

כ"ב באדר תש"פ March 18, 2020



## Hello Temple Sinai community!

I hope this finds you and your loved ones well, sequestered at home, and finding ways of making meaning of this new situation we are in. It is at once completely understandable and completely surreal, like suddenly being a character in the first hour of a scary Scifi film I liked until I was in it. Many of us have lived through quite a few major changes we never could have predicted; things that left our lives different than before. For me, those would include public school integration in Georgia, Watergate, AIDS, the internet, and now Covid 19. And that is not to include our recent political landscape. It is stressful and unnerving, but we must try and remind ourselves (*when we lie down and when we rise up*) that we humans are astonishingly adaptable and able to do beautiful things at difficult times. As Jews, we have been through revolutions, plagues, and upheavals, and while I would never want to minimize the suffering of those experiences, neither would I want to overlook the miraculous resilience of our community. Modern Judaism itself grows out of the devastation brought by Rome on our ancient homeland. Learning to adapt and thrive in new conditions is in our skill set as a people, so let's look for the parts of this experience that teach us something valuable or show us opportunities for the future.

As a rabbi, I see a great opportunity to reach out online to those who might not regularly join us. It is a chance for older or homebound people to connect, pray, and be part of community. We can learn how to have classes, committee meetings, and even Seders in ways that work, even as we look forward to getting back together in 3-D. At Temple Sinai, Stacie, Judy and I have been working very hard to transform religious school, religious services, classes and meetings to an online platform. I am very proud of how we have worked together to find ways of keeping our community active during this time of social distancing. I also set up a meeting with Vermont rabbis this morning and we will be sharing events they are doing so that we might connect across congregations as well as within them. I think we will look back at this as a time when we learned better how to make Temple Sinai and Judaism more accessible and flexible.

So here are the upcoming events we have planned for you. Please feel free to share the links with anyone who might like them, and I look forward to seeing you on Zoom. (*For those phoning into ZOOM, know that the numbers are always the same. However, you will need Meeting ID and Password. People using the URL will not need those.*)



**ZOOM EVENTS PHONE IN NUMBERS IF YOU AREN'T USING COMPUTER**

One tap mobile:  
 +19292056099,,336248337# US (New York)

Dial by your location  
 +1 929 205 6099 US (New York)  
 +1 253 215 8782 US  
 +1 301 715 8592 US  
 +1 346 248 7700 US (Houston)

Many of us have mixed feelings about the role of Facebook in our politics and society, but at this time, it is an excellent way for us to share information, and hear from you, so if you can, like us on Facebook, and respond to threads. Feel free to send Stacie suggestions of things for our page at this time where there is such a need for connection, conversation, inspiration and humor.

**CALMING, SPIRITUAL PRAYERS AND MEDITATIONS, AND A PLAYLIST OF CALMING JEWISH MUSIC** *AT END OF EMAIL.*

**FRIDAY NIGHT SERVICE VIDEO AND SERVICE TEXT** *AT END OF MAIL*

**UPCOMING TEMPLE SINAI EVENTS BY ZOOM** ↓↓↓

**Temple Sinai** *"You can't quarantine Judaism"* Online Events

Day	Date	Time	Description
Thu	3/19	3-6 Pm	<b>RELIGIOUS SCHOOL CLASSES</b> via ZOOM. This is on a class by class basis, which varies significantly by age and class. Your teacher should send you a link to the class if one is planned.
Fri	3/20	5:30 pm	<b>ZOOM TOT SHABBAT</b> with Saragail Benjamin. <a href="https://zoom.us/j/658727392?pwd=U1IUakZ5STRybElzd1FZSHkwTndyQT09">https://zoom.us/j/658727392?pwd=U1IUakZ5STRybElzd1FZSHkwTndyQT09</a>
Fri	3/20	6:30 pm	<b>ZOOM VIRTUAL SHABBAT SERVICE AND DISCUSSION</b> Join with others for an online check in about how we are doing, and discussion and readings to honor HIAS' Refugee Shabbat. Group worship and small group discussions.  <b>ZOOM:</b> <a href="https://zoom.us/j/166069802?pwd=bHk5cjJpME8ydm9zNS8zYVh6ZG4vUT09">https://zoom.us/j/166069802?pwd=bHk5cjJpME8ydm9zNS8zYVh6ZG4vUT09</a> Meeting ID: 166-069-802 Password: 203869

