

High Holy Days Information

The Days of Awe at Mount Zion Temple - 5780/2019

High Holy Days Service Schedule

- Selichot -

Saturday, September 21 - Elul 22

Havdalah and Program	8:30 p.m.
Reception	9:45 p.m.
Selichot Service	10:15 p.m.

- Erev Rosh Hashanah -

Sunday, September 29 - Tishrei 1

Service	7:30 p.m.
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- Rosh Hashanah -

Monday, September 30 - Tishrei 1

NEW SCHEDULE!

Family Service New this year! (see p. 5)	8:30 a.m.
Teen Service (Grades 7-12)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	9:45 a.m.
Shacharit Service	11:00 a.m.
Teen Program (Hidden Falls Park)	3:30 p.m.
Yoga for the New Year (Hidden Falls Park)	3:30 p.m.
Tashlich (Hidden Falls Park)	4:30 p.m.
Picnic Dinner	(approx) 5:15 p.m.

- Shabbat Shuvah -

Friday-Saturday, October 4-5 - Tishrei 6

Shabbat Service	6:30 p.m.
Shabbat Morning Service	10:00 a.m.
MZ Small Groups Gathering (Followed by Havdalah)	4:00 p.m.

Sunday, October 6 - Tishrei 7

Memorial Service at Cemetery (rain or shine)	11:00 a.m.
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- Erev Yom Kippur - Kol Nidre -

Tuesday, October 8 - Tishrei 10

Early Service	6:00 p.m.
Late Service	8:30 p.m.

- Yom Kippur -

Wednesday, October 9 - Tishrei 10

Early Service (Gr. 2-6 Program during Sermon)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	10:30 a.m.
Late Service	11:45 a.m.
Teen Service (Grades 7-12)	11:45 a.m.
Poetry Session	11:45 a.m.
Chair Yoga	12:45 p.m.
Chant Circle	1:30 p.m.
Rabbi's Study Session	2:30 p.m.
Healing Service	2:30 p.m.
Yizkor	3:15 p.m.
Kids' Program (Grades 2-6; from 3:15 to end of Ne'ilah)	3:15 p.m.
Afternoon Service (approx)	4:15 p.m.
Teen Program (Grades 7-12)	4:15 p.m.
Ne'ilah Service	(approx) 6:15 p.m.
Break-the-Fast (Following Havdalah)	(approx) 7:15 p.m.

Sanctuary services will be live streamed.

See right for details.

Standing at the Gates of the New Year

We approach with awe the arrival of the new Jewish year 5780.

During this period of reflection, there are many ways to bring the meaning of the Holy Days near to your spirit. In addition to individual introspection and collective prayers, we have highlighted in this bulletin special moments in the High Holy Day season. May you be blessed with the ability to notice and appreciate every breath you take, thankful to the Holy One of Blessing for giving you life, for sustaining you, and for enabling you to reach and enjoy this season of return and fulfillment.

Rabbi Adam Stock Spilker - Rabbi Esther Adler
Cantor Jennifer Strauss-Klein - Cantor Rachel Stock Spilker

Yoga for the New Year (Rosh Hashanah Day)

Monday, September 30, 3:30 p.m. at Hidden Falls

Led by Chris Gordon of Big River Yoga and Cantor Spilker



Chair Yoga (Yom Kippur Day)

Wednesday, October 9, 12:45-1:20 p.m. at Mount Zion

Join Mount Zion member and yoga teacher, Anna Schorer, and Cantor Spilker for a "7th Inning Stretch." All movements will be done in a chair, will be accessible, and can be done in dress clothes.

High Holy Days at Sholom



Services co-led by Cantor Spilker

Do you have loved ones living at Sholom East? Cantor Spilker will be co-leading some of the High Holy Day services there and hopes to see Mount Zion residents, as well as friends and family of Mount Zion members at the following services:

Selichot

Saturday September 21, 7:00 p.m.

Rosh Hashanah Morning

Monday, September 30, 10:00 a.m.

Kol Nidre

Tuesday, October 8, 7:00 p.m.

Yom Kippur Morning and Yizkor

Wednesday, October 9, 10:00 a.m.

First Day of Sukkot

Monday, October 14, 10:00 a.m.

This will be a combined Mount Zion/Sholom Home service.

Simchat Torah

Monday, October 21, 10:00 a.m.

Tuesday, October 22, 7:00 p.m.*

*The Conservative and Orthodox movements celebrate Simchat Torah the night after Reform and Israeli communities.

