High Holy Day Schedule

Saturday, September 21: Selichot Service at TBE 8pm in conjunction with ATC

Sunday, September 29: Erev Rosh Hashanah  Candle Lighting 6:12pm

Monday, September 30: Rosh Hashanah 1st day @ 9:00
  Torah service @ 10:00
  Tashlikh will be observed immediately following the conclusion of services at the synagogue
  Candle Lighting 7:10pm

Tuesday, October 1: Rosh Hashanah 2nd day @ 9:00
  Torah service @ 10:00

Tuesday, October 8: Candle Lighting 5:56pm - Kol Nidrei @ 6:00pm

Wednesday, October 9: Yom Kippur @ 9:00am
  Torah service @ 10:00am
  Yizkor @ 11:00am
  Ask the Rabbi @ 3:30pm
  Mincha and Neila @ 4:30pm
  Conclusion/Break the Fast @ 6:45pm

Fall Holiday Schedule

Sunday, October 13th: Sukkatoberfest Program at ATC followed by Erev Sukkot services
Friday, October 18th: Sukkot Picnic dinner and services @ 6:30. Bring your own dairy/vegetarian picnic dinner to eat in the Sukkah followed by services.
Sunday, October 20th: Erev Shemini Atzeret services including Yizkor @ 7:00 pm
Monday, October 20th: Shemini Atzeret Services at ATC @ 9:30 pm
Monday, October 20th: Combined Erev Simhat Torah Services at ATC @ 7:00 pm
From the Desk of President Ed Baron

End of Summer to do List

1 Visit local town hall
   1a Check your voter registration status
      Or
   1b Register to vote
   1c Mark election day on your calendar

2 Visit Sarah in the Temple office
   2a Pay your Dues
   2b Get your High Holiday Tickets
   2c Get High Holiday tickets for students and friends

3 Pray
   3a Erev Rosh Hashanah September 29 Pray
   3b Rosh Hashanah September 30 Pray
   3c Rosh Hashanah October 1 Pray
   3d Kol Nidre October 8 Pray
   3e Yom Kippur October 9 Pray

2020
Review, Refresh, Redo

evbaron@comcast.net or edthepres@templebethemunah.org

Shabbat Schedule

September 6: Kabbalat Shabbat services @ 7:30 pm

September 14: Shabbat Services and Bat Mitzvah of Ava Goulston @ 9:30 am

September 21: Bible with Bagels @ 10:00: Motifs of the High Holy Day Liturgy

September 21: Selihot Program in conjunction with Ahavath Torah Congregation to be held at TBE @ 8:00 pm
The month of Elul, which precedes the High Holy Days, is a time for reflection and spiritual preparation. The High Holy days are the culmination of this process. This year, the month of Elul coincides with the month of September; we begin the two together and they conclude at the same time. Within our normal rhythm, September is also the beginning of routines: the return of school, the start of the programming year for theater and concerts, and the beginning of the football season.

During this month we incorporate specific rituals to help us viscerally and consciously connect to our spiritual preparation. Each morning, the shofar is blown at the end of the Shaharit service as is the recitation of Psalm 27, which is viewed as the Psalm for this period.

In keeping with the theme of spiritual preparation, I will be offering a number of different programs to help congregants and others connect to the themes of the High Holy Days.

On each of the Tuesdays in September, I will be offering a Lunch and Learn class that focuses on different understandings of God in the Jewish tradition. Elul can be understood as an acronym that stands for ‘Ani L’Dodi v’Dodi Li’: I am for my beloved and my beloved is for me, which is a verse from the Song of Songs, traditionally understood as an allegory of our relationship with God. Please see the flyer in this newsletter for further details.

On Tuesday, September 3rd, at 7:00, I will be offering a class on the mechanics of blowing the Shofar. All are welcome and no prior experience or knowledge is necessary. If you have your own Shofar, please bring it.

On Sunday, September 15th, we will meet at the Bird Street Conservation Area in Stoughton for a Spiritual Nature Walk as a way of connecting to our spirituality through connecting nature with Jewish readings and texts. Please see the flyer in this newsletter for further details.

