



TEMPLE SINAI

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OCTOBER 2024
TISHREI 5785

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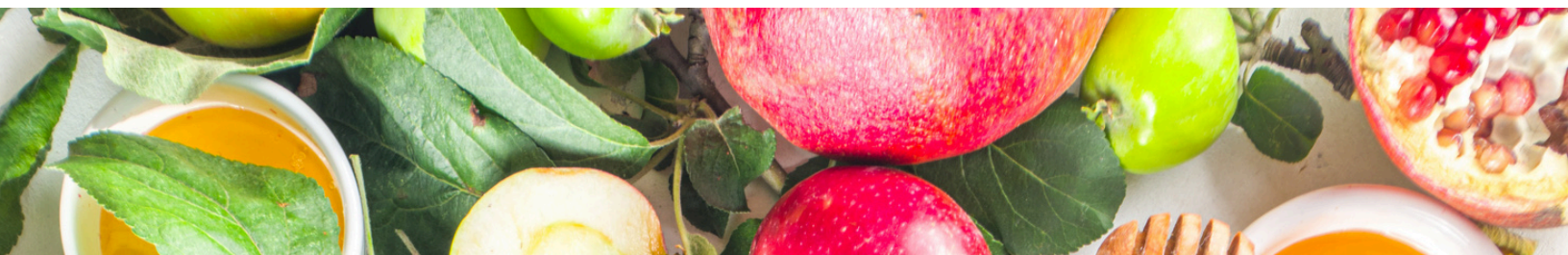
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A LETTER FROM THE EXECUTIVE DIRECTOR LISA THORNER



Dear Members of Temple Sinai,

As we come together for the High Holy Days, I want to take a moment to extend my heartfelt wishes for a Shanah Tovah to you and your loved ones. This year, perhaps more than ever, we find ourselves gathering under the shadow of loss and uncertainty following the tragic events of October 7 and the continued conflict in Israel. The attacks and the grief that have touched us deeply have shaken us as a community and as individuals.

In times like these, the value of community becomes more evident than ever. The Temple has always been more than just a place of worship, it is the heart of our collective strength; a place where we come together to support one another in joy and in sorrow. The High Holy Days, with their call to self-reflection and connection to our greater purpose, remind us how deeply intertwined we are with each other.

This year, as we gather for Rosh HaShanah and Yom Kippur, we do so with heavy hearts but resilient spirits. We look to each other for comfort, for strength, and for the courage to face the challenges ahead. It is through the bonds of community that we find hope, healing, and the ability to rebuild.

As we enter this new year, let us continue to lean on one another, offering our support, love, and prayers. May our community be a source of strength and light, guiding us through the darkness and helping us to renew our faith in a future filled with peace and hope.

In moments of uncertainty, connection and community become more important than ever. At Temple Sinai, we understand that the strength of our congregation is rooted in the support and sense of belonging we offer one another. Even as we face challenges together, Temple Sinai continues to provide spaces for spiritual, emotional, and social connection.

Finally, I want to extend my warmest wishes to each and every one of you. Thank you for being part of this amazing community and for all that you do to support Temple Sinai. I am full of gratitude to my Temple Sinai family and on behalf of the entire leadership team and staff, I wish you and your loved ones a year of health, strength, and blessings.

L'Shanah Tovah Tekatayvu - May you be inscribed for a good year.

Warmly,

LISA

Lisa Thorner, Executive Director





VALUE ADDED LIVES

RABBI RICK RHEINS

In the quaint days of yesteryear, kids who were too young to earn extra cash mowing lawns or delivering papers had to be pretty creative in finding ways to afford their desired treats. Those were times well before allowance was expected (let alone given). So, like countless others before me, I, too, would carry out a time-honored course of action. The grand plan involved noting which homes did not have kids and, pulling a little wagon, marching up to as many homes as possible. Then, one had to muster the chutzpah to press the doorbells and squeak out the bold request: "Do you have any empty pop bottles I can help you with?" Enough people had compassion so that my wagon was quickly filled up. The final destination was always the corner store where the bottles were redeemed. Five cents for each bottle redeemed could add up to sweet reward.

From one perspective, an empty soda pop bottle is only clutter. An empty bottle gets in the way, collects dust, and is a bit of a bother. But in the days before the proliferation of plastic (we all should have listened to the man from the The Graduate!), a bottle was purchased with a five-cent redeemable deposit. And, to the delight of millions of entrepreneurial kids, what was one person's clutter was our goldmine.

Redemption is a rather curious word. It seems somewhat vague when we come across it in our prayers. The Hebrew root for redemption (*ga-al*) and the original Latin word *redimere* have remarkably similar meanings. Both convey the process of buying back or obtaining what one had previously possessed. In time, the idea of redemption included paying ransom to win the freedom of a captive, slave, or one imprisoned. In this way, family and community redeemed intrinsic value and restored to one's possession something precious. Our Jewish ancestors developed the word so that it has an even deeper meaning by teaching that the ultimate redeemer is God. Adonai redeemed us from Egyptian slavery and preserved the Jewish people throughout the generations even when nations and bigots treated us like throwaways.

The High Holy Days are a time in which we are reminded that spiritual redemption readily is at hand. In the course of a year, the toll of disappointments and setbacks can add up. Doubt creeps in and we can too easily lose confidence in ourselves and faith in the sacred purpose of life itself. This has been an especially difficult year. From last October 7 and the murderous attack by Palestinian Hamas against Israel and then the brutal displays of antisemitism on college campuses and around this country. But even during the most trying of times, we should find courage from the wisdom and inspiration of our Jewish faith. Let us consider the words of our ancestor, the prophet Isaiah:

It was You, O God, who dried up the sea, the waters of the great deep and made the abysses a road the redeemed might walk. So let the ransomed of Adonai return. And let them come with joyful shouting to Zion. They will be crowned with joy everlasting. Let them attain happiness and gladness, while sorrow and sighing flee.

(Isaiah 51:10-11)

Judaism teaches that each of us is special, an invaluable part of God's creation. Though we are but mortal, our potential to do good and to positively impact this world will be felt for countless generations. No one is disposable!

As we enter the New Year, we have the opportunity to redeem our eternal values. May this time of prayer, reflection, repentance, and redemption inspire us to reestablish the exalted purpose of our lives and the world around us.

