



*A Guide for the  
Yamim Noraim  
(Days of Awe)  
5782*

Beth El Synagogue  
1004 Watts Street  
Durham, NC 27701  
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*Jewish Life Lived Together*

# A Journey Between Two Fasts

Rabbi Daniel Greyber, Elul 5782



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 regarding our program offerings this year. **Virtual events have links to join and in-person events have links to sign up, if required.** These details and any updates are available on our website: <https://betheldurham.org/high-holidays/>.

# 5782 Yamim Noraim Schedule

## VIRTUAL SELICHOT SERVICES

Motzei Shabbat, August 28  
Selichot Service 8:30 pm\*\*  
[Register Here](#)

## EREV ROSH HASHANAH

Monday, September 6  
Orthodox Kehillah 6:30 pm  
Main Sanctuary [Services](#) 7:00 pm

## ROSH HASHANAH DAY 1

Tuesday, September 7  
Main Sanctuary [Services](#) 8:30 am  
TradEgal Service 8:30 am\*  
Orthodox Kehillah 9:00 am  
Family Service 3:00 pm  
Tot Service 3:00 pm  
Orthodox Kehillah 6:30 pm

## ROSH HASHANAH DAY 2

Wednesday, September 8  
Main Sanctuary [Services](#) 8:30 am  
Orthodox Kehillah 9:00 am

## TASHLICH & SHOFAR BLOWING

Wednesday, September 8,  
4:30-5:30 pm  
Chapel Hill—Eastwood Lake  
Durham—Sandy Creek Park

## SHABBAT SHUVA

Saturday, September 11  
Main Sanctuary [Services](#) 9:30 am  
Post-Services Discussion:  
"Changing Minds, One Heart at a Time"  
The Parents Circle – Families Forum (PCFF), a joint Israeli-Palestinian organization of over 600 families

## KEVER AVOT

Sunday, September 12  
Durham Hebrew Cemetery  
Visitation  
11:00 am  
[Betheldurham.org/cemetery](http://Betheldurham.org/cemetery)

## KOL NIDRE

Wednesday, September 15  
Main Sanctuary [Services](#) 6:30 pm  
TradEgal Service 6:30 pm\*  
Orthodox Kehillah 6:30 pm  
Candle Lighting 7:04 pm

## YOM KIPPUR

Thursday, September 16  
[Morning Services](#) 8:30 am  
TradEgal Service 9:00 am\*  
Orthodox Kehillah 9:00 am  
Family Service 3:00 pm  
Tot Service 3:00 pm  
Study Session 4:30 – 5:30 pm  
Main Sanctuary [Minchah](#) 5:30 pm  
TradEgal Service 5:30 pm\*  
Orthodox Kehillah 5:30 pm  
Main Sanctuary [Ne'ilah](#) 7:00 pm  
Havdallah 8:03 pm

### Useful Information!

All main sanctuary services will be offered

- ◇ On our [livestream](#) page
- ◇ On Zoom. Hyperlinked events in the schedule will take you to the Zoom service.

*\* Indicates Traditional-Egalitarian service (TradEgal), which will now be held outdoors at Beth El in a tent (pre-registration required). See a description of these services on the next page.*

**Masks are required for all in-person events**

### \*\*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.*

## Traditional-Egalitarian Services (TradEgal)

This lay-led, traditional-egalitarian service will feature joyous singing, engaging divrei Torah, and a warm, low-key atmosphere, while following the traditional liturgy in a relatively unabridged fashion. The service will be held in a tent outside at Beth El and will not use any microphones or streaming.

Pre-registration was required and these services have reached capacity. Please contact Adam Levine ([adamsimonlevine@gmail.com](mailto:adamsimonlevine@gmail.com)) with any questions.

