



Dear Friends,

Yom Kippur, the height of these Ten Days of Teshuvah/ Repentance, approaches swiftly. Once again we will gather in the sacred spaces of Beth El not only to dream of a more perfect world and more perfect selves, but to recommit ourselves to making it a reality. Enveloped in and surrounded by tallitot, moving together through the night and the day as the sun traverses sky, we will transform ourselves from imperfect vessels to clean slates, ready to forge ahead. I look forward to sharing and creating the holiness that permeates our community throughout this Yom Kippur.

Below, please find reminders about services times and the Project Isaiah Food Drive, as well as some details related to the meal before Yom Kippur, lighting candles, and traditional Yom Kippur practices.

G'mar Chatimah Tovah.

May you and your loved ones be sealed in the Book of Life,

Rabbi Ita Paskind

Schedule of Services

October 11

Kol Nidre services, 6:00pm (candles will be available for lighting in the small kitchen beforehand)

October 12

Morning services, 9:00am

Youth Engagement & Babysitting, 10:30am

Study Session, 4:00pm

Mincha/Ne'ilah, 4:30pm

Ma'ariv/Havdalah/Final Shofar Blast*/Break Fast, 6:58pm

* Remember to bring your shofar when you come back for
Mincha and Ne'ilah.

We will sound the final blast together at the conclusion of Yom Kippur.

Jewish Family Service Kosher Food Drive



Food Pantry
Donations Needed

Each year, Congregation Beth El participates in a food donation program heeding the prophet Isaiah's call in the Yom Kippur haftarah to feed the hungry. Hopefully you picked up a paper bag with an attached shopping list. Bring these non-perishable items to the lobby when you come to the Kol Nidre service Tuesday evening, October 11. Food will be donated to Jewish Family Services (JFS).

Last Meal before the Fast (se'udah mafseket)

It is a mitzvah to enjoy a festive meal prior to the fast.

Candle lighting for Yom Kippur

Please light candles before you come to Kol Nidre or no later than 5:59pm. Candles will also be available to light in the small kitchen before Kol Nidre.

Yahrtzeit candle

If you light a yahrtzeit candle in memory of a loved one, light it before you light the Yom Kippur candles. Take a moment to breathe in and reflect on your most beloved memory of your loved one/s, and let that memory carry you into the holiness of the night and day ahead.

Yom Kippur candles

Recite 2 brachot:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם הַכַּפּוּרִים.

Baruch atah Adonai Eloheinu melech ha'olam, asher kidshanu b'mitzvotav, v'tzivanu l'hadlik ner shel Yom HaKippurim.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שֶׁחֵיבָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנָן הַזֶּה.

*Baruch atah Adonai Eloheinu melech ha'olam,
shehecheyanu v'kiyemanu v'higi'anu lazman hazeh.*

Traditional Yom Kippur practices

In addition to refraining from eating and drinking on this fast day, customarily we also abstain from wearing leather shoes, sexual intimacy, bathing or washing (other than washing hands after using the bathroom), and anointing with perfume/cologne.

We refrain from cooking and using fire (even by transferring from a yahrtzeit candle).

G'mar Chatimah Tovah!!

May you be inscribed and sealed in the Book of Life.