

October 2023

Bulletin



Rabbi Alan Cook
Rabbi Emeritus Norman Klein
Rabbi Emeritus Isaac Neuman Z"L

October 2023

3104 W. Windsor Road ☆ Champaign, IL 61822 ☆ (217) 352-8140 ☆ www.sinaitemplecu.org



SCHEDULE OF SERVICES

SUNDAY, OCTOBER 1

5:30 PM Sukkot Pizza Dinner and Program

FRIDAY, OCTOBER 6

* 5:30 PM Erev Shabbat Service

NOTE: No First Friday Meal (see below)

SATURDAY, OCTOBER 7

10:00 AM ETM Shemini Atzeret Service with Yizkor

5:30 PM Simchat Torah Service with Dinner and Celebration of new Religious School students and our newest Temple members.

FRIDAY, OCTOBER 13

7:30 PM Erev Shabbat Service

FRIDAY, OCTOBER 20

5:30 PM Shabbat Rocks!

7:30 PM Erev Shabbat Service

FRIDAY, OCTOBER 27

7:30 PM Erev Shabbat Service

SATURDAY, OCTOBER 28

10:00 AM ETM Service

Joshua Gevronvey Scholar in Residence

Sinai Temple is thrilled to welcome **Rabbi Dr. Joshua Garroway** as our scholar-in-residence **October 27-29,**

2023. This program is generously supported by the Marvin and Esther Steinberg Scholar-In-Residence Fund of the Champaign-Urbana Jewish Endowment Foundation.

[For more information, turn to page 3]



* While services on **Friday the 6th** will be held at 5:30 PM, we will NOT have a First Friday meal. You are encouraged to bring your own dinner to enjoy together with friends following the service. Temple will provide challah and dessert. Please plan to join us for our Simchat Torah celebration at 5:30 PM on Saturday, October 7 (RSVP required <https://sinaitemplecu.shulcloud.com/form/ST2023>). First Friday dinners will resume in November.

From Rabbi Alan Cook's Desk



On Rosh Hashanah, I spoke of the significance of being fully present in a moment, and how that can help us to feel a greater sense of investment in an activity or organization in which we participate. I invited

each of you to begin sharing your own stories of engagement with our Sinai Temple community. As we continue to hear from one another, we start to recognize the elements that have made our holy congregation such a significant presence in the lives of individual congregants and families, as well as within the C-U community in general. (By the way, if by chance you didn't hear one of my High Holiday sermons, they are all available at <https://ravcookie.blogspot.com>.)

As we shared our stories, I also mentioned that I aspire to have our congregation be "unreasonably" welcoming. I derive my usage of the term "unreasonable" from a book by Will Guidara, former co-owner of the restaurant Eleven Madison Park in New York. Under Guidara's leadership, that establishment became so known for going above and beyond in its hospitality to guests that others in the industry deemed it unreasonable.

Let me be clear, the sort of "unreasonable" relationship that I think our congregation can achieve is not transactional or self-serving. It is not about one

specific member having their every whim met or asserting their ideas and silencing others. It is about being relationally responsive to one another—something that I think we already do fairly well in small batches, but something that we can excel at if we all pitch in.

Sinai means many different things to the individuals and families who belong to this congregation. Some come for worship services and spiritual enrichment; some come for meals or programs; some are engaged through Sinai Temple Religious School. Whatever your touchpoint(s), we're glad you're connected to our community. But often I will hear members say that they don't know another congregant, because they don't move within the same circles within Sinai Temple. I believe our storytelling and our "unreasonableness" can bridge those gaps between the various sub-groups that exist in the congregation. If we take the time and allow ourselves the curiosity to wonder about our neighbors here at the synagogue, we will likely discover that we have more in common than we initially realized.

Let us construct and explore this web of interconnectedness to deepen our connections to our Temple and to one another throughout this New Year 5784.

L'Shalom,
Rabbi Alan Cook

Simchat Torah

On Saturday, October 7, beginning at 5:30 PM, please join us for our Simchat Torah extravaganza. We'll begin with a freshly cooked dinner in celebration of the festival. Then we'll honor both our newest Sinai Temple Religious School students, and our newest Temple members (those who have joined in the last three years). We'll cap off the evening in celebration of the Torah, as Mitch Harris leads us in dancing to the music of local Klezmer band Papashoy! RSVPs are required for dinner, which is \$8 per person, with no household paying more than \$30. Please visit <https://sinaitemplecu.shulcloud.com/form/ST2023> to RSVP.

