

TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

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www.facebook.com/pages/Temple-Sinai/161739667352609t

twitter account, addresss: *templestinai_nn@templestinai_nn*

MAY 2016



A Message from the Rabbi

S'firat HaOmer, the counting of the *Omer*, transports us back to the time when our ancestors brought an *Omer*, a special offering of grain, to the ancient Temple in Jerusalem. We count the *Omer* from the second day of Passover onwards. *S'firat HaOmer* will end on *Shavuot*, seven weeks later, as commanded in the book of Leviticus (23:15-16). This year, *Lag baOmer* begins on Wednesday, May 25 and ends on Thursday, May 26.

What does '*Lag baOmer*' actually mean? The first word consists of the Hebrew letters *lamed* and *gimmel*. The numerical value associated with *lamed* is 30, and that of *gimmel* is 3. So *Lag baOmer* literally refers to the 33rd day of the *Omer* period.

What is *Lag baOmer* about? The *Omer* period is a period of mourning, during which we commemorate the death of thousands of students of Rabbi Akiva. Akiva, a renowned sage and shepherd who began studying at the age of 40, joined the Jewish military leader Bar Kochba in the disastrous rebellion against Roman power in Judea, and died as a martyr in 135 CE, teaching *Torah* against the odds of Roman rulings.

On the 33rd day of the *Omer* period, the tragedies that beset Rabbi Akiva's students came to an end, which is why *Lag baOmer* is a day for commemoration. The occasion is usually marked with picnics and bonfires. *Lag baOmer* is a holiday of camaraderie, on which we mingle and socialize and are afforded the opportunity to reflect on our bonds with one other, honoring Rabbi Akiva, who taught that to love our fellow as ourselves is a fundamental law in the *Torah*.

The source of this teaching can be found in Leviticus 19:18, a major passage that is part of the Holiness Code in which we are commanded '*You shall love your neighbor as yourself*', which came to be known as 'the golden rule'. In the same portion we are also told '*You shall be holy for I, Adonai your God, am holy*' (19:1-2).

Preceding Rabbi Akiva's lesson, in the 1st century C.E., when asked to sum up the whole *Torah* in a nutshell, Hillel replied: 'What is hateful to you, do not do to your fellow. That is the whole *Torah*; the rest is a commentary; go and learn it.' (*Shabbat* 31a)

Whether it is formulated negatively, as in Hillel's saying, or positively, as in Akiva's teaching, the love of our neighbor is such an essential commandment, which is conducive to positive and peaceful relationships and keeps us together. Whenever we depart from God's commandment, it feels as though a tear has occurred in the canvas of our tradition.

So, as we journey from *Pesach* to *Shavuot* and graduate from liberty to responsibility, let us take the golden rule to heart and remember to cherish our relationships with our relatives, friends and acquaintances.

Wishing you a meaningful *Lag BaOmer*,

Rabbi Séverine Sokol



Starting Tuesday, May 17th @ 1:00 p.m. - Join Rabbi Sokol for an informal study of the writings of our great Jewish sages. Explore a variety of everyday topics and values through a Jewish lens and engage in edifying discussions. Discover the incredible insights of our Rabbis and the timelessness of our tradition. Share your thoughts, feelings and life experiences. Learn more about our wonderful heritage and connect further with your community.

**Religious Calendar
MAY 2016**



7:30 p.m., Friday, May 6th

Shabbat Yom HaShoah Service

Torah Portion: **Acharei Mot**
(Lev. 16:1-18:30)

Candle Intro: Gloria Ostroff

Kiddush Intro: Randy Rainville

Torah Honors: Aaron Ostroff

Greeting Usher: Susan Rainville

**Security Usher &
Announcements:** Stu Flechner

NO Childcare available

7:30 p.m., Friday, May 13th

Shabbat Yom HaAtzmaut Service

Torah Portion: **(Kedoshim)**
(Lev. 19:1-20:27)

Candle Intro: Sheila Schoenberg

Kiddush Intro: John Mellman

Torah Honors: Jack Seligman

Greeting Usher: Larry Chenkin

**Security Usher &
Announcements:** Larry Linn
SHABBAT SHELI available (Kids learning activities)

7:30 p.m., Friday, May 20th

Religious School Shabbat Eve Service

Torah Portion: **Emor**
(Lev. 21:1-24:23)

