



Your Pathway Journey Guide

HIGH  
HOLY  
DAYS  
*5781*

# FOUR PATHS TO TESHUVA IN THE TIME OF COVID:

## *An At-Home Toolkit for the Soul*

How do we begin the work of teshuva (repentance) in preparation for the Yamim Nora'im (the Days of Awe from Rosh HaShanah to Yom Kippur)? We may recall that the Passover Haggadah describes four children, who are a metaphor for different types of personalities and especially different types of learners that we encounter. By instructing us to explain the meaning of Pesach differently based on the question a child asks, the Haggadah is really saying that we need to help every person connect to Judaism in ways that suit them. That lesson applies to the entire Jewish calendar. Since the onset of the pandemic, we have had to take our in-person learning and interactions to a virtual space. This sudden transition has made it clear how different we all are as learners and as social beings. For some, virtual learning is terrific while for others it is less so. Some may have liked it at first but then grown tired of it, or vice versa. We are all different and we are also always changing. In that spirit, this series of prompts is designed to spark reflection regardless of the way in which you best learn – in conversation with others or alone, visually or by listening. Feel free to start with the format that speaks most to you, but then see if you can push yourself out of your comfort zone into another reflection mode. The content below is relevant for all.



### **PATH I: For the extrovert, a text to discuss with a friend or family member**

Yona of Gerondi, Shaarei Teshuva, Gates of Repentance (13th C. Spain)

"It is explained in the Torah that God will help those who repent beyond what their natural ability would allow; and that [God] renews a pure spirit within them, to reach great heights in [God's] love - as it is stated (Deuteronomy 30:2), "And you return to Adonai your God, and you and your children heed [God's] command with all your heart and soul, just as I enjoin upon you this day." ...And the Prophets and Writings constantly speak on the subject of repentance, such that the principles of repentance are all explained in their words."

- What is the value of sincere repentance?
- How is it possible to repent "beyond what their natural ability would allow"?
- In what areas do we need to do collective teshuva in order to better live out the words of the Prophets, both as a Jewish community and as a greater society?

"Repentance is more difficult for one who repeats his sin; for the sin becomes as if it were permitted to him. And his sin is very weighty with regards to this, as it is stated (Jeremiah 3:5), 'that is how you spoke; you did wrong, and you were able.' The meaning of, 'you were able,' is that the evil deeds have become like that which is permitted to you."

- What patterns of non-constructive behavior have you fallen into this year? What do you need to do in order to stop this cycle of behavior?

"Now understand - listen to this, for it is a great principle. It is true that there are righteous people who sometimes stumble into sin - like the matter that is stated (Ecclesiastes 7:20), 'For there is no person that is righteous on earth, who does good and does not sin.' However they conquer their impulses from in front of them. And if they do fall to sin once, they will not repeat it."

- Reflect on a time in the past year (and the past six months in particular!) when you caught yourself before reacting - i.e. by taking a breath or thinking through the consequences - in order to preserve relationship. What moments are you most proud of?
- Conversely, when did you not pause before reacting? What actions or words do you most regret? Have you sought forgiveness?



## PATH II: For the introvert, questions for journaling or walking meditation

- In what ways was I too harsh with family, friends and/or co-workers this year?
- What do I most regret? What could I do to repair my actions or words?
- What have I learned about myself and my loved ones during this pandemic?
- What am I most grateful for from the past year?
- How have I grown? What am I the most proud of this year?
- What do I need to let go of?
- How will I become kinder? More compassionate? More committed to justice?



## PATH III: For visual learners

Watch this video by Rabbi Brad Artson and then discuss these questions with a loved one:

<https://www.youtube.com/watch?v=eH8Sg7RITPs>

Malchuyot - The world is one and is mostly reliable

- What are the greatest sources of stability in your life?
- What about this time of COVID has been most destabilizing and challenging for you and your family?
- How do you see your family differently as a result of the pandemic? Have you or your family been able to tap into new resilience?

Zichronot - Our past is full of meaning and calls us to live at a higher level

- What events in the history of the Jewish people inform your life and values?
- How do you honor the lessons of the past in your life and the life of your family?
- How will you ensure you pass these on to your children?

Shofarot - There is suffering, sickness, pain and injustice and it's our duty to sound the call that mobilizes us toward repair and toward one another

- Where do you hear the cry of suffering in the world today?
- How will you respond this year?



