



# Temple Sinai

GROWTH HAPPENS HERE

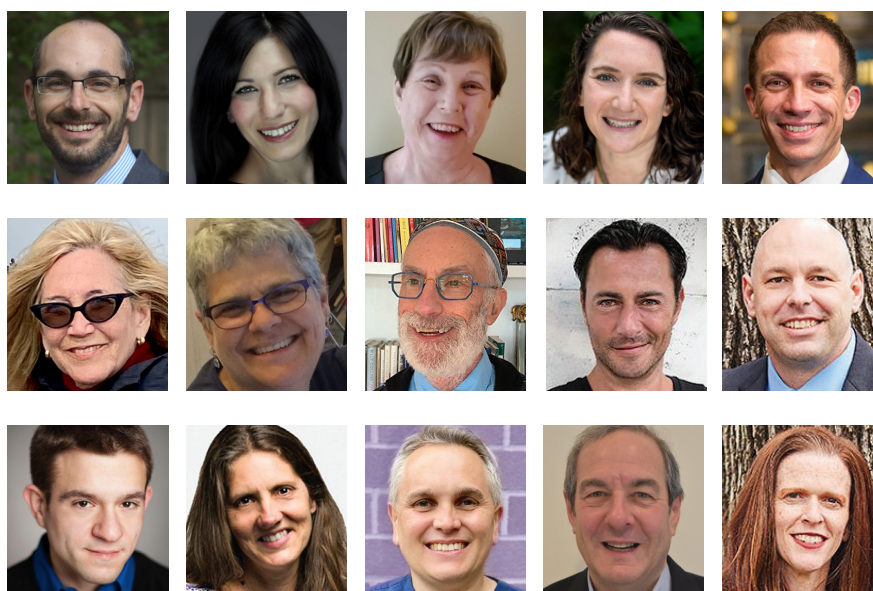
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## SCROLL OF LIVING

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Programs and Events

2022 – 2023/5783



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[TempleSinaiStamford.org](https://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. Look no further than this booklet for 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 3, October 1, November 5,  
December 3, January 7, February 4, March 4, April 1, May 6, June 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.

### RUACH SERVICES

Friday evenings at 7:30pm; October 14, November 11, December 9,  
January 13, February 10, March 6, April 14, May 12

RUACH Havdalah Concert: Saturday, June 10, 7:30pm

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")

First Fridays of each month at 6:00pm; November 4, December 2, January 6,  
February 3, March 3, April 7, May 5

RuJu is our children's musical ensemble for religious school students in kindergarten through 5<sup>th</sup> grade. These students, under the direction of Cantor Micah Morgovsky, meet monthly on Sunday mornings to prepare for leading the 6:00pm First Fridays Service. RuJu's goals include making beautiful music and learning about Jewish prayer but, most importantly, the members of RuJu enjoy being part of a musical community of children, singing together and enjoying their Judaism through music. School children of all ages are welcome, no audition required. Please contact Cantor Micah ([cantormicah@templesinaistamford.org](mailto:cantormicah@templesinaistamford.org)) for more information.

### SIMCHAT TORAH SERVICE

Sunday, October 16, 5:30pm

Join us as we unroll the WHOLE scroll around the social hall, complete the cycle of annual Torah readings and start over again with the words of Creation. All are warmly welcomed.

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## SPECIAL SHABBAT SERVICES & PROGRAMS, continued

### SHABBAT FOR FAMILIES WITH YOUNG CHILDREN

**FIRST FRIDAYS:** A Shabbat Service for Families with Young Children

Led by Rabbi Jay TelRav and Cantor Micah Morgovsky

The first Friday of each month (except where noted in bold) at 5:00pm:

**September 9**, October 7, November 4, December 2, January 6, February 3, March 3, **April 14**, May 5, June 2.

Join us for dancing, singing, praying and playing at our Shabbat celebrations. Age appropriate (birth to five) services are led by Rabbi Jay and Cantor Micah. Come, taste the challah and sip sweet grape juice as we learn about Shabbat! Together we will enjoy the Festivals and Holy Days through music, educational Jewish toys, and movement. Open to the entire community.

**THIRD FRIDAYS:** A Shabbat Program for Families with Young Children led by the talented Natasha Fenster.

The third Friday of each month (except where noted in bold) at 5:00pm outside or in the chapel: **September 23**, October 21, November 18, December 16, January 20, February 17, March 17, **April 28**, May 19, June 16

An interactive Shabbat program that is full of music. Each month there is a holiday or Parsha themed art and craft project.

### CANTOR'S CONCERT

Sunday, December 18, Cocktail Reception at 4:30pm; Concert at 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 23, 6:00pm 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!

