



Rejoice & Renew

HIGH HOLY DAYS 5783

Celebrate with us

WWW.TEMPLEBETHEL.ORG/HIGHHOLYDAYS

TABLE OF CONTENTS

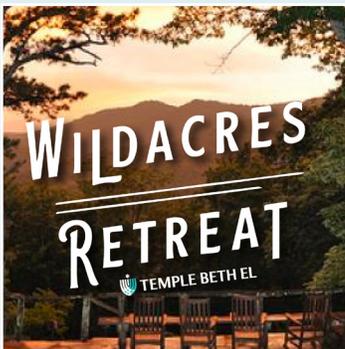
Letter from Clergy	1
Our New Machzor	2
Elul Schedule & Opportunities	3-5
Rosh HaShanah	6
Yom Kippur	7
Sukkot	8-9
Simchat Torah	10
2023 Israel Trip	11
Important Logistics	12
Hin'ni	13
High Holy Day Blessings	14-15
Tashlich	16-17
Yizkor	18-22

CONNECT WITH TEMPLE BETH EL

Facebook & Instagram
@tbeclt

Join our Congregants Connect Facebook Group
www.facebook.com/groups/TBECLTCongregantsConnect

Subscribe to our mailing list:
www.templebethel.org/subscribe



WILDACRES RETREAT

Friday, September 2 at 4:00pm - Monday, September 5 at 12:00pm

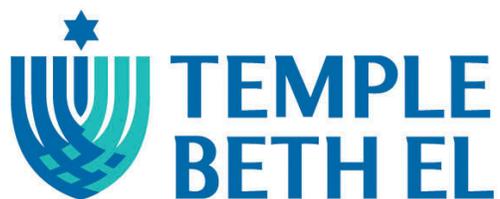
Temple Beth El's Wildacres Retreat returns, Friday, September 2 - Monday, September 5. Amid the majesty of the beautiful Blue Ridge Mountains, the perfect place for introspection, community, and learning.

Registration deadline and payment deadline is Friday, August 12, 2022.

Visit www.templebethel.org/wildacres for more information.

[WWW.TEMPLEBETHEL.ORG/HIGHHOLYDAYS](https://www.templebethel.org/highholydays)

High Holy Day Information, Registration, Schedule, and Streaming



REJOICE & RENEW

Dear Temple Beth El Family,

The dawn of a new year is upon us. We are grateful for full tables and classrooms, for picnics and cookouts, the voices of children playing and smiling grandparents, long walks and movie nights, and the hopeful glimmer of new beginnings. The High Holy Day season is an invitation to prepare for the power of a new year. Through the quiet yearnings in our hearts, we can reflect on becoming better people and rejoice in the sacred community that makes this season so meaningful.

We've had an extraordinary year – celebrating joys and mourning losses, embarking on long-awaited adventures, and making the world a better place. We have connected with our community in both familiar and innovative settings.

Consider ways you would like to experience the season differently given everything we've been through in the last two years. Perhaps you want to explore *Mishkan HaNefesh*, Temple's new High Holy Day *Machzor*, lend your voice to our choir, learn to blow the shofar, greet at services, take a hike at our awesome Wildacres Retreat, or participate in *Tashlich*. We have many ways for you to experience the meaningful messages of the season: hope, healing, gratitude, a commitment to make a better world, an openness to growth, and a celebration of the sweetness of life.

We are here for you and thank you for all the ways you invite us to be present in your lives. *L'Shanah Tovah Tikateivu* – May your New Year be filled with sweet blessings.

Rabbi Asher Knight

Cantor Mary Rebecca Thomas

Rabbi Beth Nichols

Rabbi Lexi Erdheim



OUR NEW MACHZOR

Mishkan HaNefesh – Our New High Holy Day Prayerbook

For many years, Temple Beth El has used Gates of Repentance, the beautiful *machzor* (High Holy Day prayerbook), published in 1978. We began using readings and prayers from the new machzor, Mishkan HaNefesh, after its publication in 2015. Our use of the machzor accelerated during the pandemic because of the ease of language, slides, and other resources that the new prayerbook provided for our streaming services. As we return to the Temple in 5783/2022, we made the decision to celebrate the New Year with a new machzor.



WE ARE SO EXCITED FOR MISHKAN HANEFESH BECAUSE IT:

- *Is a timely, meaningful liturgy for everyone; those who have been engaged in our community for a long time and those new to Jewish spirituality and practice.*
- *Inspires feelings of awe during moments of solace and contemplation and solidarity through song and worship.*
- *Embraces different ideas of God through the rich liturgical voices of the Jewish past and the aspirations of our people today.*
- *Provides a fully transliterated liturgy, making services more accessible to people of all levels of Hebrew skill.*
- *Includes study texts, rich commentary, and essays from leading Jewish thinkers with thoughtful background from our Jewish tradition.*
- *Presents contemporary poetry and alternative readings.*
- *Offers new translations that capture the beauty of the Hebrew.*

Dedicate a Machzor to Honor or Remember a Loved One

We honor and remember loved ones through the *Lizkor v'Lichvod* booklet. This year, you can add a dedication nameplate to a set of our new two-volume Mishkan HaNefesh machzorim with your loved ones' names. You can also dedicate books in honor of a birth, wedding, graduation, anniversary, birthday, or other *simcha* (happy occasion) with a meaningful contribution to our congregation, or honor loved ones you are remembering during this time of year.

Inclusion in this year's *Lizkor v'Lichvod* booklet is \$18 per name; for an additional \$54, your loved ones' names will be added to a nameplate in a set of Mishkan HaNefesh machzorim.

Complete the *Lizkor v'Lichvod* Form by Monday, August 29 by visiting www.templebethel.org/journey

**WE CAN'T WAIT FOR YOU TO EXPERIENCE OUR NEW PRAYERBOOK
DURING OUR HIGH HOLY DAY SERVICES.**

WHAT IS THE SPIRITUAL WORK OF THE SEASON?

The entire High Holy Day Season (Elul, S'lichot, Rosh HaShanah, Yom Kippur, Sukkot, and Sh'mini Atzeret and Simchat Torah) teaches us that we have the responsibility and the ability to close the gap between the life we have and the life we want, the relationships we have and the relationships we want, and the world as it stands and the world as it ought to be.

