



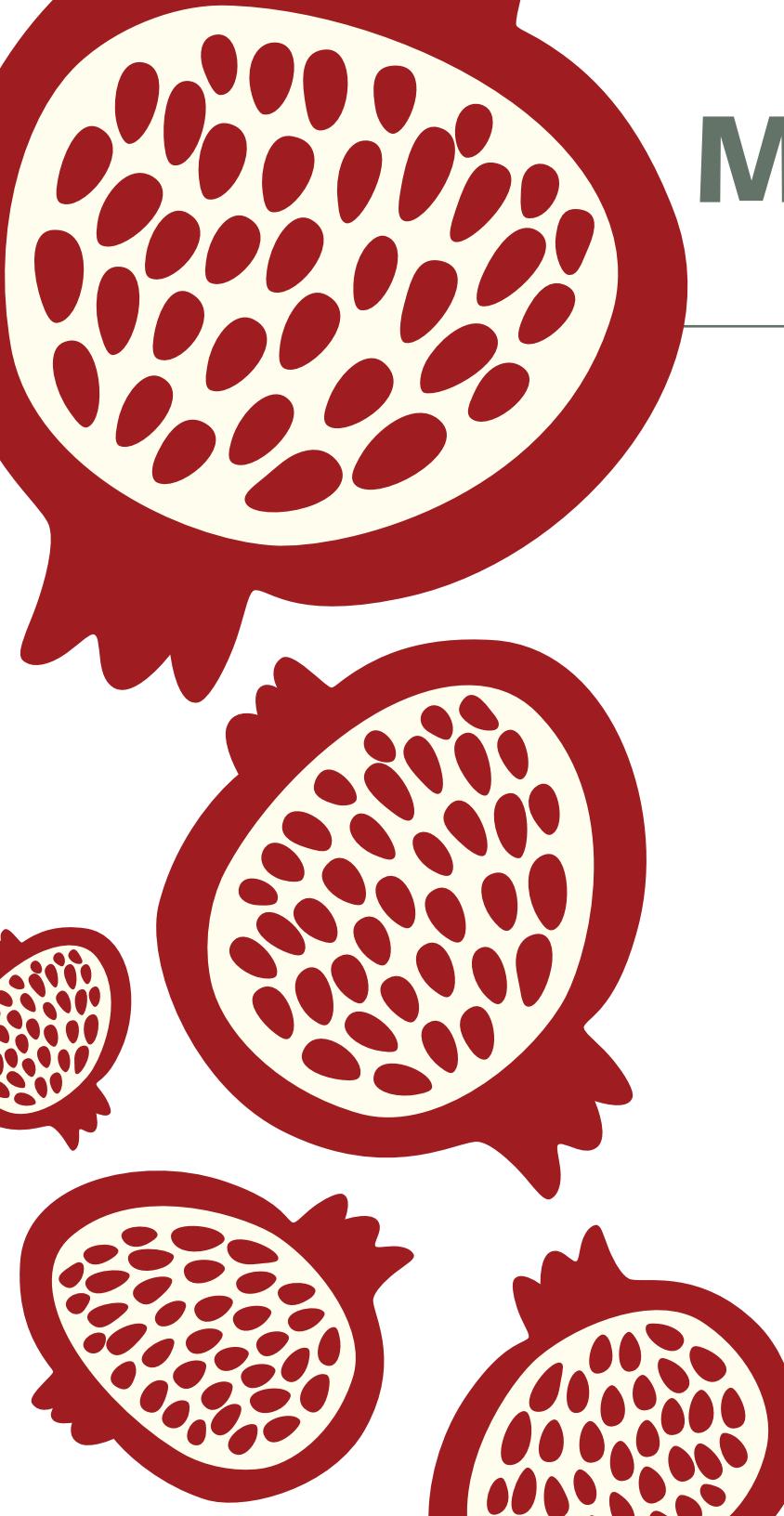
# Hadash Yameinu

חִדּשׁ רַמִּידָה

RENEWour days  
REVITALIZE  
our ways



HIGH HOLY DAY GUIDE 2019 | 5780



# Message from the Rabbis

We are pleased to describe our High Holy Day plans and programs for 2019 | 5780.  
Please consult the information in this brochure as you make plans to participate with us.

Each year as summer turns into fall, Jews turn inward. For generations, in synagogue and at home, Jewish individuals and families have celebrated the beginning of a New Year by reflecting on the course of their lives and the condition of their world.

