



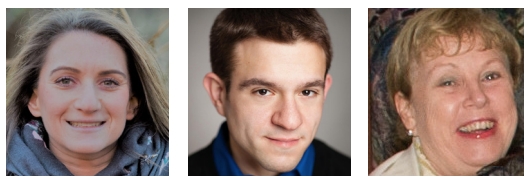
Temple Sinai

GROWTH HAPPENS HERE

SCROLL OF LIVING

Programs and Events

2019 – 2020/ 5780



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

TempleSinaiStamford.org

An Invitation...

SPEND THE WEEKEND OF APRIL 24-26, 2020

WITH

Elana Arian



Jewish singer/songwriter Elana Arian will join us for an unforgettable musical weekend. She'll join Cantor Micah and Rabbi Jay on the bima for a special musical Shabbat service on Friday evening. Saturday evening, she'll share a Havdalah concert that you won't want to miss. And then, on Sunday morning, she'll lead an energetic musical program for the entire Religious School student body and their families.

"Elana is a major talent, completely engaging, touched our hearts and lifted our souls."

— Cantor Jodi Sufirin, Temple Beth Elohim, Wellesley MA

ABOUT ELANA ARIAN

Elana Arian is one of the leading voices in contemporary Jewish music. A composer, multi-instrumentalist and recording artist, Elana inspires communities across the country with her soulful songwriting and spirit. She recently released her third album of original music – *A Spark of Light* – a collaboration with Grammy-winning producer, Ben Wisch. Elana has served on the faculty of both Shirei Chagiga in London and the Hebrew Union College – Jewish Institute of Religion in New York, working as a teaching artist in the Debbie Friedman School of Sacred Music. In addition to her work as a guest Artist in Residence for communities across the United States, Elana spent 12 years in residence in the Friday worship ensemble at Central Synagogue. She has performed at Carnegie Hall, Lincoln Center, Tanglewood, and perhaps most memorably, at five separate appearances at the (Obama) White House.

When not performing, recording, or writing, Elana spends her time chasing her daughter, Maya, around Brooklyn with her wife, Julia and their new baby, Acadia.

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!

PROGRAM OFFERINGS*

STAYING CONNECTED!

A dynamic community for members of our temple community who are 65 years old and over. Look for more social and educational programs in the monthly bulletin and in your weekly emails. To be added to the list of interested congregants or to volunteer some time to help organize events, please contact the temple office.

BEGINNERS' TORAH STUDY

Taught by Rabbi Jay TelRav, Cantor Micah Morgovsky and Morah Judy Jaffe
Every Friday, 12:00noon – 1:00pm. Bring your lunch.

"Torah Study" sounds scary 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 come! No previous education or experience necessary. Bring your lunch, make some new friends, and learn a little Torah!

No FEE

RABBI EUGENE B. BOROWITZ MEMORIAL BIBLE STUDY

Every Saturday Morning, 9:00am or 10:05am – check the calendar

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

No FEE

COME PLAY MAH JONGG OR CANASTA

Monday evenings, 6:30pm – 9:00pm

Mah Jongg is a game that originated in China, usually played by four players. Using tiles instead of playing cards, players try to complete one of the combinations of suits and values shown on the Mah Jongg card. If you are new to Mah Jongg, contact the temple office for more information.

No FEE, JUST BRING YOUR OWN MAH JONGG CARD

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

No FEE

TABLE OF CONTENTS

Program Offerings	1 - 4
Special Shabbat Service Programs	4 - 5
Holiday Events	6
Youth Offerings	7

Social Action Programs	7 - 8
Brotherhood Events	9
Sisterhood Events	10
Bios	11 - 12

*CLASSES ARE SUBJECT TO CHANGE. PLEASE CHECK OUR WEBSITE FOR UPDATES.

CONTINUED...

PROGRAM OFFERINGS* continued

ARE YOU READY YET? THE HIGH HOLY DAYS ARE COMING...

4-session class to prepare for the Days of Awe

Co-facilitated by Moira Morrissey and Betsy Stone

Thursday evenings, 7:00pm – 8:30pm

The month of Elul precedes the High Holy Days and is a time for introspection and self-study. We are told to engage in *Heshbon ha nefesh* – the accounting of the soul. Who have we been over the past year? How did we push ourselves? Where did we fail? What can we be proud of?

Each session will have a different focus and can be taken separately. The topics are:

September 5: What is change? What impedes change? What inspires change?

September 12: Is there a relationship between prayer and change? What is the meaning and purpose of prayer? Does prayer matter?

September 19: What is an apology? How do we make peace with others? In this class, we will look at the *Avinu Malkeinu* and how it changes over the course of the Holy Days.