Day	Date	Time	Description
Fri	3/20	7:30 pm	<p><b>ZOOM VIRTUAL MINYAN AND ONEG.</b> Join us for Mourner's Kaddish sharing, Kiddush, and the pleasure of connecting</p> <p><b>ZOOM:</b> <a href="https://zoom.us/j/472131580?pwd=Nm4zTVdOcys0cmtmRHpZYm9uSDhmdz09">https://zoom.us/j/472131580?pwd=Nm4zTVdOcys0cmtmRHpZYm9uSDhmdz09</a></p> <p>Meeting ID: 472-131-580 Password: 694944</p>
Sat	3/21	9:30 am	<p><b>ZOOM VIRTUAL MORNING SERVICE</b> Join with Rabbi Edleson as he leads our usual chanted Shabbat morning service.</p> <p><b>ZOOM:</b> <a href="https://zoom.us/j/925706339?pwd=NE1DNG1PcEdpeHdSa1cwR1NXUHlpdz09">https://zoom.us/j/925706339?pwd=NE1DNG1PcEdpeHdSa1cwR1NXUHlpdz09</a></p> <p>Meeting ID: 925-706-339 Password: 259525</p>
Sat	3/21	10:30 am	<p><b>ZOOM TORAH STUDY-</b> Our study of the weekly Torah portion, with traditional and modern scholarly commentary. <b>Parasha V'yakhel/P'kudei</b></p> <p><b>URJ Page on portion:</b> <a href="https://reformjudaism.org/learning/torah-study/vayakheil-pkudei">https://reformjudaism.org/learning/torah-study/vayakheil-pkudei</a></p> <p><b>ZOOM:</b> <a href="https://zoom.us/j/934596466?pwd=U0tuWUN6eHRaWHBkeHh4dXIURTB yUT09">https://zoom.us/j/934596466?pwd=U0tuWUN6eHRaWHBkeHh4dXIURTB yUT09</a></p> <p>Meeting ID: 934-596-466 Password:199436</p>
Sat	3/21	7:30 Pm	<p><b>HAVDALAH ZOOM FACEBOOK LIVE.</b> A short exploration of the meaning of Havdalah at this time, and then a short sung Havdalah service. Join us from home</p> <p><b>ZOOM:</b><a href="https://zoom.us/j/836612317?pwd=b1RuaWxBckVNU3JvWVdZSUVLaUk1Zz09">https://zoom.us/j/836612317?pwd=b1RuaWxBckVNU3JvWVdZSUVLaUk1Zz09</a></p> <p>Meeting ID: 836-612-317 Password: 919962</p>
Sun	3/22	11am	<p>– <b>TEMPLE SINAI'S TRIP TO ISRAEL</b></p> <p><b>ZOOM INFO MEETING</b></p> <p>Well, the timing is awkward, but it is good to plan for the future. We will go over the trip as it is currently planned and get your feedback.</p> <p><b>ZOOM:</b><a href="https://zoom.us/j/637112749?pwd=WDBwV2FPWGN3eTEzaVV5Y0VDOGJkZz09">https://zoom.us/j/637112749?pwd=WDBwV2FPWGN3eTEzaVV5Y0VDOGJkZz09</a></p> <p><b>Meeting ID:</b> 637-112-749 Password: 823631</p>

