

A Guide for the
Yamim Noraim
(Days of Awe)
5779



Beth El Synagogue
1008 Watts Street
Durham, NC 27701
919-682-1238

A Journey Between Two Fasts

Rabbi Daniel Greyber, Elul 5779



We are on a journey between two fasts, Tisha B'Av and Yom Kippur. Each is 25 hours long and require abstention from eating and drinking and anointing and sex and wearing leather shoes, but they are not the same.

Tisha B'Av is (almost) all darkness. When we mourn the destruction of the Temples on the ninth of Av, we mourn not merely the burning of buildings. We cry because we remember that our relationship with God, our connection to what is good and right in the world, was dealt a blow. That day is sadness and pain, loss and loneliness.

But from that day of darkness in the searing heat of summer, we chart seven weeks to Rosh Hashanah, seven haftarot of consolation that mark seven weeks of healing, of encouragement, that even when we feel so lost, God is never far away. From Rosh Hashanah to Yom Kippur, we spend ten more days working on ourselves, making ourselves better and, in doing so, bringing us closer and closer to God and light. Yom Kippur is a serious day, but it is not sad. It is a day of light and, in the Hasidic tradition, we dress in white because it is a wedding day, a day of intimacy, of closeness, of forgiveness.

A journey between two fasts, from darkness to light, from loneliness to being together, from broken to whole, from what is done to what can be.



Join me August 23, 30, and September 6, 7:00 pm at the Freedman Center for a class entitled “Preparing Your Heart for the High Holidays” – three interactive study sessions aimed at learning about Rosh Hashanah and Yom Kippur services, themes, and melodies. We will discuss not only the ideas themselves, but we'll talk about strategies for making the entire season more meaningful. And as we learn, you'll get a chance to meet others who will join you in forming our community of study, prayer and song during this remarkable season.

5779 Yamim Noraim & Sukkot Schedule

SELICHOT SERVICES

Motzei Shabbat, September 1
Selichot Service 8:30 pm —at the Levin JCC

EREV ROSH HASHANAH

Sunday, September 9
Orthodox Kehillah Services 6:30 pm**
Services 7:00 pm*
Babysitting 7:00 pm*
(Pending sufficient enrollment)

ROSH HASHANAH DAY 1

Monday, September 10
Services 8:30 am *
Orthodox Kehillah Services 8:30 am**
Babysitting 10:00 am*
Tot Tefillah 10:00-10:45 am*
Family Service 11:00 am-12:00 pm*
Tashlich- Chapel Hill, 4:30 pm
Tashlich- Durham, 4:30 pm
Orthodox Kehillah Services 6:30 pm**

ROSH HASHANAH DAY 2

Tuesday, September 11
Services 8:30 am*
Orthodox Kehillah Services 8:30 am**
Babysitting 10:00 am*
Tot Tefillah 10:00-10:45 am*
Family Service 11:00 am-12:00 pm*

SHABBAT SHUVAH***

Saturday, September 15
Trinity Ave Presbyterian Church
Shabbat Morning 9:30 am

KEVER AVOT

Sunday, September 16
Sunday Minyan 9:30 am
Durham Hebrew Cemetery Visitation
10:30 am
Betheldurham.org/cemetery

KOL NIDRE

Tuesday, September 18
Babysitting 6:15 pm*
Services 6:30 pm*
Orthodox Kehillah Services 6:30 pm**
Candle Lighting 6:59 pm

YOM KIPPUR

Wednesday, September 19
Morning Services 8:30 am*
Orthodox Kehillah Services 9:00 am**
Babysitting 10:00 am*
Tot Tefillah 10:00-10:45 am*
Family Service 11:00 am-12:00 pm*
Orthodox Kehillah Yizkor 11:00 am**
Yizkor 12:15 pm*

Study Sessions 4:00 – 5:00 pm*

Orthodox Kehillah Minchah 5:15 pm**
NO TALMUD TORAH
Minchah 5:00 pm*
Babysitting 6:00 pm*
Ne'ilah 6:15 pm*
Orthodox Kehillah Ne'ilah 6:15 pm **
Havdallah 7:58 pm
Break-Fast following services*

