



## High Holidays at BTS 5784



**Compiled & edited by Rabbi Debra S. Cantor**

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## Greetings from the Rabbi

Elul 5783/September 2023

“Instructions for living a life.  
Pay attention.  
Be astonished.  
Tell about it.”

With this short list, the poet Mary Oliver offers an insight into how we might approach this new year. I’m especially struck by her first bit of advice: “Pay attention.” In a world that constantly clamors for our attention, that might seem obvious. But Oliver would urge us to be discerning, not to lose ourselves in all the noise and nonsense. She would urge us to pay attention to our natural surroundings, to the animals, plants and trees, to rushing waters and waves, to storms and sunshine and blankets of stars. What might we learn if we did so? What might happen if we paid real attention to one another, to our most deeply held values, to the desires of our hearts?

The High Holiday season presents us with multiple opportunities to do exactly what Mary Oliver suggests. Our theme for High Holidays 5784 is “Repair. Renew. Rejoice.” *And the first step is to pay attention.*

This year, Rosh Hashanah falls on Shabbat and Sunday. There are, of course, advantages to having the holidays occur on the weekends. But one downside is that we do not sound the shofar on Shabbat, which means that we won’t hear the shofar until the second day of Rosh Hashanah. Because of that, **I invite everyone with a shofar to bring it that day and join in to make a mighty blast** (usually, we only do that at the conclusion of Yom Kippur.) I have a few extras to lend out as well.

In this booklet, you’ll find ways to prepare for the High Holidays and enrich your home celebrations. As is our tradition, we’ll Zoom into Rosh Hashanah together as a congregational family on Friday evening, September 15<sup>th</sup> at 6:30 pm with kiddush, honey and apples, challah and warm wishes for a *shanah tovah u’metukah* – a good, sweet year.

Jim, Max, Marisa, Penina, Tom and I wish you a healthy, happy, peaceful new year!

*Rabbi Debra Cantor*



## Threshold

BY MAGGIE SMITH

You want a door you can be  
on both sides of at once.

You want to be  
on both sides of here

and there, now and then,  
together and (what  
did we call the life  
we would wish back?  
The old life? The before?)  
alone. But any open

space may be  
a threshold, an arch  
of entering and leaving.  
Crossing a field, wading  
through nothing  
but timothy grass,  
imagine yourself passing from  
and into. Passing through

doorway after  
doorway after doorway.

Source: *Poetry* (February 2020)



## Opening the Heart

BY MARCIA FALK

At the year's turn,  
in the days between,  
we step away from what we know into the spaces we cannot yet name.

*Wall and window, roof and road*

Into the spaces we cannot yet name

*Cloud and sky, cloud and wings*

Slowly the edges begin to yield, the hard places soften,

*Wind and clover, reed and river*

The gate to forgiveness opens.



## Questions for reflection as we prepare to enter the New Year...

Adapted from *Return: 30 Days of Reflection*, by Rabbi Jill Zimmerman [www.ravjill.com](http://www.ravjill.com)

During the past year, what have you learned?

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What has brought you joy or inspiration?

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For whom and for what are you grateful?

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When have you felt a sense of “wholeness” or peace/*shalom*?

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In what ways have you experienced brokenness and what has fallen apart?

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What did you discover this year about what is most important to you?

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In what ways have you been strong?

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Who or what has been a source of comfort, of spiritual sustenance?

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What experiences did you have this year that opened your heart?

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What relationships need repair, attention, mending?

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Amid the challenges of the past year, when/where have you felt moments of connection?

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What are your hopes for this coming year?

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How might you contribute your gifts as a human being in the year to come?

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## ***Kavvanot/Intentions for 5784***

**“Great is repentance, for it brings healing to the world.”** TALMUD YOMA 86a

“We’ve all caused harm, we’ve all been harmed, we’ve all witnessed harm. We are all always growing in our messy, imperfect attempts to do right, to clean up, to repair; to make sense of what’s happened and to figure out where to go from here...Yet any attempt to address harm that does not put the victims of harm and their needs at the center will necessarily come up short.” - RABBI

DANYA RUTTENBERG, *On Repentance and Repair*

“Be a lamp or a lifeboat or a ladder. Help someone’s soul heal. Walk out of your house like a shepherd.” – RUMI



“Days are books: write in them what you want to be remembered.” - R. BAHYA IBN PAKUDA

“When I dare to be powerful — to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” - AUDRE LORDE

This season offers us a condensed opportunity to attend to how we walk the uncertain, ever-unfolding journey from birth to death to rebirth, reminding us that embittered resistance and denial will only add hurt and limit possibility. Instead, we might use this season to train in balanced acceptance by turning and returning to a deep practice of attunement and at-one-ment with an inner Voice that calls us home to our true refuge, our inner sukkah.” - RABBI ALAN LEW, *This Is Real And You Are Completely Unprepared*



“Tell me, what is it you plan to do with your one wild and precious life?” - MARY OLIVER

“Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.”  
- ARUNDHATI ROY

“Awe enables us to perceive in the world intimations of the divine, to sense in small things the beginning of infinite significance, to sense the ultimate in the common and the simple; to feel in the rush of the passing the stillness of the eternal.”