### SHABBAT M.L.K. WITH RUACH

Friday, January 13, 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 WITH KOLOT SINAI

Saturday, February 4, 10:30am

Please join us for a unique Saturday morning 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 Chamocha. Together, we'll celebrate our freedom from Egyptian slavery, as well as a special B'nei Mitzvah, with rejoicing and music.

### TU B'SHVAT SEDER

Sunday, February 5, 5:30pm

Known as the "Birthday for 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 Monday, March 6. 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.

### PURIM – TWICE THE MEGILLAH, TWICE THE FUN

Sunday, March 5, 10:30am

A fun-filled kids' morning, complete with music, hamentaschen, 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!

Monday, March 6, 7:30pm

This musical Purim extravaganza will feature our RUACH ensemble. Join us as we revel in the outrageous story and delight in the sharing of this age-old tradition. Drinks and nosh will abound and, though there may not be many young ones with us that evening, come in costume and connect with the child within.



## SPECIAL SHABBAT SERVICES & PROGRAMS, continued

### SHABBAT WITH GUEST SPEAKER RABBI BEN SPRATT

Friday, March 24 7:30pm

Rabbi Rick Jacobs calls Spratt and Stanton's new book *Awakenings: American Jewish Transformations in Identity, Leadership, and Belonging*, "A stirring exploration of what Jewish life could be, and a powerful antidote to the tired narratives of demise plaguing contemporary Jewish life." He continues, "Those seeking to shape a bright Jewish future will want to study and debate the substance of this important new work."

Join us for a special Shabbat evening in conversation with the author, Rabbi Benjamin Spratt (husband of Cantor Micah), as he shares his insights and ideas about the future of our people. You can order their book *Awakenings: American Jewish Transformations in Identity, Leadership, and Belonging* on Amazon.

### CONGREGATIONAL SECOND NIGHT SEDER

Thursday, April 6, 5:00pm

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

Fee: TBA

### SISTERHOOD SHABBAT WITH KOLOT SINAI

Friday, April 28, 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 2, 6:00pm

Each summer, Temple Sinai joins the LGBTQ 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 as they present the summer's Pride events.

### JOIN US FOR RUACH... IN CONCERT!

Saturday, June 10, 7:00pm

Join us for a rockin' good time at our fifth 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 2023 – OUTDOOR SERVICES WEATHER PERMITTING

Friday evenings, June 30, July 21, August 18

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

**5:30pm:** Bring-your-own picnic Shabbat dinner to enjoy 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, picnic blankets. We'll bring the bug repellent!



## BEGINNERS' TORAH STUDY

Taught by Cantor Micah Morgovsky

Every Friday, 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

Taught by Rabbi Jay TelRav

Every Saturday morning at 9:00am or 10:05am – check the calendar

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

## COME PLAY MAH JONGG

Thursday 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

Thursday 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

## 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. 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.

## ELUL STUDY

Led by Moira Morrissey and Betsy Stone

Thursday evenings, 7:30pm; September 1, 8, 15

One of the most challenging aspects of the High Holy Days is hunger. Our 25-hour fast can produce headaches and tiredness. Some of us are actually forbidden to fast. But the fast is not the centerpiece of Yom Kippur. The fast is designed to help us achieve something important. What is the purpose of the fast? How is hunger useful for us, on Yom Kippur and other days? What are we hungry for? Join us as we explore hunger, through texts, personal reflection and discussion.

No FEE. PLEASE CONTACT THE TEMPLE OFFICE TO REGISTER.

## COOK & KIBBITZ WITH AMANDA SHERMAN & ANTHONY STARK

Sunday, November 6, 5:00pm

Tacos & Margaritas

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 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.

## JUDAISM BOOTCAMP

Taught by Rabbi Jay TelRav

25 Thursday evenings beginning on October 17, 7:00pm – 8:15pm

This class will move fast and cover a lot of ground but for those who want a "down and dirty" version of the hows and the whys of Jewish life, this is the course for you. Just as an example, we will cover the meaning and choreography of certain prayers, holiday practices and rituals as well as Jewish teachings about God, afterlife and spirituality. This is for those who went through religious school and still feel like they have a lot to learn (or relearn) and it is also meant for those who simply want to continue their journey with the Jewish community feeling better informed. No prerequisite knowledge required. It is open to Jews by birth, Jews by choice, those who are on the path to conversion or those who have considered it and it is open to non-Jews who are just interested in learning more...all are welcome.

FEE: NO CHARGE FOR TEMPLE MEMBERS; \$180 FOR NON-MEMBERS





### INTERESTED IN MUSSAR?

Facilitated by Moira Morrissey and Ronnie Lilien  
Second Saturday of the month, 10:30am – 11:30am

September 10\*, October 8, November 12, December 10, January 14,  
February 11, March 11, April 8, May 13, June 10

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 who meets monthly and is dedicated to ongoing self-study and thoughtful questioning looking at character traits or *middot* in Mussar practice. We will be using Alan Morinis's *With Heart in Mind* as our guide as we study a different *middah* each month.