SUKKOT DAY 1****

Monday, September 24
Freedman Center
Services 9:00 am
Shaking the Lulav and Etrog

SUKKOT DAY 2****

Tuesday, September 25
Freedman Center
Services 9:00 am
Shaking the Lulav and Etrog

HOSHANA RABA****

Sunday, September 30
Freedman Center
Services 9:30 am

SHMINI ATZERET****

Monday, October 1
Freedman Center
Services 9:00 am
Yizkor 10:30 am

EREV SIMCHAT TORAH****

Monday, October 1
Freedman Center
Services 6:30 pm

SIMCHAT TORAH****

Tuesday, October 2
Freedman Center
Services 9:00 am

***Please note: Rosh Hashanah and Yom Kippur Main Sanctuary Services will be held at the Carolina Theatre, 309 W Morgan St. in Durham**

**** Orthodox Kehillah Services will be held at the Freedman Center**

*****Shabbat services will be held at Trinity Ave Presbyterian Church**

******Sukkot, Shmini Atzeret and Simchat Torah services will be held at the Freedman Center**

The High Holidays are a time when nobody should be alone.

**We are very proud that Beth El does not collect or check tickets for services.
Donations are needed and helpful, but please know -- everyone is welcome.**



The Beth El Ritual Committee, along with many others within the Beth El community, has been busy preparing for the High Holidays in order to make the services as meaningful and welcoming as possible to all who join us. At this time, we would like to share important information with the congregation concerning two aspects of Rosh Hashanah and Yom Kippur services: honors and seating.

1. High Holiday Honors

We would like to offer honors (ark openings, aliyot, etc.) to as many people as possible. However, for a growing congregation, this means that people who previously received honors may not necessarily be offered one every year. An exception is for certain types of honors that require specific skills and preparation, such as chanting a haftarah, where it makes sense for people to have the same honor for consecutive years. We appreciate your understanding and participation in Beth El services -- whether from the bimah or from your seat in the sanctuary.

2. Reserving Seats

Great news! This year we will have plenty of seating for everyone, due to the size of the Carolina Theatre. One of the wonderful aspects of High Holiday services at Beth El is that, unlike many other synagogues, congregants do not need to reserve seats. This means that you can arrive at any time during a service and sit in any available seat. However, we realize that there has been an evolving informal tradition at Beth El of reserving seats and that congregants have been coming earlier and earlier prior to services to do so. This practice leads to clusters of seats that are unoccupied but unavailable and unintentionally creates an unwelcoming atmosphere. This year the doors of the theatre will open approximately 30 minutes prior to each service.

Seats will be reserved in the front in advance for service leaders/facilitators and their families, and people waiting their turn to go up to the bimah for an honor.

3. People with Disabilities or Other Special Needs

Specified seats will be reserved for people with restricted mobility or other disabilities. If you require one of these seats, please contact the office no later than August 30.

We hope you will be respectful of these guidelines as we come together as a community in just a few weeks, and we appreciate your flexibility as we experience services at the Carolina Theatre for the first time.

May the coming New Year be one of sweetness and peace for you and your loved ones.

L'Shalom,

Randi Smith
Ritual Committee Chair

Debbie Goldstein
President

Youth Programs for the *Yamim Noraim*

2018/5779

Tot Tefillah (geared towards families with children under age 4)

Location: Connie Moses Room (2nd floor)

10:00 am-10:45 am on Rosh Hashanah Day 1 and 2, and Yom Kippur

Family Service (geared towards families with children in grades K-5)

Location: Cinema One (2nd floor)

11:00 am-12:00 pm on Rosh Hashanah Day 1 and 2, and Yom Kippur

Babysitting (ages 2-7)

Location: Donor Lounge (3rd floor)

Erev Rosh Hashanah 7:00 pm (*Pending sufficient enrollment*)

Rosh Hashanah Day 1 10:00 am

Rosh Hashanah Day 2 10:00 am

Kol Nidre 6:15 pm

Yom Kippur 10:00 am

Ne'ilah 6:00 pm



Children must be dropped off and picked up by a parent.

