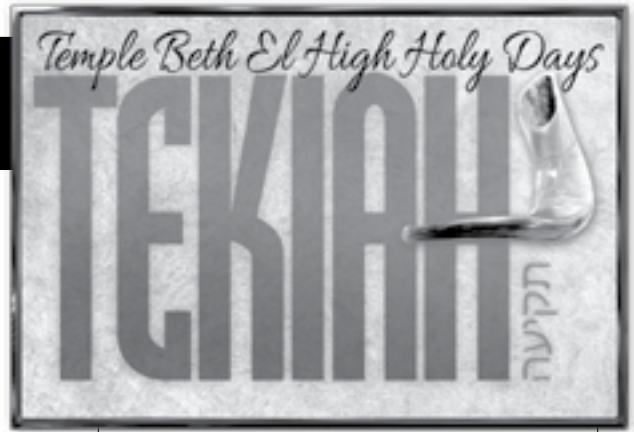


High Holy Days Guide 5778/2017



Synagogues don't work
 The shofar doesn't work
 Sermons don't work
 Praying doesn't work
 The AI Chet doesn't work
 Yizkor doesn't work
 Kaddish doesn't work
 Kol Nidrei doesn't work
 Unetaneh Tokef doesn't work
 Neilah doesn't work
 Ashamnu doesn't work
 Responsive readings don't work
 Tashlikh doesn't work
 Torah readings don't work
 Piyyutim don't work
 Tzom Gedaliah doesn't work

You work!

Welcome to Temple Beth El!

It is our belief that the High Holy Days can be a truly transformational experience, an opportunity for each person to engage in deep reflection and soul-searching within the context of a community. This newsletter includes some suggestions for making the High Holy Days work for you.

About the Service

On the High Holy Days we dress the Torah scrolls in white garments, symbolizing the "clean slate" and new beginning that each of us has at the beginning of a new year. It is also customary for the rabbi and cantor to wear a special white garment called a *kittel*, which is reserved for moments of special holiness and transition in the Jewish calendar.

The basic structure of the liturgy of the Days of Awe is the same as on ordinary

weekdays and Shabbat. However, there are so many additions and modification on these days that instead of the *Siddur*, the regular prayer book, we use a special prayer book called a *Mahzor*. Our services include singing in Hebrew, as well as communal readings in English translation. Other parts of the service are read silently by each individual.

According to Jewish tradition, Rosh HaShanah marks the anniversary of God's creation of the world. The piercing call of the shofar, the ram's horn, reminds us to look deep within ourselves and evaluate our lives. A total of 100 blasts of the shofar are blown on each day of Rosh HaShanah.

CONTINUED ON PAGE 2

High Holy Day Schedule 5778

Wednesday, September 20

Erev Rosh HaShanah 6:00 pm
 Candle Lighting 6:33 pm

Thursday, September 21

First Day of Rosh HaShanah 8:30 am
 Shofar service approximately 10:20 am
 D'var Torah approximately 11:00 am
 Tashlikh/Minhah 5:00 pm at Forest Park
 No service at Temple Beth El
 Candle Lighting 7:33 pm

Friday, September 22

Second Day of Rosh HaShanah 8:30 am
 Open to the Community
 Shofar service approximately 10:20 am
 D'var Torah approximately 11:00 am
 Erev Shabbat 6:00 pm
 Candle Lighting 6:29 pm

Friday, September 29

Kol Nidre 6:00 pm
 Candle Lighting 6:16 pm

Shabbat, September 30

Yom Kippur 8:30 am
 D'var Torah approximately 12:30 pm
 Yizkor to follow
 Minhah 4:45 pm
 Neilah 6:00 pm
 Sounding the Shofar 7:16 pm

Wednesday, October 4

Erev Sukkot
 First Evening of Sukkot 6:00 pm
 Candle Lighting 6:11 pm

Thursday, October 5

First Day of Sukkot 9:30 am
 Second Evening of Sukkot 6:00 pm
 Candle Lighting 7:11 pm

Friday, October 6

Second Day of Sukkot 9:30 am
 Erev Shabbat 6:00 pm
 Candle Lighting 6:05 pm

Shabbat, October 7

Hol HaMoed Sukkot
 Morning Service 9:30 am
 Minhah 6:00 pm
 Havdalah 7:05 pm

Wednesday, October 11

Hoshanah Rabbah 6:45 am
 Erev Shemini Atzeret (Yizkor) 6:00 pm
 Candle Lighting 5:56 pm

Thursday, October 12

Shemini Atzeret (Yizkor) 9:30 am
 Erev Simhat Torah 6:30 pm
 Candle Lighting 6:56 pm

Friday, October 13

Simhat Torah 9:30 am
 Erev Shabbat 6:00 pm
 Candle Lighting 5:53 pm

On the first afternoon of Rosh HaShanah we meet at Forest Park for the Tashlikh ceremony. Using bread crumbs, we symbolically cast away all of our sins, expressing our hope to enter the new year free and pure.