Out of habit and a sense of tradition we attend synagogue High Holy Day services. We merge our different backgrounds, experiences, and memories into one whole and holy congregation. We rediscover religious ideals and personal values to guide us and bind us together. In each other's company, with our hearts and minds open to the moral meanings and spiritual insights of Rosh HaShanah and Yom Kippur, we come into God's presence.

Now is the time to renew our days, to live with mindful purpose.  
Now is the time to revitalize our ways, to live as we intend.

Thank you for being a vital part of our synagogue family. Your presence creates a warm and welcome High Holy Day community for us all. We look forward to being with you soon and wish you a sweet and good New Year!

*L'Shanah Tovah!*

*Ron Shulman*

Rabbi Ron Shulman

*Avi L*

Rabbi Avi Libman

*In this New Year 5780,  
May you know all the goodness of life,  
Health, happiness, and peace!*



## ABOUT OUR HIGH HOLY DAY THEME 2019 | 5780

Once again, we anticipate a new Jewish year. Once again, we get ready to welcome a new moment in our lives. As the present becomes the past we remember it was once the future.

The Hebrew Prophet Jeremiah's plea for renewal and revitalization before God inspires us this High Holy Day season.

הַשׁוֹבֵן יְהוָה אֱלֹהִיךְ וְנִשְׁׁבוּ בָהּ,

Return us to You, Eternal God, and we will return,

חֶדְשׁ יָמֵינוּ בְּקָדָם  
renew our days as of old.

— Eikhah-Book of Lamentations 5:21

A New Year is a new chance. No days of the New Year are yet lived. We can do differently. We can do better. We know now what we didn't before.

Now is the time to renew our days, to live with mindful purpose. Now is the time to revitalize our ways, to live as we intend.

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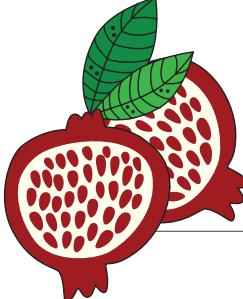
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# GUIDE TO HIGH HOLY DAY SERVICE EXPERIENCES

Each High Holy Day service and experience is unique in its mood and purpose.

Each one of us is unique in knowing what we seek and hope to encounter during these sacred days.

## **SELIHOT**

**Saturday evening, September 21**

### EXPERIENCE:

Selihot is a unique and evocative “Service of Forgiveness.” The spiritual aura of the Selihot Service encourages introspection as we recite beautiful and meaningful prayers about repentance, humility, and growth. The melodies and themes of the High Holy Day liturgy invite us into the Days of Awe.

### MOOD:

Reflective & Quiet

### LENGTH:

1 Hour



## **EREV ROSH HASHANAH**

**Sunday evening, September 29**

### EXPERIENCE:

We encounter the first moments of a new year and the promise of new possibilities. We begin Rosh HaShanah with family and synagogue friends, poised for renewal and joyous in our celebration.

### MOOD:

Anticipation & Happiness

### LENGTH:

1 hour



## **ROSH HASHANAH DAY 1**

**Monday, September 30**

### EXPERIENCE:

Today is the birthday of the world. The sound of the Shofar calls us to be alert to life, to each other, and to God. We turn within to measure who we are, for what we strive, and to understand something more about ourselves and our roles in the world. We turn outward toward one another at this annual reunion of our synagogue family.

### MOOD:

Inspirational & Reflective

### LENGTH:

4 hours



## **ROSH HASHANAH DAY 2**

**Tuesday, October 1**

### **EXPERIENCE:**

Today is similar to yesterday, and different all together. As each day ought to be. We gather again to resume our celebration and contemplation. We enhance our holy day with small group experiences and less formality. In our prayer, we focus on personal goals. In our gathering, we demonstrate our communal bonds.

### **MOOD:**

Inspirational & Dedicated

### **LENGTH:**

3½ hours



## **KOL NIDRE**

**Tuesday, October 8**

### **EXPERIENCE:**

The sun sets, ushering in the holiest day of the year. On Kol Nidre eve, we join together in God's presence to create a sacred community in which we can be honest, modest, and contrite. The themes and melodies of our prayer seek to touch our souls and inspire our growth.

### **MOOD:**

Contemplation & Hope

### **LENGTH:**

2 hours



## **YOM KIPPUR**

**Wednesday, October 9**

### **EXPERIENCE:**

Yom Kippur is a spiritual day. We deny ourselves physical comforts and seek to grow in soul and to be made whole. Mercy, compassion, forgiveness, and love motivate our prayer and reflection. On this holy day we prepare to begin anew, to move forward with our lives, to reach for our potential and promise, to consider what we believe, and how we act on what we believe.

