

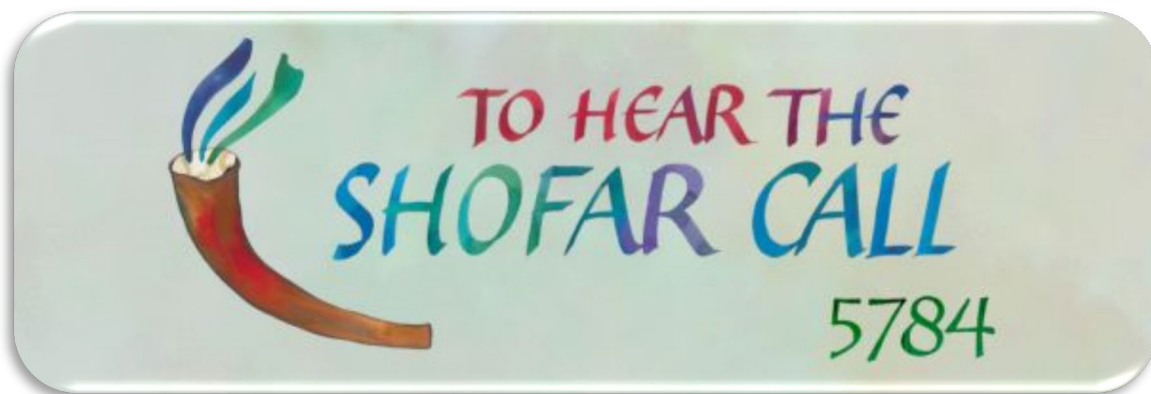
CONGREGATION OF REFORM JUDAISM

RETURN  
JOURNEY  
5784

TO HEAR THE  
SHOFAR CALL  
צְשׁוּבָה







Welcome to **Return Journey: To Hear the Shofar Call for 5784** our annual High Holy Days resource guide. Once again, we offer it to help you and your family prepare for this sacred season. This year you will discover it has a new look, with some new art/graphics. This annual collaborative effort between the Lifelong Learning Committee with the assistance of other members of the congregation, also offers some new reflections, resources, and activities, as well as some of the most popular ones previous years. We hope it will enable you and your family to explore new ways to engage in meaningful ways during these days.

The three main sections of this guide follow the same format as previous years. *Section I* on preparing yourself to celebrate Rosh Hashanah and ways to make it meaningful for the whole family through a series of reflections and meditations, holiday recipes along with several additional resource links. *Section II* “Labyrinth Walking for the Days of Awe” offers an introduction and daily guide for using the labyrinth to take a personal journey of *Teshuvah* during these days. *Section III* contains some selected reflections on some of the prayers and themes for Yom Kippur.

The Lifelong Learning Committee hopes you and your family will once more find this guide a welcome addition to your participation and celebration as we enter this New Year 5784 as a congregational family. This year’s edition is again part of our continuing commitment to provide innovative, timely programs/resources to foster spiritual growth for all ages.

Thanks, and acknowledgment again go out to the following people whose efforts and creativity who have once more made this new edition possible:

Frank Faine—for spearheading, writing, and editing this guide  
Joanne Fink—for contributing graphics and artwork  
Janie Baskin—for the family activities and recipes  
Jean White/ Gary Becker—for their support and technical assistance

In closing we want to wish all of you a joyous L’Shanah Tovah!

The Lifelong Learning Committee  
Congregation for Reform Judaism

*To hear the shofar call return,*

a sound sending my feet to turn  
an ancient echo waking me  
from my mindless slumber of days past,  
its tunes like winds sweeping  
into my heart's ears,  
pulsating in my soul  
to once again embark on this  
yearly balancing of the books  
as gates swing wide  
in their invitation to welcome me home.

*To hear the shofar call return,*

once more blasts, rattles memory's chain  
as familiar melodies now stirring my spirit,  
waiting for me to remember again  
a love who's fierce and tender  
hands stand ready to engrave my name  
with mercy's indelible ink of forgiveness  
upon eternity's ledger.

*To hear the shofar call return,*

wraps encircling arms round  
a collective prayer shawl of these days,  
beckoning me to sit under the canopy  
of that sacred tree whose branches  
now bear fruit become manna  
to sustain and nourish us  
in our turning and returning.

*To hear the shofar call return,*





## A Teshuvah Wind

Here as this season turns  
summer scents slowly taken  
ride on toward fall breezes  
as my heart yearns to return,  
find that glorious silence  
of this ordinary day—  
concentrate on this moment,  
hear it speak of a wonder  
beyond words.