Susan, Joshua, Sam, and Jakob join me in wishing all of you a sweet and healthy New Year 5785 filled with God's blessings.

L'Shanah Tovah tekatayvu vetchataymu!

Rick

Rabbi Rick Rheins



SHELTER OF PEACE

RABBI MICHAEL SHIELDS

This has been a rough year for the Jewish people. We find ourselves still mourning the greatest loss of Jewish life since the Holocaust. It makes us worry for the world we will leave for our children and their children after them. We wonder whether there can ever be some semblance of peace for our beloved Israel.

There is a rabbinic story, a midrash which compares God to a king who has given a precious gem to a loved one. The king instructs the beloved to take care of the gem and guard it. He continues to say that if the gem gets lost, “You won’t have the ability to repay me, and I have nothing else like it, and you will have sinned against yourself and me. So do your duty by both of us, and guard it properly.”

On Rosh Hashanah, we come together to celebrate the birthday of the world. We gather to rejoice in the renewal of God’s creation of the world. It is said that God creates the world anew every day. And so, we bless God and ourselves for reaching every moment that we are privileged to witness.

This Rosh Hashanah, we will enjoy the blessing of reaching a new year. This is a time for introspection, for what the rabbis call a cheshbon hanefesh, taking an accounting of our souls and ourselves. We come together to begin the Yamim Noraim, the Days of Awe.

Rosh Hashanah is not only about introspective hearts and repentant spirits. It is about gathering together with those here in the United States but also our brothers and sisters in Israel. We wonder what this New Year will bring for our country and for Israel. We hope and we pray that the words of the unetaneh tokef are merely poetic, we pray that no one should die by fire, and none shall die by the sword.

Not too long ago, we read in our Torah of Moses’ last sermon to the People. Moses said: “Behold I call heaven and earth as witnesses: I have put before you life and death, blessing and curse. Choose life.” We are told over and over in our tradition to choose life. We value life above everything else. But we have seen people who value fear and death more. We have witnessed the murder of innocents murdered in the name of progress and control. We know that there are those who do not wish peace. We know that there are those who make fear and oppression their daily work

So this year let’s offer a prayer. Let’s pray for peace. Let’s pray that God spreads a Sukkat Shalom, a covering of peace over us all, over Israel and over all of the peace loving people of the world. In this way may we move forward in life with renewed hope and a sense of possibility.

The Book of Life is open before us. It tells stories of sadness and happiness, despair and hope, stagnation and change, and a peaceful stillness that transcends both. May you be written in the Book of Life. May you write your own name there, in shining ink stirred together from the tears of the past and the sweet flower essence of the hoped-for future. May you know who you have been and who you are and bless your future self with loving, brave intention.

L’shanah tovah—to a good new year.

Michael

Rabbi Michael Shields

High Holy Days

2024/5785

Selichot

Saturday, September 28

6:45 - 7:45pm: Study Programs

7:45 - 8:00pm: Refreshments

8:00 - 8:45pm: Service

Erev Rosh HaShanah

Wednesday, October 2

7:30pm: Erev Rosh HaShanah Service

Rosh HaShanah 1st Day

Thursday, October 3

8:30 - 9:00am: High Holy Days For Ages 0-6

9:00 - 11:15am: K-5/7 Youth Programming

9:00 - 11:15am: Preschool (0-5) Babysitting

9:00 - 11:15am: Traditional Service

9:45 - 11:15am: Alternative Service

11:30 - 12:30pm: Intergenerational Family Service

4:00 - 4:30pm: Tots and Tashlich

4:30 - 5:00pm: Tashlich Service

Rosh HaShanah 2nd Day

Friday, October 4

10:00am: Traditional Service

Cemetery Memorial Services

Sunday, October 6

Rose Hill at 10:30am

Fairmount at 11:30am

Mt. Nebo at 11:45am

We look forward to celebrating another High Holy Days season with you!

Erev Yom Kippur - Kol Nidre

Friday, October 11

7:30pm: Shabbat- Kol Nidre Traditional Service

Yom Kippur

Saturday, October 12

8:30 - 9:00am: High Holy Days For Ages 0-6

9:00 - 11:15am: Preschool (0-5) Babysitting

9:00 - 11:15am: K-5/7 Youth Programming

9:00 - 11:15am: Traditional Service

9:45 - 11:15am: Alternative Service

11:30 - 12:30pm: Intergenerational Family Service

2:00 - 3:15pm: Discussion

3:30pm: Afternoon Service

5:15pm: Yizkor Service

6:00pm: Neilah Service

Erev Sukkot

Wednesday, October 16

6:00pm: Erev Sukkot Service

Sukkot

Thursday, October 17

10:00am: Sukkot Service

Sukkot

Friday, October 18

6:00pm: Shabbat-Sukkot Service

6:45pm: Congregational Sukkot Dinner

Erev Shemini Atzeret & Simchat Torah

Thursday, October 24

6:00pm: Festival Service and Consecration

6:30pm: Celebration (Social Halls)

Shemini Atzeret & Simchat Torah with Yizkor

Friday, October 25

10:00am: Torah Service & Yizkor

High Holy Days 2024 5785



HIGH HOLY DAYS FOR AGES 0-6

THURSDAY, OCTOBER 3 / SATURDAY, OCTOBER 12- 8:30AM

Join Rabbi Shields and Debbie Foster for a fun, interactive High Holy Day experience with music, movement and simple prayers. Come sing, dance, hear the shofar blast and listen to an age appropriate story. Registration is encouraged.

INTERGENERATIONAL HIGH HOLY DAY SERVICE 2024

THURSDAY, OCTOBER 3 / SATURDAY, OCTOBER 12- 11:30AM

Our intergenerational family service is wonderful for all ages. We will engage through song and prayers, Torah, and story. This service is a perfect way for families to get to enjoy the traditional High Holy Day prayers, themes and music. Children, parents and grandparents are all invited to share in this High Holy Day experience.