Please contact Ronnie Lilien ([ronnielilien@gmail.com](mailto:ronnielilien@gmail.com)) or Moira Morrissey ([moiraimelda@gmail.com](mailto:moiraimelda@gmail.com)) for questions or more information

\*AN INTRODUCTORY SESSION ON SEPTEMBER 10 IS OPEN TO ALL.

No FEE

### COOKING CANNABINOIDS: ENERGIZE YOUR ENDOCANNABINOID SYSTEM WITH FOOD AND SPICES! JOSEPH FEUERSTEIN MD AND CHEF DANIEL GREEN OF THE FOOD NETWORK

Tuesday, October 25, 7:00pm via Zoom

In this one-hour, interactive cooking class participants will learn about the endocannabinoid system, what common, healthy foods and spices to use to energize the system in different ways, and the research on the entourage/cascade effect. You will also be treated to a step-by-step cooking demonstration of how to prepare two cannabinoid-rich and delicious recipes by Temple Sinai member and physician, Dr. Joseph Feuerstein and international celebrity chef, Daniel Green. Pre-registered participants will receive a signed copy of their recently published cookbook, *The Cannabinoid Cookbook: Transform Your Health Using Herbs and Spices from Your Kitchen*.

No FEE

### MINDFULNESS MEDITATION CLASS

Led by David Daniel Klipper

Wednesday evenings, 7:00pm – 8:15pm via Zoom

November 2, 9, 16, 30; December 7, 14

Meditation has been demonstrated many times to have significant benefits to physical health. It can help people experiencing disease or chronic pain. Emotionally, it can help regulate feelings, diminishing irritability, assisting people in coping with depression and anxiety, and helping people be less reactive. Spiritually, meditation can deepen one's connection with the Holy and infuse new meaning into religious practice. Meditation has also been found to increase motivation to do social justice work. Join this six-week course about the basics of mindfulness meditation, with an emphasis on compassion for self and others. No experience necessary.

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

### SHABBAT HALF-DAY MEDITATION RETREAT

Led by Rabbi Jay TelRav

Saturday, April 1, 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. Lunch will be provided thanks to a generous gift from Ronnie and Gary Lilien.

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

### TRANSGENERATIONAL PUNISHMENT

Taught by Rabbi Jay TelRav

Sunday mornings, 10:30am – 11:45am; March 12, 19, 26

There are plenty of themes in the Bible to recoil at but one that bothers plenty of people is the verse in Exodus, "the sins of the fathers will be visited upon the children." That doesn't seem fair! What are they talking about? And why should you be punished for your parents' choices? We'll explore the rabbis' explanation for this sort of precept as well as the modern value that it still holds in our lives. Bring your coffee and enjoy some casual Sunday morning conversation in our building which will be buzzing with the energy of others' learning. No prior knowledge required.

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

### MUSICAL GENRES LECTURE SERIES

Saturday afternoons, 12:30pm

October 15, 22, 29; March 4, 11, 18; May 6, 13, 20

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



### ZENTANGLE

Taught by Cantor Micah Morgovsky

Thursdays evenings, 6:00pm – 7:30pm via Zoom

November 3, 10, 17; January 5, 12, 19; Mar 2, 9, 16; May 4, 11, 18

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 FOR NON-MEMBERS PER SESSION

### TEMPLE SINAI WOMEN'S RETREAT

Friday, March 17 – Sunday, March 19

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](mailto:shelly@templesinaistamford.org)).

FEE: SINGLE ROOM: \$498.00

DOUBLE OCCUPANCY ROOM (PER PERSON): \$402.00

TRIPLE OCCUPANCY ROOM (PER PERSON): \$389.00

### TEMPLE SINAI MEN'S RETREAT

Friday, April 28 – Sunday, April 30

Location: TBA

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, too. This weekend will provide the 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



# YOUTH OFFERINGS

## INTRODUCING ECEC AT TEMPLE SINAI

This year, we have opened the newest part of Sinai's community program – our Early Childhood Education Center! We are committed to offering children a safe and nurturing environment that promotes physical, social, emotional and cognitive development. We want your child's school experience to be a positive one, filled with valuable experiences. Our philosophy is based on active learning that encourages the development of life skills such as respecting others, negotiating, problem-solving, making choices, and developing a positive self-image. Our caring community warmly welcomes children and families of all faiths, ethnicities and backgrounds. We offer full-day and half-day, flexible programs for children from 6 weeks to 5 years old.

For more information or to take a tour of the newly renovated program space please contact Phyllis Lyons, Director of the ECEC ([morahphyllis@templesinaistamford.org](mailto:morahphyllis@templesinaistamford.org)).

