#### TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)



rabbiseverine@gmail.com Administrator - Mary Beth Colgan - admin@nnsinai.hrcoxmail.com (757) 596-8352 - office (757) 596-8492 - fax Web address: http://www.templesinai-nn.org/

www.facebook.com/pages/Temple-Sinai/161739667352609t twitter account, addresss: templesinai\_nn@templesinai\_nn FEBRUARY 2017 - 5777

#### A Message from the Rabbi

Tu B'Shevat, the holiday that celebrates the sacredness of trees, offers us yet another window to contemplate the wellbeing of our planet and act lovingly and diligently as stewards of nature. Even the tiniest, overlooked gestures, or the simplest of tweaks to our ingrained daily routines, can make this world a better place.

One of the recommendations of the Reform Action Center of our movement, Reform Judaism, is to make home-cooked meals during the month of Shevat. The RAC's thinking behind this initiative is that cooking within the comfy confines of our own homes is "significantly cheaper, healthier, more energy efficient and produces less waste than eating out."

To illustrate their philosophy, the RAC suggests that we watch the following interview of acclaimed food journalist Mark Bittman: <u>https://m.youtube.com/watch?v=3vcKt5js0Vg</u>

In it, the veteran newspaper reporter and force behind the National best sellers "How to Cook Everything" and "How to Cook Everything Fast" explains why it is in our interest to make home-cooked meals.

He says, "80% of the supermarket food is barely definable as food. When you cook you shop for the other 20%. If you're buying the 20% of supermarket food that's real food you're encouraging real agriculture, you're taking control over what you eat, you're addressing the public health crisis (...) but as an individual the most effective thing you can do is cook for yourself."

On Saturday February 11, at 10:00 AM, we will be celebrating Tu B'Shevat together around the table in appreciation of the sustenance nature provides us as another Spring season approaches in Israel.

As our ancestors were farmers, our people have a long-standing culinary tradition. Our yearly holiday cycle is punctuated by special foods and dishes passed on from generation to generation. Furthermore it is always so rewarding to enjoy good food in good company at Temple Sinai. I really hope you can join us!

Happy Tu B'Shevat,

Rabbi Severine Sokol

**Religious** Calendar FEBRUARY 2017



FEBRUARY 2017		7:30 p.m., Friday, February 17th			
	60-7	Abridged Service	<b>e</b>		
7:30 p.m., Friday,		Torah Portion:	Yitro		
Shabbat Eve Servic			(Exodus 18:1-20:23)		
Torah Portion:	(	Candle Intro:	Jill Keech		
Candle Intro:	Ilene Leiss	Kiddush Intro:	Asya Mirkes		
Kiddush Intro:		Torah Honors:	Paul Aronsohn		
Torah Honors:	Judy Kline	Greeting Usher:	Monique Aronsohn		
Greeting Ushers:	Donn Turner & Irene	Security Usher &	-		
	Jacobson	Announcements:	Aaron Ostroff		
Security Usher &		Oneg Shabbat will	follow service. Guest		
Announcements:	Judy Kline	-	g will be Joel Rubin,		
Pre-Oneg Shabbat @	(6:45 p.m.)	Speaker for the Renovation of Beth Sholom			
Childcare as neede	d - call Temple office	Village, Assisted Living & Nursing			
		Facility in Norfolk. More information			
Friday, February 1	<b>0th</b> - NO Shabbat	available on next page.			
Eve Service		Childcare as needed - call Temple office			
10:00 a.m., Saturd	ay, February 11th	7:30 p.m., Friday,	February 24th		
Tu Bish'vat Seder		Shabbat Service of	Healing		
Torah Portion:	Beshalach	Torah Portion:	Mishpatim		
	(Exodus 13:17-17:16)		(Exodus 21:1-24:18)		
Greeting Usher:	Irene Jacobson	Candle Intro:	Barbara Seligman		
Security Usher &		Kiddush:	Jack Seligman		
Announcements:		Torah Honors:	Larry Linn		
Childcare as neede	d – call Temple office	Greeting Usher:	John Butler		
		Security Usher &			
		Announcements:	Paul Brindza		
		Pre-Oneg Shabbat @(6:45 p.m.)			
		Shabbat Sheli (My	Shabbat-Educational		
		childcare availabl	e)		
		1			

Tu B'Shevat Seder Saturday, February 11th 10:00 a.m.