Yom Kippur is the most solemn day of the Jewish year. According to Jewish tradition, this is the day when God's judgment of each person for the coming year is sealed. The recurring theme of the liturgy is confession and repentance: during the *Al Chet* and *Ashamnu* prayers we read lists of sins that we and others have committed during the past year. On Yom Kippur eve, the *Kol Nidrei* prayers remind us of the seriousness of the vows and promises we make.

In the morning, we remember our loved ones who have died during the Yizkor service. During the Martyrology, we recount some of the most painful moments of Jewish history and recall our ancestors who were martyred over the centuries. In the early evening we stand for the Neilah service (the closing of the gates) as Yom Kippur comes to a close with a final blast of the shofar.

Rabbi Katz's Recommendations

Look again at the cover of this newsletter. It is adapted from a sign spotted in a new age bookstore in Berkeley, CA. Any effort at spiritual awareness requires discipline patience and energy. Prayer is not a spectator sport; the congregant takes an active role rather than a passive role. Prayer requires an investment of energy. If you sit back and wait for something to happen,



nothing will. You must devise your own agenda.

Especially on the High Holy Days, the real work of the services goes on in your own mind. How do you evaluate the past year? Where have you succeeded? Where have you fallen short? And by what criteria do you make such judgments? You may get the most out of the prayer book if you view it as a repository of topics for your personal reflection.

Pretend you are riding on a train

When you are riding on a train, the train keeps on moving in the same direction, even though each passenger can walk from car to car, going forwards or backwards or staying motionless. Everyone arrives at the same destination in the end.

This can be a useful analogy for our services. Jewish worship is a cross between individual and communal prayer. The community will be moving along through the prayer book at a swift pace, but each individual need not move with us at exactly the same time. Go at your own pace. If a particular phrase speaks to you, dwell on that phrase for a few minutes. You can always catch up with us later.

God understands English, too

For communal and historical reasons much of our prayer service is chanted in Hebrew. There is something very powerful about uttering the same words that have been used by our people for centuries, and that are being used today all over the globe. However, Jewish tradition holds that God understands all languages and it is acceptable to pray in whatever language one understands. One of the reasons we chose the new *Mahzorim* (High Holy Day prayer books) is because of the clear and accessible English translations and commentaries. Use the translations to enhance your understanding of the service. Transliterations (the Hebrew prayers written out in English letters) are also included in the *Mahzor*.

Meet your neighbor

If you are new to TBE, please let us know. Please introduce yourself to the people around you and to our greeters and ushers. We look forward to getting to know you and welcoming you into our community. Also note our full schedule of activities, including social programs, a daily minyan, social action activities and a range of educational opportunities for children, teens, families, and adults.

Topics for reflection

What follows are some topics for individual reflection. You could reflect during various parts of the synagogue service or when you have leisure time at home. Also you could discuss these questions with family and friends. The most important thing, however, is to use the High Holy Day season to give yourself a spiritual audit. It's the best way (as well as the traditional way) to get the most out of the High Holy Day season.

Rosh HaShanah

Think back to each month of the Jewish year that has ended (roughly September to September). Try to identify one significant event in your life, positive or negative, for each month that will stay with you as we enter the new year.

Focus on each of the important personal relationships in your life (parents, spouse/partner, children, close friends): What about that relationship am I thankful for? What are problems and points of tension? Which aspects of these problems and points of tension might be generated by me? Which aspects of the relationship will I consider working on during this High Holy Day period?

Judaism views the body as a divine gift, a temple for the soul. How well have I cared for my body this past year? What didn't I do that I could have done? (e.g., eating appropriately, excessive drinking or use of drugs, exercise, vacations, clothing and appearance, self presentation).

What does my relationship to the Jewish community and practices look like? My relationship to God? Is there one new Jewish behavior that I would like to take on in the coming year? Is there one new Jewish thing that I would like to learn?

