

# TEMPLE SINAI



HIGH HOLY DAYS AT HOME

Friends:

When we gathered in the synagogue for Rosh Hashanah and Yom Kippur last year, none of us could have imagined what the High Holy Days would look like one year later.

What will Rosh Hashanah and Yom Kippur be like when we can't physically be together? Can the majesty of these days, the stirring melodies and emotional charge which they deliver, be felt over the internet? Can they be experienced on a screen?

Yes, they can.

We have devoted a great deal of time, effort and energy towards creating High Holy Day services and programming which we hope you will find meaningful and engaging, in which we hope you will enjoy taking part. We have structured each day of these holidays recognizing that no one wants to sit in front of a computer or a television screen, no one is prepared to focus on a tablet or a cell phone, for hours on end. The services have been broken up into segments no longer than an hour-and-a-half in length. Each unit will feature the participation of the rabbis, Cantor Saralee, and members of the congregation. Watch and listen carefully and you will see faces and hear voices representing many parts of our congregation.

Without question, coming to the synagogue has the advantage of allowing you to enter a space prepared for the purpose of worship. Sitting at home, with a myriad of distractions, will undoubtedly make feeling "prayerful" more challenging.

With that in mind, we suggest the following:

1. Before you sit down in the chair or on the sofa which will become your pew for the service, consider leaving your house for a few moments and re-entering so as to feel that you are coming into a new space. And be grateful that you didn't have a long walk from the parking lot to your seat, especially if the weather's not great.
2. Have your machzor (High Holy Day prayer book) ready and waiting for you when you arrive in your prayer space. If you have to search for it, you may come to the service already feeling distressed....even before hearing the rabbi's sermon.
3. In whatever room you will be praying, determine in which direction you will need to face when it is time to face eastward. That is the direction of Jerusalem and, therefore, the direction we face for certain prayers (*Barchu, the Amidah, Aleinu*). Because the earth is round, you could also face westward, but it would then take much longer for your prayers to reach Jerusalem which is why no one in the U.S. does that, not even Jews on the West coast.
4. On whatever device you are using to access the service, turn off the feature that allows messages to pop-up or notifications of emails or texts to appear on your screen. You'll have plenty of time to check Facebook and your Instagram account after services. And trust us....if you miss one sale item at Bloomingdale's or a Wawa give-away, you will survive.
5. If you should happen to lose interest in a portion of the service, rather than check your emails or switch to a different channel, explore the machzor. There are interesting explanations and wonderful readings to be found in the margins of every page. And unlike the magazines that sit around your house for weeks and months, the machzor you will be returning to the synagogue the day after Yom Kippur, right? Right??? You aren't going to make us come to your house to retrieve it are you?!?

6. Introduce something beautiful to the area in which you will be praying (in addition to your spouse or you kids). In the synagogue, we decorate the bimah with fresh flowers. You would be surprised at what a difference a bouquet of colorful flowers will make to your mental and emotional state. And if you don't purchase flowers, at least make sure that the basket of laundry you intend to wash or fold later isn't in your line of sight. That will nag at you all service long.
7. At 10:30am on each of the 3 days of Rosh Hashanah and Yom Kippur, we are offering a special family service led by Rabbi Josh Warshawsky, Rich Recht and Shira Kline. These are three very talented musicians and both their High Holy Day music and their teaching will be inspirational. If you find yourself debating which option you should choose - the family service or the study/discussion with the clergy - try the family service for 15 minutes and then at 10:45am you can switch to the study option or stick with the song and prayer for all ages (and follow-up with the rabbis after the holiday to find out what they had to say).
8. Just as you would not sit in the synagogue sanctuary for a service eating a sandwich, we encourage you to not to be eating during the service (unless it is a medical necessity). The more things you do during the service that you wouldn't engage in if you were in the synagogue (e.g. eating a bowl of cereal, doing a crossword puzzle, sending an email, etc.) the more likely you are to feel disconnected from the service or miss something that you will wish you hadn't. One poorly timed GrubHub delivery and you could miss the whole point of the sermon. You wouldn't want that, would you?

