

THE KEHILLA

VOLUME 5

ISSUE 2

FEBRUARY 2009

SHEVAT 5769

MT. SINAI SUNDAY SCHOOL

Sunday School classes will resume beginning Sunday, February 1, from 10:30 AM to noon. Nate Breen will be teaching the school. Look for some exciting changes in curriculum and books!!

New and returning students are all welcome. Please contact Phyllis Bloomberg for more information and to pre-register.

MAH JONGG

Back by popular demand!! Our Mah Jongg sessions will resume on Sunday, February 8th from 3 to 4:30 PM. Seasoned players, newer players, and those who have never played before are all welcome. This traditional Jewish game, that combines skill and luck, is great fun and good mental exercise.

For more information, contact Phyllis Bloomberg or Lila Gallensky.

CENTENNIAL BOOK

Progress is being made on lining up our publisher and the outline. In order to be listed in this publication, we urge those families who have not yet responded to contact us as soon as possible. If you need assistance or have questions, contact Roslyne Kaufman at 632-3206 or Lila Gallensky @ 632-1316.

YIDDISH FOOD FESTIVAL

The Board has approved our fourth Festival will take place on May 17th, 2009. This requires preparation and participation by each and every one of our Congregants. We must determine the available volunteers as soon as possible. Please contact Rosalyn Baker at 630-5466 to discuss how you will participate this year.

QUESTIONNAIRE

Within the next two weeks, each member of Mt. Sinai Congregation will be mailed a questionnaire designed to evaluate the work being done by your Board of Directors and Rabbi Moon. Please complete and return this form at your earliest convenience.

Message From The Board

If you read Article II of Mount Sinai Congregation's Constitution and Bylaws, you will find words such as develop, maintain, foster, encourage, support, mutual understanding, self-respect, harmonious relationships, appreciation, and promote used in connection with Jewish religion, social life, learning, customs, education, and ideals. The words you won't see are an affiliation with any particular Jewish movement such as conservative, reform, reconstructionist, renewal, or orthodox.

These words have opened our synagogue to all Jews, non-Jewish family members, and the curious. We have a new rabbi who brings her own traditions and training for leading unaffiliated congregations. When the rabbi is not in Cheyenne, we encourage and depend on lay leadership for services. Each leader has a different approach to services based on his or her traditions, training, and abilities. The rabbi or person leading services deserves our support, respect, and appreciation. Mistakes and misunderstandings happen, but disrupting Shabbat to confront and argue is unacceptable. There is a better time and place to air these issues. Come to a Board meeting, run for the next Board, join a committee, write a letter, or get involved in the process to bring about a change. Our open door policy inevitably alienates some people.

The Board regrets this reality, but hopes people will take the time to think of the community and not just themselves.

Mount Sinai Congregation has survived for almost 100 years! We are going to celebrate this amazing accomplishment in 2010. I am sure the founding fathers and mothers would be proud that their efforts were fruitful. I am also sure they would be curious about changes in our services, customs, activities, and social life. We would explain the key to our survival is the dedication and diversity of former rabbis, cantors, lay leaders, and congregation members.

We would tell them our present traditions reflect everyone that has come through our doors during the past century.



Dear Congregants,

With the introduction of the book of Shemot, we have begun reading in the Torah about Moses, the greatest Jewish prophet in our tradition. Though he was a larger than life figure, through the stories of what befalls the people, we learn little snippets about Moses as an ordinary person. As a baby, he was found by Pharaoh's daughter floating in a

basket on the Nile. He grew up in the royal court, became a sheep herder, married Tziporah and fathered two boys. We also know that he became enraged with an Egyptian and killed him, that he railed to God about the complaints of the Israelites, and that he hit the rock at Meribah instead of speaking to it as instructed by God. For that offense, Moses would not be allowed to enter the promised land. It would be fair to say that despite his leadership abilities, Moses had a problem controlling his anger.

Of course Moses is not alone. We all have feelings of anger. It tends to surface when our expectations aren't met, when we don't get what we want, and when deep down we are afraid. This leads us to ask certain key questions of ourselves. Are our expectations realistic? Or do they only focus on our own needs and don't account for other people and their needs? Do we always have to get what we want? If we don't get what we want, does that really merit being angry? Are we really so fragile that we are afraid of the slightest change in our routine? A close examination of our underlying feelings and motivations may shed light on our reactions.