Shofar service

Our tradition views the Shofar as analogous to an alarm clock, waking us up and reminding us that life is all too short. Suppose I knew that this was to be my last year of life — what things might I do differently? How would I prioritize my time?



Yom Kippur

If you are fasting, calculate how much you spend on food on an average day. Then, after the holiday, contribute the money you saved by fasting today to a charitable organization that deals with hunger issue. Rachel's Table addresses local hunger issues. Or consider supporting Mazon: A Jewish Response to Hunger (mazon.org) or American Jewish World Service (ajws.org). At TBE we also conduct a food drive on the evening of Yom Kippur to support local food pantries.

The *Al Chet*: the lists of sins in the *Mahzor* were meant only as a guide, not an exhaustive list. Take some time during the service to compose your own *Al Chet*, a listing of the specific things about yourself that you would like to change for the coming year.

People sometimes find it difficult to relate to the word “sin.” However, the Hebrew word *chet*, which is often translated as “sin,” is actually derived from an archery term that means “missing the mark.” Missing the mark

is something that we are all much more likely to be able to admit to. In what ways have I “missed the mark” this past year?

On Yom Kippur, one may be forgiven for transgressions between people and God. However, on Yom Kippur one may NOT be forgiven for transgressions between people and other people, until the one asking for forgiveness has pacified his fellow. In what ways have I “missed the mark” on issues involving other people? Have I asked for forgiveness? If not, how will I go about asking for forgiveness?

The Jewish tradition of *tzedakah* (charity) teaches that we should donate 10% of our income and possession to the needy. This is a hard challenge to meet! We each determine how close we can come to that standard. How close have I come this past year? How close could I come next year?

What are some things I wish I had done more often during the past year, but didn't seem to have time for? For many, such a list might include: spending more time with relatives, spending time in self-exploration and study, or doing more volunteer work. All of these actions are time-consuming and unlikely to happen without careful planning. How can I make these activities more likely in the coming year?

Focus on each of the important personal relationships in your life (parents, spouse/partner, children, close friends). What about the relationships am I thankful for? What are problems and points of tension? Which aspects of these problems and points of tension might be generated by me? Which aspects of the relationship will I consider working on during this High Holy Day period?

Conclusion

All of us working to prepare for the High Holy Days at TBE hope you will feel comfortable, challenged and engaged by your worship experience. We look forward to seeing you.

Shanah Tova u-Metukah — May you have a good sweet year

G'mar Hatimah Tovah — May you and your loved ones be sealed in the Book of Life!

Rabbi Amy Walk Katz and the staff of Temple Beth El

It is appropriate to recite Psalm 27 for the entire month leading up to Rosh HaShanah. This is a way of preparing oneself for the work of the High Holy Days.

A Psalm of David

The Lord is my light and my help.
Whom shall I fear?

The Lord is the strength of my life.
Whom shall I dread?

When evildoers draw near to slander me,
when foes threaten, they stumble and fall.

Though armies be arrayed against me,
I will have no fear.

Though wars threaten, I remain steadfast in my faith.

One thing I ask of the Lord, for this I yearn:
To dwell in the House of the Lord all the days of my life,
to behold His beauty, to pray in His sanctuary.

He will hide me in His shrine, safe from peril.
He will shelter me beyond the reach of disaster.

He will raise my head high above my enemies.
I will bring Him offerings with shouts of joy,
singing, chanting praise to the Lord.

O Lord, hear my voice when I call:
be gracious to me, and answer.

It is You that I seek, says my heart.
It is Your Presence that I seek, O Lord.

Hide not from me, reject not Your servant.

You have always been my help, do not abandon me.
Forsake me not, my God of deliverance.

Though my father and mother leave me,
the Lord will care for me.

Teach me Your way, O Lord:
guide me on the right path, to confound my oppressors.

Abandon me not to the will of my foes.

False witnesses have risen against me,
people who breathe out lies.

Mine is the faith that I surely shall see
the Lord's goodness in the land of the living.

Hope in the Lord and be strong.
Take courage, hope in the Lord.