***Please note:** Because of our holiday celebrations, there will **NOT** be a First Friday dinner in October. Our service on October 6 will still be held at 5:30 PM., and all are encouraged to bring their own dinner to enjoy in the pods following the service. We will provide challah and dessert.*



From President Lil Levant

Shana Tova! And thank you to everyone for making the High Holidays such a meaningful experience for all of us. For fear of forgetting anyone, I will just note that there were many who played a huge role in this effort – our Rabbis, Gary Bernstein, Art Siegel, our musicians, those who made our Rosh Hashana reception and Yom Kippur break-fast possible, our greeters – the list goes on and on. I had not realized how much goes on behind the scenes to provide this experience.

Lots and lots is going on at the Temple right now. I'm especially happy to honor our newest Sinai Temple members and our new Religious School students at a consecration ceremony at Simchat Torah on Saturday, October 7, I hope to see many of you as we celebrate with dinner, un-scrolling the Torah and dancing to the Klezmer band, Papashoy.

To switch topics entirely, and as point of information, my goal for the first six months of my presidency has been to examine and strengthen best business practices where necessary. The staff and Board of

Trustees have been focused on this effort. Gary Bernstein, Art Siegel (Financial Secretary) and Jennie France (Treasurer) have been streamlining administrative processes when necessary, and examining and implementing new ways to improve communication and processes in every area of our operations. ShulCloud has been a tremendous tool and we are pleased that many of you are now using it. The Board recently approved hiring CliftonLarsonAllen (CLA) to examine and make recommendations to us on best accounting practices. Our Board approved this project because it had been years since our procedures were examined by an outside source. We are excited that CLA will provide this professional guidance. This project should be completed in November. A special thanks to Shari Fox for spearheading this project.

Please do not hesitate to give me a call or email me if you have questions, concerns or ideas at any point.

Take good care,
Lil

Rabbi Dr. Joshua Garroway

Sinai Temple is thrilled to welcome **Rabbi Dr. Joshua Garroway** as our scholar-in-residence **October 27-29, 2023**. This program is generously supported by the Marvin and Esther Steinberg Scholar-In-Residence Fund of the Champaign-Urbana Jewish Endowment Foundation.

Rabbi Joshua Garroway is the Sol and Arlene Bronstein Professor of Judaeo-Christian Studies at the Hebrew Union College – Jewish Institute of Religion in Los Angeles. Raised in Rochester, New York, Rabbi Garroway earned rabbinical ordination from HUC-JIR in 2003 and a PhD from Yale University in 2008. While his academic books and articles focus on the events of the first century, and specifically the life and writings of Paul, his teaching and popular writing deal with Jewish texts and history more broadly. Rabbi Garroway currently lives in Pasadena, California, with his wife, Professor Kristine Henriksen Garroway, and their three t(w)eenage boys. For fun, he enjoys chess, tennis, opera, period pieces, and taking his kids to Dodgers games.

Rabbi Garroway will offer three presentations during his time with us. On **Friday, October 27, at 7:30 PM**, he will deliver the sermon during services. On **Saturday, October 28**, Rabbi Garroway will participate in the Egalitarian Traditional Shabbat morning service for Shabbat Lech Lecha beginning at **10 AM** and will speak at a kiddush luncheon following the service (titled: Inside the Mind of God: Plato, Jews, and Christians). On **Sunday, October 29**, he will speak at an Adult Education session from **10:30-11:30 AM** (titled: What's a Half-Jew, Anyway? Fuzzy Identities, Ancient and Modern).

All events are free and open to the public, but RSVPs are required for Saturday's lecture to ensure that we have sufficient food for lunch. Please RSVP at <https://sinaitemplecu.shulcloud.com/form/garroway.html>. Please watch your email blast for more information about the lecture topics.

Religious School News

October Events:

October 15, 22, 29 – Sunday Hebrew and Religious School

October 4, 11, 18, 25 – Wednesday Hebrew School

October 20 – Shabbat Rocks!

Special Programs:

On **Wednesday, October 4**, we will have a **BYO Dinner in the Sukkah!** Hebrew School will end at 5:30 and families and community members are encouraged to come to the sukkah with a dinner (bring something from home or from a restaurant – make it easy for yourself!) We will provide drinks and dessert. If you have friends who are curious to know what a sukkah is, feel free to invite them! In case of rain – we will open the pods and you can eat inside if you choose to. Please plan to have at least one adult at the event to help with supervision!

