

Service Times

* In-person services are available only to those registered.

Full High Holy Days Schedule Here

See High Holy Days resources on pg. 3

Erev Rosh Hashanah Erev Shabbat

Friday, September 18 (Elul 29)

7:45am - Virtual Hatarat Nedarim (Nullification of Vows)

Zoom, Meeting ID: 913 9497 7044

10:30am - Zoom Tot Shabbat

Meeting ID: 222 154 2450 Passcode: 166812

7:00pm - Mincha/ Kabbalat Shabbat/ Maariv *

7:03pm - Candle Lighting

Rosh Hashanah I Shabbat

Saturday, September 19 (Tishrei 1)

8:00am - Outdoor Shacharit *

9:00am - Indoor Shacharit *

10:09am - Latest preferable time to say Shema

6:45pm - Mincha/ Maariv *

7:57pm - Candle Lighting

Rosh Hashanah II Tashlich

Sunday, September 20 (Tishrei 2)

8:00am - Outdoor Shacharit *

9:00am - Indoor Shacharit *

10:09am - Latest preferable time to say Shema

7:00pm - Mincha/Maariv *

7:55pm - Havdallah

Fast of Gedalia

Monday, September 21 (Tishrei 3)

5:54am - Fast begins

6:15pm - Mincha/Maariv

Register to attend.

7:54pm - Fast ends

Wednesday, September 23 (Tishrei 5)

6:55pm - Mincha/Maariv

Register to attend.

Classes

• **Daf Yomi with Rabbi Paul & Yoni Alon**
Sunday-Thursday 8:30pm, Phone Conference.

• **“Ketuvim with Kenny”**
Join discussions of the final sections of the Jewish Bible.
Monday 7:45pm, Off until after Yom Kippur.

• **“Lunchtime Talmud” with Rabbi Davies**
Uncover the depths of Jewish law.
Thursday 12pm, Facebook Live & Zoom

• **“Cholent and Learn” with Kenny Abitbol**
Off until after Yom Kippur.

Dor Tikvah Virtual Events

Jive with Judaism Series – Sept. 23, & Oct. 7

A special series for middle schoolers before, during, and after the chagim with Yaakov Fried! Details at Dortikvah.org/event/Elul-middleschool.

Together Apart: Rosh HaShanah Prep.

Watch the classes and get resources at

Dortikvah.org/event/Together-Apart-RH.

Refuah Sheleima

The Refuah Sheleima list will be reset for Rosh Hashanah. To keep a name on the list or submit a new one, contact charlessteinert@gmail.com.

Yisrael Haynu ben Shimon Avraham
Yisroel Mordechai ben Fradel
Bloom bat Chaya Sara (Bertha Hoffman)
Yesuskah Levy ben Shosha Hannah
Refael Aharon ben Devorah
Gershon Ben Sarah (Jerry Polinski)
Arlene Polinski
Elijah Myer August ben Malkah
Kalev ben Naftali
Yakov ben Peretz (Jay Rundbaken)
Chava bat Roza (Eva Lipman)

Simcha ben Etle
Hodel bat Raozel
Miriam bat Mazal
Talia bat Shoshana
Yehudit bat Sarah
Isabella Beaudoin
Esther bat Alitza
Yisrael ben Chaya
Chaiah Leah bat Shier
Uri Chaim ben Hodel
Yisroel Chaim ben Pesha

Life Cycle

Birthday

- > Jeremy Zucker (9/20)
- > Paul Saltzman (9/20)
- > Edward Kramer (9/24)
- > Elayna Gleaton (9/25)

Yahrzeit

- > Alex Gross, Grandfather of Michael Davies (9/19)
- > Marty Chase, Father-in-Law of Leah Chase (9/21)
- > Ethel Oberman Katzen, Mother of Marvin Katzen (9/25)

Contributions

- > David & Linda Cohen in memory of Russel's father, Robert L. Binder
- > Leah Chase in memory of Marty Chase, father of beloved husband, Philip
- > David & Linda Gilston for flowers for High Holy Days

Contributions can be made at DorTikvah.org or sent to
1645 Raoul Wallenberg Blvd. *Donations of \$10 or more are recognized here.*



Rosh Hashanah 5781

Life's Two Essentials

By Rabbi Benjamin Blech Aish.com



Both our bodies and our souls require sustenance and nourishment.

What's essential?

The term has gained considerable prominence in this time of global pandemic. Professions that are deemed essential are granted the privilege of being exempt from stay-at-home mandates and lockdowns. It's surprising what some state governments are willing to include as so "essential" that they override any possible threats to the health and welfare of society. Florists can still deliver bouquets in Delaware and golf courses can stay open in Arizona. New York, while forbidding physical exercise in gyms and indoor dining in restaurants even with social distancing and the wearing of masks, seems to acknowledge that liquor stores need to remain open.