—Psalm 27

Ways of Making the High Holy Days More Accessible to You

- Outreach to our homebound – Should you or someone you know be homebound for the holidays, please know that you can watch our service online. Visit our website, www.tbespringfield.org, and click where it says “Sanctuary Services Live.”
- Audio Enhancement System – Earphone sets are available for the hearing impaired. Based on demand, we have purchased additional sets this year.
- Large Print Mahzors – These additions of our *Mahzor Lev Shalem* are available in the lobby.
- Second Day of Rosh HaShanah – Our service is open to anyone in the community wishing to attend the second day of Rosh HaShanah.
- Alternative Observances – Second Day of Rosh HaShanah Hike, Mindful Study and Musical Meditation on Yom Kippur. Please see the details on page 7.

How You Can Make Our High Holy Days More Special

- Operation Isaiah – We will be conducting our annual Food Drive. We ask every family to bring a package or bag of nonperishable food to the synagogue on Kol Nidre, to be distributed to those in need via the Open Pantry.

High Holy Day Appeal

Help us continue the many high quality spiritual, educational, cultural and social programs, as well as maintain our building and meet our expenses. Our High Holy Day appeal is an important fundraiser. The

proceeds of the appeal go into our general operating budget for the year. We will be mailing out an appeal card as part of your ticket this month, and our formal appeal will be made from the *bimah* on the first day of Rosh HaShanah. Kindly mail your card to the temple office before the holidays or bring it with you to the temple on Rosh HaShanah. We have an anonymous donor who will match 25% of all gifts up to a total of \$30,000. Please consider increasing your previous pledge from last year, or making a new pledge, so we can benefit from the total amount this generous donor is willing to give us. Thank you in advance for your generous support of this important fundraiser.

High Holy Day Events 5778

- **Joint Selihot Program and Service at Sinai Temple** – On Saturday, September 16, at 7:30 pm, the evening will begin with refreshments and Havdalah, followed by the film, *Seed of Life*. After the film, clergy from TBE and Sinai will lead Selihot services at approximately 9:30 pm. *Seed of Life* is an award-winning Israeli documentary. In August 2002, Israeli soldier Kayven Cohen was killed in Gaza. Moments after receiving the news, his parents made an unprecedented decision: to harvest sperm from his body to enable him to father a child. Eleven years later, his mother launches a search for the woman who will become her grandchild's mother and raise him. Nine months of pregnancy turn into a long turbulent journey leading up to one incomprehensible moment.
- **Cemetery Visits** – It is customary to visit the graves of family and friends as the new year draws near. You are, of course, welcome to visit the cemetery on your own. Please know that Rev. David Aminia will be at the cemetery on Sunday, September 17 and Sunday, September 24 from 9:30 am—noon for families or individuals who need assistance in the reciting of appropriate prayers.
- **Family Services** – We will hold our annual services with your children on the first day of Rosh HaShanah and Yom Kippur (see schedule). Marlene Rachelle will be leading the family services on Rosh HaShanah, and Rabbi James Greene will be leading them on Yom Kippur. Marlene is a family educator who leads musical Tot Shabbat services in the Upper Valley, and teaches a Jewish music class at the Springfield JCC for young children and their caretakers. After completing an undergraduate degree in communications from UMass, which led to a career as a Senior Producer at MTV Networks, Marlene went back to school to receive an M.A. in Jewish Education from the Jewish Theological Seminary's Davidson School. Since receiving her Masters, Marlene has taught and developed programming for Jewish schools, organizations, and the JCC in Manhattan. Do not miss these innovative and musical services in our outdoor tent.
- **Tashlikh** – Join us for Tashlikh on Thursday, September 21 at 5:00 pm in Forest Park, as we literally throw away our mistakes from the past year by using breadcrumbs which are symbolic of our sins. Just let the guard at the gatehouse as you enter the park, know that you are from TBE and you will not be charged an admission fee. Please note there will be no evening service at Temple Beth El for the second night of Rosh HaShanah.
- **Break the Fast** – Temple Beth El will once again host a congregational break fast after the sounding of the shofar on Saturday, September 30. A sumptuous dairy buffet will feature bagels with cream cheese or lox spread, kugel, salads, fruit and a selection of pastries. The cost is \$12 per person ages 10 and over, \$10 per child ages 5 – 9, and free for children under 5. Attendance is by reservation only. The deadline for paid reservations is Monday, September 25 by calling (733-4149) or emailing (office@tbespringfield.org) the temple office. **We'd like to thank Fred Brownstein and Elaine Geha once again for generously underwriting the Break Fast.**
- **Lulav and Etrog** – The deadline to order your lulav and etrog is Wednesday, September 27. The cost is \$60 per set.