Here like a sculptor  
a chisel of intent set now  
to those rough edges of my life,  
so often noisy, distracted  
chasing after distant dreams  
slipping so easily through fingers  
who remember I must be here now,  
as they smooth edges, making  
new gentle curves  
out of old sharp corners.

And, now too a still quiet,  
begins turning my heart's ears  
so lips may murmur again  
the prayer as it rises  
in its own gentle wind waiting  
to caress my cheek—and yours too.

*Hineni*  
*Ruach Adonai...*

Here I am...  
standing on the threshold of a New Year  
so many past days parading by  
with their noisy hubbub  
of words and deeds,  
commissions and omissions  
said and silenced  
promises done and left undone,  
all crowding round me  
guests milling, waiting anxiously,  
some well-dressed, some in garish garb  
all fumbling with their notes and papers,  
mumbling, pacing, preparing cases  
to lay before you.



*Hineni*  
*Ruach Adonai...*

Here I am...  
summoned again to turn  
return -find my way back  
from all this clamor, clutter of heart.  
My soul opens again to the ancient promises  
so long written within me,  
this chain of memory stretching,  
embracing and encircling me  
by that chorus of invisible witnesses  
encircling me now in a prayer shawl of this moment.

*Hineni*  
*Ruach Adonai...*

Here I am...  
at gates flung wide for me to enter,  
a table set with book and pen  
pages spread where my name,  
the names of others  
again, may soon be written.

*Hineni*  
*Ruach Adonai...*

Here I am...  
standing on this threshold...  
Remember me again...  
Inscribe me again...

# Returning Home

*An ode to my great-grandfather*

A shofar echoes  
once again on a sunlit afternoon  
in this chapel space  
its resonant blast gathering up  
aroused the geography traveled since its  
first hearing to awe-struck childhood ears  
while sitting in the Miami 1926  
art deco Temple Israel sanctuary  
that Rosh Hashanah morning  
where your voice first became audible.

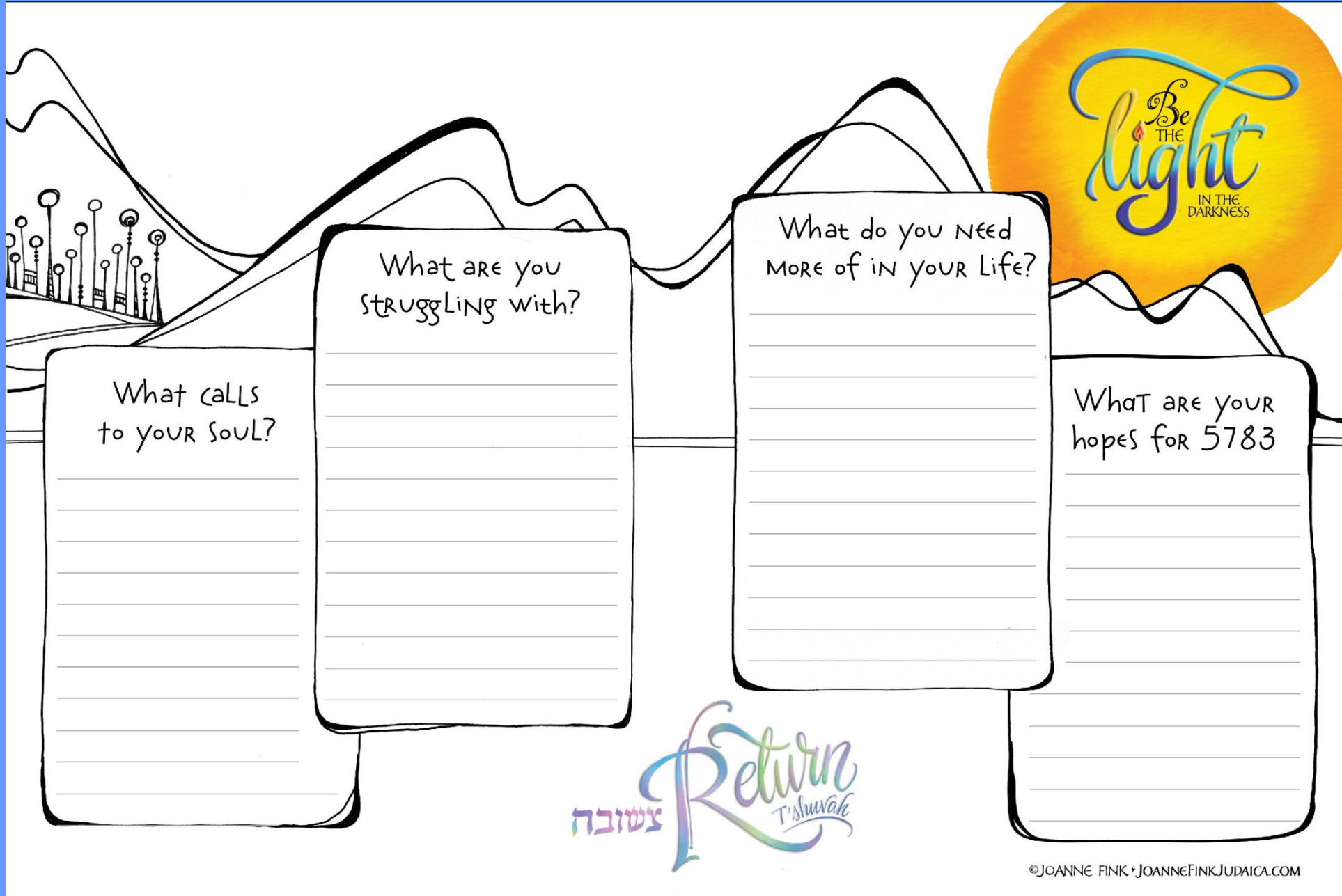
Your ancestral, ancient melodies  
sung that day by Cantor Bornstein's rich baritone  
stirred my tender heart  
made young lips tremble  
knowing they couldn't yet sing such tunes.

