

כ"ט באדר תש"פ March 25, 2020



Hello Temple Sinai community!

As primates, we respond so differently to human faces and to touch, so while technology can keep us connected during this time of social distancing, I think it is important to acknowledge that it is still not the same emotionally and spiritually as actually being together. We miss one another and being near. We miss laughing, singing, touching in ways that are profound, so as we all try to keep our humanity at this time of social distancing, take a moment in your day to acknowledge that what we are going through is difficult in expected and surprising ways, be patient with yourself, note when you get sad or cranky, and maybe take a moment to close your eyes and imagine you are with someone you miss, talking, laughing, watching TV, having coffee. Then say a word of gratitude for these human hearts and bodies that need company, that need closeness.



Below are some key things of which you should be aware. The list of all events with ZOOM Links is after these descriptions.

ROSH CHODESH NISSAN: Mystical Layers to the Yearning for Freedom Thursday, March 26th, 7 pm.

Zoom: <https://zoom.us/join> Meeting ID: 430 538 0786

As we stand on the precipice of the foundational mythic journey of the Jewish people, we pause on the New Moon preceding Passover, to clear ourselves in preparation. Through chant, song, reflection and an opportunity to discern what is our own personal

'slavery', we will explore what is being held back and make it possible for a new birthing in our lives. Led by Rabbis Jan Salzman and David Edleson. All are invited, Jewish and otherwise.



HEALING CIRCLES. Monday evenings 6pm. Wednesdays at noon.

For the next weeks, as we go through this epidemic together, we will have two weekly healing circles, one on Monday evening at 6 and one on Wednesday at noon. These will be short (30 minutes) sharing of people we are concerned

about, and then a few readings, prayers and chants for healing. Your short readings/poems are welcome.

PRINT-OUT: FRIDAY NIGHT SERVICES / KABBALAT SHABBAT:

Because it is hard to read the service on the screen and see everyone during services, I am sending a PDF of a service to print out. We will use this service *each week*, adding readings here and there, so you will need to print this out *once*, and then use it each week during this time. If you don't have a printer, let Stacie know and if possible, she'll print one out and send it.

ADD MUSIC AND POETRY TO OUR SERVICES: It is particularly nice on ZOOM to see other people step forward on the screen to read or sing. If you can play an instrument and sing a solo, and there is a song you feel would fit in a service, *please* let MARK or me know. If you have a poem or reading you would like to read in a service, *please* let us know at cantor@templesinaivt.org. Giving the timing of the week, etc, we might not be able to include it, but we will do our best.

MI SHEBEIRACH LIST: As we all get through this together, we would like to ask you to keep us informed about any illnesses and recoveries in your family. We will use this in our *mi shebeirach* prayers (prayers for healing) but also to follow up and see how you are and if there is anything we can help with. Just send emails to our **Chaverim Committee** (*chaverim* = "friends" or members") chaverim@templesinaivt.org

COMMUNITY NEEDS –

at this time of pandemic and shut-down, the **SOCIAL ACTION COMMITTEE** asks for your help in meeting the needs of the most vulnerable in our community. Here are **TWO KEY AREAS OF NEED:**

FEEDING THE HUNGRY:

- **MEALS ON WHEELS** needs drivers during this coronavirus crisis. Help those trapped at home who cannot get out to do food shopping. Time commitment of about 2 hours once a week. Contact Laura Need at AGE WELL (Ineed@agewellvt.org; 802-662-5273)
- **PASSOVER FOOD DRIVE FOR SOUTH BURLINGTON FOOD SHELF** The coronavirus has increased need to provide food support for members of our community. Go on line (www.southburlingtonfoodshelf.org) to make

donation. Bring food directly to the Food Shelf at 356 Dorset Street. Most needed: jams, jellies, coffee, cereal, rice, toiletries, canned fruit and a separate bag noted s perishable for cheese, meat fruit, veggies. Drop food at the Shelf on Thursday between 9:30-11:30.

- **CHECK OUT HUNGER FREE VERMONT'S WEBSITE** if you have any concerns or questions related to food for yourself, family, or members of your community during this crisis. [COVID-19 Webpage](#).



DONATE BLOOD: There is currently a desperate shortage of blood. The **Red Cross** has instituted special precautions to ensure that you and the health providers are as safe as can be. PLEASE visit redcrossblood.org to learn more, and help out in any way you can. If you are eligible and healthy, please make a blood donation appointment as soon as you can by visiting the website or downloading the Red Cross blood app for your mobile device.

