



Temple Sinai

713 Hodges St. Lake Charles, LA 70601
<http://templesinai.info> / T: 337-439-2866

July, 2019
August, 2019

Tammuz 5779
Av 5779

WORSHIP SERVICE SCHEDULE

JULY 2019 TAMMUZ 5779

July 5, 2019

6 PM

Torah: Korach: Num. 16:1-18:32
Haftarah: I Sam. 11:14-12:22

July 12, 2019

6 PM

Torah: Chukat: Num. 19:1-22:1
Haftarah: Jud. 11:1-33

July 19, 2019

6 PM

Torah: Balak: Num. 22:2-25:9
Haftarah: Mic. 5:6-6:8

July 26, 2019

6 PM

Torah: Pinchas: Num. 25:10-30:1
Haftarah: Jer. 1:1-2:3

AUGUST 2019 AV 5779

August 2, 2019

6 PM

Torah: Matot/Mas'ei: Num. 30:2-36:13
Haftarah: Jer. 2:4-28; 3:4

August 9, 2019

6 PM

Torah: D'varim: Deut. 1:1-3:22
Haftarah: Isa. 1:1-27
Chazon

August 16, 2019

6 PM

Torah: Va-et'chanan: Deut. 3:23-7:11
Haftarah: Isa. 40:1-26
Nachamu

August 23, 2019

6 PM

Torah: Eikev: Deut. 7:12-11:25
Haftarah: Isa. 49:14-51:3

August 30, 2019

6 PM

Torah: R'eih: Deut. 11:26-16:17
Haftarah: Isa. 54:11-55:5 or I Sam. 20:18-42
Machar Chodesh Rosh Chodesh

SERVICE LEADERS

July 5 – Sandy Desadier
July 12 – Rabbi Weinstein
July 19 – Diane McCarthy
July 26 – George Bodin

August 2 – Mike Schwartzberg
August 9 – Rabbi Weinstein
August 16 – George Bodin
August 23 – Rabbi Weinstein
Aug 30 – Dan Boitnot

Mazel Tov!

- Mazel Tov to Sarah Katz and her fellow Emory Softball teammates on their recent win to place runner up in the College Division 3 World Series. Sarah was also awarded All Tournament 2nd Base.
- Mazel Tov to Ben Katz on being accepted to George Washington University's MBA program. Ben will start in the fall.

Mi' she' bei' rach

Wishing a refuah shleimah, a complete and speedy recovery, to:

Jill Greenberg	Brenda Bachrack
Reve Greenberg	Shirley Riff Billings
Morele Rosenfeld	Millie Mylander
Deb Barton	Linda Weinstein
Tony DiBartolo	Barbara DiBartolo
Lisa Garcia	

If there is anyone who needs to be added to the mi'she'bei'rach list for prayers for continued health improvements, please let Sandy know.
sdesadier@gmail.com

With deepest sympathy...

Our condolences go out to Princess Cohen on the loss of her beloved husband, George Cohen. George passed away on May 4, 2019. May his memory be a blessing.

Message from the Rabbi:

Shabbaton 2019: A Learning Luxury!

For several years our congregation has enjoyed setting aside one Shabbat each year for full learning and enjoyment together. This year's Shabbaton brought us the opportunity to delve into selected topics which ordinarily we simply do not have the time to explore in depth.

One such topic was the whole area of Kashrut, the Jewish Dietary Laws. I arranged a special meeting with Joel Brown, owner of Kosher-Cajun New York Deli and Grocery in Metairie. Joel was very kind and generous with his gift of a lengthy interview with me, which he permitted me to video. Together with the fundamental principles of Kashrut, Joel explained the scrupulous manner in which he and his staff comply with the rigorous requirements of having a Kosher grocery and restaurant. In the course of the video, Joel's explanation delved into aspect of the Kosher Laws which most of us have never had the chance to study in such detail.

