

# THE KEHILLA

Volume 5 Issue 9

September 2009 Elul 5769



## Arinna's Arena

Dear Congregants,

The High Holy Days are just around the corner. Even though we always know they are coming, they still seem to sneak up on us, catching us unprepared. To remedy that, the Jewish calendar provides us with the holiday of Selichot.

Selichot are penitential prayers that are recited during the week before Rosh Hashanah. It has become customary to begin these intensified days of preparation with a special prayer service at midnight on the Saturday before the festival. This is a foretaste of the High Holy Day services. Some synagogues include a special study session before services. The Selichot service is composed of prayers asking for forgiveness as well as some of the memorable High Holy Day melodies. The central prayer, which is repeated a number of times, is that of the thirteen merciful attributes of God found in Ex. 34:6-7 – “The Lord! The Lord! A God compassionate and gracious, slow to anger, abounding in kindness and faithfulness, extending kindness to the thousandth generation, forgiving iniquity, transgression and sin.” You might actually be more familiar with the Hebrew version, “Adonai, Adonai, el rachum v’chanun, erech apayim v’rav chesed, v’emet, notzer chesed la’alafim, nosei avon vafeshah, v’chatah v’nakeh. The thirteen attributes are chanted at all the festivals, not just at Rosh Hashanah, which is why they may be recognizable.

During Selichot, the Torah mantles and reading table cover are exchanged for the white ones that are used during the High Holy Day period. White is a symbol of atonement and purity. The ritual of changing the mantle covers reminds us that we too, need to change. It is time to shed the schmutz that has accumulated on our souls and wipe the slate clean for the coming year. Selichot gives us another nudge to ask for forgiveness from others whom we may have harmed, as well as to open our hearts and give forgiveness when someone asks it from us.

Selichot is one of my favorite holidays. I like it because it is more intimate and personal than the other services of the High Holy Day period. It provides a wake up call and an opportunity to take stock and really delve into the meaning of *teshuvah*, of repentance. Finally, coming as much as a week before Rosh Hashanah, it provides the gift of time to contemplate as well as to act.

I encourage you all to make room in your schedules for a Selichot service this year. It doesn't have to be at midnight; God will hear your prayers earlier in the evening. Let the changing of the mantles signal a change in your hearts, and may the merciful attributes of God remind you of the mercy that is possible both to give and to receive.

May this year be a sweet one for you.  
Rabbi Arinna Moon

## Gift Shop News

The Gift Shop now has many new items including...

*New Years Cards*

## Holiday Challah

If you wish to order challah for the holidays, please call Helen Zigmund by September 6th

## **IN MEMORIAM**

The unveiling for Morris Gardner's dad Joe will be Sept 18 th at 11 am at the cemetery.

Rabbi Moon will be conducting the event. A lunch will be served to all after the service at 3073 Hanson Street. Contact Morris for further information.

Candle Lighting Times for  
High Holy Days, Sukkot and Simchas Torah and Shabbat

...from the  
*Editor's Desk*



Friday, September 4



Light Candles at:  
7:10pm

Shabbat, September 5  
Shabbat Ends: 8:08pm

Friday, September 11  
Light Candles at:  
6:58pm

Shabbat, September 12  
Shabbat Ends: 7:56pm

Eve of First day Rosh Hashana

Friday, September 18  
Light Candles at: 6:46pm

Eve of Second day Rosh Hashana

Shabbat, September 19  
Light Candles after: 7:44pm

Sunday, September 20  
Holiday Ends: 7:42pm

Friday, September 25  
Light Candles at 6:34pm

Shabbat, September 26  
Shabbat Ends: 7:32pm

Eve of Yom Kippur  
Sunday, September 27  
Light Candles at: 6:31pm

Monday, September 28  
Holiday Ends: 7:28pm

Eve of First day Sukkot  
Friday, October 2  
Light Candles at: 6:23pm

Eve of Second day Sukkot  
Shabbat, October 3, 2009  
Light Candles after: 7:20pm

Sunday, October 4  
Holiday Ends: 7:18pm

Eve of Shemini Atzeret  
Friday, October 9  
Light Candles at: 6:11pm

Eve of Simchat Torah  
Shabbat, October 10  
Light Candles after: 7:08pm

Sunday, October 11, 2009  
Holiday Ends: 7:07pm

[Candle lighting times from www.chabad.org](http://www.chabad.org)

Hi all,

I hope you all enjoyed last month's issue. Moreover, I hope you continue to enjoy reading the Kehilla each month. Whatever I can do to make this a publication you look forward to receiving each month—let me know.