Greeting Usher: Paul Aronsohn

**Security Usher &
Announcements:** Judy Kline

NO Childcare available

7:30 p.m., Friday, May 27th

Shabbat Eve Service

Torah Portion: **Behar**
(Lev. 25:1-26:2)

Candle Intro: Ilene Leiss

**Security Usher &
Announcements:** C.F. Scott
SHABBAT SHELI available (Kids learning activities)

Updated congregational member contact info:

New phone number: Dr. Melvin Winter 469-8500

Nella Ostrovsky
205 Richter Lane
Yorktown, VA 23693

JBC News



Hallelujah! Our JBC season will come to a fantastic close with Liel Leibovitz, the author of "A Broken Hallelujah: Rock and Roll, Redemption and the Life of Leonard Cohen." He will be speaking at Temple Sinai on Sunday, May 1 at 2 p.m. Leibovitz's program and book signing will be followed by a showing of "McCabe and Mrs. Miller," featuring the music of Leonard Cohen.

JBC Book Sale. Please support our JBC program and get some great reading at bargain prices. All the books (except for the authors from our four events) have been reduced, so stock up on good reading now.

Mazel Tov



Anniversaries: Jeff & Kelli Caplan, Sid & Helen Mittelman, C.F. Scott & Christina Verderosa

Birthdays: Monique Aronsohn, Rita Byalik, Matthew Caplan, Carly Finneran, Stu Flechner, Stanley Goldberg, Barbara Seligman, Helaine Shinske, Neal Sokol

In addition to our occasional year round babysitting, we offer an Educational Childcare program, also open to the children of Temple Sinai members and to the children of non Members alike and free of charge.

Carly Finneran, who is very active in NFTY and has worked as a CIT at the UJC Summer camp, will be leading activities on the following dates:

May 13, 2016 (Friday, 7:30 PM)
May 27, 2016 (Friday, 7:30 PM)

June 10, 2016 (Friday, 7:30 PM)
June 24, 2016 (Friday, 7:30 PM)

The program is a special extra curricular enrichment program that comes to supplement all the good learning that our students do at Religious School on Sundays! The children will be engaged in various learning activities such as Jewish children's prayers, Jewish art projects, Jewish holiday activities, Jewish stories...and more! Sometimes they will also attend part of the service in the sanctuary on Jewish holidays.

Save the date - Sunday, June 26th @ 11:00 a.m. - Annual Congregational Meeting/Brotherhood Brunch

***GIVE LOCAL 757 and TEMPLE SINAI
PRESERVATION PROJECT
REMEMBER!***

To participate in Give Local 757, the innovative online fundraiser for local nonprofits sponsored by the Peninsula Community Foundation of Virginia, go online to www.givelocal757.org anytime Tuesday, May 3rd between the hours of 12:01 a.m. and 11:59 p.m. to make a secure donation to Temple Sinai Historic Preservation. The minimum gift is \$10. Gifts are tax deductible and will benefit our music fund to go toward paying for music for High Holiday services. (Credit card statements will read Peninsula Community Foundation. All participating nonprofits, such as Temple Sinai, will receive a check from the Foundation for the amount of money they raise.)

Please contact Jill Keech at 757.871.6724 or orioles@cox.net for more info.

Contributor's Corner

***ANNA LEE & EDWARD E. KAHN
MEMORIAL BIBLICAL GARDEN***

Donation made by Mrs. Jan Rockoff.

SPEEY RECOVERY TO BARBARA SELIGMAN
by Mr. & Mrs. Aaron Ostroff. **IN APPRECIATION
OF GARDEN TOUR** by Melinda Webb. **IN
MEMORY OF IRWIN B. FREEDMAN** by D. Jay
Freedman & Sarah Pscheidt

PULPIT MUSIC FUND
IN HONOR OF BILLY COLE'S GRAUATION
FROM WILLIAM & MARY by Mr. & Mrs. Mike
Keech



Recycle plastic bags - We helped the Newport News Master Gardeners get a bench by bringing in our plastic bags. Now we're going to get one for ourselves. We will be collecting plastic bags and if we meet our goal of collecting 500 lbs. in six months, we will receive a bench of recycled Trex material for our Biblical Garden. A recycling box has been set up next to the JBC table, so just deposit your bags in there. Christina will collect the bags, weigh them, turn them in and report to Trex. A complete list of what can be accepted is posted by the box. All materials must be clean and dry. Contact Christina Verderosa if you have questions.