Day	Date	Time	Description
Sun	3/22	2pm	<p><b>ADULT BAT/BAR MITZVAH ZOOM</b> meeting to talk over how best to move forward, who is interested in what dates, etc. <b>(alt: 3/29 11am)</b></p> <p><b>ZOOM:</b>  <a href="https://zoom.us/j/682320307?pwd=M2RnNDFiV1kzWXJ6TytmY1dobUNIZz09">https://zoom.us/j/682320307?pwd=M2RnNDFiV1kzWXJ6TytmY1dobUNIZz09</a>  Meeting ID: 682-320-307 Password: 692939</p>
Sun	3/22	4 pm	<p><b>ZOOM CLASS – ISRAEL THROUGH MODERN ISRAELI MUSIC-VIDEOS</b>  a fun class of culture through music videos.</p> <p><b>ZOOM:</b>  <a href="https://zoom.us/j/430631372?pwd=bk9jUkdpcUdhcTRYjR6cUtyMFVCdz09">https://zoom.us/j/430631372?pwd=bk9jUkdpcUdhcTRYjR6cUtyMFVCdz09</a>  Meeting ID: 430-631-372 Password: 543897</p>
Mon	3/23	7pm	<p><b>ZOOM CLASS WITH RABBI EDLESON</b>  <b>EXCEPTIONALISM VS NORMALISM: THE JEWISH PEOPLE IN THE FAMILY OF NATIONS</b>  <i>based on class and video by Dr. Micah Goodman in July 2019 at Hartmann Institute, Jerusalem.</i></p> <p><b>ZOOM:</b><a href="https://zoom.us/j/270992124?pwd=V1ICTVhMRGUyaW5BVDRYL0hYTUIFdz09">https://zoom.us/j/270992124?pwd=V1ICTVhMRGUyaW5BVDRYL0hYTUIFdz09</a>  Meeting ID: 270-992-124 Password: 910599</p>
Tue	3/24		<b>Rabbi Edleson's Birthday</b>
Wed	3/25	11 am	<p><b>VIRTUAL JEWISH HISTORY GROUP with Judy Alexander</b></p> <p><b>ZOOM:</b><a href="https://zoom.us/j/509351796?pwd=eHJBdWVzMk1ZdzlzTFg0eGpNNlByZz09">https://zoom.us/j/509351796?pwd=eHJBdWVzMk1ZdzlzTFg0eGpNNlByZz09</a>  Meeting ID: 509-351-796 Password: 035902</p>
Wed	3/25	6 pm	<p><b>SPIRITUAL COMMITTEE RE Prayer in a time of Quarantine/ High Holy Day Planning kick off</b></p> <p><b>ZOOM:</b> <a href="https://zoom.us/j/661917279?pwd=U3p1Q1NxMDhUTGV3MHByMENKWEFMQT09">https://zoom.us/j/661917279?pwd=U3p1Q1NxMDhUTGV3MHByMENKWEFMQT09</a>  Meeting ID: 661-917-279 Password: 069244</p>

Day	Date	Time	Description
Thu	3/26	11 am	<p><b>ZOOM CLASS WITH RABBI EDLESON</b>  <b>EXCEPTIONALISM VS NORMALISM: THE JEWISH PEOPLE IN THE FAMILY OF NATIONS</b>  <i>based on class by Dr. Micah Goodman in July 2019 at Hartmann Institute, Jerusalem.</i></p> <p><b>ZOOM:</b><a href="https://zoom.us/j/282833150?pwd=ajdlaThCS3dxTEhpZGF0OGFKYzhBdz09">https://zoom.us/j/282833150?pwd=ajdlaThCS3dxTEhpZGF0OGFKYzhBdz09</a>  Meeting ID: 282-833-150 Password: 948695</p>
Thu	3/26	3-6 pm	<p><b>RELIGIOUS SCHOOL CLASSES</b> via ZOOM.  This is on a class by class basis, which varies significantly by age and class. Your teacher should send you a link to the class if one is planned</p>
Thu	3/26	6pm	<p><b>SOCIAL ACTION COMMITTEE MTG</b> via Zoom  David Shiman Chair  The current epidemic will likely tax what systems we have in place to protect and support the most vulnerable. As Jews, it is our duty to do what we can, so we will consider Social Action in this time and place.</p> <p><b>ZOOM:</b> <a href="https://zoom.us/j/979238373?pwd=eDBzZDB4dU1adUIUL2tEVEE vb2g4dz09">https://zoom.us/j/979238373?pwd=eDBzZDB4dU1adUIUL2tEVEE vb2g4dz09</a>  Meeting ID: 979-238-373 Password: 556975</p>
Thu	3/26	7pm	<p><b>ROSH HODESH NISSAN with Ruach HaMaqom</b>  <b>Mystical Layers to the Yearning for Freedom</b>  As we stay sequestered mostly at home, even as we stand on the precipice of Passover, we pause on the New Moon to clear ourselves in preparation. Through chant, song, reflection we will explore what new meanings freedom takes on in a time of epidemic. All are invited, Jewish and otherwise.  <b>ZOOM link will be added. Check Temple Sinai's calendar.</b></p>
Thu	3/26	7 pm	<p><del>Israel Trip Meeting</del> <b>Postponed due to conflict</b></p>
Fri	3/27	6:30 pm – 8:30 pm	<p><b>ZOOM VIRTUAL SHABBAT SERVICE AND DISCUSSION</b> Join with others to connect with one another and with the Divine through song, small group check-ins, and worship prayer.  <b>Service at 6:30.</b></p>

