5780
High Holiday

Information Guide
To our Beth Judea family –

I have in my hand two boxes which God gave me to hold. God said, “Put all your sorrows in the black box and all your joys in the gold.”

I heeded God’s words, and in the boxes both my joys and sorrows I stored. But though the gold became heavier each day, the black was as light as before.

With curiosity, I opened the black. I wanted to find out why. And I saw, in the base of the box, a hole which my sorrows had fallen out by.

I showed the hole to God, and mused, “I wonder where my sorrows could be.” God smiled a gentle smile and said, “My child, they’re all here with me.”

I asked why God gave me the boxes, why the gold the black with the hole? “My child, the gold is for you to count your blessings. The black is for you to let go.”

~ Author Unkown

Shanah Tovah u’Metukah Tikateivu

On behalf of Rabbi Zimbalist, Hazzan Ezring, your CBJ Professional Staff and the Board of Directors we wish you and all those whom you hold dear a happy, healthy, sweet, prosperous and peaceful New Year!!!
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Please contact Lisa Neiman at lneiman@bethjudea.org or (847) 634-0777 if you need any special accommodations, including transportation, to participate in any of our programs.
Join us for

TOT HIGH HOLIDAY SERVICES 5780

Families with young children ages 0 to 6

FAMILY ADMITTANCE

ROSH HASHANAH
MONDAY, SEPTEMBER 30, 2019
9:00 AM – 9:45 AM

YOM KIPPUR
WEDNESDAY, OCTOBER 9, 2019
9:00 AM – 9:45 AM

BUFFALO GROVE HIGH SCHOOL
1100 W. Dundee Road, Buffalo Grove – Theatre Entrance

This is a multi-generational service. Grandparents are encouraged to attend with their families.

Services are free, but reservations are REQUIRED
Contact Beth Judea at 847-634-0777 or ineiman@bethjudea.org
Tashlich at Green Lake Park

Sunday, October 6, 2019
12:00 p.m.

1101 Green Knolls Dr. Buffalo Grove

Apples and Honey Tasting
to start our year off sweetly

Tashlich Service
to symbolically cast away the mistakes of the past year

Picnic Lunch
Bring your own, dairy/parve

RELIGIOUS SCHOOL FAMILIES:
Religious School students will be bused to Green Lake Park for Tashlich. School dismissal will take place at Green Lake Park following Tashlich. All families are invited to join us for this special program!

Please contact Lisa Neiman at lneiman@bethjudea.org or 847-634-0777 if you need any special accommodations, including transportation, to participate in our program.
5780 HIGH HOLIDAYS

HOLIDAY DATES / YIZKOR / CANDLE LIGHTING INFORMATION

Rosh Hashanah: September 30 & October 1, 2019
Light Candles September 29, 2019 - 6:18 p.m. and
Light Candles October 1, 2019 - 7:24 p.m.

Kol Nidre: October 8, 2019
Light Candles October 8, 2019 - 6:03 p.m.

Yom Kippur: October 9, 2019 *(Yizkor)

Sukkot: October 13 - 20, 2019
Light Candles October 13, 2019 – 5:55 p.m. and
Light Candles October 14, 2019 - 7:01 p.m.

Hoshanah Rabbah: October 20, 2019

Shemini Atzeret: October 21, 2019 *(Yizkor)
Light Candles October 20, 2019 – 6:50 p.m.

Simchat Torah: October 22, 2019
Light Candles October 21, 2019 – 6:50 p.m.

*(Yizkor) – Yizkor is recited on Yom Kippur (October 9) and the last day of Shemini Atzeret (October 21)

All Jewish Holidays begin at sunset the preceding day.
Rosh Hashanah

The New Year, like the Sabbath and Festivals, is welcomed in the home with prayer and festivity. Congregational ritual is enriched when preceded by family and friends celebrating at home. The table should be given a festive appearance – flowers and an attractive table will help everyone feel the significance of the occasion. At each plate there is a bit of honey, a slice of apple and a cup of wine. Two loaves of challah are also on the table.

On both evenings light the candles and recite the following blessings:

ברוך אתה יהוה אלוהינו מלך העולם אשר קדשך במצוותינו
לאצינו קדיליק נר של שבת ושל יומ טוב.

Baruch atah Adonay Eloheynu melech ha-olam, asher kidishanu b’mitzvotav vetsivanu l’hadlik ner shel (on Friday evening add: Shabbat ve) Yom Tov.