Come to Temple Sinai's Tu B'Shevat Seder -Join us for a unique celebration of the New Year for Trees!

Travel in Israel along the four seasons through special liturgy and thanksgiving for the beautiful nature the Eternal created.

The Seder will include traditional Shabbat and Tu B'Shevat foods (challah dipped in a delicious dipping oil, different kinds of fruit & red and white grape juices) bearing special symbolism.

There will be no regular services and Kiddush that morning, elements of Shabbat services will be incorporated in the Seder itself.

This event is open to the community and free of charge, RSVP to the Temple office (596-8352) by Wednesday, February 8th.

Joel Rubin, a former president of Beth Sholom Home of Eastern Virginia in Virginia Beach, will be joining us on Friday night February 17 to talk about the 5th Commandment, Honoring our Fathers and Mothers. That is the theme of a major capital campaign underway at Beth Sholom, the only Jewish acute care nursing home in the region. The \$3-million raised will refurbish the facility, which opened in 1980, and has provided high quality care to hundreds of Jewish seniors since then.

Many of you may know Joel from his over 30 years as a television journalist with WAVY TV and WVEC TV here in Hampton Roads. You may not know that Joel has deep Peninsula roots. His grandfather, Hyman Brenner, who ran a kosher bakery in downtown Newport News, became the first male resident of Beth Sholom Home. He died in 1983, but in his honor, Joel and his son Danny continue to volunteer at the Home, conducting religious services for the residents.

Join us for abridged services along with your children on Friday, February 17th @ 7:30 p.m. so that you can learn more together about Beth Sholom from Joel Rubin. He will be speaking during the Oneg after services

#### Sisterhood News

I would like to thank all of you who have helped with recent Sisterhood activities to include making donations for the family adopted through Transitions Family Violence Services and helping with the Hanukkah Dinner.

I would especially like to thank those that have made contributions to the Oneg Fund. These contributions enable us to continue to provide fellowship in conjunction with Shabbat Services. Please see the flier in this bulletin for more information on making a contribution.

You are invited to join the Sisterhood on February 18th for a Social Evening at the home of Irene Jacobson and Donn Turner. This event starts at 5 p.m. and the cost is \$30. This is an opportunity to socialize while enjoying plenty of good food as well as wine and beer. As an added treat, Alice Rubinstein will be sharing her musical talent with us. This is a fundraiser to support Sisterhood programs. Please RSVP to Leslie Borwick at 850-2394 or

<u>dlborwick@cox.net</u>. See the attached flyer elsewhere in the bulletin for more information.

Leslie Borwick Sisterhood President

#### 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. A great big thanks to the following congregants who gave of their time to work the PORT shelter on December 25/26. They were: Larry and Ruth Sacks, Larry Chenkin, Jack Seligman, Mel Hutt, Drew, Erin and Emily Weisenberger, Frank Scott and Christina Verderosa, Stu Flechner, Paul Aronsohn, Susan and Randy Rainville, Paul Brindza and Wendy Shulman. Also our great cooks for purchasing and preparing the lasagnas: Shirley Stein, Lona Ross, Ruth Sacks, Barbara Flechner and Michele Linn. I hope I recognized everyone but I apologize if I left someone out. Not only do I thank you but many of our guests those two days also through me thanked you.

Larry Linn

Deceased Temple Sinai member Dr. Libby Radus left a custom-made ring as part of her estate with instructions for the ring to be sold and the proceeds donated to Temple Sinai. Libby's executors have completed the sale.

A letter from Libby's executrix that accompanied the check began, Dear Friends at Temple Sinai, and continued with the following:

"Please accept the enclosed check in the amount of \$3,500 for the Temple Sinai General Operating Fund from the estate of Dr. Libby Radus. Libby was a long-time member of Temple Sinai; she had great appreciation for the opportunity to worship with you and to sing in your choir; and she loved her friends there. It is an honor for my husband and me to fulfill her wish to send this gift to you."

A closing line in the letter read, "If Libby were here, she would be working with you toward a strong and happy future."