On Saturday, September 21st, we will host a session of Bible with Bagels and the focus of the discussion will be the themes inherent in the High Holy days as a way of appreciating the structure of the services and its prayers more fully.

On Sunday, September 22nd, we will be offering ‘Torah and Yoga in Conversation: Rosh Hashanah and Yom Kippur – Looking for Our Center. Two teachers, one a certified Iyengar Yoga Teacher and the other an Orthodox Rabba, will offer a 2 hour program that integrates Jewish texts and the High Holy Day themes with our bodies and souls through movement, Yoga and study. No prior knowledge or Yoga required. All levels are welcome. Please see the flyer for further details.

rabbigouze@templebethemunah.org
Open House for the School will be held on Sunday, September 8th during the ATC Barbecue from 12-3:00 PM. Please RSVP to Ahavath Torah Congregation.

First day of School is on Wednesday, September 11th from 3:45-5:45 pm

On the first Sunday of School, September 15th, there is a breakfast for our families. At this time, we will be able to discuss plans for the year.

Ice Cream Social for all Teens

Sunday, September 15: 4:30 pm-5:30 pm
All post Bar/Bat Mitzvah teens through the Senior year of High School are invited.

The first three teens to RSVP each get to choose one flavor of ice cream they want.
The next three teens to RSVP each get to choose one topping.
The next three teens to RSVP get to each choose one song that will be played.

RSVP: Rabbigouze@templebethemunah.org by Thursday, Sept. 12
All sessions are held on Tuesday afternoons from 12:30 – 1:30. Please bring a dairy/vegetarian lunch; we will provide the drinks and dessert

**The Different Understandings of God Within the Jewish Tradition**

Tuesday, September 3:  The Biblical God  
Tuesday, September 10:  God in Kabbalistic Thought  
Tuesday, September 17:  God in Reconstructionist Thought  
Tuesday, September 24:  God as Portrayed in the Liturgy

**Shofar Blowing Class**

Tuesday, September 3, 2019  
7:00 pm  
No experience necessary

Come learn all about the shofar and its significance as a channel for spiritual connection. This is a hands-on workshop where we will learn the techniques of shofar blowing from lip buzzing to breathing, as well as the shofar calls of Rosh Hashanah. Please bring a shofar if you can.

**A Spiritual Nature Walk**

Sunday, September 15, 2019  
10:30-11:30 am  
Bird Street Conservation Area, Stoughton, Ma.  
(we will meet at the West Street entrance)

An easy trail around the pond, during which time we will reflect upon readings and reflections that draw upon nature themes to deepen our spiritual connection to God, the world and ourselves.
Both Torah and Yoga are practices grounded in texts and in the body. Come explore some Jewish and Yogic sources through traditional back and forth Hevrutah-style study followed by an asana yoga practice. We use the themes developed in our text study to integrate body, mind and soul through our practice. As engaged and devoted Jews and Yogis, we maintain a respectful stance toward both traditions.

The Rosh Hashanah and Yom Kippur are a time to look for our center. Amidst the noise in our lives, we are asked to put everything aside and look inward and take stock of ourselves. What have we done with as Mary Oliver said, “our one wild and precious life”? How can we make it right? How, like God, can we do that with chessed - loving-kindness - both towards ourselves and others? Come and explore Jewish and Yogic ideas on centering and teshuva. Our program will include text study and gentle yoga. All levels welcome.

**Rahel Wasserfall**, Ph.D and Certified Iyengar Yoga Teacher (CIYT). Rahel has been practising and studying Iyengar yoga since 1993. Rahel teaches Iyengar Yoga classes and Yoga Philosophy at Artemis Yoga in Watertown, MA and workshops around the world (lately in Indonesia). Rahel created and runs the *Torah and Yoga in Conversation* with Rabba Claudia Marbach.