September 26: What are your strengths? How might you celebrate what and who you are, rather than what you are not?

No FEE

YOM KIPPUR AFTERNOON PROGRAM: AS A DRIVEN LEAF

Led by Dr. Judith Katz

Wednesday, October 9, 2:00pm

Building on Rabbi TelRav's morning sermon, you are invited to participate in a group forum during which we will discuss the themes and implications that have emerged for you from this classic Jewish text – *As a Driven Leaf*. You will hear from facilitators about their own relationship to the characters, their identification with the challenges of belief and how they have each reconciled it for themselves. There will be time for you to share your thoughts and reactions to the sermon's message as well as any other ideas it brought to mind.

CALLING ALL COUCH POTATOES: NETFLIX ORIGINAL SERIES – *SHTISEL*

Viewing and group discussion led by Rabbi Jay TelRav

Wednesday mornings, 10:30am beginning October 23

Perhaps you're hearing about it for the first time now or maybe you've already binge-watched the entire series but we're going to share in the joy that is the Netflix Original Series – *Shtisel*. Television-length episodes follow the lives of an extended family in the most religiously observant neighborhoods of Jerusalem. Along with great writing, acting and drama, it provides a stunningly accurate glimpse into the world of the ultra-Orthodox that the rest of us rarely get and will be good fodder for discussion about the various ways a Jewish family can express its religious needs. Bring coffee or tea; we'll bring popcorn and snacks.

No FEE

INTRO TO JUDAISM

Taught by Cantor Micah Morgovsky and Rabbi Jay TelRav

Wednesday evenings, 6:30pm – 8:00pm

October 23, 30; November 6, 13, 20; December 4, 18; January 8, 15; February 5, 12, 26; March 11, 18, 25; April 15, 22; May 6, 13

Saturday, May 16, time: TBD

Considering choosing Judaism? Perhaps you are new to the faith? Jewish, but want to refresh your memory and dive deeper into our rich traditions? Then *Intro to Judaism* is the perfect class for you. Together we'll explore our history, and learn about Torah and our holy books. We'll take a look at synagogue life and the structure of the prayer services. We'll spend time learning about the Jewish holidays and Jewish life cycle events. Plus, there will be sessions on current events, Israel, and even time to "ask the rabbi and cantor." The class will culminate with a celebratory Havdalah experience. Please contact Cantor Micah (cantormicah@templesinaistamford.org) with any questions.

FEE: \$180 MEMBERS, \$360 NON-MEMBERS.

INTERESTED IN MUSSAR?

Led by Moira Morrissey and Betsy Stone

Selichot, Saturday evening, September 21, 7:00pm – Intro session

Yom Kippur Afternoon, October 9, 2:00pm – Intro session

Sundays Mornings 10:00am – 11:00am, October 20; November 3, 17; December 8; January 12, 26; February 2; March 15, 29; April 19, May 17

Mussar is a process of ongoing self-study, looking at our strengths and character traits. It is a yearlong commitment to a group of dedicated and thoughtful questioning. Please contact Betsy Stone (betsy951@gmail.com) or Moira Morrissey (moiraimelda@gmail.com) for questions or more information.

WOMEN'S GAMING & CRAFTING RETREAT

Friday, October 11 – Sunday, October 13

Honor's Haven Resort & Spa, 1195 Arrowhead Road, Ellenville, NY 12428

Do you enjoy playing cards or games? Love to knit, draw, or do other crafts? Have you always wanted to learn? Do you enjoy a relaxing weekend away with friends? Like to have fun? If you answered yes to any of these questions, then this retreat is for you! Double occupancy room for both nights, all meals from Friday evening through Sunday afternoon, Mah Jongg and Canasta sessions, knitting and Zentangle, a group social action project, Shabbat and Havdalah celebrations. Reservations on a first-come, first-served basis. Contact Liz Levy (lizlevy@aol.com) with any questions.

FEE: \$359 PER PERSON FOR TEMPLE MEMBERS, \$379 PER PERSON FOR NON-MEMBERS.

*CLASSES ARE SUBJECT TO CHANGE.

CONTINUED...



PROGRAM OFFERINGS* continued

JEWISH FILM FESTIVAL OF FAIRFIELD COUNTY

(Sponsored by Temple Sinai)

Sunday, October 27, 1:30pm at UConn Stamford, 1 University Place

King Bibi, Directed by Dan Shadur, Israel, Documentary, 87 minutes

English/Hebrew with English subtitles

King Bibi explores Benjamin Netanyahu's rise to power, relying solely on archival footage of his media performances over the years from his days as a popular guest expert on American TV, through his public confession of adultery, and his mastery of the art of social media. From one studio to another, "Bibi" evolved from Israel's great political hope to a controversial figure whom some perceive as Israel's savior and others as a cynical politician who will stop at nothing to retain his power.

