



Rosh Hashanah



September 29 & October 1 2019
1 & 2 Tishrei 5780

Shana Tova

IN THE WEEK AHEAD

The Week of Learning is being sponsored by Evan Varkony for the yahrzeit of Evan's father, Nicholas Varkony and for the merit of a complete recovery for those who are ill and need a recovery in our community and in the entire nation of Israel

Saturday, September 28

Shacharit	9:00 a.m.
<i>Insights into the Weekly Torah Portion</i>	5:50 p.m.
Mincha/Seudah Shlishit	6:35 p.m.
Havdalah	7:53 p.m.

Sunday, September 29

Erev Rosh Hashanah

Selichot/Shacharit	8:30 a.m.
Mincha/Candle Lighting.....	6:50 p.m.

Monday, September 30

Rosh Hashana

Office Closed

Shacharit	9:00 a.m.
Kiddush <i>Sponsored by Bonnie Bloch & Howard Gendleman</i>	12:30 p.m.
Tashlich @ Trendwood Park.....	1:30 p.m.
Mincha/Maariv @ Beth Israel.....	7:50 p.m.

Tuesday, October 1

Rosh Hashanah

Office Closed

Shacharit	9:00 a.m.
Kiddush.....	12:30 p.m.
Mincha/Maariv @ Beth Israel.....	6:50 p.m.
Havdalah	7:48 p.m.

Wednesday, October 2

Fast of Gedaliah

Fast Begins	6:00 a.m.
Shacharit	6:40 a.m.
Mincha/Maariv @ Beth Israel.....	6:40 p.m.
Fast Ends	7:39 p.m.

Thursday, October 3

Shacharit	6:40 a.m.
<i>Connecting with Our Faith</i> with Rabbi Ari	9:30 a.m.
Mincha/Maariv @ Beth Israel.....	6:50 p.m.

Friday, October 4

Shacharit	6:40 a.m.
Mincha/Candle Lighting.....	6:44 p.m.

You can sponsor a week of learning for \$100, for the merit of a complete recovery for those who are ill and need a recovery in our community and in the entire nation of Israel.

This is a wonderful opportunity to mark a special event.

Contact the office to schedule your Week of Learning sponsorship.
executiveasst@orthodoxomaha.org

Please join us for two mornings full of learning and games for kids of all ages!

In an effort to keep the synagogue neat and organized we ask that all children stay with their parents or with their respective group at all times. Babysitting will be available in the kids room from 10:00-1:00 for all toddlers, and programming for kids grades k-7 is detailed on the right side of this page. Teens who are interested in helping out can join the youth groups, and will have their own Chabura later in the day.

All toddlers, children and teens are welcome to join us for snacks in the social hall immediately following Shofar blowing.



Rosh Hashana For Kids!

Monday, September 30th
and
Tuesday, October 1st

10:00-10:20

Icebreaker

youth lounge

10:20-10:35

Tefillah

youth lounge

10:35-10:55

Class #1

k 3rd graders in the chapel

4 7th graders in the social hall

10:55-11:20

Shofar and Snack

social hall

11:20-11:40

Class #2

Tots in the gift shop (11:20-11:50)

k 3rd graders in the chapel

4 7th graders in the social hall

11:40-12:00

Game time!

youth lounge

12:00-12:45

Chill with Shimmy

youth lounge

12-12:30

Teen Chabura

social hall

Beth Israel expresses its sincere appreciation to the individuals who have made a commitment to a strong Jewish future through their Life & Legacy participation. Be a part of this exciting program and help assure Jewish tomorrows for Beth Israel and other Jewish organizations in Omaha's wonderful Jewish community. Contact Bonnie Bloch, Donald Gerber, or Nate Shapiro for more information.



