

3104 W. Windsor Road ☆ Champaign, IL 61822 ☆ (217) 352-8140 ☆ [www.sinaitemplecu.org](http://www.sinaitemplecu.org)

*The purpose of Sinai Temple is to worship God in accordance with the Jewish faith; to cultivate a love and understanding of Jewish heritage through education; to stimulate fellowship in the Jewish community; to strengthen bonds of loyalty with Jewish people everywhere; and to bring nearer the Dominion of God on earth through an emphasis on righteousness (tzedakah), commandments (mitzvot), and goodwill (gemilut hasidim) to one another and to society at large.*



SAVE THE DATE FOR THE  
 **ImpactLife**  
**BLOOD DRIVE**

**SUNDAY, AUGUST 28**  
**11:30AM—4:00PM**

Held at the Sinai Temple, in the Davis Chapel. Please note that masks will be required while participating.



## Schedule of Services

**FRIDAY, AUGUST 5**

5:30 PM Erev Shabbat Service & First Friday Dinner

**SATURDAY, AUGUST 6**

10:00 AM Egalitarian Traditional Minyan Service

**FRIDAY, AUGUST 12**

7:30 PM Erev Shabbat Service

**SATURDAY, AUGUST 13**

KIDdish Club \*Splish Splash Shabbat\*

**FRIDAY, AUGUST 19**

5:30 PM Shabbat Rocks!

7:30 PM Erev Shabbat Service

**FRIDAY, AUGUST 26**

7:30 PM Erev Shabbat Service

**Saturday, August 27**

10:00 AM Egalitarian Traditional Minyan Service

## *From Rabbi Alan Cook's Desk*



Last month, I had the opportunity to spend time on the faculty of the Olin Sang Ruby Union Institute (OSRUI) in Oconomowoc, Wisconsin. This is always a highlight of the summer for me, made even sweeter by the large number of Sinai

Temple Religious School students who attend camp there.

This summer, I worked with the unit known as “Tzofim.” It is one of camp’s two “downstairs” units, meaning that the space set aside for the unit is in a lower part of camp in a slightly more wooded part of camp’s 250 acres; the campers sleep in tents and their gathering facilities are a bit more rustic.

The word “Tzofim” means “scouts,” but it is derived from a Hebrew root meaning “to watch” or “to look.” As much as there is to look at throughout the camp facilities, there is even more to observe when one is in Tzofim. Without the light and noise pollution of a larger city or town, the daytime sky looks bluer, and the night sky seems to be inhabited by thousands of stars, brightly shining.

I was reminded of this when I worked with one of the bunks on writing reflections for an evening service they would lead for the unit. The campers were focusing on Ma’ariv Aravim, a prayer from the evening liturgy that praises God for aligning stars and planets, and for other works of creation that are visible in the night sky (a counterpart prayer, Yotzeir Or, celebrates that which can be seen in the daytime). The campers reflected that camp

provides an environment in which they can truly appreciate their surroundings and not take the words of the prayer for granted.

In late June, there was a rare moment of planetary alignment. If you were up early enough in the morning, you were able to see Mercury, Venus, Mars, Jupiter, and Saturn in the darkness just before sunrise. More recently, the James Webb telescope, launched last December, transmitted its first color images of distant stars and galaxies.

Wherever we happen to be when we gaze upon the night sky or recite Ma’ariv Aravim, I hope that we can each conjure up a sense of awe and gratitude for the intricate workings of the universe in which we live. I pray that we can praise and thank God for the varying intricacies of God’s creation, and pledge ourselves to be responsible partners in doing our part to maintain these natural wonders for future generations to appreciate.

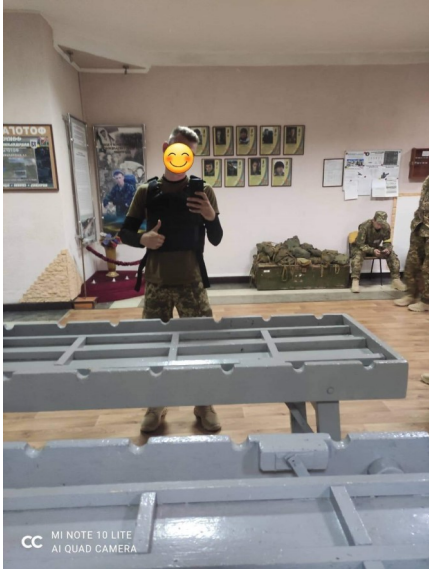
The Hasidic master Israel Ba’al Shem Tov once taught, “The world is full of miracles and wonders, but we take our little hands and cover our little eyes and see nothing.” May we always be inspired to remove the covering from before our eyes and bask in the beauty of creation.