A sponsored discussion with an expert from American Jewish Committee (AJC) Westchester/Fairfield will follow.

FEE: \$15 FOR MOVIE ONLY (CONTACT THE TEMPLE OFFICE – THERE ARE A LIMITED NUMBER OF COMPLIMENTARY MOVIE PASSES AVAILABLE).

A THREE-PART FILM SERIES FOCUSING ON ANTI-SEMITISM IN AMERICAN FILM AND AMERICAN SOCIETY

Taught by Judy Kuper Jaffe

Session One

Thursday, November 14, 6:30pm – 9:30pm

Movie: *Gentleman's Agreement*

This film illustrates the kind of quiet anti-Semitism that was an anathema to a country that had just returned from a war against the Nazis and had not yet seen the establishment of the modern State of Israel. Does it still exist today? *Gentleman's Agreement* tells the story about journalist Phil Green (Gregory Peck) who takes on a high-profile magazine assignment about anti-Semitism. This 1947 Oscar winner demonstrates attitudes and mores of the post-World War II era in both NYC and our backyard of New Canaan and Darien. Join us for the movie, refreshments and discussion.

No FEE

Session Two

Thursday, November 21, 6:30pm – 9:30pm

Movie: *School Ties*

Like *Gentleman's Agreement*, *School Ties* (1992) is an earnest drama about prejudice and cultural pride, as David Greene (Brendan Fraser) feels pressure to hide the fact that he is Jewish from his classmates and teachers, fearing that they may be anti-Semitic, in the 1950s. Join us for the movie, refreshments and discussion.

No FEE

Session Three

Thursday, December 5, 6:30pm – 9:30pm

Movie: *Driving Miss Daisy*

Based on true events in 1948, *Driving Miss Daisy* (1989) explores racism and anti-Semitism in the South. Miss Daisy (Jessica Tandy) is a Jewish widow who lives alone in Atlanta, Georgia. After her 40-year-old son Boolie (Dan Aykroyd) decides she is no longer able to drive, he hires Hoke Colburn (Morgan Freeman), an African American chauffeur. Were racism and anti-Semitism in the South so different and distinct? Join us for the movie, refreshments and discussion.

No FEE

IS IT ONLY A WINTER DILEMMA?

Taught by Judy Kuper Jaffe

Thursday, December 12, 6:30pm

A parent/caregiver discussion about Chanukah and other Jewish holidays. How do we respond to our children's questions? How do we start the conversation? How do we respond as our children wrestle with things they may hear from their classmates and friends? How do we make our holidays meaningful, engaging and relevant? Let's discuss how to provide tools to give our children confidence in their Judaism and identify.

No FEE

CANTOR'S CONCERT

Sunday, December 15, Cocktail Reception at 4:30pm; Concert at 5:30pm

Join Cantor Micah and friends at the 12th annual Cantor's Concert. Together we'll enjoy a festive evening of music, while supporting Temple Sinai's rich 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.

DINNER AND A MOVIE

Sunday afternoon, January 26, Time: TBA

Thursday afternoon, June 25, Time: TBA

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

PREPARING FOR SHABBAT SHIRA: A STUDY OF THE BIBLICAL PORTRAITS OF MOSES, AARON AND MIRIAM

Facilitated by Moira Morrissey and Judy Kuper Jaffe

Thursday evenings, January 30, February 6, 6:30pm

Let's gain a deeper understanding of our Exodus heroes: Miriam, Moses and Aaron by discussing their characters and motives based on traditional Jewish sources and modern explorations. We will also look at how these figures of mystery, passion and contradiction have been portrayed in literature and art.

CONTINUED...

PROGRAM OFFERINGS* continued

AMERICAN JEWS AND THE CIVIL WAR; HOW DO WE RECONCILE OUR PAST TO GUIDE OUR FUTURE?

Prepared, in part, by the National Museum of American Jewish History (NMAJH) and taught by Judy Kuper Jaffe

Thursday, February 6, 6:30pm

Slavery is an experience etched into our collective Jewish memory and chronicled in the Torah. Shocking as it may seem to us today, the debate over slavery split the Jewish community during the Civil War - separating friends and dividing families.

How do we begin to explain why Jews owned enslaved Africans? How can we understand how Jews supported and fought for the Confederacy? What does it mean when people in a community make choices that seem to be against that community's values? What if those choices are not just unethical but possibly evil? In our own times, we have seen countless examples of segregation or persecution of minority populations, both in the United States and worldwide.

Let's explore how we might reconcile wrongdoings in our national past, using as an example Jewish support of the Confederacy. Texts from different perspectives and time periods offer varying responses to these uncomfortable historical realities: developing a strong moral code, empathizing with past actors, moving on from painful experiences, and teaching about difficult histories help us understand our present and guide our future.

