

November 2023

Bulletin



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

November 2023

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

NOVEMBER

SCHEDULE OF SERVICES

FRIDAY, NOVEMBER 3

5:30 PM Erev Shabbat Service and First
Friday Dinner

FRIDAY, NOVEMBER 10

7:30 PM Erev Shabbat Service with
Soul Zimrah

SATURDAY, NOVEMBER 11

10:00 AM Lenny Zharnitsky
B'nai Mitzvah

FRIDAY, NOVEMBER 17

5:30 PM Shabbat Rocks!
7:30 PM Erev Shabbat Service

FRIDAY, NOVEMBER 24

7:00 PM Erev Shabbat Service - **ONLINE
ONLY** (note the earlier time) with
Congregation Beth El in Tyler Texas
(see page 2 for links)

FRIDAY, DECEMBER 1

5:30 PM Erev Shabbat Service and First
Friday Dinner

Soul Zimrah

On Friday, November 10, Sinai Temple is pleased to welcome the trio Soul Zimrah to our 7:30 PM worship service.

Consisting of Andy Dennen, Marcus Newman, and Gary Schaffel, this ensemble will bring familiar melodies and original arrangements to add a different dimension to our prayer experience. We hope that you will make plans to join us!



From Rabbi Alan Cook's Desk



This is not the article I hoped to write.

I don't have actual statistics on the readership of this newsletter, or my articles. Nevertheless, I try to craft some

thoughts each month that will be thought-provoking, engaging, or perhaps even inspiring. I strive to share messages of hope and resilience, and perhaps even a note of celebration.

But, as you all are aware, I write this in the shadow of tremendous heartbreak and tragedy. The pogrom (for want of a better term) that unfolded on Saturday, October 7 was the deadliest single day for the worldwide Jewish community since the Shoah. We continue to deeply mourn those lives lost, to pray for the healing of the wounded, and to keep the safety of the soldiers of the IDF and the citizens of besieged areas of the country at the forefront of our hearts and minds. As of this writing, more than 150 individuals are being held captive by Hamas in Gaza, and we continue to pray to God, the One who frees the captive, for their safe return.

Our identification and solidarity with our Jewish brothers and sisters in Israel does not mean that we turn a blind eye to the Palestinians in Gaza who are also suffering in this conflict. We should mourn all loss of life and pray for peace and calm to be restored in the region, and for terror to be uprooted from the land.

In the Torah, many of the patriarchs and matriarchs whom we celebrate speak of their

lives in fragmented terms. Sarah, for instance, is not said to be 127 years old when she dies, but one hundred years and twenty years and seven years. The biblical commentator, Rashi, remarks that this is because Sarah experienced different chapters of her life which were each pivotal in significant ways. In a similar manner, those of us who lived through this moment will undoubtedly continue to find a great deal of sadness and anxiety imprinted upon us; we may come to mark our experiences of Jewish life and engagement by whether they took place before or after this terrible moment.

But rather than allow this moment to cause us to turn away from engagement with one another and the worldwide Jewish community, let us be kaddish for those who are no longer here; let us sanctify their memories and sanctify our people's position in the world by remaining strong and proud and resolute. We have always been a people who have clung to the promise zachor—we remember. Let us never forget October 7, 2023; let us always remember to honor those of every generation who were lost before their time due to antisemitism and hatred.

Od lo avda tikvateinu- our hope is not lost.

If you or a family member is in need of additional support in the aftermath of this tragedy, please reach out confidentially to the Temple office, and we will direct you to appropriate resources.

L'Shalom,

Rabbi Alan

Shabbat Service - November 24 at 7 PM - Online only!

Service online with Congregation Beth El of Tyler, Texas.

Please go to <https://www.betheltyler.com/sinaitemple> to find Zoom and YouTube links and password.

From President Lil Levant

As I write this, it is the beginning of the third week of October. I am in New York City visiting my sister and spending time with a friend who is also visiting here from Los Angeles. This was a vacation I planned months ago. But of course, I did not anticipate what the world would be like when I left Urbana several days after the Israel-Hamas War began. The anxiety and sadness I feel is similar to how I felt after 9/11.

I had been fortunate to have visited Israel five months ago, filling in at the last minute as a chaperone on the Israel Now trip, the same trip that Rabbi Alan and several of our religious school teens were on. Having been in Israel so recently has heightened my awareness of and appreciation for Israel altogether. No matter my personal political opinions about the current Israeli government, my love for the State of Israel has become more strident.