A Guide to High Holy Day Services at Mount Zion

Selichot:

This service is always the Saturday night before Rosh Hashanah (or if Rosh Hashanah falls on a Tuesday or earlier in the week, two Saturdays before Rosh Hashanah.) Traditionally, the service is meant to be held close to midnight.

Rosh Hashanah and Yom Kippur

Evening Services:

On Rosh Hashanah, we worship as a community for one evening service at 7:30 p.m. The timing is meant to allow for a festive home Rosh Hashanah dinner in the late afternoon before we join for the music and prayers of the season, hear uplifting words from our rabbis, and a message from our President about our Mount Zion community.

On Yom Kippur, the evening Kol Nidre service is offered at two times. You may choose the time that works for you. Traditionally, this is the only evening service in the year when a tallit is worn.

Rosh Hashanah Day

NEW THIS YEAR: On Rosh Hashanah morning, in place of our usual “early” service, we are experimenting this year with a new Family Service geared to households with children in grades 2-6. See a full description on p 5. The second service is the same worship experience as our former “Late Service” but at a new time: 11 am and is now called “*Shacharit*” (which means Morning Service). We encourage adults to attend the 11 am service.

Yom Kippur Day

On Yom Kippur we offer two service choices, which we call “early” and “late.” You may attend either or both. At both services, we use the Reform Movement’s High Holy Day prayer book, *Mishkan HaNefesh* and the same sermon will be given. However, the liturgy style differs. We highly recommend families who have children in 2nd-6th grade attend our 8:30 a.m. service. This service is led by our most recent B’nei Mitzvah class, (the current 8th grade class) along with our teen choir and our clergy. During this service, we offer a full worship experience designed for adults and children. We choose readings that we hope will be meaningful to all, though are geared toward households with school age children.

During the sermon time (approx 10:00 a.m.) we offer a program in Johnson Social Hall for children in grades 2-6. Children may choose to stay with their family for the sermon or go with the Religious School Director to participate in the program. (See p 3).

On Yom Kippur, we also provide informal activities for children in grades 2-6 during the afternoon services (3:15-6:15 p.m.). After the Neilah service, students will be led into the sanctuary with candles for Havdalah.

Tashlich

One of the traditions of Rosh Hashanah is to ritually rid ourselves of our sins by tossing bread crumbs into a moving body of water. In past years, hundreds have gathered by the Mississippi for this brief but spirited moment. On Monday, September 30, 4:30 p.m. Tashlich will once again take place at Hidden Falls Park (North entrance). See enclosed map for directions. Accessibility Note: We meet near the boat ramp (end of the parking lot) which is paved down to the water. There will be a picnic dinner after Tashlich (approximately 5:15 pm). Please bring your dinner and a picnic blanket. Mount Zion will provide drinks and compostable paper goods.

Spending Yom Kippur Day at Mount Zion

Poetry Session/Chant Circle/Chair Yoga/Healing

Service/Study Session: These offerings are different ways to engage with each other and ourselves on this holy day.

Poetry 11:45 a.m. (See p 4.)

Chair Yoga: 12:45 p.m. (See p 1.)

Chant Circle: Gather with Cantor Spilker and Mount Zion member, Julie Dean, at 1:30 p.m. as we sing simple, repeating melodies to focus our minds and open our souls.

Rabbi’s Study Session and Healing Service: After the Late Service concludes around 2:30 p.m., there will be a study session led by our rabbis in the Library and the Healing Service (see p. 4) in Johnson Social Hall. Led by our clergy.

Yizkor: The sanctuary is never so still as during this memorial service which leads into the afternoon service. Traditionally this is a time to remember parents who have passed away, but today many come to remember any loved one. The Yizkor service and names of loved ones whom congregants are remembering are included in a Memorial Book.

Yom Kippur Afternoon Service

Wednesday, October 9, 4:15 p.m. (approx.)

Did you know that our Yom Kippur Afternoon Service is a unique, engaging, interactive experience?

It includes Drama – Watch a re-enactment of the moment when the High Priest blessed the Israelites from the Holy of Holies.

It includes Music – Participate in congregational singing, with full band instrumental accompaniment.

It includes Conversation – Discuss timely questions with people sitting near you.

It includes Torah – Take the Torah Scrolls in your arms as six of our scrolls are passed from person to person through the entire congregation.

It includes Reflection – Listen to beautiful reflective music during the transition between services.

