



**A Guide for the**  
***Yamim Noraim***  
**(Days of Awe)**  
**5781**



Beth El Synagogue  
1004 Watts Street  
Durham, NC 27701  
919-682-1238

*Jewish Life Lived Together*

# A Journey Between Two Fasts

Rabbi Daniel Greyber, Elul 5781



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.

## ***A Guide to the Guide:***

On the following page, you will find our schedule of services and events. **Each service has a link to access the Zoom** (keep this handy during the High Holidays!). Main sanctuary services will also be livestreamed on our website (<https://betheldurham.org/livestream/>).

The remaining pages contain details about the enrichment sessions, study sessions, and additional activities we are offering this year. **Virtual events have links to join and in-person events have links to sign up. You must register in order to attend in-person events.** These details and any updates are available on our website: <https://betheldurham.org/high-holidays/>.

# 5781 Yamim Noraim & Sukkot Schedule

## SELICHOT SERVICES

Motzei Shabbat, September 12  
Selichot Service 8:30 pm\*\*  
[Register Here](#)

## EREV ROSH HASHANAH

Friday, September 18  
Orthodox Kehillah Service 6:30 pm  
[Services](#) 7:00 pm\*

## ROSH HASHANAH DAY 1

Saturday, September 19  
[Services](#) 8:30 am\*  
Orthodox Kehillah Service 9:00 am  
[Zoom Schmooze Room](#) 9:30 am\*  
Enrichment Sessions 10:00 am\*  
[Teen Lounge](#) 10:00 am\*  
[Family Service](#) 3:00 pm\*

## ROSH HASHANAH DAY 2

Sunday, September 20  
[Services](#) 8:30 am\*  
Orthodox Kehillah Service 9:00 am  
[Zoom Schmooze Room](#) 9:30 am\*  
Enrichment Sessions 10:00 am\*  
[Teen Lounge](#) 10:00 am\*  
[Family Service](#) 3:00 pm\*

## ROSH HASHANAH DRIVE-INS ^

Sunday, September 20,  
3:00-6:30 pm  
Mobile Shofar Blowing  
Tashlich & Shofar Blowing  
Multiple locations for each

## SANCTUARY VISITS ^

Monday, September 21-  
Thursday, September 24  
9:00 am-12:00 pm and  
6:00-9:00 pm

## SHABBAT SHUVA

Saturday, September 26  
[Services](#) 10:00 am\*  
Post-Services Speaker\*:  
Bishop Ronald Godbee

## KEVER AVOT

Sunday, September 27  
[Sunday Minyan](#) 9:30 am\*  
Durham Hebrew Cemetery  
Visitation ^  
10:30 am  
[Betheldurham.org/cemetery](#)

## KOL NIDRE

Sunday, September 27  
Orthodox Kehillah Mincha 2:00 pm  
[Family Service](#) 4:30-5:00 pm\*  
[Services](#) 6:30 pm\*  
Orthodox Kehillah Services 6:30 pm  
Candle Lighting 6:46 pm

## YOM KIPPUR

Monday, September 28  
[Morning Services](#) 8:30 am\*  
Martyrology Speaker: Joel  
Abramowitz (during Musaf)\*  
Orthodox Kehillah Services 9:00 am  
[Zoom Schmooze Room](#) 9:30 am\*  
Enrichment Sessions 10:00 am\*  
[Teen Lounge](#) 10:00 am\*  
[Family Service](#) 3:00 pm\*  
Study Sessions 3:00 – 5:00 pm\*  
Orthodox Kehillah Mincha 5:00 pm  
[Minchah](#) 5:15 pm\*  
[Zoom Schmooze Room](#) 5:00 pm  
[Ne'ilah](#) 6:30 pm\*  
Orthodox Kehillah Ne'ilah 5:45 pm  
Havdallah 7:45 pm

## SUKKOT DAY 1

Saturday, October 3  
[Services](#) 10:00 am (updated time!)\*

## SUKKOT DAY 2

Sunday, October 4  
[Services](#) 10:00 am (updated time!)\*  
Sukkah Crawl Scavenger Hunt  
(self-paced with your family)