L’Shalom,

Rabbi Alan Cook



## *A Note From Leanna Cossman*



Once again, I am so grateful to my Sinai Temple community for their support.

14 ballistic vests were taken to the Ukrainian and a few of the recipient soldiers are pictured on the left. The young man with his face covered was shot 3 times and his vest literally saved his life. His sister and mother were so grateful that he had it on.

Many injured soldiers were moved by ambulance to Poland and Moldova for definitive care in Germany and the Netherlands.

The man pictured was a beer salesman with no combat experience who is now paralyzed from the shoulders down. We were able to take 30 minutes for him to visit with his wife and daughter prior to leaving for Germany as he had not seen them since he left for the front lines in April.

There are so many stories and so many lives in tatters but we, as a community, were able to make a difference in a war zone. Thank you for your help.

*~Leanna Cossman*

# The Green Team Update

## THE GREEN TEAM VIEWS A LOCAL CIRCULAR ECONOMY

SINAI TEMPLE GREEN TEAM sponsored a trip on July 17, 2022 to the Koss Family Farm, White Heath, IL, where we learned about their aquaponics facility.

Several years ago, Steve and Kathy Koss began studying aquaponics as a way to conduct sustainable food production. They opened their business five years ago, raising tilapia and lettuce in a nearly closed ecosystem.

We were wowed seeing the system in operation, with continuous water flow from the fish tanks feeding the hydroponic lettuce beds, then recirculating back to the fish tanks. The fish, received as fingerlings, are raised in a series of tanks and grow to 2 ½ pounds in 9 months, when they are harvested and prepared for sale as fillets. Four varieties of lettuce are grown from seed, taking 48 days until harvest. Along with the impressive amount of fish and lettuce that grows in a compact area, the reduction of water usage in lettuce production is stunning: instead of up to 26 gallons of water per head of lettuce, the aquaponics system uses two gallons of water.



The operation is year-round and you can purchase their Kountry Fresh products at the Urbana Farmer's Market, at selected stores, and through their website.

We really enjoyed viewing the aquaponics operation and learning about the dedicated work the Koss family puts into bringing a sustainable form of food production to Central Illinois.

You can purchase their products online here:  
<https://marketwagon.com/vendor.php?id=2113>



# Announcements



Miriam Wong Grossman was born on the 25th of June, 2022. She is the daughter of Ashley Wong Grossman and Daniel Grossman, and granddaughter of Peggy and Michael Grossman. She was around 5.75 lbs and 20 inches, petite and healthy.

## Sinai Temple Gift Shop

*(All Gift Shop profits go to support the Religious School)*

The Gift Shop is now open by **appointment only!**

Please contact Jessica Kopolow to set up an appointment. You can reach her by phone at 417-8699 or email at [jessicakopolow@yahoo.com](mailto:jessicakopolow@yahoo.com)

Cash or checks are always welcome. Credit cards accepted for charges over \$25. We now accept Visa, MasterCard, American Express and Discover using SQUARE.



## Gentle Chair Yoga

**Tuesdays at 9:30 AM—ONLINE**

For those who would like to do chair yoga, online, with Robin, Goettel while in your home, please contact her at [robinfans1@gmail.com](mailto:robinfans1@gmail.com).

## August Book Club

The Book Group meets the second Sunday of each month at 2:00 PM.

June 12: Clementine : The Life of Mrs. Winston Churchill by Sonia Purnell

OR Lady Clementine by Marie Benedict

**READER'S CHOICE:** You may choose to read either or both.

Host and Facilitator: Susan Cohen, 3506 S. Vine, Urbana (217) 384-7871

July 10: Where I Come From: Stories from the Deep South by Rick Bragg

Host and Facilitator: Ann Sapoznik, 308 Yankee Ridge Lane, Urbana  
(217) 367-5262

We meet in a hybrid format, both in person and via Zoom.