Isn’t all this better than sitting at home not eating? If you haven’t joined us for the afternoon service in the past, we encourage you to give it a try this year. If you have, we welcome you back.

Ne’ilah/Closing Service: After a full day of prayer and reflection, the prayers flow from the afternoon service into the final service of Yom Kippur. Many follow the tradition of standing for the entire Ne’ilah service.

We follow the tradition of having the ark remain open for the entire Ne’ilah service (symbolic of the open gates of repentance.) We will invite the congregation to stand at their seats or along the side aisles. If you are unable to stand (approximately 45 minutes,) you are welcome to choose a seat in the designated section in the front of the sanctuary so that you will still be able to see the bima.

After the final blast of the shofar, dozens of children holding candles come to the bima to bid the Holy Day farewell with Havdalah. We then join outside the sanctuary to break the fast as a community.

A Guide to High Holy Day Services at Mount Zion

Planning the High Holy Days with Your Children

A Note to Parents/Guardians: You know your children best. We offer the following options to help you find the right balance during the High Holy Days. We encourage kids in grade 2 and above to attend services. Younger children who can sit quietly are welcome and encouraged to attend as well. We do ask that you help us maintain decorum in the sanctuary throughout the High Holy Days. If you need to leave the sanctuary with your children, you may go to Harris Chapel where services are broadcast on closed-circuit TV.

Please do not leave or enter the sanctuary when the ark is open. Thank you!

We offer child care for children (birth through age 8) during most of our High Holy Day services. See mzion.org for detailed information and to make reservations (required). Reservations are due by Friday, September 20! We also offer specialized programming for children and teens (see below). Please register in advance for kids' programming (grades 2-6) as well! There are no reservations required for teen programs.

Tots from birth to Grade 1:

Rosh Hashanah and Yom Kippur Tot Program & Service For times, see p 1.

Drop in any time at the starting time for informal family "schmooze" time in the Harris Chapel with crafts, activities, and singing. We will then process into the Sanctuary for the service. As a parallel to our monthly Tot Shabbat, this 45 minute service is designed for kids from birth to first grade and anyone who wishes to join them. We use the Gates of Awe prayerbook, our teen choir leads the music, and our rabbis tell a creative and inspiring story.

Kids in Grades 2-6:

Rosh Hashanah - New Service! (see p. 5). Yom Kippur at Sermon approx. 10:00 a.m. Ne'ilah Service & Havdalah, 6:15 p.m.

We encourage children in grades 2 and above to attend services. A newly designed service has kids in mind for Rosh Hashanah (p. 5). The early service on Yom Kippur morning is a full worship experience designed for adults and children. At the sermon time on Yom Kippur, children in grades 2-6, if they so choose, participate in a special program. (See next paragraph).

On Yom Kippur, students will participate in hands-on activities related to the Jewish chain of tradition (*Shalshet Hamesorah*) and beautifying commandments (*Hiddur Mitzvot*). Our beliefs and practices link us in a chain of tradition with previous generations, while our creativity adds new links to that chain by finding opportunities to connect with our tradition in ways that are meaningful to us.

On Yom Kippur, we also provide informal activities for children in grades 2-6 during the afternoon services (3:15-6:15 p.m.). After the Neilah service, students will be led into the sanctuary with candles for Havdalah.

Teens in Grades 7-12:

The teen services are experiential services created and led by teens in grades 7-12. With guidance from our staff, the programming is uplifting, creative, and meaningful—and is only for teens.

Rosh Hashanah Morning Teen Service, 8:30 a.m.

NEW TIME THIS YEAR - The theme for our Rosh Hashanah Service will be our family traditions. We will share how we celebrate Rosh Hashanah in our homes and learn about how other people around the world celebrate.

Rosh Hashanah Teen Program, 3:30 p.m. at Hidden Falls Park. Join us for a relaxing afternoon program outside at Hidden Falls Park where we will hike and share traditions of our families. Please think about one funny/interesting tradition from your family. We will take time to reflect on the past year in preparation for Tashlich and look forward to the year ahead in which we can grow as individuals and a community.

Yom Kippur Teen Service 11:45 a.m. Explore and understand the way people in Israel observe Yom Kippur and what the differences are between the U.S. and Israel.

Yom Kippur Teen Program 4:15 p.m. We will talk about the meaning of atonement and the difference ways in which we atone for an offense against God and atoning for an offense between one person and another. We will make a Time Capsule that we will open in June.



