THE JOY OF YOM KIPPUR

Haley Chapman

Since moving to New York to attend the Fashion Institute of Technology, I was always excited when September and October came around. In my home state of North Carolina, school breaks were almost nonexistent from the start of school in August until Thanksgiving in November. But, that's not the case in NYC. At my college, I got Rosh Hashana and Yom Kippur off, as well as holidays that I didn't know how to pronounce when I first moved to New York in 2015, let alone know the meaning of. Little did I know that a few years later, I would be in the process of converting to Orthodox Judaism and that these holidays would soon become my own.

Now my excitement for September and October has shifted from the secular fun of having a Fall break, to the joy of celebrating Yom Kippur, one of the happiest days on the Hebrew calendar. At first glance, a day of fasting and repentance might not seem joyous. But, Rabbi Shimon ben Gammliel says in the *Mishna* (*Lazar Bavli*, *Ta'anit* 30b), that, in fact, Yom Kippur is one of the happiest days of the year. On this day, Moses descended Mount Sinai after forty days of pleading with G-d to spare the Jewish people after their sin of the Golden Calf. Thankfully, G-d chose to forgive His people and gave Moses the second set of tablets containing the Ten Commandments. The 10th of Tishrei forever has a special quality of forgiveness, and since that very first Yom Kippur, Jews recite penitential prayers to tap into this powerful stream of G-d's mercy and by the end of Yom Kippur day, our slates are wiped clean. Those are certainly legitimate reasons to be happy!

But, the happiness of Yom Kippur isn't always obvious on the day itself. Most observant people are hungry and tired with sore feet from standing during the long services. It can be hard to see how this day is supposed to be happy while you're experiencing it. So, we have to look at the bigger picture of this day.

By the conclusion of a month of introspection during the Hebrew month of Elul and the Ten Days of Repentance starting on Rosh Hashana, Jews have ascended a staircase of personal growth and Yom Kippur becomes its climax. We first recite the Kol Nidre service at night to free ourselves of any vows we might have made in the past year and make in the year to come. Then we continue the next day with an extensive prayer service to beseech G-d's mercy. By the final part of the service, called *Neilah*, at the end of Yom Kippur, Jews have hopefully been forgiven for their transgressions from the past year and are hopefully sealed in the Book of Life for a good year to come. We return, in some sense, to an angelic state on this day, free of vows or sins.

To transcend the physical world, we also refrain from five earthly pleasures: eating and drinking, bathing, wearing leather shoes, applying lotions, and marital relations. By doing so, all of our thoughts and actions become focused on prayer. There are no festive meals to prepare or guests to invite. Yom Kippur is a day set aside just for connecting with G-d to recreate, on our own level, the closeness that Moses achieved when he was with G-d.

When the Temple stood in Jerusalem, the High Priest would enter the Holy of Holies on Yom Kippur and pray in front of the ark containing the sacred tablets that Moses received on this day. The High Priest would pronounce the holy four letter name of G-d that was not to be said at any other time. This ceremony was the climax of the whole year, as the High Priest stood on the most sacred place on Earth and said the most sacred word in the human language. The Jewish people witnessing this, undoubtedly felt the power of this moment, when the heavens descended and the high priest could speak directly into G-d's ear, as it were. All present prostrated themselves on the ground to show G-d's kingship, which is something that is still replicated today. Even though we have been without a holy Temple for nearly 2000 years and are anxiously waiting for it to be rebuilt, G-d is still close to us on Yom Kippur, waiting for His people to connect.

The joy of Yom Kippur is not the giggly fun of Purim or the boisterous enjoyment of Simchat Torah. It's the joy that comes after a month of introspection and resolution to do better. It's the joy of transcending the physical and reaching toward the spiritual. It's the joy of achieving closeness with G-d that is within our reach if we work at it.

So, instead of looking forward to September or October because it means a day off from school, I now look forward to it because this time period contains one of the happiest days of the year. A truly special holiday, unlike any other. A holiday which will soon become my own.

Born and raised in North Carolina, Haley Chapman moved to NYC in 2015 to attend the Fashion Institute of Technology. She recently graduated with a BS in Marketing and now works at a tech company in Manhattan. She is in the process of converting to Orthodox Judaism and very much looks forward to the day when she will officially join the Jewish people.

