



BETH ISRAEL'S
GUIDE TO THE

High Holy Days

5781/2020

 BETH ISRAEL

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L'Shanah Tovah u Metukah!

Beth Israel's Clergy, Board, Staff wish our entire congregation a happy and healthy New Year!

Each year, our High Holy Days season challenges us to reframe what was into what can be. In other words, anything and everything is possible. With intentional focus, we can reframe the contours of our lives and our relationships. In 5781, we are especially tasked with reflecting deeply on ourselves and the world around us, while discovering what can be, with a renewed sense of awe, possibility, and sacred purpose.

A lot of how we experience our High Holy Days season will be different this year, but its essence remains the same. We have been dreaming and re-imagining a High Holy Days experience that will respond to our current realities. Our offerings will still capture the beauty, majesty, and soulfulness that is the heart of our Beth Israel community.

You will find an array of services and offerings that we hope will nourish you, as we begin to chart our personal and communal paths this coming year.

May our time together over these High Holy Days be filled with healing, growth, and hope as we strengthen our resilience muscle into 5781.

Rabbi Jason Nevarez

Rabbi Cantor Arlene Bernstein

Rabbi Jeremy Gimbel



VIRTUAL HIGH HOLY DAYS: WHAT TO EXPECT & HOW TO PREPARE

We are well aware that our High Holy Days will look and feel different this year. This is unfortunate, but as Jews, our spiritual practice of gratitude has prepared us for this moment. As a collective, we are blessed to have new technology by which we can build a bridge from our spiritual home on Towne Centre Drive to all individual homes across San Diego County and beyond. Please consider this your guide for praying at home during the High Holy Days. As you move through the Hebrew month of Elul (the month prior to Rosh Hashanah), we encourage you to prepare your mind, body, and soul for the New Year. The High Holy Days is your opportunity for reflection and preparation.

REFLECT

Use the holidays as an opportunity to cultivate flexibility, curiosity, creativity, and above all, gratitude. This year, you won't have to face the busy parking lot, the traffic or worry about forgetting your tickets, but you can still prepare to transform your home into a sacred place of holiness. And if we all prepare our homes and hearts for holiness, we are confident our prayers will be transformed into the lives and the world we wish to see. Make peace with your loved ones and with the Sacred. Use the days leading up to Rosh Hashanah to write letters or call those who you would like to repair relationships with.

עֹשׂוּ לִי מִקְדָּשׁ
וְשֹׁכְנֵתִי בְּתוֹכְכֶם

Make me a
sanctuary and
I will dwell
among them.

EXODUS 25:8



CLEAR YOUR CALENDAR of work obligations for the High Holy Days. Turn off notifications on your computer and phone. Make sure you have what you need in the way of technology/devices to participate in our programming and prayer services and consider how to truly transform your home into a sanctuary— a *mikdash me'at*. Treat your space where you'll attend services as if it were a part of our communal sanctuary.

DRESS

Dress comfortably! You can probably do without the usual formal attire, but we encourage you to wear something befitting of the holiness of the day.

PARTICIPATE

Lastly, while we can facilitate services, you are ultimately in charge of how you engage with them. When you tune in, try to participate in the same way you would if we were physically together. Follow along with our prayer book (the machzor) in your hands. Don't have one?

Request one! Sing! Read responsively! Stand and sit with the congregation! Just like we all did for Passover, we can make the High Holidays special and meaningful within our own homes. Together, we will make these High Holy Days beautiful so that we can enter into a sweet new year.

COMMUNITY

Community is very important to us at Beth Israel. Missing connecting with your chavurah or other friends? Set up a virtual gathering! Share a meal over Zoom. Share how you're going to make these High Holy Days special. There will be opportunities to Zoom with each other at our Virtual Café Beth Israel, Food for Thought sessions and Sermon Talk-Backs with the rabbis.

TECHNOLOGY

For any issues related to Zoom, YouTube or other tech related questions, refer to our Genius Bar page: www.cbisd.org/worship/hhd5781/genius-bar or contact us by phone 858-535-1111 or email cbi@cbisd.org.





Celebrating the High Holy Days at home? Oy vey!

