

High Holy Days 5780



Congregation Beth El invites you to join us for a spiritually uplifting start to the New Year.

We offer a wide array of High Holy Day programming to serve the diverse needs of our community, beginning with *Rosh Chodesh* (the new moon of) *Elul*, thirty days before *Rosh Hashanah*. The season formally begins with *S'llichot* on Saturday, September 21, and continues through *Sukkot* and *Simchat Torah*.

Ticket registration is now open! Sign up to join us online:

Visit <https://www.bethelberkeley.org/highholydays>

The Birthday of the World

*On the birthday of the world
I begin to contemplate
what I have done and left
undone, but this year
not so much rebuilding*

*of my perennially damaged
psyche, shoring up eroding
friendships, digging out
stumps of old resentments
that refuse to rot on their own.*

*No, this year I want to call
myself to task for what
I have done and not done
for peace. How much have
I dared in opposition?*

*How much have I put
on the line for freedom?
For mine and others?
As these freedoms are pared,
sliced and diced, where*

*have I spoken out? Who
have I tried to move? In
this holy season, I stand
self-convicted of sloth
in a time when lies choke*

*the mind and rhetoric
bends reason to slithering
choking pythons. Here
I stand before the gates
opening, the fire dazzling*

*my eyes, and as I approach
what judges me, I judge
myself. Give me weapons
of minute destruction. Let
my words turn into sparks.*

Marge Piercy, "The Birthday of the World" from *The Crooked Inheritance*. Copyright © 2006.

The High Holy Days, from Rosh Hashanah to Yom Kippur, bracket ten days given to us to reflect on our lives: *How do we use the time we are given? Are we realizing our most authentic selves? What is our accountability and responsibility to self, others and God?* We are called during this season to *cheshbon ha-nefesh*—a searching examination of our lives, that we may gain renewed strength and commitment for the tasks before us: *tikkun atzmi*—repairing self and *tikkun olam*—repairing the world. Please join your presence, your voice and your intentions with those of our community at Beth El's High Holy Days this year.

Please review the information following—especially the new format of our early services—to learn what's new and different for this New Year, as well as all the details of our exciting, inspiring, and meaningful High Holy Day season at Beth El.



About Our Services

At Beth El, we seek to provide multiple doorways into Jewish tradition, practice and community. In this season, we are especially attentive to creating feelings of welcome and comfort for everyone who joins us. With this goal in mind, we have reinvigorated our Early Service. The descriptions below apply to our sanctuary services on Rosh Hashanah morning, Kol Nidre (Yom Kippur evening) and Yom Kippur morning; for Rosh Hashanah evening, as we have in previous years, we offer a single service.

All Beth El services include English and Hebrew, combining honored traditional prayers with inspirational modern texts. Congregational singing and participation are a core part of our practice. Rabbi Yoel Kahn, Rabbi Rebekah Stern, and Cantor Elysa Jenkins-Adelberg officiate at all sanctuary services and are joined by volunteer readers, instrumentalists, service leaders and singers. Our *machzor* (High Holy Day prayer book) includes English transliteration of all Hebrew prayers.

New This Year

Early Services feature familiar and participatory music; rhythm, guitar, piano and other instruments; a short *d'rash* (sermon) or text study; and opportunities for structured interactions between participants. Everyone is welcome to attend the Early Services which are 75–90 minutes in duration.

Late Services feature the special melodies and *nusach* (musical mode) of the High Holy days; participatory and majestic music (with selective professional piano accompaniment); the participation of the Beth El volunteer chorus; congregant reflections (on Rosh Hashanah morning); and rabbinic *drashot* (sermons). Everyone is welcome to attend the Late Services which are customarily 90–120 minutes (or a little more) in duration.

High Holy Day Meditation

Rosh Hashanah—Monday, September 30

Yom Kippur—Wednesday, October 9

10:15 am–11:30 am

“The righteous of old would pause for an hour before their prayer.” (*Mishnah Berakhot 5:1*)

Enter and deepen the mood and experience of these sacred days with a time for stillness. Jewish meditation teacher Rabbi Margie Jacobs leads a pre-service gathering with chant, meditation, text and—mostly—silence. Regardless of whether you are a veteran meditator or entirely new to Jewish contemplative practice, these gatherings are open to everyone. Out of respect to others, please arrive promptly. You are welcome to bring a cushion; chairs will be provided. Each session will conclude with an optional, personal writing reflection.

Building Community

Beth El Welcoming to All: Five Things You Can Do

Our goal—and self-description—at Beth El is that we are a *kehillah kedoshah*: a sacred, inclusive and welcoming synagogue and community. Yet some who come to Beth El – especially People of Color, among others – have experienced being mislabeled, patronized, profiled, or subjected to inappropriate assumptions or questions.

