

October, 2019 Newsletter



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B'nai Portland



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Thoughts From Rabbi Laura

Shana Tova!

The Board of Directors of B'nai Portland and I want to wish you and your families a joyful, and reflective High Holiday. May you enter the 10 days of awe ready to take a hard look at yourself, and exit the next week with a new and improved self. It takes a brave person to say I'm sorry, and it takes a courageous person to forgive. Be both of those.

Gmar Chatima Tova, may you be inscribed in the book of life for a year of health, peace, and love.

~ Rabbi Laura

Upcoming Services

October 8, 2019

Kol Nidre 6:30 - 7:30pm

October 9, 2019

Yom Kippur 9:30 - 1:00pm

October 18, 2019

Simchat Torah 6:30pm

Join us for a festive holiday celebration!



A wish for a good year -

לְשָׁנָה טוֹבָה
(L'Shanah Tovah)

Yom Kippur

Yom Kippur, the most solemn day in the Jewish calendar, begins on the evening of Thursday, October 8th



The Days of Awe culminate in the fast day of Yom Kippur (The Day of Atonement). This is the day at the conclusion of which, according to tradition, God seals the Books of Life and Death for the coming year. The day is devoted to communal repentance for sins committed over

the course of the previous year. Because of the nature of Yom Kippur and its associated rituals, it is the most solemn day in the Jewish calendar.

Yom Kippur is the day on which we are instructed to divorce ourselves as completely as humanly possible from the mundane world in which we live, in order to devote ourselves with all our hearts and minds to our relationship with the Divine. Fasting, from sundown to sundown, is the most widespread manifestation of this devotion. Other examples include refraining from washing, sexual relations, and the wearing of leather (a sign of luxury in earlier times). It is traditional to dress in white on this day, symbolizing personal purity. Because of this and the desire to avoid leather, many Jews wear sneakers, or white athletic shoes, on Yom Kippur.

The liturgy of Yom Kippur is completely centered in the synagogue. It is traditional to wear a *tallit*, or prayer shawl, at all times in the synagogue on Yom Kippur; this is the only time during the year when the *tallit* is worn in the evening, for *Kol Nidrei* services. There are more and longer services on Yom Kippur than any other in the Jewish calendar. Yom Kippur is ushered in while it is still light out with a powerful and ancient prayer called *Kol Nidrei* (All Vows), in which the congregation asks that all vows made under duress during the coming year may be considered null and void before God. In addition to the three daily services of (evening service), (morning services), and (afternoon service), the Yom Kippur liturgy adds a special *Musaf* (additional) service. On Yom Kippur, *Yizkor*, the memorial service, is recited, as is the *Avodah*, a symbolic reenactment of the ancient priestly ritual for Yom Kippur. The day closes with a unique and emotionally powerful service called *Neilah*, during which the liturgy imagines the gates of heaven closing at the end of the High Holiday period.

Indeed, although Yom Kippur is the most solemn day of the year, it is suffused with an undercurrent of joy; it is the joy of being immersed in the spirituality of the day and expresses confidence that God will accept our repentance, forgive our sins, and seal our verdict for a year of life, health and happiness. There is a custom that after Yom Kippur, we immediately begin planning construction of the *sukkah*, which we will use for the joyous holiday of Sukkot, which follows in just five days.



19 FACTS EVERY JEW SHOULD KNOW ABOUT YOM KIPPUR... [Click Here](#)

YOM KIPPUR
EAT PRAY LOVE

Shabbat Torah Study

Last year, we trialed a study group for Torah and a celebration of Shabbat. It has really caught on and we have had a great time.

Once a month we will gather at someone's home and a volunteer discusses and delivers a Torah commentary for the upcoming portion. (The Rabbi has resources and is available for help). A little Q&A, and then a fabulous meal follows. If you would like to host a Friday Shabbat meal or be included in this gathering, please contact Rabbi Laura for more information. The meals are pot luck, so there is minimal burden on the host.

Teen Confirmation Group

This year's B'nai Portland Teen Confirmation Group has started, but there is always room for more participants - please join us!

Hebrew Classes

Want to learn to read better? Read well already, but want to learn some basic language?