And now, I see our worldwide community of Jews attacked from all sides. And despite or because of this, I see our own community at Sinai Temple coming together more profoundly. At both the recent Sukkot and Simchat Torah gatherings, I was so proud and happy with the overwhelming multi-generational participation. We had a huge turnout at both events. Our congregation was off to a celebratory start of the New Year. The Sinai Temple family was once again coming together in vibrant formation, after being apart for much of the COVID outbreak.

And now this.

Tonight (October 16, when I am writing), we participated as a unified community, not in a joyous occasion but an important one. Our community is joining together for an Israel Solidarity Gathering. I am sitting in a hotel room over 900 miles away, feeling sorry for myself that I am not able to attend.

Which has lead me to think more deeply about community gatherings and what exactly that means. Maybe uniting in the toughest times is equally important, if not more important, than uniting in celebration. Because through our gatherings, both our prayers and our actions are much more powerful.

In the coming days and weeks, as I approach my favorite secular holiday, Thanksgiving, it may be difficult to focus on giving thanks with ongoing trepidation about this war and all its social and political implications and complications. How will we as Jews, reconcile a thankful spirit under these circumstances? And then I think again about our community, and that during the good times and adversity, we have each other. And then I realize I have much to be thankful for. I hope to see each of you at Sinai Temple soon.

Lil

Mark your calendars!
Sinai Temple Gift Shop
Chanukah Showcase
ONE DAY ONLY!
Sunday, December 3
9:00am-1:00pm

Get ready for great deals on everything you and your family need to celebrate Chanukah!

Stock up on hostess gifts, candles, and chocolate gelt... Add a beautiful new menorah to your collection... Decorate your home with lights, banners, and more... Grab dreidels for your kids' classmates... And don't forget something special for your pets!

Watch for more info about special discounts in your weekly email

From Rabbi Jody Cook's Desk

The month following Tishri (when we celebrate the High Holy Days) is known as Mar Cheshvan – bitter Cheshvan. After a full holiday schedule in Tishri, during Cheshvan, there are no Jewish holidays to celebrate, other than Shabbat. So, the month is bitter or sad. Unfortunately, this year, Cheshvan is bitter for another reason. The past several weeks, starting just as the High Holy Days were concluding, we began hearing news of the attacks in Israel, of the hostages who were taken away from their families and of the horrible acts targeting Israelis and people visiting Israel. This year, Cheshvan is truly bitter.

Soon, the Hebrew calendar will move from the month of Cheshvan to the month of Kislev. I am very much looking forward to Kislev and hope to observe (and maybe even celebrate) two holidays that fall within the month. The first, a non-Jewish holiday, is Thanksgiving. The second, later in the month, is Hanukkah. While I can't help but think about the miracle of Hanukkah – a small army defeating a large army – and how the Jewish people and Israelis need a miracle like this again, I also believe it is necessary to find ways to connect with Thanksgiving. There is a middah, a Jewish value, called Hakarat HaTov. Hakarat HaTov, gratitude, can be translated as “recognizing the good”. I will admit, there are times when it can be challenging to notice the good. But, finding the good in the midst of dark times helps us feel hopeful and helps us to feel grateful.

Mid-November, we will transition from Cheshvan to Kislev. I hope that in this month, those held hostage will be freed from captivity, that civilians in Israel and in Gaza will no longer need to worry about their safety and security, that families will be reunited, and that those who are grieving will be comforted as they move from the period of sheloshim (thirty-day mourning period). I hope that the people of Am Yisrael, the people of Israel, will know peace and will find ways to reflect on moments of goodness and blessing in our lives.

Rabbi Jody Cook

Director of Education

Leonard Isaac Zharnitsky will be called to the Torah on November 11, 2023, at 10 am.

Lenny is the son of Inna and Vadim Zharnitsky and the younger brother of Irene Kaufman and Joshua Zharnitsky.

He has attended Sinai Temple for his Jewish education since he was a young child. He is currently an 8th grader ('subbie') at Uni High in Urbana. Lenny is also a member of the cross-country team at his school. In his free time, he enjoys solving Rubik's cube, programming, and watching math and science videos.

We extend our gratitude to Sara Topolsky for being Lenny's B'nai Mitzvah class teacher.

Additionally, we'd like to thank Lenny's tutor, Rob Ore, and his wife, Diane, for teaching him the meaning of Torah and baking delicious cookies. You've not only enriched him spiritually but also kept him gastronomically enlightened



Green Team and Mitzvah Project

Green Team Tip

We just became aware of Zumwalt Acres, a nearby farming project with a focus on healing the earth. Their website states: Zumwalt Acres is a regenerative agriculture community working to develop a model of land stewardship in Illinois that is ecologically sustainable and socially responsible, rooted in Jewish values.