## RELIGIOUS SCHOOL

Beginning in our brand-new 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, we open enrollment for our Pre-K and Kindergarten to any family, for free with or without being members of Temple Sinai. We think it is great here and we are pretty sure that, after a year or two with us, you will think so, too. For more information about our free Pre-K or Kindergarten, please write to our Religious School and Youth Director, Erica Quamilly ([moraherica@templesinaistamford.org](mailto:moraherica@templesinaistamford.org)).

In addition to Sunday classes, students in grades three through six also participate in the Wednesday Virtual Hebrew Learning program. Sessions are about 70 minutes and include Hebrew language learning as well as a service led by the rabbi and/or cantor. The language component is highly individualized, with students participating in small groups based on an assessment of their current knowledge of Hebrew.

In seventh 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 with a Hebrew language teacher, with Cantor Micah, and with Rabbi Jay. 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 that we can help each student celebrate in the best possible way.

If you would like to speak more about your student, the process, or anything else, please contact Morah Erica Quamilly ([moraherica@templesinaistamford.org](mailto:moraherica@templesinaistamford.org)).

## TEMPLE SINAI PRE-K PROGRAM

Bi-Weekly Sunday mornings from 9:00am – 10:30am

Temple Sinai Pre-K is a Sunday morning program for three- and four-year-old children. The program is highly interactive, including holiday- and Shabbat-themed arts and craft projects, music, and story time.

The Temple Sinai Pre-K program is a beautiful way to continue or begin your child's Jewish education at Temple Sinai! *This program is being generously funded by The Larry Cohen Fund and is free of charge to members and non-members of Temple Sinai.*

## TS INSPIRE

**Thursday Evening Programming for Teens includes Seventh Grade, Schiff Tichon Sinai, and the Post-Confirmation Circle, and all Teen Programming**

Thursday evenings, 5:30pm – 7:30pm

TS Inspire will bring together pre-existing formal education programs for teens in grades 7 through 12 to create an intentional youth engagement experience. Dinner will be provided. 7<sup>th</sup> grade meets weekly; Schiff Tichon Sinai meets bi-weekly; Post-Confirmation Circle meets monthly; Programming which includes all teens meets three times per year led by our clergy, faculty and outside youth engagement professionals. *This program is being generously supported by the Schiff Fund for Creative Education.*

## SCHIFF TICHON SINAI/CONFIRMATION: A PROGRAM FOR POST B'NAI MITZVAH STUDENTS

The Schiff Tichon Sinai Program allows students in grades 7 through 10 to experience joy in Jewish learning, pride in being Jewish, and a commitment to participation in Jewish life. When our teens remain connected to the Temple, 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!

This three-year curriculum culminates in the 10<sup>th</sup> graders marking the milestone in a Confirmation Ceremony.

Activities have included: discussion of ethics and contemporary issues, hands-on/*tikkun olam* experiences and trips.

*This program is being generously supported by the Schiff Fund for Creative Education.*

FEE: 8<sup>th</sup> -10<sup>th</sup> GRADE \$525

## POST-CONFIRMATION CIRCLE FOR 11<sup>TH</sup> AND 12<sup>TH</sup> GRADERS

Led by Rabbi Jay TelRav

Thursday evenings from 5:30pm – 7:30pm

Our 11<sup>th</sup> and 12<sup>th</sup> graders have come a long way on their Jewish journeys, but the good stuff is just getting underway. For the first time, this program will provide these teens with the chance to keep learning with Rabbi Jay after Confirmation. Tackling the ethical conundra of life and the personal growth we work on all our lives, the teens will keep up their training to become valuable members of society thanks to their time at Temple Sinai.

FEE: \$265





## YOUTH OFFERINGS, continued

### MADRICHIM, RELIGIOUS SCHOOL TEACHING ASSISTANTS

Temple Sinai invites 8<sup>th</sup> through 12<sup>th</sup> grade students to help support our religious school. Here at Temple Sinai, a madrich/ah is someone who helps Jewish learning happen in an informal way.

Madrich (male), madrichah (female), and madrichim (plural) all mean guide or counselor in Hebrew. As a madrich/ah you are not a student. Younger religious school students will look up to you as a dugmah/role model. 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. 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.

Students interested in finding out more about these opportunities should contact Morah Erica Quamily ([moraherica@templesinaistamford.org](mailto:moraherica@templesinaistamford.org)).

### SENIOR YOUTH GROUP: SOSTY — SINAI OF STAMFORD TEMPLE YOUTH

Led by Morah Erica Quamily, Religious School and Youth Director

SoSTY is Temple Sinai's senior youth group for students in grades 8 through 12. SoSTY connects our teens to the synagogue and to Reform Judaism through social, educational and *tikkun olam* programming. Events include shul-ins, Chanukah celebration, 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



# 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 dinner to 70-75 people who come daily to the Center for meals. Our program was suspended during the pandemic, but restarted with a number of changes.