**Rabba Claudia Marbach** received semicha from Yeshivat Maharat in June 2018. She is the Director of Teen Beit Midrash - Boston, a Talmud focussed after-school program for teens. Before Yeshivat Maharat, Claudia was a middle school teacher at JCDS Boston, a pluralistic Jewish Day School, for fifteen years, where she developed the Rabbinics curriculum.

**There will be a $5.00 fee for this course. Please bring a yoga mat if you have one and wear comfortable clothing.**
Social Action

Volunteer! Join Temple Beth Emunah’s Greater Boston Jewish Coalition for Literacy (GBJCL) team.

All you need is an hour a week, a warm heart and an eagerness to support students. Your donation of time and talents will help a child at the Arnone School improve their skills in literacy (and STEM), build confidence, and reach their learning goals. GBJCL volunteers work with students and teachers at the Arnone School each week (during the school day - 9am-3pm) from October through June. Anyone can volunteer, no prior experience is necessary. Training and ongoing support is provided by the Greater Boston Jewish Coalition for Literacy (GBJCL), a program of the Jewish Community Relations Council.

If you’d like to join or learn more, please contact Tina @ loseley@verizon.net

The Boston House

What better way to beat the heat than a supper of refreshing salads? Social Action prepared Asian orzo chicken salad and green bean and red onion salad. For dessert guests had the choice of carrot cake with cream cheese frosting, chocolate frosted chocolate cake, blueberry cookies, and s’mores pie.

Please help us continue to delight the palates and relieve the stress of the guests at Boston House by sending a check in any amount to the Temple and writing Boston House Dinner Fund in the memo line.

Thank you so very much.

Sponsor a Kiddush

If you would like to sponsor a Kiddush please complete the following information below.

Name: ____________________________

Date of Sponsorship: ______________________

___ In Celebration of

___ In Honor Of ___ In Memory Of

I have enclosed an amount of $_________

Please tear out this form and return it to the Temple Office at least 2 weeks prior to the date of sponsorship.

Temple Beth Emunah is a collection site for Jewish Family and Childrens’ Services.

We are collecting items for their Family Table program which services families in need within our community.

We have been assigned 15 cans of salmon (5 or 6oz cans are fine) and 15 boxes of raisins.

All boxes must be marked kosher.

There will be collection boxes set up at Temple Beth Emunah.
**ADAM SLOTNICK FUND:**
In Memory of:
Murray Ashman
Barbara & Stan Ashman
Lara Mazur
Eleanor & Bill Kopp

**THE BOSTON HOUSE (RONALD MCDONALD HOUSE):**
In Memory of:
Rosemarie Nadeau
Barbara & Stan Ashman
Selma Kracoff
In Honor of:
Reva & Alan Castaline’s 70th Birthday
Andrea Star & Bob Greenberg
Rena Hurwitz

**GENERAL FUND/NEDORIM**
In Honor of:
Reva & Alan Castaline’s Special Birthdays
Sharon & Howie Shore
In Memory of:
Rosemarie Nadeau
Beverly & Larry Strumpf
Alfred Steinberg
Herman Steinberg
Stephen Steinberg

**THE SAFTLER FUND:**
In Memory of:
Barbara Levine
Mort Saftler & Anita Hunt
For the Recovery of:
Andrea Hunt
Rena Hurwitz

**YAHRZEIT FUND:**
In Memory of:
Melvin Saftler
Rose Saftler
Mort Saftler
Charlotte Bloom
Roberta (Bobbie) Clayman
Maxine Bloom

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The Temple thanks you for your support

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Please help us expedite matters by making all requests in writing, with complete names and addresses, including zip codes.

**OTHER FUNDS YOU MAY DONATE TO:**
Edward & Diane Teller Scholarship Fund
Kiddish Fund
Maxine Steinberg
Rabbi Discretionary Fund
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### Events

**1st Day of Rosh Hashanah**
- Services 9am
- Tashlich after service
- Candle Lighting 7:10pm

**2nd Day of Rosh Hashanah**
- Services 9am

**October 1**

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