### TradEgal SERVICE SCHEDULE

#### **ROSH HASHANAH DAY 1**

Tuesday, September 7  
TradEgal Service 8:30 am

#### **ROSH HASHANAH DAY 2**

Wednesday, September 8  
No TradEgal Service

#### **KOL NIDRE**

Wednesday, September 15  
TradEgal Service 6:30 pm

#### **YOM KIPPUR**

Thursday, September 16  
TradEgal Morning Service 9:00 am  
TradEgal Evening Service 5:30 pm

## Youth Programs for the *Yamim Noraim*

### Family Services

(Geared towards families with children in grades k-5)

**Rosh Hashanah Day 1:**

**Tuesday, September 7, 3:00 pm**

**Yom Kippur:**

**Thursday, September 16, 3:00 pm**

***Outside at Beth El (weather permitting)***



Our Family Services will take place in person outside at Beth El ([pre-registration is required](#)).

Join our wonderful Gan/Alef (PreK-1st grade) teacher, Alex Schnitzer, for family prayer gatherings to celebrate together and engage in the wonder of the High Holidays. This service is 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 an accessible and meaningful way. Join us for Torah reading, singing familiar tunes, and getting to practice some of our Hebrew! Special guest Rabbi Greyber will even be there to read us a story or two.

### Tot Services

(Geared towards families with children ages 4 & under)

**Rosh Hashanah Day 1: Tuesday, September 7, 3:00 pm—[sign up here](#)**

**Yom Kippur: Thursday, September 16, 3:00 pm—[sign up here](#)**

***Outside at Beth El (weather permitting)***

Our tots, ages 4 & under, and their grownups are invited to join us for a fun service with learning and singing on Rosh Hashanah and Yom Kippur!

## Babysitting—Will No Longer Be Offered

Childcare will be available outside at the Beth El Preschool (Watts Street Baptist Church) during the following times:

- \* Tuesday, September 7, 10:00 am—2:00 pm
- \* Wednesday, September 8, 10:00 am—2:00 pm
- \* Wednesday, September 15, 6:00—9:00 pm
- \* Thursday, September 16, 10:00 am—2:00 pm

Masks are required for everyone 5 and over. Contact Alexandra Bicks, [Alexandra@betheldurham.org](mailto:Alexandra@betheldurham.org), for registration information.

## Teen Lounge (ages 12 and up)

Teens are invited to join Zosia from 10:30 am—12:30 pm on Rosh Hashanah 1 and 2, as well as Yom Kippur, to take a break from the main service, play some games, and do some holiday-themed activities on Zoom.





## 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 October 31, 2021).
3. Digital copies are available at <https://ebooks.rabbinicalassembly.org/view/930339549/> (password: Watts1004)



## High Holiday Kits

This year we are fortunate that we are able to begin reconnecting during our High Holidays - celebrating partly at home and partly in person, both in our community's sanctuary at Beth El and at TAPC. To help us celebrate in a meaningful way, regardless of where we are gathering, Beth El is once again preparing a "High Holiday Kit" for every member family.

Each kit will contain some familiar traditional holiday items to nourish your body (including round challah and honey cake) and your soul (yizkor candle, Shabbat candles, an engraved stone), as well as some new surprises that we hope will help us reconnect with our loving community.

All Beth El members who sign up for Yom Beth El by August 22 will have a kit ready for pick up at Beth El on Sunday, August 29. For those congregants who are not attending Yom Beth El, we will deliver your High Holiday Kit to your door on Sunday, August 29. 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](mailto:sallybrown721@gmail.com)).

## TASHLICH SERVICE WITH SHOFAR BLOWING

Wednesday, September 8, 4:30 pm

Chapel Hill – Eastwood Lake

Durham – 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.



**Masks will be required. Sign-up is not required.**



### ***\*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).*





Naomi Less is a Brooklyn-based, internationally celebrated singer/songwriter, ritualist and educator. Beloved for her warm smile and inviting presence, communities celebrate her imagination and innovation, tenderness and pizzazz! She serves as Associate Director and Founding Ritual Leader of Lab/Shul and is a leader in amplifying women's voices through her work at Songleader Boot Camp and her Jewish Women Rock show on Jewish Rock Radio. Naomi advocates for people struggling with fertility journeys as a performance artist and speaker for Uprooted: A Jewish Response to Fertility Challenges.