TASHLICH FOR TOTS 4:00PM; EVERYONE 4:30PM

THURSDAY, OCTOBER 3 4:00PM/4:30PM

Tashlich is the ritual of “casting out” our misdeeds and disappointments from the past year. This is an especially fun event for families with children. As we symbolically rid ourselves of all that was negative in the past, we usher in the New Year 5785 with a new and fresh start to life. There will be special gatherings led by Rabbi Shields for children and by Rabbi Rheins for those of all ages. Don’t forget to bring some breadcrumbs! At 4:30pm Rabbi Rheins, Rabbi Shields, and Ruthie Lipshulch will lead a joyous Tashlich celebration for all ages.



YOUTH PROGRAM K-5

THURSDAY, OCTOBER 3 / SATURDAY, OCTOBER 12- 9:00AM UNTIL CONCLUSION OF MAIN SERVICE

The morning will include music, stories, activities, and snacks with our Religious School staff and friends! Grades K-1, 2-3 and 4-5 will have separate programming throughout the morning, and will come together for a 30-minute service, including a shofar blowing. There is no cost for the K-5 Service & Program. Registration in advance is strongly encouraged so we can properly prepare and staff the program.

HIGH HOLY DAYS CHILDCARE AGES 15 MONTHS AND CONFIDENTLY WALKING - PRE K

THURSDAY, OCTOBER 3 / SATURDAY, OCTOBER 12- 9:00AM UNTIL CONCLUSION OF MAIN SERVICE

The morning will include singing, story-time, snacks and crafts with our Preschool staff and friends! Cost is \$15 for one child and \$10 each for additional child per program. Registration and payment in advance are required online, no exceptions.

High Holy Days 2024 5785



2ND DAY ROSH HASHANAH SERVICE & DISCUSSION

**FRIDAY, OCTOBER 4 AT 10:00AM
AT TEMPLE SINAI**

The 2nd Day of Rosh HaShanah is a wonderful way to experience a warm, haimish service that is spiritual, friendly, and meaningful. The service begins at 10:00am and will include a spirited discussion instead of a sermon. No tickets are required and all are welcome!

TEMPLE SINAI CEMETERY MEMORIAL SERVICES

SUNDAY, OCTOBER 6

This year we will observe the tradition of visiting the gravesites of deceased loved ones on Sunday, October 6. Since we have members buried at several different cemeteries, memorial services will be held as follows:

ROSE HILL CEMETERY, 10:30AM WITH RABBI RHEINS

FAIRMOUNT CEMETERY, 11:30AM WITH RABBI SHIELDS

MOUNT NEBO CEMETERY, 11:45AM WITH RABBI RHEINS

No reservations are required for the memorial services.

Come Blow Your Horn

At Temple Sinai, we will continue the tradition of inviting everyone who has a shofar to sound the final Tekiah Gedolah at the conclusion of Yom Kippur on Sunday, October 10. So bring your shofar to the Ne'ilah service (approx. 6:00 pm) and let's join together to produce the loudest, most poignant sound ever!

You Can Build Your Own Sukkah!

It is easier (and less expensive) than ever for those interested in building their own sukkah. While there are several different and good companies which will sell you a sukkah building kit, I highly recommend The Sukkah Project because it is a company that produces very affordable kits for making a family sukkah AND it is owned and operated in Grand Junction, Colorado! These popular kits go up in about two hours and will provide a real sukkah for your family and friends to enjoy throughout the Festival of Sukkot. It is a fun tradition to visit each other during the Festival, to raise the etrog, shake the lulav, and share a meal in the splendor of a sukkah. For more information, visit www.sukkot.com or call 844-478-5568. This is also a good time to order an etrog and lulav set - they are sold online!

Shemini Atzeret-Simchat Torah

On Shemini Atzeret-Simchat Torah we celebrate the yearly cycle of Torah readings. It is a chance to dance with the Torah scrolls, sing uplifting songs, and rejoice in the heritage of learning and teaching that is the hallmark of our faith. We will read from two Torah scrolls: the traditional concluding passage of Deuteronomy and then, from the second Torah, we'll read the beginning of the Book of Genesis.

Shemini Atzeret-Simchat Torah services continue the next morning, Friday, October 25 at 10:00 am, during which we will observe Yizkor in memory of our loved ones who have passed away. The service will be followed by a free lunch.

What is the Yizkor Service? Yizkor is a memorial service that is held four times a year: on the last day of Pesach, Shavuot, and Shemini Atzeret-Simchat Torah and on Yom Kippur. It is a sacred time during which we lovingly remember and honor our family and friends who have died. It is also a time of healing as we reflect on the on-going legacy of those who nurtured us.

The Yizkor service contains many beautiful and meaningful prayers and meditations. A central part of Yizkor is the prayer that begins "Yizkor Elohim (may God remember)," which expresses the Jewish belief that the souls of our deceased loved ones are bound in the "Bond of Eternal Life." These prayers are especially poignant for those who have suffered the loss of parents, grandparents, and children.

Participation in a Yizkor service is a time-honored way to keep alive the memory of those who blessed our lives. At our Temple Sinai Yizkor service, we will read the names of our loved ones who died over the past 12 months. In addition, we will read and honor the memories of those who have died in past years. You will also be able to send us additional names to be mentioned during the Yizkor service.

**SAVE
THE
DATE**

**TEMPLE SINAI'S
MITZVAH DAY
NOVEMBER 3, 2024
9:00 AM**



Sick? Struggling? Want a call or a meeting? Inform the Rabbis!

Adding to the agony and frustration of dealing with illness or struggling with a difficult time is the nagging thought that you are forgotten and that no one cares. Temple Sinai most certainly cares about every one of our members. Rabbi Rheins and Rabbi Shields are always quick to make a call and/or visit to any of our members and their loved ones. We also have a group of volunteers on our Caring Committee who will do their best to respond with cards, calls and offers of assistance.

Please call or email our Rabbis and let them know that you'd like their help.

Confidential messages can be made directly to:
Rabbi Rick Rheins, rabrheins@sinaidenver.org
Rabbi Michael Shields, rabbishields@sinaidenver.org

Interested in becoming Jewish or learning more about Judaism? Sign up for the next Introduction To Judaism course!

The Rocky Mountain Rabbis & Cantors (RMRC) offers a nationally renowned 28-week Introduction to Judaism (ITJ) course. This program is taught by Rabbis from the Reform, Conservative, Reconstructionist, and Modern Orthodox movements. ITJ is a cornerstone of the Denver Jewish community's conversion program. It is one of the few in the country in which Rabbis from all the respective movements participate.