Cover your bases with these must-haves:

- Matches for candle-lighting
- Yahrzeit candle: traditional to light on both Rosh Hashanah and Yom Kippur as we remember our loved ones
- Machzor, for those who want to follow along page by page
- Have all links and passwords needed for all the various services and programs you plan to attend
- Jewish ritual items: round challah, juice/wine, kiddush cup



IRIS AND MATTHEW STRAUSS

High Holy Days Music Program at Beth Israel

Music has always had a sacred purpose, and the music of the High Holy Days is especially powerful in evoking the deep emotions of joy, sadness, loss and return. From the exuberant voices of the children's choir at the family service on Rosh Hashanah to the soulful,

haunting Bruch Kol Nidrei on Yom Kippur, music expresses the themes of the Yamim Noraim, the Days of Awe, on a profound level.

Thanks to the generosity of Iris and Matthew Strauss, Beth Israel will be able to maintain its musical offerings and add immensely to the experience of High Holy Days worship services for years to come.



A GIFT OF PRAYER BOOKS

We are deeply grateful to **Dr. Lisa Braun-Glazer and Jeff Glazer** for generously underwriting the purchase of the High Holy Days prayerbooks, Mishkan Hanefesh for the entire congregation.



THANK YOU

Beth Israel thanks **Dr. Warren and Karen Kessler** for sponsoring San Diego Symphony cellist Marcia Bookstein who plays her beautiful rendition of the Bruch Kol Nidrei.



HIGH HOLY DAYS 5781 VIRTUAL BETH ISRAEL

ALL HIGH HOLY DAYS
SERVICES ARE VIRTUAL

S'LICHOT - Saturday, September 12

7:00 – 8:00 p.m. S'lichot Program: The Sacred Ingredients of Transformation with Rabbi Nevarez

8:00 – 9:15 p.m. S'lichot Service with clergy

EREV ROSH HASHANAH -Friday, September 18

6:30 p.m. Erev Rosh Hashanah Service

ROSH HASHANAH - Saturday, September 19

8:30 a.m. Young Family Rosh Hashanah Service Experience

9:00 a.m. Café Beth Israel

10:00 a.m. Rosh Hashanah Service

11:30 a.m. Café Beth Israel

4:00 p.m. Preschool Families & Intergenerational Rosh Hashanah Story/Activity Time

6:00 p.m. Tashlich On-The-Go

ROSH HASHANAH 2nd DAY - Sunday, September 20

10:00 a.m. Second Day Morning Service/Study

KEVER AVOT CEMETERY MEMORIAL SERVICES Sunday, September 27

10:00 a.m. Community Memorial Service

KOL NIDRE - Sunday, September 27

6:30 p.m. Kol Nidre Service

8:30 p.m. Sermon Talk-Back with Rabbi Nevarez

YOM KIPPUR - Monday, September 28

8:30 a.m. Young Family Yom Kippur Service Experience

10:00 a.m. Morning Service

12 Noon – 2:00 p.m. **Food for Thought:**

Session 1 – 12:00 – 1:00 pm

Option 1: Sermon Talk Back with Rabbi Gimbel

Option 2: Grief, Loss and Mourning Discussion with Rabbi Nevarez and Rabbi Aliza Berk

Session 2 – 1:15 – 2:00 pm

Option 1: Do Bad Things Happen To Good People with Rabbi Berk

Option 2: Grief, Loss and Mourning Discussion with Rabbi Gimbel and Gail Braverman

2:30 – 3:45 p.m. Contemporary Confessions

4:15 p.m. Afternoon Service

5:15 p.m. Yizkor and Neilah Services

SHABBAT SUKKOT - Friday, October 2

6:15 p.m. Erev Shabbat Service and Celebration

SUKKOT - Saturday, October 3

10:30 a.m. Morning Service

EREV SIMCHAT TORAH - Friday, October 9

6:15 p.m. Erev Shabbat Simchat Torah Service

SIMCHAT TORAH - Saturday, October 10

10:30 a.m. Sh'mini Atzeret/Simchat Torah Yizkor Service

Services listed in green are the main services

YOM KIPPUR

FOOD FOR THOUGHT

September 28, 2020

Partake in some enticing "food for thought" on this somber day of fasting. After the morning service on Yom Kippur, we are offering a variety of learning opportunities.