Selichot*

*The Evening that Ushers in Genuine Reflection
to Prepare for the Days of Awe*

Saturday, September 21

8:30 pm - Havdalah and Program

9:45 pm - Reception

10:15 pm - Selichot Service

**Selichot literally means "Forgiveness". We start the Days of Awe where we hope to end, with mercy and compassion towards ourselves and all people in our lives.*

High Holy Day Inclusion and Accessibility:

If a need arises during services, please find an usher to assist you.

- **Disability Reserved Parking** - Disability parking is available on a first come, first served basis on Summit Avenue and in the lot adjacent to the kitchen. A state-issued disabled parking license is required. Drop off for those in wheelchairs or those who have mobility impairments is easiest at the alley entrance where there is a ramp and an electric door.
- **ASL Interpreters** are available for the following services: Rosh Hashanah (Evening and Late Morning); Tashlich; Yom Kippur (Kol Nidre Late Service; Late Morning Service; Yizkor service through Ne'ilah).
- **Vision accessibility** - Our High Holy Day prayer book, *Mishkan HaNefesh*, is available in an e-reader version, and we have a small number of e-readers available. If you are bringing your own device, please consider, when possible, using one that does not emit light, as these can be less distracting to others. In addition, we offer magnifier sheets to use on top of the prayer books. We continue to encourage everyone who is able to use the printed prayer book, and large-print books are available.
Contact Sheri Frisque from our Accessibility/Inclusion committee if you need assistance setting up your e-reader (sherifrisque@yahoo.com 651-270-3352).
- **Sensory accessibility** - ear plugs are available to those who are sound-sensitive, as are fidget items for those who need them.
- **Amplified hearing devices** are available at all services.
- **Accessible Seating** - Seats are reserved in two locations: in the front row of the sanctuary (on the left if you are facing the bimah) and in one row in Margolis Hall (near the doors that to the lead kitchen). Please arrive 15 minutes before the service/s you are attending so our ushers can help you find a seating location that will work best for you.

- **A single-use accessible bathroom** - is located near the kitchen in the hall to the parking lot entrance.
- **Scent Allergies** - We ask service attendees to refrain from using any scented products and perfumes to allow those with severe allergies and asthma to remain in the sanctuary. The flowers on our bimah are scent-free.
- **Closed Circuit TV** - This is available in the chapel for families and others who may need a break from the sanctuary service but still want to watch the services. The space is open to all, but please note that it is particularly designed for those with young children or others who may need to move around.
- **A quiet room for adults** is available in The Listening Library (inside the main library).
- **Our Resource Room** is available for children who need a break from the sanctuary. Children must be accompanied by an adult.
- **If you are not fasting** for any reason, Room 106 will be open for people who need to eat and/or drink.
- **Accessibility to the bimah and ark** - We have railings and an elevator.
- **Live Streaming of Services** - All services are broadcast at mzion.org.
- **Accessible Tashlich Services** - Tashlich takes place on Rosh Hashanah afternoon at Hidden Falls and is accessible for those who bring walkers or wheelchairs. Folding chairs on a flat surface are available, and assistance is available to help you get to the water's edge. The service will also be interpreted into ASL.

For **other specific needs**, contact Larry Solomon at 651-698-3881.

Tashlich Picnic Dinner - NEW THIS YEAR!

September 30 (approx. 5:15) Hidden Falls Regional Park
Please bring your own dinner and a picnic blanket. Mount Zion will provide drinks and compostable paper goods.

Healing Service with Harp and Flute

Please join in a comforting worship experience for anyone seeking healing and wholeness. Members of our clergy will lead, along with the soothing sounds of the harp and flute.

Yom Kippur Day, 2:30-3:00 p.m.

The Poetry of the Prayer Book

Michael Kuhne, Ph.D.

Yom Kippur Morning, 11:45 am - 12:30 pm



Michael has assembled a cast of Mount Zion congregants who will lead an inspiring exploration of the poetry and prose in the new prayer book, *Mishkan HaNefesh*.

Michael Kuhne, President of Mount Zion, is a Professor of English at the Minneapolis Community and Technical College.

Cemetery Memorial Service

Sunday, October 6, 11:00 a.m. Come rain or shine!

As a people, we are eternally linked to those who came before us. As individuals, we are especially mindful of family and friends who have died in the past year. In the spirit of remembrance, we annually conduct a special service at our cemetery. Please join us for a meaningful and reflective service. The cemetery is located at the intersection of Payne and Larpenteur Avenues.