How meaningful that Libby's generous love for, and support of, Temple Sinai extends beyond her death.

Spring is coming and it will be time to get to work on the Biblical Garden. We have scheduled a work day for February 12, starting at 10 a.m. There is a lot to do, including pruning so please brings saws and loppers. We also have plenty small things to, so please come and help make your garden beautiful. For questions, contact Christina Verderosa or Jan Rockoff.

	Y	ahrzei	its
January 29th - February 4th (2 - 8 She	evat)		
Myer E. Scoll	Shevat	2	
Pauline Hertzberg		5	
Alexander S. Perper	Jan.	29	Grand-nephew,Lona Ross
Lester Jacobson		29	Father, Irene Jacobson
Jeannette Mendelson		30	Aunt,Helaine Shinske
Max B Shapiro		30	
Helen Kline Weinstein		30	
Joseph A. Stern		31	
Sol Ellenson	Feb.	1	
Ida R. Jeruss		1	
Samuel Cohen		2	
Julian Lichtenstein		2	
Lorraine Blechman Drucker		3	
Florence Kahn		4	
Fred William Wolpow		4	Brother,Paula Hoffman
-	a comico on F	-	,
Names will be read during Shabbat eve	e service on r	riaay,	reoruary sra
February 5 - February 11 ( 9 - 15 Shev			
Sara L. Goldberg	Shevat	13	, 1 5
Samuel Walter Katz	Feb.	5	Father,Dennis Katz
Murray Hochberg		5	Father-in-law,Larry Chenkin;
			Grandfather,Gary Chenkin
Ralph Cooper		6	Father,Paul Cooper
Herman Tausig		6	
Ella Van Dam		6	Mother,Sonya Bloch
Doreen Aronsohn		7	Aunt,Paul Aronsohn & Leslie Borwick
Virginia Newman Popper		7	Aunt,Lona Ross
Zelig Gerber		8	
Eleanor Kellman		8	Sister-in-law,Shirley Stein
		10	Father,Lorraine Holzsweig
Hyman Bartman			
4		10	Grandmother,John Butler
Fannie Butler		10 11	
Fannie Butler Alfred Brown			Grandmother,John Butler Father-in-law,Paul Cooper
Fannie Butler Alfred Brown Anne Hickman	rning service	11 11	Father-in-law, Paul Cooper
Fannie Butler Alfred Brown Anne Hickman <b>Names will be read during Shabbat mo</b>	-	11 11	Father-in-law, Paul Cooper
Fannie Butler Alfred Brown Anne Hickman <i>Names will be read during Shabbat mo</i> <i>February 12 - February 18 (16 - 22 Sh</i>	evat)	11 11 on Sa	Father-in-law, Paul Cooper
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Fannie Butler Alfred Brown Anne Hickman <b>Names will be read during Shabbat mo</b> <b>February 12 - February 18 (16 - 22 Sh</b> Ida Rosenfeld Goldberg Charlotte Karotkin	evat)	11 11 • on Sa 19 12	Father-in-law, Paul Cooper
Fannie Butler Alfred Brown Anne Hickman <b>Names will be read during Shabbat mo</b> <b>February 12 - February 18 (16 - 22 Sh</b> Ida Rosenfeld Goldberg Charlotte Karotkin Maxine Daniels Becker	<i>evat)</i> Shevat	11 11 • on Sa 19 12 13	Father-in-law, Paul Cooper
Fannie Butler Alfred Brown Anne Hickman <i>Names will be read during Shabbat mo</i> <i>February 12 - February 18 (16 - 22 Sh</i> Ida Rosenfeld Goldberg Charlotte Karotkin Maxine Daniels Becker Miriam Schanzer	<i>evat)</i> Shevat	11 11 000 Sa 19 12 13 13	Father-in-law, Paul Cooper
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Fannie Butler Alfred Brown Anne Hickman <b>Names will be read during Shabbat mo</b> <b>February 12 - February 18 (16 - 22 Sh</b> Ida Rosenfeld Goldberg Charlotte Karotkin Maxine Daniels Becker Miriam Schanzer Herbert Lieberman Marilyn S. Cooper Sidney Holzsweig Louis Eisenman Anna Flander	<i>evat)</i> Shevat	11 11 11 19 12 13 13 13 13 14 15 16 16	Father-in-law, Paul Cooper Aturday, February 11th Mother, Eric Schanzer Wife, Paul Cooper
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Fannie Butler Alfred Brown Anne Hickman <i>Names will be read during Shabbat mo</i> <i>February 12 - February 18 (16 - 22 Sh</i> Ida Rosenfeld Goldberg Charlotte Karotkin Maxine Daniels Becker Miriam Schanzer Herbert Lieberman Marilyn S. Cooper Sidney Holzsweig Louis Eisenman Anna Flander Jennie Kat Salow Samuel Miller Max Solomon	<i>evat)</i> Shevat	11 11 11 19 12 13 13 13 13 14 15 16 16 16 17 17	Father-in-law, Paul Cooper Atturday, February 11th Mother, Eric Schanzer Wife, Paul Cooper Uncle, Buddy Holzsweig
Hyman Bartman Fannie Butler Alfred Brown Anne Hickman Names will be read during Shabbat mo February 12 - February 18 (16 - 22 Sh Ida Rosenfeld Goldberg Charlotte Karotkin Maxine Daniels Becker Miriam Schanzer Herbert Lieberman Marilyn S. Cooper Sidney Holzsweig Louis Eisenman Anna Flander Jennie Kat Salow Samuel Miller Max Solomon Clare Lipman Austin David Ruben	<i>evat)</i> Shevat	11 11 0 on Sa 19 12 13 13 13 13 14 15 16 16 16 17	Father-in-law, Paul Cooper Atturday, February 11th Mother, Eric Schanzer Wife, Paul Cooper Uncle, Buddy Holzsweig

