

TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

rabbiseverine@gmail.com

Administrator - Mary Beth Colgan - *admin@nnsinai.hrcxmail.com*

(757) 596-8352 - office (757) 596-8492 - fax

Web address: *http://www.templestinai-nn.org/*

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

twitter account, addresss: *templestinai_nn@templestinai_nn*

DECEMBER 2016 - 5777



A Message from the Rabbi

What is the reason for Chanukah?

Our Rabbis taught:

On the twenty-fifth of Kislev commence the days of Hanukkah, eight days on which lamentation for the dead and fasting are forbidden. For when the Greeks entered the Temple, they defiled all the oils therein, and when the Hasmonean dynasty prevailed against and defeated them, they searched and found only one cruse of oil with the seal of the High Priest, but it contained sufficient oil for one day's lighting only. Yet a miracle occurred and they lit the lamp that burned for eight days." (Babylonian Talmud, Shabbat 21)

According to this source, our sages believed the fact that the only cruse of oil left in the Temple was enough to dedicate the Temple anew was cause for celebration. The oil lasting for eight days was truly a miracle, it enabled our faith to endure.

To honor that miracle, we traditionally indulge in fried foods on Chanukah. Growing up in France, a major highlight of the Festival of Lights for me personally was my grandmother's home-made sfenges (Moroccan fried donuts).

Just like bagels, they had a big hole in the middle. But they were also very golden, bubbly and crispy, and of course out of this world.

They weren't filled with jelly. Instead, my grandmother placed a huge plate of vanilla infused sugar in the middle of the table and we all coated our donuts in it as soon as another batch

came out of the pot.

Along with our sfenges we always drank sweet Moroccan mint tea, which was poured in yo-yo-like motions, from up high all the way down and up and down again...on and on, until the Moroccan clear and golden glass was almost filled to the top.

Between the warm donuts and the hot tea, we couldn't have been cozier on those long winter nights.

You may yourselves carry sweet memories of your own Chanukah family gatherings and continue to enjoy delicious treats you used to share on the holiday.

May this Festival of Lights shine brightly in our homes and may the miracle of the oil fuel our desire to keep the flame of our tradition alive.

Chanukah Sameach, wishing you a Happy Chanukah,
Rabbi Severine Sokol



SAVE THE DATE

Super Brunch and concert Sunday December 18th, 2016, between 11 AM and 2 PM hosted by the Endowment Fund to benefit the Rabbi Fund (NRF II).

This event will be free to all members and invited guests, and is headlined by a concert performed by the Peninsula Youth Orchestra. Preceding the concert will be a superb catered brunch, assorted libations and a chance to socialize with fellow congregants as we launch the NRF II.

Please save the date and plan to attend.



**Religious Calendar
DECEMBER 2016**

7:30 p.m., Friday, December 2nd

Shabbat Eve Service

Torah Portion: Toldot
(Gen. 25:19-28:9)

Security Usher &

Announcements: Ilene Leiss

Pre-Oneg Shabbat @ (6:45 p.m.)

Childcare as needed - call Temple office

Friday, December 9th

No Shabbat Eve Service

10:00 a.m., Saturday, December 10th

Shabbat Morning Service

Torah Portion: Vayetzei
(Gen. 28:10-32:2)

Security Usher &

Announcements: John Mellman

Kiddush will follow after service

NO Childcare

7:30 p.m., Friday, December 16th

Shabbat in Song

Torah Portion: Vayishlach
(Gen. 32:3-36:43)

Security Usher &

Announcements: Judy Kline

Pre-Oneg Shabbat @ (6:45 p.m.)

Childcare as needed - call Temple office

7:30 p.m., Friday, December 23rd

Shabbat Eve Service

Torah Portion: Vayeishev
(Gen. 37:1-40:23)

Security Usher &

Announcements: Frank Scott

Pre-Oneg Shabbat @ (6:45 p.m.)

NO Childcare available

6:15 p.m., Friday, December 30th

Chanukah Dinner

7:30 p.m., Friday, December 30th

Shabbat/Hanukkah Service

Torah Portion: Miketz
(Gen. 41:1-44:17)

Security Usher &

Announcements: Irene Jacobson

SHABBAT SHEL I available



HAPPY HANUKKAH

In addition to our occasional year round Shabbat

babysitting services, we offer a special program, 'YAMIM NORAIM SHEL I' ('My Days of Awe') / 'SHABBAT SHEL I' ('My Shabbat'), open to the children of Temple Sinai members and to the children of non members alike and free of charge.

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 fun educational activities such as Jewish children's prayers, Jewish art projects, Jewish holiday activities, Jewish stories...and more!