All children should bring a dairy lunch and/or sufficient snacks.

The High Holiday babysitting program is for children ages 2 through 7. Please note that only children who are PRE-REGISTERED will be admitted— NO EXCEPTIONS!

All participants must contribute either time or a donation for babysitting.

Space is limited! Donation minimum is \$18 per child, per babysitting session, with a family cap of \$36 per session.

The deadline to register for babysitting is August 27, 2018.

[**Click here**](#) to register online for babysitting.

Teen Lounge (6th-12th grade)

Location: Green Room (1st floor)

10:00 am– 12:00 pm , Rosh Hashanah Day 1, Rosh Hashanah Day 2, and Yom Kippur

All teens are invited to join Averyl in the Teen Lounge, located in the Green Room on the 1st floor. Join us any time during the day to take a break from the main service, play some games, have a snack (RH only), and do some holiday-themed activities.

High Holiday Parking Information

For Rosh Hashanah and Yom Kippur services at the Carolina Theatre, parking is available directly across the street in the Durham Center Parking Garage ([300 W Morgan Street](#)).

Congregants who wish to pre-purchase parking vouchers for \$5.00 each (*a voucher will be required each time you park*) can pick them up at the Beth El Synagogue office ([1008 Watts Street](#)) Monday through Thursday 9:30 am-5:00 pm and Friday 9:30 am-2:00 pm.

If you do not pre-purchase vouchers, you will be required to pay when you park. Cash only will be accepted in the evenings for Erev Rosh Hashanah and Kol Nidre; cash or credit will be accepted at all other times.

If your car is in the garage for more than 4 hours, you may pick up a discount voucher in the lobby of the Carolina Theatre enabling you to pay only \$5 for the total time parked.

If you have mobility issues, there will be an area directly in front of the theater for drop off and pick up.



Mahzor Order Forms

You can order [online](#) or, if you would like to send a check to the Beth El office, please put "Mahzor" in the memo line.

Beth El Synagogue
1008 Watts Street
Durham, NC 27701



**Deadline for placing your order
is
Monday, August 13.**

Usher Volunteer Sign-Up



Ushers will be necessary more than ever this year, since we will be at the Carolina Theatre. Usher shifts usually last approximately **one hour**.

Please [sign up here](#) if you are able to help out!

Please consider this simple *mitzvah*—your time will be greatly appreciated.

SELICHOT

Is Forgiveness Good for Your Health?

An evening of science, spirituality and reflection for the New Year.

SATURDAY, SEPTEMBER 1, 8:30 PM

LEVIN JCC

1937 W Cornwallis Rd, Durham

Sponsored by:



TASHLICH SERVICE

Monday, September 10

Chapel Hill– 4:30 pm at Eastwood Lake

Durham– 4:30 pm at Ellerbee Creek Trail meets Markham Ave

One of the most beautiful and powerful rituals of the *Yamim Noraim* season is *Tashlich*. “Tashlich” literally translates as “you shall cast,” and is a word used by the prophet Micah when he calls upon the Jewish community to cast their sins upon the water. Metaphorically, Micah was imploring the people to cleanse themselves of their mistakes and to repent.

A more visual way to cast off our misdeeds, this Rosh Hashanah afternoon ritual is great for the whole family. Bring comfy shoes, some old bread, and your singing voice.



High Holiday Movie Night at The Goldsteins'

Wednesday, September 12 at 7:00 pm

Join Rabbi Greyber for a viewing and discussion of “The Power of Forgiveness.” This film explores the role forgiveness holds in various faith traditions and examines how the scientific community is now measuring the physical and mental benefits of letting go of grief and resentment. Please RSVP [here](#).