But you whose old-fashioned portrait hung  
prominent on Nana's hallway condo wall,  
your stiff pose, formal face,  
dressed for the camera lens to capture  
failed to hide the spirit hovering now beside  
me as it did that first morning.

My calendar once again marks the approach  
of the shofar's summons  
to remember as I retreat to write here.  
alongside a chain of memory  
clinking and glowing in this same sun  
streaming through tall clear windows  
shadows of pines and oaks casting shadows  
their limbs beginning to dance in the breeze.  
while an insistent refrain of welcome  
quicken the words, I scribble to this page  
as your unseen hands enfold me  
in the prayer shawl for this moment  
pulling me home again  
once more







What calls  
to your soul?

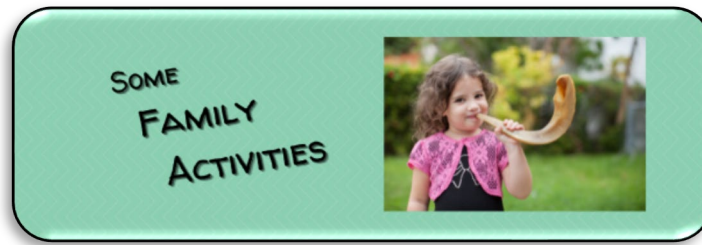
What are you  
struggling with?

What do you need  
more of in your life?

What are your  
hopes for 5783

Be  
THE  
light  
IN THE  
DARKNESS

צְשׁוּבָה  
Return  
T'shuvah



Here are a number of activities and resources to help you and your family prepare for and celebrate the High Holy Days



Instructions for making a New Year's card in the shape of a honey jar. You'll find these in this YouTube video by Janie Baskin by clicking here: [honey jar holiday card](#) You may also want to check out this additional video about how to create a festive New Year's plate at [holiday plate](#)



Be sure to check out the attached collection of holiday symbols and illustrations to color courtesy of Joanne Fink.



You may also want to use the sticker sheet attached to have some family conversation. Let each member choose one and share what it means for them. You may also want to cut them out and make into buttons to wear to encourage each to these saying to heart during this season



Here are some links from the Union for Reform Judaism website you and your family might find like to check out:

- ❖ [A Parents Must Have Guide to the High Holy Days](#)
- ❖ [Six Ways to Prepare for the High Holidays](#)
- ❖ [Rosh Hashanah Symbols and Customs](#)
- ❖ [Music to Listen to During High Holidays](#)



You may also want to check out these wonderful children's books with more family activities and ideas for for the High Holy Days available at the Winter Park Library:

- ❖ *Jewish Holidays All Year Round* by Irene Cooper & illustrated by Elvira Savadier, in association with the Jewish Museum of New York
- ❖ *Dance, Sing, Remember: A Celebration of Jewish Holidays* by Lesile Kimmelman & illustrated by
- ❖ You may also want to check-out the [Rosh Hashanah Cheat Sheet](#) as well as other wonderful holiday resources from the [PJ Library](#)