There is a modest fee for the course, but some scholarships are available. If you are interested in the Introduction to Judaism course, please call either Rabbi Rick Rheins or Rabbi Michael Shields.



JEWISH WAR VETERANS

MONTHLY MEETINGS
SUNDAYS, 9:00AM
TEMPLE SINAI

COMING UP:

OCTOBER 20

NOVEMBER 10

DECEMBER 22

JANUARY 19

FEBRUARY 23

MARCH 23

APRIL 27

MAY 18

JOIN US FOR WORSHIP

All services are open for in-person attendance and will be streamed live at sinaidenver.org/livestream or on our Facebook page at Facebook.com/SinaiDenver

WEEKLY

EREV SHABBAT SERVICE

FRIDAYS, 6:00 PM

Join us to welcome Shabbat every Friday evening. Temple Sinai's service is a rich mixture of Jewish tradition and modern egalitarian spirit which makes for an inviting and inclusive experience for those of every age and background. Our service is filled with wonderful music that includes both traditional and modern melodies. Thoughtful messages from the Rabbis enhance our services. We conclude every Erev Shabbat service with an *oneg* dessert and social time to renew friendships and meet new friends.

SHABBAT MORNING MINYAN

SATURDAYS, 9:00 AM

Every Shabbat morning we have a lovely service that encourages participation and *ruach*, a joyous spirit. In addition to the Rabbis, congregants are invited to help lead the service. Opportunities are available for members to read Torah, provide a short *drash* (message about the Torah portion) and help lead the prayers. If you are interested in leading a part of the service, contact Rabbi Rick Rheins or Rabbi Michael Shields. This service is a fabulous way to celebrate Shabbat and to meet wonderful new friends.



MONTHLY

HEALING SERVICE / VIRTUAL, AT 11:00AM

THURSDAY, OCTOBER 31 AT 11:00 AM

For our Healing Service, we gather virtually for prayers, meditations, music, and the warm embrace of friends to renew our sense of hope, strength, and healing. The Healing Service is for those who are struggling with their health, for those struggling with sadness and grief, for caregivers who seek inspiration as they pray for the welfare of loved ones.

If you are unable to attend the Zoom Healing Service, just send us the name(s) of the loved ones you would like mentioned during our prayers. Please be sure to let them know that they are in all our thoughts and prayers.



adult programming

Pardes Meditation Group
Saturday, October 5 at 8:00 AM

Commemoration: From Darkness to Light
(at Temple Emanuel)

Monday, October 7 at 7:00 PM

Sisterhood Breakfast at Zaidy's
Thursday, October 10 at 9:30 AM

Yoga for Brain Health with Sisterhood
Sunday, October 20 at 3:00 PM

Temple Sinai Presents the Progressive Case
for Israel featuring Congressman Ritchie
Torres (D-NY).

Monday, October 21 at 6:00 PM

FIDF: Chapter Presents: Meet and Greet with
"Son of Hamas" Mosab Hassan Yousef

Tuesday, October 22 at 6:30 PM

Yoga for Brain Health with Sisterhood
Sunday, October 27 at 3:00 PM

Lifelong Jewish Learning
Monday, October 28 at 6:30 PM

Sinai Book Group
Genius of Israel
Wednesday, October 30 at 11:00 AM

Pardes Meditation Group
Saturday, November 2 at 8:00 AM

Jewish War Veterans Meeting
Sunday, November 10 at 9:00 AM

Sinai Sisterhood Lunch at
New York Deli News
Wednesday, November 12 at 1:00 PM

Defeat Anti-Semitism: Process Feelings
About Being Jewish in Today's World
Thursday, November 21 at 6:30 PM

monthly

Brotherhood, Bible and Beers
Darcy's Pub & Bistro
Tuesday, 11/5 at 6:00 PM

Knitting and Crocheting for JOY
Temple Sinai
Wednesday, 10/16 at 1:00 PM

Brotherhood Monthly Breakfast
Morning Story
Thursday, 10/17 at 9:00 AM

weekly

Torah Study: Saturdays at 10:30 AM (virtual)

Bible Class: Tuesdays at 12:00
PM (virtual)

Lunch & Learn: Thursdays at 12:00 PM
(in-person and virtual)

Special Sponsored Lunch & Learn 20th Anniversary Session
Under The Sukkah on Thursday, October 17 at 11:30 AM

worship

Erev Shabbat: Fridays at 6:00 PM

Veteran's Day Shabbat Service with Youth Choir
Performance Friday, November 8 at 6:00 PM

Shabbat Morning Minyan: Saturdays at 9:00 AM

Musical Shabbat: November 22



FOR MORE INFORMATION AND TO REGISTER
SCAN QR CODE !



OCTOBER

LIFELONG JEWISH LEARNING

6:30 PM

October 28 (Monday)

November 13

December 4

December 18

Temple Sinai's Lifelong Jewish Learning sessions are varied, spanning the gamut from the religious to the secular, but always featuring a Jewish aspect. The lectures are held from 6:30 pm – 8:00 pm. They are free and open to the public. If you have any questions, or ideas for programs, please email Marty Meitus, Committee Chair at martymeitus@gmail.com

SHABBAT TORAH STUDY WITH RABBI ZWERIN AND RABBI KAYE

SATURDAYS, 10:30 AM (VIRTUAL)

October 5, 19, 26

Join Rabbi Zwerin and Rabbi Kaye on Shabbat mornings to explore the last nine verses of the Torah, along with their commentaries, and discussions about their relevance to today. The class began with Genesis 1 in 1986. In 38 years we have read and discussed every Hebrew word and its various possible translations and meanings. Now entering our 39th year, we have reached the very last verses of the last book of the Torah. (For first timers, if you like to read the last chapter of a book before starting at the beginning, these next few sessions may be just your thing.) The plan is to finish our study of the Torah by Simchat Torah (October 25th), and then to celebrate that remarkable event at Temple with a Hakafah in honor of the event. Could be lots of Jewish fun.

This [article](#) from the Denver Art Museum highlights Temple Sinai's Todd Siler and his wonderful piece of art called "The History of Conflict Resolution." (Two of his other works are in our Sinai lobby.)