ERIC JOHNSON

Eric (67 years) was an exceedingly gentle and extraordinarily polite human being. Many of us could learn from his unusual refinement and pure soul. Eric was always concerned with the wellbeing of others, even if it meant great sacrifice and inconvenience on his part. Eric was one of the earliest and very few black people at the LSS Beginners Service (1979). He gained the respect of all those who were present with him at the service and taught us all to be more tolerant of people of color and of different races and religions. May his pure *neshama* be a blessing to us all.

CONGRATULATIONS AND MAZAL TOV

ENGAGEMENTS

Meira Goldberg and Uri Himelstein
Mazal Tov to parents Menachem (Morty) Goldberg and the late Shelley Cohen, *z"l*
Ashley Stern and Ariel Mintz
Mazal Tov to parents, Sharon and Rabbi Adam Mintz

MARRIAGES

Miriam Adler and Shimon Golish
Mazal Tov to parents, Loren and Reuven Adler
Mazal Tov to grandparents, Sarah Leah and Lou Vynerib
Dr. Shiri Avraham and Dr. Nick (Noach) DeBellis
Deborah Bendheim and Gad Cabessa
Estee Gerber and Ezra Husney
Mazal Tov to parents, Tracy and Sander Gerber
Tamara Reich and Dvir Weil
Mazal Tov to parents, Sema and Rabbi Dr. Mordechai Reich
Angy Torres and Aryeh Dimitri Rosenberg

BIRTHS

Michal and Dr. Mordechai Arkovitz on the birth of a daughter, Aviya Nomi
Shira and Rabbi Naphtali Buchwald on the birth of a daughter, Tehila Taiba
Mazal Tov to grandparents, Aidel and Ephraim Buchwald
Shani and Yaakov Buiumsohn on the birth of a son, Shaked
Mazal Tov to grandparents, Gail and Gady Buiumsohn
Mazal Tov to great-grandmother, Helga Weisburger
Dayna and Michael Fleisch on the birth of a daughter, Madeline Josephine
Mazal Tov to grandparents, Meira and Tom Fleisch
Liza and Yos Jacobs on the birth of a son, Eitan Ori
Mazal Tov to grandparents, Batya and Eddie Jacobs
Mazal Tov to great-grandparents, Vicki and Rabbi Shlomo Riskin
Rina Shepard and Isaac Matsafi on the birth of a daughter, Romi Naomi
Margalit and Josh Mogilner on the birth of a daughter, Baila Malka (Millie)
Mazal Tov to grandparents, Michelle and Eli Salig
Yelena and Adi Nahmani on the birth of a son, Aiden Lev
Ariela (Sasha) Vasina and Roee Nahmani on the birth of a daughter, Nala
Emily and Dr. Raphy Rosen on the birth of a son, Ephraim Ariel "Ari"
Mazal Tov to grandparents, Dr. Michelle Friedman and Ben Belfer
Oshrit and Yehuda Savir on the birth of a daughter, Roni
Mazal Tov to grandparents, Miriam and Dr. Mordechai Savir

BAR/BAT MITZVAH

Michael Glazer
Mazal Tov to parents, Lisa and Paul Glazer
Benjamin Eliyahu Zareh
Mazal Tov to parents, Carrie Silberman and Omid Zareh

SPEEDY RECOVERY

Geraldine Katz, *Gershona Yehudit bat Rochel*
Ruth Nelkin, *Rochel bat Sarah*
Barbara Reader, *Baila bat Clarissa*
Rabbi Dr. Mordechai Reich, *Mordechai Menashe ben Henya Ruchama*
Louis Vynerib, *Elazar HaCohen ben Malka*

CONDOLENCES

Dr. Richard and Ethan Goldstein, on the loss of their wife and mother, Mara Goldstein [see box on other side]
Dr. Steven Kaplan, on the loss of his father, Jack Kaplan
Family of Eric Johnson [see box above]

TODAH RABBAH

Anna Barkhan for donating funds to beautify the Beginners room
Haley Chapman and Helene Miller for the monumental task of taking down and returning all of the posters, photos and books to the Beginners room before and after it was painted

CONGRATULATIONS

Michal Hollander on her involvement in Henry V, in celebration of her 70th birthday
Lal Patel on his 80th birthday
Judith Weil and Lloyd Epstein on being the Guests of Honor at the 2019 LSS Annual Dinner

SCHEDULE OF SERVICES

Sun Sept. 29, 2019 - 29th of Elul
EREV ROSH HASHANA
Selichot/Morning Services . . . . . 6:00 & 7:30 AM
Light Candles . . . . . 6:24 PM
Mincha/Maariv . . . . . 6:30 PM