## Announcements



The Neuman Garden has been weeded and pruned for a fresh, clean look. Check it out the next time you are at the Temple!

### DATES TO KNOW:

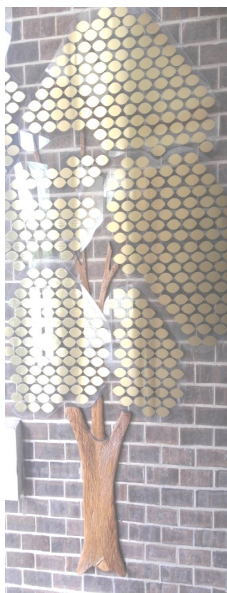
RELIGIOUS SCHOOL & HEBREW SCHOOL  
REGISTRATION WILL BEGIN:  
MONDAY, AUGUST 15TH

THE SINAI TEMPLE BLOOD DRIVE  
WILL BE HELD ON:  
SUNDAY AUGUST 28TH  
11:30 AM—4:00 PM

### *A Note from Outgoing Temple Administrator Kathy Douglas*

Thank you so much to my Sinai Temple family for the wonderful send off on Sunday, July 24th. I have loved working here for the last ten years and look forward to maintaining the friendships I have made. My years at Sinai have been an education for me in many ways and helped me grow spiritually. Working with Rabbi Alan and Rabbi Jody has been a pleasure as we navigated Covid and a major renovation in the last 3 years, along with the day to day operation of the Temple.

**THANK YOU**



### TREE OF LIFE LEAF

Our synagogue is proud to possess the EitzChaim, a “Tree of Life”. This beautiful sculpture, given to us by the Hymowitz family, is permanently displayed in the Sinai Temple lobby. The branches of the tree contain leaves which can be inscribed to highlight or commemorate such joyous events as births, weddings, anniversaries, B’nai Mitzvah, graduations or simply to honor parents, family or friends. Share your

happy occasions by inscribing your family “Simchas” on our synagogue’s “Tree of Life”. This will be a permanent dedication to the meaningful and happy events that touch our lives. The price per leaf is \$250. For more information, please call the Temple office at (217) 352-8140.

# Giving for May-July 15Tth

## **BUILDING FUND**

Justin Aronoff & Christy Harms-Aronoff  
Hilda Banks  
Charles Blair & Joan Friedman  
Linda Bauer  
Andrew & Tamarra Bernstein  
Gary & Tonya Bernstein  
Astrid & Earl Berkson  
Robert & Lauren Boucek  
David & Sadie Braun  
Lee Deville & Amy O'Dell  
Minna Friedman  
Ben & Shari Fox  
Eugene Greenberg  
Robin & Bruce Goettel  
Frances & Mitchell Harris  
David Helman  
Sanford & Elizabeth Hess  
Al Johnston & Julia Rietz  
Brian & Jacque Kahn  
Richard & Judith Kaplan  
Paula Kaufman  
Judy Lachman  
Warren Lavey & Holly Rosencranz  
Faye Lesht & Joyce Meyer  
Daniel & Eileen Lichtblau  
Leslie & Gary Mason  
Barbara Nelson  
Pam & Ken Olson  
Michael Parrish  
Richard Pikowsky  
Rachel & Sandi Roegman  
Pete & Cyndi Smyser  
Marc & Avigail Snir  
William & Fran Strauss  
Elizabeth Weiss  
Judith & Benjamin White

## **KITCHEN/ONEG FUND**

Justin Aronoff & Christy Harms-Aronoff  
Hilda Banks  
Charles Blair & Joan Friedman  
Linda Bauer  
Andrew & Tamarra Bernstein  
Gary & Tonya Bernstein  
Astrid & Earl Berkson  
Laura & Anthony Bleill  
David & Sadie Braun  
Lee Deville & Amy O'Dell  
Ben & Shari Fox  
Eugene Greenberg  
Frances & Mitchell Harris  
David Helman  
Sanford & Elizabeth Hess  
Richard & Judith Kaplan  
Paula Kaufman  
Charles & Joan Kozoll  
Judy Lachman  
Daniel & Eileen Lichtblau  
Leslie & Gary Mason