## SHMINI ATZERET

Saturday, October 10  
[Services](#) 9:30 am\*

## EREV SIMCHAT TORAH

Saturday, October 10  
[Services](#) 8:00 pm\*

## SIMCHAT TORAH

Sunday, October 11  
[Services](#) 9:30 am\*

\* *Indicates a virtual event  
(click on the link to join!)*

^ *These programs require  
sign-up in advance*

*Please see pages 4-6 for  
descriptions and links for the  
enrichment and study sessions.*

*Our [Zoom Schmooze Room](#) will  
be open on Rosh Hashanah Day  
1 and 2 and Yom Kippur from  
9:30 am until the end of  
services, as well as 5:00-  
8:00 pm on Yom Kippur.*

### **\*\*What is Selichot?**

*Selichot means "prayers for forgiveness." This service initiates a more intense period of self-evaluation and introspection. We examine ourselves in the quiet of the night. We look into ourselves for the faults that must be corrected and declare our desire to start all over. This service takes place on the Saturday night preceding Rosh Hashanah. If there are less than three days between that Saturday night and Rosh Hashanah, then Selichot reverts back a week. Because the prayers are supposed to be recited in the quiet of the night, some begin them no earlier than midnight.*

# "Shalom/Goodbye 5780: Don't Let the Door Hit You in the Tush!"

Join us for a virtual storytelling session on  
Rosh Hashanah Day 1 (Saturday, September 19) at 10:00 am!

5780. Whew. Whata Year.

Hear some Beth El'ians share some stories from 5780. Not just kvetching, but what have we learned about ourselves? What would we have done differently? What do we regret?

[Click here to join.](#)

## Storytellers:



**Kevin Ginsberg**  
"Father of the Bar Mitzvah"



**Diana Medoff**  
"Holy Crap"

**In a world where toilet paper and cleaning supplies are scarce, one mother journeys to support her 4 year old who has taken to stopping up toilets and smearing poo. It's a messy story about humanity and patience during a crappy time.**



**Helene Singer**

## Rosh Hashanah Enrichment Sessions

Rosh Hashanah Day 1 (Saturday, September 19), 10:00 am:



**Orit Ramler, “Rosh Hashinui, the Beginning of Change Coaching Session”**  
*The New Year is a symbol of renewal and when we determine how we want to improve. We will share insights and tips that will help us develop goals and accountability to start the New Year with more awareness and purpose by letting go of what is not serving us well and welcoming new habits and opportunities. [Click here to join.](#)*

Rosh Hashanah Day 2 (Sunday, September 20), 10:00 am

**Laurie Patton and Shalom Goldman, “Poems and Legends About Creation”**  
[Click here to join.](#)



**Rabbi Salem Pearce, “On Laughing, Seeing, and Shifting Our Perspective: Living Through an Absurd Time”**  
*We’ll look at the Torah readings for the first day of Rosh Hashanah -- the birth of Isaac and the banishment of Hagar -- as a lens for understanding and for drawing strength during these bewildering times. [Click here to join.](#)*



**Healing Yoga with Margie Satinsky**  
*We’ll breathe, stretch, strengthen, and give thanks for the many benefits of yoga during challenging times. The class is suitable for students of all abilities. Recommended props are a yoga mat/blanket/towel, a strap/necktie, blocks/books, and cushions. [Click here to join.](#)*

## Yom Kippur Enrichment and Study Sessions

Yom Kippur (Monday, September 28), 10:00 am



### **Gisel Baler, "About Forgiveness, from The Torah, The Mishnah and our Own Experiences"**

*Yom Kippur - " כִּי בַיּוֹם הַזֶּה יִכַּפֵּר עֲלֵיכֶם לְטָהָר אֶתְכֶם מִכָּל חַטֹּאתֵיכֶם לִפְנֵי יְהוָה " - " For on this day He shall effect atonement for you to cleanse you. Before the Lord, you shall be cleansed from all your sins." - How does forgiveness work and what can we learn from one forgiveness, the story of Avraham, Sarah and Avimelekh. We will explore the attitude toward forgiveness related to this story found in the Mishnah (Mishnah Bava Kamma 8). We will relate it to our own life and attitude toward forgiving and for being forgiven.*

[Click here to join.](#)



