

## Noach: From Calamity to Family

Benjamin Fingerhut, our beloved Musical Director here at Sinai Temple, taught our religious school students a delightful song in time for this week’s parsha (to the tune of “The Ants Go Marching”):

*The animals went in two by two,  
the elephant and the kangaroo,  
and they all went into the ark for to get out of the rain.*

Aside from the odd British grammar, the song is true to the text: the animals (elephants and kangaroos included) did enter the ark in pairs, each set apart from the others l’minah “according to its kind.” So too, Noah and his sons entered separately from their wives, at least according to rabbinic interpretation.

But that’s now how they came out of the ark:  
“Noah came out, together with his sons, his wife, and his sons’ wives. Every animal, every creeping thing, and every bird, everything that stirs on earth came out of the ark by families.” (Genesis 8:19)  
Rashi and other biblical commentators take “families” to mean “species.” I like to think that the choice of “family”—the first instance of the word, misphacha, in the Torah—is deliberate and significant. All emerged closer from the ordeal they survived together. Wolf and lamb, leopard and kid, Noah, his sons, and their wives became family through shared struggle.

We too have become family through calamity. Our people has emerged not from forty days and nights but two years of trauma (following an attack which, if you recall, was named “Al-Aqsa Flood” by its perpetrators) as a closer, stronger, and more united family than we were before. Our challenge now is to maintain that familial bond in the weeks, months, and years ahead—to not fall back into the division and discord of l’minah.

As Rabbi Wolpe urged us in his most recent sermon, may we be worthy of the task that is the promise of this moment.

Shabbat Shalom.

- Rabbi Moe Howard



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Affiliated with the United Synagogue of Conservative Judaism

### SINAI TEMPLE CLERGY

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### Special thanks to the staff and lay leaders who make Shabbat services exceptional:

Jessica Green - Executive Director  
Jay Harwitt - Ritual Director  
Benjamin Fingerhut - Musical Director  
Roy Regev - Director of Media and Communication  
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Jacob Gershbock

Mehrzad Roshan, Sinai Temple President [mroshan@sinaitemple.org](mailto:mroshan@sinaitemple.org)



### Shabbat Daycare

- Upper Traub | 9:45-11:45 a.m.

Potty Trained- 5 yrs old

12 kids max

### MINCHA & KABBALAT SHABBAT

in Kohn Chapel  
Every Friday at 5:45  
Also available to watch on [YouTube](#)

### DAILY MINYAN

in Kohn Chapel  
Monday–Friday at 7:30 a.m. and  
5:45 p.m. (in person)  
  
Saturday 9:00 p.m. (online only)  
  
Sunday (and National Holidays, when  
held in-person) 8:30 a.m.



SINAI TEMPLE

3 CHESHVAN 5786 | 25 OCTOBER 2025



### PARASHAT NOACH | נח

Torah reading begins: Genesis 6:9 (page 41)  
Maftir: Genesis 8:12-14 (page 48)  
Haftarah: Isaiah 54:1-10 (page 65)  
“A Holier Heshvan:” Sermon by Rabbi Nicole Guzik

### SHABBAT SERVICE

in Ziegler Sanctuary at 9:00 a.m.  
The Bar Mitzvah of Phoenix A. Nassi

Also available to watch on [YouTube](#).

### TORAH AT THE TABLE

in CC Library Classroom at 9:00 a.m.

### TORAH IN THE ROUND

In Kohn Chapel at 9:30 a.m.  
The Bat Mitzvah of Arielle Friedman

Honor or remember someone special with a meaningful gift to Sinai Temple. Scan this QR code to make a contribution in their name and create a lasting tribute.



Find us on YouTube at [www.youtube.com/@SinaiTemplePresents](https://www.youtube.com/@SinaiTemplePresents)

# A MESSAGE FROM PRESIDENT MEHRZAD ROSHAN

## KOL NIDREI APPEAL

The annual Kol Nidrei Appeal allows us to continue providing innovative programs, meaningful worship experiences, and opportunities that strengthen our community.

We are grateful to you for making it a priority again this year.

Thank you in advance for helping us realize our vision and aspirations for Sinai Temple.