**TWO IMPORTANT SERVICE ITEMS**

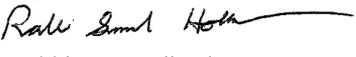
**Early portion of the morning service** - The morning service typically begins with *Birchot HaShachar* (the morning blessings) and *Pesukei D'Zimrah* (the introductory psalms) prior to the formal start of *Shacharit* (the morning service) with *Barchu*. However, everything prior to *Barchu* can be recited by an individual without the presence of a *minyan*. In an effort to condense the morning service into our shortened time-frame, we will begin the service on all three mornings with *Nishmat Kol Chai* (p. 67) just before *Barchu*. The earlier pieces of the service can be recited individually prior to 9:00am.

**Musaf Amidah** - When the service resumes at 11:30am with *Musaf*, Cantor Saralee will chant *Hineni* and then move directly into the repetition of the *Musaf Amidah*. Those who wish to recite the silent version of the *Amidah* prior to its repetition, are encouraged to recite it between 11:15-11:30am (which is why the study session with clergy will conclude at 11:15am).

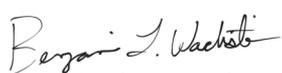
During services this year, we will pray for the recovery of those who suffer from the coronavirus and offer our prayers for comfort to those who have been bereaved because of this deadly virus. Let us also pray that a vaccine for Covid-19 will soon emerge and that we will in short-order be able to resume so many of the activities that we miss, gathering together in the synagogue among them. May this be a year of blessings, joy, fulfillment, love, good health and peace. And next Rosh Hashanah, may we be privileged to share unmasked smiles, handshakes and hugs inside the synagogue which awaits our return.

*L'shanah tovah tikateivnu - May you be inscribed for a good new year.*

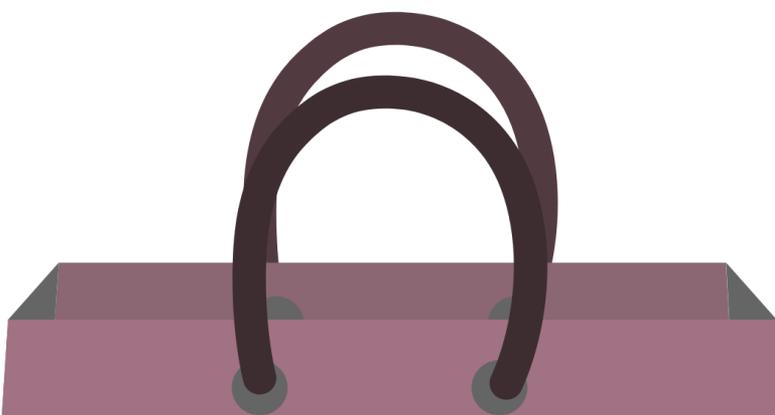
  
Rabbi Adam Wohlberg

  
Rabbi Sam Hollander

  
Jeffrey Goldstein, President

  
Ben Wachstein, Executive Director

# What's In My Goodie Bag?



- Apples & Honey for a sweet New Year
- Dissolvable Paper for *Tashlich*
- *Tashlich* How-To Guide
- Bag for collecting canned food
- Glow Sticks  
(YK Havdalah Parade at Home)
- *Yizkor* Book



# ZOOM ETIQUETTE

To ensure our Zoom only offerings run as smoothly as possible, we ask that you follow these guidelines

Please mute your device when entering the Zoom session. Make sure you remain muted unless you are invited to unmute. This is to ensure that the person leading the service/class can be heard.



You will find the mute button in the left hand corner. The microphone should have a red line over it when you are muted.

Periodically check to make sure you are muted when appropriate, such as during a silent Amidah. This is especially true when you are having a side conversation.

Try to find a particular place in your home that can be set aside for prayer, a special place where you can go. Think of it like going to shul. A place of peace and quiet. In good weather, that might even be outside. Be mindful of the view you are presenting to the congregation.



If you must eat, please turn off your video.

If you are appearing on screen during a Zoom session, please do not move your device around. Some people suffer from vertigo and no one wants to become motion sick while we are on screen. Please turn your video off if you must move around.



If you are in a room with someone else, please share a device. Using two devices near each other will cause audio echoes.



If the host mutes you, do not unmute yourself.