Clients are not coming into the cafeteria at the current time, so there will be no contact with anyone other than the two New Covenant chefs who work in the kitchen. Two volunteers help cook the food. Two or three volunteers slice and wrap bread and desserts, prepare salads and assemble food containers in bags which are distributed in front of NCC by its employees. Everyone working in NCC is masked.

Volunteers are needed the first Thursday of the month, beginning September 2. Cooking takes place from 2:00pm to 3:15pm and assembling from 3:15pm to 4:30pm. 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 at [marian.freed@gmail.com](mailto:marian.freed@gmail.com) or 914 393-7675.

## 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.

## 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](mailto:dlovegreen@ccfc-ct.org)).

## 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](mailto:lmsilver@gmail.com)).

## CHRISTMAS DINNER

Saturday, 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](mailto:skelmanpru@aol.com)) or Marian Freed ([marian.freed@gmail.com](mailto:marian.freed@gmail.com)).

## MITZVAH DAY

Sunday, May 7

Our members are doing "mitzvot" (good deeds) all the time, but once a year Temple Sinai comes out in force to make a difference in our Temple community and the community at large. Members can choose from many types of activities in which to participate. Some require getting your hands dirty and others simply opening your heart. To join the organizing committee, suggest a project or for more information contact Lisa Silver ([lmsilver@gmail.com](mailto:lmsilver@gmail.com)).



# BROTHERHOOD

## SUKKAH RAISING

Brotherhood members construct – and deconstruct – the Temple sukkah each year, generally before Erev Rosh Hashanah (September 25).

## BREAKFAST MEETINGS

Sunday mornings at 9:30am

Dates TBD

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

## KIDDUSH FOLLOWING ROSH HASHANAH MORNING SERVICE

Monday, September 26, 2022

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

## POLITICAL BRUNCH

Sunday, October 23, 2022

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, 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 at a member's home, enjoy dinner, have a short meeting and then settle in to watch the game.

## MITZVAH DAY

Sunday, May 7, 2023

Members of the Brotherhood participate in a number of activities geared to help the community and the temple. In recognition of the generous time and effort contributed by congregants that day, Brotherhood sponsors a delicious BBQ meal.

## TEMPLE SINAI ANNUAL MEETING BREAKFAST

Sunday, June 11, 2023

Prepare a 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](mailto:Brotherhood@templesinaistamford.org)



# SISTERHOOD

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## ELDRIDGE STREET SYNAGOGUE TOUR

Sunday, October 2

Tour the two remaining grand shuls left in this iconic neighborhood on the lower east side of New York City, the cradle of American Jewish civilization.

Reservations required directly through Eldridge Street Synagogue at <http://eldridgestreet.org>

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## ZOOM BOOK CLUB DISCUSSION OF KOSHERSOUL BY MICHAEL TWITTY

Thursday, November 3

Get ready for a delicious fall when we will be discussing Michael Twitty's new and noteworthy book *Koshersoul: The Faith and Food Journey of an African American Jew*. The James Beard award-winning author explores the cultural crossroads of Jewish and African diaspora cuisine and issues of memory, identity, and food.

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## JEWELRY MAKING WORKSHOP

December 2022

Date TBA

Parents and children are invited to create a bracelet or necklace for a Hanukkah gift. Join Sisterhood friends and family for this exciting workshop. More details to be shared and reservations are required.

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## ZOOM BOOK CLUB DISCUSSION OF *GOLEM GIRL: A MEMOIR* BY RIVA LEHRER

Tuesday, January 24

The vividly told, gloriously illustrated memoir of an artist born with disabilities in 1958 who searches for freedom and connection in a society afraid of strange bodies.

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## GET ORGANIZED ZOOM WORKSHOP

February 2023

Date TBA

Let's get organized and learn from professional organizers on Zoom to help jump start spring cleaning and decluttering of your space.

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## PARENT CHILD BOOK CLUB DISCUSSION OF *RECIPE FOR DISASTER* BY AMIEE LUCINDO

Sunday, March 12

We are inviting young girls and teens to join us for an intergenerational book discussion and baking class of Amiee Lucindo's book *Recipe for Disaster*.

The middle grade novel is a hybrid of prose, verse, and recipes about a 12-year-old girl whose best friend's Bat Mitzvah inspires her to plan one for herself. But when she finds out that her Jewish and non-Jewish family is split on whether she is "Jewish enough" for one, she takes matters into her own hands to plan the rite of passage she craves, discovering her own Jewish identity along the way.

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## SISTERHOOD SHABBAT WITH KOLOT SINAI

Friday, April 28, 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.