The United Jewish Community of the Virginia Peninsula
cordially invites you
to the observance of Yom HaShoah

Wednesday, May 4th: 7PM
at the UJC, Newport News

Guest speaker: Nicole Yancey
Presentations of Holocaust Writing and Visual
Arts Competition Awards**

***Children of the Holocaust: Stories of Survival
Dessert Reception to Follow***

The Holocaust Writing & Visual Arts Competition is
made possible through the generosity of the Sarfan/Gary
S. and William M. Nachman Philanthropic Fund

Nutritional Information

Hi, everyone! As warmer weather approaches and all the fun outside activities start to get going I'd like to remind you about proper hydration and snacking. I think everyone knows how important it is to drink water regularly (even before you feel thirsty!), but it is also important to snack on active days. Low blood sugar and mild dehydration come with many of the same symptoms like fatigue, dizziness, and even dry mouth and stomach pains. A lot of people think that they aren't at risk for low blood sugar if they aren't diabetic, but it can happen to just about anyone who doesn't plan their meals around their activities. Exercise lowers blood glucose and since many people are more active than normal when it's nice out it can make it hard to plan meals appropriately. Keeping food with a high glycemic index such as melon, pineapple, or pretzels around is a smart idea. These foods raise blood sugar faster than others and can help solve the problem quickly. These foods are also a little lighter on the stomach so snacking on them usually doesn't impede playtime. It may also help to decide on set times that you will take a break and eat and set alarms for those times if necessary.

Happy May!

Sarah Dill

The LifeLong Learning Society of CNU invites those of you of retirement age, to expand your horizons. Join LLS to register for exciting classes, trips, concerts and lectures. You may also participate in the book club, the bridge group, discussion group or Mahjongg. Join your peers for an exciting summer at the Yoder Barn. To join, call 269-4368 or visit lifelonglearning.cnu.edu. Summer classes begin June 6th. Brochures are available on the table in the Temple library.

Yahrzeits



May 1 - May 7 (23 - 29 Nisan)

Yetta Gross Smith	Nisan	29	
Isadore Chenkin	May	1	Father, Larry Chenkin; Grandfather, Gary Chenkin
Stephen C. Ross		2	Husband, Lona Ross
Gene Turner		2	Brother, Donn Turner & Brother-in-law, Irene Jacobson
Abraham Sonnenshine		2	Father, Jill Neuscahefer
Esther Bartman		3	Mother, Lorraine Holzswieg
Bertha Gersten		3	Mother, Mel Hutt
Morrell Gurdin		3	
Virginia Shakshober		3	Mother, Jenny Cissa
Dr. Sigmund Newman		3	Father, Lona Ross
Abraham Leiss		4	Father, Ilene Leiss
Elwood Silverstone		4	Cousin, Lona Ross
Dr. Seymour Falk		5	Uncle, Paul Aronsohn & Leslie Borwick
Leonard J. Leavitt		5	Husband, Beryl Leavitt
Milton Mound		5	
Eva Arch		6	
Lucy J. Socolow		6	
Sylvia Knee		6	Aunt, Ilene Leiss
Alice Cohen Ball		7	
Elisabeth Gorfinkle MacDonald		7	
Esther Walter		7	

Names will be ready during Shabbat Eve Service on Friday, May 6th

May 8 - May 14 (30 Nisan - 6 Iyar)

Donald F. Baddock	May	8	
George Harmonay		8	Father, Lynn Harmonay
Richard J. Mellman		9	Father, John Mellman
Aaron J. Brown		10	
Elisha Goldfarb		11	
Doris M. Seligman		11	Cousin, Jack Seligman
Miriam Hochberg		12	Mother-in-law, Larry Chenkin; Grandmother, Gary Chenkin
Irwin B. Freedman		13	Father, D. Jay Freedman
Richard Zernes		13	
Jennie Lipstiz		14	Mother, Sheila Schoenberg
Richard Meyer		14	Cousin, John Mellman

Names will be ready during Shabbat Eve Service on Friday, May 13th

May 15 - May 21 (7 - 13 Iyar)