Contact Rabbi Laura.

Conversion Classes

This 2 year course is not only great for perspective Jews by choice, but also as a basic class of practice, Hebrew, holidays, Torah, etc. If you want to know more, or feel you know nothing at all about Judaism, this class could be for you. Contact Rabbi Laura to discuss scheduling.

Contact Rabbi Laura at:
rabbinaiportland@gmail.com



WISHING YOU A MEANINGFUL

Yom
Kippur

Sukkot and Simchat Torah!!!

Sukkot is one of the most joyful festivals on the Jewish calendar. "Sukkot," a Hebrew word meaning "booths" or "huts," refers to the Jewish festival of giving thanks for the fall harvest. The holiday has also come to commemorate the 40 years of Jewish wandering in the desert after the giving of the Torah atop Mt. Sinai.

Also called *Z'man Simchateinu* (Season of Our Rejoicing), Sukkot is the only festival associated with an explicit commandment to rejoice. Sukkot is celebrated five days after Yom Kippur on the 15th of the Hebrew month of Tishrei (this year it begins on the evening of October 13th), and is quite a drastic transition from one of the most solemn holidays in our year to one of the most joyous. Sukkot is marked by several distinct traditions, one of which is to take the commandment to dwell in booths literally, and to erect a *sukkah*, a small, temporary booth or hut. Sukkot (in this case, the plural of *sukkah*) are commonly used during the seven day festival for eating, entertaining and even for sleeping. A *sukkah* has open walls and open doors, encouraging us to welcome as many people as we can. We invite family, friends, neighbors, and community to rejoice, eat, and share what we have with each other.

Another name for Sukkot is *Chag HaAsif*, (Festival of the Ingathering), representing the importance in Jewish life of giving thanks for the bounty of the earth.

Sukkot lasts for seven days. The two days following Sukkot, Shemini Atzeret and Simchat Torah, are separate holidays but are related to Sukkot and are commonly thought of as part of Sukkot.

Simchat Torah begins on the evening of Monday, October 21st.

Simchat Torah means "Rejoicing in Torah."

Simchat Torah conveys a clear message about the centrality of Torah in Jewish life. It is both a source of Jewish identity and a precious gift from God. Simchat Torah is the day on which the whole community gathers to come into direct contact with the Torah and to express our joy in having received it.

It is a celebration marking the conclusion of the annual cycle of public Torah readings, and the beginning of a new cycle. during which we complete and immediately begin the annual Torah reading cycle. This joyous milestone is marked with dancing, traditionally following seven circuits known as *hakafot*, as the Torah scrolls are held aloft.



Join B'nai Portland on Friday, October 18th at 6:30pm for a joyous and lively Simchat Torah service as we unroll the Torah and reroll it to the beginning. Singing and dancing will abound!

Simchas & Sorrows

Mazel Tov to Shari & Scott Redan on Sloane becoming Bat Mitzvah.

Mazel Tov to Angela & Zak Sclar on Rylee Becoming Bat Mitzvah.

Please let B'nai Portland know of any simchas or sorrows so we can share them with the Congregation.



A donation was made by Shari & Scott Redan in memory of PopPop Leonard Sagot.

A donation was made by Shari & Scott Redan in honor of the birth of Dylan Skyler Saltzburg.

A donation was made by Jared & Jen Levin for the room rental for the September Shabbat Service.

A donation was made by Shari & Scott Redan in honor of Sloane's Bat Mitzvah.

A donation was made by Hilary & Joe Goodman in honor of the High Holidays.

A donation was made by Romy & Aaron Weiss for the room rental for the Rosh HaShanah Service.

A donation was made by Hester & Andy Mishkin in honor of Rabbi Laura.

Donations were made by the following people in honor of Rosh HaShanah:

**Brittany-Kara Reich
Samantha King
Sasha Rose & Dan Katz
Anna Fincke & John Wentzell
Sue Cohen
Thea Boenisch
Susan & Patrick Martin**

In addition, we received Cash Donations from multiple people at Rosh HaShanah.

If you would like to honor or remember someone, please consider making a tax deductible donation to B'nai Portland. All monies received are used towards programming and activities.