#### **PATH IV: For aural learners and feelers**

Listen to Rabbi Shai Held, "Why Don't People Ever Seem to Change? (And How We Could)"

<https://elmad.pardes.org/2017/09/why-dont-people-ever-seem-to-change-and-how-we-could/>

Listen to Rabbi Shlomo Carlebach's *Return Again* a few of times until the melody comes naturally to you. Sing along with the original recording or Cantor Segal's version with choir and then try singing it on your own. Come back to the melody when you take walks or cook, and use it as an opportunity to meditate on teshuva.

<https://www.youtube.com/watch?v=OEsmIW3mB4I>

Cantor Segal and Choir sing Carlebach's *Return Again*:

<https://tinyurl.com/y4radhjm>

- What aspects of yourself do you want to return to?
- What patterns of behavior are getting in the way of that return?

#### **Coda for Everyone: Tashlich on Your Own, or with Family or a Pod**

Tashlich, the outdoor High Holy Day ritual, means "casting off." It's a folk custom to release sins by assigning each pebble (or seashell) a sin or negative thought-pattern and throwing it into a natural body of water. Traditionally practiced on Rosh HaShanah or the Days of Awe before Yom Kippur, it echoes the imagery of forgiveness from the Book of Micah, which reads:

*Who is a God like you?  
Forgiving sin, absolving transgressions  
Of the remnant of your heritage,  
You who do not cling to anger,  
But desire only kindness,  
You who act mercifully once again,  
Subduing the effects of our transgressions,  
Casting to the ocean waters all our wrongs.  
You show faithfulness to Jacob,  
Love to Abraham,  
As you have sworn to Abraham  
From days of old.*

--Micah 7:18-20

The ritual of tashlich presents an opportunity to let go not only of sins, but also habits, behaviors, and thought patterns that get in the way of being one's best Self.

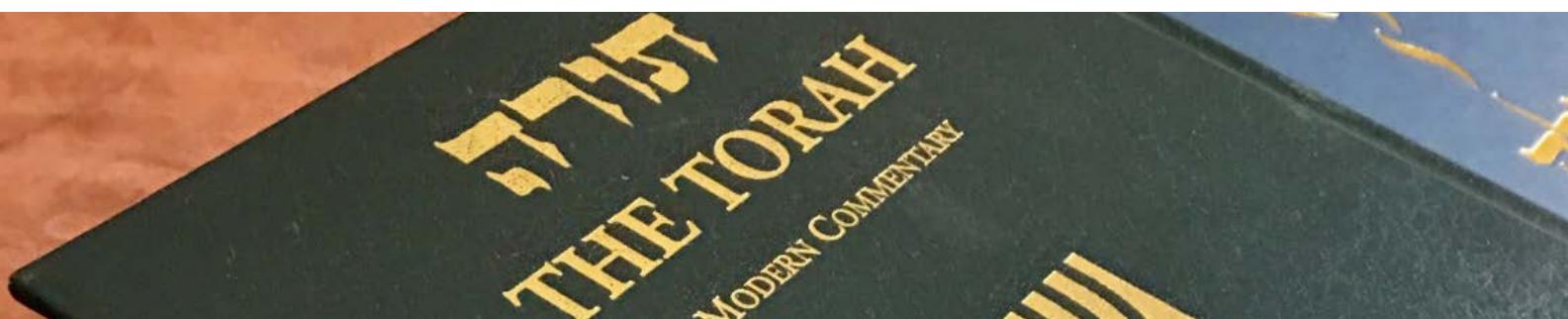
If you are performing tashlich on your own, try starting with a session of hitbodedut, or heartfelt conversation with God. Do this in your own words and in nature. Reb Nachman of Bretslov, who popularized hitbodedut (literally "seclusion") instructed his followers to talk to God in a "simple, straightforward manner, as if he were conversing with a close friend." (Tzaddik #439; Kochavei Or p.12 #54) According to Reb Nachman, "Hitbodedut consists of conversation with God. One can pour out their words before their Creator. This can include complaints, excuses, or words seeking grace, acceptance and reconciliation. One must beg and plead that God bring them close and allow them to serve God in truth." The important thing is to enter a flow and to speak out loud what's in your heart. This can be done privately at any time throughout the year. If it proves awkward or difficult for you,

begin with a single sincere word and repeat it until this word gives way to a waterfall of prayers to God."

If you are doing tashlich with your family, pod, or a friend, each person in the group can take turns holding up a pebble/ seashell and saying out loud the habit or wrong-doing they seek to let go of. This can be an opportunity to support each other's personal growth. Just remember: "While Yom Kippur atones for sins between a person and God, it does not atone for sins between a person and his fellow until he becomes reconciled with the one he wronged." (R' Elazar ben Azariah, Mishna Yoma 8:9) Tashlich is but one important part in our High Holy Day toolkit of teshuva. We still need to seek forgiveness directly from those we've wronged.

