

# *Beth Israel Sinai News*

The Monthly Newsletter of Beth Israel Sinai Congregation

January 2025     Tevet / Shevat 5785

## Rabbi's Message

In the paragraph preceding the Shema Yisroel, we are instructed to listen, learn, understand and apply the laws of Torah in our daily lives. In an era where so much emphasis is placed on the type and quality of the food we eat, few laws of the Torah have become more relevant than Kashrut, the Jewish dietary laws. It is not surprising that what is good for the body can also be good for the soul. When we talk about spirituality, most people think about prayer, music, meditation or a combination of the above. The Torah teaches that ALL of our actions can bring spiritual meaning to our lives. After all, as the saying goes "you are what you eat."

Our Rabbis teach us that the proper preparation of foods keep us both physically and spiritually healthy. Cattle, sheep, and fowl must be slaughtered in a prescribed, humane manner. Since, the animal feels no shock or little pain, fewer toxins are released into the blood. Afterwards, the meat is salted and rinsed to remove as much blood as possible. Non-kosher chickens are submerged in warm water to remove the feathers. Kosher chickens are soaked in water for 30 minutes, salted to remove the blood and rinsed three times to remove the salt. A major source of food poisoning is caused by contaminated chicken. Keeping a kosher home has never been easier. One of the fastest growing segments of the food industry is the demand for kosher foods. Most of the packaged foods in your cupboard are already kosher. To meet an ever increasingly sophisticated Jewish palate, trained Rabbis travel the globe to ensure that foods like kimchi, tofu, siracha sauce, tortillas and pasta sauces are kosher. No traditional wedding would be complete without sushi, egg rolls and teriyaki beef and chicken skewers.

Should you be interested in keeping a kosher home, I would like to suggest a simple step-by-step process. First, eliminate pork and shellfish. If you crave these items, there are plenty of kosher substitutes available. (Raised in a non-kosher home until the age of 12, I can speak from a position of knowledge.) Second, don't mix meat and milk. If you must have a milkshake with your hamburger, use soy milk blended with parve (neither milk or meat) ice cream. There is parve cheese available for both your hamburger and those lactose intolerant. Third, buy only kosher meat. Grocery stores in Highland Park have an extensive selection of prepacked kosher meats and chickens. Fourth, buy only foods that are certified KOSHER. With increasing demand for healthy and organic foods most prepackaged items are already under rabbinical supervision. If you should have any questions regarding a particular item, just ask me.

SEE YOU IN SHUL

RABBI MARTY

I want to thank everyone who helped with our Chanukah Dinner. It was so nice to be with our Beth Israel Sinai family celebrating Chanukah.

Rabbi Adelberg will be celebrating his Bar Mitzvah on Saturday, February 1, 2025. Please let people know who might be interested in joining the celebration.

### **Cemetery Notes**

The Racine Jewish Cemetery is five acres located at 612 Lathrop Ave. It is a well maintained, park-like setting. A resting place for all Jews. .

There is a Reform section of the cemetery where Jews and their non-Jewish family members can be buried together.

For more information about the purchase of cemetery plots or perpetual care, please call Marc Greenberg 702-465-4805

### **ZOOM LINK INFO**

**Meeting ID 86963820547**

**Passcode 812975**

**Phone Number**

**1-309-205-3325**

### **The Presidents Message**

I want to welcome the new members that joined Beth Israel Sinai this year. We are so happy to have you as a member.

You can easily join our synagogue family we have affordable full memberships and we have associate memberships for those who may live too far from us to become an active member. Whether you want to attend weekly or just when you have time please consider joining with a membership. Your membership helps to keep our synagogue open and vital.

If there are any programs you think would be interesting and they are on zoom let us know and we can try to have the program on zoom for you to enjoy at the synagogue.

You can reach me by phone 262-945-7675

Joyce Placzkowski President

Rabbi Adelberg is offering free Hebrew classes to children. Please call Rabbi Adelberg 847-529-1609 to setup appointments. Donations to the Rabbi's discretionary account are always welcome, and tax deductible.

### Sarah Levin's Story

I grew up in Waukegan, IL where I attended the Shul and Temple. I was living in Racine in 1939 when I married my husband, Meyer. We moved to Chicago and then moved back to Racine. When WWII ended, Meyer was discharged from the army. We originally attended the old Shul but realized our children needed a more broad, formal Jewish education so we joined Beth Israel Sinai in 1960. The rabbi was Hyman Cohen.

Some of my good memories at Beth Israel are from the approximately ten years of teaching Sunday School, being an active member of Sisterhood and Hadassah and being part of committees that helped with various duties in the temple kitchen when needed. I played the piano for various programs and was in the temple choir that performed at Friday evening services. Unfortunately, the choir disbanded after approximately one year. My husband and I routinely attended Friday evening and Saturday morning services.

My daughter and son were confirmed at the temple and my son celebrated his bar mitzvah. My two granddaughters were also confirmed, and both had their bat mitzvahs there. We made many good friends that were part of our social circle—the temple was a very important part of our lives. Many aspects of Judaism are important to me. One of them was to keep kosher, including 4 sets of dishes, cookware, silverware, etc., one each for meat, dairy, pareve and Passover and that was our way of life. Attending Sabbath services was also very enjoyable and important to us. We looked forward to being part of the congregation every week.

Now that I'm living in an Assisted Living Facility, keeping kosher is difficult. However, I have found my diet of fish, eggs, cheeses, starches, fruit and vegetables to be very satisfactory. It is a good place for me; I enjoy the residents, staff and activities and I feel we chose this facility wisely.

I participate in those services and activities that I can at Beth Israel and am grateful for the many years God has given me.

#### Sisterhood

If anyone is interested in sponsoring a Kiddush just let Joyce Placzkowski know, 1-262-945-7675. The charge for a dairy Kiddush is \$50, meat Kiddush is \$100. The kitchen can always use paper goods. If you are interested in helping to make food for the Kiddush or a Shabbat dinner just let Joyce Placzkowski know.

#### Donations

Mary Vite general donation

Joyce Placzkowski general donation

Anonymous general donation

Max Gordon donation in honor of Joyce Placzkowski birthday

Max Gordon donation in honor of Judy Roher

Linda Hulbert and Kent Rissman general donation

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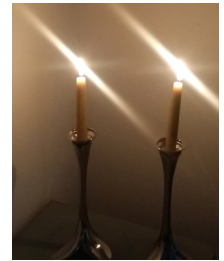
rabbi@bethisraelsinai.org

Web: www.bethisraelsinai.org

**BETH ISRAEL SINAI  
 January 2025  
 Tevet Shevat 5785**

**Shabbat & Holiday Candle Lighting Times**

January 3	4:11
January 10	4:19
January 17	4:27
January 24	4:36
January 31	4:45



# January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 service 10 am in person and zoom
5	6	7	8	9	10 Siege of Jerusalem 587 B.C.E.	11 service 10 am in person and zoom
12	13	14	15 Board Meeting 10>00 am	16	17	18 service 10 am in person and zoom
19	20 Martin Luther King Jr. Day	21	22	23	24	25 service 10 am in person and zoom
26	27	28	29	30	31	