#### (cont'd from previous page)

#### February 19 - February 25 (23 - 29 Shevat)

Tillie Nestler	Shevat	24	Mother,Shirley Stein
Frances Bartman Cohen	Feb.	19	Sister,Lorraine Holzsweig
Edward Mittelman		19	Brother,Sid Mittelman
Bessie Protheroe		19	Mother,Beryl Leavitt
Rosalie Mover		19	Cousin,Sonya Bloch
Belle Frank		20	Mother-in-law,Norma Frank
Sophie Taylor		20	Aunt,Aaron Ostroff
Aaron Harkavy		21	
Kevin Zeff		21	Cousin,Ilene Leiss
Ben Becker		22	
Peter Gorochovsky		22	Father,Rita Byalik
Parris Brandon Wood		22	Friend,Joanne Roos
David Rabinowitz		23	
Sarah Adler Radus		23	

Names will be read during Shabbat eve service on Friday, February 24th

#### February 26 - March 4 (30 Shevat - 6 Adar)

Fivesh Birzh	Adar	1	Grandfather,Vera Feygelson
Fannie Holzsweig		1	Mother,Buddy Holzsweig
Melvin Feldman	Feb.	27	
Leonard Leon Strick		27	
Helen L. Baum		27	Aunt,Ilene Leiss
Rosa Seesholtz		28	
Melvin Van Dam		28	Bother,Sonya Bloch
Eric Oppenheimer	Mar.	1	Uncle,Lynne Schofield
Jechebet Topkis Roos Gerson		2	
Edith Nachman Legum		2	Aunt,Joanne Roos
Abe Nachman		2	
Rebecca Ellis		2	Grandmother,John Butler
Names will be read during Shabbat morning	service on Sa	turday,	March 4th

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.	<u>February 3rd</u> In memory of Lester Jacobson by Donn Turner & Irene Jacobson
Contributors are listed in the weekly service program and in the monthly Temple bulletin, and their names are read dur- ing the announcements at Shabbat Services. Please see the flyer in this bulletin.	
January 6th Donation made by Mrs. Sheila Schoenberg in memory of Florence Becker	
January 28th Donation made by Lynne Schofield in memory of Nathan Altschuler	