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## ZOOM BOOK CLUB DISCUSSION OF *THE ALMOST LEGENDARY MORRIS SISTERS* BY JULIE KLAM

May 2023

Date TBA

Ever since she was young, Julie Klam has been fascinated by the Morris sisters, cousins of her grandmother. According to family lore, early in the twentieth century the sisters' parents decided to move the family from Eastern Europe to Los Angeles so their father could become a movie director. The deeper she went into the lives of the Morris sisters, the slipperier their stories became. And the more questions she had about what actually happened to them, the more her opinion of them evolved. Part memoir and part confessional the book is told with wit and honesty.

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For more information about Temple Sinai Sisterhood, please email [Sisterhood@templesinaistamford.org](mailto:Sisterhood@templesinaistamford.org)



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

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

# SINAI CIRCLES

Sinai Circles are congregant-led small groups, comprised 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](mailto:larry@templesinaistamford.org)).

## A JOURNEY OF SELF-AWARENESS AND DISCOVERY IN RELATION TO RACE CIRCLE

Circle Leader: Joan Madison

Our Circle is eagerly embarking on our third cycle. We will continue to learn about the historical and current manifestations of racism and to examine our own thoughts and feelings as we learn. Our racial awareness journeys have been challenging and exhilarating! 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.

## AMIDAH LEADERSHIP INITIATIVE (ALI)

Circle Leader: Martha Kramer

The future of Temple Sinai depends on the development of an energetic and passionate group of leaders. Would you like to grow as a leader? If so, the Temple Sinai ALI Circle is designed for you. The ALI Circle's goal is to support the development of lay leadership and strengthen our community of future leaders, all informed by our Jewish heritage and values.

## AVODAT HALEV – THE HEART’S LABOR CIRCLE

Circle Leaders: Rabbi Jay TelRav and Cantor Micah Morgovsky

We work all week with our mind and our body but on Shabbat, we set that aside and we turn to the labor of the heart. Using traditional Jewish meditation practices, elements of the prayer service and intentions, we spend an hour on Shabbat morning together to get our day started. We welcome anyone who is curious about meditation or searching for the path to deepen their Shabbat practice. All ages, religions, experience levels and Judaic knowledge are welcome.

## CINEMA CIRCLES

Circle Leaders: Carl Rosen and Glenn Wolff

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.

## FAMILY FUN CIRCLE

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 children elementary school aged or younger.

## FAMILY GAME NIGHT FOR AGES 8 AND UP

Circle Leader: Glenn Harper

Tabletop games have become so much more than Clue or Uno. Modern board and card games can call for anything from strategy to creativity, quick-thinking, good bluffing skills or even just plain willingness to be silly! We will play a variety of games from Codenames and Apples to Apples to Telestrations and Ticket to Ride, or whatever else may be in your closet. We'll meet once a month to try a new set of fun and exciting games!

## FAMILY PIZZA CRAWL CIRCLE

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 Circle cycle, hopefully we will have crowned a pizza winner and made new family friends.

## GIVE YOURSELF A BREAK

Circle Leader: Robin Himmelstein

Calling Temple Sinai Religious School mothers! Socialize with other K-9 mothers and leave your kids at home. This will be a fun, easy way to get to know other parents in the Religious School.

## GOY, SCHMOY! INTERFAITH COUPLES WHO SCHMOOZE, NOSH AND KIBBITZ!

Circle Leader: Lisa Silver

We've joined Temple Sinai and are part of this amazing *Kehillah Kedoshah*. We're from different traditions and backgrounds but are living Jewishly. Now what? As interfaith couples, we'll explore many themes and topics and share personal stories and experiences. We'll talk about how we feel about raising kids who identify being Jewish, how we explain our choice of Jewish identity to our children when one of us is Jewish and one of us is not, how we create a sense of respect and love for all members of our family who are not Jewish, how we establish traditions and rituals in our homes, how we create a sense of community and so much more. We'll socialize, snack and share stories — with no judgment. We will meet at Temple Sinai one Sunday a month (childcare can be arranged so you can fully participate while our kids have an outlet at Temple Sinai).

## LOCAL POLITICS

Circle Leaders: Randy Skigen and Eric Morson

We will meet monthly to discuss local politics. We'll discuss our local government's inner workings, invite local leaders to join us to talk about 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.





# SINAI CIRCLES, continued

## MEDITATION

Circle Leaders: Ellen Luntz and Ronnie Lilien

We will learn different meditation techniques and enjoy the energy of practicing in a group. Join us as we explore guided meditation, mantras, breathing techniques, progressive relaxation, chanting, moving meditation and more. Learn more about mindfulness and equanimity. All levels of experience are encouraged to join.

## MEN'S BOOK CLUB CIRCLE

Circle Leader: David Swerdloff

Looking to read books that are so engaging 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 both fiction and non-fiction. Join us to make new friends and add a new dimension to your enjoyment of reading.