Sign Up for High Holy Day Ushering

It is a great mitzvah to usher at High Holy Day Services. The usher's role is crucial to creating a warm, welcoming and dignified spirit during the Days of Awe. Ushers take tickets, welcome each person as he/she enters our sanctuary, and assist in seating and making everyone feel at home at Mount Zion. We also rely on our ushers to help maintain decorum in the sanctuary and hallways before, during, and after the service. We hope you will consider volunteering and join our team of valued ushers. We need you! To register: mzion.org. Questions? Call Larry at 651-698-3881.

NEW THIS YEAR!

Rosh Hashanah Family Service

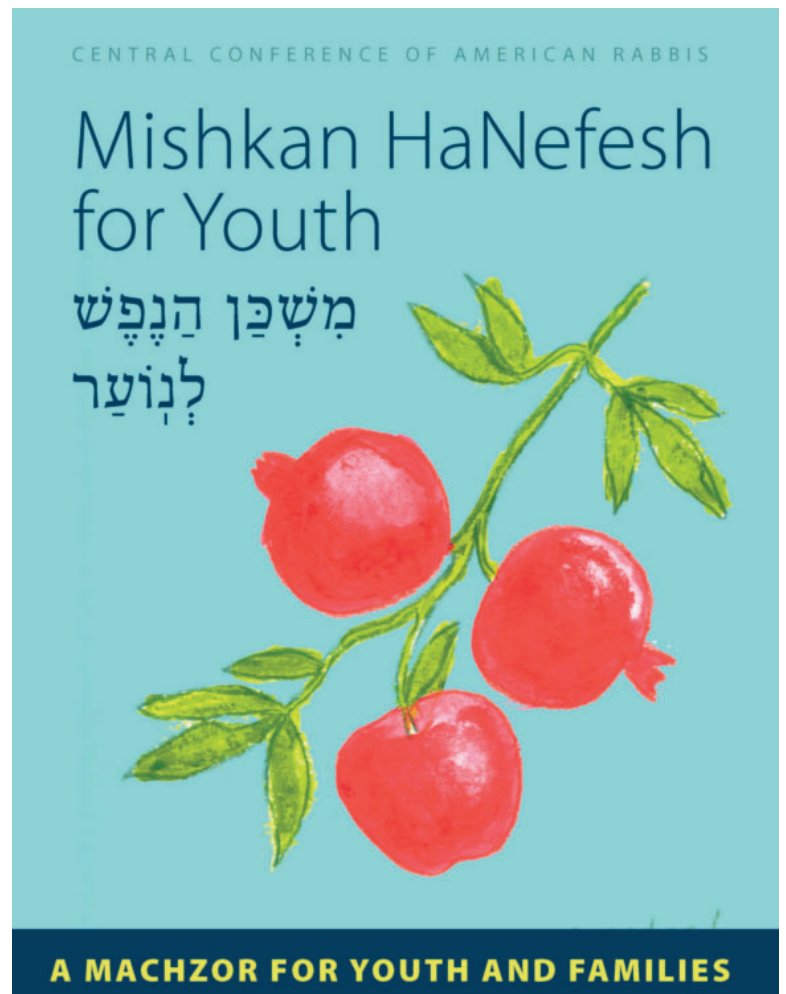
Designed for 2nd-6th graders and their families

Monday, September 30, 8:30 am

We heard you! This Rosh Hashanah, Mount Zion has created an experimental family service, especially designed for the needs of households with kids from 2nd-6th grade. This service is accessible and uses the familiar format of our Religious School siddur, incorporating the sounds and inspiring themes of the High Holy Days. Led by our clergy, this service provides a meaningful Rosh Hashanah experience in a condensed family-friendly format. (The Yom Kippur early service will continue the same format as previous years.)

The Rosh Hashanah Family service offers:

- a new *machzor*, the beautifully illustrated *Mishkan HaNefesh for Youth*, generously donated by our 5779 Confirmation class
- an age-appropriate story instead of sermon
- the sounding of the shofar
- an abbreviated Torah service



A Note to Adults Accustomed to the Early Service

We encourage you to attend the congregational Rosh Hashanah service at 11 am. This is a new time for what used to be the "Late Service". For Yom Kippur, feel free to enjoy the traditional 8:30 am Early Service led by our 8th graders as usual. And please know that this is an experiment only for Rosh Hashanah in response to desire for a shorter, kid-centered, family service. Please share your feedback with Sally Glick, chair of our Worship Committee, at sallyoglick@gmail.com or with any of our rabbis or cantors.