*Socially Distant  
Spiritually Close  
Journeying Together*



## TEMPLE SINAI HIGH HOLY DAYS 5781 Online Service Schedule

### **Erev Rosh HaShanah - Friday, September 18, 2020**

-  *Rosh Hashanah Seder* 6:00pm
-  *Kabbalat Shabbat & Ma'ariv Service* 6:30pm

### **1st Day Rosh HaShanah - Saturday, September 19, 2020**

-   *Shacharit and Torah Service* 9:00am
-  *Family Service* 10:30am
-  *Text Study & Learning with Clergy* 10:45am
-  *Teen Discussion* 10:30am
-   *Musaf and Sermon* 11:30am
-  *Religious School Meet-ups* 11:30am
-  *Ma'ariv Service* 7:30pm

### **2nd Day Rosh HaShanah - Sunday, September 20, 2020**

-   *Shacharit and Torah Service* 9:00am
-  *Family Service* 10:30am
-  *Text Study & Learning with Clergy* 10:45am
-   *Musaf and Sermon* 11:30am
-  *Ma'ariv Service* 7:30pm

### **Kol Nidrei - Sunday, September 27, 2020**

-   *Kol Nidrei and Ma'ariv* 6:00pm

### **Yom Kippur - Monday, September 28, 2020**

-   *Shacharit and Torah Service* 9:00am
-  *Family Service* 10:30am
-  *Teen Meet Up* 10:30am
-  *Text Study & Learning with Clergy* 10:45am
-   *Musaf* 11:30am
-  *Religious School Meet-ups* 11:30am
-   *Sermon and Yizkor* 1:00pm
-   *Mincha* 3:30pm
-   *Martyrology Service and Program* 4:45pm
-   *Ne'ilah Service* 6:00pm
-  *Ma'ariv Service* 7:00pm
-  *Havdalah (with Light Parade)* 7:20pm
-  *Final Shofar Blast* 7:27pm
-   *Livestream on website*  *Zoom*

To stream our live services or find our services on Zoom, please visit [www.tsinai.com](http://www.tsinai.com)

# IN-PERSON EXPERIENCES

## HIGH HOLIDAYS 5781



תורה • עבודה • גמילות חסדים

Temple Sinai

Learning • Serving • Caring

### September 13 (weather permitting)

4:30 – 5:30 pm – Community Shofar Blowing & Mahzor Pick Up

*\*Come pick up a Mahzor and High Holidays goodie bag to use for the holidays and hear the Shofar from the parking lot.*

### September 14-17

11:00 am – 3:00 pm – Goodie Bag and Mahzor Pick Up

*\*Come pick up a Mahzor and High Holidays goodie bag to use for the holidays from the synagogue office.*

### September 17

5:00 pm – Community Shofar Blowing and  
Sisterhood Fundraiser pickup

*\*Come hear the Shofar from the parking lot (weather permitting).*

### September 20 (weather permitting)

*\*4:00pm Preschool Gathering (Tashlich and Shofar Blowing – A registration link will be sent shortly.)*

*\*5:00–6:30pm – Tashlich and Shofar Blowing*

*(You will need to pre-register to meet in small groups to do Tashlich at the Temple Sinai Creek and hear the Shofar. A registration link will be sent shortly.)*

### September 21 (weather permitting)

5:00 pm – Tashlich

*(You will need to pre-register to meet in small groups to do Tashlich at the Temple Sinai Creek and hear the Shofar. A registration link will be sent shortly.)*

### September 22-25

In-Person Sanctuary Reflections (info coming soon)



# Rosh Hashanah Seder



**A Seder on Rosh Hashanah??  
Why is this Rosh Hashanah  
different from all other years??**

**Friday, September 18  
6:00pm**



Join Rabbi Hollander for a 20 minute family friendly Rosh Hashanah Seder. As a community we will welcome the new year together in our own homes with some familiar rituals and we will try some new ones too. To participate at home...



**For the Zoom link and to download the  
blessings, please visit  
[www.tsinai.com/hhd5781](http://www.tsinai.com/hhd5781)**

You will need the following items:

- Candles
- Grape juice or wine
- Apples and honey
- A new fruit (try something new that you haven't eaten in the past year)
- Round challah



Optional food items include:

- Dates
- A pomegranate (+ napkins!)
- Dates
- Carrot
- A fish head (or candy fish), or another symbolic "head" (like a head of lettuce)

You can have some or all of these items.

Feel free to make small dishes out of them rather than eating them plain!



# Yom Kippur Martyrology Service

When Anneliese Nossbaum<sup>ztl</sup> passed away in March, she had been a member of Temple Sinai for more than 50 years. A devoted member of our congregation, she sang in the choir and rarely missed a Shabbat morning service. Born in Germany in 1929, Anneliese was also a Holocaust survivor who endured the fear, the misery and the anguish of Auschwitz-Birkenau as a teenager. This past March, Anneliese returned to Auschwitz-Birkenau with members of her family for a ceremony marking the 75th anniversary of the camp's liberation. One can hardly imagine the horrors of being a prisoner in such a place, let alone returning to it years later.