Zumwalt Acres is located near Sheldon, east of Watseka, IL, less than 1 ½ hours north of Champaign-Urbana. Part of their mission includes research on climate-change mitigation with Yale University and the University of Illinois, and they are part of the Illinois Stewardship Alliance.

Their Sukkot program this year in late September/early October focused on a spiritual connection with the earth, including singing, services, meditation, and rituals in the Sukkah. We toured the farm and harvested tomatoes, enjoying a delicious meal featuring produce from the farm. In the afternoon, the staff conducted a native plant workshop and a Sukkot learning session.

Keep an eye out for upcoming programs next spring! You can find complete information on their website <https://www.zumwaltacres.org/>



Benjamin enjoyed his day at Zumwalt Acres!

Photo used with permission.

Thanksgiving Mitzvah Project



Last month I had the pleasure of volunteering alongside several Sinai Temple members for the Food & More Interfaith Food Pantry. It was not my usual volunteer day, and I felt proud to see others from our community pitching in. One person shared that she appreciates the opportunity to get to know people of other faiths, while we work to provide healthy food to 70 food-insecure households in CU. Todah rabah! Thank you very much to everyone who has given their time, energy, and/or money!

In November, Food & More gives out their usual staples, but partners (recipients) would also appreciate some help with their Thanksgiving meal. So to make their holiday a bit happier, we will collect four specific, nonperishable foods during the end of October through November 12. See the link below for the 4 specific items.

On Sun. November 12, the religious school and other Sinai volunteers will sort, bag, and deliver the donations to the Food & More Pantry. We will also create holiday greeting cards to accompany each food donation.

Donations can be dropped off inside the boxes in the north pod (see signs).

Please click here to donate: <https://www.signupgenius.com/go/409054BA9AB29AA8-45377305-thanksgiving>

Feel free to email Katherine Coyle if you have any questions: katherinecoyle2@gmail.com

Todah! May we all have a peaceful and meaningful Thanksgiving.

- Katherine Coyle

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 began 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 jessicakopolow@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.

November 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.

**November 12:
The Four Winds
by Kristin Hannah
Facilitator: Susan Schomer**

**RSVP's required by Friday, November 10 to
nataliefr@comcast.net**

Sukkah Build

Thanks to the volunteers that helped pack up the Sinai Temple Sukkah: including: Gary Bernstein, Lee DeVille, Liz Kellner, Dan Kopolow, Sam Mall, 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 September 16 to October 15, 2023

BUILDING FUND

Dov Cohen & Andrea Aguiar
Ann Einhorn
Joyce Eisenstein
Arne Fliflet & Deborah Levin Fliflet
Marjorie Harris
Michael & Janet LeRoy
Andrew & Lisa Libman
Jacki & Jeff Loewenstein
Brian & Susan McQuaid
Alan & Jane Nathan
Barbara Nelson
Brian Oberlander & Debbie Oberlander
Alison Rosenblum & Yonatan Kahn
David Shapiro
Pete & Cyndi Smyser
Rae Spooner
Emily Stone & Chris Napolitano
Arielle & Russell Weinstein
Cynthia Weintraub
Lloyd & Linda Weston

CONDOLENCE FUND

Charles & Joan Kozoll

FRIENDS OF RELIGIOUS SCHOOL

Arthur & Marcia Siegel
Robb and Rhonda Feldman in Honor of
Sivan and Yael Cohen

GENERAL FUND

Joyce Eisenstein
Emma Joels in Memory of Merle Levy
Stanley & Joan Levy in Memory of Ann
Sapoznik
Terry Maher
Deborah Newhouse in Honor of Drs. John &
Benita Katzenellenbogen
Arthur & Marcia Siegel in Memory of Dick
Newman
Bette & John van Es in Memory of Marianna
Choldin, Alissa Eisenstein, and Merle
Levy

KITCHEN FUND

Larry Adelston & Katherine Coyle
Sara & Eric Benson
Ann Einhorn
Joyce Eisenstein
Robert & Patricia Ferrer
Arne Fliflet & Deborah Levin Fliflet
Melissa Frydman
Marjorie Harris
Michael & Janet LeRoy
Andrew & Lisa Libman
Jacki & Jeff Loewenstein
Brian & Susan McQuaid
Alan & Jane Nathan
Barbara Nelson
Brian Oberlander & Debbie Oberlander
Richard Pikowsky
Alison Rosenblum & Yonatan Kahn
Pete & Cyndi Smyser
Rae Spooner
Emily Stone & Chris Napolitano
Cynthia Weintraub
Lloyd & Linda Weston