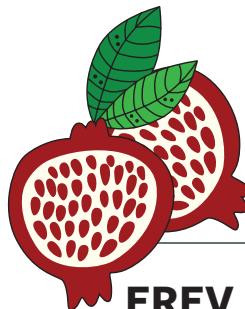
### **MOOD:**

Humility & Repentance

### **LENGTH:**

AM 5 hours, personal pace all day,  
PM 3+ hours





# SCHEDULE OF SERVICES

High Holy Day Services and Program Descriptions ■ 2019 | 5780

## EREV ROSH HASHANAH

Sunday, September 29

**6:15 p.m. Erev Rosh HaShanah Service**

### Ceremony to Welcome the New Year

*Stone Family Sanctuary*

We invite you, your children, and grandchildren to bring your own Shofarot and join us to welcome the New Year with ceremony and song as our holiday begins.

## ROSH HASHANAH | 1ST DAY

Monday, September 30

High Holy Day services at Congregation Beth provide a warm and participatory setting for personal prayer and reflection. Ba'al Tefillah David Lipsitz' recitation and song set the ambience for prayer. Readings, textual insights, and personal reflections, as well as Rabbi Shulman's sermon, enrich and inform our time in synagogue together.

**9:00 a.m. Shaharit: Morning Service**

*Jacobs Family Community Hall*

**9:45 a.m. Torah Service**

**10:15 a.m. Family Ceremony: Blessing A New Year**

*Stone Family Sanctuary*

We gather in the Stone Family Sanctuary as a community of family, children and teens, before dividing into different experiences. We prepare for prayer, learning and a meaningful holy day by learning a song and hearing a holiday teaching. We will then parade into the main service in the Jacobs Family Community Hall to hear the sounding of the Shofar and the blessing of the newborns.

This will be a special moment to bring our entire community together for a short experience for all generations in which the entire congregation will bless our children of all ages.

\* Children Grades 1 and younger, must be accompanied by a parent.

**10:45 a.m. Sounding of the Shofar**

### Blessing our Children

Children and their families join the congregation in the Stone Family Sanctuary to hear the Shofar, and recite the blessing for children as we mark the beginning of the New Year.

### Blessing our Newborns

Our annual sweet welcome of new lives and new families.

**11:00 a.m. Musaf: Holy Day Service**

**11:00 a.m. Youth & Teen High Holy Day Services**

On Rosh HaShanah we will explore the themes relevant to the New Year through group activities, age appropriate discussion, games and reflective moments.

Rosh HaShanah presents an opportunity to reflect on the past and look to the future and explore our daily actions and responsibilities.

For Grades 1 and younger | Stone Family Sanctuary

\* Children Grades 4 and younger, must be accompanied by a parent.

For Grades 2-4 | Children's Shul

\* Children Grades 4 and younger, must be accompanied by a parent.

For Grades 5-8 | Beit Midrash

For Grades 9-12 | Youth Lounge



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## For Grades 8 and younger

### 11:45 a.m. Children's Nosh & Drash

#### *Children's Shul*

Children are invited for a mid-day snack and a series of activities including song, art, stories, and play relevant to the themes of the holiday.

\* Children Grades 1 and younger, must be accompanied by a parent.

## For Grades 9 - 12

### 11:45 a.m. Teen Hangout in the Youth Lounge

#### *Youth Lounge*

Teens are encouraged to join the main service to support their friends reading Torah and participate in prayer. The Youth Lounge will also be open for teens who wish to spend time reflecting together in the spirit of the holiday.

### 11:45 a.m. Sermon

#### **Musaf: Holy Day Service**

(1:00 p.m. Service Concludes)

## Tashlikh Service and Picnic Dinner

### Monday, September 30

#### 5:00 p.m. Kellogg Park, La Jolla Shores, North Lawn

We gather to renew ourselves by symbolically casting away our sins, hearing the sound of the Shofar, and sharing song, reflection, and friendship. Bring bread and a shofar, if you have one, as well as a picnic blanket and all you need for your own vegetarian picnic dinner, if you wish to.

High Holy Day Services are led by Rabbi Ron Shulman, Rabbi Avi Libman, Ba'al Tefillah David Lipsitz, and members of our synagogue family.

