

TEMPLE SINAI SERVICES AND EVENTS

Day	Date	Time	Description
Thur	6/4	7 pm	WATER FROM THE WELL: a service to restore your spirit <i>Link on Website</i>
Fri	6/5	6:30 pm	KABBALAT SHABBAT SERVICE <i>Oneg to follow.</i> <i>Link on Website</i>
Sat	6/6	10 am Note time	SHABBAT MORNING SERVICE ANNA DAUERMAN BAT MITZVAH <i>Naso</i> <i>Link on Website</i> <i>The entire community is encouraged to attend. Show Anna you're there with her even though we are physically distanced.</i>
Sat	6/6	8 pm	Nefesh Mountain Facebook Concert <i>Nefesh Mountain Facebook Page (in case you want more after the Summt).</i>
Sat	6/6	9 pm Note time	HAVDALAH Facebook Live <i>Temple Sinai Facebook Page</i>
Sun	6/7	11 am	WHAT IS ANTISEMITISM? <i>(registration required)</i>
Sat	6/20	10:00am	SAVE THE DATE: Alissa Kenwood's Bat Mitzvah on ZOOM
Fri	6/26	6:30 pm	SAVE THE DATE: Kabbalat Shabbat with ELLIE FLIER





Shalom Temple Sinai!

Shalom Aleinu. May peace be upon us.

Every Yom Kippur we gather to read the words from Isaiah 58, which begins:

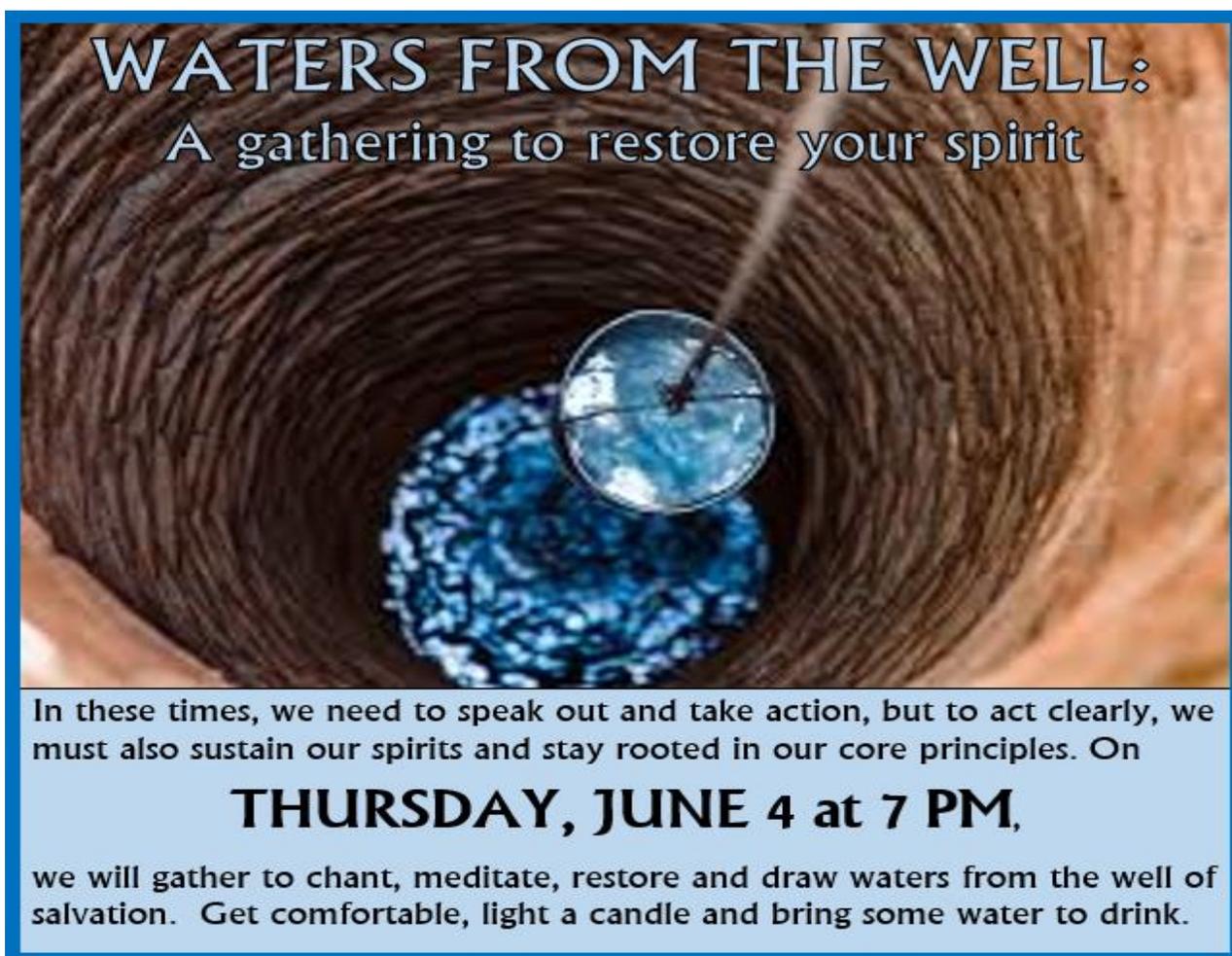
Shout it aloud, do not hold back.