Blessed are You, Lord our God, King of the universe, who has sanctified us by Your mitzvot and commanded us to kindle (on Friday evening add: the Sabbath and) the Festival lights.

ברוך אתה יהוה אלוהינו מלך העולם שחיינו וקיימנו והיגינו לחג הזה.

Baruch atah Adonay Eloheynu melech ha-olam, shehechiyanu v’kiyemanu v’higanu lazman hazeh.

Blessed are You, Lord our God, King of the universe, who has kept us alive, preserved us and enabled us to reach this season.

After the Rosh Hashanah Kiddush is said over the wine and the hamotzi recited over the challah, all present dip a slice of the apple in honey and recite:

ברוך אתה יהוה אלוהינו מלך העולם ברוא פרי העץ.

Baruch atah Adonay Eloheynu melech ha-olam, boray p’ri ha-etz.

Blessed are You, Lord our God, King of the universe, who creates the fruit of the tree.
Fasting in the Jewish Tradition
Jewish tradition obligates us to fast on Yom Kippur as an expression of remorse and repentance. It also helps us to achieve the kind of undistracted concentration and introspection that is the essence of the Yom Kippur experience. Moreover, while fasting we identify with the suffering and hunger of all peoples throughout the world. This religious obligation, however, applies only to those whose health permits them to fast. Worshipers who are in doubt should consult with their personal physician before beginning the sundown to sundown fast. As we consider the religious obligation to fast, it is appropriate to think of those who are hungry involuntarily and participate in the Project Isaiah Food Drive. Children below the age of Bar/Bat Mitzvah should be taught to fast by beginning with a few hours fast and increasing it each year until at thirteen they fast throughout Yom Kippur. The fast begins with the kindling of Yom Kippur candles and concludes with the sounding of the Shofar at the end of Neilah.

Yom Kippur Eve
Unlike the meal held on the eves of Sabbaths and other festivals, there are no special rituals connected with the Erev Yom Kippur meal, because it is eaten before the sacred day begins. The Mitzvot of Hamotzi and the Birkat Hamazon should be observed as at any meal. This meal, which is called Seudah Mafseket (the concluding meal before a fast) should begin early so that it is completed before the onset of the Holy Day. No kiddush is recited.

The candles are lit and the following is recited:

ברוך אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹמָה הַפּוּרִים

Baruch atah Adonai Eloheinu melech ha-olam asher kidishanu b’mitzvotav vetsivanu l’hadlik ner shel Yom Hakippurim.

Blessed are You, Lord our God, King of the universe, who has sanctified us by Your mitzvot, who commands us to kindle the lights of (on Friday evening add: Shabbat and of) the Day of Atonement.

ברוך אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחֱיָנוּ וְקִימָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

Baruch atah Adonay Eloheynu melech ha-olam, shehechiyanu v’kiyemanu v’higianu lazman hazeh.

Blessed are You, Lord our God, King of the universe, who has kept us alive, preserved us and enabled us to reach this season.
Sukkot

It is a mitzvah for every Jew to participate in the building and decoration of a sukkah which, by tradition, we begin to construct immediately after the conclusion of Yom Kippur. The sukkah may be built in a yard or on a roof or on a balcony. If you are not building your own Sukkah, consider assisting in the building or decorating of the Sukkah at the synagogue or at the home of friends. You are also encouraged to purchase a lulav and etrog that will be used throughout the festival. Those who have a lulav and etrog will participate in processions with the Torah (not on Shabbat and not on Shemini Atzeret or Simchat Torah) during the morning services.

To order a lulav and etrog contact the synagogue office at 847-634-0777.

The following blessing is recited while holding the lulav and etrog:

בָּרוּך אַתָּה יהוה הָאֱלֹהִים מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ בְּמִצְוָתָיו וְצִוָּנוּ עַל נְטִילַת לוּלָב.

Baruch atah Adonai Eloheinu melech ha-olam asher kidishanu bemitzvotav vetsivanu al netilat lulav.

Blessed are You, Lord our God, King of the universe, who has sanctified us by Your mitzvot, who commands us for the taking of lulav.

First and Second Evenings of Sukkot

Eating meals in the sukkah is a most enjoyable way to celebrate this festival. Inviting friends to share meals in the sukkah enhances the joy of the holiday.

The Sukkot candles are lighted and the following blessing recited:

בָּרוּך אַתָּה יהוה הָאֱלֹהִים מֶלֶךְ הָעוֹלָם שֶׁהָחִיינוּ וְקִימָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

Baruch atah Adonay Eloheynu melech ha-olam, shehechianu v’kiyemanu v’higianu lazman hazeh.