We all want to be fully welcoming and welcomed at Beth El. Here are five things to keep in mind:

1. Avoid making assumptions about another person’s gender identity, sexual orientation, religious identity, Jewish background, race, or reasons for joining us.
2. Respect a person’s identity and self-label, and respect a person’s chosen name and pronouns.
3. Refrain from commenting on whether someone looks Jewish or not.
4. Avoid assuming that people want to speak about their identity, particularly when their identity is different from yours. Engage in conversation about interests rather than identities.
5. Do not expect another person to become your resource on understanding their identity.

כִּי בֵּיתִי בֵּית־תְּפִלָּה יִקְרָא לְכָל־הָעַמִּים:

For My House shall be called “A house of prayer for all peoples.” (*Isaiah 56:7*)

Preparing Navigating the High Holidays

Elul, the Hebrew month before Rosh Hashanah, is a month of spiritual preparation for the coming “Days of Awe.” This year, Beth El is offering a series of classes and programs to deepen our personal and spiritual engagement with the High Holy Days and their themes. There are opportunities for text study, learning, reflection, and sacred conversation. You are invited to attend any of these sessions; they are open to everyone, regardless of background, prior experience or preparation.

Navigating the High Holy Days: *Themes & Melodies*

Thursday, August 29, 7:30 pm at Beth El (repeats at the Shabbaton)

Join Rabbi Rebekah Stern and Cantor Elaya Jenkins-Adelberg for a workshop that maps the major themes and melodies of the High Holy Day season, beginning with *Elul* (the month leading up to Rosh Hashanah) and ending with *Sh'mini Atzeret* (the final day of Sukkot). Learning how the Holy Days build one upon the next and familiarizing ourselves with some of the recurrent melodies will deepen our experiences during this reflective, joyful—and sometimes overwhelming—season.

Navigating the High Holy Days: *A Journey of Transformation*

Saturday, August 31, 1:30–3:00 pm (repeats at the Shabbaton)

Tuesday, October 1, 1:30–3:00 pm, following 2nd Day Rosh Hashanah services

Saturday, October 5, 1:30–3 pm, Shabbat *Shuvah*

Wednesday, October 9, 2:30–3:45 pm, Yom Kippur afternoon

Join Rabbi Yoel Kahn and fellow congregants in a series of spiritual conversations in preparation for the High Holy Days. Beginning with the New Moon (Rosh Chodesh) of Elul and continuing through Yom Kippur, these sessions are opportunities to learn from the richness of the Jewish tradition and from one another in order to deepen our understanding, observance and engagement with this sacred season. Sessions draw from Rabbi Alan Lew’s *This is Real and You are Completely Unprepared: The Days of Awe as a Journey of Transformation* and other sources, old and new. Each session is independent; come to any program or to all.

S’lichot S’lichot Program & Service: *Unifying Our Personal and Communal Teshuvah*

Saturday, September 21, 7:30 pm

The 5780 High Holy Day season begins with S’lichot, when we first hear the familiar and powerful words and melodies of the *Yamim Nora'im*—the High Holy Days. S’lichot is always observed on the Saturday evening the week before Rosh Hashanah. We begin with a dessert reception and a reflective program focused on the iterative processes of personal and communal *teshuvah* and *tikkun* (return and repair). We then mark the separation between Shabbat and the week ahead with *havdalah*, followed by the beautiful S’lichot service in the sanctuary, beginning with the changing of the Torahs’ mantles into their High Holy Day white, preparing us for our own season of transformation. Everyone is welcome.

Women's Gathering Women's New Year Mikvah

Sunday, September 22, at 3:00 pm

Ready to wash away the last year before entering the new one? Join Rabbi Stern and Cantor Jenkins-Adelberg for a reflective and musical women's gathering and ritual immersion in the *mayim chayim* (living waters) of the Bay! We'll gather on the slip of sand just north of where the Ashby overpass meets the Frontage Road. (For ease of parking, it's best to approach from the north. Please visit our website for a map.)

Following shared singing and reflection, we'll enter the waters of the Bay for a ritual immersion. Wear your bathing suit under your clothes, bring a towel and warm layers—the water is cold! Note: the approach to the water requires climbing down some large rocks. This gathering is open to adults and teens who identify as female.

Remembering **Yizkor**

Yom Kippur, Wednesday, October 9, 5:30 pm
Sukkot, Monday, October 21, 10:15 am

At our Yom Kippur *Yizkor* service, we remember all of our loved ones who have died. This year, we invite you to bring a picture—old or new, even on your phone—of loved ones you are remembering. During the *Yizkor* service, we will have an opportunity to share the pictures we have brought with one another. Preceding the *Yizkor* service, congregants are invited to a facilitated conversation to share stories of loss, love, memory and grief at the *Yizkor* Circle.