## EREV ROSH HASHANAH

### Sunday, September 29

6:15 p.m. Erev Rosh HaShanah Service  
*Stone Family Sanctuary*

## ROSH HASHANAH – 1ST DAY

### Monday, September 30

9:00 a.m. Shaharit: Morning Service  
*Jacobs Family Community Hall*  
9:45 a.m. Torah Service  
10:45 a.m. Sounding of Shofar  
Blessing our Generations  
Blessing of Newborns  
11:00 a.m. Musaf: Holy Day Service  
11:45 a.m. Sermon  
(1:00 p.m. Service Concludes)

## Tashlikh Service and Picnic Dinner

### Monday, September 30

5:00 p.m. *Kellogg Park, La Jolla Shores, North Lawn*

## Key

- Synagogue Service
- Family Service and/or Children's Program
- High Holy Day Enrichment Experience
- Chai 20s/30s Service

# **ROSH HASHANAH | 2ND DAY**

**Tuesday, October 1**

## **Huggim – Holy Day Activities**

On the Second Day of Rosh HaShanah we offer activities to enhance our New Year observance with our synagogue family and friends.

### **9:00 a.m. Study Session with Rabbi Ron Shulman**

**Tikkun: Repairing or Establishing the World on Rosh HaShanah**

Rabbi Shulman invites you to explore a curiosity of Rosh HaShanah prayer for guiding our personal agendas in the New Year.

### **9:30 a.m. - 12:30 p.m. Rosh HaShanah Hike**

**Offsite**

We are not playing hooky from synagogue because we'll read and discuss texts to enhance our insights into ourselves, our world, and Jewish tradition. Moderately strenuous, no more than 5 miles roundtrip, and quite exposed as are all hikes in San Diego. Bring hat, sunblock, and shofar. Location of hike will be provided to those who register.

### **9:00 a.m. Shaharit: Morning Service**

**Stone Family Sanctuary**

### **9:45 a.m. Torah Service**

**Stone Family Sanctuary**

### **10:00 a.m. Study Session with Rabbi Phil Graubart**

**Akeidat Yitzhak: The Binding of Isaac**

Join Rabbi Graubart for a deeper reading and exploration of this controversial Torah text we read today. What insights can we glean for understanding and meaning?

### **10:00 a.m. Jewish Mindfulness with Dr. Oded Shezifi**

In our busy and overstimulated 21st century lives mindfulness has become a popular practice for raising awareness. In this session, we will bring mindfulness to the themes of Rosh HaShanah.

### **10:00 a.m. Family Experience**

*Jacobs Family Community Hall*

A family friendly service for all ages during which we sing, pray and explore the themes of Rosh Hashanah. While this program is geared towards younger children, all are invited.

### **10:45 a.m. Sounding of Shofar**

#### **Blessing our Children**

Our children and their families join us to share blessings, lessons, and to hear the Sound of the Shofar.

### **11:00 a.m. Children's Nosh and Drash**

*Children's Shul*

Children are invited for a mid-day snack and a series of activities including song, art, stories, and play relevant to the themes of the holiday.

\* Children Grades 1 and younger, must be accompanied by a parent.

### **11:10 a.m. Sermon**

#### **Musaf: Holy Day Service**

### **11:45 a.m. Study Session with Rabbi Avi Libman**

**Teshuvah: Repentance and Return**

Rabbi Libman invites you consider a key theme of the High Holy Day season as we consider different meanings of Teshuvah, repentance and return.

### **12:30 p.m. Holiday Kiddush**

We join together at the conclusion of our services and activities.

## KOL NIDRE | EREV YOM KIPPUR

Tuesday, October 8

### 6:00 p.m. Kol Nidre – Erev Yom Kippur Service

Jacobs Family Community Hall

Setting the Mood: A Cello Performance before Kol Nidre.  
Before Yom Kippur begins we seek to create a reflective and introspective mood. Beginning a few minutes before our service, a cellist will perform a composition in which the cello imitates the rhapsodic voice of the Ba'al Tefillah's Kol Nidre chant.

### 6:45 p.m. Family Service

Join us for an age appropriate Kol Nidre service to welcome this meaningful holiday. Together we'll sing, pray, and explore something more for ourselves and our children about Jewish life and tradition.

For Grades 1 and Below | Stone Family Sanctuary

\*Children Grades 1 and younger, must be accompanied by a parent.

For Grades 2-8 | Children's Shul

### 8:30 p.m. Chai 2os/3os Kol Nidre Service

Jacobs Family Community Hall

Join us for a traditional service designed specifically for adults in their 2os and 3os. The service will be led by our new Chai Coordinator, David Lipsitz and Rabbi Avi Libman.

\*Parking will be available at Congregation Beth El beginning at 8:15 p.m. If you arrive before 8:15 p.m. you may park on Gilman Drive or La Jolla Scenic Drive. Please register to attend through [cbe.org](http://cbe.org).