Mon Sept. 30, 2019 - 1st of Tishrei
ROSH HASHANA
Main Sanctuary & Ballroom . . . . 7:45 AM
Beginners Services . . . . . 9:00 AM
Tashlich . . . . . 5:30 PM
Mincha . . . . . 6:20 PM
Yom Tov Candlelighting . . .after 7:22 PM
Maariv . . . . . 7:23 PM

Tue Oct. 1, 2019 - 2nd of Tishrei
ROSH HASHANA
Main Sanctuary & Ballroom . . . . 7:45 AM
Beginners Services . . . . . 9:00 AM
Mincha . . . . . 6:20 PM
Maariv . . . . . 7:21 PM

Wed Oct. 2, 2019 - 3rd of Tishrei
TZOM GEDALIAH
Fast Begins . . . . . 5:41 AM
Selichot/Morning Services . . . . . 6:20 & 7:15 AM
Mincha & Maariv . . . . . 6:10 PM
Fast ends . . . . . 7:09 PM

Thu Oct. 3, 2019 - 4th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Mincha & Maariv . . . . . 6:20 PM

Fri Oct. 4, 2019 - 5th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Candlelighting . . . . . 6:16 PM
Mincha/Kabbalat Shabbat . . . . . 6:20 PM

Sat Oct. 5, 2019 - 6th of Tishrei
SHABBAT SHUVA *Vayeilech*
Morning Services . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:30 PM
Mincha . . . . . 5:45 PM
Shabbat Shuva Drasha . . . . . 6:10 PM
Ma'ariv/Shabbat ends . . . . . 7:15 PM

Sun Oct. 6, 2019 - 7th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 8:00 AM
Mincha & Maariv . . . . . 6:15 PM

Mon Oct. 7, 2019 - 8th of Tishrei
Selichot/Morning Services . . . . . 6:30 & 7:15 AM
Daily Mincha & Maariv . . . . . 6:10 PM

Tues Oct. 8, 2019 - 9th of Tishrei
EREV YOM KIPPUR
Selichot/Morning Services . . . . . 7:00 & 7:40 AM
Mincha. . . . . 1:30, 3:00 & 3:45 PM
Candlelighting . . . . . 6:09 PM
Fast begins . . . . . 6:10 PM
Kol Nidre . . . . . 6:10 PM

Wed Oct. 9, 2019 - 10th of Tishrei
YOM KIPPUR
Main Sanctuary & Ballroom . . . . 8:30 AM
Beginners Services . . . . . 9:00 AM
Mincha Main Sanctuary . . . . . 4:15 PM
Neilah . . . . . 5:45 PM
Ma'ariv/Yom Tov ends . . . . . 7:08 PM

Thu Oct. 10, 2019 - 11th of Tishrei
Morning Services . . . . . 7:00 & 7:50 AM
Mincha/Ma'ariv . . . . . .6:15 PM

Fri Oct. 11, 2019 - 12th of Tishrei
Candlelighting . . . . . 6:04 PM
Mincha/Kabbalat Shabbat . . . . . 6:10 PM

Sat Oct. 12, 2019 - 13th of Tishrei
Ha'azinu
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 4:05 PM
Lazar & Bible Classes . . . . . 4:50 PM
Mincha . . . . . 5:50 PM
Ma'ariv/Shabbat ends . . . . . 7:03 PM

Sun Oct. 13, 2019 - 14th of Tishrei
EREV SUKKOT
Morning Services . . . . . 7:10 & 8:30 AM
Candlelighting . . . . . 6:01 PM
Mincha/Maariv . . . . . 6:10 PM
Begin meal in Sukkah . . . after 6:51 PM

Mon Oct. 14, 2019 - 15th of Tishrei
SUKKOT
Morning Services . . . . . 8:00 & 9:00 AM
Mincha . . . . . 6:05 PM
Yom Tov Candlelighting . . . after 7:00 PM
Ma'ariv and begin meal . . . after 7:00 PM

Tue Oct. 15, 2019 - 16th of Tishrei
SUKKOT
Morning Services . . . . . 8:00 & 9:00 AM
Mincha . . . . . 6:05 PM
Maariv . . . . . 6:59 PM

Wed Oct. 16, 2019 - 17th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Mincha & Maariv . . . . . 6:05 PM