Maurice Bonomo	May	15	
Carlyn Lessner Scher		17	Aunt, Lona Ross
Sol Nachman		18	Grandfather, Sue Anne Bangel & Joanne Roos
Martin Saxon		18	
Yetta S. Berman		18	
Moe Friedman		19	
Ida Ainhorn Cooper		20	Mother, Paul Cooper
Mintha F. Goldner		20	Mother, Henry Goldner
Reuben Margolis		21	
Nathan N. Popper		21	
Henry Seesholtz		21	
Stan Calplan		21	Father, Jeff Caplan
Michael Knee		21	Cousin, Ilene Leiss

Names will be ready during Shabbat Eve Service on Friday, May 20th

(cont'd from previous page)

May 22 - May 28 (14 - 20 Iyar)

Phillip A. Sporkin	Iyar	17	
Pauline P. Koppelman	May	22	
Malva Irene Lustig		22	
Joseph Goodman		23	Father, Jean Fass
Martin T. Lee		23	
Morris Gerber		24	
Lillian Golombik		25	
Ben Leiss		25	Uncle, Ilene Leiss
Esther Nachman Popper		25	
Robin Smith		25	Sister, Nancy Diehl
Emanuel Stein		25	Father-in-law, Shirley Stein
Harold L. Baum		26	Uncle, Ilene Leiss
Eleanor Janis Eisenman		26	
Joseph A. Gordon		27	
Jennie Volk Levine		28	Mother, Alice Rubinstein

Names will be ready during Shabbat Eve Service on Friday, May 27th

May 29 - June 4 (21 - 27 Iyar)

Anna Lee Kahn Goldfarb Liverman	May	30	
Ervin Bangel Kline		31	
Selma Bellovin	June	1	Sister, Daniel Meyerson
Charles S. Kaufman		4	
Fannie Binder Mirmelstein		4	

Names will be ready during Shabbat Eve Service on Friday, June 3rd

Floral Fund

Contact Sherri King (595-8100)
 Donation \$35.00
 Cost of contribution has increased



February 19th

Mr. & Mrs. Sid Mittelman in memory of Edward Mittelman
 Mrs. Beryl Leavitt in memory of Bessie Protheroe

April 8th

The Chenkin family in memory of Jene Schoenike

April 15th

Mrs. Shirley Stein in memory of Michael Neuwirth

April 22nd

The Chenkin family in memory of Reba Chenkin

May 6th

Mrs. Lona Ross in memory of Stephen C. Ross,
 Dr. Sigmund Newman, Rose Dorfman Rosenblum,
 Elwood Silversteon
 Jenny Cissa in memory of Virginia Shakshober

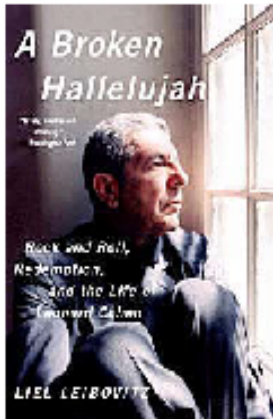
May 13th

Mr. & Mrs. Jack Seligman in memory of Doris M. Seligman
 Mrs. Shelia Schoenberg in memory of Jennie Lipsitz

May 27th

Mr. & Mrs. Arthur Fass in memory of Joseph Goodman

Leonard Cohen: Modern Prophet



In a career spanning six decades, as a poet, novelist, songwriter and performer, Leonard Cohen receives the sort of reverence we reserve for a precious few living artists. In his book, “A Broken Hallelujah,” Liel Leibovitz explores the unlikely rise of the son of a privileged Canadian Jewish family to become a cultural icon. Leibovitz received unprecedented access to Cohen’s personal papers, and he presents a portrait of an artist attuned to the themes of justice, lust, longing, loneliness and redemption. In the introduction, Leibovitz explains his purpose with the question, “So what is the prophet Cohen trying to tell us? And why do we listen so intently?”

Liel Leibovitz is a senior writer for *Tablet* magazine and teaches at New York University. He is the coauthor of “Fortunate Sons,” “Lili Marlene,” and “The Chosen People.”

He lives in New York City.



“A Broken Hallelujah:

Rock and Roll, Redemption and the Life of Leonard Cohen”

Come hear Liel Leibovitz
talk about his book

Sunday, May 1 at 2 p.m.
at Temple Sinai

11620 Warwick Blvd., Newport News

“A Broken Hallelujah” will be on sale in
advance at Temple Sinai and at the event.

Light refreshments will be served.

This event is free and open to all.

Call 596-8352 for more information.

Liel Leibovitz’s appearance is made possible through the
Jewish Book Council network.