NEED HELP YOURSELF? Help with shopping, pressing repairs at your home, pet care, etc.? Contact the Chaverim @ chaverim@templesinaivt.org or the Social Action Committee @ tikkun-olam@templesinaivt.org

CHOOSE YOUR OWN ACTION FOR SOCIAL JUSTICE: Let us know what actions you are engaged in. Suggest actions the Committee should consider. Contact tikkun-olam@templesinaivt.org

JOIN OUR TEMPLE SOCIAL ACTION EMAIL LIST: Add your name to our committee mailing list to receive meeting minutes, occasional articles, and action opportunities. And join our meetings on the 3rd Thursday of every month(6:00-7:00). Contact David at tikkun-olam@templesinaivt.org for more information.

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.)*

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 7799 US (Houston)

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

Day	Date	Time	Description
Thu	3/26	11 am	<p>ZOOM CLASS WITH RABBI EDLESON EXCEPTIONALISM VS NORMALISM: THE JEWISH PEOPLE IN THE FAMILY OF NATIONS <i>based on class by Dr. Micah Goodman in July 2019 at Hartmann Institute, Jerusalem.</i></p> <p>ZOOM:https://zoom.us/j/282833150?pwd=ajdlaThCS3dxTEhpZGF0OGFKYzhBdz09 Meeting ID: 282-833-150 Password: 948695</p>
Thu	3/26	3-6 pm	<p>RELIGIOUS SCHOOL CLASSES 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>SOCIAL ACTION COMMITTEE MTG 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>ZOOM: https://zoom.us/j/979238373?pwd=eDBzZDB4dU1adUIUL2tEVEE vb2g4dz09 Meeting ID: 979-238-373 Password: 556975</p>
Thu	3/26	7pm	<p>ROSH HODESH NISSAN with Ruach HaMaqom Mystical Layers to the Yearning for Freedom 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. ZOOM link will be added. Check Temple Sinai's calendar.</p>
Fri	3/27	6:30 pm – 8:30 pm	<p>ZOOM VIRTUAL SHABBAT SERVICE AND DISCUSSION Join with others to connect with one another and with the Divine through song, small group check-ins, and worship prayer. Join Zoom service when you can. Service at 6:30.</p>

Day	Date	Time	Description
			<p>Virtual Minyan for Kaddish at 7:30. Share stories of those who are gone, and come together for Kaddish.</p> <p>Virtual Oneg at 7:45 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>ZOOM: https://zoom.us/j/148242561?pwd=b3NiTzcyUIBVcGNWMDloeG4wc3pEzZ09 Meeting ID: 148-242-561 Password: 143493</p>
Sat	3/28	9:30-noon	<p>ZOOM VIRTUAL MORNING SERVICE and TORAH STUDY</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>ZOOM TEEN MEETING WITH RABBI. 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>ZOOM:https://zoom.us/j/229146061?pwd=T2ExVGRKTmFUVkxIV3hYMWpVd1kzdZ09 Meeting ID: 229-146-061 Password: 398712</p>
Sat	3/28	7:30 Pm	<p>HAVDALAH ZOOM A short exploration of the meaning of Havdalah at this time, and then a short sung Havdalah service. Join us from home</p> <p>https://zoom.us/j/505702895 Meeting ID: 505 702 895</p>
Sun	3/29	11am	<p>ADULT BAT/BAR MITZVAH ZOOM meeting to talk over how best to move forward, who is interested in what dates, etc. (alt: 3/29 11am)</p> <p>Zoom Link: https://zoom.us/j/601679240 Meeting ID: 601 679 240</p>

Day	Date	Time	Description
Sun	3/29	2 pm	<p>ZOOM CLASS WITH RABBI EDLESON DEUTERONOMY VS ISAIAH - NATIONALISM & UNIVERSALISM IN HEBREW BIBLE.</p> <p>Zoom class with Rabbi Edleson. <i>Based on a class by Dr. Israel Knohl at the Hartmann Institute in Jerusalem, 2019. Stacie Gabert is inviting you to a scheduled Zoom meeting.</i></p>  <p>Zoom Meeting: https://zoom.us/j/363871063 Meeting ID: 363 871 063</p>
Sun	3/29	5 pm	<p>TEMPLE SINAI TRIP TO ISRAEL MEETING CANCELLED. I will be sending out a congregational email instead.</p>
Mon	3/30	6 pm	<p>HEALING CIRCLE: Our weekly ZOOM healing circle to connect, share our concerns about those who are ill, and pray for healing. Zoom Link: https://zoom.us/j/966493078 Meeting ID: 966 493 078</p>
Wed	4/1	noon	<p>HEALING CIRCLE: Our weekly ZOOM healing circle to connect, share our concerns about those who are ill, and pray for healing. ZOOM LINK: https://zoom.us/j/680501059 Meeting ID: 680 501 059</p>

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>