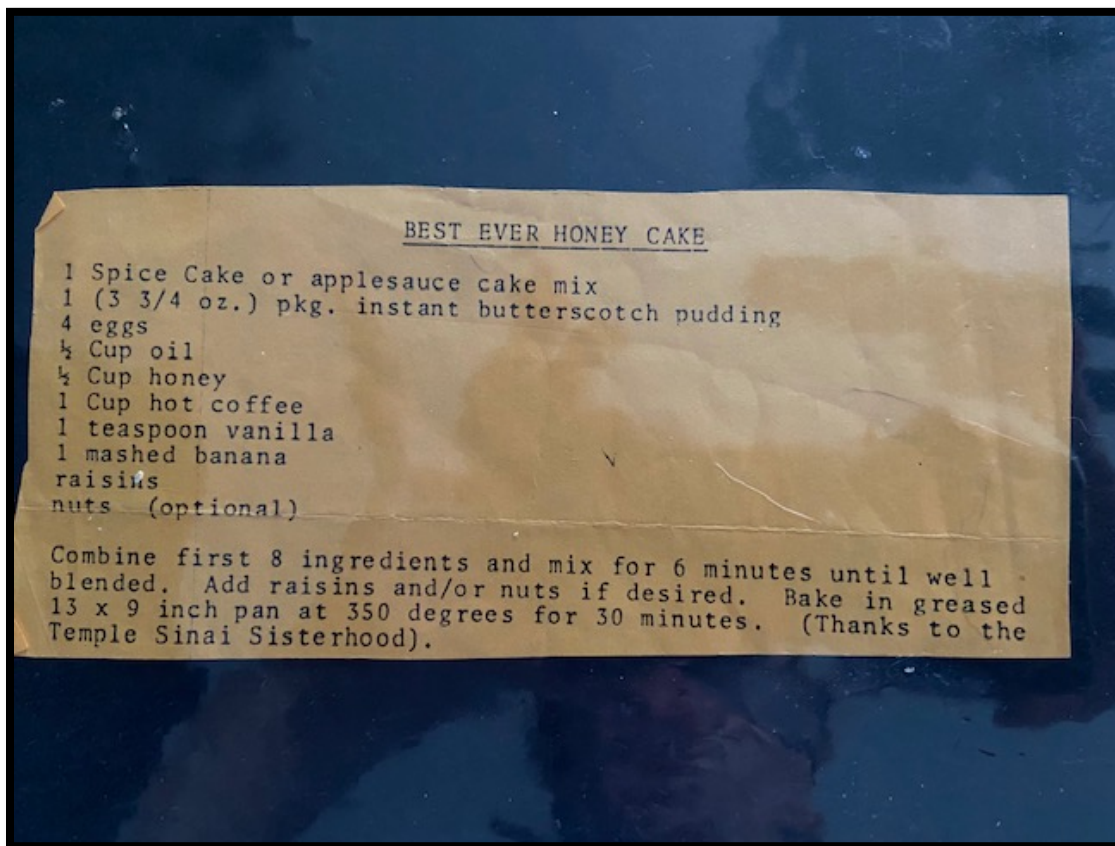




## Some Classic Rosh Hashanah Recipes

Here are two classic Rosh Hashanah recipes you might want to make together as a family activity as you prepare for the holiday,

### *HONEY CAKE*



This recipe is from Janie Baskin who got it from the Temple Sinai Sisterhood. Janie says it's tasty and quite easy to make

## *CARROT TZIMMES*



- 4 bunches of carrots with tops on, trimmed, peeled and cut into round pieces
  - 3 TB butter, olive oil or a combination of the two
  - 3 TB honey
  - ½ cup orange juice
  - 1 tsp cinnamon
  - ½ cup raisins
  - Salt and pepper
1. Heat the butter or oil in a large shallow saute pan over medium heat. (Butter will give the richest taste, but if you observe Jewish dietary laws, or have a child allergic to dairy, olive oil works fine.)
  2. Toss the carrot “coins” in the fat to coat them.
  3. Add honey, cinnamon, orange juice and stir to combine.
  4. Turn the heat down to a simmer, cover the saute pan and cook until the carrots are tender, about 5 minutes.
  5. Remove cover and add raisins.
  6. Turn the heat up to medium and reduce the sauce until it is a syrupy glaze about 3-5 more minutes. Season well with salt and pepper. Serve immediately.

<https://www.westoftheloop.com/2014/09/15/carrot-tzimmes-rosh-hashanah/>



## **HOW TO MAKE ROUND CHALLAH FOR ROSH HASHANAH**

A round challah is one of many ways that we make regular foods extra special in celebration of the New Year. This year, kick your challah-making game up a notch with a host of recipes to choose from based on just how you like your challah and step-by-step instructions on how to shape them.