*"And on your joyous occasions—your fixed festivals and new moon days—you shall sound the trumpets over your burnt offerings and sacrifices of well-being."
Number 10:10*



Celebrate Rosh Chodesh with Temple Sinai Sisterhood

Rosh Chodesh,
the festival of the New Moon has become a traditional women's holiday.
According to legend, the holiday was a reward given to the women of Israel
because they refused to surrender their jewelry for the creation of the
Golden Calf. Because of their righteousness, the women were exonerated
from working on Rosh Chodesh.

Monday, June 6 6 p.m.

**Home of Ilene Leiss
76 Madison Chase, Hampton, VA**

The Rosh Chodesh service will be followed by a meal.

Please bring a dish for a potluck dinner.

RSVP to Ilene Leiss at 826-6056 or email ileiss@yahoo.com by May 30.

Stock up on new books for Bargain Prices

and support Temple
Sinai's Jewish Book
Council
program.



2016-17 Books

Hardcover books \$5

Children's Books and paperbacks \$3

Advanced Readers' Copies: Donation
(Books from author events not included.)

2015-16 Books (downstairs)

All books \$1

Advanced Readers Copies: Donation

All proceeds will support JBC
events.

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 a.m. Relg. School 2:00 p.m. JBC event Author: Liel Leibowitz	2	3	4	5	6 7:30 p.m. Shabbat Yom HaShoah Service (NO childcare available)	7
8 MOTHER'S DAY 10:00 a.m. Relg. School	9 7:00 p.m. Sisterhood Meeting	10 7:00 p.m. Temple Board Meeting	11	12	13 7:30 p.m. Shabbat Yom HaAitzmaut Service (SHABBAT SHELI - Kids learning activities)	14
15 11:00 a.m. - 5:00 p.m. UJC Food Festival	16	17 1:00 p.m. The Jewish Way Class	18 Noon NCJW Luncheon	19	20 7:30 p.m. Religious School Shabbat Eve Service (NO childcare available)	21
22	23	24 1:00 p.m. The Jewish Way Class	25 1:30 p.m. NCJW Book Club Meeting	26	27 7:30 p.m. Shabbat Eve Service (SHABBAT SHELI - Kids learning activities)	28
29 10:00 a.m. Brotherhood Breakfast	30 MEMORIAL DAY OFFICE CLOSED	31 1:00 p.m. The Jewish Way Class				

Share the delight of Shabbat Sponsor an Oneg

The word "Oneg" means delight, and there are many occasions that provide a reason to share delight with our Temple Sinai family. Celebrate a birthday, anniversary, graduation, retirement, promotion or honor or remember a friend or family member by sponsoring an Oneg.



It's easy to do. There's no cooking, cleaning or set up involved. All you have to do is contact Sharon Stieffen and give her the date you want. Then you can send in your payment of \$100 for a full Oneg or \$50 for a co-sponsorship or Sisterhood can send you a bill.

If you prefer to make a smaller contribution, you can also make a donation to the Oneg Fund to help defray any additional costs not covered by sponsorships. All contributions to the Oneg Fund will be acknowledged in the bulletin.

Your sponsorship provides an assortment of food and drinks as well as a kitchen assistant to take care of set up and clean up.

Sponsors and co-sponsors are listed in the weekly service program and in the monthly Temple bulletin, and their names are read during the announcements at Shabbat services.

If you have a special occasion, here's a chance to commemorate it with a special celebration after Shabbat services. Call Sharon Stieffen at 851-1381 or return the form below to her at 236 N. First Street, Hampton, VA 23664.

Name: _____

Phone: _____ email: _____

I would like to sponsor an Oneg Shabbat for \$100 ()

co-sponsor an Oneg Shabbat for \$50 ()

In honor of _____

Preferred date _____

Check enclosed () Please bill me ()



NO BRICKS **BUTT** WE HAVE SEATS FUNDRAISER

Donations \$100.00 per seat per plaque*

Actual size of plaque:

DONATED BY
M.R. & MRS. SMITH
2010

EXAMPLES:

14 characters/spaces per line; 3 lines maximum

In Memory of

Bar (or Bat) Mitzvah of

In Honor of

Donated by

Or...make up your own message to honor a loved one or a significant event

Please make check payable to Temple Sinai and mail to:

Temple Sinai
11620 Warwick Blvd
Newport News, VA 23601

* By Temple Constitution, seats cannot be reserved or purchased.