ELUL & S'LICHOT:

August 28 - September 25

The Hebrew month of Elul begins in late August and marks the beginning of our season of reflection. On each day of Elul, we sound the shofar, our Jewish "alarm clock." The call of the shofar awakens us to the spiritual work that will help us prepare for Rosh Hashanah and Yom Kippur. The tone of the season shifts to joy and gratitude as we enter the month of Tishrei and anticipate the holidays of Sukkot and Sh'mini Atzeret/Simchat Torah. During Shabbat services we will utilize our new prayerbook, Mishkan HaNefesh.

Celebrate Shabbat During Elul

4:00pm		Friday, September 2	Wildacres Retreat (through September 5)
6:00pm		Friday, September 2	Shabbat Evening Service
9:00am		Saturday, September 3	Torah Study (9:00am) & Shabbat Morning Service (10:30am)
7:30pm		Friday, September 9	Shabbat Evening Service
9:00am		Saturday, September 10	Torah Study (9:00am) & Shabbat Morning Service (10:30am)
7:30pm		Friday, September 16	Shabbat Evening Service
9:00am		Saturday, September 17	Torah Study (9:00am) & Shabbat Morning Service (10:30am)
8:00pm		Saturday, September 17	S'lichot Concert (8:00pm) & Service (9:15pm) in partnership with Temple Israel
7:30pm		Friday, September 23	Shabbat Evening Service
9:00am		Saturday, September 24	Torah Study (9:00am) & Shabbat Morning Service (10:30am)

NEFESH MOUNTAIN: A S'LICHOT EVENING CONCERT

Saturday, September 17 at 8:00pm - Temple Israel

Nefesh Mountain is the place where Bluegrass, Old-Time, and American Roots music meet with Jewish heritage and tradition. This five-member band seamlessly blends their deep love for American and Western musical forms with their own cultural backgrounds as Jewish Americans and is led by creators and husband and wife team Doni Zasloff and Eric Lindberg. The result of this unexpected and beautiful mix is a perfect way to usher in the High Holy Day season. The concert is followed by our S'lichot service led by the clergy of Temple Israel and Temple Beth El.

Visit www.templebethel.org/journey for more information.



SHOFAR AND CHOIR OPPORTUNITIES

Shofar Choir – Shofar, So Good!

Bring your shofar or purchase one through the Temple Beth El Discovered Traditions Gift Shop and join us in class to learn how to blow the shofar or continue to refine your skills. The shofar choir will participate in High Holy Day services. Kids and adults are welcome to participate. The Shofar Choir will rehearse Sundays, September 11 and 18 from 12:30pm-1:30pm.

[Register to participate by Monday, September 5](#)

Adult Choir

The Temple Beth El Adult Choir will rehearse on Tuesdays from 7:00pm-8:30pm beginning Tuesday, August 16. Adult singers of all skill levels are encouraged to participate. [Register to participate by Monday, August 8.](#)

Shir Kids

Shir Kids, Temple Beth El's youth choir, will lift our High Holy Day Morning Service for Families with School Age Children. Kids in grades K-5 are encouraged to participate. Rehearsals are Sundays, September 11 and 18 from 11:30am-12:30pm.

[Register to participate by Monday, September 5.](#)

Teen Choir

The Temple Beth El Teen Choir will rehearse on Wednesdays, September 7, 14, and 21 from 6:00pm-7:00pm. Teens of all skill levels in grades 6-12 are encouraged to participate and will help lead the Yom Kippur Afternoon Service.

[Register to participate by Thursday, September 1.](#)

LEARN

Elul Reading Series | Tuesdays, August 30, September 6, 13, and 20 at 7:00pm (Temple Beth El & Zoom)

Join Rabbi Knight and Rabbi Erdheim as we read *The Gift: 12 Lessons to Save Your Life* by Edith Eger

A native of Hungary, Edith Eger was a teenager when she and her family were sent to Auschwitz. Despite overwhelming odds, Edith survived the Holocaust and emigrated with her husband and young daughter to America where she raised a family, earned a Ph.D., and practiced psychology. She spent decades hiding from her past, struggling with flashback and survivor's guilt. 35 years after World War II ended, Edith returned to Auschwitz and was finally able to heal and forgive herself.

Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself: the prison within her own mind. She describes the most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. These lessons are offered through riveting and inspiring stories from her life and the lives of her patients.

Eger's wise and heartfelt advice is as timely, and timeless, as ever and certain to resonate with us as we prepare for the High Holy Days.

Explore Mishkan HaNefesh

In the lead-up to the High Holy Days, we want to introduce you to the unique features of our new Machzor, *Mishkan HaNefesh*. Throughout Elul, we will post some of the teachings and alternative readings that are woven throughout this prayerbook, accompanied by reflection questions. These additions, included alongside the familiar High Holy Day prayers, help us to navigate the themes of this season and encourage introspection. Connect with our new High Holy Day prayerbook and prepare your inner soul for the season. [Follow us at @TBECLT on Facebook and Instagram.](#)

PREPARE

Entering the High Holy Days: Personal Reflection before the Ark

Our sanctuary is a powerful part of the High Holy Day experience for many people. Consider spending time in the sanctuary at Temple Beth El as you prepare your heart and mind for this High Holy Day season. Sign up to set aside fifteen minutes for yourself (or you and your family) to stand before the ark as part of your High Holy Day journey.

Register online: www.templebethel.org/journey

Create Your Sanctuary

Are you planning to join services from the comfort of your home? Plan now to create your own sanctuary. How will you watch the services? What chairs do you want to sit on? Do you want flowers to brighten your space?

Visit www.templebethel.org/elul to see resources that you can use to prepare and transform your space.

Order Your Lulav and Etrog for Sukkot

Lulav and Etrog sets must be ordered by Thursday, September 22 at 12:00pm. The cost is \$50 per set. Pick up will be available starting Friday, October 7. *Visit www.templebethel.org/journey to order online.*

Order Rosh HaShanah and Yom Kippur Meals

Want to order your holiday meals? Our High Holy Day webpage has a list of caterers to help you have delicious, prepared meals. *Visit www.templebethel.org/journey for a list of menus.*

CONNECT

Mikveh and Mingle | Wednesday, September 21 at 6:00pm (Temple Israel)

Throughout Elul, we reflect on the past year and prepare ourselves – body and soul – to enter the coming year. Immersing in the mikveh offers us an opportunity to cleanse ourselves spiritually and ritually in the final days before Rosh HaShanah. Join us for Mikveh and Mingle to schmooze with friends and reconnect with yourself. *Register by Monday, September 19.*

College-Aged Congregant Hang-out and Check-In | Wednesday, September 21 at 9:00pm (Zoom)

TBE college students, how are you doing? Are you prepared to bring in 5783? Join Rabbi Knight for a Zoom check-in to raise an apple to the new year. BYOB (bottle of honey)!

