

## TEMPLE SINAI SERVICES AND EVENTS

Day	Date	Time	Description
Fri	7/3	6:30 pm	<div style="text-align: center; background-color: red; color: white; padding: 5px; border: 2px solid blue; font-weight: bold; font-size: 1.2em;">             ☆FREEDOM SONGS☆           </div> <p><b>KABBALAT SHABBAT</b> together with  <i>Ruach haMaqom and RABBI JAN SALZMAN</i>  <b>Let's Pray for our Nation</b></p>
Sat	7/4	9:30-10:30	<p><b>MORNING SHACHARIT SERVICE</b>  <i>(Link on website; password in your email)</i>            One hour, chanted service. A calming, yet joyful way to honor Shabbat.</p>
Sat	7/4	10:30-12	<p><b>TORAH STUDY : PARASHAT <u>CHUKAT-BALAK</u></b>  <i>(Link on website; password in your email)</i>  <b>ON FINDING A RED HEIFFER; WHEN DONKEY'S TALK...</b></p>
Sat	7/4	9:00 pm	<p><b>HAVDALAH</b> Facebook Live  <i>Temple Sinai Facebook Page</i></p>
Thurs	7/30	9:00 pm	<p><b>SAVE THE DATE – TISHA b'AV</b>  <b>LAMENTATIONS: Writing our Loss</b></p>
Fri	7/31	6:30pm	<p><b>SAVE THE DATE - SHABBAT w/ EVAN TRAYLOR*</b>  <b>Sermon and Talk Back Session</b>  <b>On Jews, Race, and Inclusivity</b></p> <p><small>*URJ Presidential Fellow for Millennial Engagement; President of NFTY, URJ Board member, Co-founder of Hillel International Student Cabinet</small></p> 
Sun	8/16, 23,30	1100am-1:00 pm	<p><b>SAVE THE DATE - A TASTE OF JUDAISM</b>            3 classes on Jewish spirituality, values and community.  <b>Part I of Intro to Judaism</b></p>
Sat	8/29	Noon-1:30pm	<p><b>SAVE THE DATE: MUSSAR TORAH STUDY WITH RABBI BARRY BLOCK, author of A MUSSAR TORAH COMMENTARY.</b></p>

ZOOM SERVICES, CLASSES AND MEETINGS NOW REQUIRE PASSWORDS



July 1, 2020

9 Tammus 5780

בס"ד



### Shalom Temple Sinai!

My sincere thanks to **ELLIE FLIER** for leading a beautiful service for us last week. If you want to hear songs again, or didn't get a chance to join us, you may **control+click** on the

picture to the right for recording.

This Shabbat we will honor the 4<sup>th</sup> of July with a festive Kabbalat Shabbat. **Rabbi Jan Salman** and I are teaming up with Mark to sing freedom songs, a new original Lecha Dodi, and pray for the health of our nation. Please join us.

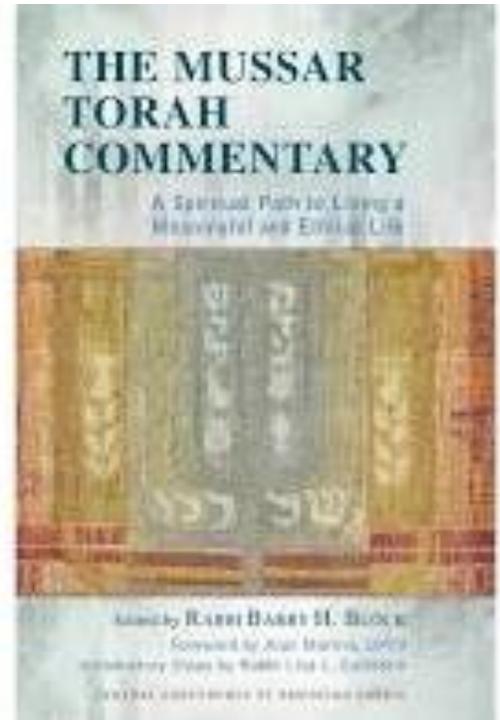


Judaism is a religion of community. We celebrate, sing, and eat together to honor our holidays. When we think of important Jewish moments in our lives, we almost always picture ourselves in a group. Many of us don't put very much effort or energy into our private spiritual lives, or if we do we see that as somehow 'other than' Jewishness. We can forget that while Judaism is rooted in community, it also has a rich array of spiritual practices to explore our spirituality, and to 'get in spiritual shape.' Indeed, the more we make space for spiritual practice in our private lives, the richer our spiritual lives together will be when we are together again. I will be sending out information about the High Holy Days in a few weeks, but I think now, with the beautiful weather and well, Vermont around us, it is a perfect time to focus a bit more on our own spiritual exploration, connections, and practices. For example, try wrapping a prayer shawl around you each morning when you get up, and expressing your thanks for the blessings in your life, large and small. Or try breathing while imagining your inner light reaching and joining the light of Creation. Light Shabbat candles and actually sit with and take in the light of rest and of stopping our business if just for a few moments. And if you have kids, and you think they won't go along with that, try coming up with creative fun ways to engage their spirits, and remember that if we want our kids to value the spiritual, we need to model that value.

Here is a beautiful prayer from Rabbi Nachman of Bratslav, a mystic and Hassid, who made it a practice to go out in nature every day to commune:

*Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass - among all growing things and there may I be alone, and enter into prayer, to talk with the One to whom I belong. May I express there everything in my heart, and may all the foliage of the field - all grasses, trees, and plants - awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source. May I then pour out the words of my heart before your Presence like water, O Adonai, and lift up my hands to You in worship, on my behalf, and that of my children!*

This coming year, we will also be exploring the Jewish personal-growth practice of **Mussar**. Mussar asks us to be aware of how our qualities are in or out of balance, and how to use reflection, prayer and observation to becoming better people. During the year I will have teachers come in to guide us, and this will start with my friend, colleague, and classmate, Rabbi Barry Block, author of *The **MUSSAR Torah Commentary: A Spiritual Path to Living a Meaningful and Ethical Life***. Rabbi Block will be kicking off our year of Mussar-oriented Torah Study by leading our Torah Study on August 29 at Noon.



I will also be offering ***A TASTE OF JUDAISM and AN INTRODUCTION TO JUDAISM***, two key courses of the Union of Reform Judaism. “A Taste” consists of three free courses for people who are curious to learn more about Judaism and Jewish spirituality. It is a great opportunity for people in interfaith relationships, unaffiliated Jews who want to learn more as adults about their tradition, or for people interested in converting to Judaism. These three courses will lead into ***An Introduction to Judaism***, which is 12 weeks with additional special sessions. This class is good for Jews who feel they don’t know enough, or for interfaith families, or those interested in conversion. Just email [info@templesinaivt.org](mailto:info@templesinaivt.org) to let us know you are interested, and we’ll send you more information in coming weeks.

**August 16, 23, 30**

**11am - 1 pm**

# A TASTE OF JUDAISM

**THREE FREE WEEKLY CLASSES**

**Spirituality ✧ Values ✧ Community**

**with Rabbi David Edleson**



Join us for this great opportunity for interfaith families or unaffiliated Jews interested in engaging again with Judaism, or people who are just curious to learn more. We will consider the Jewish view of human nature, covenant, prayer, and our final class will explore the upcoming High Holy Days.

Just email [info@templesinaivt.org](mailto:info@templesinaivt.org) so we can put you on our list, and we will send along more information in the near future.

See you on Shabbat! Shalom,

David