But for Anneliese this was a trip she knew she must make with her children and grandchildren. On Yom Kippur afternoon, our Martyrology Service will feature Anneliese's children and grandchildren - Jeff, Jan, Mayah and Hannah Nossbaum - sharing their reflections of this momentous trip and their commitment to continuing Anneliese's legacy by sharing her story and ensuring that the atrocities of the Holocaust are not forgotten.



**Monday,  
September 28**

**4:45 PM**

Link available on  
[www.tsinai.com/hhd5781](http://www.tsinai.com/hhd5781)





# *Sukkot, Hosharah Rabah, Shemini Atzeret & Simchat Torah*

## **EREV SUKKOT**

{Friday, October 2}  
*Mincha/Ma'ariv* - 6:00 PM

## **SUKKOT - DAY 1 Shabbat and Sukkot**

{Saturday, October 3}  
*Tot Shabbat* - 9:30 AM  
*Shacharit* - 10:00 AM  
*Ma'ariv* - 7:30 PM

## **SUKKOT - DAY 2**

{Sunday, October 4}  
*Shacharit* - 10:00 AM  
Evening *Minyan* - 7:30 PM

## **SUKKOT - DAY 3**

{Monday, October 5}  
*Shacharit* - 8:00 AM  
Evening *Minyan* - 7:30 PM

## **SUKKOT - DAY 4**

{Tuesday, October 6}  
*Shacharit* - 8:00 AM  
Evening *Minyan* - 7:30 PM

## **SUKKOT - DAY 5**

{Wednesday, October 7}  
*Shacharit* - 8:00 AM  
Evening *Minyan* - 7:30 PM

## **SUKKOT - DAY 6**

{Thursday, October 8}  
*Shacharit* - 8:00 AM  
Evening *Minyan* - 6:30 PM

## **HOSHANAH RABAH/ EREV SHEMINI ATZERET**

{Friday, October 9}  
Morning *Minyan* - 8:00 AM  
*Kabbalat Shabbat & Ma'ariv* - 6:00 PM

## **SHEMINI ATZERET/ EREV SIMCHAT TORAH**

{Saturday, October 10}  
*Shacharit & Yizkor* - 9:30 AM

*Simchat Torah* for  
Preschoolers & Families - 6:15 PM  
*Ma'ariv/"Hakafot"* - 6:45 PM  
*Simchat Torah* Program for Adults - 7:15 PM

## **SIMCHAT TORAH**

{Sunday, October 11}  
*Shacharit* - 8:45 AM  
*Ma'ariv* - 7:00 PM

**Links and in-person  
options to be  
released soon!**



**Jewish Federation**  
of Greater Philadelphia  
Mitzvah Food Program



HIGH HOLY DAY FOOD DRIVE

**CAN**

**You Help?**

Nourish families in need by participating in the High Holiday Food Drive.



**Over 11,000**  
**Jewish families**

in Philadelphia struggle  
with food insecurity.



**3,500**  
**families**

are fed by your donations.



**5 months**

of food pantry  
stock is supplied by  
this drive.

This year we will be collecting the following items:

-  **Kosher Canned Beans**
-  **Kosher Nut Butters**
-  **Kosher Canned Fish**

All food must be unopened and have a future expiration date.  
NO bulk or glass items, pasta, grains, cereal or crackers.

Please return the Jewish Federation bag  
prior to *Yom Kippur*.

# Adult Education

2020/2021

## WEEKLY OFFERINGS



### MONDAYS

#### **SCHOLAR ON YOUR SCREEN**

Take part in an online educational offering each Monday. Topics and presenters will vary from week-to-week.

### TUESDAYS

#### **CARING FOR YOURSELF & YOUR SOUL**

Join us online on Tuesdays for a variety of programs meant to engage your senses and nourish your soul.

#### **ADULT B'NOT TORAH CLASS 7:00 - 8:30PM, COHORT 1 VIA ZOOM**

An intimate all women's learning experience exploring various topics with Faith Rubin. Rabbi Joseph Telushkin's Jewish Literacy is our source book of choice.