Young Adult New Year's Toast and Havdalah | Saturday, September 24 at 6:00pm (NoDa Brewing)

Young adults are invited to join Rabbi Erdheim and Jewish musician, Zach Singer, to make a toast to our dreams for the New Year. Gather with friends old and new to experience the beautiful ritual of Havdalah as we celebrate the last day of 5782. Your first drink is on us!

Teen Pizza and Paint: Dinner, Havdalah, and Mural Creation | Saturday, September 24 at 6:00pm (Temple Beth El)

Teens in grades 8-12 are invited to join renowned Charlotte muralist Mike Wirth and Rabbi Nichols for an evening of creativity and reflection. Together we will reflect on the themes of the High Holy Days before collaborating on a mural that will welcome our community to Temple Beth El throughout the High Holy Day season. The evening will also include a pizza dinner and Havdalah. *Register by Wednesday, September 21.*

ACT

LIBERTY High Holy Day Hunger Relief Project For many years, members of our community have taken seriously the words of our Jewish tradition to set aside “the corners of our fields” for the poor and the stranger. Thanks to your generosity, we’ve raised over \$20,000 in the last two years. As we prepare for the High Holy Days, consider making a meaningful donation to LIBERTY’s High Holy Day Hunger Relief Project. The collected funds will benefit Jewish Family Services of Greater Charlotte and Second Harvest Food Bank of Metrolina. *Visit www.templebethel.org/journey to donate today.*

ROSH HASHANAH

SUNDAY, SEPTEMBER 25

7:30pm | Rosh HaShanah Evening Service

Join our clergy and Adult Choir for services full of warmth, spirit, and music. These services are designed for adults and older children and will use our new prayerbook, *Mishkan HaNefesh*. Sermon: Rabbi Erdheim

MONDAY, SEPTEMBER 26

8:30am | Families with Young Children - Rosh HaShanah Morning Service (LJCC - Gorelick Hall)

Sing, dance, and pray with Rabbi Knight and Ms. Patty. This holiday service, using song and story, is designed for families with infants through pre-kindergarten.

8:30am | Families with School-Age Children - Rosh HaShanah Morning Service

Experience a fun, participatory service with song, prayer, and story using our prayerbook, *Mishkan HaNefesh* for Youth. Join our clergy and Shir Kids for this service designed for families with children in grades K-5.

11:00am | Rosh HaShanah Morning Service

Join our clergy and Adult Choir for a service full of warmth, spirituality, music and meaning. This service is designed for adults and older children. Special remarks by Alan Kronovet (TBE Board President). Sermon: Rabbi Knight

TASHLICH ACROSS CHARLOTTE

MONDAY, SEPTEMBER 26

All generations are invited to join clergy as we come together on Rosh HaShanah afternoon to symbolically cast our sins into the water.

4:30pm | Arboretum with Rabbi Knight *Meet at the pond behind Chili's*

4:30pm | Dogwood Park with Cantor Thomas *Meet at the Wesley Chapel Pavilion*

4:30pm | Freedom Park with Rabbi Erdheim and Rabbi Nichols. *Meet in the pavilion on the island*

o Adults and families with Rabbi Erdheim.

o Teens with Rabbi Nichols.

SHABBAT SHUVAH

FRIDAY, SEPTEMBER 30

7:30pm | Shabbat Shuvah Service

Join Rabbi Erdheim, Rabbi Schindler, and Patty Torcellini for Shabbat Evening Service between Rosh HaShanah and Yom Kippur.

SATURDAY, OCTOBER 1

9:00am | Torah Study

10:30am | Shabbat Morning Service

COMMUNITY MEMORIAL SERVICE

10:30pm | Sunday, October 2 | Hebrew Cemetery and Online

During the High Holy Days, it is customary to visit the graves of our ancestors. Join Charlotte area Jewish clergy for a memorial service at the Hebrew Cemetery. Together, we will honor our loved ones whose lives gave light to our lives. All are welcome for this service of mourning and memory, regardless of whether a loved one is buried at the Hebrew Cemetery. To access more information about the service, please visit: www.hebrewcemetery.org

YOM KIPPUR

TUESDAY, OCTOBER 4

7:30pm | Kol Nidrei - Yom Kippur Evening Service

Join our clergy and Adult Choir for services filled with the power of Kol Nidrei, spirituality, and music. These services are designed for adults and older children. Sermon: Rabbi Nichols

WEDNESDAY, OCTOBER 5

8:30am | Yom Kippur Morning Service for Families with Young Children (LJCC - Gorelick Hall)

Sing, dance, and pray with Rabbi Knight and Ms. Patty. This holiday service, using song and story, is designed for families with infants through pre-kindergarten.

8:30am | Yom Kippur Morning Service for Families with School-Age Children

Experience a fun, participatory service with song, prayer, and story using our prayerbook, *Mishkan HaNefesh* for Youth. Join our clergy and Shir Kids for this service designed for families with children in grades K-5.

11:00am | Yom Kippur Morning Service

Join our clergy and Adult Choir for a service full of warmth, spirituality, music, and meaning. This service is designed for adults and older children. Sermon: Rabbi Knight

2:00pm | STUDY. REFLECT. MOVE. MEDITATE.

The Jewish Path to Flourishing in the New Year (Archer Chapel)

Maimonides wrote in the Guide for the Perplexed that the whole of the Torah aims at the wellness of the soul and body. Nachmanides held that every Jewish responsibility and practice has a benefit intended to help our growth of mind, body, and spirit. Jewish wisdom and spiritual practices carry with them a promise to make our lives more fulfilling. Join Rabbi Knight and Rabbi Nichols as we explore the wisdom of Judaism as a deeply nourishing source for our personal development and as an authentic path to flourishing and thriving in the year ahead.

Write Now on Yom Kippur (Jonathan Howard Board Room and Zoom)

Gather for writing and reflection, an opportunity to create a bridge during this sacred time. Using the Amherst Writers & Artists Method, TBE congregant and TriBE Leader, Ellen Reich, will guide participants in both creating and witnessing from a deep and quiet place. Two optional meditative prompts will be offered, inspired by the Holiness of the day. After each writing period we will have time to share our raw writing efforts; Sharing is completely voluntary and feedback is limited to what we liked, what moved us. Paper and pens will be provided; just bring yourself and an open mind and heart.