To RSVP visit: <https://cbisd.org/worship/hhd5781/food-for-thought5781>

SESSION 1 - 12:00 PM -1:00 PM

Option 1: Sermon Talk Back with Rabbi Gimbel

Following services, join Rabbi Gimbel for a discussion of his sermon, reflection on our own experiences, and tools to integrate our learnings into 5781.



Option 2: Grief, Loss and Mourning Discussion with Rabbi Nevarez and Rabbi Aliza Berk

Join Rabbi Nevarez and Rabbi Aliza Berk, as they will provide a safe space to discuss our loss over the past year, as well as uncover ways in which we, as individuals and a community, can process our grief.

SESSION 2 - 1:15 PM -2:15 PM

Option 1. Do Bad Things Happen to Good People? with Rabbi Berk

Just as Yom Kippur begins to reach its high point, we re-tell the story of the martyrdom of ten of the greatest rabbis of Second Temple times. We have in each of these stories a painful truth thrust upon us: bad things happen to good people. That truth undermines the bible's promise of God's blessings if we obey Him, and Yom Kippur's promise that if I truly repent for my sins, I can get close to God, who will forgive my sins. In this session we will look to The Book of Job, which asks this question; and we'll see that it has a surprising answer.



Option 2: Grief, Loss and Mourning Discussion with Rabbi Gimbel and Gail Braverman

Each of us has experienced loss in new and different ways since the COVID-19 pandemic began. In this session, Rabbi Gimbel and Gail Braverman will provide space to discuss our loss or normalcy as well as ways we, as individuals and a community, can process our grief.





OUR *Social Action Committee* IS
HARD AT WORK TO CONNECT OUR COMMUNITY.

We will be collecting high needs items for
TWO MEANINGFUL COLLECTIONS THIS HIGH HOLY DAYS SEASON,
JFS Hand Up Youth Pantry and **Father Joe's Village**.

We will be collecting throughout the High Holy Days season.
You can also re-fill your High Holy Days at Home Kit Bag with
materials and drop it off throughout the season.

There is also a large one-day donation time at JFS on October 18, 2020.

Details on that to follow.

For more information on what is needed, please visit:

<https://tinyurl.com/y5lcg5h4> (JFS High Holy Days Food Drive)

<https://tinyurl.com/y365h449> (Father Joe's Village)



TASHLICH

On-The-Go

What is Tashlich? Tashlich is a ritual for the first day of Rosh Hashanah. It is not a mandatory part of the holiday, but rather a custom that arose in the late middle ages. Like so many rituals, Tashlich is all about symbols. Jews go to a body of running water, empty their pockets of crumbs, and throw the crumbs into the water while reciting special passages of scripture and prayers. The crumbs from our pockets are meant to represent the sins we've been carrying around with us. We take them out of pockets and throw them into the water to represent our hope that we can take our sins, ask forgiveness of God and one another, and then cast them away. Bring the service texts found on this page. If you have a garment with a pocket full of schmutz [crumbs] that is perfect (No judgment!). If you recently did laundry, and your clothes are crumb free (good for you!) you can bring a bit of stale bread to crumble and cast off. Alternatively, you can write what you'd like to cast out on dissolvable paper. Tashlich can be performed at any flowing body of water: oceans, lakes, etc.

Today we being a new year of goodness.
Today, with these crumbs, we are throwing
away all the things that might spoil our new
year.

*May all our bad habits
And all the grudges we have held
And all the things we have done wrong
Be thrown away
May we cast away the sin of envy, so that we
will not be consumed by desire for what we
lack.*

May we cast away the sin of selfishness,
which keeps us from reaching out in love to
other human beings.

*May we cast away the sin of indifference so
that we may be sensitive to the sufferings of
others.*

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנִשׁוּבָה חַדֵּשׁ יָמֵינוּ כְּקֶדֶם:
*Hashiveinu Adonai eilecha v'nashuvah chadeish
yameinu kekedem.*
Turn us back to you, God, and we shall return; Renew
our lives as in days of old. (Lam. 5:21)

Gathered at the water's edge this
afternoon, we will cast out the crumbs of
last years deeds, the memories of wounds
sustained and inflicted, the remnants of
conversations that hurt instead of healed.
We share words of prayer, grateful to the
Source of Life who enables us to distinguish
between what must be cast off and what
must be cherished and preserved.

