

# הקשר היהודי שלך

## Your Jewish (Internet) Connection!

### Getting Ready for the High Holy Days

Brought to you by the TBA Lifelong Learning Committee

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The coming months are my favorite time of year. As much as I love spring and the renewal of the earth, I truly love the fall, with its changing colors, agricultural fairs, and harvest time. We are fortunate to be in a part of the USA where we can see the changing of seasons right outside our windows.

The month of Elul is coming (and may have arrived by the time you read this). We use this month to prepare for the High Holy Days. It's a time for personal reflection – to see where we went and where we are going. Rabbi Jon has a page devoted to the High Holy Days on his [website](#). It contains his Guide to the High Holy Day Prayerbook, links to past sermons, and excerpts from the new Conservative *machzor* (High Holy Day prayerbook). To explore more about Elul and what events in Jewish history led up to the establishment of the High Holy Days, go the Aish web site, <http://www.aish.com/h/hh/e/guide/48966581.html>. Follow the trail of the Jewish people as they arrive at Mount Sinai and eventually get the Tablets from G-d. Click on some of the other items in the horizontal menu bar, such as Growth and Renewal and Videos/EBooks, for more topics.



Image courtesy of [www.ynefesh.com](http://www.ynefesh.com)

If you think you need some help in preparing for the High Holy Days, then head over to Jewels of Elul VIII, <http://www.letmypeoplesing.com/jewels/>. This site was created by Craig Taubman, a Jewish musician and performer (<http://craignco.com/v2/wordpress/>). You can sign up to receive an email message, named Jewel-A-Day, to inspire you for each day of Elul. The Jewels come from a variety of people, both Jews and non-Jews. You can review the Jewels from previous years to get a sense of what to expect (use the horizontal menu).

If you're often looking to learn new things or find out little known information, then the "What is Elul?" page (<http://www.ou.org/chagim/elul/introelul.htm>) should fill that gap. For example, did you know that Elul has been interpreted as an acronym? The acronym consists of its Hebrew letters Aleph, Lamed, Vav, and Lamed representing the words *Ani L'Dodi V'Dodi Li* (Song of Songs: 6,3). The words mean *I am my Beloved's and my Beloved is mine*, where *my Beloved* is G-d, and *I* is the Jewish People. Also scroll to the bottom of the page where there are additional links to explore, such as links for each High Holy Day.

The month of Tishrei follows Elul. For general information on Rosh Hashanah and Tishrei, check out My Jewish Learning, <http://www.myjewishlearning.com/index.shtml>. On the Home page, click on Holidays, then Jewish Holidays, and then Rosh Hashanah. To dig further into the holiday, go to the left, click on History, then Rosh Hashanah Rabbinic History, and then Rosh Hashanah as New Year.



Image courtesy of [www.toirah.com](http://www.toirah.com)

Yom Kippur is ten days after Rosh Hashanah. There is information at My Jewish Learning and also at About.com Judaism (<http://judaism.about.com/od/holidays/a/yomkippur.htm>). At this site you'll learn about the holiday and how to prepare to fast (scroll to the end of the article). Now that we often lead busy lives, this is a good reminder of how to prepare and take care of our bodies and our health. The month of Tishrei also includes the holiday of Sukkot. More on this holiday next month. May you be inscribed and sealed for a wonderful year ahead!