LUNCH AND LEARN

COME LEARN, DISCUSS, DEBATE
AND MEET FRIENDS

October 10, 17*, 24, 31

We'll review ethical and moral issues in selected Jewish texts, discuss hot current topics, and debate the important issues of the day. Bring your lunch and join in the discussion. It's a great way to learn as well as meet new friends!

Lunch and Learn will now be IN-PERSON AT TEMPLE SINAI with a VIRTUAL OPTION!

*Lunch & Learn Anniversary Session Under The Sukkah on Thursday, October 17

(after the 1st Day of Sukkot service)

Twenty years ago, we started the Lunch & Learn program during the festival of Sukkot. So, it is most appropriate to celebrate our anniversary on the first day of Sukkot with a special Lunch & Learn, following the 1st day of Sukkot service, 10:00-11:30am. At 11:30 AM we will enjoy a delicious brunch that is being lovingly sponsored by a Temple Sinai family that wishes to remain anonymous. Weather depending, we will gather with Rabbi Rheins under the Sukkah and engage in a session of "Ask the Rabbi." Like our usual Lunch & Learn sessions, we'll have an open forum for any questions and/or discussion issues you would like to share. Even if you don't have any questions, come anyway. We'll fulfill the mitzvot of eating under the sukkah and raising the lulav and etrog. And, just in case we run out of questions, we will take the opportunity to read passages of the Book of Kohelet. What a lovely way to celebrate the beginning of Sukkot! Chag Sameach!



OCTOBER 7 OBSERVANCES



10/7 Commemoration:
From Darkness to Light | MeChoshech L'Or
Monday, October 7 | 7:00-9:00 PM
Temple Emanuel

SIGN UP



OCTOBER 7 COMMEMORATION

Family Program

Join us at the JCC Denver on Monday, October 7 from 4:30 - 6:00 pm for a commemorative activity as we come together as a community one year after the events of October 7, 2023 in Israel. Bring your families, children, parents, partners, and friends as we sing and create a collaborative art project together. Drinks and snacks will be provided. This program is free and open to all, although registration is required to attend. We hope you can participate as we continue to support one another during this turbulent time.

Time: 4:30 - 6:00 pm

(Singing begins at approximately 4:45 pm)

Location: Phillips Social Hall
at the JCC Denver

Ages: Families and children under 10

Register: jccdenver.org/october-7

Scan
Here to
Register



AUTUMN WITH SISTERHOOD

OCTOBER 10	SISTERHOOD BREAKFAST AT ZAIDY'S 9:30
OCTOBER 13	DECORATE AND DONUTS IN THE SUKKAH 10:00
OCTOBER 20 OCTOBER 27	YOGA AND YOUR BRAIN HEALTH SESSION #1 3:00 YOGA AND YOUR BRAIN HEALTH SESSION #2 3:00
NOVEMBER 1	SISTERHOOD SHABBAT 6:00
NOVEMBER 13	SISTERHOOD LUNCH NOVEMBER 13 1:00 NEW YORK DELI NEWS

For more information or to register, follow the QR code below!

*Sinai
Sisterhood*





ON A MUSICAL NOTE . . .

RUTHIE LIPSHULCH

CANTORIAL SOLOIST



Dear Temple Sinai Family,

The month of Elul is a time of Teshuva, repentance. We reflect and renew. As I prepare for the High Holidays, I have practiced many pieces. Below are a couple of highlights that signal this time of year.

Avinu Malkeinu, is a plea. It translated to Our Father our King, We have sinned and ask for your forgiveness.a heartfelt appeal for relief from hardships and to forgive us for what we have done wrong. You can hear this in the passionate phrase “ Avinu Malkeynu Chaydesh Aleinu, Chadeysh Aleinu Shana Tova” Father and King renew for us a good year, renew us for a good year. The word *Chaydesh* is marked with the dynamic marking tenuto above it, which means “hold” and in the context, the tenuto above the word chaydesh emphasizes the importance of the word chadeysh renew and the music follows exactly that. The amount of passion and plea that is in this phrase is my favorite part. I sing it from the heart on behalf of all of us and invite you to participate in this moment with me.

Secondly, Kol Nidre is a petition to god that is often accompanied by the cello. The melody by Louis Lewansdoski has a flowing lyrical quality. There is rhythmic freedom allowing for interpretation of the Cantor. The melody is repeated three times reinforcing the importance and allowing the congregation to reflect on the solemn words and their significance. The structure

uses a stepwise motion that can contribute to its introspective feel. It is also written in g minor as the feeling is somber and like a cry reflecting themes of repentance and humility as the literagy absolves us from vows we made to G-d. The declaration asks G-d to clear the slate of our sins of the previous year and the year to come. We rejoice in the freedom that Kol Nidre is a chance to begin a new year to aspire to be G-'ds image in the world.

Nobody knows when it was written and by whom, but it is arguably the most important prayer for the High Holidays.

Below are recordings of the prayers for you to hear.

[Avinu Malkeinu - Written by, Max Janowski
Sung By Barbara Streishand](#)

[Kol Nidre- Louis Lewandowski Binder](#)

Musical Happenings to Come...

Friday, November 22nd Middle Eastern Musical Shabbat

Your Cantorial Soloist,

Ruthie

Ruthie Lipshulch

Thank you Marshall & Helene Abrahams for your generous donation of weekly flowers to enhance the beauty of our Bimah.





SHEILA PURDIN

EARLY CHILDHOOD EDUCATION



The High Holy Days in early childhood education offer the opportunity to explore the big ideas of our holidays, immerse children and ourselves in ritual, reflection, and fun. This time of year you can smell apple cake cooking, see children licking honey off of their fingers, and hear the sound of real and childmade shofars trumpeting throughout our school. This time of year children are exploring the idea of birthdays (it's the birthday of the world!), mistakes and sorries, welcoming guests into sukkahs, and seeing themselves in the stories of the Torah. They are graphing apple color preferences, comparing round and oval challahs, creating decorations for classroom sukkahs, and dressing mini Torahs in their special clothes. They will also sing with Rhythm & Ruach, shake the lulav and etrog with PJ Library, and visit the real Torah with Rabbi Shields.