On this day of remembering,
we shall remember.
On this day of judgment,
we will become bringers of justice.
On this day of listening, we will try very hard
to listen to the still, small voice that inspires
us toward acts of loving kindness. And
through such acts each of us can save the
world.

**אָבִינוּ מִלְכָּנוּ, חֲנֻנוּ וְעַנּוּנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.**
*Avinu malkeinu, choneinu va-aneinu, ki ein banu
ma'asim, aseih imanu tzedakah v'chesed v'hoshi-einu.*
Avinu Malkeinu, be gracious to us and answer us. Treat
us generously and with kindness and be our help.

May we cast away the sin of deception, so
that we will mislead no one in word or
deed.

*May we cast away the sin of vain ambition,
which prompts us to strive for goals which
bring neither fulfillment nor peace.*

May we cast away the sin of stubbornness,
so that we will not persist in foolish habits.

*Today, we begin a new year of goodness
May all our bad habits,
May all the grudges we have held,
May all our sins,
Be cast out.*

**זְכַרְנוּ לַחַיִּים מִלְּךְ חַפְצֵי חַיִּים
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים לְמַעַן יִצְלַח אֱלֹהִים חַיִּים**
*Zoch'reinu l'chayim, melech chafeitz bachayim,
v'cho't'veinu b'seifer hachayim, l'ma-ancha elohim
chayim.*
Remember us for life, O God, who desires life
and inscribe us in the Book of Life.

Blessings for ROSH HASHANAH

Lighting holiday candles: Fountain of life, as we begin a new year, let Your light and Your truth come forth to lead us. We look back upon the days that are past and see troubled times and days of celebration. Now we look ahead with the prayer that the new year be one of health and prosperity. When pains and troubles beset us, may we find strength to face them with courage; and when times are good for us, may we have the wisdom to be grateful for our blessings. Amen.

Source of blessing, Eternal our God, You fill the universe with majestic might teaching us holiness through sacred obligations, giving us the mitzvah of bringing light on this Shabbat and festival.

ברוך אתה יי אלהינו מלך
העולם, אשר קדשנו
במצותיו, וצונו להדליק נר
שבת ושל יום טוב.

*Baruch Atab Adonai
Eloheinu Melech Ha'olam
asher kid'shanu b'mitzvotav
v'tzivanu l'hadlik neur shel
shabbat v'shel yom tov.*

Source of blessing, Eternal our God, You fill the universe with majestic might, giving us life, upholding the life within us, and bringing us to this time.

ברוך אתה יי
אלהינו מלך העולם,
שהחיינו וקיימנו
והגייענו לדומן הזה.

*Baruch Atab Adonai
Eloheinu Melech Ha'olam
shebecheyanu v'kai'manu
v'bigianu laz'man hazeh*

Some families take a moment to bless their children here. Take a moment to share sacred words with loved ones around you.

Kiddush: We hold the cup and say: The observance of Rosh Hashanah reminds us to judge our words and our deeds by a divine standard. It calls us to turn from old errors and failures, and to look ahead with fresh hope and determination. Let us praise God with this symbol of joy, the fruit of the vine, and give thanks for the gift of life. May our observance on this day fill us with eagerness to embrace life and to hallow it. May the new year bring renewed strength to our people Israel, and peace to the world.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine. Praise to You, Adonai our God, Sovereign of the universe, who has chosen us from all the peoples, hallowing us with mitzvot. In Your love, Adonai our God, You have given us this Shabbat and Day of Remembrance, to hear the sound of the Shofar, to unite in worship, and to recall the Exodus from Egypt.