Blessed are You, Lord our God, King of the universe, who has kept us alive, preserved us and enabled us to reach this season.
Shemini Atzeret and Simchat Torah

The concluding day of Sukkot has come to be known as Shemini Atzeret. While it is of rabbinic origin, it has taken on the same obligations as the biblically ordained days of Sukkot. Simchat Torah developed later in Jewish history, but it too has become equivalent to a biblical holiday. On both days we attend Yom Tov services at shul evening and morning, and light candles on the evening prior to the onset of the day. Just as on Shabbat or the first days of the festival, we have family meals on the evening leading into these days and for the second meal after morning services.

The Evenings of Shemini Atzeret and Simchat Torah

The candles are lighted and the following blessing recited:

ברוך אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוָּתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שֶׁבַּת וְשֶׁל שֶׁל יוֹם תּוֹב.

Baruch atah Adonay Eloheynu melech ha-olam, asher kidishanu b’mitzvotav vetsivanu l’hadlik ner (on Friday: Shabbat ve) shel yom tov.

Blessed are You, Lord our God, King of the universe, who has sanctified us by Your mitzvot and commanded us to kindle the (on Friday evening add: Sabbath and) Festival lights.

ברוך אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחֱיָנוּ וְקִיְמָנוּ וְהִגִּישָׁנוּ לַזְּמַן הַזֶּה.

Baruch atah Adonay Eloheynu melech ha-olam, shehechiyanu v’kiyemanu v’higianu lazman hazeh.

Blessed are You, Lord our God, King of the universe, who has kept us alive, preserved us and enabled us to reach this season.
HOLIDAY SCHEDULE 5780

Sukkot I and II

Sunday, October 13
Light candles before 5:55 pm
Maariv 7:30 pm

Monday, October 14
Morning Service 9:30 am
Maariv 7:30 pm
Light candles after 7:01 pm

Tuesday, October 15
Morning Service 9:30 am
Maariv 7:30 pm

Hoshannah Rabbah

Sunday, October 20
Morning Service 9:00 am

Shemini Atzeret

Sunday, October 20
Light candles before 6:50 pm
Maariv 7:30 pm

Monday, October 21
Morning Service 9:30 am
Yizkor 11:00 am

Simchat Torah

Monday, October 21
Procession with Flags 6:00 pm
Light candles after 6:50 pm
Maariv 7:00 pm

Tuesday, October 22
Morning Service 9:30 am
HIGH HOLIDAY COMMUNITY YIZKOR SERVICE

THE COMMUNITY YIZKOR SERVICE WILL BE ON YOM KIPPUR DAY,

WEDNESDAY, OCTOBER 9, 2019

AT 12:45 PM AT
BUFFALO GROVE HIGH SCHOOL
IN THE CAFETERIA FOLLOWING
THE FAMILY SERVICE.

THIS YIZKOR SERVICE IS OPEN TO ALL.

THE YIZKOR SERVICES THAT ARE IN THE SANCTUARY AT BETH JUDEA AND IN THE THEATRE AT BUFFALO GROVE HIGH SCHOOL REQUIRE TICKETS AND ARE ONLY OPEN TO MEMBERS OF BETH JUDEA.

PLEASE SHARE THIS INFORMATION WITH OTHERS IN THE COMMUNITY.

THANK YOU!
Project Isaiah

The Men’s Club Is Sponsoring Project Isaiah

*Isaiah 58:* “This is the fast I have chosen… to share your bread with the hungry…”

Take a bag as you leave services on Rosh Hashanah and return it filled with food on Kol Nidre, October 8, 2019.

Volunteers are needed to help handout and collect bags. If you can help in any way please call Fred Rabinowitz at (847) 398-5488 or email rabino49@aol.com

PROJECT ISAIAH gives life to the Jewish traditions of tzadakah (charity) and Tikkun Olam (repairing the world).

Help Start The New Year Right, Give To Those Less Fortunate

All food will be donated to the Ark
BUILD SUKKAH
Sunday – October 6
10:00 am – 12:00 pm
Join the Men’s Club for a good old fashion Sukkah raising!
If you have kids in Sunday School consider staying and joining us after
you drop them off. We build rain or shine!