On **Saturday, October 7**, we will celebrate **Simchat Torah** as a community. We frequently talk about cycles in Judaism and in life – Simchat Torah is a beautiful example of ending and beginning. At our Simchat Torah celebration, we will have an opportunity to read the last verses of the Torah and immediately read the beginning of the Torah, demonstrating that “la’asok b’divre Torah”, engaging in words of Torah, is ongoing. As we grow and experience life, our understanding of the ancient text can change. At our Simchat Torah celebration, we will dance with flags and Torah scrolls and we will welcome the newest learners at Sinai Temple Religious School. Please plan to join the community and don’t forget your comfy shoes! RSVP for dinner using the link sent through Constant Contact email blasts.

Maybe you noticed... We have added a few items that are intended to be used by children during services and programming in the sanctuary. Throughout the last ten years, I have only known our community to encourage people of all ages to participate in services and other activities. This summer, we created small pouches with a magnet board/Hebrew letter magnets, crayons and paper, a board book and a few fidgets. These can be found in the sanctuary or foyer. Caregivers are asked to return items to the pouches and the pouches to the basket. Another area that we have worked on is the upper level of the library. Thank you to Julia Rietz, Jennie France and Stacy Trager, as well as to the Sinai Temple Board of Trustees, for working on this project. The space is designed for families and is open to anyone who may need a break from a service or other event. We added a couch, some bean bag chairs, a wall activity board, assorted blocks and of course, books. Again, please encourage your children to clean up before they leave the space so it is ready for others to use.

Finally, we are also working on the Sinai Temple Youth Lounge in the new school wing. This is a popular hang out space, also used for Hebrew High. Watch for updates in the coming months as we choose new furniture and redesign the space.

We would like to thank Abby Bernstein, Nessa Bleill, and Orli Cook for their help during the Jewnior Congregation service.

Rabbi Jody Cook

Director of Education

Green Team

GREEN TEAM TIP

One action we can take for our personal health and the health of the planet is to eat less meat. We're fortunate to have access to excellent quality fish here in Champaign-Urbana.

Many are familiar with the benefits of eating fish at least two times per week: along with providing low-fat, high quality protein, fish provides omega-3 fatty acids and beneficial vitamins and minerals. If you are concerned about fish with raised levels of mercury, tilapia and trout are two of the varieties listed that do NOT have raised levels of mercury.

Some of you are familiar with, and even visited, the aquaponics facility at Koss Family Farms where they produce farm-raised tilapia.

<https://www.kountry-fresh.com/about>

According to Seafood Watch, an initiative of the Monterey Bay Aquarium with extensive information about sustainable seafood choices, rainbow trout and steelhead trout are excellent choices for your meals. You can find rainbow trout at Meijer and steelhead trout at Costco.

<https://www.seafoodwatch.org/stories/rearing-rainbows>

These locally available fish are a tasty and sustainable choice, farmed here in the U.S.A. for your table!



Sinai Temple Announcements

Mi Shebeirach list

Sinai Temple maintains a Mi Shebeirach list, in order that we might lift up the names of those facing illness or hardship in our weekly healing prayers. This list has grown in the past year, and we are no longer certain that every name on it is current.

Starting with the first Shabbat after the High Holidays (Friday, Sept. 29), we will begin our Mi Shebeirach list anew. Rabbi Alan will maintain the list with the name of the individual, the name of the person who requested that they be added to the list, and the date that they were added to the list. Names will be removed from the list after one month (four Shabbatot), unless a specific request is made to maintain them. Thank you for your understanding.

Sinai Temple Gift Shop

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

The Gift Shop is now open by appointment & during Sinai Temple Religious School Hours!

Please contact **Jessica Kopolow** to set up an appointment. You can reach her by email at jesscakopolow@yahoo.com or by phone at 217-417-8699.

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

October Book Group

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

We meet in a hybrid format, both in person in the Sinai Temple Library and via Zoom.
A Zoom link is provided for those who are outside the C-U area.

October 8:
Lessons in Chemistry
by Bonnie Garmus
Facilitator: Tamarra Rennick

RSVP's required by Friday, October 6 to
nataliefr@comcast.net

Labor of Love

On Monday September 4 a group of dedicated volunteers joined together to polish silver, pull weeds, water plants, fix broken light fixtures, clean the kitchen, clean artwork, and wash windows.