## 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 reimaginings 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 story with these ancient texts.

## POST-CONFIRMATION CIRCLE FOR 11<sup>TH</sup> AND 12<sup>TH</sup> GRADERS

Circle Leader: Rabbi Jay TelRav; Thursday evenings from 5:30pm – 7:30pm

Our 11<sup>th</sup> and 12<sup>th</sup> graders have come a long way on their Jewish journeys, but the good stuff is just getting underway. This program provides these teens with the chance to learn with Rabbi Jay after Confirmation. Tackling the ethical conundra of life and the personal growth we work on, the teens will keep up their training to become valuable members of society thanks to their time at Temple Sinai.

FEE: \$265

## RECREATION/ACTIVITY CIRCLE

Circle Leader: Grant Silver

If you like to participate in various games/activities. This will be a fun, social setting as we engage in different activities, including golf, pickleball, beer tasting, and dog walking among others! You don't need to be an expert in any of these activities, as this Circle is about having fun and building fellowship.

## 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 at Temple Sinai on Friday night at 5:30pm, prior to those services beginning at 7:30pm. We hope that after dinner, we can attend services together.

## THE SONG CIRCLE

Circle Leader: Maggie Seligman

This Circle provides an opportunity for sharing music and/or poetry. Music might be played or sung solo, a cappella or with accompanying instrument, instrumental only, and/or participation of others. Poets are welcome to read. The emphasis in a song circle is on listening and appreciating what others have to offer in a warm, non-judgmental setting; it is not about "performance" but about creating a valuable shared experience.

## TIKKUN OLAM

Circle Leader: Elisabeth Giles

The *Tikkun Olam* Circle is to create relationships while giving back to the larger 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.

## TRACING YOUR TRIBE- SEARCHING FOR YOUR ROOTS

Circle Leader: Nan Gordon

Members will come together to help each other discover our individual roots. Whether you are a novice or an expert, you can always uncover someone or something new! Let's plan on sharing our greatest successes as well as tales of our strangest relatives and their stories. Let's help those who haven't started to begin their search. In addition, let's help those who have hit the inevitable brick wall to move past it. We can share books, resources, ancestry sites, as well as organizational tools that some people may have developed. Whether you come from Jewish, Irish, Italian or some other stock, we will love hearing your discoveries!

## WRITER'S, ANON!

Circle Leader: Katherine Magyarody

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 memoir, fiction for adults and young people, humor, blog posts, and graphic novels!

## YOGA!

Circle Leader: John Detienne

Our intention is to build a community within Temple Sinai around yoga. You can expect to explore various styles of yoga including: vinyasa, power, and restorative yoga, while maintaining proper alignment and deep (Ujjayi) breathing. Led by John Detienne, PT, DPT, RYT-200 who is a physical therapist and former professor of yoga at American University and George Washington University. Classes will be accessible for all ability levels.

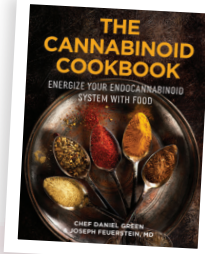
## YOUNG ADULT BOOKS FOR ADULTS

Circle Leader: Amy Lilien Harper

Young Adult literature has experienced an incredible boom in the past 20 years. The best of it is incisive, thought-provoking and discussable. If you love reading YA literature and looking for an engaging exchange of ideas this is the Circle for you. The books will span a variety of genres and styles.



Chefs Green and Dr. Feuerstein are Co-Hosts of the internet show Condition Kitchen on everydayhealth.com (the site gets 60 million unique views per month) where they use condition specific diets to help treat chronic medical conditions like diabetes, obesity, Crohn's disease, and cancer. They are also co-authors of *The Cannabinoid Cookbook: Transform Your Health Using Herbs and Spices from Your Kitchen* (#1 new release in Herbs, Spices, and Condiments on Amazon) <https://www.amazon.com/Cannabinoid-Cookbook-Energize-Endocannabinoid-System/dp/1642506648>



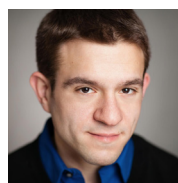
## Chef Daniel Green

Chef Daniel Green, aka The Model Cook, is an internationally renowned healthy-eating expert, media personality, and award-winning author. Throughout his expansive career, he has cooked for royalty and dignitaries and continues to design healthy menus for airlines and hotels around the world. Daniel's simple approach to healthy eating has been so popular that he has been featured in numerous magazine features in the UK, US, and across Asia. Daniel has written 12 cookbooks and was a member of the culinary investor panel for the first season of Food Network's Food Fortunes and a judge on the Food Network show, Kitchen Inferno.