### 8:30 p.m. Kol Nidre Eve Musical Service

Stone Family Sanctuary

An innovative Kol Nidre Eve service combining traditional and contemporary Yom Kippur prayers with inspiring music and personal reflection. Yochanan & Roberta Winston join Rabbi Ron Shulman to facilitate this service.



## ROSH HASHANAH – 2ND DAY

Tuesday, October 1

- |                        |  |
|------------------------|--|
| 9:00 a.m.              | Shaharit: Morning Service<br><i>Stone Family Sanctuary</i> |
| 9:00 a.m.              | Study Session with Rabbi Ron Shulman                       |
| 9:30 a.m. - 12:30 p.m. | Rosh HaShanah Hike   Offsite                               |
| 9:45 a.m.              | Torah Service<br><i>Stone Family Sanctuary</i>             |
| 10:00 a.m.             | Torah Study with Rabbi Phil Graubart                       |
| 10:00 a.m.             | Jewish Mindfulness with Dr. Oded Shezifi                   |
| 10:45 a.m.             | Sounding of Shofar<br>Blessing our Generations             |
| 11:10 a.m.             | Sermon   |
| 11:30 a.m.             | Musaf: Holy Day Service                                    |
| 11:45 a.m.             | Study Session with Rabbi Avi Libman                        |
| 12:30 p.m.             | Holiday Kiddush  |

## YOM KIPPUR

### Kol Nidre - Erev Yom Kippur

Tuesday, October 8

- |           |  |
|-----------|--|
| 6:00 p.m. | Kol Nidre – Erev Yom Kippur Service<br><i>Jacobs Family Community Hall</i> |
| 6:45 p.m. | Kol Nidre Family Service<br><i>Stone Family Sanctuary</i>                  |
| 8:30 p.m. | Chai 2os/3os Kol Nidre Service<br><i>Jacobs Family Community Hall</i>      |
| 8:30 p.m. | Kol Nidre Eve Musical Service<br><i>Stone Family Sanctuary</i>             |

# **YOM KIPPUR**

**Wednesday, October 9**

**9:00 a.m. Shaharit: Morning Service**

*Jacobs Family Community Hall*

**10:00 a.m. Torah Service**

**10:15 a.m. Grades 8 and Younger**

**Opening Family Program**

*Stone Family Sanctuary*

A family and community gathering of singing and stories in the Stone Family Sanctuary to set the tone for this reflective day.

**10:15 a.m. Grades 9 - 12**

*Jacobs Family Community Hall*

Teens are encouraged to join the main service to support their friends reading Torah and participate in prayer. At 10:45 am teens are invited to meet for discussion, panel and the meaning and relevance of Yom Kippur in their lives.

**10:45 a.m. Grades 8 & Younger**

Join us for age appropriate prayer, activities and snack time to reflect on the purpose of the day, the meaning of forgiveness and consider the opportunity that Yom Kippur presents to become better people.

Grades 1 and younger | Stone Family Sanctuary

*\*Children Grades 1 and younger, must be accompanied by a parent.*

Grades 2-4 | Children's Shul

Grades 5-8 | Beit Midrash

**10:45 a.m. Grades 9 - 12**

**Panel Discussion and Reflection**

We will engage in a panel discussion, reflect on how the meaning of Yom Kippur informs our Jewish identity and learn about the Ashamnu-Confessional prayer.

**11:45 a.m. Grades 8 and Younger**

**Huggim - Activities**

Our children are welcome to spend holiday time together and continue their holiday activities while their parents participate in synagogue services.

**12:00 p.m. Grades 9 - 12**

Teens are invited to relax and enjoy the dedicated space of the Youth Lounge to reconnect and reflect on the day.

**11:15 a.m. Yizkor Memorial Prayers**

**11:30 a.m. Musaf: Holy Day Service**

**12:00 p.m. Sermon**

**2:15 p.m. Yom Kippur Study Sessions**

In the quiet of Yom Kippur afternoon we have the opportunity to reflect together and discuss subjects to enhance the mood and meaning of our observance. We invite you to engage in a form of Jewish expression that may sustain your personal experience of Yom Kippur.

**Session #1: "Two Fold"**

Discuss a Yom Kippur story written by the Nobel laureate Israeli author S.Y. Agnon, led by Mo Gold.

**Session #2: "Listen"**

A Yom Kippur study and discussion led by Jane Conners.

**3:00 p.m. Ask the Rabbi**

Join Rabbi Shulman on Yom Kippur afternoon for an open and unscripted question and answer session. You choose the topic. Rabbi Shulman enjoys discussing questions about beliefs, Jewish tradition and customs, current events, and any other pertinent topics of interest. Everyone is invited.

