



High Holy Days 2020/5781

More Programs to Enjoy

Don't forget to register for services and study for Rosh Hashanah and Yom Kippur! Because all programs are online and because our office is closed on Jewish holidays, you will need to register now so that you have the links for the holidays.

This week, we have added a terrific book discussion for Yom Kippur afternoon, an invitation for families, and more information about Break-the-Fast. Please see below for details.

You can review the services times that are listed at the end of this email. **Many services are at new times.**

Most **services** will be held on Zoom, using their webinar platform. This means that for most of us, our cameras and microphones will be off. We will watch the rabbi and service participants whose cameras and microphones will be on.

In addition to services, we will have **meetings** (to greet people and chat as if we were in the hallway outside the sanctuary) and **study sessions** where you can join with your cameras and microphones on.

Register for Services

Last year, you had to wear a name tag. **This year, you have to register** so that we can send you the Zoom link. Please click the button below to let us know which services or programs you will be attending. Links to services will not be public; registering is the only way to get them. **Please be sure to register by September 15.**

- Each service will have its own link.
- Links will be sent 24-48 hours before the service.
- Please don't lose your link. We will not be checking email once services begin.
- Links will come from our office, not from Zoom, but they will be Zoom links.

[Register for Services](#)

In addition to services and study groups on Zoom, we will have opportunities for informal discussion on Zoom. We will send the links to those "hallway conversation" groups when we send the links for services.

Ready Your Home



Would you like to create a sacred space, a *mikdash m'at*, at home? Rabbi Saks offers some ideas [here](#), in a beautiful piece for the Bet Ha'am blog. My Jewish Learning also has some ideas--read them [here](#). Coming soon: downloadable artwork from Bonnie Spiegel that you can use to help create your space.

Prepare Your Computer

If you are registered, you will receive links 24-48 hours before services begin. Please do not share your link with others; we need each household to register so that we can provide adequate technology.

We wish we could provide technical support to all of our congregants--we know that using Zoom can be confusing. If you have questions about logging on, switching to gallery view, muting your microphone, or turning on your camera, we hope that you will reach out to the Zoom experts that you might know.

Borrow a Prayerbook

We will be using visual *t'filah* ("prayers on slides") for our high holy day services, but if you are a member and would prefer physical prayerbooks, the two-volume *Mishkan HaNefesh*, you may borrow a set from our library using our curbside pick-up. We would be happy to put out books on **Fridays between 10:00 a.m. and 1:00 p.m.**; we can arrange for other pick-up times if necessary. Please [email Chris Skidgel](#) to request *Mishkan HaNefesh*. Please place your request by **September 15**. A limited number of large print editions are available.



You may also [order your very own](#) Mishkan HaNefesh from the CCAR press. The two-volume set is \$44. New this week: A discount code! Use code **MHN2020** to get 20% off. Order by September 8 to be sure you get your copies in time.

Mishkan HaNefesh is also [available on Kindle](#).

Selichot



Our Selichot service will be prerecorded this year; we will make the service available for you to watch any time **after 5:00 p.m. on Saturday, September 12**.

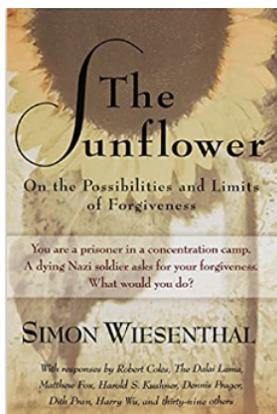
This Selichot service will be co-led by Jane Sloven, Daniel Oppenheim, Joseph Py, and Sharon Newman. A service booklet will be available to all congregants—we will share them on our website or by email.

This is what you can anticipate in our service: We will join in carefully selected Selichot prayers, melodies, psalms, and poetry—including new pieces generously offered by notable women rabbis and poets. Our readings and *drashes* (interpretations) will illuminate the origins of our prayers. We will gain a clearer understanding of the connections between our history and our holidays. We will gain insight into a template set by our mystical tradition's creation story—one of error and shattering followed by rectification and repair. We will sink into two guided meditations: one to access a sense of

lovingkindness, and one to review the ways we may have missed the mark in the year that is ending and prepare ourselves to ask for forgiveness and to offer it.

Please join us. Though we will be online this year, we will still be offering a deeply meaningful worship experience. Read more about Selichot [here](#).

Yom Kippur Study Session



Imagine that you are a prisoner in a concentration camp. A dying Nazi soldier asks for your forgiveness. What would you do?

The Sunflower: On the Possibilities and Limits of Forgiveness, by Simon Wiesenthal, raises that question for readers to wrestle with. This is a true story about Wiesenthal's incarceration in several concentration camps in the years 1941 and 1945 and his experience with a single dying Nazi soldier.

On **Yom Kippur afternoon at 2:30 p.m.**, congregant Diane Newman will lead us in a discussion of this short story and the commentaries that follow.

You can sign up to receive the link for the study session when you register for High Holy Day services. You can [buy the book](#) on Amazon--don't forget to choose Bet Ha'am's Smile account.

Welcoming Our Youngest

Each year, as we begin the concluding service on Yom Kippur, we invite members who have welcomed new babies or children into their families in the past twelve months to carry candles into the sanctuary. We cannot do that this year, so instead we are doing something extra special to greet the youngest members of our community.