Thu Oct. 17, 2019 - 18th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Mincha & Maariv . . . . . 6:00 PM

Fri Oct. 18, 2019 - 19th of Tishrei
CHOL HAMOED SUKKOT
Morning Services. . . . . 6:45 & 7:30 AM
Candlelighting . . . . . 5:54 PM
Mincha/Kabbalat Shabbat . . . . . 6:00 PM

Sat Oct. 19, 2019 - 20th of Tishrei
CHOL HAMOED SUKKOT
Morning Services . . . . . 8:00 & 8:45 AM
Mincha . . . . . 5:45 PM
Ma'ariv/Shabbat ends . . . . . 6:53 PM

Sun Oct. 20, 2019 - 21st of Tishrei
HOSHANA RABA
Morning Services. . . . .6:15 & 8:00 AM
Candlelighting . . . . . 5:51 PM
Mincha & Maariv . . . . . 5:55 PM

Mon Oct. 21, 2019 - 22nd of Tishrei
SHEMINI ATZERET
Morning Services. . . . . 8:00 & 9:00 AM
Mincha . . . . . 5:55 PM
Yom Tov Candlelighting . . . after 6:49 PM
Ma'ariv/Hakafot . . . . . .6:50 PM

Tues Oct. 22, 2019 - 23rd of Tishrei
SIMCHAT TORAH
Morning Services . . . . . 7:00 & 8:30 AM
Mincha . . . . . 5:55 PM
Maariv . . . . . 6:48 PM

Wed Oct. 23, 2019 - 24th of Tishrei
Morning Services . . . . . 7:10 & 7:50 AM
Mincha/Ma'ariv. . . . . 5:55 PM

Fri Oct. 25, 2019 - 26th of Tishrei
Candlelighting . . . . . 5:44 PM
Mincha/Kabbalat Shabbat . . . . . 5:50 PM
Mincha/Kabbalat Shabbat . . . . . 6:45 PM

Sat Oct. 26, 2019 - 27th of Tishrei
Bereshith
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 3:45 PM
Lazar & Bible Classes . . . . . 4:30 PM
Mincha . . . . . 5:30 PM
Ma'ariv/Shabbat ends . . . . . 6:43 PM
Daily Mincha & Maariv . . . . . 5:45 PM

Tue Oct. 29, 2019 - 30th of Tishrei
ROSH CHODESH
Morning Services . . . . . 7:00 & 7:40 AM
Mincha/Maariv . . . . . 5:45 PM

Wed Oct. 30, 2019 - 1st of Cheshvan
ROSH CHODESH
Morning Services . . . . . 7:00 & 7:40 AM
Mincha/Maariv . . . . . 5:45 PM

Fri Nov. 1, 2019 - 3rd of Cheshvan
Candlelighting . . . . . 5:35 PM
Mincha/Kabbalat Shabbat . . . . . 5:40 PM

Sat Nov. 2, 2019 - 4th of Cheshvan
Noach
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 3:35 PM
Lazar & Bible Classes . . . . . 4:35 PM
Mincha . . . . . 5:20 PM
Ma'ariv/Shabbat ends . . . . . 6:34 PM
Daily Mincha & Maariv . . . . . 4:35 PM
Standard time: move clocks back

Fri Nov. 8, 2019 - 10th of Cheshvan
Candlelighting . . . . . 4:27 PM
Mincha/Kabbalat Shabbat . . . . . 4:30 PM

Sat Nov. 9, 2019 - 11th of Cheshvan
Lech Lecha
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:55 PM
Lazar & Bible Classes . . . . . 3:25 PM
Mincha . . . . . 4:10 PM
Ma'ariv/Shabbat ends . . . . . 5:26 PM
Daily Mincha & Maariv . . . . . 4:30 PM

Fri Nov. 15, 2019 -17th of Cheshvan
Candlelighting . . . . . 4:20 PM
Mincha/Kabbalat Shabbat . . . . . 4:25 PM

Sat Nov. 16, 2019 - 18th of Cheshvan
Vayera
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:50 PM
Lazar & Bible Classes . . . . . 3:20 PM
Mincha . . . . . 4:05 PM
Ma'ariv/Shabbat ends . . . . . 5:20 PM
Daily Mincha & Maariv . . . . . 4:25 PM

Fri Nov. 22, 2019 - 24th of Cheshvan
Candlelighting . . . . . 4:15 PM
Mincha/Kabbalat Shabbat . . . . . 4:20 PM