The first cohort of this class is full. If you are interested in being part of the second cohort, please contact Shira Weissbach ([sweissbach@tsinai.com](mailto:sweissbach@tsinai.com))

### WEDNESDAYS

#### **EXPLORING OUR WORLD THROUGH A JEWISH LENS TAUGHT BY RABBI ADAM WOHLBERG 9:30 - 10:30AM**

Join Rabbi Wohlberg each week for a discussion of current events and trends that impact the Jewish world. Explore how Judaism and Jewish life, both here and abroad, are being influenced and shaped by internal debates and external forces. Together we will examine the successes and the challenges of today, and what the future holds for for the Jewish communities in America, in Israel and throughout the world.

### THURSDAYS

#### **"THE JOURNEY CONTINUES" TAUGHT BY FAITH RUBIN 11:30AM - 12:30PM**

This year our studies begin with the Book of Deuteronomy. The Israelites are assembled on the eastern shore of the Jordan river. It is here that Moshe reviews the events of the 40 year journey from Mount Sinai to the borders of the Promised Land. In this class we will focus on highlights from Deuteronomy as the Israelites learn what God expects from them as they settle in their ancestral homeland. We will be guided by the traditional commentators Rashi, Ibn Ezra, & Ramban as well as contemporary scholars Nahum Sarna and Robert Alter.

All readings are in English. Open to all levels. New students are always welcome!

#### **THURSDAY NIGHT LEARNING 7:00PM**

Every Thursday night we will offer an adult education opportunity. A presentation from an author in conjunction with the Jewish Book Council. The study of Jewish texts with faculty members of the Jewish Theological Seminary. An exploration of Israel today. Insights into an approaching holiday. These are but a sample of the topics and programs that will be offered. Thursday is sure to be a highlight of your week!





# Temple Sinai Sisterhood

## Membership Form

2020 - 2021

5781

We invite you to join  
the fun and friendship  
of Sisterhood this year.

We are planning wonderful  
social and educational programs on Zoom  
and would like to include your ideas, as well.

Please send me your suggestions -  
[petkunk@yahoo.com](mailto:petkunk@yahoo.com) or 215-643-1307

Karen Petkun

*Sisterhood President*

**Temple Sinai Sisterhood  
Membership Form 2020 - 2021**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Temple Sinai Member? \_\_\_\_\_

Please check below and include appropriate amount:

\_\_\_\_ \$40 Sisterhood Annual Membership *or*

\_\_\_\_ \$75 Goodwill Membership

Please mail this form and your check payable to *Temple Sinai Sisterhood* to:

Roz Romanoski, 1008 Pinetown Rd, Fort Washington, PA 19034



**Temple Sinai Men's Club** is an active segment of the synagogue which promotes philanthropic, spiritual and social activities for its members and the synagogue at large.

Open to all male synagogue members and fathers of pre-schoolers and religious school students, our organization hosts a variety of appealing events.

Our wonderfully-successful *Men in the Kitchen* (MITK) catering service is an on-going, in-house volunteer program which offers congregants a high-value and low-cost alternative to external caterers for their *simchas*.



## TEMPLE SINAI Men's Club

We engage the men of our congregation with fun social activities like Texas Hold'em Poker Tournaments, Sunday brunches, a softball team, local outings and many others. This year we will be holding our events on Zoom and when we are able, socially distanced.

For more information, please visit:

[www.tsinai.com/mens-club](http://www.tsinai.com/mens-club)

**Hazak** is the senior arm of the United Synagogue family. Its goal is to provide social, religious, and learning opportunities for Jewish men and women age 55+.

Some of the ways through which we are involved in the life of Temple Sinai:

- Maintaining the synagogue's library
- Presenting each *Bar/Bat Mitzvah* with a *tzedakah* box
- Participating in Pre-school and Camp Maccabee programs
- Volunteering in the community with *bikkur cholim*

Our meetings this year will be on Zoom until further notice with programs to increase knowledge and offer entertainment.

For more information, please contact Susan Bratt,  
[susankbratt@gmail.com](mailto:susankbratt@gmail.com) or Gail Weiss,  
[gweiss@contemporarytv1.mygbiz.com](mailto:gweiss@contemporarytv1.mygbiz.com),  
Hazak Co-Presidents



For a listing of all synagogue groups, please visit [www.tsinai.com](http://www.tsinai.com) and get involved today!

**All High Holy Day  
schedules and links  
can be found at  
[www.tsinai.com](http://www.tsinai.com)**