Rabbi Moshe Chaim Luzzatto, an 18th century kabbalist and philosopher, wrote an ethical treatise entitled Mesillat Yesharim. In it he talks about the yetzer hara, the evil inclination and the importance of being vigilant about our behavior, lest it get the better of us. Our angry responses to people and events certainly fall into this category. He says, "A person must contemplate and survey his actions and his conduct, to see whether they are good or not, so as to not risk the loss of his soul." He goes on to explain that the evil inclination knows, "that if they would only minimally devote attention to their ways, they would, no doubt, immediately begin to regret their deeds, and this regret would intensify until they would abandon sin altogether." He sums up his thoughts on the matter by saying, "If a person oversees himself, the Holy One blessed be He will assist him and he will be saved from the evil inclination. But if he does not oversee his conduct, the Holy One blessed be He will not watch over him. For if he is not compassionate [toward himself], who will show him compassion?"

Let us strive for self awareness so that we may know our inner motivations, and let us learn to be more compassionate to ourselves and to others. May we master our anger and may God watch over all of us.

Rabbi Arinna Moon

Sermons and Teachings

The Rabbi's sermons and selected teachings are available on the website on the Rabbi's page. Go to www.mtsinaicheyenne.org.

A special thanks to our 2008 top donors.

Platinum Donors

Lester & Agnes Weinstein

Anonymous

Gold Donors

Les Ball

Dr. Steve Borin & Dr. Carol Fischer

Marv & Dorothy Wolf

Silver Donors

Dr. Jason & Phyllis Bloomberg

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Morris & Harriett Gardner

Dr. Jean & Sally Halpern

Dr. Leonard & Patricia Lapkin

Rich & Sally Nolan

G. John & Margaret Veta

Jeff & Mary Weinstein

Steve & Esther Weinstein

Mt. Sinai

Thank you for the beautiful flowers.

I appreciate all of your kind thoughts.

Jacque Westover

CIVIL RIGHTS FILM SERIES

Sponsored by the Diversity Task Force of the
Unitarian Universalist Church of Cheyenne

3005 Thomes Ave.

In honor of Martin Luther King, Jr. and Black History month, the church will be showing a series of films on Sundays in February at 3:00 in the Sanctuary. The films were donated by the Southern Poverty Law Center's Teaching Tolerance project. For more information, call Sandi Gaulke at 632-7521.

Sunday, February 1st: *The Shadow of Hate*. This history of intolerance in America, narrated by Julian Bond, describes events in our history in which intolerance arose from the fear, suspicion and anger of ordinary people - the same impulses that still cause discord today. Stories of systematic injustice against racial and religious groups, immigrants, gays, and others are told in this film. 40 Minutes. ***Some graphic images. Sixth grade and up.***

Sunday, February 8th: *A Time For Justice*. Told through personal narrative, this history of America's Civil Rights movement depicts the battle for justice by people who rode where they weren't supposed to ride, walked where they weren't supposed to walk, and sat where they weren't supposed to sit. And they stood their ground until they won their freedom. 38 Minutes. ***Fifth grade and up.***

Sunday, February 15th: *Mighty Times: The Legacy of Rosa Parks*. Rosa Parks sparked a revolution by sitting still. Her simple act of defiance inspired the African American community of Montgomery, Alabama, to unite against segregation, overturn an unjust law, and create a legacy of mighty times for freedom and justice. 40 Minutes. ***Third Grade and up.***

Sunday, February 22nd : *A Place at the Table*. Narrated entirely by young people, the film uses historical photos and archival and contemporary film footage to tell the story of our nation's struggle to ensure liberty and justice for all. Social issues include religious tolerance, anti-gay prejudice, anti-Semitism, gender discrimination, immigration, rights of disabled, and racial integration. 40 Minutes. ***Sixth grade and up***

Hebrew for Adults

Do you wish you knew what the prayers mean? Would you like to be able to pronounce and read Hebrew? Then come to this class and learn. In Hebrew for Adults you will learn Biblical Hebrew starting from the alef-bet. The class is for beginners and fulfills one of the requirements for conversion. It will be held on Saturdays from 1:30 to 2:30 every week starting March 7 and will be team taught by the Rabbi and by Jeff Weinstein. Free for members; \$50 per quarter for non-members. Please call the synagogue office to sign up.