### **Rabbi Ben Resnick, "Restoration and Retribution in (Mostly Classical) Jewish Thought"**

*Much of the High Holiday liturgy speaks of reward and retribution. But other Jewish sources--not to mention the very word teshuvah, return--seem to elevate a more restorative approach to justice. How do we make sense of this tension? In this session we'll explore a variety of traditional sources on this topic, with an eye toward applying their lessons to our own lives and to the life of the world around us.*

*Rabbi Benjamin Resnick was ordained at the Jewish Theological Seminary. He most recently served as Rav Beit HaSefer at Solomon Schechter Day School of Metropolitan Chicago. Benjamin has taught in many corners of the Jewish world and written about Jewish life and thought for a wide variety of publications. His wife, the journalist Philissa Cramer, grew up at Beth El and his in-laws are longtime members. [Click here to join.](#)*

## Yom Kippur Enrichment and Study Sessions

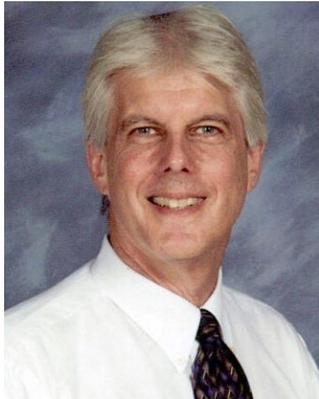
Yom Kippur (Monday, September 28), 3:00 pm



Jack Sasson, *"Jonah: Tale of Forgiveness for Yom Kippur"*

[Click here](#) to join.

Yom Kippur (Monday, September 28), 4:00 pm



Rabbi Steve Sager, *"Al Tashlicheinu L'eyt Ziknah: Don't Cast Us Away In Old Age"*

*The teaching of a bold, ancient sage who says to God, "You haven't given enough thought to how humans age! Let me help you!"*

[Click here to join.](#)

## Youth Programs for the *Yamim Noraim*

### Family Services

**Rosh Hashanah Day 1: Saturday, September 19, 3:00 pm**

**Rosh Hashanah Day 2: Sunday, September 20, 3:00 pm**

**Kol Nidre: Sunday, September 27, 4:30 pm**

**Yom Kippur: Monday, September 28, 3:00 pm**



Join award-winning educator, musician, and ritual leader Eliana Light for family prayer gatherings to open the heart, warm the spirit, and engage in the wonder of the High Holidays.

Geared towards elementary age children and their grownups, but appropriate for any and all ages. It's an opportunity for families to spend valuable time with each other, and for anyone to connect to the liturgy and themes of the High Holidays in a playful, accessible, meaningful way. Eliana has created a [YouTube playlist](#) so you can learn her tunes in advance!

### Talmud Torah Days of Awe-Some High Holiday Activity Bags

On **Sunday, September 13 from 9:30 am -12:00 pm**, Talmud Torah families can drop by the synagogue to pick up **both** your High Holiday Kit (for every Beth El member household) **and** your special Talmud Torah Days of Awe-Some high holiday activity bag. Filled with hands-on craft activities and holiday-themed projects, this special kit will allow you to bring a bit of Talmud Torah community into your homes over the following month. Whether completing an outdoor scavenger hunt or creating an edible sefer Torah, our hope is that these will help you foster a connection to the Jewish calendar and a sense of fun and joy as we celebrate some of the most important days and sacred moments in our tradition.



## Mahzors

In order to have copies of the Mahzor (Lev Shalem) in your home for the High Holidays, you have three options:

1. You can [purchase](#) hard copies through the Rabbinical Assembly (order ASAP to receive in time!)
2. You can borrow up to two copies per household from Beth El by [completing this form](#) (borrowed Mahzors must be returned before November 2, 2020). We can deliver your Mahzors with your High Holiday Kits! (see below)
3. Digital copies are available: [click here](#) to access a digital copy; enter code **P8W5HE2U**. The mahzor may initially open to the last page of the mahzor, since the platform defaults to a left-to-right page display. To resolve this, simply move the slider bar at the bottom of the page display all the way to the right.



### Beth El "TOGETHER" High Holiday Kit Delivery



Even though this year we will pray at a distance, we stand together as one during these extraordinary times. To help us celebrate in a meaningful way while we are apart, Beth El has prepared a thoughtful "High Holiday Kit" for every member household.