### **RECIPES FOR CHALLAH DOUGH**

- [Moist, Cake-like Challah Recipe](#)
- [Crusty Challah Recipe](#)
- [Vegan Challah Dough](#)
- [Food Processor Challah](#)
- [No-Knead Challah](#)

### **LEARN TO SHAPE A ROUND CHALLAH**

This video tutorial will show you two different methods of shaping your challah dough into a round loaf



### **CHALLAH WITH FILLINGS**

Looking for something extra special for your challah? Why not try one these fillings:

- [Apple-Filled Star Challah](#)
- [Cinnamon Apple Stuffed Challah](#)
- [Chocolate Challah](#)
- [Shari's Apple-Filled Challah](#)





## LABYRINTH WALKING FOR THE DAYS OF AWE

### *INTRODUCTION*

As an ancient form of meditation and prayer, the labyrinth walking is a perfect metaphor for our journey of renewal and return during these Days of Awe. Just as they remind us of the importance of our individual lives, so too, walking the labyrinth may assist us in becoming more mindful of our sacred purpose., enabling us to realign our lives to what is most important to us. During these days we begin anew with the birth of another year, discovering ways we wish to walk with more mindful intention and compassion toward ourselves and each other.

Take a moment to visually examine the labyrinth path above. Called the *Jericho Labyrinth*, so named and believed to have originated in the Biblical city of Jericho, it is also one of the diverse labyrinth patterns which have emerged since the sacred practice of labyrinth walking began about 4,000 years ago. You may notice its intricate design. You may initially perceive that the path seems incredibly random. But look longer. Yes, there are twists and turns, blind curves followed by straight stretches, then more twists and turns, but there are no choices (unlike a maze) and no decisions to make. There is one path to follow-- and it leads you to a center and then returns you to the entrance You might liken waling the labyrinth in these days to trusting that you will receive Divine inspiration as you explore your path of *teshuvah* as you embrace forgiveness toward yourself or seek it from others.

The guide on the following pages provides resources to support you on your personal journey of *teshuvah*. It offers a road map with questions for taking a series of reflective labyrinth walks during these days. It also includes a finger labyrinth pattern for you to trace along with a brief list of local labyrinths you may wish to walk

As you embark on this journey you may want to keep in mind these general principles for labyrinth walking as you set out:

- ❖ You are on your own personal journey as you walk. There are no right, or wrong ways as walk. Let your heart, mind, and spirit guide your fingers or feet,
- ❖ Depending on your time and your personal circumstances you may choose to use the finger labyrinth page provided here tracing the path with a finger or a pencil.
- ❖ You may also wish to physically walk a labyrinth either alone or with a friend or loved one. A list of local labyrinths available for you to walk is at the end of this section.



## LABYRINTH WALKING FOR THE DAYS OF AWE

### *A SUGGESTED ROAD MAP*

On your labyrinth walk each day you will embark on a reflective path. As you travel this path with either your feet or fingers you will be deepening your awareness of how you might engage in *teshuvah* during these Days of Awe. Each time you walk you will be doing *heshbon hanefesh*, a soul accounting, as you ponder each day's suggested question.

You may wish to carry this road map with you as you walk each day:

- ❖ Take a moment or two as you stand at the entrance to release yourself to the experience of this day's walk. Pause and embrace the question for the day, allowing it to begin speaking to you as you stand at the entrance.
- ❖ As you journey the path toward the center, whether with your fingers or feet, open yourself to hearing and receiving the wisdom or insights which may begin to stir in your heart and mind. Walk mindfully and prayerfully at whatever pace feels right for you. Pay attention to whatever bodily sensations you feel as you listen and walk.
- ❖ Please remember there are no right or wrong ways to take on your daily journey. Let your heart, your fingers, or feet guide as you go. This is your personal journey of *teshuvah*, a time for you to re-engage with yourself, your loved ones, your community, and the Divine.
- ❖ Once in the center, pause. Give yourself space to reflect, listen, receive what may have begun to rise and stir within you. There may be insights and wisdom you want to gather up, carry with you as you walk the path to return to the entrance.
- ❖ Pause again as you return to the entrance. Offer a gesture or prayer of gratitude for this day's labyrinth walk. You may wish to journal your thoughts/feelings about this walk on the journal pages provided. Or you might want to write them in your own personal notebook or journal. You may also wish to share them with a loved one or a trusted friend.



## LABYRINTH WALKING FOR THE DAYS OF AWE

### *QUESTIONS FOR YOUR JOURNEY*

Here are some questions for you to consider and ponder as you take your reflective labyrinth walk during these days.