The SHABBAT SHEL I schedule is as follows:

- Friday, December 30, around 7:30 PM or so (the community Chanukah celebration, which includes dinner and a concert begins at 6:15 PM).
- Friday, January 20, at 7:30 PM
- Friday, February 24, at 7:30 PM

Welcome new members:

Bruce & Alice Timins
11204 Olde Towne Place
Smithfield, VA 23430
757-542-3087
Email: SabraTim@aol.com

Hanukkah Celebrations

Please join us at the Hanukkah Celebration on December 30th at 6:15 p.m. for a special presentation. The entire religious school will perform Hanukkah music that ranges from the renaissance to modern rap. We will take you to a land far, far, away from, "I Have a Little Dreidle." Our combo includes both voices and instruments. The students have been hard at work. Come out to support them. You'll enjoy terrific music to accompany a delicious dinner—what could be better?! More dinner information



Yahrzeits



November 27 - December 3 (26 Cheshvan - 3 Kislev)

Girsh Feygelson	Kislev	1	Husband, Vera Feygelson; Father, Josif Feygelson & Asya Mirkes
Martin Eugene Leiss	Nov.	27	Uncle, Ilene Leiss
David G. Weiss		27	
Flora K. Lefkowitz		27	
Dora Price		27	
Lilly Glickstein		28	
Louis C. Moskowitz		28	
David L. Topkis		28	
Celia Mae Lerner		29	
Herbert Nachman		29	Uncle, Sue Anne Bangel & Joanne Roos
Charles M. Stern		29	
Toby Chenkin		30	Wife, Larry Chenkin; Mother, Gary Chenkin
Rona M. Drucker		30	
Florence S.P. Fitzcharles		30	Mother, Maynard Weber
Lloyd G. Abrams	Dec.	2	Cousin, Sue Anne Bangel & Joanne Roos
Herbert S. Falk		2	
Albert F. Budman		2	Father, Steve Budman & Michele Linn
Eve Copley		3	Mother, Sharon Stieffen
Toby Zimmerman		3	Sister, Mel Hutt

Names will be read during Shabbat Eve Service on Friday, December 2nd

December 4 - December 10 (4 - 10 Kislev)

Hyman Gerber	Dec.	4	
Margaret I. Hyman		4	
Bernard Lewis Lipman		4	
Irene Ruben		4	Sister, Buddy Holzswieg; Aunt, Elisa Finneran
Grace P. Brown		5	
Anna R. Stern		5	
Olgierd Tarnowski		6	Brother-in-law, Manfred Bloch
Herman B. Swett		6	
Rae Aronsohn		7	
Willie Jane Burnett		7	
Jean Falk		7	
Nathan Venitsky		7	Father, Lucy Sukman
Dr. Lewis Schottenfeld		7	
Henry Neuschaefer		8	Father-in-law, Jill Neuschaefer
Louise Waterson		10	Sister-in-law, Paul Cooper

Names will be read during Shabbat Morning Service on Saturday, December 10th

December 11 - December 17 (11 - Kislev 17)

Louis Linas	Kislev	13	
Solomon Kaplan		14	Father, Marvin Kaplan
Roy Lionel Kahn	Dec.	12	
Louis Rubin		12	Uncle, Barbara Seligman
Maurice J. Falk		13	
Mitchel Wayne Sellers		13	
J. Allen Green		13	Brother, Norma Frank
Pearl Aaron		15	
Essie Kenter		15	Mother, Shirley Gilmont
Margaret Verderosa		17	Mother, Christina Verderosa

Names will be read during Shabbat Eve Service on Friday, December 16th

(cont'd on next page)

(cont'd from previous page)

December 18 - December 24 (18 - 24 Kislev)

Etta Resnik	Kislev	24	
Dr. Leonard D. Fuller	Dec.	18	
Rose Lipman Epstein		18	
Federico K. Hutzler		18	Father, Ruth Gold Williams
Rosa Byalik		19	Wife, Michael Byalik
Harvey R. Gall		19	Brother-in-law, Buddy Hoffman
Gerald Bangel Kline		19	
Human A. Markoff		19	
Nancy B. Mellman		20	Mother, John Mellman
Morris Levine		21	Father, Alice Rubinstein
Harry Rosenblum		21	Father-in-law, Lona Ross
Abraham Janis		22	
Sophie Kolinsky		23	
Rose Rockoff		23	Mother-in-law, Jan Rockoff
Mildred L. Setzer Bethel		24	
Herta Bieberfeld		24	Aunt Manfred Bloch