For educators, this is a frantically busy time of year. The holidays feel like they are on top of each other, allowing little time to deeply explore one before another begins. This year we have devoted several hours, beginning with our Professional Development week before school even began, preparing for the holidays. We utilized our Efshar Project pedagogical coaches to think deeply with us about the values and traditions embedded in our holidays, the concepts that are accessible to very young children, and how to bring our holidays to life in our classrooms and school. Teachers asked families to share their traditions, their wonderings, and their time to join in the learning experience with their children. We can't erase the time crunch but we can thoughtfully prepare to navigate it.

The High Holy Days mark the beginning of a new year in the Jewish calendar and coincidentally, or not, align with the start of a new school year. Marking this time by celebrating in community with children, families, and educators feels perfect. We bring in the old in the form of traditions and ritual, and welcome the new—students, families, educators—and find joy in each. Shana Tovah!

Warmly,

Sheila





DONI KAYE

DIRECTOR OF EDUCATION

1ST MONTH OF RELIGIOUS SCHOOL THROUGH PICTURES

The Temple Sinai Religious School wishes all of you:

“A good and sweet [New] Year” שנה טובה ומתוקה

We are so energized to begin anew a year of meaningful learning at the Religious School, just as we turn our heart - לב, mind/spirit - נפש, and soul-נשמה towards a parallel thematic time on the Jewish calendar. The month of Elul - אלול in - the final month in the Jewish calendar, and the last remaining month before Tishrei - תשרי, the first month of the Jewish New Year, is in essence a month of intensive self-reflection accompanied with meaningful actions to set ourselves on the right course in the year ahead. To go further about how to get serious about repentance, we look to our rabbis, in particular Maimonides, who developed the 6 steps of repentance for how we can be thorough and methodical about restoring and growing through our relationships. By the time we reach Rosh Hashanah - ראש השנה, we aspire to have done the hard work of restoring relationships with G-d, with our fellow human beings, with our environment, and within ourselves. Ambitious, eh? Judaism pushes us to be our best selves, yet combines this with love and compassion for the human condition.

Just as during this time of community we set our intentions towards restitution in relationships and inner growth, our Religious School community is warming up to a year of joy, curiosity, and increased awareness about the connection between nurturing the inner self and nurturing the people and environments around us. We are so excited to be on this journey of teshuva - תשובה of return to our best and sweetest selves together! As we recognize the good in ourselves and in each other - הכרת הטוב - we bring out the best in ourselves and each other. This Jewish concept is a way of ensuring positive psychology optimizes the traditions we are coming

to know and love. As we spend precious hours in synagogue together this High Holiday season, let us direct our hearts and minds towards the “good” - הטוב - and towards blessing - ברכה which surrounds us. May this direct us to be our best and truest selves and a school and Temple Sinai community.

May we all be written and sealed for life this coming year, לשנה טובה תכתב ותחתם

L'Shalom,

Doni



Teen Academy + Confirmation



7th Graders Learning from Rabbi Bobbie



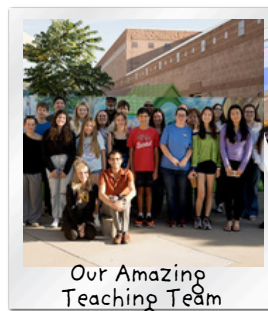
Youth Choir



Morning Prayer



Pre-K Program



Our Amazing Teaching Team



4th Grade Lesson



Upcoming Events

OCT

6

12:00 PM - 1:30 PM

Meretz and Ruach

OCT

13

10:00 AM

Donuts and Decorate the Sukkah

OCT

18

6:45 PM

Spaghetti in the Sukkah

OCT

19

12:00 PM

Family Shabbat Trail Walk at
Lookout Mountain Nature Center

OCT

24

5:15 PM

*Simchat Torah Dinner,
Consecration and
Celebration*

NOV

1

5:30 PM

Twisted Shabbat

NOV

3

9:00 AM

Mitzvah Day

NOV

9

5:30 PM

Religious School Trivia
Night



FOR MORE INFORMATION AND TO REGISTER
SCAN QR CODE !





FALL 2024

- October 28
- November 13
- December 4
- December 18

WEDNESDAYS

6:30PM

TEMPLE
SINAI

CLICK TO
REGISTER.



Monday, October 28

Dr. Aaron Greenstein: Secrets to Living A Good Life

Colorado native Aaron Greenstein will discuss mental health, memory and aging, and strategies for addressing all of these issues and living a good life.

Dr. Greenstein is a Harvard-trained board-certified geriatric psychiatrist. He specializes in the management of behavioral and psychological symptoms of dementia, late life depression and anxiety, and the strain that family members experience when caring for those aging with dementia and mental illness.

Wednesday, November 13

Rabbi Raymond Zwerin and Rabbi Steven Foster: Judaism in Denver Past and Present

Rabbi Zwerin, founding Rabbi of Temple Sinai, and Rabbi Foster, Rabbi Emeritus of Temple Emanuel, will look at how Reform Judaism has changed since their early days on the bimah.

Wednesday, December 4

Eva Jahn LPC: How to Cope With Climate Change Anxiety

As climate impacts are increasingly felt on the ground in communities around the world, our collective mental health is also being deeply affected. Integrating work and perspectives from the emerging field of Climate Psychology, this talk will use a broad lens to look at the emotional impact of climate change on our personal and collective well-being. Eva Jahn is the Executive Director of CER! The Climate Emotional Resilience Institute and a licensed psychotherapist in private practice in Boulder specializing in trauma and the psychological impact of climate change.

Wednesday, December 18

Movie Night – The 2023 film, One Life Starring Anthony Hopkins

One Life “tells the incredible true story of a London stockbroker who helped 669 Jewish children escape from Nazi-occupied Czechoslovakia at the outbreak of World War II.”



Meretz & Ruach Presents
Magic Rob Make Magic Happen
Pizza Lunch will be served

Sunday, October 6 | 12:00-1:30 pm | \$10 Per Child | Sign Up Here | K-5 Grades



You're Invited



TEMPLE SINAI PRESENTS: THE PROGRESSIVE CASE FOR ISRAEL

FEATURING



Congressman Ritchie Torres (D-NY)

Monday, October 21 at 6:00 PM

Temple Sinai
3509 S. Glencoe St.
Denver, CO 80237

Generously sponsored by Steve Demby

Register at: <https://sinaidenver.shulcloud.com/form/progressive-case-for-israel>

Due to security, pre-registration for this event is required by Thursday, October 17.
For questions or help with registration, contact Debbie Foster at debbie@sinaidenver.org.

