

# Sinai Speaks

## TISHA B'AV

Join us in Kohn Chapel

on

Wednesday, July 29th at 7:30 p.m.

and on

Thursday, July 30th at 7:30 a.m.

For the chanting of Aicha Lamentations

Anyone who would like to read Hebrew should contact

Cantor Ari Brown at 310.481.3258.

Anyone who would like to do some of the English readings should

contact Ritual Director Ralph Resnick at 310.481.3201

## SERVICES & FESTIVALS

### SHABBAT MORNING IN THE ZIEGLER SANCTUARY

8:45 a.m.

July 4 - Parshat Hukat- Balak

July 11 - Parashat Pinhas

July 18 - Parashat Matot- Mas'ei

July 25 - Parashat D'varim

August 1 - Parashat Vaethannan

August 8 - Parashat Eikev

August 15 - Parashat R'eh

August 22 - Parashat Shof'tim

### FAMILY MINYAN & FAMILY MINYAN Children's Service

9:30 a.m. July 4

9:00 a.m. July 29 & Aug. 22 & 29

### TORAH IN THE ROUND

9:00 a.m. July 18 & Aug. 15

### STARS SHABBAT MORNING

No services July & Aug.

### TOT SHABBAT

10:00 a.m. July 18 & Aug. 15

### MINCHA/SHABBAT SERVICE

1st, 2nd, 4th & 5th Friday Night

5:45 p.m. Kohn Chapel

### SHIRA CHADASHA

5:45 p.m. July 17 & Aug. 21

### early FRIDAY NIGHT LIVE

5:45 p.m. July 3 & Aug. 7

### FRIDAY NIGHT LIVE

7:30 p.m. July 10 & Aug. 14

### DAILY MINYAN

Mornings

8:30 a.m. Sunday

7:30 a.m. Monday - Friday

National Holidays - 8:30 a.m.

Afternoons

5:45 p.m. Sunday - Saturday



## SINAI AKIBA GRADUATING CLASS OF 2009

Matin AKHAMZADEH  
Ariel AZHDAM  
Rose BERN  
Jessica BINA  
Alex DANESHGAR  
Brigitte DARDASHTY  
Daniel DAYAN  
Jason DIAMOND  
Emily EBRAHIMIAN  
Arbel ECKSTEIN  
Elyse FEIGENBLATT

Julia GABAY  
Itay GELFER  
Jeffrey GHODOOSHIM  
Raimy HAROUNI  
Lillian HORIN  
Ariel ISAACSON  
Ashkan KHALPARI  
Kayla KOHAN  
Gia LAPPE  
Shannon LARIAN  
Lauren LEVY

Nicolette MAHBOUBIAN  
Deborah MALAMUD  
Rebecca MANDEL  
Mitchell MAYER  
Nadine MELAMED  
Alexandra MENACHE  
Rebecca MORETTI  
Arielle REICH  
Eitan ROTHMAN  
Aaron SABIN  
Gideon SAIDARA

Ariella SALIMPOUR  
Jonah SCHATZ  
Lauren SCHLUSSEL  
Nicky SHEMIAN  
Chloe SHOHEID  
Brandon SHOOSHANI  
Joshua SHURE  
Samantha SIMON  
Fabiana SPITZ  
Nikki TABIBIAN



## from the **RABBI'S PEN**



*Rabbi David Wolpe*

### **IN JOY AND IN SADNESS**

Recently there have been scores of books written about how to be happy. Many contain useful and helpful advice, missing only the central point: happiness is not actually the principle end of life.

The philosopher Robert Nozick proposed an experiment years ago, the "experience machine." It would give a virtual experience of everything the person wanted so that it would all seem lifelike and ideal. Most people would reject such an existence. Why? Because although we all want to be happy, happiness is not all we want. We want something deeper, richer, and harder than happiness alone.

This observation is ancient as Greek tragedy and new as modern literature. As the years have passed, Aldous Huxley's novel "Brave New World" has grown in relevance. Remember the words of "The Savage" in his book, rejecting the SOMA drug that made everyone happy: "I don't want comfort. I want God. I want poetry, I want real danger, I want freedom, I want goodness. I want sin."

The story of Adam and Eve is the story of our lives. Growing up is filled with disillusion and pain alongside love and joy. In our better moments we recall that the difficulties of life are essential to savor its sweetness. No healthy person welcomes pain; no mature person tries

always to escape it. The experience of sadness, the process of grieving – that too plays a role in the varied, colorful and sometimes dolorous pageant of life.

Psychologist Fritz Perls taught that 'the only way out is through.' You cannot shortcut experience. To live a full life is to live a life marked by all manner of contrary and powerful experiences.

The Torah teaches us to "serve God with joy" but to get there we will have to make our way through disappointment, sorrow and struggle. In the Midrash Rabbi Johanan reminds us that the eye has a dark part and a light part, but one can only see through the dark part. Darkness grants insight and vision. Our task is not to seek happiness, but to reach out to one another, to deepen our souls, and to seek God. As the summer passes and the new year comes closer let us recall this vital lesson of our souls.

If you would like to receive a brief, weekly message from Rabbi Wolpe, please send your email address to: [offthepulpit@sinaitemple.org](mailto:offthepulpit@sinaitemple.org)

### **Going To Ramah?**

... So is Rabbi Schuldenfrei. He will be the Rabbi-in-Residence from July 14 – 20. Let him know if your child(ren) will be there. He would be happy to give them a little extra attention!

[bschuldenfrei@sinaitemple.org](mailto:bschuldenfrei@sinaitemple.org)

### **Friday Candle Lighting Times**

- 7:51 p.m. – July 3
- 7:50 p.m. – July 10
- 7:47 p.m. – July 17
- 7:43 p.m. – July 24
- 7:38 p.m. – July 31
- 7:32 p.m. – Aug. 7
- 7:25 p.m. – Aug. 14
- 7:16 p.m. – Aug. 21
- 7:08 p.m. – Aug. 28



### **Welcome RABBI NICOLE GUZIK**

*Rabbi Brian Schuldenfrei, Rabbi Nicole Guzik  
and Executive Director Howard Lesner*

On Thursday, May 21<sup>st</sup>, Rabbi Brian Schuldenfrei and Executive Director Howard Lesner surprised Rabbi Nicole Guzik as they flew to New York to attend her ordination and graduation from the Jewish Theological Seminary.

Both of them were there to celebrate with her and are thrilled as is the rest of the Sinai staff and community that she will be joining the Sinai family beginning July 1<sup>st</sup>!