## **(KITCHEN/ONEG FUND)**

Barbara Nelson  
Michael Parrish  
Richard Pikowsky  
Rachel & Sandi Roegman  
Marc & Avigail Snir  
Elizabeth Weiss  
Judith & Benjamin White

## **GENERAL FUND**

Lianne Anderson  
Allen Avner  
Carl & Carol Belber in Memory of Molly & Jesse Belber, Lillian & Sidney Radeloff, Samuel Agran, Joel Agran & Malka Agran  
Alice Berkson & Alexander Scheeline  
Champaign Urbana Jewish Federation  
Jennie France & Charles Kahn  
Jill Gengler in Honor of Sara Benson  
Elaine Katz in Honor of Steven & Debra Katz -Downie's Anniversary  
Wynne Korr  
Marsha Leizer  
Mary Perlstein in Memory of George Perlstein  
Edward & Nancy Tepper in Memory of Myron Sholem

## **SECURITY FUND**

Justin Aronoff & Christy Harms-Aronoff  
Hilda Banks  
Charles Blair & Joan Friedman  
Linda Bauer  
Andrew & Tamarra Bernstein  
Gary & Tonya Bernstein  
Astrid & Earl Berkson  
Robert & Lauren Boucek  
David & Sadie Braun  
Lee Deville & Amy O'Dell  
Robert Ferrer  
Minna Friedman  
Ben & Shari Fox  
Eugene Greenberg  
Robin & Bruce Goettel  
Frances & Mitchell Harris  
David Helman  
Sanford & Elizabeth Hess  
Al Johnston & Julia Rietz  
Richard & Judith Kaplan  
Paula Kaufman  
Joanna Kling  
Judy Lachman  
Warren Lavey & Holly Rosencranz  
Faye Lesht & Joyce Meyer  
Daniel & Eileen Lichtblau  
Leslie & Gary Mason  
Barbara Nelson  
Michael Parrish  
Richard Pikowsky  
Marc & Avigail Snir

## **(SECURITY FUND)**

William & Fran Strauss  
Elizabeth Weiss  
Judith & Benjamin White

## **RELIGIOUS SCHOOL FUND**

Allen Avner  
Charles Blair & Joan Friedman  
Linda Bauer  
Judith & Samuel Bernstein  
Carl & Carol Belber  
Julian & Susan Cook  
Rabbi Alan & Rabbi Jody Cook  
John Davis & Terri Gitler  
Ann Einhorn  
Joyce Nagel Eisenstein  
Jennie France & Charles Kahn  
Natalie Frankenberg In Honor of Rabbi Jody Cook  
William & Phyllis Gingold  
Yonatan Kahn & Alison Rosenblum  
John & Benita Katzenellenbogen  
Ben & Shari Fox in Honor of Hannah Libman's Bat Mitzvah  
Richard & Judith Kaplan  
Paula Kaufman  
Wynne Korr in Honor of All of the Sinai Temple Religious School Teachers  
Ira & Cecile Levenson  
Marsha Leizer  
Benjamin & Jessica LeRoy  
Faye Lesht & Joyce Meyer  
Stanley & Joan Levy  
Diane & Rob Ore  
Gene & Julia Robinson  
Barry & Linda (z"l) Weiner  
Arthur & Marcia Siegel  
David Sussman & Kristin Wilcox  
William & Fran Strauss  
David & Jan Sholem  
Nancy & Edward Tepper

## **HARRY NELSON ENDOWMENT FUND**

Joyce Eisenstein in Memory of Mary Lou Brotherson

## **DECKARD FUND**

Abraham & Marcia Akresh in Honor of Oren Akresh's Bar Mitzvah

## **EINHORN GARDEN**

Country Arbors Nursery

## **LIBRARY FUND**

Bette & John van Es in Memory of Mary Lou Brotherson  
Richard Newman in Memory of George Miller