Donuts + Decorate
The Sukkah
Sunday, October 13
10:00 AM

SPAGHETTI IN
THE SUKKAH

Friday, October 18
6:45 PM

EREV SHABBAT
FRIDAY OCTOBER 25
6:00 PM
TEAL & PINK
SHABBAT
GUEST SPEAKER, MARILYN MISHKIN

FIDF DENVER CHAPTER PRESENTS:
MEET-AND-GREET WITH

“SON OF HAMAS”
Mosab Hassan Yousef



Tuesday, October 22, 2024 / 7:00-8:30 PM

Dessert reception to follow

Temple Sinai, 3509 S. Glencoe St. Denver, Colorado 80237

Gold Sponsors \$3,600.00

Includes A Meet and Greet at a private home from 5:00-6:00 and 6 tickets with priority seating.

Silver Sponsors \$1,800.00

Includes A meet and greet at a private home from 5:00-6:00 and 4 tickets with priority seating.

General Admission \$180.00 per person

Young Professional \$ 100.00 per person

Hosts and Gold Sponsors

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JILL KAPPEL



To RSVP, please contact Amir Eden at amir.eden@fidf.org or 702-465-9244

No walk ins allowed

Temple Sinai's Defeat Antisemitism committee Invites you to:

PROCESS FEELINGS ABOUT BEING JEWISH IN TODAY'S WORLD

Antisemitism Doesn't Feel Very Good!

Has rising antisemitism created feelings of distress and trauma for you? Likewise, are you feeling the need to process your feelings and feel more resilient in the wake of daily news about Israel? Join local Jewish therapists Gitit Kaufman and Dr. Sandra Mann as they help us explore our individual and collective experiences about our Jewish identity in light of current attitudes and events. Gitit and Sandy are experienced in facilitating discussions about these topics. Come to the introductory session for adults on November 21 from 6:30-8pm at Temple Sinai. For those interested, we can plan to meet on a regular basis.



Sandra Mann, PsyD is an American born Jew and psychologist experienced in relational work.



Gitit Kaufman, LPC is an Israeli born and American Jew and licensed counselor experienced in trauma and grief work. She speaks Hebrew and English.

Both are licensed Psychotherapists and hold private practices serving adults in Denver and surrounding areas.

JOIN US

Thursday, November 21

Temple Sinai

06.30 PM - 8.00 PM



REGISTER HERE

WELCOME + MAZEL TOV

A warm welcome to Temple Sinai's
Newest members:

Greg Bil

Lauren & Matt Brown Lily, Graham, and Jack
Ilana & Austin Craddock, Jackson

Pamela Daitch & Elijah Adadzi, Asher and Suri

Rachel Hermes & Josh Zelcer, Ari

Ginny Hoffman & Brad Wall

Sherrie & Terry Kirschner

Leslie Levin & Roger Schwartz

Rachael & Matt Levy

Nan & Thomas Phillips

Joanna & Jason Pissare, Jacob, Lilah, and Talia

Lesley Sachen & Tim Deyoung, Evie and Claire

Jessica & Ben Sheldon, Elijah and Josh

Jordan Sieden & Haden Cavalli

Jill & Marc Silverman

Larry Spivack

Laura & Andrew Stephens, Natalie and Charlie

Karen & Alan Thursby

Julie & Michael Wasserberger, Sophie and Ava

Kai Decker - 10/26/24



Kai is the child of Stacey Rashti and Stephen Decker and the older sibling of Millie. They enjoy Destination Imagination, Ultimate Frisbee, reading, and all things science related. Kai saved their money and purchased a unicycle. They woke up early many mornings to go outside and teach themselves how to ride it. For their mitzvah project, Kai will be unicycling 18 miles to raise money for 350.org, Intersectional Environmentalist, and Climate Generation, three non-profit organizations that work towards climate change solutions, education, and community empowerment. People can donate at <https://support.climateride.org/participant/12960>.

Become a Temple Sinai Ambassador

At Temple Sinai, we are committed to creating an environment where everyone feels like they are part of the community. As new members join us, we want to ensure they experience that welcome from the moment they step through our doors.

This is where you come in!

We are looking for members of our congregation to serve as New Member Ambassadors. Ambassadors will be friendly guides to help new members feel at home. You'll serve as a welcoming face; answering questions, introducing them to others, and helping them connect with opportunities to engage. Being an ambassador is an important role, and it's also an easy way to serve.

Here's what we're asking:

1. Greet and welcome new members when they visit.
2. Connect them with Temple activities that might interest them.
3. Call them periodically to see how they're doing and offer support.

If you are interested, please contact Lisa Thorner at lisa@sinaidenver.org. We will be providing a brief training session to ensure you feel confident and supported in this role.

Thank you so much, together, we can create a welcoming space where everyone feels like they truly belong.



Artichoke & Brie Kugel Bites



Ingredients:

- 12 oz. Wide Egg Noodles
- 8 oz. Container of Onion & Chive Cream Cheese
- 2 Cans of Artichoke Hearts, drained and squeezed
- Small Wheel or large triangle of Brie - remove crust, cut into small cubes
- 1/3 cup Greek Yogurt
- 1/3 cup Sour Cream
- (You can also just use 2/3 cup either sour cream or Greek Yogurt instead of 1/3 cup of both)
- 1/2 cup Half and Half (or 1/2 cup buttermilk)
- 4 eggs (Or 8 egg whites)
- 2 Cloves Garlic, minced
- Kosher Salt, Ground Pepper



Ingredients for Crispy Topping

- 1 1/2 Cups grated Mozzarella Cheese 3/4 for Kugel, 3/4 Topping
- 1 1/2 Cups Corn Flakes
- 1/2 Stick Butter, melted



Instructions:

1. Preheat the oven to 375° and liberally coat 2 trays of muffin tins (12 cups) with non-stick spray, oil or butter.
2. Cook noodles per package directions.
3. With an electric mixer, combine cheese, artichoke hearts, brie, yogurt, buttermilk, egg whites, garlic and 3/4 cup grated Mozzarella. Make sure all ingredients are incorporated well.
4. Fold in noodles with a spatula, making sure the noodles are evenly coated.
5. In a Ziploc bag, combine 3/4 cup cheese, melted butter and corn flakes. Seal the bag well and crush ingredients together with your hands.
6. Spoon Kugel mixture into muffin tins. Sprinkle corn flake topping on top.
7. Bake uncovered for 25 minutes.