Names will be read during Shabbat Eve Service on Friday, December 23rd

December 25 - December 31 (25 Kislev - 2 Tevet)

Shirley Scheinman	Tevet	1	
Dr. Alfred L. Kruger	Dec.	25	
Marvin Shulman		25	Father, Wendy Shulman
Richard Pollen Dubroff		27	
A. Louis Kline		28	
Adolph Goldman		29	
Leah W. Gordon		29	
William Meyerson		29	Father, Daniel Meyerson
Harry B. Roos		29	Father-in-law, Joanne Roos
Rena Kates		30	Mother, Sue Anne Bangel & Joanne Roos
Min Nestler		30	Aunt, Shirley Stein

Names will be read during Shabbat Eve Service on Friday, December 30th

Movie @ Temple Sinai

Bring your appetite to Temple Sinai on January 15, for a showing of the documentary "Deli Man," at 12:30 p.m. as well as a fabulous lunch of the food celebrated in the film. We'll be serving deli meat or cheese sandwiches, Sabra hummus, chips and dill pickles, Dr. Brown's sodas and more (including popcorn), and watching people like Jerry Stiller, Fyvush Finkel and others celebrate the deli tradition. The showing of the film, which is rated PG-13, is free, but there will be a charge for food. To have an idea of how many to expect, kindly call the temple office at 596-8352 to make your reservations or for more information.



Oneg Fund

It is now easier than ever to sponsor an Oneg by making a contribution to the newly established Oneg Fund. For a \$36 contribution you can celebrate a birthday, anniversary, and other special event or honor or remember a friend or family member. The contribution covers the cost of food, beverages, paper goods and a kitchen assistant to take care of setup and cleanup. Contributors are listed in the weekly service program and in the monthly Temple bulletin, and their names are read during the announcements at Shabbat Services. Please see the flyer in this bulletin.

November 18th

Donation made by Ilene Leiss in memory of Freda Leiss

December 2nd

Donation made by Sharon Stieffen in memory of eve Copley

Contributor's Corner



ANNA LEE & EDWARD E. KAHN
BIBLICAL GARDEN
IN MEMORY OF TOBY CHENKIN by the
Chenkin family

ENDOWMENT FUND
IN MEMORY OF BERT NACHMAN by Mr. & Mrs.
John Mellman

RABBI'S DISCRETIONARY FUND
SPEEDY RECOVERY TO NEAL SOKOL by
Mr. & Mrs. Larry Linn; **IRENE JACOBSON** by Mr. &
Mrs. Jay Shinske

Caring Committee – Funeral/Shiva/Memorial

Reception: If requested, the Caring Committee is available to assist regular temple members or their families with plans for a memorial reception held at Temple Sinai in honor of your loved one who was a regular member. The Sisterhood provides all the table cloths, paper products, plastic ware, beverages (coffee, hot tea, and lemonade) and condiments (sugar, cream) at no cost to you. You will be responsible for the cost of the reception food and, if available, kitchen and/or custodial help. The Caring Committee will assist with set up, clean up, and will ask you for the maximum amount of money you wish to spend, approximate number of attendees, food items you would like us to purchase for you, and how many tables/chairs you would like to have set up for the reception. Payment for goods and services should be made payable to Temple Sinai. An itemized statement can be provided to you after all receipts for expenses have been turned in to the Temple.

If you and/or your family would like to plan your own memorial reception, the Caring Committee would be glad to offer guidance, if needed.

Our second campaign for a TREX bench is off to a great start. We officially began October 3 for Rosh Hashanah and now have 6 months to collect 500 lbs. of plastic. Thank you for all your contributions, but please remember that plastic must be CLEAN and DRY. Also this collection is for plastic film only such as grocery bags, newspaper bags, dry cleaning bags etc. Do not turn in bottles or heavier plastic. If you have any questions, contact Christina Verderosa



Mazel Tov



Anniversaries: Donald & Leslie Borwick,
Randy & Susan Rainville, James & Kayren
Segall, Mike & Lucy Sukman, Lou & Sandra Teichman

Birthdays: Paul Aronsohn, Benjamin Caplan, Vera
Feygelson, Gloria Ostroff, Randy Rainville, Lona Ross,
Alice Rubinstein, Christina Verderosa, Ruth Gold
Williams