**4:15 p.m. Minhah: Afternoon Service**

**5:30 p.m. Martyrology: Memory and History**

Fanny Krasner Lebovits will share her personal story of survival and the meanings of her life after the Holocaust. We'll also honor the memories of all of our people's martyrs.

**6:00 p.m. Neilah: Concluding Service**

**6:30 p.m. Family Neilah Experience**

(Be sure to bring your Shofar!)

Our families join to conclude Yom Kippur with story, ceremony, and preparation to enter the sanctuary service.

**7:00 p.m. Concluding Ceremony**

As Yom Kippur draws to a close, all children present will receive glow sticks to participate in procession to the Bimah as we recite our concluding prayers and complete our observance.

## HIGH HOLY DAY FOOD DRIVE September 29-October 9

As we begin a new year, help us fulfill the Mitzvah of Tzedakah.

On Rosh HaShanah, empty bags are provided for you to fill with non-perishable food items. You may return the full bags on Yom Kippur as you arrive on campus, or prior to Yom Kippur by bringing them to the Administration Office. These gifts of food will be distributed to the HandUp Food Pantry at Jewish Family Service, and to Western Service Workers Association, an organization assisting families in need in San Diego.

\* This project is organized by the Tikkun Committee.



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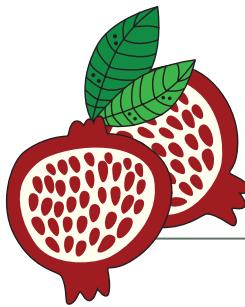
## YOM KIPPUR

**Wednesday, October 9**

- |            |                                 |
|------------|---------------------------------|
| 9:00 a.m.  | Shaharit: Morning Service       |
|            | Jacobs Family Community Hall    |
| 10:00 a.m. | Torah Service                   |
| 11:15 a.m. | Yizkor Memorial Prayers         |
| 11:30 a.m. | Musaf: Holy Day Service         |
| 12:00 p.m. | Sermon                          |
| 2:15 p.m.  | Yom Kippur Study Sessions       |
| 3:00 p.m.  | Ask the Rabbi                   |
| 4:15 p.m.  | Minhah: Afternoon Service       |
| 5:30 p.m.  | Martyrology: Memory and History |
| 6:00 p.m.  | Neilah: Concluding Service      |
| 6:30 p.m.  | Family Neilah Experience        |
| 7:00 p.m.  | Concluding Ceremony             |

## Key

- Synagogue Service
- Family Service and/or Children's Program
- High Holy Day Enrichment Experience
- Chai 20s/30s Service



# PREPARING FOR THE HIGH HOLY DAYS

Hadesh Yameinu | Renew our Days | Revitalize Our Ways ▪ 2019 | 5780

Come explore the spiritual and moral significance of the High Holy Day season. Each year as summer turns into fall, Jews turn inward. For generations, in synagogue and at home, Jewish individuals and families have celebrated the beginning of a New Year by reflecting on the course of their lives.

## Preparing for the High Holy Days

**Thursday, September 12**

**7:00 p.m. Session 1: Renew Our Days**

*Rabbi Ron Shulman*

What's the purpose of Rosh HaShanah and Yom Kippur? What are these days supposed to be about? What meanings and purposes can we find in them for ourselves?

**Thursday, September 19**

**7:00 p.m. Session 2: Revitalize Our Ways**

*Rabbi Ron Shulman*

Out of habit and a sense of tradition we attend synagogue High Holy Day services. What's happening in these prayer services? What personal connections and religious relevance can we discover when we are present?



## Selihot: An Evening of Renewal and Revitalization

**Saturday, September 21**

**8:00 p.m. Havdalah & Dessert Reception**

We gather to enjoy the spirit of Havdalah following the conclusion of Shabbat and enjoy our bonds as a synagogue family.

**8:30 p.m. Listen & Reflect**

We listen to the recorded thoughts and reflect on the ideas taught by the late Rabbi Alan Lew in his book, "This Is Real and You Are Completely Unprepared." Our rabbis will add their insights as we seek inspiration and direction at the start of our sacred season.

**9:00 p.m. Selihot Service**

Selihot is a unique, musical, and evocative "Service of Forgiveness." The spiritual aura of the Selihot Service encourages introspection as we anticipate new beginnings. Rabbi Ron Shulman and Rabbi Avi Libman along with Ba'al Tefillah David Lipsitz lead the service which concludes with the sounding of the Shofar.



## LULAV & ETROG

Order a personal Lulav and Etrog set to celebrate Sukkot. Purchase a set for \$42 by September 20 at [cbe.org](http://cbe.org) or call 858-452-1734.