The list of volunteers included: Larry Adelston and Katherine Coyle, Gabe Cook, Ben Fox, Jennie France, Shira Harkins, Sanford Hess, Paula Kaufman, Wynne Korr, Ben and Jess LeRoy, Judy Lachman, Leslie Mason, Rob and Diane Ore, Asher Par-rish, Karen Ray, Amy Rody, Bob Smith, and Sara Topolosky.

Sukkah Build

Thanks to the volunteers that helped build the Sinai Temple Sukkah: included: Gary Bernstein, Gabe Cook, Ben Fox, Sanford Hess, Liz Kellner, Dan Kopolow, Lil Levant, Amy and Jake Rody, and Art Siegel

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.

Sinai Temple Donations

Temple Donations August 16 to September 15, 2023

BUILDING FUND

Lauren Aronson & Paul Orr
Gary & Tonya Bernstein
Jeremy Bernstein & Tonia Lopez-Fresquet
David & Sadie Braun
Robert & Patricia Ferrer
Matthew & Eleanor Finkin
Nathaniel & Eliza Forsythe
Natalie Frankenberg
Joan Friedman & Charles Blair
Melissa Frydman
Yael Gertner & Mahesh Viswanathan
Marcey Goldstein
Ben & Michelle Hankin
Sherry Helfer
Sanford & Elizabeth Hess
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Jacob & Suzanne Woolfson
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GENERAL FUND

Lotan Band & Candace Garland
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Carmel & Inbal Elazar
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William & Phyllis Gingold in Memory of
Steven Gingold
Alayna Hirsch & Tessi Taylor
Lynda Leach in Memory of Merle Levy

Michael Levy in Memory of Merle Levy
James & Terri Ann McKenzie in Memory of
Merle Levy
Jennifer & Melanie Pridemore
James Roehm in Memory of Merle Levy
William & Fran Strauss
Stacy & Jason Trager
Elizabeth Voss in Memory of Miles Klein
Jeanette Zemsky in Memory of Merle Levy

KITCHEN FUND

Lauren Aronson & Paul Orr
Gary & Tonya Bernstein
Jeremy Bernstein & Tonia Lopez-Fresquet
Laura & Anthony Bleill
David & Sadie Braun
Nathaniel & Eliza Forsythe
Natalie Frankenberg
Joan Friedman & Charles Blair
Ben & Michelle Hankin
Sherry Helfer
Sanford & Elizabeth Hess
James & Karin Imlay
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Judy Lachman
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Benjamin & Jessica LeRoy
Leslie Mason
Susan & Michael Roughton
Karen Rudolph & David Donnini
Mark Sapoznik
Richard & Susan Schnuer
Sara Schwebel
Jacob & Suzanne Woolfson

LIBRARY FUND

Sue & David Brim in Memory of Henrietta
Schwartz
Saralee Lewis in Memory of Merle Levy

RENOVATION FUND

Paula Kaufman
John Petersen in Memory of Brian Braun

SAFETY & SECURITY FUND

Lauren Aronson & Paul Orr
Gary & Tonya Bernstein
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Natalie Frankenberg
Joan Friedman & Charles Blair
Melissa Frydman
Yael Gertner & Mahesh Viswanathan
Ben & Michelle Hankin
Sherry Helfer
Sanford & Elizabeth Hess
James & Karin Imlay
Alaina & Larry Kanfer
Wynne Korr
Judy Lachman
Marsha Leizer
Leslie Mason
Yoram & Carol Mizrahi
Richard Pikowsky
Mildred Rosenberg
Susan & Michael Roughton
Karen Rudolph & David Donnini
Mark Sapoznik
Richard & Susan Schnuer
Sara Schwebel
Gary & Beth Slotnick
William & Fran Strauss
Cynthia Weintraub
Jacob & Suzanne Woolfson
Inna & Vadim Zharnitsky