There are 10 listed, one for each day. You may choose to take one with you each day. Or you may want to review the list, choosing one that seems to speak most to your mind and heart, perhaps staying with it for one or more days. As in walking the labyrinth, there are no right or wrong ways to take them with you each day. They are designed to support and guide you on your personal journey of *teshuvah* during these days.

You will find a blank journal page following these questions for you to write or draw your thoughts and feelings about your experience each day. In addition, you may want to share them with a loved one or a trusted friend,

1. How will I release myself to a path of return and renewal in these days?
2. What is one activity or attitude I want to let go of as I begin this journey of renewal and return?
3. How has my experience of the past year given me strength and wisdom to enter this New Year?
4. For whom or what am I most grateful this past year?
5. Where in my life have I felt broken, hurt, or betrayed (i.e., my hopes, relationships, situations, or structures upon which I have depended) ?
6. In what way have I caused or contributed to this pain or hurt, whether by my actions or failure to act?
7. How might I begin to forgive myself for such words and deeds?
8. Who might I want to seek forgiveness from? How and when will I do this?
9. Where and how will I ask for healing and wholeness from God in these days?
10. In what ways will I seek guidance from God and my community to complete my journey of renewal and return in these days?



## LABYRINTH WALKING FOR THE DAYS OF AWE

### *SOME ADDITIONAL RESOURCES FOR YOUR JOURNEY*

Listed below are three local labyrinths you may wish to walk in addition to using the attached finger labyrinth pattern. Location information and brief directions are below.

1. *WARD PARK LABYRINTH*

This labyrinth is in Ward Park at 2228 Loch Lomond Drive in Winter Park. You will find it in the trees near a statue of leaping dolphins on the north side of the park.

2. *ROLLINS COLLEGE LABYRINTH*

This labyrinth is located adjacent to Knowles Memorial Chapel right behind the memorial sculpture honoring Fred Rodgers on the Rollins Campus in Winter Park

3. *PULSE MEMORIAL LABYRINTH*

This labyrinth is in Colonial Town Square Park at 820 N Ferncreek Avenue in Orlando.

If you would like to learn more about labyrinth walking and labyrinths from a Jewish perspective here are links to two articles you may want to check out.

[A Guide to Walking the Labyrinth for the Jewish New Year -- Jewish Ritual](#)

[A Labyrinth Changes Lives | Reform Judaism](#)

You may also want to listen to some music High Holy Days music as you trace the attached finger labyrinth or walk one of the outdoor labyrinths listed above. Listed below is a link to a series of playlists and YouTube links you may want to explore:

[Music to Listen to During High Holidays](#)







# *Journal Page*

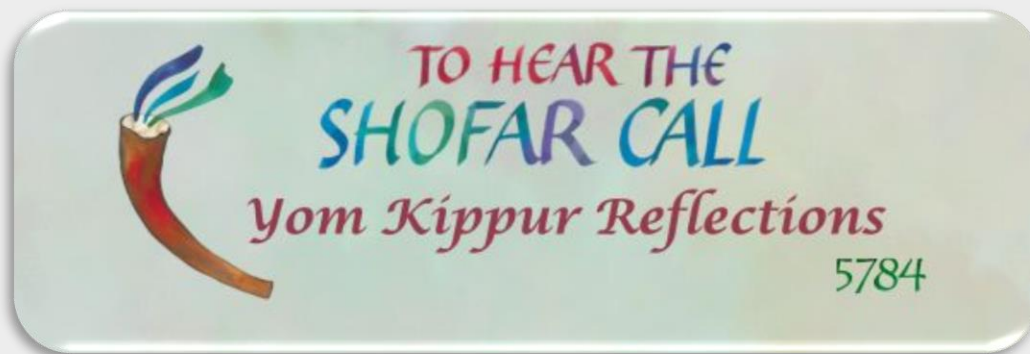




# *Journal Page*







Here and on the following pages are some resources for reflection on selected prayers and themes for Yom Kippur.