Additional spiritual preparation provided by the Union for Reform Judaism:

<https://reflect.reformjudaism.org>





# HIGH HOLY DAYS 5781 PRE-NEGS

*Come for the People. Stay for the Service.*

*Go Deeper with a Discussion Group*

In an effort to bring you the full spectrum of the High Holy Day experience at Temple Beth Sholom in a virtual format, we will be providing you with a 30-minute opportunity prior to Erev Rosh HaShanah, Rosh HaShanah Morning, Kol Nidre, and Yom Kippur Morning to gather virtually with our congregational family. Here you will be able to see and say hello to familiar faces in our Temple Beth Sholom community, simulating what we'll be missing in our Palm Plaza and Welcome Center. This meet 'n greet will be hosted daily by Mark Baranek. Immediately following you are welcome to stay in the Zoom room where you can experience each of our services alongside other members of our community.

Additionally, we invite you to reflect on your High Holy Day experience with other members of our community. Perhaps with family members, a pre-existing small group, or maybe you want to engage with other members of our community whom you don't already know? Let us know and we'll be happy to connect you! Want to "host" a virtual opportunity for sharing in a post-service reflective experience together? Great! We will prepare you to facilitate.

Please reach out to Greg Lawrence with questions, to join a group, to host a group, and/or for the Zoom link where the pre-service meet-ups will take place.

greg@tbsmb.org | 786.364.4413.

# Elul

*Awake and Prepare*  
August 21 - September 18

## *Virtual Weekly Events* via Zoom

**Daily Meet-Up** with TBS clergy  
**Monday - Friday** 8:30 am *Zoom*

**Meditation** with Marte Singerman  
**Tuesdays** 7:00 pm & **Fridays** 12:00 noon  
*Zoom*

## *Virtual Special Events*

**Saturday, September 5**  
10:30 am  
**Tzedakah -**  
**Righteous and Just Living**  
with Greg Lawrence  
*Zoom*



**Saturday, September 5**  
8:00 pm  
**Havdalah**  
with Rabbi Davis & Rabbi Bair  
*Facebook Live*

**Sunday, September 6**

10:00 am

**Personal and Family Mission Statement**

with Marc and Karen Rivo & Rabbi Davis  
Zoom

**Wednesday, September 9**

5:00 pm

**How to do Taschlich**

with Rabbi Bair  
Zoom

**Saturday, September 12**

8:00 pm

**Selichot Program and Service**

Short Films with Activities and Discussion,  
Interactive Selichot Service, and Virtual Dessert  
Reception

Zoom

**Sunday, September 13**

11:00 am

**Apple Cake Baking**

with Adrienne Pardo & Rabbi Loiben  
Zoom





השכינה, ת אַתָּה,  
לשםך, נאשיטו שוכנו,  
ויש לנו סתת שיטח,  
תקנת גבורה מלנאה,  
וחושינו לנצח שפֶּךְ,  
תנו בָּרוּךְ,  
ונסיך שליחיך אבָּךְ,  
וורב ובגדי נון,  
וירחך סמוך לעצמך  
ובכל קניין מקומינו,  
ת אַתָּה,

HASHKIVEINU Adonai Elokenu,  
Eloheinu, Channukinu d'shivat l'chatchila,  
altra alein uvei al'yanatza,  
yeshivatot b'nei yisrael midbar  
Choshecha tenuot al'machta.  
V'agapei ha'aretz,  
v'hachnasat oseh adam,  
v'chayim v'simcha v'g'mach,  
v'chayekh matanah avot ve'nadiv,  
Uv'rah b'Yisroel chashuv,  
ki El chashuvut amotzotza stat,  
ki El chashuvut yachan stat,  
yeshivatot v'simcha stat,  
v'chayim v'simcha stat,  
v'chayim v'simcha stat,  
Boruch atah Adonai,

TBS  
LIVE

# THE ELUL OPEN ARK PROJECT

## *at Temple Beth Sholom*

*The Month of Elul 5780 through September 16, 2020*

We have missed seeing you in person here at Temple Beth Sholom during these strange and turbulent times. We so very much look forward to that day when we can all be physically present with one another.

The Jewish month of Elul began on August 21 and signals that the High Holy Days are quickly approaching (beginning the evening of September 18). Elul allows us to begin the process of celebrating and reflecting together. In that vein, we would like to offer our members the opportunity to visit Temple Beth Sholom in a physically safe way while spending time in front of the open Ark in our Sanctuary.