## Joseph Feuerstein MD

Dr. Joseph Feuerstein, MD is an Assistant Professor of Clinical Medicine at Columbia University and at Quinnipiac School of Medicine. He served as the Director of Integrative Medicine at Stamford Hospital in Connecticut, and saw over 45,000 patients for 15 years in his consultation practice, treating a myriad of serious, chronic medical conditions. Dr. Joe is a multiple award-winning and extensively published medical researcher in the field of botanicals, nutrition and integrative medicine. He is certified in medical acupuncture, clinical hypnosis, and holds a homeopathic physician license from the state of Connecticut and currently sees private pay patients via telehealth in CT, GA, IL.



## 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.



## David Daniel Klipper

David Daniel grew up in NYC and worked as an investment banker for 24 years. In 2002 he changed course and became a chaplain, Jewish spiritual director, Rabbinic Pastor, and teacher of chaplains. In 2021, he began a two-year mindfulness meditation teacher training course and joined Congregation Beth El in 2022. He holds a BA from CCNY and an MBA from Stanford University. David Daniel is married with two adult children, writes haiku and published a book of haiku from silent meditation retreats.



## Ronnie Lilien

I 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, I found my students did better when I 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.



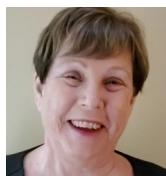
## Cantor Micah Morgovsky

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.



## BIOS, continued



### 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. She is currently the CEO of Four Winds. Moira is the current President of Temple Sinai and lives in Pound Ridge with her husband, Mark Slivka. They have 3 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.



### Rabbi Ben Spratt

Rabbi Ben is the Senior Rabbi at Congregation Rodeph Sholom's (CRS). His Jewish journey took him from the Orthodox, Reconstructionist, and Renewal worlds to becoming ordained from the Conservative movement's Jewish Theological Seminary. Rabbi Ben helped found CRS's Shireinu, an inclusion initiative for

Jewish families with special needs that now serves as a spiritual model for synagogues and churches around the world. Rabbi Ben serves as co-chair of Inclusion and Disability Awareness for the Central Conference of American Rabbis.

In 2014, he co-founded Tribe, a joint initiative to engage Jewish Millennials through grassroots leadership and a community of empowerment. In 2016, Rabbi Spratt and Cantor Shayna De Lowe collaborated to reimagine the future of a large legacy congregation, planting the seeds of Minyan, a Jewish small-group-based approach to human flourishing through connection. In 2017, he was co-editor of a special symposium edition of the CCAR's Reform Jewish Quarterly Journal on Millennial Engagement and sparked the New Day Fellowship to foster connection between Muslim and Jewish Millennials. Most recently, Rabbi Spratt has co-authored the book *Awakenings: American Jewish Transformations in Identity, Leadership, and Belonging*, "A profound call to action for modern-day Judaism rooted in facts and faith." Rabbi Ben Spratt is married to Cantor Micah Morgovsky, they live in Hasting on Hudson with their children, Ayalah and Jonah.



### 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 participant (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.



### Paul Storfer

Paul Storfer has co-led Ruach for the past eight 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.



### 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.



### Betsy S. Stone, Ph.D.

Dr. Betsy Stone is a retired clinical psychologist who is 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.







## 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. Our 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

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Cantor Micah Morgovsky ..... Ext. 14  
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Erica Quamily ..... Ext. 13  
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Phyllis Lyons ..... Ext. 21  
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Jayne Vasco ..... Ext. 10  
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Shelly Welfeld..... Ext. 11  
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Larry Stoogenke  
larry@templesinaistamford.org



# *An Invitation...*

SPEND THE WEEKEND OF MAY 12-14

WITH

# *Rabbi Noam Katz*



Jewish singer/songwriter, Noam Katz, will join us for an unforgettable musical weekend. He'll join Cantor Micah, Rabbi Jay and Ruach on the bima for a special musical Shabbat and confirmation service on Friday night. On Saturday morning, he'll lead us through a Shabbat morning service with the fourth grade. And that evening, he'll perform a concert of his original music. Sunday morning at 9:00am, he'll lead 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 RABBI NOAM KATZ**



Rabbi Noam Katz is one of the most exciting and influential voices in contemporary Jewish music. He has brought his high-flying energy and soulful melodies to Jewish and interfaith audiences across North America, Africa and Israel.

A longtime songleader/educator at URJ Eisner, George and Kutz Camps, Noam has performed at URJ Biennials, CAJE, BBYO International, Limmud – England, NFTY Convention, and countless summer camps and congregations. He currently serves as the Rabbi/Dean of Jewish Living at The Leo Baeck Day School in Toronto, Ontario.

In 2003, Noam embarked on the most exciting journey of his life, volunteering with the Abayudaya Jews of Uganda. He has since shared their powerful story and music with audiences young and old, incorporating the message of Jewish unity and *tikkun olam* (healing the world) wherever he goes.



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