COOK & KIBBITZ WITH AMANDA SHERMAN & ANTHONY STARK

Saturday evenings, 5:00pm

January 25: Mexican Cuisine

March 14: Homemade Ravioli

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.

ZENTANGLE

Taught by Cantor Micah Morgovsky

Wednesday evenings, 6:00pm – 7:30pm, February 5, 12, 26; April 15, 22; May 6

Zentangle is an easy-to-learn, meditative art form. It is a relaxing and fun way to create beautiful images by drawing structured patterns. A regular Zentangle practice increases focus and creativity and provides artistic satisfaction, along with an increased sense of personal well-being. Join Cantor Micah Morgovsky in an exploration of this beautiful, artistic, mindfulness practice. Zentangle can be enjoyed by everyone, regardless of skill, experience, or artistic training. These six classes are suitable for beginner and experienced tangles alike – we'll continue to incorporate Zentangle basics while exploring new Zentangle patterns and techniques.

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

TEMPLE SINAI WOMEN'S RETREAT

Friday, March 20 – Sunday, March 22

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).

MYSTICISM

Taught by Rabbi Jay TelRav

April 20, 27; May 4, 11, 6:15pm – 7:30pm

Merkavah, Kabbalah, Chasidism, Renewal and more. Maybe you've heard of the Jewish forms of mystical exploration or maybe you're just hearing their names for the first time. If you'd like to know more, join us for a trip through the history of the Jewish mystics. In addition to the history lesson, there will be practical exercises which may leave you with tools and techniques to go deeper into your own spiritual practice. No experience or prior knowledge required.

FEE: \$18 PER SESSION OR \$36 FOR NON-MEMBERS.

SPECIAL SHABBAT SERVICE PROGRAMS

TOT SHABBAT

Friday evenings at 5:00pm

September 6, November 1, December 6, January 3, February 7, March 6, April 3, May 1

Join us for dancing, singing, praying and playing at our Tot Shabbat celebrations. Age appropriate (birth to seven) services and Jewish-themed play are led by Rabbi TelRav and Cantor Morgovsky. 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.

AVODAT HALEV – SERVICE OF THE HEART

Saturday mornings at 9:00am: September 7, October 5, November 2, December 7, January 4, February 1, March 7, April 4, May 2, June 6, July 4, August 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.

CONTINUED...



SPECIAL SHABBAT SERVICE PROGRAMS continued

FIRST FRIDAYS

Friday evenings. Pre-Neg at 5:30pm, Services at 6:00pm

September 6, November 1, December 6*, January 3, February 7, March 6, April 3, May 1

"Oneg" in Hebrew means "enjoyment" and usually refers to the sweets and fellowship that we enjoy after a worship service. We have added an early service once a month for families with kids and others who do not want to be out late into the evening. We recognize the challenge this creates for dinner, so we'll give you a little nosh at our Pre-Neg to hold you over until after the service.

This year, we're going to continue these popular early and family-friendly 6:00pm services on the first Friday of each month. We will begin with a 5:30pm "Pre-Neg" before the service. While this term is not, technically, any sort of actual Hebrew, you still get the idea. It is a chance to take the edge off our appetite with some crudités, wine, cheese, and conversation before we start our service. We hope attendees will also decide to have some dinner together after the service. As with our Oneg, these Pre-Negs are available to sponsor. Please contact the Temple office at (203) 322-1649 for more information.

*On December 6, we will celebrate "Nonukah!" Though it falls before the holiday, this will be the chance for Temple Sinai to celebrate the Festival of Lights with a non-Chanukah celebration. Bring your *chanukiot* (menorahs) and we'll light them up together.

RUACH SERVICES

Friday evenings at 7:30pm: September 20, October 18, November 15, December 20, January 17, February 21, March 20, April 17, May 15
Ruach Concert: Saturday, June 20

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

SERVICES WITH KOLOT SINAI

Kol Nidre, Tuesday, October 8, 7:30pm
N'ilah, Wednesday, October 9, 5:30pm (approx.)
Shabbat MLK Service, Friday, January 17, 7:30pm
Sisterhood Shabbat Service, Friday, May 8, 7:30pm

Kolot Sinai, the Voices of Sinai, is Temple Sinai's adult volunteer choir. Under the direction of Zachary Kampler, this group participates in four services throughout the year. They bring a wide variety of Jewish choral music to our services and infuse our worship with tremendous spirit and joy. The group rehearses on designated Saturday afternoons leading up to each service. No audition or experience is required. For more information about joining this wonderful singing group, please contact Cantor Morgovsky (cantormichah@templesinaistamford.org).