Adam and Beth Goldstein

104 Ukiah Lane, Chapel Hill, NC 27514

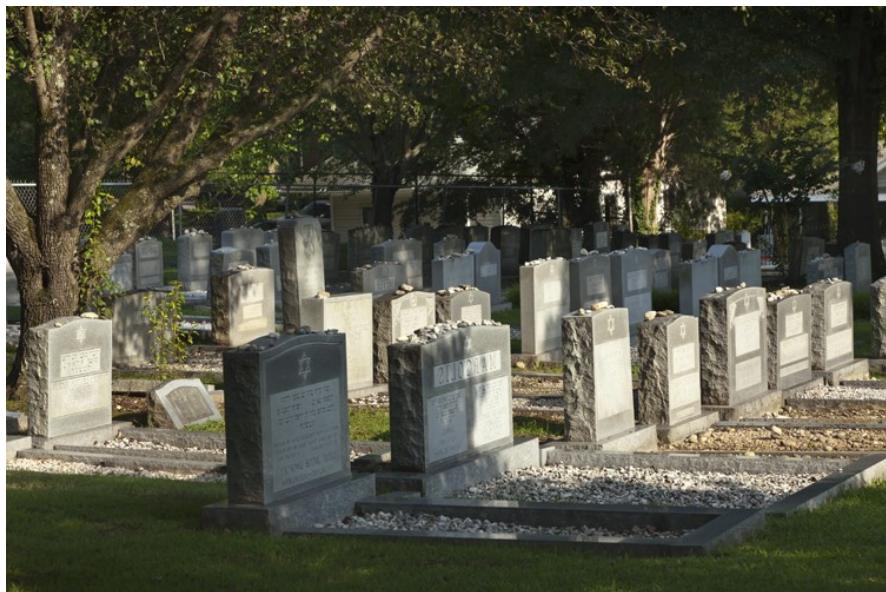


MOURNING CIRCLE / MA'AGAL AVEILUT

Freedman Center

Thursday, September 13 at 7:00 pm

High Holidays can be a poignant time for those in mourning as our Kever Avot/Cemetery Visitation takes place, as we say Yizkor on Yom Kippur and, more broadly, as we enter a season in which we contemplate the meaning of our lives. “Ma’agal Aveilut,” or “Mourner’s Circle” is an evening when people who are walking the journey of grief in our community can learn, share, get to know one another, and say kaddish together. It will take place Thursday, September 13 (between Rosh Hashanah and Yom Kippur) from 7:00 to 8:30 pm at the Freedman Center at Beth El and once again before Passover, on Thursday, April 4, 2019.



KEVER AVOT

Traditional Cemetery Service at Durham Hebrew Cemetery

Sunday, September 16 at 10:30 am

Death is the end of a life, but not the end of a relationship. Even after a person’s soul has left this world, many of us find ourselves still yearning to share our lives with that loved one. Our tradition beautifully recognizes this need through the ritual of *kever avot* (“grave of the ancestors”).

The ten days between Rosh Hashanah and Yom Kippur is an especially meaningful time to visit the cemetery, share our prayers for the upcoming year, and reflect on the lives of our deceased relatives and friends, regardless of where they are buried. Please join us on Sunday, September 16 at 10:30 am at the Durham Hebrew Cemetery as we partake in a ritual of remembrance. Directions to the cemetery can be found at betheldurham.org/cemetery.

Community Card 5779

Beth El's Community New Year's Card is now on display, at both the Freedman Center and TAPC, waiting for you to send New Year's greetings to your Beth El friends. You can send those good wishes without having to sign and mail individual cards AND you'll be doing a double mitzvah: funds raised through the Community Card this year will be given to the "TAPC Thank You" Fund, which will be used to purchase a gift for TAPC showing our appreciation for all they have done for Beth El during our renovation. Participating in the card is easy: simply make a donation to the synagogue earmarked for the Community Card, and your name will be included for everyone to see.