Learn to Lead Services

Leading services is not just for rabbis – it's for all congregants. Come to this class and gain the skills and confidence you need to be able to lead part or all of a Friday night or Saturday morning service. Participants will actually walk through sections of the service to acquire hands-on experience. This course is taught by the Rabbi on Sunday mornings at 9:00 every time the Rabbi is in town. Members only. Free.

Purim Baskets

Purim is right around the corner and it's time to celebrate. This year we are starting the Purim basket project. You have the opportunity to fulfill one of the mitzvot (commandments) of Purim by sending a Purim basket to all your Jewish friends. These lovely gift baskets, put together by fellow congregants, are available for sale: \$25 for the first one and \$3 for each subsequent basket. A sample basket can be viewed at the synagogue. All you need to do is send in your list of names and your check, made payable to Mt. Sinai Congregation. The baskets will be personally delivered to the door of your friends by members of the congregation and will contain a list of the senders. Due to logistical constraints, baskets can only be sent to Jewish community members in Cheyenne and Laramie. Please submit your list by Friday, February 20. Happy Purim!

Wish List

Is this your mitzvah? Please consider a donation for one or more of the following items.

- Teacher's texts for Adult Hebrew \$40
- Friday night congregational dinner \$50
- Case of wine for Kiddush \$50
- Toner cartridge for the printer \$90
- Toner cartridge for the copier \$150

Recent Donors

Emil & Susan Abraham	Pledge donation	
Dr. Jason & Phyllis Bloomberg	Pledge donation	
Aaron Bregman	Yahrzeit donation in memory of his mother, Dora Bregman	
Arthur Bronstein	Yahrzeit donation in memory of Bess Bronstein	
Arline Cohen-Harris	Yahrzeit donation in memory of her husband, Dr. Lawrence Cohen	
Sue & Dan Dyer	Cemetery donation	
Edith Edelheit	In memory of her brother, Joe Gardner	<i>Thank You</i>
Dorothy Feldman	Donation in memory of Marlene Ghelber	
Dr. Carol Fischer	Pledge donation	<i>Thank You</i>
Dave Friedberg	Rabbi's discretionary fund	
Howard & Lila Gallensky	Pledge donation	<i>Thank You</i>
Howard & Lila Gallensky	Leaf on the Tree of Life	
Lea Gancz	Yahrzeit donation in memory of her mother, Goldie Gancz	
Zoltan Gancz	Yahrzeit donation in memory of his wife, Goldie Gancz	
Craig Ghelber	In memory of his mother, Marlene Ghelber	
Marv & Millie Goldhammer	In memory of Marlene Ghelber	
Marv & Millie Goldhammer	In honor of Lila & Howard Gallensky	<u>February Birthdays</u>
Marv & Millie Goldhammer	Donation for Georgia Young's recovery	Sherri Means
Dr. Harvey & Lori Harris	Donation in memory of her uncle, Joe Gardner	Steve Weinstein
Elka Jaross	Rabbi's discretionary fund donation	
Ruth Langley	Pledge donation	
Rose Levin	Cemetery fund donation in memory of Louis Levin	
Rose Levin	Cemetery fund donation in memory of Morris Goldstein	
Rich Menkin	Rabbi's discretionary fund donation	
Bea Montross	Pledge donation	
Rich & Sally Nolan	Donation in honor of the Weinstein family	
Donna Pepper	Yahrzeit donation in memory of her mother, Sally L Pepper	
Dr. Andrew Rashkow	Pledge donation	
Francine & Leonard Rubenstein		
Bonnie Scotto	Pledge donation	<i>Thank You</i>
Drs. David & Martha Silver	Pledge donation	
Tim Solon	Pledge donation	<i>Thank You</i>
G. John & Margaret Veta	Yahrzeit donation in memory of Frieda Veta Dobrow	
G. John & Margaret Veta	Yahrzeit donation in memory of Herman Pasternack	<i>Thank You</i>
G. John & Margaret Veta	Yahrzeit donation in memory of Devorah Rose Goldberg	
Millie Veta	Pledge donation	
Sandra Vinnik	Donation in memory of Arline Ambush	
Sandra Vinnik	Donation in memory of Mary Waldman	
Sandra Vinnik	Donation in memory of Faye Friedman	
Sandra Vinnik	Donation in honor of Margaret Veta's birthday which was some time ago	
Sandra Vinnik	Donation in honor of John Veta	
Lester Weinstein	Yahrzeit donation in memory of his brother Leo Weinstein	
Audra Weitzel	Pledge donation	
Audra Weitzel	Pledge donation	
Jake & Helene Whiteman	Donation to the Mt. Sinai Judaica Library in memory of Marlene Ghelber	
Marv & Dorothy Wolf	Pledge donation	
Helen Zigmond	Yahrzeit donation in memory of Andrew Zigmond	