#### Nutritional Information

February is the month that we celebrate our sweeties so I think it's only fitting to talk about sweets. It's pretty common knowledge that added sugars should be limited in our diets but not many people really understand what foods contain added sugars. Added sugars include obvious ingredients like cane sugar and high fructose corn syrup, but they can also be disguised as rice syrup, crystal solids, or evaporated cane juice. These ingredients can be found in everything from cereals and breads to salad dressings and nut butters so it's really become a challenge to find products without some form of added sugar. This challenge becomes even more difficult once the conflicting messages about sugar types come into play. Many media outlets claim that coconut sugar, turbinado sugar, or organic sugars are better for you; but the science tells us that all added sugars (including honey, agave, maple syrup, and even many artificial sweeteners) all contribute to insulin resistance and other health issues without adding any nutritive value to food. In fact, the only sweetener proven to have no ill effects on insulin resistance is stevia. Unfortunately, stevia can have an unpleasant taste to some people. One of the easiest ways to cut down on your overall sugar consumption is to seek out and buy foods with no or limited added sugars. If you fill your pantry with low or no added sugar foods then you only have to pay attention to the sugars to add in yourself. Of course, if you pay attention to the sugars you add in you may find more cuts to be made. Coffee, tea, desserts, and even pasta sauces made at home are great areas to focus on when cutting back on self-added sugars. Just remember that wherever you decide to make changes, added sugars should be no more than 10% of your overall calorie intake.

**Contributor's Corner** 



#### ENDOWMENT FUND

IN MEMORY OF SANDRA HILLERSON by Mr. & Mrs. Buddy Hoffman, Judy Kline; KURT SELIGMAN by Mr. & Mrs. Jack Seligman. SPEEDY RECOVERY TO MIKE HALEY by Mr. & Mrs. Mike Keech

#### PRAYERBOOK FUND

IN MEMORY OF NATHAN ALTSCHULER & LORA ALTSCHULER by Lynne Schofield; JEFFREY M. SCHOENBERG, DAVID LIPSITZ, JENNIE LIPSITZ, HERBERT SCHOENBERG, FLORENCE BECKER by Mrs. Sheila Schoenberg; STEVEN DEATON, SHELLEY DEATON by Mrs. Jan Rockoff

#### Mazel Tov



*Anniversaries:* Vladimir & Rita Byalik, Stuart & Barbara Flechner, Larry & Michele Linn. Jacob & Lucie Polderman, Maynard & Dorothy

Weber

*Birthdays:* Sam Aronsohn, Sue Anne Bangel, Sonya Bloch, Amber Bodisch, Marvin Kaplan, John Mellman, Nancy Rader, Joanne Roos, Mazal Sokol,

*Friday, March 10<sup>th</sup>* – After our 7:30 p.m. Shabbat/Purim Service during our Oneg we will be having a Purim Quiz Bowl Battle of the Sexes. We are looking for four males and four females to participate in answering questions about the Purim holiday and vie for supremacy. Prizes will be awarded. Please contact the Temple office if you would like to volunteer to participate.

*Sunday, May* 7<sup>th</sup>, 11:00 a.m. – 5:00 p.m. – Jewish Food Festival @ the UJC. Volunteers (cooking prior to event, and at the event: work in kitchen, runners, people to work at the Temple Sinai booth), needed, please call the Temple office (596-8352) or Rabbi Sokol (314-628-9196).

Service dates in March:

Saturday, March 4th @ 10:00 a.m. - Shabbat Morning Service

Friday, March 10th @ 7:30 p.m. - Shabbat/Purim Service

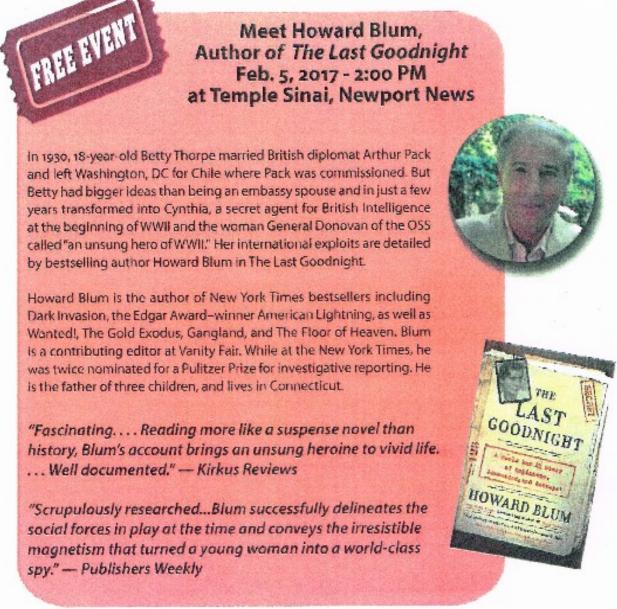
*Friday, March 17th* @ 7:30 p.m. - Shabbat Eve Service & Mel & Marge Hutt special anniversary ceremony