Harry Berman & Beth Cohen
Marilyn Berman
Jakob & Susan Besser
Bonnie Bloch &
Howard Gendelman
Michael & Karen Cohen
Toba Cohen-Dunning &
Eric Dunning
Rabbi Ari Dembitzer
Leo & Annette Fettman
Donald Gerber
Ron & Kaye Giller

David & Shirley Goodman
Mary Sue Grossman
Josh & Amanda Gurock
Ed & Anne Joseph
Julee Katzman
Jeff & Sharon Kirshenbaum
Marsha & Milton Kleinberg
David & Janet Kohll
Jack Kozlen
Alan & Debbie Kricsfeld
Ann Moskovits
Bruce Potash &

Linda Neumann-Potash
Patricia Newman
Marty & Iris Ricks
Carl & Zoe Riekes
Jonathan & Stacey Rockman
Lynne Saltzman
Michael & Melissa Shrago
Gary & Liat Shyken
Paul & Susan Shyken
Esther Silver
Harry & Kathy Weiner
Yaakov & Ilana Weiss

In Case of Emergency

First Aid kits are located in the kitchen, the office, and with the defibrillator found in the closet in the Social Hall.

Emergency exits are located on either side of the sanctuary, the Social Hall, and at the end of the hallway leading to the bathrooms.

During an incident, Beth Israel Staff will communicate, either verbally, or over our Emergency Address system.

Staff will inform you emergency incidents, using the following situations.

Please familiarize yourself with the following terminology:

Lockdown- is followed by "Locks, Lights, Out of Sight" and is the protocol used to secure individual rooms and keep occupants quiet and in place. A **lockdown** represents an immediate threat to facility. Nobody enters, nobody exits lockdown rooms until the "all-clear" is given by Synagogue staff or First Responders.

Lockdown is a room-based protocol that requires locking/ barricading the door, turning off the lights and placing occupants out of sight of any corridor windows. Occupant action during Lockdown is to remain quiet. It does not mandate locking outside doors. There are several reasons for not locking perimeter doors during a Lockdown. Risk is increased to congregants or staff in exposed areas attempting to lock outside doors. Locking outside doors inhibits entry of first responders and increases risk as responders attempt to breach doors.

Lockout- is followed by the directive: "Get Inside. Lock Outside Doors" and is the protocol used to safeguard occupants within the building.

Lockout recovers all occupants from outside the building, secures the building perimeter and locks all outside doors.

This would be implemented when there is a threat or hazard outside of the building. Criminal activity, dangerous events in the community, or even a vicious dog on the playground would be examples of a Lockout response.

Shelter in Place- is always followed by a type (Weather related, intruder, etc.) and a location. This is the protocol for group and self-protection. Remain sheltered until an all-clear is given.

Locations include: gift shop room, bathrooms Kitchen/storage room, Stairs leading down to basement, basement storage

Emergency Evacuation- is always followed by a location, and is used to move occupants from one location to a different location in or out of the building.

Evacuation locations include: The playground, Montessori Children's House (12602 Pacific St.)

Examples of an Emergency announcement might be:

“A tornado has been sighted in the area, we are in a Shelter in Place situation, please move to the basement stairs, until the all-clear is given.

“An armed burglary has occurred in the area, we are now in a Lockout situation. Our exterior doors are being locked, please account for your children and stay here until the all-clear is given.

We at Beth Israel are committed to providing a safe and secure environment. We are constantly reviewing and updating our

7 Tips for Rosh Hashanah How to get closer to your best self this New Year.

By Alyssa Rachel Gross

1. If not now, when? It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.
2. Gradual steps Stop trying to change everything all at once. Make an ironclad commitment to one action.
3. Write down your goals Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.
4. Tell someone Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.
5. Break it down If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."
6. Focus on the rose Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.
7. Be kind to yourself Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.



High Holidays Babysitting



Beth Israel is pleased to provide baby-sitting services on Shabbat and holidays. Kelly Lewis, Ashley Barrow, Janet Tompsen, and Carolyn Vander Vorst are this year's sitters.

Just a few reminders. Children are welcome in the sanctuary for services as we trust that parents will be considerate of other attendees. Children not in the babysitting program, must be under the direct supervision of an adult.