Y = Yahrzeits begin at sundown on the day before

* = Honoree's name on Memorial Board [Tab/Col/Row]

February 2009

7 Shevat 5769 - 4 Adar 5769

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Y.Hyman Michael Jultak 7 Shevat	2 Y.*Dr. Lawrence Joseph Cohen Y.Bette S. Cohen 8 Shevat	3 9 Shevat	4 Y.*Samuel Idelman Y.Isadore E. Todd 10 Shevat	5 Y.Bertha Lindenfeld Y.*Bess Bronstein Y.*Jerry Stark Y.Max Levin 11 Shevat	6 Y.*Joe Udewitz Y.Morris Goldberg 12 Shevat	7 Y.Sandor Lindenfeld Y.*Mary Novick 13 Shevat
8 14 Shevat	9 Y.*Max Rice 15 Shevat	10 Y.*Sarah Garlette Y.*Rose Shuman 16 Shevat	11 17 Shevat	12 Y.*Mary Gardenswartz Y.*Lily Bronstine 18 Shevat	13 Y.*Gertrude Epstein Y.*Clara Shapiro 19 Shevat	14 Y.*Mary Stark Davis 20 Shevat
15 21 Shevat	16 Y.*Abraham Shuman 22 Shevat	17 Y.*Lillian Marchick Y.*Paul Weinstein 23 Shevat	18 Y.*Charles M. Epstein Y.David Rayor 24 Shevat	19 Y.*Ruchiel Ghelber 25 Shevat	20 Y.*Jacob Garlette Y.*David Wolf 26 Shevat	21 27 Shevat
22 Y.*Anna Udewitz Y.*Jennie Shuman 28 Shevat	23 Y.*Lynette Veta Y.*Jay Bernard Bernstein Y.*Morris H. Schwartz 29 Shevat	24 Y.*David Kline Y.*Ada Veta Y.*Bertha Goldhammer Y.Joe Szmerlak 30 Shevat	25 Y.*Morris Bregman Y.*Corey G. Dulberg [4/2/14] 1 Adar	26 Y.*Sol W. Bernstein Y.*Sam Smith Y.*Bertha Gardner 2 Adar	27 Y.*Dana Cheryl Beitscher [6/2/7] Y.*Slava Kantor [3/2/13] 3 Adar	28 Y.*Joseph Fogel [5/2/14] 4 Adar

I would like to make the following donation to Mt. Sinai Congregation:

My name _____

In memory of _____

In honor of _____

anniversary • birth • graduation • appreciation • birthday • marriage • bar or bat mitzvah

The contribution amount _____

Make checks payable to Mt. Sinai Congregation and mail to P.O. Box 1012, Cheyenne, WY 82003

The following is a list of funds to which contributions can be made. Please circle your choice.

B'nai B'rith • Gift Shop • Library • Yiddish Food Festival • Rabbi Fund • Rabbi's Discretionary Fund

Endowment Fund • Trust Fund • Building Fund • Cemetery Fund • Uri Neil Window Fund

Other _____

Please send acknowledgment to _____

To donate to Sisterhood, Hadassah, or Jewish Women International contact Lila Gallensky.



The Synagogue Board Meeting

The third Wednesday of the month

Mt. Sinai Synagogue

Located at 2610 Pioneer Avenue

307-634-3052

On the web at: www.mtsinaicheyenne.org

e-mail: info@mtsinaicheyenne.org

Website Provided by:

David Lerner and Wyoming Network


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