Friday, March 24th @ 7:30 p.m. - Brotherhood Shabbat Eve Service

Friday, March 31st @ 7:30 p.m. - Shabbat in Song Service

## **Jewish Book Council Author Series**

A Collaboration of the Jewish Book Council, Temple Sinai & The United Jewish Community





Temple Sinai 11620 Warwick Blvd. Newport News, Virginia 23601 757-596-8352 | templesinai-nn.org

For more information contact Christina Verderosa: verderosachristina@yahoo.com

# 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, retire-

ment, 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 contri	bute to the Oneg fund for the following occasions:
In honor of /memory Date	r of
In honor of /memory	of
In honor of /memory Date	of
In honor of /memory Date	of
Please mail the compl	c for \$36 for each Oneg payable to Temple Sinai Sisterhood. eted form to:
Temple Sinai Oneg Fu 11620 Warwick Blvd. Newport News, VA 2	ind

Temple Sinai Sisterhood <mark>presents</mark> Evening

Join Temple Sinai Sisterhood members for "A Social Evening" at the home of Irene Jacobson and Donn Turner in Williamsburg. It will be a relaxing evening with plenty of good food, wine and beer, and the chance to reconnect with old friends and make new ones. Alice Rubinstein will again be providing the music. It will also be a chance to help raise funds to support Sisterhood's many programs to benefit Temple Sinai and its members.

> A Social Evening Saturday February 18, 2017 5 p.m. 112 Alexander Place Williamsburg, VA 23185

Cost is \$30 per person. Please RSVP by February 10 to Leslie Borwick at d1borwick@cox.net or call 850-2394.

## You can get something for a dollar!











### You can get a birthday or anniversary greeting card sent and help Temple Sinai.



For just \$1 per person, we will sign your name to a birthday or anniversary card and mail it for you. No last minute trips to the store, no mad dashes to the post office, no wracking your brains for clever posts on Facebook. Temple Sinai Sisterhood will take care of it all. All proceeds will help Sisterhood continue its programs. All you have to do is fill in the names on this list, indicate birthday or anniversary, and mail it and your check to: Jena Chenkin

612 Burton St. Hampton, VA 23666





Have more than 10 friends? Just turn the sheet over and continue on the back. Thank you

## February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	<i>3</i> <u>7:30 p.m.</u> Shabbat Eve Service (Childcare as needed - call Temple office)	4
5 10:00 a.m. Refg. School (TS) & (RST) NO Adult Education 2:00 p.m. JBC Author Howard Blum - "The Last Goodnight" @ Temple Sinai	6	7	8	9	10 NO Shabbat Eve Service	<i>]]</i> <u>10:00 a.m.</u> Tu Bish'vat Seder
12 <u>10:00 a.m.</u> <u>Relg. School (TS)</u> & (RST) <u>1:00 p.m.</u> <u>Adult</u> Education	13 <u>7:00 p.m.</u> Sisterhood Meeting	14 <u>7:00 p.m.</u> Temple Board Meeting	15 1:30 p.m. NCJW Book Club Meeting	16	17 <u>7:30 p.m.</u> Abridged Service. (Childcare as needed - call Temple office)	18 5:00 p.m. Sisterhood Social Evening @ the home of Donn Turner & Irene Jacobson
19 NO Relg. School No Adult Education Rabbi on vacation	20	21	22	23	24 <u>7:30 p.m.</u> Shabbat Service of Healing (SHABBAT SHELI - My Shabbat - Educational child- care svailable)	25
26 <u>10:00 a.m.</u> Brotherhood Breakfast/Relg. School (TS) & (RST) <u>1:00 p.m.</u> Adult Education	27	28				