As I said last month, since this is a congregational newsletter, it should be “of and by the congregation”. I would love contributions from our membership. I have been getting submissions from some and I love it! Keep ‘em coming!! Remember, submissions don’t need to be full length articles (although those are always welcome). Recipes, trivia tidbits, Jewish humor, a short note about a new shop in town, a one-liner about a great website you just found....it’s all good.

Deadline for submissions will be the Monday of the week prior to distribution...so this month **the cutoff will be September 21st for publication in October’s issue.** I’ll continue to list the cutoff for the next issue in this space each month. Please send submissions to either

[bjscotto@yahoo.com](mailto:bjscotto@yahoo.com) or  
[kehilla@mtsinaicheyenne.org](mailto:kehilla@mtsinaicheyenne.org)

Starting with the October issue, we go **TECHNO!** The Kehilla will be going out in email and hardcopies will be sent only to those who we know do not have emails and/or those who have specifically requested a hardcopy. If we don’t have your e-mail address, please send it to [info@mtsinaicheyenne.org](mailto:info@mtsinaicheyenne.org).

**There has been some concern over the privacy of e-mail addresses. The word from the Rabbi and the Membership Committee is that e-mails will NOT be distributed or sold to any outside organizations. Your info is safe with us.**

Thanks,  
*Bonnie*

# Yahrzeits for September



Elul 12 Jack Friedberg September 1

Elul 12 Louis Veta September 1

Elul 13 Mary Herman September 2

Elul 15 Melburn Quiat September 4

Elul 18 Isaac Goldberg September 7

Elul 18 Graves Warren Anderson

September 7

Elul 18 Wolf September 7

Elul 22 Rosalie Novick September 11

Elul 24 Sarah Friedman September 13

Elul 24 Libby Weinstein September 13

Elul 25 Sam Weinstein September 14

Elul 29 Joseph Pollock September 18

Elul 29 Saul Stark September 18

Tishri 04 Georgette Silverblatt September 22

Tishri 08 Lee Seid September 26

Tishri 08 Gertrude Shapiro September 26

Tishri 09 Dudy Weinstein September 27

Tishri 11 Harry P. Smith September 29



***Pewaubek Reid***

***Navit Reid***

***Joe Zigmund***

*Did we miss someone you know and  
love? Let us know.  
We can only fix what we know about.  
Send in your birthdays,  
anniversaries, new babies, yahrzeits.  
Send to [info@mtsinaicheyenne.org](mailto:info@mtsinaicheyenne.org) .  
Help us remember and celebrate our  
members past and present!*

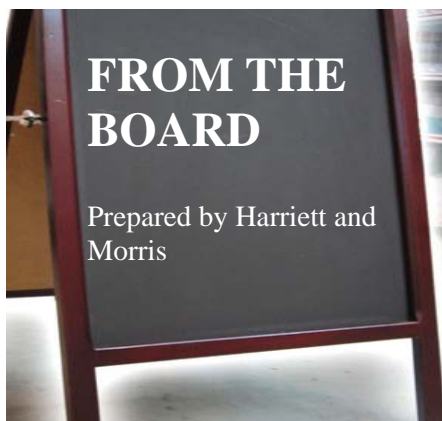
## *Helping to Support our Congregation*

My apologies to recent donors. I don't have the current listing. I will have all current information for next months issue. Your support is important to our congregation, don't think for a moment it goes unnoticed.

Small reminder—It is time for 3rd Quarter donations.

Thank you all for everything you do.

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The Mt. Sinai website was discussed: new items to appear are: a) membership applications will be available, (b) a page on the Hebrew school , (c) fee schedule for activities for members and non members.