Temple Beth El High Holy Day Ticket Policy

Members of Temple Beth El in good standing* will be issued tickets for Rosh HaShanah and Yom Kippur. Tickets may be requested in advance for children ages 18 – 30 who are not students or military personnel. Please call the temple office (733-4149) to request these tickets before the holidays. Children under the age of 18 do not require tickets to attend services.

Children of members who are either full-time students or full-time military personnel will be admitted to services upon presentation of college or military

ID. Students attending local colleges and military personnel will be admitted upon presentation of ID. Tickets may be requested, free of charge, for children of members who are under the age of 30.

Parents or children (ages 30 or older) of congregants, as well as other relatives or guests can receive tickets free of charge if they are members of another area synagogue. We honor tickets or letter of good standing from all area synagogues. Tickets will be issued in advance upon presentation of a letter from their congregation showing that they are members in good standing.*

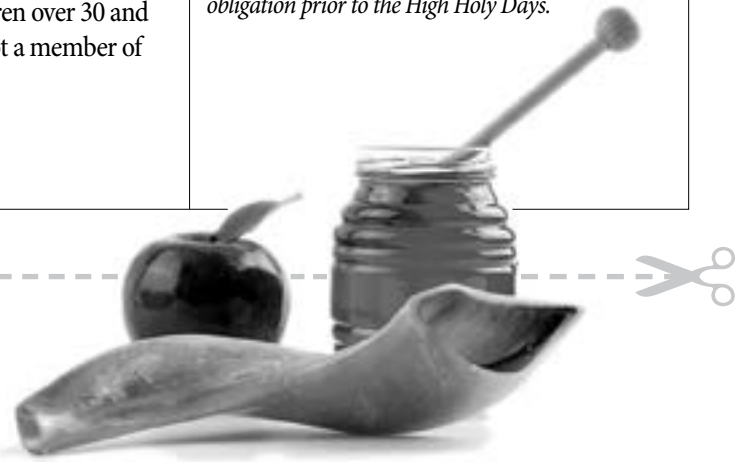
Members may purchase tickets for any relative, including children over 30 and parents, or a guest who is not a member of another synagogue.

Members who generously offer to pay enhanced dues at the Pillar level receive free guest tickets (2 tickets for Maccabim who pay \$2,100, 4 free tickets for Shomrim who pay \$2,500, 6 free tickets for Kochavim who pay \$3,600 and 8 free tickets for Giborim who pay \$5,000).

Associate members who are not members of another synagogue are entitled to purchase High Holy Days tickets.

Please be prepared to present your ticket upon entering the building.

** Members in good standing have paid dues in full or have established a payment plan for their dues obligation prior to the High Holy Days.*



Guest Tickets

Guest tickets may be purchased for any relatives or guests, over the age of 30, who are not members of another synagogue. Cost: \$125 for all High Holy Days, \$65 for Rosh HaShanah or Yom Kippur services only.

Member's Name _____ Phone (_____) _____ - _____

Guest's Name

Street Address, City, State, Zip Code

Check either or both Holy Days
Rosh HaShanah Yom Kippur

_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
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Please return this form with your payment to the Temple office no later than September 8, 2017. Temple Beth El, 979 Dickinson Street, Springfield, MA 01108

Tips for an Enjoyable Holy Day Experience at Temple Beth El

Rhoda Peskin Executive Director

As I've done each of my previous eight High Holy Day seasons as your Executive Director, I want to share with you information to help make your worship experience at TBE both uplifting and efficient. Each year, I include any changes which we may have instituted based on feedback from previous years.

As always, I welcome your comments and suggestions for improvement. We may not be able to implement all of them, but I am happy to discuss with you our reasoning for the way things are done.

I look forward to seeing you soon and wish everyone a happy, healthy, and peaceful New Year.

- **Starting time** – Please note that services on the first and second days of Rosh HaShanah and Yom Kippur begin at 8:30 am. An earlier start time means an earlier ending time. People seem to appreciate the chance to get home earlier for lunch on Rosh HaShanah. We hope that, therefore, most of you will be able to stay until the end of services.
- **Parking lot** – For the safety of all, please reduce your speed as you enter the parking lot and keep it low while you are in our parking lot. This year, we will be setting up the tent for our family services by the Sandi Kupperman Learning Center entrance. Part of it will be protruding into the parking lot with cones around it. So, now more than ever, it is important to proceed cautiously in our parking lot. We have set aside quite a few handicap spaces, while we try to balance with the need for enough spaces for everyone else. We encourage those with elderly or infirm passengers to drop them off by the entrance before parking. There are beautiful benches, donated a few years



Rhoda Peskin

ago by Donna and Steve Feldman, where people can wait for the others in their party who may be parking the car. As always, we will have police officers available to provide security and help direct traffic at the conclusion of services.