LIBRARY FUND

Natalie Frankenberg in Memory of Merle
Levy
Gary & Fraeda Porton in Memory of Ann
Sapoznik and Merle Levy

RENOVATION FUND

Paula Kaufman

SAFETY & SECURITY FUND

Larry Adelston & Katherine Coyle
Sara & Eric Benson
Ann Einhorn
Joyce Eisenstein
Robert & Patricia Ferrer
Arne Fliflet & Deborah Levin Fliflet
Melissa Frydman
Marcey Goldstein
Marjorie Harris
Michael & Janet LeRoy
Andrew & Lisa Libman
Jacki & Jeff Loewenstein
Brian & Susan McQuaid
Alan & Jane Nathan
Barbara Nelson
Brian Oberlander & Debbie Oberlander
Richard Pikowsky
Alison Rosenblum & Yonatan Kahn
David Shapiro
Pete & Cyndi Smyser
Rae Spooner
Emily Stone & Chris Napolitano
Arielle & Russell Weinstein
Cynthia Weintraub
Lloyd & Linda Weston

SOCIAL ACTION

Anthony & Penelope Soskin in Memory of
Ann Sapoznik

TRADITIONAL MINYAN

Maury & Janis Topolosky in Memory of
Brian Braun and Nancy Epstein

Sinai Temple Memorials for October 2023

Friday, Nov. 03	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)	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)	Lionel Wheeler (4 Nov) Sylvia Zinger (20 Che)
Friday, Nov. 10	Ann Black (16 Nov) Eva Cutler (12 Nov) Lawrence Martin Davis (14 Nov) Molly Denenholz (11 Nov) Florence Goldberg (13 Nov) Elinor Wildstein Harris (12 Nov) Jacob Herman (15 Nov)	Fred Hess (16 Nov) Jerry Keller (1 Kis) Molly Newman (16 Nov) Lev Oykhberg (13 Nov) Melvyn Silver (30 Che) Susan Melanie Sirkis (13 Nov) Jacob Toby (4 Kis)	Lawrence Weingarten (12 Nov) Irving Weissman (12 Nov) Gertrude Wolf (29 Che) Roslyn Mae Boxerman Woolf (17 Nov)
Friday, Nov. 17	Louis L. Bing (21 Nov) Joseph B. Bloomfield (20 Nov) Paulette E. Deckard (22 Nov) Libby Goldberg (21 Nov) Alex Goldman (23 Nov) Morris M. Kaplan (9 Kis) Reatha Hamburg Katz (22 Nov) Rabbi Louis Kaufman (9 Kis)	Miriam Korogodsky (18 Nov) Della B. Kranson (22 Nov) Kate Kuper (18 Nov) Rose Weinberger Levy (18 Nov) Bernice L. Lewis (24 Nov) Stuart S. Nagel (18 Nov) Minnie Rosenstein (18 Nov) William H. Sholem (24 Nov)	Bessie Siegal (22 Nov) Estelle Spelke (21 Nov) Jennie Steinberg (8 Kis)
Friday, Nov. 24	Maxine Applebaum (30 Nov) Stephen Henry Bauer (30 Nov) Nathan Berenbaum (12 Kis) Ruth Koller Berkson (13 Kis) Myrtle Berenson Braun (26 Nov) Rosa Lee Brill (29 Nov) Julius Cohen (26 Nov)	Morton Dunn (30 Nov) Marshall Eggherman (16 Kis) Bertel Forst (25 Nov) Lena V. Garfinkel (1 Dec) Beatrice Karan (1 Dec) Ben Karol (30 Nov) Samuel Arthur Libman (26 Nov)	Harry David Nelson (1 Dec) David Porton (12 Kis) Ada Feinstein Roth (25 Nov) James Strauch (30 Nov) Arthur Allen Telcser (17 Kis) Jane P. Walter (25 Nov)
Friday, Dec. 01	Philip Applebaum (4 Dec) Annette Sudman Baich (8 Dec) Da'vid Efergan (21 Kis) Sidney Feinberg (6 Dec) Louis Nathan Glaser (2 Dec) Sara Goldring (21 Kis) Ida Gorodetsky (24 Kis) Morris Gottheil (3 Dec)	Sally Grusby (2 Dec) Judith Harrison (24 Kis) Lily Helman (23 Kis) Bernard Hymowitz (20 Kis) Abraham Lapedes (6 Dec) Fred Lewin (4 Dec) Herbert Elsworth Lyon (5 Dec) Benjamin Pearlstein (2 Dec)	Isaiah Shavitt (8 Dec) Linda Vodkin (23 Kis)

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