The Board thanked Schrader's funeral Home for paying for the publication costs for our new Education and Cultural Activities Brochure. The brochure was designed by Rabbi Moon, Mary Weinstein, Jeff Weinstein, Roslyn Baker and Phyllis Bloomberg.

The security system is in place for the High Holidays as per Joe Golden ,Chairman of the Committee.

## Sisterhood News

*The last sisterhood meeting was the luncheon at Ruth's house.*

*Thank you Ruth for opening up your home and to the ladies who helped prepare all the yummys...and they were YUMMY!*

*We missed those of you who didn't join us.*

*Our next meeting will be on September 13th at 12 at the synagogue.*

*Hope to see you there.*

*Anyone wishing to join the Sisterhood...our fiscal year is just beginning.*

*Our annual dues are \$10.00. Please make your check out to Mt. Sinai Sisterhood and send to Mary Weinstein P.O. Box 1012 Cheyenne , WY 82003 .*

*Questions? Please contact Phyllis Bloomberg at [sisterhood@mtsinaicheyenne.org](mailto:sisterhood@mtsinaicheyenne.org)*

# Notes from All Over



## Beth Israel's Centennial Celebration

On Sunday, August 2, 2009 Beth Israel commemorated 100 years of Jewish life in Greeley, CO. The very elegant and meaningful celebration was held at the Greeley Country Club.

Founded originally by Orthodox Jews from Eastern Europe, Beth Israel is now home to a diverse congregation. The sizeable contingent from Mt. Sinai who travelled to Greeley for the celebration learned a great deal about our neighbor to the south. We heard from four generations of congregants who spoke eloquently of the history of the Jewish community from its origins, the founding of Beth Israel, its various buildings, and its enduring families and relationships. These speakers represented well the theme of the day – L'Dor V'Dor (From Generation to Generation).

Rabbi Sara Gilbert provided the opening blessing and the closing benediction. We enjoyed a wonderful brunch enhanced by beautiful piano and clarinet music. A fascinating slide show – 100 years through pictures – was a fitting conclusion to the celebration.

We have brought back copies of the program, some table decorations, and the CD of the slide show to share with everyone at Mt. Sinai. Truly Beth Israel's celebration was an inspiration to our Centennial Committee and to everyone who attended. We look forward to strengthening our connection with Beth Israel, whose congregational history is so similar to our own.

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## Come Learn a Little Something

### **Beginning Hebrew for Adults**

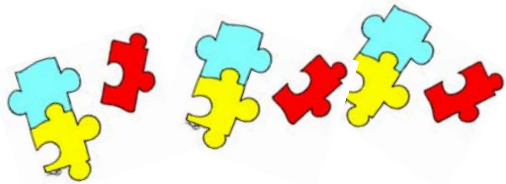
Would you like to be able to read and understand the prayers in the *siddur* (prayerbook)? Would you like to know what it really says in the Torah? Any translation you read is an interpretation. By learning Hebrew you can read and understand for yourself. This class will teach you the alef-bet, the basics of Hebrew grammar and how to read the prayers. No prior knowledge is necessary. This course will be co-taught by the Rabbi and Jeff Weinstein on Thursday evenings at 8:00 PM. Free for members; \$50 per quarter for non-members. Class begins October 8<sup>th</sup>. Call the office to sign up.

### **Continuing Hebrew for Adults**

This class is a continuation of beginning Hebrew which was taught last year. You will gain skills in reading fluency, learn more grammar and begin to decode the prayers. You need to have been in beginning Hebrew this past year or have the instructor's permission to take the class. This course will be co-taught by the Rabbi and Jeff Weinstein on Thursday evenings at 7:00 PM. Free for members; \$50 per quarter for non-members. Class begins October 8<sup>th</sup>. Call the office to sign up.