Yom Kippur Yoga (Gorelick Hall)

Join Rabbi Schindler and Aly Faber (certified yoga instructor) for a special Yom Kippur themed yoga experience. Together we will reflect on the past year, prepare for the coming year, and reconnect with our bodies and minds.

Mindfulness and Meditation (Larry and Dale Polsky Beit Midrash)

Mindfulness is the capacity to be present to the truth of our experience, moment to moment. Meditation is a technique to help develop our ability to be mindful in our everyday lives. Jewish mindfulness meditation helps draw upon Jewish tradition to develop compassion – chesed as we lead into our afternoon services. Join Rabbi Erdheim for a Yom Kippur meditation experience.

3:30pm | Healing, N'ilah, and Havdalah

Join our clergy, Adult Choir, and Teen Choir for a service full of warmth, spirituality, and music using Temple Beth El's special prayer book for this service. This service is designed for adults and older children. Messages by Rabbi Schindler, Cantor Thomas, and Rabbi Knight.

Break the Fast

We will offer a light break-the-fast following Havdalah.

SUKKOT: THE FESTIVAL OF BOOTHS

Sukkot (booths) is one of the three pilgrimage festivals, along with Passover and Shavuot, which were originally agricultural celebrations. Also known as the Feast of Booths or Feast of Tabernacles, Sukkot marks the fall harvest. Its significance, however, goes beyond being a holiday of thanksgiving. In the Amidah, Sukkot is described as “the time of our rejoicing.” Sukkot, falling as it does on the heels of the Days of Awe, offers us a sense of completion and spiritual gratification. It’s a time for “building up” after the personal reflections of the Days of Awe.

SUNDAY, OCTOBER 9

Religious School
TEMPLE BETH EL

9:00am | Religious School Sukkot Experience

Religious School students will spend the morning gearing up for Sukkot. In addition to rotating through interactive stations about Sukkot, they will make decorations for Temple Beth El’s Sukkah so it is festive for the week-long celebration.

4:00pm | Social Justice & Action TriBE Launch Party (TBE Sukkah)

As we enter Sukkot, a holiday centered around welcoming guests and sharing the abundance of our harvest, you are invited to join us for our inaugural Social Justice & Action TriBE Launch! TriBEs are lay-led micro communities designed to inspire us and transform our lives and the world around us. TriBEs help to build a vibrant, inclusive community where members feel strongly connected to our congregation and to each other. We want TriBEs to foster relationships that motivate members to live active, meaningful, and impactful Jewish lives.

This gathering will focus on opportunities to sign up for TriBEs that have a particular social action and/or justice component. If *tikkun olam* (world repair) runs in your veins, or if you’re curious about opportunities to make change while connecting with fellow congregants, this is the event for you! Whether you have a desire to serve the greater Charlotte community, advocate for your passion, or learn more about the challenges facing our society, Social Justice & Action TriBEs offer congregants ways to work together in community to make your corner of the world a better place, while forging connections and finding strength in numbers. Join us to create new and deep relationships with fellow congregants while being the change you wish to see in the world! If you have any questions or would to be involved, please reach out to Nicole Sidman, Social Justice Outreach Coordinator at nsidman@templebethel.org. [Register by Monday, October 3.](#)

6:00pm | Sukkot Evening – Jazz Under a Full Moon in the Sukkah

Welcome in Sukkot with jazz, drinks, and hors d’oeuvres in the sukkah. The acclaimed Sean Higgins Trio will bring jazz and joy to Temple Beth El under the Sukkot full moon. [Register by Monday, October 3.](#)

MONDAY, OCTOBER 10

9:30am | Tot Sukkot

Sing, dance, pray, and shake the lulav with Rabbi Nichols and Ms. Patty for this joyful holiday service. Our energetic service will be followed by snacks and lots of time to create, play, and schmooze.

10:30am | Festival Morning Service

Join Rabbi Erdheim and Cantor Thomas for a special festival service where we will sing, shake the lulav, and share in the joy of the season. This service is designed for adults and older children.

TUESDAY, OCTOBER 11

6:30pm | TriBE Leader Gathering in the Sukkah

Calling all TriBE Leaders! Come schmooze outdoors in the sukkah with fellow TriBE Leaders, Andy Harkavy, and Rabbi Erdheim! Enjoy conversation and fellowship with other TriBE Leaders and Co-Leaders. This will serve as a special time to reflect and share our experiences, learn from each other, and celebrate what we are creating. [Register by Thursday, October 6.](#)

SUKKOT - CONT'D

FRIDAY, OCTOBER 14

6:00pm | Kehillat Shabbat Sukkot

This Shabbat Evening Service is designed for our entire community. Clergy are joined by Shir Kids Youth Choir, other TBE members, and extra musical guests. Shabbat worship is the highlight of our week, where community lifts our spirits, music fills our souls, story and wisdom inspire, and the prayers of our tradition nourish our innermost being. Kehillat Shabbat is an intergenerational, contemporary musical Shabbat, with a message for all ages.

7:15pm | Congregational Shabbat Dinner in the Sukkah

Join us immediately following services for a delicious dinner in the TBE Sukkah. You'll have a chance to shake the lulav and etrog, along with a guaranteed fun time. [Register for dinner by Tuesday, October 11.](#)

SATURDAY, OCTOBER 15

9:00am | Sukkot Torah Study

Each Shabbat morning, we gather to read and discuss the week's Torah portion. Our Torah study is warm and open to all. Join Rabbi Erdheim for a Torah Study focused on the holiday of Sukkot. No prior experience with Torah learning is necessary; just come as you are, with an open mind!

10:30am | Hike with Rabbi Knight (Park Road Park, 6220 Park Road, Shelter #2)

Join Rabbi Knight for a Sukkot Hike (more like a walk in a beautiful area). Take a break from the craziness of the week and create a space for quiet reflection and a bit of learning. All levels of hiking are welcome. We will explore the ideas of Sukkot and our connection with the natural world as a source of healing and renewal.

10:30am | Shabbat Morning Service

Our community joins together each Shabbat morning for prayer, words of wisdom, and the public reading of the Torah.