Each High Holiday kit contains some traditional holiday items to nourish your body (including round challah and honey cake) and soul (yizkor candle, Shabbat candles and more) as well as some special surprises.

We will do our best to get these Kits to your door on or before Monday, September 14. If you will be out of town, or would like to help us by assisting with these deliveries, please contact: Sally Brown (sallybrown721@gmail.com).

# High Holiday Meals-to-Go

## Menus

### ROSH HASHANAH

#### ENTREES

Apple Baked Chicken with Onion

Baked Salmon

Vegetarian Baked Feta with  
Honey-Fried Tofu and Veggies

\*\* all entrees served on bed of  
Israeli couscous (or quinoa if  
gluten-free)

#### SIDES

Roasted Broccoli and Cauliflower  
with Mediterranean Spices

Green Beans with Roasted Red  
Pepper

Honey Roasted Carrots with  
Parsley

Apple Kugel (parve)

Honey Roasted Sweet Potatoes

#### DESSERTS

Cinnamon Apple Strudel  
(parve)

Chocolate Torte with Ganache  
(dairy/gluten-free)

Apple Brownie (parve; GF available)

### YOM KIPPUR

#### PRE-FAST DINNER

Onion Smothered Brisket (Meat, GF)  
Baked Salmon on Yellow Rice (Parve, GF)

Moroccan Chickpea Stew on  
Basmati Rice (Parve, GF)

#### SIDES (All parve)

Roasted Vegetables

Sherry Sauteed Mushroom Medley

Rosemary Roasted Red Potatoes

Dilled Creamers (mini Idahos)

#### DESSERT

Rugelach Variety (parve)

#### BREAK-THE-FAST SNACK PACK OPTIONS

(Dairy)  
Bagel with Cream Cheese, Lox, Sliced  
Cucumber & Tomato, Fresh Berries,  
Cookie

(Dairy/GF)  
Cheese Quiche with Mini Colored  
Peppers & Hummus, Fresh Berries,  
Cookie

Deli Lunch for Two with Choice of  
Corned Beef, Pastrami or Turkey,  
Pickle, Chips, Cookies (parve)

ROSH HASHANAH ORDERS DUE BY SEPT. 13  
YOM KIPPUR ORDERS DUE BY SEPT. 21

#### Pricing:

Rosh Hashanah Meals: \$22 each

Pre-Fast Dinner: \$24 each

Break-the-Fast Snack Pack:

\$15 each for Bagels and Quiche;

\$26 for the Deli Lunch for Two

[Click here](#) to place your Rosh Hashanah order.

[Click here](#) to place your Yom Kippur order.

## Mobile Shofar Blowing Sunday, September 20

Our Shofar blowers will be travelling this year! Come out to fulfill the mitzvah of hearing the Shofar on Sunday, September 20 (Rosh Hashanah Day 2).

We will have six locations around Durham-Chapel Hill with various time slots to choose from. Two locations (Sandy Creek Park in Durham & Eastwood Lake in Chapel Hill will have Tashlich in addition to Shofar blowing). We can accommodate 25 people at any given time.

Please bring your mask and stand at least 6 ft. apart.

Sign-up is required—[click here](#)

If you'd like to hear the shofar but cannot leave your home, please email Sheri (sheri@betheldurham.org) and we will try to arrange a shofar blowing for you.



### TASHLICH SERVICE

Sunday, September 20

Chapel Hill— 3:00, 4:00, and 5:00 at Eastwood Lake

Durham— 3:00, 4:00, 5:00 and 6:00 pm at Sandy Creek Park

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 your mask and join us for one of these socially distanced gatherings! The shofar will be blown at each of these times. **Sign-up is required—[click here](#)**

### ***\*Tell Me More About Tashlich***

*This is a tradition that began hundreds of years ago in the medieval period of Jewish history. On Rosh Hashanah, late in the afternoon, Jewish people gather around a body of water, preferably a stream or river with fish. Their pockets are filled with challah or other pieces of bread. A few prayers are recited including a beautiful verse from the Prophets: “God will take us back in love and will cover up our inequities; You will hurl (the Hebrew: vetashlikh, pronounced: vi-tash-LEEH) all our sins into the depths of the sea” (Micah 7:18).*

# SELICHOT

## *Our Father, Our King: Wrestling with G?D*

**SATURDAY, SEPTEMBER 12, 2020 @ 8:30 PM**  
VIA ZOOM



Words have power, and the words of the High Holiday Liturgy weave a particular story about G?D and how G?D works in the world. Through song, text, and reflections, we'll complicate this story, unpack our G?D baggage, and find new ways in to our sacred heritage.