Yizkor, Judaism's communal service of remembrance and mourning, is observed four times a year: on Yom Kippur afternoon and at the conclusion of the three biblical pilgrimage festivals: Sukkot, Pesach, and Shavuot. The congregation will hold its Sukkot *Yizkor* Service at the conclusion of the festival.

Kever Avot v'Imahot: Visiting Graves of Loved Ones

Sunday, October 6, 11:00 am
Tel Shalom, Rolling Hills Memorial Park, El Sobrante

We have a long-standing tradition of visiting the graves of relatives between Rosh Hashanah and Yom Kippur. Everyone is invited to join us for our annual High Holy Day cemetery visit, *Kever Avot v'Imahot*. Following a brief service, we will visit the graves of our own loved ones as well as those who lived among us. We will also recall our loved ones who rest elsewhere and whose memories we carry with us.

Project Nechama Yizkor Service for Children Who Have Died

Sunday, October 20, 11:00 am

Each year, we hold a special *Yizkor* service in Beth El's Nechama Garden in recognition of children who have died. We honor those lost by miscarriage and those stillborn, and we recall those who died as infants, as children, and as adults. This service was created by Project Nechama, Beth El's response to pregnancy and neonatal loss.

Renewing **Tashlich**

Monday, September 30, 4:30 pm
(Rosh Hashanah Afternoon)
Live Oak Park

Tashlich is the medieval custom of "casting our transgressions into the depths of the sea" (or at least a trickling creek which flows into the Bay which flows into the sea). A joyful and contemplative communal gathering, *Tashlich* concludes the observance of Rosh Hashanah day. We will gather in Live Oak Park where



we will sing, reflect and empty our pockets and hearts of the dust and detritus of the prior year as we toss pebbles into the water. Everyone is welcome to participate! *Tashlich* will follow the conclusion of the Rosh Hashanah Family Service.

Celebrating **Sangria in the Sukkah—Libations, Lulav, Etrog and Celebration!**

Sunday, October 13
Reception & Fun for all ages 5:00 pm
Dinner in the Sukkah 6:00 pm

Sukkot celebrants of all ages are invited for a festive schmooze outside under the oak trees. While adults mix and mingle, crafts will be available for young children. We gather in the sukkah at 5:30 for singing, waving the *lulav* and *etrog* and a special blessing for new members followed by a delicious catered dinner. RSVP for dinner in advance online at

www.bethelberkeley.org/highholydays.

Simchat Torah Outdoor Block Party!

Monday, October 21
5:30 pm Dinner
6:15 pm Simchat Torah Celebration
7:00 pm Adult Torah Learning with Rabbi Kahn

Our High Holy Day season goes out with a bang, as we celebrate reading the last few verses of the Torah in Deuteronomy and start right back up again with the first few verses of Genesis. Join us for an outdoor evening celebration complete with dinner, libations, singing and dancing under the open sky—we'll even unroll the whole Torah! This joyful conclusion of our High Holy Day season is open to all and will conclude with a special Torah learning session for adults and teens led by Rabbi Kahn. RSVP for dinner in advance online at www.bethelberkeley.org/highholydays.

Youth & Family Sing! *Yeladim*

If you're between the ages of Kindergarten and 5th grade, please join Sing! *Yeladim* to sing throughout the year, beginning with Erev Rosh Hashanah! Email **Cantor Elaya (cantorelaya@bethelberkeley.org)** if your kids are interested!

Take your kids to Sing! *Yeladim* rehearsals for High Holy Days, directly before Kadima.

Thursday, September 12, 3:30–4:00 pm

Thursday, September 19, 3:30–4:00 pm

Thursday, September 26, 3:30–4:00 pm

Tickets are not required for these programs. See page 6 for the full schedule.

Tot Services

Rosh Hashanah—Monday, September 30

Yom Kippur—Wednesday, October 9

10:30 am, under the oak trees

Tot Services on Rosh Hashanah and Yom Kippur are short family services held outside. Services are led by Rabbi Rebekah Stern and are geared toward our preschool age children and their families.

Teen Services & Programming

Rosh Hashanah—Monday, September 30

Lunch and Activity under the oak trees—12:00 pm

Service—1:00 pm, Beit Midrash

Yom Kippur—Wednesday, October 9

Activity under the oak trees—12:15 pm

Service—1:00 pm, Beit Midrash

Teen services and programming are created and led by our high school teens. Activities and lunch (on Rosh Hashanah only) are followed by an engaging and musical service. These services and programs are exclusively for 6th–12th graders.

All are invited to participate!

Family Services (children K–5 and families)

Rosh Hashanah—Monday, September 30

3:30 pm, under the oak trees

The Rosh Hashanah Family Service is a joyful and musical service led by Rabbi Rebekah Stern and Cantor Elaya Jenkins-Adelberg with support from our youth singers Sing! *Yeladim*.