- **Tickets** – Tickets are being mailed in mid-August for all adult members of your household. Several years ago, we instituted a new ticket format, which includes helpful information as well as the ticket and the High Holy Day appeal card, all in one pamphlet. This year's ticket pamphlets are ivory. The front page is your ticket, which can be separated from the rest of pamphlet if you prefer. **Please be sure to have your tickets out when you enter TBE.** We take the security of those who come to Temple Beth El very seriously. Seeing tickets helps us to ensure that we know everyone who enters our doors and that we get information about those we don't know. Therefore, we ask everyone to show their tickets, whether they've been members for 50 years or 1 year or are guests. Please remember that if you don't usually visit us during office hours, the support staff who are checking tickets probably doesn't know you by sight, so please help us by having each member of your party have their tickets out when you approach the door. College students do not require tickets but should show their school IDs. There will be a table manned by staff members who can handle any issues which may arise regarding tickets.



- **Seating** – As always, we have set up chairs in the Social Hall to accommodate the large numbers we expect over the holy days. While we understand that some people prefer to sit in the back, especially those with small children, there are always many seats available in the front or sides of the sanctuary. Please do not ask us to set up more chairs in the back unless you have determined that there are no seats in the sanctuary. If you are very concerned about where you sit, we respectfully suggest that you plan to arrive as early as possible to ensure that you can sit where you like. We also encourage everyone to fill in the seats in the middle of sections before they fill up the aisle seats to prevent others from having to climb over them to get to unoccupied seats.
- **Temperature** – We try hard to make sure that all of our congregants are comfortable while in the synagogue. However, with hundreds of people in attendance, it is difficult to meet everyone's individual needs. We gear the temperature to those who are wearing the most layers of clothing which cannot be removed – shirts, ties, jackets, and tallitot. Therefore, we suggest that you may want to bring a jacket or sweater, which can be worn or removed, depending on whether you feel too warm or too cold.
- **Children** – We love children and have designed a number of interesting programs for them over the holidays. A sign in the lobby will indicate where in the building the various programs will take place. We ask that if your children will not be participating in the children's programming, that they join you in the sanctuary. To ensure the safety of all, please remind your children not to run through the hallways when they are not in services and to abide by any requests from staff regarding their behavior. We appreciate our parents reinforcing the importance of respecting others and the temple building with their children.
- **Conversation in the lobby** – We understand that everyone needs to take a break some time and that we all love to socialize with friends whom we haven't seen in a while.

However, with the doors to the sanctuary and social hall frequently opening and closing, the noise from the lobby can be a distraction to the worship service. In consideration of others, we ask everyone – children and adults – to refrain from loud conversation while they are in the lobby, so that we can be sure that everyone has an enjoyable experience this holiday season.

- **Refreshment Tent** – Due to the generosity of Paul and Esta Farkas, we will again have a tent for refreshments (apples, cookies, lemonade and coffee) on the front patio on both days of Rosh HaShanah. There will be a separate tent for children and families by the Family Service tent. We ask that you please enjoy your refreshments outside and make use of the trash barrels in the tents to dispose of your cups and napkins before you re-enter the synagogue. We ask for your cooperation in not bringing any food or drink into the lobby or sanctuary.
- **Food Drive** – Once again this year, we will be collecting food for the Open Pantry on Kol Nidre. A truck from Open Pantry will be in our parking lot from 5:30 – 7:00 pm that evening. When you do your holiday grocery shopping, please remember to purchase some non-perishable items for the hungry in our community and bring them with you on Kol Nidre.
- **Kol Nidre** – Please be sure to be here by 6:00 pm so that you can partake in this inspiring service, which includes beautiful music as well as the Torah processional by our past presidents from both Beth El and B'nai Jacob, from beginning to end.
- **High Holy Day Appeal** – Our President, Dave Ratner, will be making an appeal for additional support of the synagogue on the first day of Rosh HaShanah. If, by that day, you have not sent in your completed pledge card or made your donation online on our website, please be sure to bring with you the portion of the ticket pamphlet for the appeal.
- **Break Fast** – We will once again be having a full meal for the congregational break fast following the final shofar blast at 7:16 pm on Saturday, October 1. Attendance is by pre-paid reservation only. We ask that if

you would like to attend that you call (733-4149) or e-mail us (office@tbespringfield.org) by Wednesday, September 20, so that we can plan to have enough food for everyone. Fred Brownstein and Elaine Geha are once again underwriting the cost to make it as affordable as possible for those who want to attend.