Child Care will be available on the following schedule:

Erev Rosh Hashanah	Sep 29	6:30p.m. - end of services
Rosh Hashanah I	Sep 30	10a.m. - 1p.m, 6:30p - 9:00p*
Rosh Hashana II	Oct 1	10:00a.m. - 1:00 p.m.
Kol Nidre	Oct 8	6:30p.m. - 8:30 p.m.
Yom Kippur	Oct 9	10:00 a.m. - 1:00 p.m.,
Yom Kippur	Oct 9	5:30 p.m. - 7:30p.m.*
Sukkot I	Oct 14	9:00 a.m. - 12:00 p.m.*
Sukkot II	Oct 15	9:00 a.m. - 12:00 p.m.
Shemini Atzeret	Oct 21	9:00 a.m. - 12:00 p.m.
<u>Simchat Torah</u>	<u>Oct 22</u>	<u>9:30 a.m. - 12:00 p.m.</u>

*indicates only one baby sitter has been hired, which means the youth lounge MAY not be available. A minimum donation of \$5 per child is requested to assist in covering expenses for baby-sitting services.

Email Nate Shapiro at nshapiro@orthodoxomaha.org to reserve your spot for Rosh Hashanah, or the contact the office for the rest of the holidays.

Best wishes for a happy, healthy
New Year from the Beth Israel
Board of Commissioners

Toba Cohen-Dunning - President

Jonathan Rockman - Vice President, Financial Planning

Julee Katzman - Vice President, Administration

Bruce Potash - Vice President, Membership

Jeff Kirshenbaum - Treasurer

Bonnie Bloch - Secretary

Joel Alperson

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Bruce Goldberg

Lynne Saltzman

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Sherry Taxman

Harry Weiner

Jeff Zacharia



WELCOME TO BETH ISRAEL SYNAGOGUE

We are delighted to welcome you to Beth Israel Synagogue. A passage from Deuteronomy 30:11-14 inspired the art work in the sanctuary. "For this commandment that I command you today - it is not hidden from you and it is not distant. It is not in heaven, [for you] to say, 'Who can go to the heaven and take it for us so that we can listen to it and perform it?' Nor is it across the seas, [for you] to say, 'Who can cross to the other side of the sea for us and take it for us, so that we can listen to it and perform it?' Rather, the matter is very near to you - in your mouth and your heart - to perform it." Mitzvot are obtainable.

- ◆ The focal point of the sanctuary is the Menorah Window, which frames the Ark and is shaped in the form of the six branched candelabrum. To the right, brilliantly colored windows have forms that reflect the heavens, while the left side depicts the seas.
- ◆ The message is completed in a frieze, the horizontal painting on wood mounted on the wall. The background of the frieze symbolically and abstractly represents the relationship between G-d and the people of Israel through the Covenant. The perochet, or curtain over the Ark, completes the symbolic composition, with an expression that intertwines the Torah and the letter Aleph, the first letter of the Hebrew alphabet, of the Ten Commandments, and of G-d's name in Hebrew.
- ◆ As is traditional, the sanctuary has 12 windows, representing the 12 tribes of Israel. These windows contain the name of each tribe in flowing, organic letters. The windows are located above the continued frieze, which includes two central texts of the revelation at Sinai - "If you will keep my Covenant, you shall be precious to me," and "You shall be a kingdom of priests and a holy nation." This composition expresses the unity of Israel as the people stood together at Sinai and accepted the Torah.

Beth Israel Synagogue strives to perpetuate the legacy of Torah Judaism in the modern world. Beth Israel welcomes all persons of the Jewish faith to join and accepts the diversity of practice and thought among its members.

Rabbi Ari Dembitzer, Senior Rabbi

Toba Cohen-Dunning, President

Nate Shapiro, Executive Director

Rabbi Shlomo Abramovich, Visiting Scholar

Leo Fettman, Cantor Emeritus

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