NOAH ARONSON

Noah Aronson has been creating and inspiring audiences with his heartfelt and soulful music for the last 20 years. His music is sung in communities and summer camps around the world and he tours year-round giving concerts and leading music-driven prayer experiences.

Noah has released 10 albums of original music including his debut solo album *Am I Awake* in 2011. His groundbreaking album entitled *The Left Side of the Page* revolutionized the way contemporary Jewish communities engage with their liturgy.

Through the years, Noah has served on the faculty of Hebrew Union College of Sacred Music, Hava Nashira, Shabbat Shira, Shirei Chagigah and the Wexner Heritage Foundation and has partnered with countless communities around the world to help people feel more connected in mind and body and spirit through music.



This event is made possible by a generous gift of the Gary & Ronnie Lilien Fund.