TAKE DOWN SUKKAH
Sunday – October 27
10:00 am – 12:00 pm

RSVP TO RON FRIEDMAN at r.friedman@sbcglobal.net
“The Good Fight?”
A Review of Deuteronomy 25:11 – 12
A Topic for Men and Women

Facilitator – Orin Rotman

What will you get?
 Idol Lively discussions.
 Idol Great company.
 Idol Enormous amount of knowledge.
 Idol Good beer, soft drinks, and snacks.

Wednesday, October 16, 2019
7:45 pm (after minyan)
at Congregation Beth Judea
in the Sukkah!!!!!

Sponsored by The Men’s Club
Donation -$5.00 for beer, beverages and snacks

RSVP by Oct. 11, 2019
Call (847) 634-0777 or email Orin at orotman@steinrotman.com for more info!

Please contact Lisa Neiman at ineiman@bethjudea.org or 847-634-0777 if you need any special accommodations, including transportation, to participate in our program.
BETH JUDEA MEN’S CLUB
INVITES ALL ADULTS 21 AND OVER TO OUR

BEEF & BOURBON
In the Sukkah

Sunday, October 20, 2019 at Congregation Beth Judea

As usual, you will have an opportunity to sample as many of the offerings as you wish. An explanation of each product will also be provided.

4:00 pm – 6:30 pm

Cost: $60 per person

Space is Limited. Please RSVP by October 13th to Ron Friedman at r.friedman@sbcglobal.net or Rob Lipka at ralipka@aol.com
HUGS INVITES YOU TO A
ROSH HASHANAH SERVICE
FOR FAMILIES WITH SPECIAL NEEDS*

This service is open to the entire community, free of charge.
All ages are welcome.

Monday, September 30, 2019
3:30 PM – 4:30 PM

Congregation Beth Shalom
3433 Walters Avenue
Northbrook, IL

If you have questions or to RSVP, please contact:
Eli Castellano at ecastellano@bethshalomnb.org
or call 847-498-4100

*This service is designed to be accessible and sensitive to a variety of needs.

The HUGS consortium includes 13 north suburban congregations.
Please visit our website at www.hugschicago.org.
# 5780 Holiday Calendar 2019-2020

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<th>Jewish Holidays</th>
<th>Date (Y) – Yizkor</th>
<th>Candle Lighting Time</th>
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| Rosh Hashanah   | September 30 & October 1, 2019 | September 29, 2019 - 6:18 p.m.  
September 30, 2019 - 7:24 p.m. | 5780 Tishri 1-2 |
| Yom Kippur      | October 9, 2019  
(Yizkor) | October 8, 2019 - 6:03 p.m. | 5780 Tishri 10 |
October 14, 2019 - 7:01 p.m. | 5780 Tishri 15-20 |
| Hoshanah Rabbah | October 20, 2019 |                      | 5780 Tishri 21 |
| Shemini Atzeret | October 21, 2019  
(Yizkor) | October 20, 2019 - 5:44 p.m. | 5780 Tishri 22 |
| Simchat Torah   | October 22, 2019 | October 21, 2019 -6:50 p.m. | 5780 Tishri 23 |
| Hanukkah        | December 23 – 30, 2019 | Each evening after sundown  
beginning December 22, 2019 | 5780 Kislev 25 – Tevet 3 |
| Tu B’Shevat     | February 10, 2020 |                      | 5780 Shevat 15 |
| Purim           | March 10, 2020 |                      | 5780 Adar 14 |
| Passover        | April 9 – April 16, 2020  
(Yizkor) | April 8, 2020 - 7:08 p.m.  
April 9, 2020 - 8:18 p.m.  
April 14, 2020 - 7:15 p.m.  
April 15, 2020 – 8:24 p.m. | 5780 Nisan 15-22 |
| Yom HaShoah    | April 21, 2020 |                      | 5780 Nisan 28 |
| Yom Hazikaron   | April 28, 2020 |                      | 5780 Iyar 3 |
| Yom Ha’Atzmaut | April 29, 2020 |                      | 5780 Iyar 4 |
| Lag B’Omer      | May 12, 2020 |                      | 5780 Iyar 18 |
| Shavuot        | May 29 – 30, 2020  
(Y) | May 28, 2020 – 8:01 p.m.  
May 29, 2020 – 8:02 p.m. | 5780 Sivan 6-7 |
| Tisha B’Av      | July 29 – 30, 2020 |                      | 5780 Av 9 - 10 |

(Yizkor) - Yizkor is recited on Yom Kippur (September 19) and the last days of Shemini Atzeret (October 1)  
Passover (April 27)  
Shavuot (June 10)

All Jewish Holidays Begin at Sunset the Preceding Day