The greeting card project is sponsored by the Synagogue Life Committee. Our goal -- fill the card with names and express our gratitude to TAPC. If you would like to make a donation to the Community Card, [go online](#) or mail your check to Beth El Synagogue with "Community Card" on the memo line.

For more information, contact Annette Kronmiller, annettekron@yahoo.com.

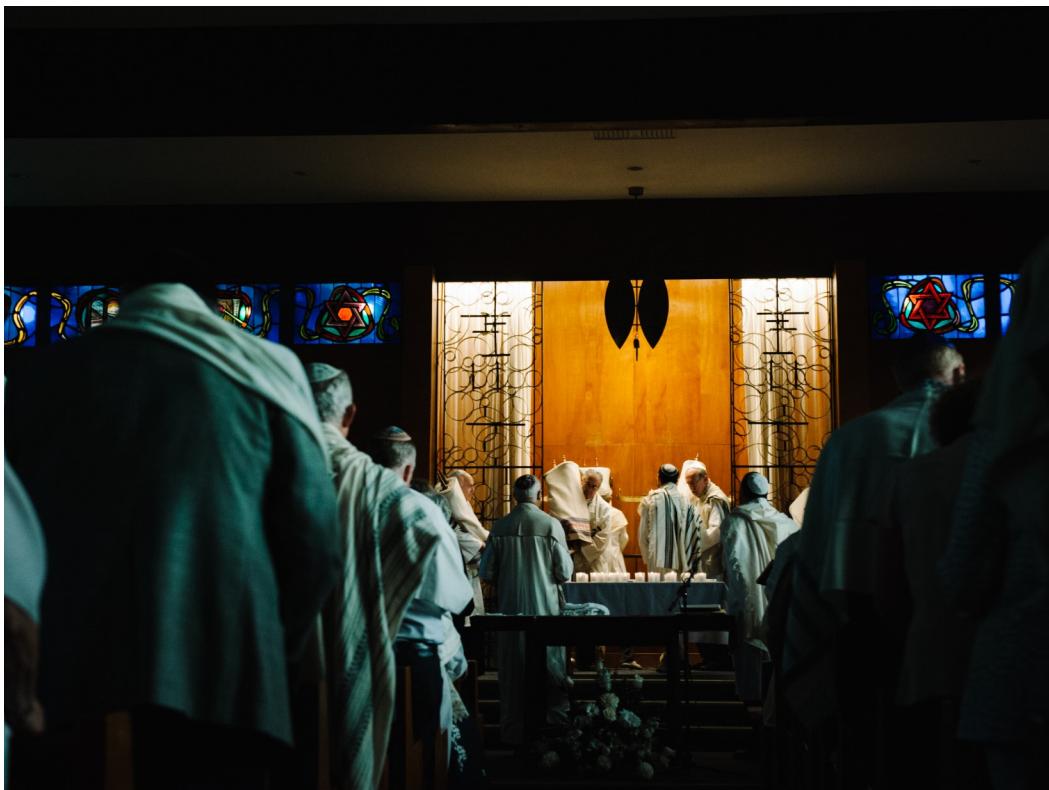


Photo credit: Anna Carson DeWitt

Annual Food Drive—New Format This Year!

BE a mensch! Help combat hunger with your High Holiday donation.

The Beth El Social Action Committee is committed to helping alleviate hunger in Durham and neighboring communities. This year, because of the synagogue renovation, we are asking congregants to donate cash or Visa, Master Card or grocery store gift cards instead of collecting bags of food.

The food banks will purchase groceries to stock their inventory. Money and gift cards will not be given directly to those in need.

This year we are supporting the following organizations:

Urban Ministries
Jewish Federation
Iglesia Hispana Emanuel
Walltown Food Bank
Families Moving Forward
Food Bank of Central and Eastern NC



How do I donate?

Monetary donations can be made [here](#) or checks can be mailed to the Beth El office. If you write a check, put "High Holidays food drive" on the memo line.