Families will have their own 30-minute time slot, just themselves in the presence of our Torahs in our open Ark. Register at [tbsmb.org/focusonelul](http://tbsmb.org/focusonelul) to reserve a time slot.

If you would like a member of our Clergy to join you in the sanctuary, from a safe distance of course, please let us know.

Please contact Mark Baranek with any questions at:  
[Mark@tbsmb.org](mailto:Mark@tbsmb.org) | 305.538.7231 ext. 376.



# Rosh HaShanah

September 18 - September 20

*All opportunities below are "Virtual" except for Tashlich which we hope will be in person.*

## Friday, September 18 (Erev)

- |         |   |          |  |
|---------|---|----------|--|
| 6:00 pm | <b>Erev Rosh HaShanah: All Clergy</b><br>This joyful service will launch our new year together and highlight the theme of Teshuva as Response. Elementary age students to adults of all ages.<br><a href="http://tbsmb.org/watch/">tbsmb.org/watch/</a> | 11:45 am | <b>Extended Davening and Study with Rabbi Ethan Bair</b><br>Pray and study in virtual community as we delve into the origins, power and timeless relevance of the Avinu Malkeinu. Zoom |
|---------|---|----------|--|

- 8:00 pm   **The Tribe's High Holiday Experience**

## Saturday, September 19 (Day 1)

- |          |   |          |  |
|----------|---|----------|--|
| 10:00 am | <b>Rosh HaShanah Morning: All Clergy</b><br>This new year experience will highlight the theme of Rosh HaShanah as the anniversary of creation and how essential interdependence is for our world's sustainability. Elementary age students to adults of all ages.<br><a href="http://tbsmb.org/watch/">tbsmb.org/watch/</a> | 11:45 am | <b>Youth Experience: Rabbi Joanne Loiben, Barb Shimansky, Mason Duboff and Seth Cohen</b> Zoom   |
|          |   | 1:00 pm  | <b>Children's Service: Clergy with Mason Duboff</b><br>Our joyful and creative Children's Services are especially geared for families with preschool aged children.<br><a href="https://Facebook.com/TBSMB">Facebook.com/TBSMB</a> |

- 2:00 pm **Study with Rabbi Gayle Pomerantz**  
The Haftarah of Hannah: Join Rabbi Pomerantz in this creative exploration of the story of Hannah and the role of prayer in Jewish life. *Zoom*
- 3:00 pm **Study with Rabbi Joanne Loiben**  
Akedat Yitzchak—The Binding of Isaac: Join Rabbi Loiben in learning the story of The Binding of Isaac using Midrashim (commentaries on the Torah) to explore multiple perspectives. *Zoom*
- 4:00 pm **Outdoor Tashlich Service with Rabbi Ethan Bair**  
5300 Collins Ave. Park in public lot; meet on path behind playground.

## Sunday, September 20 (Day 2)

- 10:00 am **Rosh HaShanah Day 2 Morning: All Clergy**  
This beloved service will incorporate many of our congregation's favorite melodies and traditions. [tbsmb.org/watch/](http://tbsmb.org/watch/)



# Yom Kippur

September 27 - September 28

## Sunday, September 27

### 8:00 pm Kol Nidre Evening Service: All Clergy

Join together to hear the ancient melody of Kol Nidre. Through the darkness of a challenging moment in time we will focus on hope. Elementary age students to adults of all ages. [tbsmb.org/watch/](http://tbsmb.org/watch/)

### 8:00 pm The Tribe's High Holiday Experience

## Monday, September 28

### 10:00 am Yom Kippur Morning: All Clergy

Share this spiritual experience of reflection, resilience, renewal, and healing with heart stirring melodies and thoughtful contemplation. Elementary age students to adults of all ages. [tbsmb.org/watch/](http://tbsmb.org/watch/)

### 11:45 am Extended Davening and Study with Rabbi Ethan Bair

Pray and study in virtual community as we delve into one of the central piyyutim (liturgical poems) of the High Holy Days, which is all-too-poignant in the year of COVID-19, the Unetaneh Tokef, "Let Us Speak of the Awesomeness." Zoom

### 11:45 am Youth Experience: Rabbi Joanne Loiben, Barb Shimansky, Mason Duboff and Seth Cohen Zoom

### 1:00 pm Children's Service: Clergy and Mason Duboff

Our joyful and creative Children's Services are especially geared for families with preschool aged children.  
[Facebook.com/TBSMB](https://Facebook.com/TBSMB)