Makes 24 individual servings

*Can also be made as a large casserole in a 9x13 dish. Adjust cooking time to 45 minutes



Nanny Bert's Kugel



Ingredients:

- 1 pound medium egg noodles
- 6 eggs
- 1 quart of milk
- 1/4 pound of butter
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 pound creamed cottage cheese, small curd
- 1/2 pound cream cheese
- 1 cup sour cream
- cinnamon sugar to taste (1 tablespoon of each)

Instructions:

Cream the cottage cheese and cream cheese together. Add sour cream, sugar and vanilla. Cook the noodles. Beat 6 eggs and add to mixture while noodles are cooking. Blanch noodles and add butter cut into squares. Pour noodles into other mixture. Add milk at end. Sprinkle with cinnamon sugar. Pour into buttered baking dish and bake 2 to 2.5 hours at 300-325.

12 or more servings.

Pan size: 14x10x2 inches

Preparation Time: 30 minutes



Shavuos Noodle Kugel- Naomi Arbit- Jewish Telegraphic Agency



Ingredients:

- 4 eggs
- 1 pound wide egg noodles
- 1/2 c. (1stick) butter or marg. cut into pieces
- 8 oz. cream cheese
- 3/4 c. sugar
- 2 c. sour cream
- 3/4 c. apricot preserves

Topping:

- 1/2 c. cornflakes
- 1 tsp. cinnamon
- 2 Tbsp. brown sugar



Instructions:

Cook noodles as directed on package until tender but still firm. Drain well and return to the hot pot. Stir in butter and toss until noodles are well coated. In a large bowl beat cream cheese and sugar until smooth. Add sour cream and eggs and whisk until blended. Stir in buttered noodles. Spoon half of noodle mixture into well buttered or non-stick sprayed 9x13 in. baking pan. Dot with preserves. Spoon remaining noodle mixture over. Sprinkle with corn flake crumbs. In small bowl combine sugar and cinnamon. Sprinkle evenly over crumbs. Bake at 350 degrees until top of kugel is golden brown, about 45 minutes. Cool slightly. Cut into squares and serve.



PAY TRIBUTE TO YOUR LOVED ONES

It is never too late to remember a loved one or to celebrate a graduation, confirmation, Bar/Bat Mitzvah, a special birthday or any other milestone. The events that we experience individually are meant to be shared with our Sinai community. Here are several ways in which to do so:

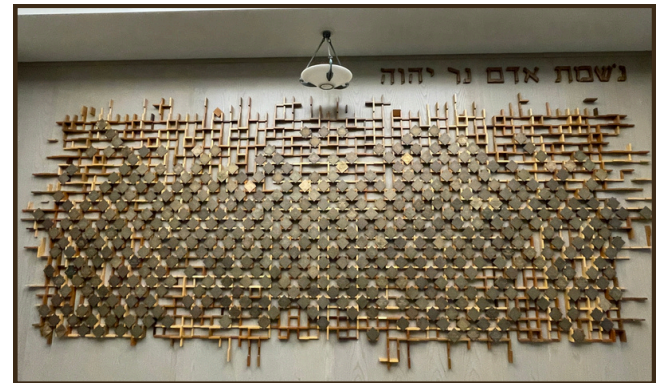
BRICK-BY-BRICK PROJECT

Brick by Brick is an ever-evolving commemoration of the special moments and people that shape and influence our lives. Bricks can be purchased online at <http://www.sinaidenver.org/brick-by-brick.html>. The display of bricks is located in front of Temple Sinai's entrance. Cost: \$125 (4x8 Brick) and \$250 for (8x8 Brick).



WALL OF REMEMBRANCE

The Wall of Remembrance, located outside the Zwerin Sanctuary, is a way to memorialize the passing of a loved one. Name plates are inscribed with the name of the departed along with the English and Hebrew date of death. Cost: \$350.



TREE OF LIFE

The Tree of Life sculpture was created by the renowned synagogue artist Sanford Werfel. The branches of the tree form the Hebrew words "Etz Chaim." The stones at the roots of the Tree are symbolic of the Twelve Tribes of Israel. The golden leaves and stones may be inscribed to highlight or commemorate joyous occasions, including births, weddings, anniversaries, graduations or to honor family, parents or friends. Cost: \$175 to inscribe a leaf and \$1,000 to inscribe a stone.



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*Donations processed July 1 - August 31, 2024

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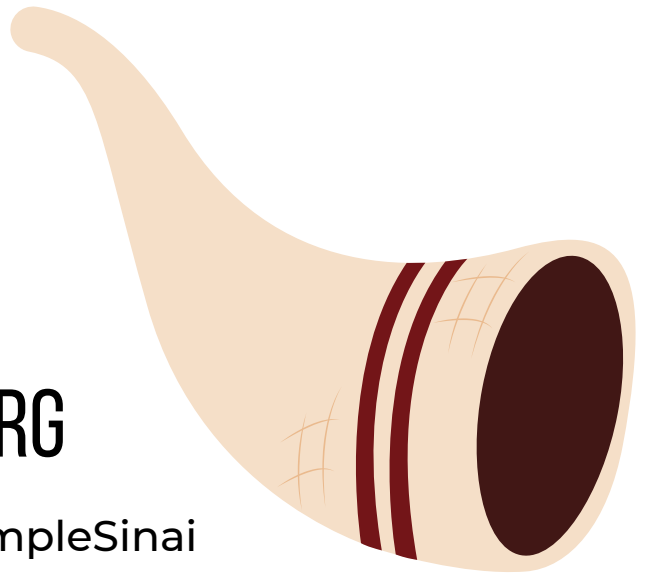
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טובה