- ❖ As you prepare to hear again the haunting melody of Kol Nidre Kohenet Judith Hollander's "A Personal Kol Nidre," may assist you to hear this prayer in a new way this year.
- ❖ Poet and liturgist Marcia Falk has created a contemporary version of the Un'taneh Tokef, one of the central prayers for both Rosh Hashanah and Yom Kippur. It resonates with its ancient call of these days, while at the same time set against the backdrop of current issues, we face today: a lingering pandemic, a climate crisis, and the uncertainty of our times. You may want to consider reading this slowly aloud to yourself on the afternoon of Yom Kippur.
- ❖ This YouTube video by singer-songwriter Leonard Cohen takes both the melody of this same prayer along with its words and offers his own soul-stirring musical reflection titled *Who by Fire*. You may find it by clicking here: [Lenoard Cohen-Who by Fire](#) .
- ❖ Rabbi Debra Smith's "For Those We Remember with Love: Seven Blessings of Memory and Hope" may offer you some ways to hold in memory the blessings of loved ones you wish to remember on this day.
- ❖ "Ne'liah" by Marge Piercy from her collection *The Crooked Inheritance* is in this section, too, to ponder as we close the gates of prayer today and for this season,



***Personal Kol Nidrei***  
***by Kohenet Judith Hollander***

again, still, I stand before you  
Again, still, I expect no response  
Yet, as day ends  
Rays of the light of forgiveness created before I was  
Surround me.

I cannot hide

I lift up my face toward the light with expectation  
Knowing that nothing that was done can be undone  
Yet also knowing that the miracle of atonement  
exists even for me, a poor sinner

And for you

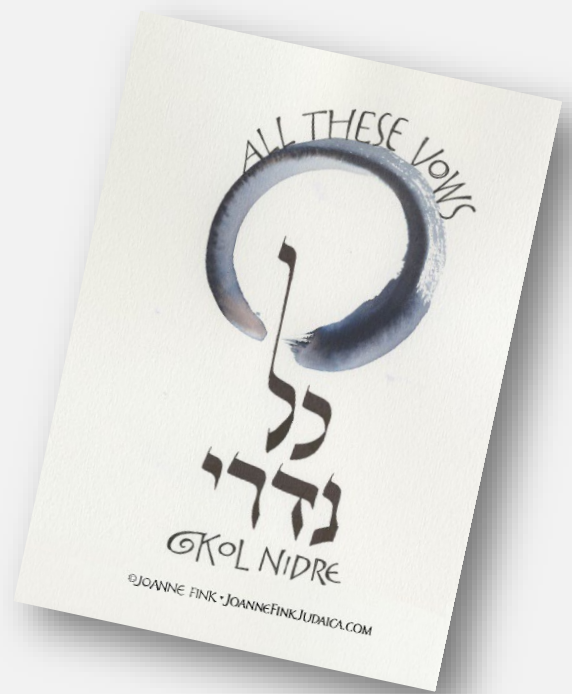
I tilt my face toward the sound of music  
And the sound of mumbling.  
We are all sinners, asking for the miracle of atonement

Year after year we make vows  
Year after year we fall short

Year after year the music infuses us with hope  
Knowing that sins from the previous day of atonement cannot be erased  
Yet hoping

Standing before you and the whole congregation  
I vow that from this day of atonement to the next I will not repeat the same mistakes.  
That these past mistakes, not repeated, shall be as stepping stones to You.

I lift up my face toward the light with expectation  
I am bathed in the light of repentance



**Un'taneh Tokef K'dushat Hayom :**  
**We Declare the Utter Sanctity of This Day**

The key prayer of both Rosh Hashanah and Yom Kippur is *Un'taneh Tokef*, the prayer that acknowledges that we are not in control of our lives, and we do not know the moment of our deaths. In this year of Covid and climate change, of untold suffering in so many parts of the world, this prayer rings truer than ever. Poet and liturgist Marcia Falk's contemporary translation/adaptation powerfully conveys the depth and existential awe of this ancient declaration, ringing truer than ever in these monumental times. Please consider reading these words slowly, aloud:

*Un'taneh Tokef K'dushat Hayom  
ki hu nora v'ayom.*

*Uv'shofar gadol yitaka  
v'kol d'mamah dakah yishama*

We declare the utter sanctity of this day  
for it is an awe-filled day.

A great shofar is sounded  
and a voice of slender silence is heard

The voice is one's own—  
a reed in the chorus,  
a breath in the wind.

*B'rosh Hashanah yikateyvun  
uv'yom tzom kippur yeykhatyemun.*

On Rosh Hashanah it is written  
and on Yom Kippur it is sealed.

Our lives are stories  
inscribed in time.

At the turning of the year  
we look back, look ahead, see

that we are always  
in the days between:

How many will leave this life  
and how many will be born into it,

who will live and who will die,  
whose life will reach its natural end  
and whose will be cut short,  
who by water and who by fire,  
who by sword and who by beast,  
who by hunger and who by thirst,  
who by quake and who by plague,  
who by choking and who by stoning,  
who will rest and who will wander,  
who will be tranquil and who will be torn,  
who will be at peace and who will be tormented,  
who will be raised high and who brought low,  
who will prosper and who will be impoverished.