- RABBI ABRAHAM JOSHUA HESCHEL, *God in Search of Man*



# One-Bowl Apple Cake (Apple Sharlotka)

*This simple and delicious apple cake only requires one bowl and is the perfect treat for Rosh Hashanah.*

- **Total Time:** 1 hour Makes 8-10 servings

## Ingredients

- 3–4 medium apples, like Granny Smith
- juice of ½ a lemon
- 3 large eggs
- 1 cup (220 g) sugar
- 2 tsp vanilla extract
- ¼ tsp salt
- 1 cup (130 g) all-purpose flour
- powdered sugar, as needed



## Instructions

1. Preheat the oven to 350°F. Grease and line a 9” springform pan with parchment paper; you can also use a 9” round or square baking pan for this recipe.
2. Peel and core the apples. Cut the apples into 1” pieces, about ¼”-thick. Toss the apples in lemon juice, and then add them to the baking dish.
3. In a large bowl using a hand mixer, or in a stand mixer fitted with the whisk attachment, combine the eggs and sugar. Alternatively, you can beat the eggs and sugar by hand using a whisk. Beat until the eggs are pale, fluffy and have doubled in size, about 3-4 minutes. Add the vanilla extract and beat for one more minute.
4. Sift in half of the flour and salt to the egg mixture, and fold the dry ingredients into the batter. Sift in the remaining flour and salt, and fold them in until they are just incorporated. Be careful to gently fold in the dry ingredients and to not overmix the batter.
5. Pour the batter over the apples in the baking dish. If needed, use a spatula or spoon to smooth the batter over the top so it evenly covers the apples.
6. Bake for 45-50 minutes until golden brown and firm on top, or until a cake tester comes out clean. Allow the cake to cool for at least one hour prior to serving.
7. Before serving, sprinkle the cake with powdered sugar. Sharlotka can be made a day in advance and stored covered at room temperature, the crust will soften as it sits.

**Want more holiday recipes? Check out...**

<https://www.myjewishlearning.com/15-irresistible-high-holiday-recipes/>

<https://www.myjewishlearning.com/the-nosher/israeli-honey-sesame-cake-is-the-perfect-rosh-hashanah-dessert/>





## Candle Lighting for Rosh Hashanah 5784

After we light the candles, we wave our hands in three circles to symbolically bring the light closer to us, and then cover our eyes while we say the blessing. When the blessing is over, take a moment of silent reflection with your eyes covered, and then open your eyes and enjoy the beauty of candlelight, bringing you into the new year.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְשֶׁל) יוֹם טוֹב.

Ba-ruch ata Adon-nai Elo-hei-nu melech ha-olam asher ki-de-sha-nu be-mits-votav ve-tsi-va-nu le-had-lik neir shel (shabbat ve-shel) Yom Tov.

Blessed are You, Adonai our God, Ruler of the Universe,  
who has made our lives holy with mitzvot, and commanded us to light the Shabbat and festival candles.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְן  
הַזֶּה.

Ba-ruch a-ta A-do-Nai e-lo-hei-nu me-lech ha-o-lam, she-he-che-ya-nu ve-ki-ye-ma-nu ve-hi-gi-a-nu laz-man ha-zeh.

Blessed are You, Eternal our God, Ruler of the Universe who has given us life, sustained us,  
and allowed us to reach this day.

## Rosh Hashanah Blessings for Children (& Other Beloveds!)

Place your hands on the head of the person you are blessing. Offer your blessing either aloud or silently.  
In addition to the traditional words, you may also wish to add personal blessings for the new year.  
Seal it with a kiss.

Traditionally for sons:

*Yesimkha Elohim k'Efrayim vekhi'Menasheh.*  
May God make you like Ephraim and Menasheh.

Traditionally for daughters:

*Yesimeikh Elohim k'Sarah Rivka Rakhel v'Leah.*  
May God make you like Sara, Rebekah, Rachel, and Leah.

Gender-neutral version:

May God make you like Sarah, Rebecca, Rachel, Leah, Ephraim and Menashe.

Conclude with:

*Y'varekhekha Adonai v'yishmerekha*  
*Ya-er Adonai panav elekha vihuneka*  
*Yisa Adonai panav elekha, v' yasem l'kha shalom.*

May Adonai bless you and watch over you.  
May Adonai's light shine on you and be gracious to you.  
May Adonai smile on you and grant you peace.