6:00pm | Porch Sukkot Cookout (Offsite)

Join fellow young adults, Andy Harkavy, and Rabbi Erdheim as we celebrate Sukkot at this special home-hosted event. We will shake the lulav, smell the etrog, and enjoy a brief Havdalah Service together. [Register by Tuesday, October 11.](#)

ADDITIONAL SUKKOT OPPORTUNITIES

Leisheiv BaSukkah: An Opportunity to Dwell in the Sukkah

Come picnic in Temple Beth El's sukkah! Many of you may be building your own sukkot this year, but for those of you who don't have that option, or who want to visit the Temple Beth El sukkah, you are welcome! Check the Temple Calendar in ShulCloud for open/close times.

Show Us Your Sukkah!

Take a picture or a video of you in your sukkah and post on your own social media with #SukkotAcrossCharlotte and #TBECLT. You may also submit via our website to be highlighted on TBE social media.



SH'MINI ATZERET/SIMCHAT TORAH: THE JOY OF TORAH

Sh'mini Atzeret is a celebration that occurs on the eighth day (*sh'mini* means eight, *atzeret* means celebration), the day following the seven-day holiday of Sukkot. Simchat Torah in Hebrew means “the joy of Torah.” Israeli Jews and Reform Jews celebrate and recognize these holidays simultaneously by reading the last passage and first passage of the Torah. At Temple Beth El, we unfurl the entire Torah scroll in the Sanctuary and celebrate with our youngest learners. The High Holy Days culminate with a joyful celebration of learning. We wrap ourselves in the teachings of the Torah and the ultimate questions it poses to us about how we will move into the year and live our lives more fully.

SUNDAY, OCTOBER 16

9:00am | Congregational Simchat Torah Brunch & Gathering

Religious school parents and congregants of all ages are invited to eat, schmooze, and relax over brunch before our Simchat Torah Celebration and Consecration at 10:00am. Religious School students will be with their classes for this hour.

[Register by Wednesday, October 12.](#)

10:00am | Religious School Simchat Torah Celebration and Consecration

Religious School students and families will come together to celebrate Simchat Torah in the sanctuary. Celebrating the Torah is the perfect time to honor those children who are beginning their Jewish education in our Religious School with a blessing of Consecration. We will also honor those who became *b'nei mitzvah* this year with an aliyah to the Torah.

MONDAY, OCTOBER 17

9:30am | Tot Simchat Torah

Sing, pray, and dance with the Torah with Rabbi Nichols and Ms. Patty for this joyful holiday service. All are welcome. Our energetic service will be followed by snacks and lots of time to create, play, and schmooze.

10:30am | Festival Morning Service with Yizkor

Join Rabbi Knight and Cantor Thomas for the concluding festival service, which will include the singing of Hallel (psalms of praise), and Yizkor (our memorial service).



TRAVEL TO ISRAEL WITH TEMPLE BETH EL

Temple Beth El's Annual Israel Trip will return Thursday, June 15 - Sunday, June 25, 2023.

Rabbi Knight will lead a multi-generational tour for TBE members and extended families.

How do I know if this trip is for me or our family?

- You have a wanderlust and have been dreaming of international travel.
- You are looking to find that perfect balance between depth, spirituality, fun, and community.
- You want to celebrate a special milestone - b'nei mitzvah, birthday, or anniversary and have an unforgettable experience for the whole family.
- You want to introduce your family to the land and history of Israel through a family centered trip experiencing the most meaningful sites: the Kotel, Yad Vashem, King David's City, the Dead Sea, Masada, and much, much more.
- You are ready for a transcendent experience, creating an unbreakable link to the Jewish people and Israel.

When will the trip to Israel take place?

Our upcoming trip to Israel will take place Thursday, June 15 - Sunday, June 25, 2023. We have consulted all local school calendars and are confident that this date will work for most families. We are planning subsequent trips in mid-June of 2024 and 2025.

Who can go?

Everyone! This is a multi-generational congregational trip. Your family does not need to be celebrating a b'nei mitzvah to join the trip. We will create opportunities for all members of our trip to participate and have an incredible experience. Additionally, you can invite your immediate and extended family, as well as close friends, to join us. If you expect your group to include more than ten participants, please let us know. The recommended age for kids on the trip is 8 years old and older.

How do I sign up?

Information will be sent to the congregation, soon. In the meantime, email your interest to Tracey Lederer - tlederer@templebethel.org - and we will communicate with you directly when we have final information. Please share your name, preferred email addresses and phone numbers, and the anticipated number of people that would join the trip.

Information Sessions

Learn more about the trip with Rabbi Knight. We are holding information sessions in-person and online.

Session #1: August 26 at 5:00pm at Temple Beth El

Session #2: September 7 at 7:00pm on Zoom

Session #3: October 10 at 10:30am at Temple Beth El

Learn more at www.templebethel.org/israel-trip



IMPORTANT LOGISTICS

If you have questions or need assistance, TBE Staff is available by phone at 704-366-1948 or by email at info@templebethel.org.

We look forward to celebrating these joyful and meaningful High Holy Days with you. Thank you for being an important part of our congregation during this special time of year. High Holy Day access is included with your Temple Beth El membership. To allow us to plan for security and parking, please register online, and we will mail your tickets directly to you. **Register to attend by Monday, August 29 at www.templebethel.org/highholydays**

WE NEED YOU TO SERVE AS A GREETER, USHER, OR MEDICAL PROFESSIONAL

Please help us provide a safe, warm, and welcoming environment by volunteering for the High Holy Days! We need greeters and ushers to help make the High Holy Days more meaningful and enjoyable for our congregants and guests by performing the mitzvah of warm welcome. We are grateful to the TBE Brotherhood for supporting and assisting us with this initiative. We also need licensed medical professionals to be on call at services to provide emergency medical support if needed. **Fill out the Volunteer Form at www.templebethel.org/journey**

SECURITY

We provide comprehensive security so our congregants and guests can pray in comfort and peace. No weapons of any kind, including sprays, are allowed on Shalom Park. All bags, backpacks, diaper bags, suitcases, and purses are subject to search. Uniformed and plain-clothes CMPD officers and Shalom Park Security are present at all times.

COVID PRECAUTIONS

We recognize that people in our community have various levels of comfort returning to large communal gatherings. Due to high vaccination rates in our community and the status of the pandemic at this time, we will neither have a health screening nor require social distancing. Masking is encouraged, but not required. You are invited to mask in ways that will make you most comfortable. As always, our services will be streamed for those who wish or need to stay home.