Day	Date	Time	Description
			<p><b>Virtual Minyan for Kaddish at 7:30.</b> Share stories of those who are gone, and come together for Kaddish.</p> <p><b>Virtual Oneg at 7:45</b> Pour yourself a drink, get some snacks, and after Kiddush, connect through chats, ice-breaker go rounds, and sharing how we are doing. And Jokes.</p> <p><b>ZOOM:</b>  <a href="https://zoom.us/j/148242561?pwd=b3NiTzcyUIBVcGNWMDloeG4wc3pEZz09">https://zoom.us/j/148242561?pwd=b3NiTzcyUIBVcGNWMDloeG4wc3pEZz09</a>  Meeting ID: 148-242-561 Password: 143493</p>
Sat	3/28	9:30-noon	<p><b>ZOOM VIRTUAL MORNING SERVICE and TORAH STUDY</b></p> <p>Join with Rabbi Edleson as he leads our usual chanted Shabbat morning service and our study of the weekly Torah portion using traditional and modern scholarly insights, combined with our personal connection to the texts. We will have a single Zoom meeting for ease, but people can log in at the time that fits their needs.</p> <p>9:30 One hour chanted Service  10:30 ZOOM TORAH STUDY-.</p>
Sat	3/28	5:30 pm	<p><b>ZOOM TEEN MEETING WITH RABBI.</b> Check in; discuss Judaism and spirituality in a time of an epidemic. What does our tradition and history teach us? What can young people teach us?</p> <p><b>ZOOM:</b><a href="https://zoom.us/j/229146061?pwd=T2ExVGRKTmFUVkxIV3hYMWpVd1kzdz09">https://zoom.us/j/229146061?pwd=T2ExVGRKTmFUVkxIV3hYMWpVd1kzdz09</a>  Meeting ID: 229-146-061 Password: 398712</p>
Sat	3/21	7:30 Pm	<p><b>HAVDALAH ZOOM FACEBOOK LIVE.</b> A short exploration of the meaning of Havdalah at this time, and then a short sung Havdalah service. Join us from home</p> <p><b>ZOOM Links to be on web and in next week's newsletter.</b></p>

### **ADDITIONAL COMING EVENTS in MARCH:**

Sun Mar 29 11 AM **ADULT BAT/BAR MITZVAH Planning meeting**

Sun Mar 29 2 PM **DEUTERONOMY VS ISAIAH -NATIONALISM & UNIVERSALISM IN HEBREW BIBLE.** Zoom class with Rabbi Edleson. *Based on a class by Dr. Israel Knohl at the Hartmann Institute in Jerusalem, 2019.*



Sun Mar 29 5 PM **TEMPLE SINAI TRIP TO ISRAEL** Informational Meeting for those who couldn't make the one on Mar 22.

**VIDEO OF A SHORT KABBALAT SHABBAT SERVICE WITH TEXT**, for those who prefer not



to attend services on ZOOM, or want to do it on your own schedule.

Link: <https://youtu.be/s5nzbduGXyE>



**SHORT VIDEO of RABBI EDLESON SHARING A SHORT JEWISH MEDITATION ON LIGHT THAT IS VERY HELPFUL IN STAYING GROUNDED:**

Link: <https://youtu.be/l9aRY77lzpQ>

**↓BLESSINGS and CALMING MEDITATIONS FOR CENTERING IN THE MORNING LIGHT**

**MODEH ANI** (upon first waking)

מודה אני לפניך מלך חי וקים ששהחזרת בי נשמת בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

*Modeh ani lifanekha melech hai v'kayam shehehezarta bi nishmahti b'hemla, raba emunatekha.*

I give thanks before You, Living and Eternal Sovereign, that You have returned within me my soul with compassion; how abundant is Your faithfulness!