Throughout our interview, I was so very impressed with Joel's very hard work in establishing, developing and maintaining his beautiful and unique Grocery and Restaurant. I was especially impressed with Joel's description of the painstaking recovery of his store and restaurant after the devastation of Hurricane Katrina in August 2005. The endless nights and days of labor by Joel and his staff renewed and bought back his establishment in a truly miraculous manner. I surely hope Joel knows of our very deep gratitude for all his time and sharing with me and our Shabbaton.

Among the other topics we studied was a very thorough explanation of the Omer Laws. George Bodin prepared a stellar description of the Counting of the Omer. He helped us understand the background of Omer and the manner in which the actual Omer Blessings are recited. George's presentation prompted a discussion of the role of "Counting" in Jewish Life in general. We were reminded once again of the teaching of Psalms: "So teach us to number our days, that we may get us a heart of wisdom." (Psalms 90:12)

Each Shabbaton has featured a very special time when we share special Jewish keepsakes from our homes. Again, this year the stories and reflections shared during this section of our Shabbes were so very moving and inspirational. As in the past, our Friday evening service and dinner were arranged in the Social Hall. We brought out own Sabbath Candles from home, and as we blessed and kindled them our gathering became so very spiritual and special.

Years ago, when I first suggested the idea of a Shabbaton to our leadership, I believed that such an occasion would help us enjoy a fuller Shabbes experience together. Each Shabbaton has provided

Rabbi Weinstein's Schedule:

July 12, 2018

August 9, 2018

the chance for us to be in our beautiful temple for the greater part of a whole Shabbes, with the three traditional Shabbes meals and most precious learning.

With our Havdalah Service we marked the conclusion of our extraordinary Sabbath celebration. Thanks to our loving Shabbaton volunteers, we were all blessed with a most wonderful Shabbes together.

Rabbi Barry

RABBI BARRY'S WORD OF THE MONTH: CHAVER

Those of us involved in the study of Mussar are very familiar with this most special word in Jewish Learning. It might be important to first briefly describe Mussar!

According to the Dr. Alan Morinis, Founder of the Mussar Institute, Mussar is "most accurately described as a way of life. It shines light on the causes of suffering and shows us how to realize our highest spiritual potential, including an everyday experience infused with happiness, trust, and love." (Everyday Holiness: The Jewish Spiritual Path of Mussar, p. 8)

Dr. Morinis emphasizes that "the starting point for understanding Mussar is the verse in the Torah that tells us: "You shall be holy." (Leviticus 19:2) The Torah here reveals in no uncertain terms what a human being's job description is. In essence, we are here on earth for no other purpose than to grow and blossom spiritually - to become holy. Our potential and therefore our goal should be to become as spiritually refined and elevated as is possible." (p. 11)

In the practice of Mussar, we learn how to explore the various aspects of our "nefesh," our soul. The way in which we usually refer to these parts of our soul is "traits of character," or in Hebrew the word "Middah." The Hebrew word "Middah" literally means "Measure."

As Dr. Morinis teaches: "We can find in this root a Mussar insight. The message is that each of us is endowed at birth with every one of the full range of the human traits, and that what sets one person apart from another is not whether we have certain traits while someone else has different ones, but rather *the degree, or measure of the traits that live in each of our souls.*" (Everyday Holiness. p. 19, my underlines)

Actually, Mussar helps us understand and learn that we all possess all of the human traits, ranging from anger and awareness to stubbornness, purity, faith and devotion.

If you were to examine the Appendix of Everyday Holiness, you would come upon no less than three fascinating pages of "A Soul-Trait Inventory" that Dr. Morinis has compiled! (pages 295-297.)

As we study our own "Soul Traits," we learn the "Measure" of where we are on the spectrum of each of these personal characteristics. I began my study of Mussar ten years ago and continue my own practice of Mussar in my daily life. Mussar really helps us better understand ourselves, gaining a much deeper appreciation of the holiness of life, of our lives.