If the COVID realities change due to a pervasive new strain or elevated levels of hospitalization, we will communicate updated safety precautions made with the recommendations of our Covid Task Force and Board of Directors.

GUEST INFORMATION

All are welcome at Temple Beth El's High Holy Day services! For information regarding local or out-of-town guest registration, TBE Staff is available by phone at 704-366-1948 or by email at info@templebethel.org. **We kindly ask that you inquire about guest tickets by Friday, August 26 to help us prepare.**

ARE YOU TRAVELING OUT OF TOWN? VISIT A PARTNER SYNAGOGUE!

If you are planning to be out of town during the High Holy Days, we are happy to help connect you with a partner synagogue. You can search for Reform congregations in North America at www.urj.org and worldwide, through www.wupj.org.

For additional help, please contact Madeline White at mwhite@templebethel.org.

CHILDCARE IS AVAILABLE DURING HIGH HOLY DAY SERVICES

Babysitting is back and will be available for select services. We encourage parents to take time for their own personal reflection and prayer knowing their children will be cared for in babysitting. **Reservations must be made by Monday, September 12 at www.templebethel.org/journey**



Hin'ni

הִנְנִי

**Here I am,
one soul within this prayer community.**

I bring my own concerns and yearnings to this place,
hoping they will find expression in the time-hallowed
words of my people and in the traditions
cherished by generations before me.

May I bring the best of my energies to these Holy days,
approaching this spiritual work with open heart and mind, sincerity, and
sustained focus on the deep questions of this season:

**Who am I? How shall I live?
Where have I fallen short – or failed?**

This night I take up the challenge of the Days of Awe:
cheshbon hanefesh – a searching examination of my life,
a moral inventory of my deeds, words, and thoughts.

During the next ten days, let me face the truth about myself
and listen to Your still, small voice.

Taking comfort in Your promise that I am always free to change,
released from staleness and routine,
let me know the joy of beginning again.

May I gain strength as I share this task with those around me, united by our
common purpose: *tikkun middot* -improving our characters- and *tikkun olam*
- repairing the world.

I now prepare myself to pray –
one soul amidst this holy congregation.



HIGH HOLY DAYS

Rosh HaShanah

Blessings for the Shabbat and Holiday Candles

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל [שַׁבָּת וְשֶׁל] יוֹם טוֹב.

*Baruch atah, Adonai, Eloheinu melech haolam,
asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel [Shabbat v'shel] yom tov.*

Blessed are You, Eternal God, Sovereign of the universe:

You hallow us with your Mitzvot and command us to kindle [the Shabbat and] Festival lights.

Blessings for Loved Ones

For a boy

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

Y'simcha Elohim k'Efrayim v'chiM'nasheh.

May God inspire you to live
like Ephraim and Menasseh.

For a girl

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה, רִבְקָה, רָחֵל וְלֵאָה

Y'simeich Elohim k'Sarah, Rivka, Rachel v'Leah.

May God inspire you to live like
Sarah, Rebecca, Rachel and Leah.

For all

יְוָרֶךְךָ אֱדוֹנָי וְיִשְׁמְרֶךָ.

Ya-eir Adonai panav eilecha vichuneka. Yisa

Adonai panav eilecha v'yaseim l'cha shalom.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.

יָאֵר יי פָּנָיו אֵלֶיךָ וְיַחַנְךָ.

יִשְׂאֵא יי פָּנָיו אֵלֶיךָ וְיִשֵּׁם לְךָ שְׁלוֹם.

May God bless you and keep you.

May God's light shine upon you, and may God be gracious to you.

May you feel God's Presence within you always, and may you find peace.

Blessing for Wine or Grape Juice

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah, Adonai, Eloheinu melech haolam, borei p'ri hagafen.

Blessed are You, Eternal God, Sovereign of the universe, Creator of the fruit of the vine.

Blessing for this Moment

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Baruch atah, Adonai, Eloheinu melech haolam, shehecheyanu v'kiy'manu v'higianu laz'man hazeh.

Blessed are You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us,
and for enabling us to reach this season.

BLESSINGS

Blessing for Challah

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah, Adonai, Eloheinu melech haolam, hamotzi lechem min haaretz.

Blessed are You, Eternal God, Sovereign of the universe, for You cause bread to come forth from the earth.

Blessing for Apples and Honey

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָעֵץ.

Baruch atah, Adonai, Eloheinu melech haolam, borei p'ri ha'eitz.

Blessed are You, Eternal God, Sovereign of the universe, Creator of the fruit of the tree.

Blessing for the Shofar

*Baruch atah, Adonai, Eloheinu melech haolam,
asher kid'shanu b'mitzvotav, v'tzivanu lishmoa kol shofar.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר.

Blessed are You, Eternal God, Sovereign of the universe:

You hallow us with your Mitzvot and command to hear the sound of the shofar.

Hope for the New Year

*Y'hi ratzon mil'fanecha, Adonai Eloheinu v'Elohei
avoteinu v'imoteinu,
shet'chadeish aleinu shanah tovah umtukah!*

יְהִי רָצוֹן מִלְּפָנֶיךָ,
יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
שֶׁתְּחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה.

May Your presence in our lives this New Year renew our spirits and renew our strength.

May it be a good year. May it be a sweet year.

Yom Kippur

Lighting a Memorial Candle

בְּרוּךְ אַתָּה יְיָ נוֹטֵעַ בְּתוֹכֵנוּ חַיֵּי עוֹלָם.

Baruch atah, Adonai, notei-a b'tocheinu chaye olam.

Blessed are You, Eternal One,
who places within us life everlasting.

A Prayer Upon Entering Yom Kippur.

God, my Creator and Guide,
on this Day of Atonement
let my fasting
and other intentional acts of self-discipline
make me attentive
to repentance and forgiveness,
to the potential of my soul,
and to the holy purpose of my life.

Lighting the Yom Kippur Candles

*Baruch atah, Adonai, Eloheinu melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner shel Yom HaKippurim.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם הַכִּפּוּרִים.

Blessed are You, Eternal God, Sovereign of the universe:

You hallow us with your Mitzvot and command us to kindle the lights of Yom Kippur.



Tashlich

Casting away our sins

Tashlich is a traditional High Holy Days ritual observed on Rosh HaShanah or between Rosh HaShanah and Yom Kippur. Jews discard their sins by symbolically casting them into a natural body of flowing water such as a river, lake, sea, or ocean. The practice comes from references in the prophetic books of Micah and Ezekiel.