SHABBAT MLK WITH RUACH AND KOLOT SINAI

Friday, January 17, 7:30pm

Join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. through song, prayer and reflection. His teachings remain a beacon of hope to all and serve as constant reminders that there is still so much work left to do. Together, *Ruach* and Kolot Sinai will enhance our service with songs of equality, justice and love in honor of this great man.

SHABBAT SHIRAH

Friday, February 7, 6:00pm

Please join us for a unique Friday evening service. We'll read the biblical poem, the *Song of the Sea*, from the Torah, and hear the familiar words of *Mi Chamocha* as we celebrate our exodus from Egypt with rejoicing and music. Join Cantor Morgovsky, RuJu and select students from our religious school, as we raise our voices in song and re-enact the parting of the Red Sea.

WEEKEND WITH ELANA ARIAN

April 24 – 26

See back cover for more information.

SISTERHOOD SHABBAT

Friday, May 8, 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.

JOIN US FOR RUACH...IN CONCERT!

Saturday, June 20, Time: TBD

Join us for a rockin' good time at our fourth 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 2020 – OUTDOOR SERVICES ON THE BACK LAWN OF TEMPLE SINAI (WEATHER PERMITTING)

June 19, July 17, August 21

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

5:00pm: Tot Shabbat service for families with young children.

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 and some sweets to share with the people around you. We'll bring the bug repellent!

CONTINUED...



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

For more information, contact Judy Kuper Jaffe at morahjudy@templesinaistamford.org
And to sign up, contact Shelly Welfeld at shelly@templesinaistamford.org

HOLIDAY EVENTS

SIMCHAT TORAH & CONSECRATION SERVICE

Sunday, October 20

Service at 6:00pm

This evening, we will celebrate all the newest additions to our congregation's community of learners. Students from kindergarten on up will receive their certificates, Torahs and sweets and we all remember how sweet it was to start learning Torah. Then, together, we complete the cycle of annual Torah readings, unroll the WHOLE scroll around the social hall and start over again with the words of Creation. There will be plenty of dancing and make your own ice cream sundaes, as we celebrate our most precious possession – our new students. All are warmly welcomed.

No FEE

NONUKKAH!

Friday, December 6, 6:00pm

We know, it's not Chanukah, but it's our best shot at getting everyone together to celebrate before the winter break! So, bring your menorah, because everyone else will, too. 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 menorahs, bring them all – we'll bring the fire extinguisher, just in case! This service will be preceded by a 5:30pm "pre-neg" (with latkes and jelly donuts), followed by our 6:00pm service featuring RuJu, our outstanding youth choir.

5780 TU B'SHVAT SEDER

Sunday, February 9, 11:00am

Stay tuned for more information about this morning's program. We are busy at work innovating again. In recent years, we've enjoyed wine, cheese and chocolate seders, building our own terraria or crafting center pieces with natural edible materials. We've got our work cut out for us again this year in developing a program to make new memories as we connect with ancient traditions.

FEE: \$18

PURIM – TWICE THE MEGILLAH, TWICE THE FUN

Sunday, March 8, 10:30am

A fun-filled morning, complete with music, snacks, 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 the prizes for all 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 9, 7:30pm

This Megillah reading will be geared toward the adults of our community. Kids are welcome but the material will not be edited for content! The drinks will flow freely (both "hi-test" and "unleaded") as we revel in the hilarity and the tradition of telling our story. There may not be many chronologically young ones with us that evening but we'll come in costume and connect with the child within.

MISHLOACH MANOT

Purim, 5780 – 2020

This year, Purim will begin on the evening of Wednesday, March 8. 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.

CONGREGATIONAL SECOND NIGHT SEDER

Thursday, April 9, 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

CONTINUED...



YOUTH OFFERINGS

SCHIFF TICHON SINAI/CONFIRMATION: A PROGRAM FOR POST B'NAI MITZVAH STUDENTS (BAR/BAT MITZVAH THROUGH 10TH GRADE)

Led by Rabbi TelRav

Sunday mornings (11:30am – 12:45pm): Sept. 22; Oct. 6, 20; Nov. 3, 17;

Dec. 8; January 5, 26; Feb. 2; March 1, 15, 29; April 19, 26

Saturday, May 9, 4:30pm, Havdalah and BBQ at Rabbi Jay's home

Friday May 29, 7:30pm, Shavuot/Confirmation Service

The Schiff Tichon Sinai Program allows 7th through 10th grade teens to experience joy in Jewish learning, pride in being Jewish, and a commitment to participation in Jewish life. When our teens are 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 10th graders marking the milestone in a Confirmation Ceremony.

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

Once again, 7th grade students who are post B'nai Mitzvah are invited to join the Schiff Tichon Sinai Confirmation classes.