Mount Zion Temple

PRAYER BOOK

for the High Holy Days



The Machzor (High Holy Day Prayer Book) of the Reform Movement: **Inspiration, Tradition, Innovation**

We encourage personal engagement with the material in Mishkan HaNefesh, and hope that everyone will find something within the covers of the prayer book that will pique their curiosity and stir their soul. It is our practice as a congregation to own our own copies of the machzor. Owning an individual copy will help you to discover personal connections within Mishkan HaNefesh by exploring the text both on your own and in our community.

A few years ago, Mount Zion moved to a new prayer book, Mishkan HaNefesh, which is used for every service*. Still need one? Prayer books should be picked up before the High Holy Days.

*This year, the Rosh Hashanah 8:30 am Family Service will use a new prayer book, *Mishkan HaNefesh for Youth*, provided by the Confirmation Class of 5779. All other regular services will use *Mishkan HaNefesh*.

It is our custom for congregants to own their own prayer books.

Order your copies online at mzion.org or call the Temple at 651-698-3881.

Tashlich Service

Monday, September 30, 4:30 p.m.

Hidden Falls Regional Park

(enter north gate on the corner of Magoffin Ave. & Mississippi River Blvd.)

Look for signs!

Turn Your Pockets Inside Out - We complement our words of prayer with the symbolic action of emptying our pockets of dust and crumbs: a sign of our intention to rid ourselves of wrongdoing. For years, our members have come to the edge of the Mississippi to act out the prophet Micah's vision, "And you will cast all their sins into the depths of the sea."

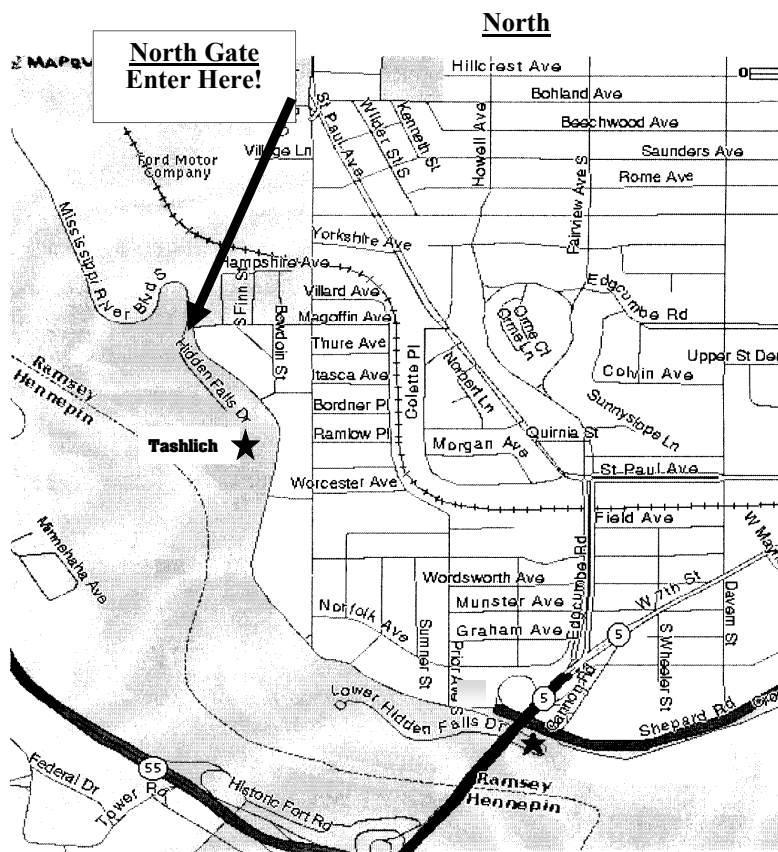
We look forward to seeing you there!

NEW THIS YEAR!

Tashlich Picnic Dinner

After Tashlich (approx. 5:15 pm)

Please bring your own dinner and a picnic blanket. Mount Zion will provide drinks and compostable paper goods.