Directions: Gather birdseed, leaves, pebbles, dissolvable paper, or breadcrumbs. (Some people have chosen to stop using breadcrumbs because they are not healthy for animals to eat.) If it is not possible this year for you to go to a natural body of water, try using a bowl of water or use a garden hose to make a temporary flow of water. Choose from the readings below to frame your Tashlich service. Reflecting on the past year, think about actions you regret or behaviors you want to change, and then toss your chosen item into the water.

יְשׁוּב יְרַחֲמֵנוּ יְכַבֵּשׁ עֲוֹנוֹתֵינוּ וְתִשְׁלִיךְ
בְּמַצְלוֹת יָם כָּל-חַטָּאתָּ.

**God will take us back in love; God will cover up our iniquities,
You will hurl our sins into the depths of the sea. (Micah 7:19)**

I am here at this season of *Teshuvah*, of turning, of returning to the self I have covered up with the ways I have learned to protect myself.

I am here in celebration and in search, in judgment and embrace, ready to confront myself and the world in which I live.

I seek to open wide the windows and walls behind which I have hidden, and to send forth my hand and heart to learn where I have come, what I have become, and what I hope to be.

I come to this body of water to perform *Tashlich*, to symbolically “cast away” my accumulated sins and transgressions, to send away my unworthy thoughts, so that I may purify my heart and soul.

On this Day of Judgment, I take account of my life and my relationships during the last year. Of some things I am proud, of others disappointed or ashamed. I resolve to strengthen and sustain the many good deeds I have performed and I resolve to cast off those actions or words that I regret. Help me to keep preserving what is good and to keep casting off what is bad. May this be a year of goodness and blessing.

הַשְׁלִיכוּ מֵעַלְיֶיכֶם אֶת־כָּל־פְּשָׁעֵיכֶם
אֲשֶׁר פָּשַׁעְתֶּם בָּם
וַעֲשׂוּ לָכֶם לֵב חָדָשׁ וְרוּחַ חָדָשׁ.

Cast away from yourselves all your transgressions. And create within yourselves a new heart and a new spirit. (Ezekiel 18:31)

I cast away deception and lies, so I do not pretend to be what I am not.
I cast away stubbornness, so I will always be open to the ideas of others.
I cast away selfishness, so I will always enrich the lives of others.
I cast away pride and arrogance, so I can serve God in humility and truth.
I cast away indifference, so I will be sensitive and responsive to other people's needs.
I pray for the strength and courage to improve my life.
-Adapted from Machzor Hadash

A Prayer for Tashlich

Here I am again, ready to let go of my mistakes.
Help me to release myself from all the ways I have missed the mark.
Help me to stop carrying the baggage of my choices.
As I cast my decisions upon the waters, lift my troubles off my shoulders.
Help me to know that last year is over, washed away in the current.
Open my heart to blessing and gratitude.
Renew my soul as the dew renews the grasses.
Though the future is uncertain,
I release this past year with all its difficulties and joys.
I open my heart to receive the blessings of the New Year.

-Adapted from Rabbi Rachel Barenblat

May I return to my
true self and be
strengthened
as I continue my
journey of
tikkun ha-lev,
repairing my heart
tikkun ha-nefesh,
repairing my soul
and tikkun olam,
repairing the world.

*Oseh Shalom bimromav
hu ya'aseh shalom aleinu
v'al kol Yisrael v'imru amen.*

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

**May the One who makes peace in the high heavens
make peace for us, all Israel and all who inhabit the earth.**





Yizkor

Meditations

Jewish thought pays little attention to inner tranquility and peace of mind. The feeling of “behold, I have arrived” could well undermine the capacity to continue, suggesting as it does that the Infinite can be reached in a finite number of steps. In fact, the very concept of the Divine as infinite implies an activity that is endless, of which one must never grow weary. At every rung of [the] ascent, the penitent, like any person who follows the way of God, perceives mainly the remoteness. Only in looking back can one obtain some idea of the distance already covered, of the degree of progress. Repentance does not bring a sense of serenity or of completing but stimulates a reaching out in further effort.

-Adin Steinsaltz, *The Thirteen Petalled Rose*

On this journey our soul will awaken to itself. We will venture from innocence to sin and back to innocence again. This is a journey from denial to awareness, from self-deception to judgment. We will learn our Divine Name. We will move from self-hatred to self-forgiveness, from anger to healing, from hard-heartedness to brokenheartedness. This is the journey the soul takes to transform itself and to evolve, the journey from boredom and staleness—from deadness—to renewal... It is the journey from little mind to big mind, from confinement in the ego to a sense of ourselves as a part of something larger. It is the journey from isolation to a sense of our intimate connection to all being...

Every soul needs to express itself. Every heart needs to crack itself open. Every one of us needs to move from anger to healing, from denial to consciousness, from boredom to renewal. These needs did not arise yesterday. They are among the most ancient of human yearnings, and they are fully expressed in the pageantry and ritual of the Days of Awe, in the great journey we make between Rosh Hashanah and Yom Kippur.

-Alan Lew

Remember

Ben Zoma says: Who is honored?
The one who gives honor to others...
(Talmud - Avot 4:1)





Psalm 23

A psalm of David. Adonai is my shepherd; I lack nothing. God makes me lie down in green pastures; God leads me to water in places of repose; God renews my life; God guides me in right paths as for the sake of God's name.

Though I walk through a valley of deepest darkness, I fear no harm, for You are with me; Your rod and Your staff—they comfort me. You spread a table for me before my enemies; You anoint my head with oil; my cup runs over. Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in the house of Adonai forever.

Will you hear my voice, you who are far from me?
Will you hear my voice, wherever you are;
A voice calling aloud, a voice silently weeping,
Endlessly demanding a blessing.

This busy world is vast, its ways are many;
Paths meet for a moment, then part forever;
A man goes on searching, but his feet stumble,
He cannot find that which he has lost.

Perhaps my last day is already drawing near,
Drawing close are the tears of parting.
I will wait for you till my days flicker out,
Like Rachel waiting for her beloved.

-Rachel

***God heals the broken heart
and binds up our wounds.***

- Psalm 147:3

I believe with complete faith
that the human soul was
beautiful when it was breathed
into the individual by God
and is therefore eternal.
- Moses Maimonides

Rabbi Joshua ben Levi taught:

Great is peace; peace is to the world as leaven is to dough.