Yom Kippur—Wednesday, October 9

2:45 pm, Sanctuary

The Yom Kippur Family Service is a lively celebration, led by Rabbi Yoel Kahn and Cantor Elaya Jenkins-Adelberg, and includes special music, prayers, and interactive storytelling.

Childcare

Childcare is available for children pre-school through 5th grade. Children are welcome to attend any services with their families. Children younger than 6th grade must be in childcare or supervised by a responsible adult, and may not roam the synagogue unattended. Childcare is provided by our Camp Kee Tov staff and incorporates activities that reflect the themes of the High Holy Days.

Please note the following important childcare safety policies:

Check-in takes place in the BENS wing and begins 15 minutes before the start of each service and continues for 15 minutes after the service start time. After that time, children will be divided into two groups based on age/grade level. During evening services older children will go to the youth lounge and during morning services will be taken to Live Oak Park; younger children will remain in the BENS wing and yard for both evening and morning services. Children will not be permitted to sign themselves out of childcare, or to move back and forth between childcare and the service, unless accompanied by a parent or guardian. Older children who arrive after the 30-minute check-in window must first be signed in by a parent or guardian with the childcare staff in the BENS wing before being walked by their parent or guardian to the youth lounge in the evenings or to Live Oak Park in the mornings. Please note that we do not offer diaper changing services. Advance registration is required. Please register and pay for childcare online.

Infants and children under age two are welcome to play or rest in the Children's Library with a parent or caregiver during services. The services will be audible in that room through our sound system.

High Holy Days 5780

Schedule of Services & Programs

May you and everyone you love be inscribed for a new year of sweetness, health, and blessings.

לשנה טובה!
!shanaH tovah!

NAVIGATING THE HIGH HOLIDAYS

Thursday, August 29

7:30 pm
Themes & Melodies

Saturday, August 31 1:30 pm

A Journey of Transformation

Saturday, September 7

Same themes as above offered at Shabbaton, see program schedule.

S'LICHOT

Saturday, September 21

S'lichot Program & Service: *Unifying Our Personal and Communal Teshuvah* 7:30 pm

WOMEN'S NEW YEAR MIKVAH

Sunday, September 22 3:00 pm

See website for map with exact location.

EREV ROSH HASHANAH

Sunday, September 29

Evening Service* 7:30 pm

ROSH HASHANAH

Monday, September 30

Early Service* 9:00 am
High Holy Day Meditation 10:15 am
Tot Service 10:30 am
Late Service* 11:30 am
Teen Lunch & Activity (6th–12th grade) 12:00 pm
Teen Service (6th–12th grade) 1:00 pm
Family Service (K–5th grade) 3:30 pm
Tashlich for All 4:30 pm

SECOND DAY ROSH HASHANAH

Tuesday, October 1

Morning Service 10:15 am
Lunch 12:30 pm
Navigating the High Holy Days:
A Journey of Transformation 1:30 pm

SHABBAT SHUVAH

Friday, October 4

Shabbat Evening Service 6:15 pm

Saturday, October 5

Shabbat Morning Service 10:15 am

Navigating the High Holy Days:
A Journey of Transformation 1:30 pm

KEVER AVOT V'IMAHOT: VISITING THE GRAVES OF LOVED ONES

Sunday, October 6

At Tel Shalom Cemetery,
Rolling Hills Memorial Park 11:00 am

EREV YOM KIPPUR: KOL NIDRE

Tuesday, October 8

Early Service* 6:15 pm
Late Service* 8:30 pm

YOM KIPPUR

Wednesday, October 9

Early Service* 9:00 am
High Holy Day Meditation 10:15 am
Tot Service 10:30 am
Late Service* 11:30 am
Teen Activity (6th–12th grade) 12:15 pm
Teen Service (6th–12th grade) 1:00 pm
Afternoon Discussions & Programs,
Session I 2:30 pm
Family Service (K–5th grade) 2:45 pm
Afternoon Discussions and
Programs, Session II 4:00 pm
Mincha (Afternoon Service) 4:00 pm
Yizkor Circle 4:00 pm
Yizkor (Memorial) Service 5:30 pm
Ne'ilah (Closing) Service followed by
Break-Fast 6:15 pm

SUKKOT

Sunday, October 13

Sangria in the Sukkah — Libations, Lulav, Etrog
and Celebration 5:00 pm

Monday, October 14

Festival Morning Service & Lunch 10:15 am

Saturday, October 19

Tribe Sukkot Potluck 4:00 pm

Sunday, October 20

Nechama Yizkor Service for Children Who
Have Died 11:00 am

SHMINI ATZERET

Monday, October 21

Festival Morning Service
with Yizkor in the Sukkah 10:15 am
Lunch 12:15 pm

SIMCHAT TORAH

Monday, October 21

Dinner 5:30 pm
Outdoor Block Party 6:15 pm
Adult Learning 7:15 pm

* Tickets required.