### **Introduction to Judaism**

Are you interested in conversion? Were you born Jewish but have little knowledge of the teachings of your faith? Would you like to brush up on some particular areas of learning? If you answered yes to any of these questions, then this class is for you. Introduction to Judaism is a ten-month course that covers the basics of Shabbat observance, prayer, lifecycle events and holidays. It will be taught by Rabbi Moon and guest speakers. This course received rave reviews last year; don't miss out. Sundays 10:00 AM – 12:00 PM. Members: \$100 for the year or \$7.50 per class. Non-members: \$200 for the year or \$15 per class. Class begins October 11<sup>th</sup>. Call the office to sign up.



# Bits and Pieces



## Regularly Scheduled Events

- Services
- Friday Shabbat 7p.m.
- Saturday Shabbat 9:30a.m.
- Saturday Study with the Rabbi  
3:30p.m. when she's in town
- Sisterhood Meetings—2nd Sunday of  
each month
- Board Meetings—3rd Wednesday of each  
month

Rabbi Moon can be reached  
anytime on her cell phone 307-  
630-1926 or by email  
[ravleahshira@gmail.com](mailto:ravleahshira@gmail.com)

The Rabbi's sermons and  
selected teachings are available  
on the website on the  
Rabbi's page. Go to  
[www.mtsinaicheyenne.org](http://www.mtsinaicheyenne.org)

**Mah Jongg**  
Sundays from 3-4:30  
Next play date to be announced  
New and experienced players  
welcome!!

Mount Sinai Congregation would like to thank Nate Breen and Seth Ward for their recent lectures at our synagogue. Nate spoke about Modern Conspiracy/Anti-Semitism and Seth talked on Political Islam. Both indicated they would like to come back and speak again. We hope to get them back in November for their thoughtful insight on other relevant issues. Thanks also to the Wyoming Humanities Council for their support!

# This and That

by

## Roz Kaufman

Our condolences to the **Wolf Family** on the death of Dorothy on July 31st. Services were held at the Jewish cemetery and were conducted by Jeff Weinstein. Dorothy was a local resident for 40 years. She will be missed.

Belated birthday wishes to **Howard Gallensky** and **Rosalyn Baker**, both in early August. Sorry we're a bit late with our greeting.

**Norman Stark** has been on two synagogue committees during his summer stay in Cheyenne. Thanks Norm for your insight and input—See you in May 2010. Norm's two hospital stays this summer were pleasant and productive. Please continue to stay well!!

**Steven Borin** and **Carol Fischer** are back from a glorious stay in Australia.

Visiting Cheyenne's **Helen Zigmond** and **Zollie Ganz** were Bradley and Allison Zigmond from Portland, Oregon. Their daughter Noelle provided much joy.

Mel Wolf spent a long weekend with his sister **Roz Kaufman**. Mel resides in Skokie, IL.

**Ann Slutzky** is continuing her recovery after a recent hospital stay.

The 12 Cheyenne-ites who attended Greeley's Beth Israel Centennial Celebration on the first Sunday in August spend a delightful time at their simcha. Great community cooperation and a huge success.

The 5770 Hebrew calendar will be available at the synagogue after September 1st.

**Sherri Veta Snyder** and **Charles** visited her sister Arlene Cohen Harris and her husband Bill recently. They are residents of Covington, Louisiana.

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Coming Next  
Month.....

“Now We're Cooking....  
recipes from some of our kitchen mavens”  
Eat something—you'll feel better.



### **MT SINAI MOVIE NIGHTS**

Come join us for any or all of these upcoming movies. All movies are shown at Mt. Sinai at 7 PM on the “big screen” and with surround sound. Refreshments and drinks provided.

#### **Saturday, September 26 - [The Sunshine Boys](#) (rated PG, 111 mins)**

Lewis and Clark were famous comedians during the vaudeville era; off-stage, though, they couldn't stand each other and haven't spoken in over 20 years. Ben, Willy Clark's nephew, is the producer of a variety show that wants to feature a reunion of the classic duo. How will Ben convince the crotchety old comedians to put aside their differences before the big show? Ben has to try to manage the individual quirks and personalities of each of The Sunshine Boys while putting on a good face to the network that there is harmony within The Sunshine Boys comedy team. Ben also has to manage the lives of two men in the twilight of their lives.

This film touching so much on forgiveness and mortality is appropriate for this season.