Led by Eliana Light. Eliana envisions a joyful, vibrant, heart-centered Judaism that speaks to the soul and moves the spirit, reminding us that we all are One. In 2019, she was named to Jewish Week's 36 under 36.

Please RSVP to receive Zoom link at:

<https://jccfed.wufoo.com/forms/2020-community-selichot/>

**Sponsored by:**



## Sanctuary Visits

For the past many years as part of the Ne'ilah service, Rabbi Greyber has welcomed individuals and families to a few moments of private prayer in front of our ark at Beth El. Although we cannot do that during Ne'ilah this year, we are offering 15-minute time slots between Rosh Hashanah and Yom Kippur during which member households can sign up to visit and reflect in our sanctuary in a safe way.

**September 21-24**

9:00 am—12:00 pm and 6:00—9:00 pm

Sign-up is required—[click here](#)



### ***\* I Always Hear People Saying High Holiday Greetings — What Do Those Mean?***

#### ***Rosh Hashanah:***

**L'shanah tovah tikateivu:** May you be Inscribed [in the Book of Life] for a Good Year.

There is actually a set response to this greeting: **Gam I'mar** or **Gal I'kha**. The response simply means “the same to you.”

#### ***Yom Kippur:***

**Tzom kal:** Have an easy fast.

**Gemar hatimah tovah:** A Good Final Sealing [to you]

**Hatimah tovah:** A sealing [to you] for Good.

## Annual Food Drive

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

Though the High Holidays will look and feel different this year, the Social Action Committee will be maintaining its food drive to support four local food pantries serving hungry people in our community:

- \*Jewish Family Services
- \*Iglesia Hispana Emanuel Food Bank
- \*Walltown Food Pantry
- \*Inter-Faith Council of Chapel Hill



We are accepting monetary donations between now and the end of Sukkot on October 9.

### **How do I donate?**

Monetary donations can be made [online](#) or checks can be mailed to the Beth El office. If you write a check, please make it payable to Beth El Synagogue, with "food drive" written in the memo line.

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!



### **Join Eric Meyers in the Sanctuary (sort of)!**

We want a lifesize cardboard cutout of you, from the waist up, to be placed in sanctuary chairs during High Holiday services to keep Rabbi Greyber and Eric Meyers company! [Click here](#) to order your cutout by **Wednesday, September 9**. Proceeds will go towards the High Holiday food drive.



## **KEVER AVOT**

### **Traditional Cemetery Service at Durham Hebrew Cemetery**

**Sunday, September 27 at 10:30 am, 11:00 am, or 11:30 am (Sign-up required—[click here](#))**

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 27 at the Durham Hebrew Cemetery as we partake in a ritual of remembrance. Directions to the cemetery can be found at [betheldurham.org/cemetery](http://betheldurham.org/cemetery).

Please wear a mask and stand at least 6 feet apart in the cemetery.

## Shaking the LULAV and ETROG—Sunday, October 4 during the 9:30 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. You are encouraged to purchase a set so that you can wave them in your home and share them with your family.

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

**All orders must be in by Wednesday, September 9 due to our suppliers' shipping schedules.**

Sets are \$45 each.

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

**Stay tuned for details on our self-paced Sukkah Crawl!**

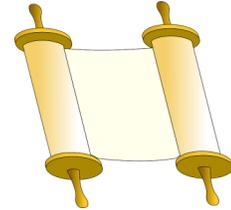


**A Celebration!**

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

**Saturday, October 10 at 8:00 pm**

*Come hear the completion and start of the Torah!*



**Sunday, October 11 at 9:30 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). We encourage you to carry out these rituals in your home!

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