## **SUKKOT**

**October 14 thru 22**

Sukkot is a time of thanksgiving and hospitality when we celebrate the natural bounties of our world and all that sustains our lives. Join with our Congregation Beth El community in the joy of celebrating Sukkot at Festival Services, communal meals, and holiday programs.

Festival Morning Services on **October 14 & 15 at 9:30 a.m.** touch our imaginations as we wave the Lulav and Etrog, share in joyous prayer and song, and afterward gather in the Sukkah to enjoy holiday time together.

### **Sukkot Dinner & Symposium**

**Thursday, October 17**

**Dinner in the Sukkah: 6:15 p.m.**

Join us for a spirited communal dinner in the Sukkah.

**Symposium: 7:30 p.m.**

Then join us for this year's Sukkot Symposium:

**New and Not So New Anti-Semitism**

### **Shemini Atzeret**

Shemini Atzeret concludes our Sukkot holiday with a Festival Morning Service on **October 21 at 9:30 a.m.** when we mark the fall season and remember our loved ones during Yizkor Memorial Prayers.

### **Chai Sukkot Hike**

**Sunday, October 13**

**9:00 a.m. Fortuna Mountain**

Get ready for Sukkot with a fun and moderately challenging hike with Chai friends. Enjoy some nice views and pleasant fall weather. Parking will be at the Mission Trail Regional Park Visitor Center.

Led by David Lipsitz.

## **SIMHAT TORAH**

**October 21-22**

At Festival Services on the evening of **October 21** we rejoice and dance with our children in the reading of Torah.

**5:45 p.m. SimTot Torah**

Our families and youngest children celebrate Torah with songs, Torah toys, and family fun.

**6:15 p.m. Family Festival Dinner**

Everyone is welcome to enjoy holiday dinner with our synagogue family.

**7:00 p.m. Hakafot**

Torah Parades, Torah Tour, & Torah Reading for all ages.

**7:45 p.m. Torah Treats**

Dessert and Israeli Dancing

On the morning of **October 22 at 9:30 a.m.** we continue to celebrate our heritage of Torah at a joyous Festival Morning Service.

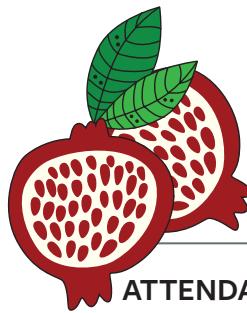
## **WOMEN'S CONNECTION JUDAICA SHOP**

Women's Connection Judaica Shop wishes you a

***Shanah Tovah!***

Shop for a Shofar, Tallit, Kippah, Apple & Honey dish, and many other ritual and gift items. Shop hours are Sundays and Tuesdays from 9:30 a.m. to 12:30 p.m. Thursdays from 4:00 to 6:00 p.m.

Call 858-452-1734 or email [giftshop@cbe.org](mailto:giftshop@cbe.org) to make an appointment for other times.



# GENERAL INFORMATION

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## ATTENDANCE

All Congregation Beth El members are welcome at our High Holy Day services and programs. Adult members will receive their service tickets by mail in mid-September. Tickets for children ages 18-26 are available upon request. No tickets are required for children under 18. Honor Roll members may receive two additional tickets upon request. Please contact the synagogue office, 858-452-1734 or [shalom@cbe.org](mailto:shalom@cbe.org) regarding your service attendance needs and questions.

Members may arrange for additional tickets for relatives who are not synagogue members. We request a donation of \$250 per person. (Relatives and visitors affiliated with other synagogues may receive reciprocal tickets at no cost.)

## SEATING

Seating is open at all of our services and programs, with the exception of reserved seats for Honor Roll members and those participating in services. Please be courteous by not saving seats and honor the requests of our volunteer ushers. If you require a wheelchair seat or other special assistance, please call the synagogue office.

## SERVICE HONORS

Each year we delight in how many of our synagogue members share in the honors of Opening the Ark, coming up to the Torah, and participating in the ritual of our High Holy Day services. Service honor invitations are extended in continuing alphabetic rotation. We invite honorees for this year starting from where in the alphabet we left off last year. Through this rotation, over the course of a few years everyone receives the opportunity to come forward and participate.

## PARKING

Off site parking will be at the Lawrence Family Jewish Community Center, 4126 Executive Dr, La Jolla, CA 92037. Detailed information, including a map, will be sent with your service tickets. Shuttle service will be provided. Please allow sufficient time for transportation to arrive on campus for the services and activities you wish you attend.