FEE: 7TH GRADE: INCLUDED IN REGULAR RELIGIOUS SCHOOL TUITION;

8TH – 10TH GRADERS: \$500.

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

RuJu is our children's musical ensemble for religious school students in kindergarten through 5th 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) for more information.

MADRICHIM & MITS (MADRICHIM IN TRAINING), AN UPDATED PROGRAM FOR TEACHING ASSISTANTS

Temple Sinai invites 8th through 12th 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. Graduates of our Schiff Tichon Sinai/Confirmation program are eligible to work as madrichim. Everyone else is welcome to volunteer as Madrichim in Training or MITs.

Madrich/male, madrichah/female, madrichim/plural all mean guide or counselor in Hebrew. As a madrich/ah or MIT, you are not a student. Younger religious school students will look up to you as a dugmah/role model. Our MIT's assist teachers in the classroom, while madrichim have additional responsibility and are encouraged to plan and teach mini-lessons. There will be periodic madrichim/MIT meetings throughout the year to help develop and sharpen leadership skills.

At Temple Sinai, MIT's are volunteer positions, while madrichim (graduates of our Confirmation program) are paid.

Students interested in finding out more about these opportunities should contact Morah Judy Jaffe (morahjudy@templesinaistamford.org) to arrange for an interview.

SENIOR YOUTH GROUP: SOSTY — SINAI OF STAMFORD TEMPLE YOUTH

Led by Erica Quamily, Youth Director

SoSTY is Temple Sinai's senior youth group for students in grades 8th through 12th. 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 regional events!) SoSTY, a chapter of NFTY-NAR, New York Area Region of NFTY (National Federation of Temple Youth), is open to all Temple Sinai teens and their friends (including those who are not temple members).

SoSTY MEMBERSHIP FEE: \$36 PER YEAR.

SOCIAL ACTION PROGRAMS

SHABBAT BAGS FROM THE CARING COMMITTEE

Being in the hospital is no fun – having to spend Shabbat there is even worse. Temple Sinai creates bags containing challah, grape juice and greetings and delivers them with a smile and a "Shabbat Shalom" to members of the Jewish community who are admitted to Stamford Hospital. If you have a little time to help us assemble the bags or deliver them on a Friday afternoon, email Lee Ann Heller (lalalyons90@gmail.com) for more information.

SANDWICH MAKING

First Monday of every month at 4:30pm

Once a month committed individuals gather to prepare a few hundred sandwiches to deliver to local soup kitchens and food pantries. For more information, contact the temple office.

CONTINUED...

SOCIAL ACTION PROGRAMS continued

FEED THE HUNGRY

First Thursday of every month

This group of members has been quietly cooking and serving an entire meal for the hungry at the New Covenant Center once a month for many years. They receive no great public praise for their hard work but their efforts are important and appreciated. If you're interested in supporting their work by volunteering or donating to The New Covenant Center in Stamford, please contact Marc Bennett (benmarc@gmail.com).

INSPIRICA DINNERS

2nd Sunday of every month, 5:30pm – 7:00pm

For more than 20 years, Temple Sinai has provided and served dinner to the women at Inspirica's women's shelter in Stamford on the second Sunday of the month. The menu is emailed to all the volunteers and each person chooses their contribution.

A lovely meal is served for about 25 women. The women at the shelter always get excited when they see us – they say we make the best food. (We take great pride in our meals!)

Join us! The roster is flexible, and you can participate as frequently or infrequently as you wish. You can bring your child with you for a great lesson in serving our community. On the way home, you will experience that elated feeling of having done a mitzvah and will have enjoyed sharing the experience with other devoted Sinai volunteers! Please contact Sally Kelman (skelmanpru@aol.com) or Connie Elkinson (conelk22@yahoo.com).

LASAGNAS WITH LOVE

Schedule for lasagna making on Sundays:

October 6: 6th Grade

November 17: 7th Grade

December 15: Chanukah Chooch (all classes will participate)

January 12: 5th Grade

February 23: 4th Grade

March 15: 3rd Grade

Temple Sinai religious school students will continue making lasagnas one Sunday each month for distribution by Schoke Jewish Family Service. Each student will be asked to bring in specific food item on their grade's assigned Sunday and we will provide the rest. Classes work together to prepare lasagnas "made with love." Any adults interested in participating and/or supervising on any of the dates above, please contact Morah Judy Jaffe (morahjudy@templesinaistamford.org).