SOCIAL ACTION

Fran Abramson in Memory of Merle Levy

Sinai Temple Memorials for October 2023

Friday, Oct. 06	<p>Gertrude Bach (12 Oct) Morris B. Berenbaum (11 Oct) Morris Berg (13 Oct) Rose Creinin (28 Tis) Louis Ferratier (24 Tis) Behrooz Gahvari (22 Tis) Sylvia Gordon (11 Oct) David Z. Hamburg (13 Oct)</p>	<p>Jack Kemp (11 Oct) Max R. Klein (12 Oct) Max Kushner (8 Oct) Isadore Jack Levy (7 Oct) Rachel Frank Litman (10 Oct) Aaron Edward Markoff (11 Oct) Leah Norian (7 Oct) David Adam O'Connor-Shoresman (10 Oct)</p>	<p>Charles S. Prince (8 Oct) Henry Sapoznik (7 Oct) Bernard Sharp (13 Oct) Abraham Simon (7 Oct) Ida Spatt (10 Oct) June Wolbach (11 Oct) William Martin Youngerman (8 Oct)</p>
Friday, Oct. 13	<p>Sarah Blockman (5 Che) Harold Jay Cohen (17 Oct) Milton Stephen Cohen (17 Oct) Pearl Tepper Feldman (15 Oct) Bonnie Gordon (17 Oct) Robert E. Green (20 Oct) David Herman (3 Che) Frederic Jaher (20 Oct)</p>	<p>Frederick H. Kanfer (18 Oct) Friedrich Katz (16 Oct) Miriam Lipson (15 Oct) Harry Pikowsky (18 Oct) Arthur Robinson (16 Oct) Robert Rosenbaum (19 Oct) Joseph Rotman (16 Oct) Samuel Meyer Schwartz (16 Oct)</p>	<p>Rima Siegel Fox (16 Oct) Victor Stolarsky (29 Tis) Jason C. Stone (14 Oct) Rosalind Faiman Weinberg (19 Oct)</p>
Friday, Oct. 20	<p>Anne Corman (22 Oct) Lucie M. Field (24 Oct) Lester Frankenberg (23 Oct) Kurt Gottschalk (26 Oct) Sara Kuhn Kaufman (27 Oct) Eleanor Banks Kawin (22 Oct) Leroy Kopolow (21 Oct) Myra Kopolow (25 Oct)</p>	<p>Myron Korry (26 Oct) Nathan Lieberman (21 Oct) David Rabin (26 Oct) Florence Starobin Reyman (21 Oct) Henrietta Israel Schwartz (22 Oct) Sylvia Levin Silver (22 Oct) Louis Isaac Steinberg (11 Che) Herman Sweital (24 Oct)</p>	<p>Eugene H. Wollstein (23 Oct)</p>
Friday, Oct. 27	<p>Ann Aprill (3 Nov) Paltiel Bach (28 Oct) Nathan Brusiloff (3 Nov) Craig Gastwirth (14 Che) Louis Greenstein (3 Nov) Martha Kaplan (17 Che) Fannie Kurland (30 Oct) David F. Linowes (17 Che)</p>	<p>Dr Eli B. Mandel (3 Nov) Louis M. Mashkes (2 Nov) Harold Miller (2 Nov) Michael Neuwirth (31 Oct) Morris G. Rosenstein (3 Nov) Ely Rotman (15 Che) Lester G. Seligman (2 Nov) Suzanne Shapiro (1 Nov)</p>	<p>Dorothy Silverman (15 Che) Morris Solomon (30 Oct) Bernard Spitzer (2 Nov) Larry Vodkin (17 Che) Lisa Ellen Weichsel (18 Che) Hannah Libman Weiner (31 Oct)</p>
Friday, Nov. 03	<p>Jesse Belber (9 Nov) Louie Blockman (8 Nov) William Francisco (22 Che) Milton Glaser (4 Nov) Ruth Jacobs Gordon (7 Nov) Jenny Gottheil (10 Nov) Andrew Mark Isserman (4 Nov) Ruby Kanfer (7 Nov)</p>	<p>Meyer Klorfine (7 Nov) Joseph Lasker (5 Nov) Sylvia Leary (7 Nov) Aili Bykkonen Monahan (5 Nov) Solomon Rosenberg (5 Nov) Ida Rosenblum (20 Che) Arlen Tepper (5 Nov) Abe H. Waxman (9 Nov)</p>	<p>Lionel Wheeler (4 Nov) Sylvia Zinger (20 Che)</p>

Bulletin Submission: The deadline for the **November Bulletin** is **October 15**. All submissions may be edited for length and content. **EMAIL submissions to:** Gary Bernstein at stoffice@sinaitemplecu.org