Sat Nov. 23, 2019 - 25th of Cheshvan
Chayei Sara
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:45 PM
Lazar & Bible Classes . . . . . 3:15 PM
Mincha . . . . . 4:00 PM
Ma'ariv/Shabbat ends . . . . . 5:15 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Thur Nov. 28, 2019 - 30th of Cheshvan
THANKSGIVING DAY
Morning Services . . . . . 7:00 & 8:30 AM
Mincha/Maariv . . . . . 4:20 PM

Fri Nov. 29, 2019 - 1st of Kislev
ROSH CHODESH
Morning Services . . . . . .7:00 & 7:40 AM
Candlelighting . . . . . 4:12 PM
Mincha/Kabbalat Shabbat . . . . . 4:15 PM

Sat Nov. 30, 2019 - 2nd of Kislev
Toldot
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:45 PM
Lazar & Bible Classes . . . . . 3:15 PM
Mincha . . . . . 4:00 PM
Ma'ariv/Shabbat ends . . . . . 5:12 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Fri Dec. 6, 2019 - 8th of Kislev
Candlelighting . . . . . 4:11 PM
Mincha/Kabbalat Shabbat . . . . . 4:15 PM

Sat Dec. 7, 2018 - 9th of Kislev
Vayetzei
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:40 PM
Lazar & Bible Classes . . . . . 3:10 PM
Mincha . . . . . 3:55 PM
Ma'ariv/Shabbat ends . . . . . 5:11 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Fri Dec. 13, 2019 - 15th of Kislev
Candlelighting . . . . . 4:11 PM
Mincha/Kabbalat Shabbat . . . . . 4:15 PM

Sat Dec. 14, 2018 - 16th of Kislev
Vayishlach
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:40 PM
Lazar & Bible Classes . . . . . 3:10 PM
Mincha . . . . . 3:55 PM
Ma'ariv/Shabbat ends . . . . . 5:12 PM
Daily Mincha & Maariv . . . . . 4:20 PM

Fri Dec. 20, 2019 - 22nd of Kislev
Candlelighting . . . . . 4:13 PM
Mincha/Kabbalat Shabbat . . . . . 4:15 PM

Sat Dec. 21, 2019 - 23rd of Kislev
Vayeshev
Morning Services . . . . . .7:45, 9:00 & 9:45 AM
Beginners Services . . . . . 9:15 AM
Beginners Mishnayot . . . . . 2:45 PM
Lazar & Bible Classes . . . . . 3:15 PM
Mincha . . . . . 4:00 PM
Ma'ariv/Shabbat ends . . . . . 5:14 PM
Daily Mincha & Maariv . . . . . 4:20 PM

MARA GOLDSTEIN

The tragic and untimely passing of Mara Goldstein (52 years) has shocked the Upper West Side community, and left us all bereft. This extremely kind woman, devoted wife and mother will always be remembered for her extraordinary character and generous qualities. We will particularly miss her positive attitude and the constant smile on her face. May her memory be a blessing to all.

BEGINNERS HIGH HOLIDAY SERVICES
at the Lincoln Square Synagogue
180 Amsterdam Avenue (68th St.)
Beit Midrash (2nd. Floor)

ROSH HASHANA
Sun., Sept. 29, 6:30 pm
Mon. & Tues., Sept. 30 & Oct. 1, 9:00 am
Mon., Sept. 30, 6:20 pm
Tues., Oct. 1, 6:20 pm with LSS

YOM KIPPUR
Tues., Oct. 8, 6:10 pm
Wed., Oct. 9, 9:00 am
Tickets
LSS Members $75, Non-Members $125

SAVE THE DATES

Sukkot Shopping
Thurs., Oct. 10, 7:00 PM

Sukkah Party, Simchat Beit Hashoeva
Thurs., Oct. 17, 7:00 PM
@ KJ Sukkah

Simchat Torah Celebration
Mon., Oct. 21, 7:20 PM

Intro To Bible Class Begins
8 Sessions
Tue., Oct. 29, 6:30 - 8:00 PM

Beginners Shabbat Luncheon - $25
Saturdays, 12:30 PM, Oct. 5, Nov. 2

Beginners Shmooze - Free
Mondays, 8:15 PM, Oct. 7, Nov. 4

Beginners Chanukah Shabbaton - $50
Fri.-Sat., Dec. 20 - Dec. 21

Chanukah Bash - $25: Wed., Dec. 26