# Starting the Season of Sorry: Selichot for the Triangle Jewish Community

SATURDAY,  
AUG 28TH  
8:30-10PM

Join community rabbis and Naomi Less for a virtual community Selichot.

Registration is required.

<https://bit.ly/selichotnaomi>



## Annual Food Drive

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

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

- \*Jewish for Good at the Levin JCC (formerly Jewish Family Services)
- \*Iglesia 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 September 27.

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!

### ***\* 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 l'mar** or **Gam l'kha**. The response simply means "the same to you."

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

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

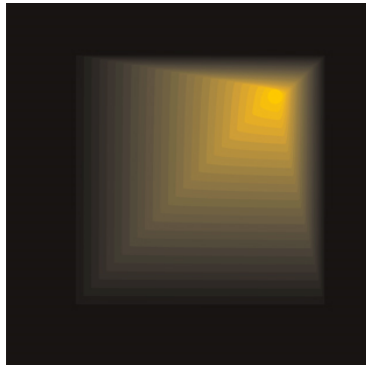
**Gemar hatimah tovah:** A Good Final Sealing [to you]

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

## Shabbat Shuva, Saturday, September 11

### Post-Services Presentation from the Parents Circle – Families Forum, "Changing Minds, One Heart at a Time"

1:00 pm on [Zoom](#)



פורום משפחות שכולות  
ישראל-פלסטיני בעד שלום  
ISRAELI PALESTINIAN  
BEREAVED FAMILIES FOR PEACE  
منتدى عائلات ثكلى فلسطيني  
إسرائيلي من أجل السلام

#### Meet Our Speakers:



**Bassam Aramin** lives in Jericho in the West Bank. At the age of 17, he was incarcerated and spent 7 years in an Israeli jail. He went on to study history and holds an MA in Holocaust studies from the University of Bradford, England. He became a member of the Parents Circle in 2007 after losing his 10-year-old daughter Abir, who was killed by an Israeli border policeman in front of her school. Bassam devotes his time and energies to his conviction for a peaceful, non-violent end to the Israeli occupation of Palestine and to Israeli-Palestinian reconciliation. Bassam is the former Palestinian Co-director of the Parents Circle – Families Forum.



**Robi Damelin's** son, David, was killed by a Palestinian sniper in 2002 while guarding a checkpoint near a settlement during his army reserve service. She speaks to Israelis, Palestinians, and audiences all over the world to demand that reconciliation be a part of any peace agreement. Robi was named a 2015 Woman of Impact by Women in the World.



## **KEVER AVOT**

**Traditional Cemetery Service at Durham Hebrew Cemetery**

**Sunday, September 12 at 11:00 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 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).



## Sukkot, Shmini Atzeret, & Simchat Torah

### SERVICE SCHEDULE

#### **SUKKOT DAY 1**

Tuesday, September 21

[Services](#) 9:00 am

#### **SHMINI ATZERET**

Tuesday, September 28

[Services](#) 9:00 am

#### **EREV SIMCHAT TORAH**

Tuesday, September 28

[Services](#) 6:30 pm

#### **SUKKOT DAY 2**

Wednesday, September 22

[Services](#) 9:00 am

#### **SIMCHAT TORAH**

Wednesday, September 29

[Services](#) 9:00 am

*These services will be offered in person and on Zoom (links above)*



#### **Shaking the LULAV and ETROG—Tuesday, September 21 and Wednesday, September 22 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. 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, August 25 due to our suppliers' shipping schedules.**

Sets are \$45 each.

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

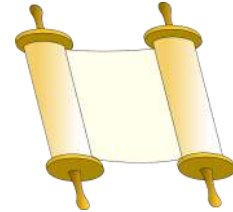
**Stay tuned for details on our Sukkah Crawl!**

### A Celebration!

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

**Tuesday, September 28 at 5:30 pm**

*Come hear the completion and start of the Torah!*  
Join us in person or [online](#)



### Wednesday, September 29 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!*