***Ut'shuvah***

turning inward  
to face one's self

***Ut'filah***

Entering into prayer  
and contemplation

***Utz'dakah***

Giving to the needy,  
as justice requires

***Ma'avirin et-ro'a hag'zerah.***

These diminish the harshness  
of the decree.

***Ut'shuvah***

Returning to the inner artistry  
that gives each life its form,  
seeking to become  
one's truest self

***Ut'filah***

Being alive to the unending flow  
within and around us,  
holding dear  
the transient beauty

***Utz'dakah***

Knowing that we are, all of us,  
flesh and blood

and our faces are intertwined–  
sweet with bitter, bitter with salt–  
and that the fruit of kindness  
is kindness,  
and good deeds  
are its fulfillment

***Ma'avirin et-ro'a hag'zerah***

We become present  
to the fullness of our lives  
and untether ourselves from the fear  
of what lies ahead.

We begin in earth  
and we end in earth.  
We spend our lives earning our bread.  
We are like broken vessels,  
dry grass, withering blossoms,  
passing shadows, vanishing clouds,  
drifting wind, scattering dust,  
a fleeting dream.

Born in nature  
and borne by nature,  
we die in its lap-and-fold.

The whole lives on,  
infinite in mystery,  
its manifestations numberless.

Seeing beyond our separate deaths,  
we find ourselves in the greater whole,  
our names embedded in its names,  
its names embedded in ours.

***Un'taneh tokef k'dushat hayom***

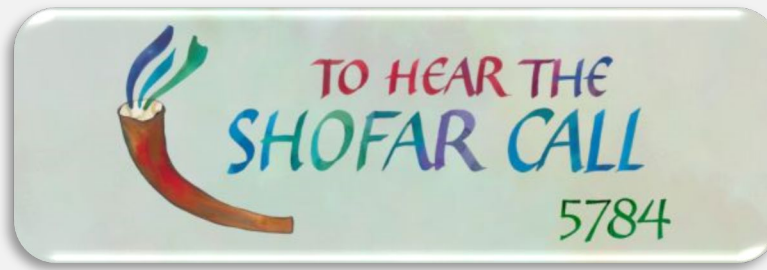
We proclaim the powerful sanctity  
of this day.

(Marcia Falk, *The Days Between*)

"Un'taneh Tokef" by Marcia Falk, from *The Days Between, Blessings Poems and Directions of the Heart for the Jewish High Holiday Season* (Brandeis University Press).

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## *Ne'ilah*

Marge Piercy

The hinge of the year  
the great gates opening  
and then slowly slowly  
closing on us.

I always imagine those gates  
hanging over the ocean  
fiery over the stone grey  
waters of evening.

We cast what we must  
change about ourselves  
onto the waters flowing  
to the sea. The sins,

errors, bad habits, whatever  
you call them, dissolve.  
When I was little I cried  
out I! I! I! I want, I want.

Older, I feel less important,  
a worker bee in the hive  
of history, miles of hard  
labor to make my sweetness.

The gates are closing  
The light is failing  
I kneel before what I love  
imploring that it may live.

So much breaks, wears  
down, fails in us. We must  
forgive our broken promises—  
their sharp shards in our hands.

Marge Piercy, "Ne'ilah" from *The Crooked Inheritance*.

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<https://www.poetryfoundation.org/poems/57591/neilah>



FOR THOSE WE REMEMBER WITH LOVE:

*Seven Blessings of Memory and Hope*

BY RABBI DEBRA SMITH

MAY YOU KNOW THAT  
*you are always remembered  
for the good you have done.*

MAY YOU KNOW THAT  
*you are missed beyond measure.*

MAY YOU KNOW THAT  
*we see your face,  
hear your voice, feel your touch.*

MAY YOU KNOW THAT  
*we bring what you have taught us  
into our lives.*

MAY YOU KNOW THAT  
*you continue to travel  
our journey with us.*

MAY YOU KNOW THAT  
*by your presence in our lives,  
you have changed us.*

MAY YOU KNOW THAT  
*we honor your name and your memory  
today and always.*



We have heard the shofar call  
We have have walked  
this winding path  
of these days.

With our lips  
With our feet  
With our souls  
traveling from  
grief to wonder  
return to renewal.

May this refrain  
become our prayer:  
healing our hearts,  
binding our memories  
of these days  
to all those yet to come.  
**AMEN**

Frank Faine 2023