Central to this study is the "Middah," the "Measure" of each of our own precious soul traits. Most importantly, as Dr. Morinis explains, "It's not whether we have the traits - all of us have them all - but rather what gives us our distinctive way of being in the world is where our traits are measured on the continuum. Nor should we aspire to rid ourselves of certain traits. Each has its role, though certain traits will exist in us in too high or too low a measure. That's what sets our spiritual curriculum for us." (Everyday Holiness, p. 19)

I hope I have piqued your curiosity, and that you will want to take a deeper look into Mussar!

July & August Anniversaries

July	11	Leslie & David Katz
	20	Karen & Harry Kleinman
	21	Katherine & Spencer Thorn
	24	Linda & Mark Wygoda
	28	Anne & David Reinauer
Aug	12	Simone & Stan Levy
	23	Sandy & Ronnie Desadier

Temple Birthdays:

July Birthdays

2	Judy Davidson Katz
2	Jody Davidson
4	Scott Michel
9	Barry Holtzman
13	Brenda Goldman
13	Lisa Garcia
14	Maurice Gold
16	Tony Kushner
17	Debbie Gold
18	Elizabeth Battestin
19	Juan Rivera
21	Rachel Fuerst
22	Kathy Steirman
25	Joseph Garcia
26	Todd Riff
26	Lisa Green
27	Mindy Desadier Barkat
28	Greg Mezey
29	Chris Blevins

August Birthdays

2	Leah Holtzman Eisen
2	Rhoda Gorin
3	Joseph Davidson
4	Terry Hodnett
6	Patrick Steirman
7	Kim Davidson Ruby
11	Deborah Barton
15	Jill Greenberg
17	Stanley Levy III
19	Scott Levy
19	Stephen Michel
19	David Katz
23	Jacob Ecker
24	Joseph Gall
27	Brenda Bachrack
27	Benjamin Holtzman
29	Daniel Wygoda
29	Skylar Lacombe

7 Ways to Make Summer Shabbats Special

BY: JANE E. HERMAN

For many people, [Shabbat](#) is a distinctive day throughout every season of the year. During the summer, it can be an extra special time – and here are seven things you can do for rest, reflection, and fun.

1. Listen to a podcast. To get in the mood for Shabbat, set time aside on Friday afternoon to sit outdoors – on a porch, under a tree, or in a park amongst city skyscrapers – and [listen to a podcast](#).
2. Explore a synagogue. Whether you're traveling or scouting out your own neighborhood, [find a congregation](#) in the area and check it out.
3. Enjoy a Shabbat picnic. Pack your favorite summer foods and head outdoors.
4. Read a book in a hammock. Nothing says summer more than sinking down into a hammock with a book. [Check out these books](#) for a satisfying summer read or these if you want to [learn more about Judaism](#).
5. Take a Shabbat nap. When your eyelids grow heavy and the book you're holding falls from your hands, give in and use your hammock for a nap. There's nothing quite like an outdoor snooze, especially on Shabbat.
6. Do a craft project. If a summer rain shower forces you indoors on Shabbat, use the time to [make a challah cover](#) or [beeswax candles](#) to use on your family's Shabbat table.
7. Celebrate Havdalah. As Shabbat ends, mark the separation between the sacred and the everyday in the backyard amongst the fireflies. [Watch this video](#) from [Temple Israel](#) in Memphis, TN, to learn how to perform this short, meaningful ceremony.

Looking for other ways to make Shabbat special? Here are 93 more [things to do on Shabbat](#).

Shabbat shalom!

Read the entire article [HERE](#).