Minnesota Jewish Theater Company presents:

The Book of Jonah

Yom Kippur Afternoon Service, October 9

Instead of chanting the Book of Jonah in Hebrew, we will again hear **a dramatic reading in English by actors from the Minnesota Jewish Theater Company.** This intriguing, short story has so many layers and important messages as we near the end of our Days of Awe. The reading will be during the Torah service toward the end of our afternoon service which begins at 4:15 and ends around 6:15 pm.



Minnesota Jewish
Theatre Company

A Glossary of Greetings

For Rosh Hashanah

- **Shanah tovah:** Wishing your friends happy new year is as easy as saying *shanah tovah*, which means "a good year" in Hebrew.
- **L'Shanah tovah u-metukah:** If you want to express the same sentiment but more elaborately, this phrase means "To a good and sweet year"
- **L'Shanah tovah tikateivu:** A more pious Rosh Hashanah greeting that means, "May you be inscribed [in the Book of Life] for a good year."



For the 10 Days of Repentance (Aseret Y'mei Teshuvah)

Yom Kippur comes ten days after Rosh Hashanah. This time period is referred to as *Aseret Y'mei Teshuvah* (10 Days of Repentance). These days offer us the chance to earn forgiveness by means of reflective repentance.

- **Shana tovah:** Throughout the 10 days, it remains customary to wish friends this greeting.
- **G'mar tov** and **G'mar chatimah tovah:** Since *Yom Kippur* is approaching, it is appropriate to start wishing people the Hebrew phrases understood as, "May you be sealed for good" or "May you be sealed for a good year [in the Book of Life]."

For Yom Kippur

- **G'mar tov** and **G'mar chatimah tovah:** Yes, these are appropriate for *Yom Kippur*, too!
- **Tzom kal:** This Hebrew greeting is offered to wish your Jewish friends an "easy fast."
- **Shanah tovah:** This Rosh Hashanah greeting may also be used for *Yom Kippur* because both observances are part of Judaism's High Holy Day Season.
- **L'Shanah tovah teichateimu:** Similar to the more pious Rosh Hashanah greeting, but this version drops "tikateivu" from the formula, since we presume that everyone is righteous and will, by *Yom Kippur*, already be written in the Book of Life. So we simply wish, "May you be sealed for a good year."

General Holy Day Greetings

On any Jewish holy day, you can use the Yiddish phrase, *gut yuntiff*, (goot yun'-tif) which comes from the Hebrew **yom tov**, good (holy) day.

On Sukkot and all the pilgrimage festivals (Sukkot, Simchat Torah, Pesach, Shavuot), you can say **chag samei-ach** which means "a joyous festival".

Shanah tovah!



שנה טובה!

Elul: Preparing for the High Holy Days

This year the Hebrew month of Elul begins on September 1.

With our calendars aligned, you have all of September to prepare spiritually for our Days of Awe.



Every* Shabbat Evening Service in Elul features *Mishkan haLev: Prayers for S'lichot and the Month of Elul*

Messages and music from the Rabbis and Cantors during September/Elul will focus on preparing for the High Holy Days.

**All Friday nights in September, except September 20 for Visual T'filah (see p. 3).*

Call of the Shofar during Elul



An added opportunity to prepare for the High Holy Days is being offered this year at Mount Zion by the sounding of the shofar at the end of all Daily Services during the month of Elul. Daily Services during Elul are on Sunday mornings at 9:30am and Monday through Thursdays at 5:45pm. The participating *ba'alei tekiyah* (shofar blowers) are all Mount Zion Temple members.

Day by Day:

Mussar Reflections for Elul

A personal preparation for the approaching the High Holy Days.

Elul, the last month of the Jewish year, is a time of special sanctity as we prepare for the coming Holy Days. This year, Elul coincides exactly with September, and we are offering an opportunity for reflection as part of MZ Connect.

Each day of the Hebrew month of Elul (starting on September 1st), we will post a reflection on the "Mount Zion Conversations" Facebook page and our website. Each day you will find a new Mussar Middah (Soul Trait), a text to study, and questions for reflection. Whether you choose to respond on the Facebook page, work in Chevruta (partner with another person), keep a private journal, or simply think about the Middah, we feel confident that the experience will add deeper meaning to your Holy Days.



Selichot*

The Evening that Ushers in Genuine Reflection to Prepare for the Days of Awe

Saturday, September 21

8:30 pm - Havdalah and Program

9:45 pm - Reception

10:15 pm - Selichot Service

**Selichot literally means "Forgiveness". We start the Days of Awe where we hope to end, with mercy and compassion towards ourselves and all people in our lives.*