Nutritional Information

Coconut oil is becoming an increasingly popular food item that is gaining a reputation as a miracle food. It is wonderful for nourishing skin and hair but its value as a nourishing food is a little more complicated. As you may know, saturated fats, like butter and shortening, are known to contribute to the risk of heart disease and overall poor health. Unsaturated fats, like oils, are labeled as heart healthy because they do not contribute to these risks. In fact, plant oils have chemicals called phytosterols that can help lower cholesterol and protect against heart disease. Coconut oil falls somewhere in the middle of these. Coconut oil is a saturated fat; however, it has been shown to contribute less to cardiovascular risk compared to other saturated fats. It also does not contain the phytosterols that oils do and offers no protection against disease. So while it would not be wise to replace all oils with coconut oil as some might suggest, it is perfectly fine to use in moderation (as most foods are). Unrefined coconut oil can add a nice flavor to foods and I have met many people who swear by adding a little to coffee to make it a bit richer. It is also great for high heat cooking and can be super handy when baking. Whatever oils you choose to use, I wish you all the happiest of holidays and a bright and hopeful new year!

Sarah Dill

Looking for volunteers to work the PORT homeless shelter on Christmas Eve and following morning. The sight this year is Denbigh Church of Christ at 205 Denbigh Blvd. (about two blocks past Denbigh High, on the same side of the street). Need people for check in, overnight, cooking and serving either dinner or breakfast, and checking out. It takes at least 20 volunteers. Please call me at 868-7421 or email me at llinn3@verizon.net to volunteer.

Larry Linn
PORT coordinator



Good wine
Good food
Good friends

We'll have all that at the
Sisterhood Day Out
Wine Tasting at Williamsburg Winery at 11 a.m.
Followed by Lunch at the
Gabriel Archer Tavern
at Noon
(adjacent to the winery)
Sunday, December 11

Wine tasting is \$9
Lunch is at your own expense.
Open to all Temple Sinai members and guests
We will be forming carpools so please let Leslie know if you can drive or will need a ride.
Wine tasting fee is not refundable
RSVP to Leslie Borwick by December 1.
Call 757-850-2394 or email d1borwick@cox.net.

Sponsored by Temple Sinai Sisterhood

♪ ♪ ♪ ♪ ♪ Hanukkah ♪ Hanukkah! ♪ ♪ ♪ ♪

Hanukkah Dinner and Concert
Friday, December 30
at 6:15 p.m.

Enjoy a festive dinner of brisket, chicken,
latkes, salad and dessert.

There will also be a vegetarian dish.

***Our religious school will
entertain us with a
Hanukkah concert.***

Cost is \$15 for adults

\$6 for children 6-12 years of age

free for children under 5

Please bring your menorahs and candles.

Please RSVP to the Temple Office 596-8352
by December 15.

Now it's easier than ever to 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.

And now the Sisterhood has made it even easier, with the introduction of the Oneg fund. For only \$36 you can mark that special occasion.



Celebrate a birthday, anniversary, graduation, retirement, promotion or honor or remember a friend or family member by contributing to the Temple Sinai Oneg fund.

Your contribution helps provide an assortment of food and drinks as well as a kitchen assistant to take care of set up and clean up.

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

To contribute to the Oneg fund, just fill out the form below and send it to Mary Beth Colgan at Temple Sinai, along with \$36 for each Oneg you wish to contribute to.

Share your joy and remembrances with your friends and family at Temple Sinai.

Name: _____

Phone: _____ email: _____

I would like to contribute to the Oneg fund for the following occasions:

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

Please enclose a check for \$36 for each Oneg payable to Temple Sinai Sisterhood.

Please mail the completed form to:

Temple Sinai Oneg Fund

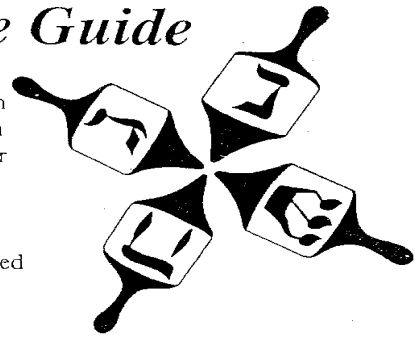
11620 Warwick Blvd.

Newport News, VA 23601

Lighting the Hanukkah Menorah

A Quick & Simple Home Guide

The central observance for Hanukkah is the lighting of the Hanukkah Menorah. We place one new candle in the Hanukkah Menorah each night. The shamash candle is lit first, and it is used to light the other candles. The candles should be placed from right to left and be lit from left to right.



Here are some readings and blessings for Hanukkah. They are adapted from Gates of the House.

Leader:

The lights of Hanukkah are a symbol of our joy. In time of darkness, our ancestors had the courage to struggle for freedom: freedom to be themselves, freedom to worship in their own way. Theirs was a victory of the weak over the strong, the few over the many, and the righteous over the arrogant. It was a victory for all ages and all peoples.