If you have not yet made your gift, you can mail a check or contact our Development Director,

Jackie Ahdout, at 310-481-3225 or email her at [Jahdout@sinaitemple.org](mailto:Jahdout@sinaitemple.org)

On behalf of our leadership, thank you for your partnership and generosity.

Chag Sameach

## Building Our Future, Together

Dear Sinai Members,

As was mentioned during Yom Kippur services, our lay leaders have created a Strategic Planning Committee to explore how our clergy and leadership can better serve the needs of our entire membership to ensure the future health of the Sinai Temple community.

We very much want to hear your thoughts about how we can create a warmer environment of welcome, provide engaging programs and events that reflect your interests, and in general become a more important part of your religious and social life.

In short, we want to learn what would you most like to see improved. We hope you will take a few minutes to scan the QR code and complete the survey, as your response will be invaluable in fulfilling the mission of the Strategic Planning Committee and the future of Sinai Temple.

L'Shalom,

Rabbi Nicole Guzik

Rabbi Erez Sherman

Mehrzhad Roshan, President



## Sinai Temple Sisterhood

Sinai Temple Sisterhood enriches members' lives through programs, classes, and volunteer opportunities. We run the Gift Shop and cater luncheons, proceeds support Sinai Temple, its schools, partial Jewish camp scholarships for members' families, and the wider community. Classes include Mah Jongg, Arts & Crafts, Balance, Calligraphy, and Needlepoint.

For more information, contact Marilyn Stern at [marilyn-stern1@yahoo.com](mailto:marilyn-stern1@yahoo.com) or visit [sinaitemple.org/sisterhood](http://sinaitemple.org/sisterhood). To receive our monthly newsletter, email Natalia Rojas at [nrojas@sinaitemple.org](mailto:nrojas@sinaitemple.org).



## TEMPLE EVENTS

### Sinai Seaks: What's Eating Us? with Author Cole Kazdin Wednesday, October 29 · 7:00 – 9:00 pm PDT

Join four-time Emmy Award-winning journalist Cole Kazdin and Carolyn Hoffman, Director of the Sinai Temple Mental Health Center, for an engaging conversation exploring how both adults and adolescents experience complex relationships with food.

### Sinai Temple Attends a Clipper's Game!

#### Monday, November 10| 7:10 PM

Intuit dome| Sinai Temple is heading to the new Inuit Dome to cheer on our favorite team the Clippers as they take on the Atlanta Hawks. Early access to the game! Arrive at 5:30pm to watch your Clipper's warm up. Game starts at 7:10pm.

### Shabbat Lunch & Learn: Don't Feed the Lion

#### Saturday, November 15 | Immediately Following Services

Award-winning journalist and CNN Anchor Bianna Golo-dryga joins us at Sinai Temple for a riveting conversation on combating antisemitism through books.\$20 for Members \$25 for Nonmembers. Each ticket provides you with a copy of Don't Feed the Lion and a lite lunch.

### Weekly Parsha Class

#### Every Thursday at 8:30 a.m. starting Aug. 7th

Join us as Sinai Temple's rotating clergy lead an in-depth exploration of the weekly Parsha. This class is offered exclusively online.

### Siddur Project

Share your personal prayers, art, or music for a new Sinai Temple Siddur created by and for our community. Submit your original works to inspire others and enrich our collective prayer experience. Submissions are sent to [siddurproject@sinaitemple.org](mailto:siddurproject@sinaitemple.org).

## WANT TO PLAN AN EVENT

Host your next event at Sinai Temple, where exquisite catering meets a stunning setting to create unforgettable experiences. Let our expert caterers transform your special occasion into a celebration filled with flavor, elegance, and impeccable service. For more information, please contact Judy Begin at [jbegin@sinaitemple.org](mailto:jbegin@sinaitemple.org) or 310-481-3222.

## SPONSOR AN ONEG SHABBAT



Honor a simcha or yahrzeit by sponsoring an oneg! Your sponsorship will be featured in the Shabbat bulletin and announced

To sponsor, contact Judy Begin at [jbegin@sinaitemple.org](mailto:jbegin@sinaitemple.org) or 310-481-3222.



Scan the QR code to RSVP and to learn about more events.

For more information contact Amanda Harrison at [aharrison@sinaitemple.org](mailto:aharrison@sinaitemple.org) or 310-481-3246