So what is really "essential"? It's an important question to answer during these days leading up to Rosh Hashanah and Yom Kippur. The best answer I've heard is that the most essential thing in life is to be wise enough to know what is truly essential. And that's the primary purpose of the High Holy days. Throughout the year we spend our days pursuing things that don't really have any lasting value or significance. And once a year there comes a time when we get off the treadmill of our lives to stop and rethink. While governments are busy trying to resolve the actual meaning of essential, Judaism has provided us with the most powerful and profound response by way of a Jewish law. Judaism mandates countless blessings. According to the Talmud every Jew should recite at least 100 blessings daily. Yes, Tevye, there's a blessing for a sewing machine and even a blessing for the czar. But almost all of these blessings are rabbinic. They have no source in the Torah. They come from the heartfelt desire of sages to give expression to their love of G-d and their gratefulness for his numerous acts of kindness. Yet there are only two blessings whose source is the Torah itself and thus they have the force of biblical commandments.

They are the two – and the only two – essentials of our lives.

The first of them is the Grace after Meals. The second is the daily commandment to bless G-d for giving us the Torah. And what is the connection between these two blessings? The first – the blessing for food – puts into words the thanks we owe the Almighty for sustaining us physically and giving us life. The second reminds us to express gratitude for nurturing our souls and giving us a reason for living.

In Genesis, the creation of man is described as a duality of two sources. We are created from the dust of the earth. That is the key to our bodies. But bodies without souls are nothing more than corpses. Life came about when G-d blew into Adam some of his divine spirit. That is when we became "created in the image of G-d." On Rosh Hashanah we commemorate this uniqueness with the blowing of the shofar, replicating that moment when our bodies became united with a part of divinity. G-d and His breath entered into our very being.

The English language takes beautiful note of this historic moment. The Latin for breath is spiritus. We are alive for as long as the soul remains within us. The breath of G-d's shofar makes us human. To die is to expire; it is the moment when G-d's spirit, His breath, chooses to leave us.

When our bodies become aware of our spirituality, of G-d's presence in our very being, we are inspired. Our souls feel G-d's presence. When G-d decides that we have either fulfilled our purpose in life or that we are no longer inspired to do so – His decree is that we expire, and that we return His breath to him.

The two biblical blessings refer to the two essentials of our lives. Both our bodies and our souls require sustenance and nourishment. Our bodies need food. No one can deny that is essential for life. But our souls also require something equally important. Just as we eat three times a day, so too we pray the same number of moments. Food fills our stomachs; Torah satiates our souls.

In these past few horrible months we have come to recognize more than ever the real meaning of necessity. We have gone without many things, and thankfully most of us have survived. Coming face-to-face with the High Holy days we need to rethink our priorities and to pray with full hearts for the two biblical blessings that best define us. We are bodies and we also souls – and we have to bless G-d for giving us the opportunity to fulfill the truly "essential" needs of both.

[**Dortikvah.org/hhd-5781**](https://Dortikvah.org/hhd-5781)

[Full High Holy Days Schedule](#)

High Holy Days this year will look different than they ever have before, and we have to be prepared to handle these unique circumstances.

More information and updates are provided at Dortikvah.org/hhd-5781.

In our initial High Holy Day Survey, we received requests for instructions on how to follow the prayers when staying at home as well as pre-holiday Zoom sessions to review the service and for additional High Holy Day inspiration.

[Links & Materials](#)

We still want to give everyone the opportunity to purchase aliyot as we do every year. Please consider virtually honoring a friend, family member, or even yourself with one of these highly sought after opportunities! Click below for details.

[High Holy Days Honors Information](#)

For those registered for High Holy Days Services:

You should have received information on which services will be held and been notified as to which services you are registered for. All registered attendees must complete the Rosh HaShanah Health Questionnaire to confirm your good health and compliance with safety protocols. **Only one submission per person is required to attend all of your registered Rosh Hashanah services.** Please submit your questionnaire before Friday afternoon.

[Services Details & FAQ](#)

We will soon be mailing out more High Holy Days information. Please make sure all of your contact information is up-to-date by going to Dortikvah.org/member or emailing any changes to info@dortikvah.org. Thank you!

**Catch up or refresh. Watch the videos of our
Together Apart: Rosh Hashanah Prep. program!**

[First Session - Guide for Rosh HaShanah at Home](#)

[Second Session - A Deeper Look at the Rosh HaShanah Prayers](#)

[Guide for Rosh HaShanah 5781/2020](#)

[Tefillot for Rosh Hashanah for those Praying Alone](#)