(Candles are lit)

ברוך אתה, יי אלהינו, מלך העולם, אשר קדשנו
במצותיו, וצונו להדליק נר של חנוכה.

Ba-ruch A-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam, a-sheer keed-sha-nu b'meeitz-vo-tav, vee-izee-ya-nu l'had-leek ner shel cha-nu-kah.

Blessed is the Lord our God, Ruler of the universe, by whose Mitzvot we are hallowed, who commands us to kindle the Chanukkah lights.

ברוך אתה, יי אלהינו, מלך העולם, שעשה נסים לאבותינו
בימים ההם בזמן הזה.

Ba-ruch A-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam, she-a-sah nee-seem la-avo-tei-nu ba-ya-meem ha-hem baz-man-ha-zeh.

Blessed is the Lord our God, Ruler of the universe, who performed wondrous deeds for our ancestors in days of old, at this season.

(On the first night only)



ברוך אתה, יי אלהינו, מלך העולם, שהחיינו וקיימנו והגיענו
לזמן הזה.

Ba-ruch A-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam, she-he-che-ya-nu, v'kee-ya-ma-nu, v'hee-gee-ya-nu, laz-man ha-zeh.

Blessed is the Lord our God, Ruler of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

Share the bounty of the holiday season.
Help families who have been
victimized by domestic violence.

*Temple Sinai Sisterhood is sponsoring a family from
Transitions Family Violence Services for the holiday season.*

*The family consists of a mother and two children and
they have asked for the following items:*

Mother-33

Sweater Dress, medium-large, black or brown

Leggings-black or brown, large

Knee-length Boots size 8 1/2-9, black or brown

Bath and Bodyworks gift card

Son-20 months

T-Shirts, Pants

any color, size 18-24 toddler

Son-8

Pants, Shirts

any color, size 8-10 junior

Super hero toys

If you would like to provide a gift, please contact Monique Aronsohn at 757-718-4142 or at paronsohn@cox.net. You may also donate money, in lieu of a gift. All gifts must be delivered unwrapped to the Temple by Dec. 4. Please request a gift receipt when you make your purchase and include it with your gift. Let's make sure that this family who has been traumatized by domestic violence has a happy holiday season.

For more information about Transitions go to www.transitionsfvs.org.

Need a gift for a
wedding, engagement, graduation,
confirmation, housewarming,
thank you, holiday, b'nai mitzvot or just
for no reason at all?

Your Temple Sinai Sisterhood Gift Shop
has an extensive selection of:



Mezzuzahs
Challah Covers,
Chanukkah Menorahs
Seder Plates
Kiddush Cups
Tzedakah Boxes
Jewelry
Shabbat and Yahrzeit Candles
Cards for all occasions



Coming December 4
Our Hanukkah Gift Shop
Featuring great gift items and a complete line
of Hanukkah Supplies including gelt and candles
10 a.m.-1 p.m.

Gift Shop hours: Monday-Friday 9 a.m.-4:30 p.m., by appointment
or before most Shabbat services and special events.

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 7:30 p.m. Shabbat Service of Healing (Childcare as needed - call Temple office)	3
4 10:00 a.m. Relg. School (TS) & (RST) 10:00 a.m. - 1:00 p.m. Chanukah Gift Shop 1:00 p.m. Adult Education	5	6	7	8	9 NO Shabbat Eve Service	10 10:00 a.m. Shabbat Morning Service (No childcare available)
11 10:00 a.m. Relg. School (TS) 11:00 a.m. Wine tasting @ Williamsburg Winery 1:00 p.m. Adult Education	12 7:00 p.m. Sisterhood Meeting	13 7:00 p.m. Temple Board Meeting	14	15	16 7:30 p.m. Shabbat in Song Service (Childcare as needed - call Temple office)	17
18 11:00 a.m. - 2:00 p.m. Super Brunch Relg. School (RST) NO Relg. School (TS)/ NO Adult Education	19	20	21 1:30 p.m. NCJW Book Club Meeting	22	23 7:30 p.m. Shabbat Eve Service (NO Childcare available)	24 Chanukah 1st candle
25 Chanukah 2nd candle NO Relg. School NO Adult Education Rabbi on vacation PORT PM	26 Chanukah 3rd candle PORT AM	27 Chanukah 4th candle	28 Chanukah 5th candle	29 Chanukah 6th candle	30 6:15 a.m. Chanukah Dinner 7:30 a.m. Shabbat/Chanukah Service (SHABBAT SHELI - My Shabbath—Educational Childcare available) Chanukah 7th candle	31 Chanukah 8th candle