#### **Saturday, October 24 - [Der Golem, wie er in die Welt kam](#) (1920) (unrated, 85 mins.) Silent Film**

In 16th-century Prague, a Jewish rabbi creates a giant creature from clay, called the Golem. Using sorcery, he brings the creature to life in order to protect the Jews of Prague from persecution.

In its day this was a "horror film" which borrowed from Jewish lore. It merits a discussion of how Jewish mystical traditions have been taken out of their cultural context and misunderstood.

#### **Saturday, November 11 - [Nowhere in Africa](#) – (rated R – 142 mins.)**

The extraordinary true tale of a Jewish family who fled the Nazi regime in 1938 for a remote farm in Kenya. Abandoning their once-comfortable existence in Germany, Walter Redlich (Ninidze), his wife Jettel (Köhler) and their five-year-old daughter Regina (Kurka) each deal with the harsh realities of their new life in different ways. Attorney Walter is resigned to working the farm as a caretaker; pampered Jettel resists adjustment at every turn; while the shy yet curious Regina immediately embraces the country -- learning the local language and customs, and finding a friend in Owuor (Onyulo), the farm's cook. As the war rages on the other side of the world, the trio's relationships to their strange environment become increasingly complicated as Jettel grows more self-assured and Walter more haunted by the life they left behind. As they eventually learn to cherish their life in Africa, they also endeavor to find a way back to each other.

We are showing this movie in November, as this is the month in which *Kristalnacht* falls.

Saturday, December 12 – Movie to be announced later. Save the date!

Thank you Georgia  
for sharing!!

## Recommended Reading From the United States Holocaust Memorial Museum E-Community News

### [State of Deception: The Power of Nazi Propaganda](#)

By Steven Luckert and Susan Bachrach

This companion volume to the Museum's groundbreaking exhibition of the same name reveals how the Nazi party used modern techniques as well as new technologies and carefully crafted messages to sway millions with its vision for a new Germany.

### [Behemoth: The Structure and Practice of National Socialism, 1933-1944](#)

By Franz Neumann

Franz Neumann's classic account of the governmental workings of Nazi Germany, first published in 1942, is now available in a new paperback edition. A groundbreaking work which eminent historian Raul Hilberg said must be "studied, not simply read."

### [The Third Reich in Power](#)

By Richard J. Evans

Richard J. Evans details Germany's radical reshaping under Nazi rule, revealing how every area of life subordinated to the relentless drive to prepare the nation for the war that Hitler believed was its destiny.

### [The Antelope's Strategy: Living in Rwanda after the Genocide](#)

By Jean Hatzfeld

Acclaimed French journalist Jean Hatzfeld returns to Rwanda several years after the genocide to report on the difficult process of reconciliation between the perpetrators now released from prison or returned from exile, and the victims who must now tolerate them as neighbors. *The Antelope's Strategy* is a thoughtful exploration into the pain of memory and the nature of hope.

### [We Are Witnesses: Five Diaries of Teenagers Who Died in the Holocaust](#)

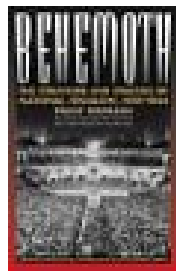
By Jacob Boas

Born in the Westerbork concentration camp in 1943, Jacob Boas guides young readers through the staggering history of the Holocaust in this collection of excerpts from the wartime diaries of five teenagers whose lives were destroyed by the Nazis.

### [Inside the Gas Chambers](#)

By Shlomo Venezia

In this eyewitness account, Shlomo Venezia, who was deported to Auschwitz and became a member of the Sonderkommando in order to survive, details the grim round of daily tasks he and others were made to perform as auxiliaries to the Nazi killing process.



Wish List

Is this your mitzvah? Please consider a donation for one or more of the following items.  
Friday night congregational dinner \$75 ♦ Case of wine for Kiddush \$50 ♦ Toner cartridge for the printer \$90 ♦ Toner cartridge for the copier \$150 ♦ Color laser printer \$400

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.

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Mt. Sinai Congregation

P.O. Box 1012

Cheyenne, WY 82003