## **YESOD L'ATID RENOVATION FUND**

Frances & Mitchell Harris  
Paula Kaufman

**A PRAYER BOOK CABINET was given as a gift of the Richard Newman Family, In Memory of Shirley M. Newman**

# Memorials for August

<b>Friday, August 5</b>	Edward Bruner ( 7 Aug) Goldie Burack (11 Aug) Percida DelCarmen Chandia (12 Aug) Rubin G. Cohn ( 6 Aug) Justin Lilbert Cooke ( 7 Aug) Jeanette Leavitt Davis (10 Aug) Rose Hirsch Ducoff ( 7 Aug) Simeon Grinshtein (11 Aug)	Dvorah Leah Hamburg (12 Aug) Dorothy Rosenbloom Kaufman (14 Av) Solomon Alexander Klein ( 8 Aug) Harry C. Loeb ( 9 Aug) Arnold L. Miller ( 8 Aug) Joseph Mizrahi ( 7 Aug) Herman Pincus (11 Aug) Malka Shklair (10 Av)	Ray Spooner ( 8 Aug) Warren Stone (12 Aug) William Taylor ( 8 Aug) Byron Weisbaum (11 Aug)
<b>Friday, August 12</b>	Sim N Avner (18 Aug) Ruth Berkman (22 Av) Dena Braunstein Brandman (15 Aug) Gilbert Corman (14 Aug) Bob Irwin Eisenstein (17 Aug) Laura Eisenstein (14 Aug) Joseph Farag (14 Aug) Arnold Goodman (16 Av)	Harry J. Harrison (21 Av) Daniel Katz (17 Av) Minnie Lachman (14 Aug) Helen Levin (19 Aug) Henny Lewin (17 Aug) Murray London (17 Aug) Hyman Marco (17 Aug) Madelaine Reiss (19 Av)	Myra Helman Schwartz (13 Aug) Fannie Sudman (18 Aug) Michael Tepper (19 Aug)
<b>Friday, August 19</b>	Mary Adleman (26 Aug) Simon Aprill (24 Aug) Mollie G. Berg (21 Aug) Lisa Anne Busjahn (25 Aug) Norma Florine Deckard (24 Aug) William Wiley Deckard (26 Aug) Sandra Mae Fromm (25 Aug) Louis Gordon (23 Aug) Anna Greenstein (25 Aug)	Florence Ethel Klein (22 Aug) Morris Klein (20 Aug) Samuel Klein (22 Aug) Ida Borowsky Klorfine (22 Aug) Fannie Tepper Kohn (26 Aug) Irwin Raphael Konigsberg (26 Av) Paul Hyman Meyer (20 Aug) Maurice Robert Morton (21 Aug) Bernard Pass (22 Aug)	Charlotte Rutmann Rendelman (20 Aug) Gordon Savran (24 Av) Abe Weinberg (29 Av) Haviva Yairi (23 Aug) Gertrude Rothberg Zveitel (22 Aug) Isaac Zveitel (21 Aug)
<b>Friday, August 26</b>	Henrietta F. Alpiner (29 Aug) Howard Ducoff (28 Aug) Dora Eggherman ( 1 Elu) Anne L. Flagg (28 Aug) Edwin L. Freudenstein (31 Aug) Florence Nagel Howard ( 2 Sep) Diane Kaufman (31 Aug) Shmariahl Kopelevitch ( 1 Elu)	Samuel Kranson (30 Aug) Jacob Kurland (30 Aug) Raphael Lemkin (28 Aug) Ezra Levin ( 2 Elu) Malcom McKenzie McClure(30 Aug) Estelle Nelson (28 Aug) Albert E. Rigberg ( 2 Sep) Abe L. Selicovitz (27 Aug)	Melvin Sherman (27 Aug) Minnie Sosnoff ( 2 Sep) Max Tepper (31 Aug) Mildred Topolosky ( 2 Sep)
<b>Friday, September 2</b>	Annette Bernstein ( 9 Sep) John Joseph Boby ( 6 Sep) Lester Burack ( 3 Sep) Beatrice Cossman ( 3 Sep) Loretta Dessen ( 4 Sep) Joseph Freudenstein ( 4 Sep) Jana Katz ( 8 Sep) Jerry Levant ( 8 Sep)	Minnie Levin ( 3 Sep) Blanche Loeb ( 8 Sep) Sadye Zimmerman Marco ( 4 Sep) Jennie Z. Mashkes ( 4 Sep) Anne Linsider Melhado ( 7 Elu) Henrietta Schwartz ( 7 Sep) Milton Shapiro (11 Elu) William Sholem ( 4 Sep)	Yetta Silver ( 3 Sep) Alpiner L. Stern ( 3 Sep) Benjamin Telcser ( 7 Elu) Rachel Towlen ( 9 Sep)