Your donations of gift cards from Food Lion, Harris-Teeter, Walmart, Costco or Visa/Master Card will be collected at Erev Rosh Hashanah and Kol Nidre services at the Carolina Theatre. You can also bring them to the Beth El office in advance.

No one should go hungry, and no one should have to choose between the necessities of life.

Start the New Year by BEing a mensch!

High Holiday Meals

Due to the synagogue renovation, we will not be hosting a pre-fast dinner this year. If you have extra places at any of your holiday meals, please open your home to one or more members of the Beth El family. If you need a place for a meal, please don't be shy! We will be delighted to arrange for hosts and guests to enjoy together.

To invite someone, or to request a place, please contact [Sheri](#) at Beth El (919-682-1238) no later than August 31 for Rosh Hashanah, no later than September 7 for Kol Nidre/Yom Kippur, and no later than September 14 for Sukkot.



Shaking the LULAV and ETROG—Monday-Tuesday, September 24 & 25 during the 9:00 am Sukkot services

On Sukkot, all of us have the opportunity to both live inside a mitzvah---the sukkah---and to hold a mitzvah---the lulav and etrog. As opposed to the holy days of Rosh Hashanah and Yom Kippur when most of our spiritual actions take place inside our hearts and souls, Sukkot is about the external. It is about going outside and connecting to the natural world.

Again this year, lulav and etrog sets may be purchased through Beth El. At Sukkot morning services, we will have the opportunity to raise the lulav and etrog and shake them in the six directions of the world, a powerful and spiritually-fulfilling practice. Even if you are not able to attend Sukkot services this year, you are still encouraged to purchase a set so that you can wave them in your home and share them with your friends and family.

If you would like to order a set, please [click here](#) and fill out the form or contact the office.

All orders must be in by Monday, August 27, due to our suppliers' shipping schedules.

Sets are \$45 each.

We'll let you know when they are in and can be picked up!

In the Sukkah

Sunday, September 30
12:30 PM
Freedman Center

PIZZA-IN-THE-HUT

The Men of Beth El (MoB) are providing kosher pizza for you to enjoy in the sukkah (the "hut"). Come schmooze, enjoy delicious pizza, and fulfill the mitzvah of eating in the sukkah!

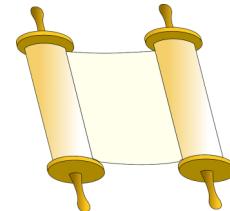
A photograph of several pizzas on a table next to a cartoon illustration of a person standing in a Sukkah, holding a bunch of grapes.

A Celebration!

Join Rabbi Greyber for a special Simchat Torah service filled with lots of singing and dancing!

Monday, October 1 at 6:30 pm

Come hear the completion and start of the Torah and dance with the Torah around the shul, followed by a celebratory oneg!



Tuesday, October 2 at 9:00 am

Simchat Torah means "Rejoicing in the Torah." This holiday marks the completion of the annual cycle of weekly Torah readings. Each week in synagogue, we publicly read a few chapters from the Torah, starting with Genesis Ch. 1 and working our way through to Deuteronomy 34. On Simchat Torah, we read the last Torah portion, then proceed immediately to the first chapter of Genesis, reminding us that the Torah is a circle and never ends.



This completion of the readings is a time of great celebration. There are processions around the synagogue carrying Torah scrolls, and plenty of high-spirited singing and dancing with the Torahs. Drinking is also common during this time; in fact, a traditional source recommends performing the priestly blessing earlier than usual in the service to make sure the Kohanim are not drunk when the time comes! As many people as possible are given the honor of an aliyah (reciting a blessing over the Torah reading); even children are called for an aliyah blessing on Simchat Torah! As many people as possible are given the honor of carrying a Torah scroll in these processions. Children do not carry the scrolls (they are much too heavy!), but often follow the procession around the synagogue, sometimes carrying small toy Torahs (stuffed plush toys or paper scrolls).

*The Beth El Synagogue
Board of Trustees, Committee Chairs
and Staff wish our entire congregation
a happy, healthy New Year!*