**PSALM 104:1-2** (meditation upon putting on tallit)

בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה יְהוָה אֱלֹהֵי גְדֻלַּת מְאֹד הוֹד וְהִדָּר לְבָשָׂת: עֲטֵה־אֹר פְּשִׁלְמָה נוֹטָה שָׁמַיִם פִּירֵיעָה:  
*Borchi nafshi et-Adonai; Adonai Elohai gadalta m'od; hod v'hadar lavashta; oteh Or kasalma; noteh shamayim ka'yeri'ah.*

Bless the LORD, O my soul; O LORD, my God, You are very great; You are clothed in glory and majesty, wrapped in a robe of light; You spread the heavens like a tent cloth.

**BLESSING FOR PUTTING ON TALLIT**

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ לְהִתְעַטֵּף בְּצִיצִית.

*Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu l'hitateif batzitzit.*

Blessed are you, Adonai our God, Sovereign of all, who hallows us with mitzvot, commanding us to wrap ourselves in the fringes.

**PSALM 36:10** (meditation for spiritual light, particularly wrapped in tallit)

כִּי־עִמָּךְ מְקוֹר חַיִּים כְּבֹאֲרֶךְ נִרְאֶה־אֹר: . *Ki imcha m'kor chayim; b'orcha nireh or.*

With You is the fountain of life; by Your light do we see light.

**ELOHAI NESHAMAH: THE SOUL YOU CREATED IN ME IS PURE**

אֱ-לֹהֵי, נְשָׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא. אַתָּה בְּרָאתָהּ, אַתָּה יָצַרְתָּהּ, אַתָּה נִפְתַּחְתָּהּ בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי, וְאַתָּה עֹתִיד לְטַלְהָ מִמֶּנִּי, וְלְהַחְזִירָהּ בִּי לְעֵתִיד לְבוֹא. כָּל זְמַן נְשָׁהֲנִשְׁמָה בְּקִרְבִּי מוֹדֶה אֲנִי לְפָנֶיךָ ה' אֱ-לֹהֵי וְאֵ-לֹהֵי אֲבוֹתַי. רַבּוֹן כָּל הַמַּעֲשִׂים אֲדוֹן כָּל הַנְּשָׁמוֹת. בָּרוּךְ אַתָּה ה', הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים:

*Elohai neshama shenatata bi t'horah hi. Ata b'ratah, ata y'tzartah, ata n'fachtah bi v'ata m'shamrah b'kirbi v'ata atid litelah mimeni ulehachazirah bi l'atid lavo. Kol z'man shehaneshaman b'kirbi modeh/ah ani lefaneicha, Adonai Elohai v'lohei avotai, Ribon kol hamasim, Adon kol haneshamot. Baruch ata Adonai, hamachazir neshamot lifgarim metim."*

My God, the soul You have placed within me is pure. You created it, You formed it, and You breathed it into me. You guard it while it is within me; someday it will return to You, and You will restore it to me in a time beyond time. As long as my soul is within me, I will thank You, my God and God of my ancestors, Source of all creation, Sovereign of all souls. Blessed are You, Adonai, Who restores the soul to the body.

Tune for chant to first line: <https://youtu.be/kx4UYBwwtoY>

**KOL HANESHAMA**

כָּל הַנְּשָׁמָה תְּהַלֵּל לְיְהוָה הַלְלוּיָהּ:

*Kol haneshama t'halel Yah- Hallelujah!*

My entire spirit will praise God - Hallelujah!

Tune from Congregation Kol Haneshama in Jerusalem: <https://youtu.be/i6783dSJqcc>

**PSALM 96:6**

הוֹד וְהִדְבָּר לְפָנֶיךָ עֹז וְתִפְאֵרֶת בְּמִקְדָּשׁוֹ:

*Hod v'hadar l'fanav; oz v'tiferet b'mikdasho*

Glory and beauty are before God; strength and splendor are in God's temple.

Nava Tehila Tune: <https://www.youtube.com/watch?v=B2lb0Tj7rDU>

**A GOOD ARTICLE ON BREATHING AS A MINDFULNESS PRACTICE**

<https://www.myjewishlearning.com/article/elohai-neshama-breathing-the-soul-alive/>