Raise your voice like a trumpet.

Torah and Jewish tradition demand we raise our voices against injustice, to cry out, to not hold back. The murder of George Floyd has raised the prophetic spirit in people across this nation and the world, and particularly in the African-American community. These peaceful protests have shown some of the best in the American people: a passion for justice, an open heart for connection, a voice to speak truth to power, and conviction to take action. This time has also shown us the worst: the violence of destruction and - to me much more unnerving - the violence of authorities against peaceful protesters at the urging of an increasingly authoritarian administration. We have to find ways to effect change, even amidst this pandemic. Our Social Action Committee, President and I are actively exploring meaningful long-term strategies that our community could be part of. Reacting to the moment is like the call of the shofar to action. It is the action after all the turmoil that transforms the moment into actual change.

I also believe it is crucial in times like these to take time to ground, to breathe, to connect to what we call sacred, to draw water from the wells of the spirit. We need to create touchstones that help us in times of upheaval. If we let our fear, rage, anxiety and hurt get away from us, it is far too easy to become the very thing we are fighting to change. On Thursday night, June 7, we will have a service aimed to restore our spirits so that we can move forward rooted in our sense of right, justice, and love. We'll sing some, breathe, meditate, visualize, and chant together. This is not an escape from

what is happening but a spiritual engagement with these events, one that is based on spiritual activism and sustainability trainings I've taken.



WATERS FROM THE WELL:
A gathering to restore your spirit

In these times, we need to speak out and take action, but to act clearly, we must also sustain our spirits and stay rooted in our core principles. On

THURSDAY, JUNE 4 at 7 PM,

we will gather to chant, meditate, restore and draw waters from the well of salvation. Get comfortable, light a candle and bring some water to drink.

Speaking of restoring our spirit,

the **JCVT VERMONT SHAVUOT SUMMIT** was such a gift in



these challenging and confusing times. Thanks to our very own **Susan Leff** for all her hard work and vision in making it such a success. Thanks also to Sephira Oshkello of the Living Tree Alliance, and all the clergy and synagogues that came together to celebrate Shavuot. It was so nice to see face from all over the state, worship with clergy from all over the state, and to have Nefesh Mountain come into our living rooms. ***Mazal Tov!***



BAT MITZVAH

As most of you know, Temple Sinai expect a good deal from our bar and bat mitzvah students, and over and over they step up and do us proud. This year, our summer bat mitzvahs are being held in the sanctuary with fewer than 10 people, in masks, distanced. Anna and Alissa have worked hard, so since we can't be there with her physically, we can show up spiritually and show that we are proud and behind them. The service for Anna is this Saturday morning at 10 am; the Zoom link is on the website.

*Shabbat Shalom –
David*