If you welcomed a child or grandchild into your family during the past year, and would like a photo of them to be included in our virtual baby parade on September 28, as we begin the concluding service on Yom Kippur, please be in touch. Email a photo of your new child or grandchild, and the child's name (as you would like it displayed on the screen) to [Karen Hindall](#) by Friday, September 18.

We will look forward to seeing their happy new faces!

Break-the-Fast

For more years than we can remember, Susan Horowitz and Gail Kass have organized our community Break-the-Fast. With a crew of volunteers, they set the tables, put out the bagels and challahs, and gathered everyone's potluck contributions. They created a welcoming place and time for us to come together after fasting and praying all day.



This year we are not able to come together in person to share Break-the-Fast, but we will still have the opportunity to greet each other. We invite you to send a 3-5 second cell phone video to say hello—introduce yourself, tell us where you live, and send your new year's greeting. We will gather these "potluck" greetings and put them together into one video: a smorgasbord of our community. Please send your videos to [Rachel Lefkowitz](#) by **September 18**.

High Holy Day Food Drive

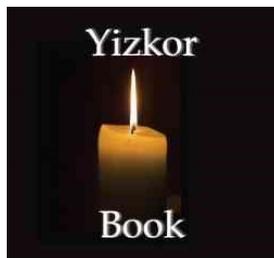
Support Bet Ha'am's Annual Food Drive! This year, in light of our current COVID-19 restrictions, we are sponsoring our annual food drive by donations of cash rather than donations of food. While we are sad not to collect actual food, writing a check for the amount you would have spent on food donations maximizes the impact of your gift: For the same amount of money, agencies can buy up to eight times the amount of food you can purchase by yourself.



Please [donate online](#) or **make your checks payable to Bet Ha'am** and **write "food drive" on the memo line**. After Yom Kippur, we will divide the donations evenly between these organizations:

- South Portland Food Cupboard
- Project FEED at Woodford Congregational Church
- Jewish Family Services Pantry
- MAZON: The Jewish Response to Hunger

Yizkor Booklet



On Yom Kippur, we will have available a virtual version of our traditional *yizkor* (memorial) book. If you have a loved one who passed away during the past year or in previous years whose name you would like added to our yizkor book, please contact [Teri Berenson](#), or download and print [this form](#) and send it to her before **Monday, September 7 at 9:00 a.m.**

During *Yizkor*, our memorial service on Yom Kippur, Rabbi Saks will remember loved ones who have passed away since our last holy day season. If you have a loved one who died during the past year whose name you would like included in the list of names that the Rabbi will read aloud, please contact [Karen Hindall](#) before **Monday, September 14.**

Lulav and Etrog Orders

If you would like to fulfill the special holiday mitzvah of blessing and waving of the *lulav* (a holder with date, myrtle, and willow fronds) and *etrog* (citron) daily, we have suggestions for where you might order and have the set delivered directly to your home. Prices vary, but the usual cost is around \$45/set.



Order now and they will ship closer to the holiday. To be sure that you receive your order by Erev Sukkot, October 2, **please order by September 18.** Keep in mind that most places might add up to \$15 shipping.

Israel Book Shop in Brookline, MA: 1-800-323-7723
Or online <https://www.etroglulav.com/> or <https://www.easyetrog.com/>

Schedule of Services

SELICHOT

Prerecorded service
Saturday, September 12, available at 5:00 p.m.

EREV ROSH HASHANAH

Worship Service

Friday, September 18, 7:30 PM

ROSH HASHANAH

Children's Service*

Saturday, September 19, 8:30 AM

Torah Study

Saturday, September 19, 9:00 AM

Worship Service

Saturday, September 19, 10:30 AM

SECOND DAY ROSH HASHANAH

Family Rosh Hashanah Program

Sunday, September 20, 9:00 AM

Teen Rosh Hashanah Program

Sunday, September 20, 5:00 PM

SHABBAT SHUVAH

Shabbat Worship

Friday, September 25, 7:30 PM

Torah Study

Saturday, September 26, 9:00 AM

Shabbat Morning Worship

Saturday, September 26, 10:30 AM

FAMILY PROGRAM

Sunday, September 27, 9:00 AM

KOL NIDRE

Sunday, September 27, 7:30 PM

YOM KIPPUR

Children's Service*

Monday, September 28, 8:30 AM

Torah Study

Monday, September 28, 9:00 AM

Worship Service

Monday, September 28, 10:30 AM

Healing & Meditation Service

Prerecorded Service

Monday, September 28, 12:30 PM

Afternoon Study

Book Discussion

Monday, September 28, 2:30 PM

Yizkor Service and Neilah

Monday, September 28, 4:30 PM

Break-the-Fast

Prerecorded

Monday, September 28, 6:00 PM

SUKKOT and SIMCHAT TORAH

Sukkot

Friday, October 2

Erev Simchat Torah, Consecration, and Kaddish minyan

Friday, October 9, 6:00 PM

* Children's services are designed for children in third grade and younger with their families.

Congregation Bet Ha'am | 81 Westbrook Street, South Portland, ME 04106

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