BUILDINGONE COMMUNITY (B1C)

Saturday, October 12, 2:00pm – 6:00pm

Temple Sinai will sponsor a beautiful afternoon for clients at BuildingOne Community* (B1C) – a center for immigrant opportunities. Our volunteers will host a craft and movie (with refreshments and snacks). Our community will watch the movie with B1C's clients, providing us with a wonderful opportunity to forge new relationships with other communities, and assist with clean up. For more information, please contact Lisa Silver (lmsilver@gmail.com).

*In 2011, B1C opened its doors to become a welcoming point of entry for newcomers from all parts of the world. B1C was created for immigrants who relied on a patchwork of services in a system that didn't fully understand their needs – and for those who went without any help at all. Since then, thousands of Stamford-area immigrants and non-immigrants have come together to build a center for immigrant opportunities.

BOB SCHECHTER MEMORIAL PANCAKE BREAKFAST

Sunday, February 2, 8:45am – 10:30am

Everyone is welcome to join us at Temple Sinai's 24th Annual Sixth Grade Pancake Breakfast, affectionately renamed in memory of Bob Schechter. Kids and adults come to Temple Sinai and have a great hot breakfast including pancakes, muffins and coffee. Still only \$5.00 per person. Reservations are not required. Donations and money earned this year will be directed to a charity chosen by the Sixth-Grade class and to Green Chimneys School*, a cause close to Bob's heart.

We continue the annual Pancake Breakfast tradition in Bob's memory to honor his commitment to teaching our children about social action and healing the world.

*Green Chimneys School, in Brewster, NY, is recognized as the worldwide leader in assisting children with emotional, behavioral and social challenges utilizing unique nature-based and animal-assisted activities. Green Chimneys also actively rehabilitates injured wildlife and birds of prey. (www.greenchimneys.org)

CHRISTMAS DINNER

Wednesday, 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).

MITZVAH DAY

Sunday, May 3

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 Gloria Skigen (skigeng@outlook.com) and Gail Karlitz (gkarlitz1@gmail.com).

CONTINUED...



BROTHERHOOD EVENTS

SUKKAH RAISING

Sunday, September 29, 9:00am (*Rain date: October 6, 2019*)

Brotherhood members construct the temple sukkah each year under the able supervision of Allan Paull, VP of the firm that built the skyscraper at the 9/11 site.

BREAKFAST MEETINGS

Sunday mornings, 9:30am: September 22, January 5, February 2, March 1, 29

Breakfast meetings just to get together, enjoy bagels and lox and all the fixin's, kibbitz and conduct a brief meeting.

USHERING DURING HIGH HOLY DAY SERVICES

Members of the Brotherhood assist all worshipers to their seats during the various services for Rosh Hashanah and Yom Kippur.

KIDDUSH AT ROSH HASHANAH MORNING SERVICE

The Kiddush, at the conclusion of the Rosh Hashanah morning service, is provided and prepared by the Brotherhood.

SMOKIN' BBQ

Sunday September 15, 11:00am

Brotherhood welcomes everyone to celebrate the end of summer vacation and the beginning of the religious school year. Join us as our able chefs prepare and serve a feast of BBQ favorites to the entire Temple Sinai community.

POLITICAL BRUNCH

Sunday, October 27, 9:30am

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

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. A bagel and shmear brunch is always included.

FOOTBALL MEETING

November 11 and December 1, Time TBD

Join Brotherhood during 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 games.

MITZVAH DAY

Sunday, May 3

Members of the Brotherhood participate in a number of activities geared to help the community and the Temple. In recognition of the generous efforts put in by everyone that day, the Brotherhood sponsors and creates a delicious BBQ meal for all to enjoy.

TEMPLE SINAI ANNUAL MEETING BREAKFAST

Sunday, June 14

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

YEAR-END SPRING 2020 BBQ

Sunday, June 7

Social gathering at the home of a Brotherhood member where relaxation, food and beverages are served along with an enormous amount of camaraderie.

SUMMER 2020 DINNER

Wednesday, August 19

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 contact Marc Bennett (bennmarc@gmail.com) or Mike Himmelstein (michael@himmelstein.com).

CONTINUED...

SISTERHOOD EVENTS

SISTERHOOD RUGELACH MAKING WORKSHOP

Sunday, October 6, 11:00am

The word rugelach is believed to be derived from the Yiddish word meaning "little corners," "little twists," or possibly "royal." Rugelach have existed since at least the 18th century. Whatever the true origin or inspiration for rugelach, it is clear that the Ashkenazic Jews, and their utilization of rugelach for many Jewish holidays, has disseminated this tasty cookie to the world. Presumably, the first recipes for a rugelach pastry were introduced to America by immigrants from Hungary, Russia, Poland, Yugoslavia and other neighboring countries. Join Sisterhood for this hands-on workshop where we will learn how to make the flakey dough and experiment with delicious fillings.