On-site parking is for Honor Roll and Wheelchair/Disabled only, on a first come first served basis.

Honor Roll members receive one parking pass per family.

Wheelchair/Disabled parking and drop-off passes can be obtained by calling the synagogue office, 858-452-1734.

On Erev Rosh HaShanah and Second Day Rosh HaShanah ALL PARKING is at Congregation Beth El.

## RIDE SHARING

On the Go, a program of Jewish Family Services, provides free door-to-door transportation to High Holy Day services for adults 60+.

Call 858-637-7320 or reserve on-line at [jfssd.org/HHD](http://jfssd.org/HHD).

Please request a Drop Off Pass from the synagogue office for all ride sharing vehicles, including Uber and Lyft.

## BABYSITTING

Babysitting for children ages 18 months to 5 years is available for Rosh HaShanah and Yom Kippur at the following times:

Monday, September 30		Tuesday, October 1		Wednesday, October 9
9:00 a.m. – 1:00 p.m.		9:00 a.m. – 1:00 p.m.		9:00 a.m. – 1:00 p.m.

Registration is required and parents must remain on campus. The cost is \$20 per child per day. Online enrollment and payment must be completed by Friday September 20 at [cbe.org](http://cbe.org). Babysitting is subject to cancellation if we do not meet the minimum by September 23.

## **SECURITY and COMFORT**

For safety and security reasons, entrance to all services and programs on campus will be through the Security Gate just off the parking lot turnaround area. Please be prepared to show your service tickets. Security personnel may check Tallit bags, other bags and purses, coats and personal items. Please bring as little as possible with you.

We appreciate your cooperation with designated ushers, staff, and security personnel. Please respect their directions and any signage on display.

If you walk onto campus from La Jolla Scenic Drive North, be advised that the back entrance to the Viterbi Torah School will be closed and you will need to walk a short distance down the driveway to the Main Entrance and Security Gate.

The Jacobs Family Community Hall and Stone Family Sanctuary will be air-conditioned and temperatures may vary depending on where you sit. Please remember to bring a sweater or jacket for your comfort.

Outdoor temperatures can be hot. Remember that your health overrides fasting. If you or someone else needs assistance, alert staff, security, or ushers.

Greeters and Ushers will be monitoring the doors. Please follow their instructions for entering and exiting services. If you would like to assist us by being a greeter or usher, email [shalom@cbe.org](mailto:shalom@cbe.org) or call 858-452-1734. Thank you.

## **CONGREGATIONAL COURTESIES**

When together, please greet your family, friends, and those you don't already know with "Shanah Tovah" and say Hello!

In observance of the Rosh HaShanah and Yom Kippur, and to respect our community, please be aware there is no smoking, no photography, and no writing on the synagogue premises during the High Holy Days.

Also, please refrain from chewing gum during our worship together.

Join us in DISCONNECTING from technology and CONNECTING with each other. Please refrain from the use of all ELECTRONIC DEVICES during services. Thank you very much.

## **RITUAL ITEMS**

### **Kippah-Head Covering**

It is customary for men, and women who wish to, to cover their heads when inside the sanctuary. This is considered a sign of personal humility and awareness of God's presence in our world.

Kippot will be available in the Sanctuary and Community Hall lobbies.

### **Tallit-Prayer Shawl**

All men, and women who wish to, are encouraged to wear a prayer shawl, Tallit, during Rosh HaShanah and Yom Kippur daytime services, and on Kol Nidre eve. This garment symbolizes God's embrace, creates personal spiritual space, and reminds us to live our lives through mitzvah, fulfilling God's commandments and the moral imperatives of Jewish tradition.

Please bring your own Tallit, as the synagogue supply is limited.

Please put a name with your Tallit and bag, in case it gets left behind.

## **BOOK OF REMEMBRANCE**

Four times each year, on Yom Kippur, Sukkot, Passover, and Shavuot we recite Yizkor Memorial Prayers. We do this because celebrating our holidays connects our personal and family lives to the continuing life and heritage of the Jewish people. We do this because the ritual of Yizkor allows us to express our people's collective and shared memories in the most personal way possible. We each remember our parents, spouses, children, siblings, and loved ones. Their lives along with ours tell our people's story.

To honor this tradition, at Congregation Beth El each year we publish a Book of Remembrance for use during our Yizkor Memorial Services. In this book we list the names of our members' loved ones who have passed away. The book also contains memorial prayers and reflections.

If you wish to include names in this year's Book of Remembrance, please call 858-452-1734 or go to [cbe.org](http://cbe.org).



**Congregation Beth El**  
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