2:00 pm	<b>Study with Rabbi Pomerantz</b> The Haftarah of Jonah: Join Rabbi Pomerantz in learning about this reluctant prophet. How might we confront our fears and not run away from responsibility? Zoom	3:45 pm	<b>Yom Kippur Afternoon: All Clergy</b> This service features the historic redemption of our people from the Holocaust to the birth of Israel and will feature remarks from our teens as well as our annual Israel Bonds appeal. <a href="http://tbsmb.org/watch/">tbsmb.org/watch/</a>
2:45 pm	<b>Meditation Service [Avodat ha-Lev]: Cantor Segal and Marte Singerman</b> This 45-minute mind, body and spirit practice will include gentle movement, chanting, and meditation. This is a wonderful opportunity to recharge and renew on this sacred holiday. Zoom	5:00 pm	<b>Yizkor: All Clergy</b> This hour will allow us to grieve this year's losses and loved ones who have departed. Yizkor will feature the lighting of memorial candles by our members. <a href="http://tbsmb.org/watch/">tbsmb.org/watch/</a>
3:00 pm	<b>Study with Rabbi Robert Davis</b> Good and Evil: Through the lens of the wisdom and advice of our sages, Rabbi Davis will lead an exploration of what Judaism says about Good and Evil. Zoom	6:00 pm	<b>Ne'ilah and Havdalah: All Clergy</b> Join in our final service of the High Holy Days where we experience the closing of the gates of the holy days, chant our final Avinu Malkeinu and conclude with a powerful Havdalah ritual. <a href="http://tbsmb.org/watch/">tbsmb.org/watch/</a>

# LIVE STREAMING

## *Temple Beth Sholom*

### HOW PEOPLE CAN WATCH



MOBILE



COMPUTER



TV\*



The live stream is available on:

- **BoxCast** – download the **BoxCast app\***
- **Website** – TBSWatch [tbsmb.org/watch/](http://tbsmb.org/watch/)
- **Facebook Live** – on our Facebook page [facebook.com/TBSMB](https://facebook.com/TBSMB)
- **Zoom**: by logging into the pre-neg or Torah Study zoom call

**\*With Roku, AppleTV, or FireStick**

**Go to the Home screen in your TV streaming device, then add the Boxcast app. There are detailed instructions for each of these on our [tbsmb.org/watch/](http://tbsmb.org/watch/) page.**

- All services will be recorded and available on our website
- Every sermon will be available after it is given
- High Holy Days Speakers' talks will be available on Erev Rosh HaShanah

# HIGH HOLY DAYS 5781

## Streaming

### Erev Rosh HaShanah

Friday	<b>9/18</b>	6:00pm
Tribe Services		8:00pm

### RH Morning

Saturday	<b>9/19</b>	10:00am
Sunday	<b>9/20</b>	10:00am

### Kol Nidrei

Sunday	<b>9/27</b>	8:00pm
Tribe Services		8:00pm

### YK Morning

Monday	<b>9/28</b>	10:00am
YK Afternoon	<b>9/28</b>	3:45pm

### Yizkor

Monday	<b>9/28</b>	5:00pm
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### Ne'ilah/Havdalah

Monday	<b>9/28</b>	6:00pm
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## Zoom Rooms

- Allow for preneg chats
- Allow viewing of the High Holy Days in a clean format
- Oneg chats

### Study Groups

- Saturday **9/19** 11:45am, 2:00pm, 3:00pm
- Monday **9/28** 11:45am, 2:00pm, 3:00pm

### Meditation

 – Monday **9/28** 2:00pm

### Youth Services

will be broadcast in dedicated Zoom Rooms

- Saturday **9/19** 11:45am
- Monday **9/28** 11:45am

### Children Services

- Saturday **9/19** 1:00pm - FB Live
- Monday **9/28** 1:00pm - FB Live

Please contact the temple office at 305.538.7231 or email Craig Berko at [Craig@tbsmb.org](mailto:Craig@tbsmb.org) in advance of the High Holy Days if you require technical assistance.





# CONTACT US

## Elul Open Ark Project

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## HHD Prenegs

Greg Lawrence **Email:** [greg@tbsmb.org](mailto:greg@tbsmb.org) **Tel:** 786.364.4413

## Mishkan HaNefesh Prayer Books *(available to borrow but not needed for services)*

Noemi Cortes **Email:** [noemi@tbsmb.org](mailto:noemi@tbsmb.org)

## Technical Assistance

Craig Berko **Email:** [craig@tbsmb.org](mailto:craig@tbsmb.org) **Tel:** 305.538.7231 ext. 230

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