July 5, 2019

Benjamin Reinauer (1)
Lily Kushner (2)
Ida Schwartzberg (2)
Dot Edelstein (3)
Esther Levy (3)
Meyer Schwartzberg (3)
Charles S. Petrova (4)
Julie Ann Marx Strauss (5)

July 12, 2019

Maurice Muller (7)
Patricia Brown (8)
Henry Greenwood (8)
Kayleen Feldman (11)
Samuel Lipsey (11)

July 19, 2019

Pearl Muller (13)
Mamie Burnett (14)
Donald Benjamin Levy (14)
Harold Goldberg (15)
Lillie Frank Abercrombie (16)
Max Altman (17)
Freda Fannie Paymar (17)
Stanley Levy (18)

July 26, 2019

Barbara Deborah Levy (20)
M. Gerald Edelstein (23)
Fannie Goldberg (23)
Morris Helman (23)
Sydney David Kay (23)
Barry M. Kleinman (23)
Abe L. Kushner (23)
Julie Reims (23)
Simon Goldsmith (24)
Elias Raas Kaufman (24)
Bonny Godchaux Levy (24)

August 2, 2019

Ruth Nelson Chozen (July 27)
Michael Gold (28)

Temple Contributions

Funds:

Sisterhood:

Decorating Fund
General Fund
Meal of Consolation

Send Checks to:

Ellen Raley
4270 Indigo Place
Lake Charles, LA 70605

Temple:

Adult Education Fund
Youth/Camp Fund
Cemetery Fund
Courtyard Fund
General Fund
Music Fund
Rabbi's Discretionary Fund
Tree of Life Fund

Temple Sinai
713 Hodges St.
Lake Charles, LA 70601

Contributors

Name: _____

Address: _____

City, State: _____ Zip: _____

(Please print, clip and submit this form with your contribution to avoid any confusion during the acknowledging process.)



August 2, 2019

Eddie Rikess (28)
Florian Levy (29)
Jennie Moss (29)
Joseph Paymar (30)
Minnie Sternberg (30)
Raymond Holtzman (31)
Bernard Levy (31)
Samuel Sternberg (31)
Sarah Holtzman (August 2)

August 9, 2019

Irving Gorin (3)
Albert Prater (4)
Hana Sukiennik (4)
Jack Rosenthal (6)
Louis Samuel Brewer (7)
Thelma Seamons (8)
Louis Lipsey (9)
Kate Milstein (9)

August 16, 2019

Sara Gordon (11)
Mike Hutkin (12)
Vera Levy (12)
Bernard Loftin (12)
Alice Fiellse Farrar (14)
John Runte (14)
Earl Eugene Toerner (14)

August 23, 2019

Samuel Beilin (18)
Hattie T. Berther (22)
Giles Cowen (23)

August 30, 2019

Bernice Goldberg (24)
Selma Abelman (25)
Sylvia D. Kushner (27)
Harold Bachrack (29)
Jennie Shavzin (29)
Andrew Kenneth Strauss (29)
Louis Holtzman (31)

We are grateful for these contributions:

General Fund:

From: Tim & Charlene Blevins

Youth/Camp Fund:

From: Tim & Charlene Blevins

From: Barbara & Tony DiBartolo
Princess Cohen

In Memory of: George Cohen

Rabbi's Discretionary Fund:

From: Tim & Charlene Blevins

From: Barbara Maxey

Music Fund:

From: Barbara Maxey

Courtyard Fund:

From: Barbara & Tony DiBartolo
In Honor of: Charlotte Kaough's
Conversion

Reminder: Courtyard Pavers are still available to purchase in honor/memory of a loved one or to commemorate a special event or occasion.

Thank you to Diane for this blast from the past... this article was published in the Lake Charles American Press on May 22, 2019...

Our Past

50 Years Ago – May 22, 1969

Temple Sinai Shavaouth

Services to celebrate Shavaouth at Temple Sinai will be at 7:45pm Friday.

The choir, under the direction of Dr. William Groves, will render special music and LEWIS BREWER will be organist.

Conducting the service will be Rabbi GENE LEVY and SANDRA DAVIDSON, HENRY ABELMAN, and HARRY KLEINMAN. The three youths will be given certificates for the completion of their religious school instruction. DR. GERALD WEISS, president of the congregation, will present the certificates.

American Press
May 22, 2019
OUR PAST -
Mike Jones.