LATKAPALOOZA

Sunday, December 8, 11:00am

Bring your appetite and try delicious latkes made by our Temple Sinai members. Sample the secret recipes for a variety of latkes from traditional potato to vegetable latkes and more. All proceeds go to Temple Sinai Education Programs.

FAMILY GAME NIGHT & PIZZA PARTY

Sunday, March 8, 5:00pm

Come out and play! Scrabble, Monopoly, Candy Land, Trivial Pursuit and others. Come for dinner and join in your family's favorite games. Dinner will be served.

FEE: \$25 PER FAMILY.

SISTERHOOD SHABBAT SERVICE

Friday, May 8, 7:30pm

This creative worship service, prepared and led by members of the Temple Sinai Sisterhood, features 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.

SISTERHOOD GIFT SHOP

Sisterhood is pleased to have our new display case in the atrium to display some of the beautiful items that are offered in the gift shop. We carry candles for all occasions, including beeswax candles, Mah Jongg soap and other items for the Mah Jongg player, greeting cards for all occasions, honey and honey bowls.

Sisterhood can help you with Bar and Bat Mitzvah needs like kippahs and bima baskets as well as a variety of gifts for the holidays and the home. For special order of tallits or other Judaica items, please contact either Michele Haiken (haikenfink2000@optonline.net) or Irma Paull (lipaull@optonline.net) who are happy to meet with you at your convenience to review our catalogs. If the store is closed, either Shelly or Jayne in the temple office can assist you with your purchases.

For more information about Temple Sinai Sisterhood, please contact Michele Haiken Fink (mhaiken89@gmail.com) or Sharon Pardo (sharonlynn819@gmail.com).

CONTINUED...



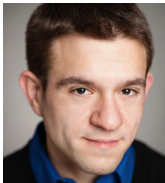
BIOS



Judy Kuper Jaffe

Before coming to Temple Sinai, Morah Judy worked in Jewish education for many years, serving as an Education Director and Director of Congregational Learning for three synagogues. Raised in Manhattan, she attended The Ramaz School and Syracuse University, earning a double degree in Mass Communications from the S.I. Newhouse School and history from the Maxwell School. After many years of teaching religious school, serving as a family educator and youth adviser, Jaffe returned to school and earned her MAT in Jewish Studies at Fairleigh Dickinson in July 2007 and was among the very first to be granted the Conservative Jewish Education (CJE).

As a member of the first cohort of HUC-JIR-JTS Leadership Institute Synagogue Congregational Educators, Morah Judy took her formal education up another notch. She also earned a certificate from the Center for Israel Education. Jaffe is married to her college sweetheart and boasts two amazing daughters, one incredible son-in-law, and two grandsons whom she adores.



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 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.

Dr. Judith Katz

Judith grew up in New York City and graduated from Queens College. She also received her Doctorate in Education from Teachers College, Columbia University. She taught at Roxbury School in Stamford. Judith has been married to Sheldon Katz for 60 wonderful years. They have two grown children, Kenneth and Deborah and four grandchildren. They have been members of Temple Sinai for 40 years.



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.

Cantor Morgovsky serves the Temple Sinai community by leading worship services alongside Rabbi TelRav and by teaching music and conducting learning services in the religious school. She tutors B'nai Mitzvah students, teaches adult education classes, and coordinates the temple's vibrant musical program, which includes Kolot Sinai (our volunteer choir), RUJU (our religious school youth choir) and *Ruach* (our beloved musical ensemble), all of which are featured on the Songs of Sinai CD, available in the temple office.

Cantor Morgovsky 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 Riverdale, NY with her husband, Benjamin Spratt, a 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. She is currently the CEO of Four Winds. Moira is a Temple Sinai congregant and lives in Pound Ridge with her husband Mark Slivka. They have 3 adult children.

BIOS continued



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. And 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 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 works full time at the Union for Reform Judaism as the Program Manager for Learning and Innovation and Participate Care Coordinator for Mitzvah Corps. Erica lives in Norwalk with her husband Robert with their daughter Parker.



Dr. Betsy S. Stone

Betsy is a retired psychologist who currently teaches as an adjunct lecturer at HUC-JIR. Her classes include Human Development for Educators, Adolescent Development and Teens In and Out of Crisis. As part of Temple Sinai's Religious School, Betsy teaches Shabbat School, a monthly, text-base class 6th & 7th

graders and their parents.

Betsy also teaches webinars and seminars on topics ranging from a series of national webinars on "13 Reasons Why" to adolescent spirituality to teen brains and stress. She is an engaging speaker whose passion for the lives of teens and their parents has brought her invitations to teach all over the United States. She has worked with the Jewish Education Project on multiple webinars and live teaching opportunities, including trips to Broadway shows, character strengths and bullying.



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.