For You have chosen us from all the peoples, consecrating us to Your service, and Your word is truth eternal. Praised is the Sovereign God, Sovereign of all the world, who hallows Shabbat, the House of Israel, and the Day of Remembrance. Praise to You, Adonai our God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

ברוך אתה יי אלהינו מלך
העולם, בורא פרי הגפן.
ברוך אתה יי אלהינו מלך
העולם, אשר בחר בנו
מכל-עם, ורוממנו מכל-לשון,
וקדשנו במצותיו. ותתן לנו,
יי אלהינו, באהבה את-יום
השבת הזה ואת-יום הזכרון
הזה, יום תרועה, מקרא
קדש, זכר ליציאת מצרים.
כי בנו בחרת ואותנו קדשת
מכל-העמים, ודברת אמת
וקיים לעד. ברוך אתה יי מלך
על כל הארץ, מקדש השבת
וישראל ויום הזכרון.
ברוך אתה יי אלהינו מלך
העולם,
שהחיינו וקיימנו והגייענו לדומן
הזה.

*Baruch atab, Adonai Eloheinu,
Melech haolam, borei p'ri
hagafen. Baruch atab, Adonai
Eloheinu, Melech haolam, asher
bachar banu mikol-am,
v'rom'manu mikol-lashon,
kid'shanu b'mitzvotav. Va-titen-
lanu Adonai Eloheinu, b'abavah
et-yom haShabbat hazeh v'et yom
ha-zikaron ha-zeh, yom T'ruah,
mikerab kodesh, zeicher li-tzi-at
Mitzrayim. Ki בנו vachartav,
v'otanu kidashta, mikol haamim,
ud'vachab emet v'kayam la-ad.
Baruch atab, Adonai, Melech al
kol ha-aretz, mikadesh
Hashabbat v'Yisrael v'yom
ha-zikaron. Baruch Atab Adonai
Eloheinu Melech Ha'olam
shebecheyanu v'kai'manu
v'bigianu laz'man hazeh.*

Challah, apples and honey: Many observe the custom of eating a round challah with raisins after saying:

We praise You, Eternal God, Sovereign of the universe, for You cause bread to come forth from the earth.

ברוך אתה יי אלהינו מלך
העולם, המוציא לחם מן
הארץ.

*Baruch atab, Adonai
Eloheinu, Melech haolam,
hamotzi lechem min haaretz.*

An apple dipped in honey is eaten after saying:

We praise You, Eternal God, Sovereign of the universe, Creator of the fruit of the tree.

ברוך אתה יי אלהינו מלך
העולם, בורא פרי העץ.

*Baruch atab, Adonai
Eloheinu, Melech haolam,
borei p'ri haetz.*

It is customary to add:

Our God and God of our people, may this new year be good for us, and sweet.

יהי רצון מלפניך יי אלהינו
ואלהי אבותינו ואמותינו,
שתחדש עלינו שנה טובה
ומתוקה.

*Y'hi ratzon milfanecha Adonai
Eloheinu veilobei avoteinu
v'imoteinu, sbet'chadesh aleinu
shanah tovah um'tukah.*

DONATION FORM



In these uncertain times, one thing remains constant: Beth Israel is here for you. We are grateful for your partnership and generosity. As we continue to navigate uncharted territory, we need your support now more than ever! There are many ways to support Beth Israel:

ONE TIME DONATION

I am happy to make a one-time donation of \$ _____

- My gift is in honor of _____
- My gift is in memory of _____

GIVE TO YOUR HEART'S CONTENT

I want to increase my annual membership commitment by \$ _____ for the 2020-2021 year.

THE HUNGER PROJECT

For more than 30 years, Beth Israel has provided food, funding and volunteers for this program.

I'd like to make a gift of: (check one)

\$1800 \$1000 \$540 \$360
 \$250 \$180 \$50 Other \$ _____

INCLUDE BETH ISRAEL IN YOUR ESTATE PLAN:

Please send me information about planned giving.

PAYMENT

- My check is enclosed, payable to Beth Israel.
- Contact me about my company's matching gift program.
- Please charge my credit card.

Full Name _____

Address _____

Email _____ Phone _____

Credit Card (Circle One) VISA MC AMEX

Number _____ Expiration Date _____

Name as it appears on card _____

Signature _____

THANK YOU FOR YOUR CONTINUED SUPPORT!



9001 Towne Centre Drive, San Diego, CA 92122

Office: 858.535.1111 • School: 858.900.2532 • Email: cbi@cbisd.org • www.cbisd.org

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Rabbi Arlene Bernstein
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