And thus we learn: peace is not passivity; a state of restful inertia.

Peace is the fermenting energy,

the source of creative and expansive growth.

When there is peace in the world, human talents may blossom and all are enriched. When there is peace in a family, all members may grow to fulfill their potential. When there is peace in our soul, we are free to express all the gifts within us.



Meditations

Avinu Malkeinu—Hear our voice:

Some of us have cancer.
 Some have lost strength of body;
 some have lost memory and speech.
 Some of us are in pain. Some cannot find work.
 Some of us bear the marks of human cruelty—inside,
 where the scars do not show.
 Some live with depression;
 some battle addiction; many feel alone.
 Some have known shattered marriages, trust
 betrayed, hopes destroyed.
 Some of us have lost the ones we love, far too soon.
 And some have lost a child.
 All of us have seen suffering in our midst.
 All of us know the ravages of war—for which there are
 no words.

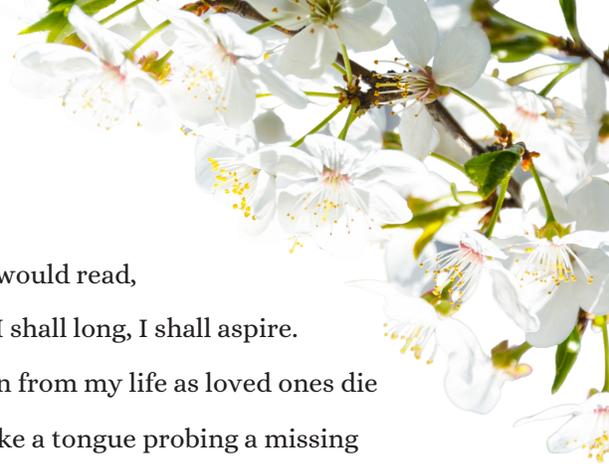
*Avinu Malkeinu, why?
 Avinu Malkeinu, are you there?
 Do you care?
 Avinu Malkeinu, hear our pain.
 Hear our anger.
 Hear our grief.
 Avinu Malkeinu, here is our prayer:
 Give us the strength to go on.
 Give us reasons to get up each day;
 give us purpose and persistence.
 Help us to fend off fear and hold on to hope.
 Help us to be kind.
 Do not make us bow or grovel for your favor.*

**Give us dignity and give us courage.
 Avinu Malkeinu—
 Show us the way to a year of goodness.
 Renew our belief that the world can be better.
 Restore our faith in life.
 Restore our faith in you.**

Time alone cannot heal our sorrow and can even make it progress to a deeper estrangement. Time heals only if we have reached the stage of convalescence, and reaching that stage requires surgery – an opening up, a radical excision. Then, slowly and gently, the body soul knits together the torn fiber of being. We experience two distinct pains, one physical and the other, more threatening, metaphysical. The second of these takes the form of the question, “What does this mean?” If we choose to suppress the second pain and dull or ignore the first, then time will increase the distress. However troubling it may be, we must see the pain as a gift, and we ignore it at great risk. So we must feel both kinds of pain fully enter into the question boldly, and struggle with it tenaciously. The question cannot be answered on the cognitive level (“I know that loss is part of the human condition; it is not a sign that God no longer cares for me”) any more than a malignancy can be excised cognitively. Our perception of God’s Presence and caring engagement is visceral. In our mourning we must first define the questions, always preceding at a deliberate pace. Then we will be ready to receive the answers that will come not as words but as experience – as a living stream that makes the wait healing.

Adapted from Carol Ochs





My version of the [23rd] Psalm's second line would read,

The Lord is my shepherd; I shall often want. I shall yearn, I shall long, I shall aspire.

I shall continue to miss the people and the abilities that are taken from my life as loved ones die and skills diminish. I shall probe the empty spaces in my life like a tongue probing a missing tooth. But I will never feel deprived or diminished if I do not get what I yearn for,

because I know how blessed I am by what I have.

*My cup runneth over...*Our ability to receive God's blessings with thanksgiving will never outstrip God's ability to bless us. For those who have cultivated the habit of gratitude, no matter how large a bowl we set out to receive God's blessings, it will always overflow.

-Harold Kushner

Said Rabbi Shimon ben Pazi:

*The soul fills the body,
as God fills the world.*

*The soul sees and is not seen, as God sees and
is not seen. The soul nourishes the body, as
God nourishes the whole world.*

*The soul is pure in the body, even as God is
pure in the world.*

*The soul abides in the innermost recesses, as
God abides in the innermost part of the world.*

*Let the soul come forth and praise the One
whose essence it shares.*

-Based on Talmud B'rachot 10a

To love somebody is not just a strong feeling—it is a decision, it is a judgment, it is a promise. If love were only a feeling there would be no basis for the promise to love each other for ever. A feeling comes and it may go. How can I judge that it will stay forever, when my act does not involve judgment and decision?

-Erich Fromm, *The Art of Loving*

***Do not fear death. It is just a
matter of going from one room to
another, ultimately to the most
beautiful room.***

- Rabbi Menachem Mendl of Kotzk

When we are dead, and people weep for us and grieve, let it be because we touched their lives with beauty and simplicity. Let it not be said that life was good to us, but, rather, that we were good to life.

-Jacob P Rudin

“Love is as strong as death.”

Song of Songs 8:6



Yizkor

יִזְכוֹר אֱלֹהִים נַשְׁמוֹת יְקִירֵי..... שֶׁהָלְכוּ לְעוֹלָמָם.
אָנָּה תִּהְיֶינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצִרּוֹר הַחַיִּים
וְתִהְיֶי מְנוּחָתָם כְּבוֹד. שְׁבַע שְׁמָחוֹת אֶת־פְּנֵיךָ,
נְעִימוֹת בְּיָמֶיךָ נְצַח. אָמֵן.

May God remember forever my dear ones
who have gone to their eternal rest.
May they be at one
with the One who is life eternal.
May the beauty of their lives
shine for evermore,
and may my life always bring honor
to their memory.

Remember

*I am ever mindful of Adonai's presence;
God is at my right hand; I shall never be shaken.*

Adonai is my shepherd, I shall not
want. You make me to lie down in
green pastures, lead me beside still
waters. You restore my soul.

We are like a breath;
whose days
are like a passing
shadow.

**And I shall dwell
in the house of Adonai
forever.**

I lift up my eyes to the hills...
My help comes from Adonai, Maker of heaven and earth.