- **Sukkot and Simhat Torah** – The holidays continue after Rosh HaShanah and Yom Kippur! Please see the articles about these holidays in the September/October issue of *Tekiah* for details about the menus, prices and reservation deadlines.

Hike with Josh Weiss on 2nd Day of Rosh HaShanah

Come journey into the wilderness as we start the new year together. We will spend the morning hiking up Mt. Tom as an alternate spiritual experience. Josh Weiss spent many years working on the development of a long distance walking and traveling route in the Middle East called the Abraham Path. He has hiked hundreds of miles of terrain across the region, leading groups and facilitating conversations between people of many backgrounds and faiths.

The hike is approximately 2 miles, with relatively easy elevation, and is suitable for young children. Dress in comfortable clothing, preferably no jeans as they can become uncomfortable when wet. Comfortable shoes are recommended (no sandals); hiking boots are not required. Participants should bring their own water. We will meet on Friday, September 22 at 10:00 am sharp at the Mt. Tom parking lot near the playground. The hike will last around 2 hours.

Call the TBE office at 733-4149 to R.S.V.P. or for more details. In case of rain, check our website for cancellation information.



Mindfulness Study for Yom Kippur

Based on positive feedback from last year, we are again providing an alternative for those people who prefer not to go home at the conclusion of Yom Kippur morning. Rabbi James Greene will offer a discussion session in the chapel.

Mindfulness practice, or the act of being present, is central to the teachings of the Hasidic masters. This year, during our Yom Kippur afternoon break, come and learn from these great teachers of Hasidut as we explore the Torah portion, the ram that was left for Azazel, and how we can create a more intentional and present mindset during the coming year. Through our study, conducted in English with commentary by Rabbi Jonathan Slater, we will discuss the *teshuvah* process, what it takes to really make change in our life, and how we can set an intention for the year to come. Just Show Up!

Musical Meditation on Yom Kippur

On the afternoon of Yom Kippur, after the Mindfulness study, a pianist and cellist will perform beautiful, contemplative High Holy Day music in a small, quiet program in the chapel. This will be a time to listen, reflect and let the music move us.

The Musical Meditation and Mindfulness Study are funded by the Katz Endowment Fund.

Temple Beth El

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High Holy Day Family Programs

First Day of Rosh HaShanah

Babysitting (ages 2-4) - Katz Library 10:00 am - End of services
Children's Program (K, 1 & 2) - School Classrooms 10:00 am - End of services
Jr. Congregation (Grades 3-7) - Weinbaum Chapel 10:00 - 11:00 am
Activities (Grades 3-7) - School Classrooms 11:00 am - End of services
Family Service (Grades 4 and younger) - Outside Tent 11:30 am - 12:30 pm
Gathering Space for Teens (Grades 8-12) - Downstairs Youth Lounge.... Noon - End of services

Second Day of Rosh HaShanah

Babysitting (ages 2-4) - Katz Library 10:00 am - End of services
Children's Program (Grades K, 1 & 2) - School Classrooms 10:00 am - End of services
Junior Congregation (Grades 3-7) - Weinbaum Chapel 10:00 am - 11:00 am
Age-appropriate holiday activities (Grades 3-12) - School Classrooms . 11:00 am - End of services

Yom Kippur

Babysitting (ages 2-4) - Katz Library 10:00 am - End of services
Children's Program (K, 1 & 2) - School Classrooms 10:00 am - End of services
Jr. Congregation (Grades 3-7) - Weinbaum Chapel 10:00 - 11:00 am
Activities (Grades 3-7) - School Classrooms 11:00 am - End of services
Family Service (Grades 4 and younger) - Outside Tent 11:30 am - 12:30 pm
Gathering Space for Teens (Grades 8-12) - Downstairs Youth Lounge.... Noon - End of services