## Kiddush for Rosh Hashanah Evening 5784



[Begin with *Vayechulu* when Rosh Hashanah begins on Friday night]

(Quietly: *Va-y'hee erev, va-y'hee boker.*)

*Yom ha-shishi. Vay'chulu hashamayim v'ha-aretz v'chol tz'va'am. Vay'chal Elohim bayom hash'vi'i milachto asher asa. Vayishbot bayom hash'vi'i mikol milachto asher asa. Vay'varech Elohim et yom hash'vi'i vay'kadesh oto. Kee vo shabbat mi-kol m'lachto asher bara Elohim la'asot.*

*Savri maranan v'rabanan v'rabotai. (L'chaim!)*

The sixth day: And the Heavens and the Earth and all they contained were completed, and on the seventh day God desisted from all the work that God had done. And God rested and blessed the seventh day and sanctified it, for on that day God rested from all the work of creating the world.

(holding the cup)

Ba-ruch a-ta A-do-nai, E-lo-hei-nu  
me-lech ha-o-lam,  
bo-rei pe-ri ha-ga-fen.

ברוך אתה, יי אלהינו,  
מלך העולם,  
בורי פרי הגפן.

(the following paragraph may be added to the Kiddush)

Ba-ruch a-ta, A-do-nai E-lo-hei-nu  
me-lech ha-o-lam, a-sher  
ba-char ba-nu mi-kol am,  
ve-ro-me-ma-nu mi-kol la-shon  
ve-ki-de-sha-nu be-mits-vo-tav.

ברוך אתה, יי אלהינו,  
מלך העולם, אשר  
בחר בנו מכל־עם,  
ורוממנו מכל־לשון,  
וקדשנו במצותיו.

Va-ti-ten la-nu, A-do-nai E-lo-hei-nu,  
be-a-ha-va et yom  
(ha-sha-bat ha-zeh, ve-et yom)  
ha-zi-ka-ron ha-zeh, yom te-ru-a,  
mik-ra ko-desh, zei-cher li-tsi-at  
Mits-ra-yim.

ותתן לנו, יי אלהינו,  
באהבה את־יום  
(השבת הזה, ואת־יום)  
הזכרון הזה, יום תרועה,  
מקרא קדש זכר ליציאת  
מצרים.

Ki va-nu va-char-ta ve-o-ta-nu  
ki-dash-ta  
mi-kol ha-a-mim, u-de-va-re-cha e-met  
ve-ka-yam la-ad.

כי־בנו בחרת ואותנו קדשת  
מכל העמים, ודברך אמת  
וקים לעד.

Ba-ruch a-ta, A-do-nai me-lech al  
kol h-a-rets, me-ka-deish  
(ha-sha-bat ve-) Yis-ra-eil ve-yom  
ha-zi-ka-ron.

ברוך אתה, יי מלך על  
כל־הארץ, מקדש  
(השבת ו)־ישראל ויום  
הזכרון.

Blessed are You, Adonai our God, Creator of the fruit of the vine. Blessed are You, Adonai our God, Ruler of the universe, who has made our lives holy with Your mitzvot. You gave us, Adonai our God, in love, this Shabbat and Day of Remembrance, a day for the sounding of the shofar, a sacred convocation, a commemoration of the Exodus from Egypt. Blessed are You, Ruler over all the earth, who sanctifies Shabbat, Israel and the Day of Remembrance.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגַּעְנוּ לְזִמְנֵהָ.

Ba-ruch a-ta A-do-Nai e-lo-hei-nu me-lech ha-o-lam, she-he-che-ya-nu ve-ki-ye-ma-nu ve-hi-gi-a-nu laz-man ha-zeh.

Blessed are You, Eternal our God, Ruler of the Universe who has given us life, sustained us, and allowed us to reach this day.

## Blessing for a Sweet New Year



The quintessential Rosh Hashanah treat is apples and honey. Take a sweet, crisp, apple and dip it in some honey. Before eating we say a blessing and a *kavvanah*/intention, hoping that the year to come will be a *shannah tovah u'metukah*, good and sweet! Pick up a slice of apple, dip it in honey, and say:

*Barukh atah Adonai Eloheinu melekh ha'olam borei pri ha-eitz.*

We praise You, Eternal God, Sovereign of the Universe, Creator of the fruit of the tree.

*Yehi ratzon lifanecha, Adonai Eloheinu, v'Elohai avoteinu v'imoteinu,  
she'te'hadesh aleinu shannah tovah u'metukah.*

May it be Your will, Eternal our God, and God of our mothers and fathers,  
that this be a good and sweet year for us.

[Eat the apple dipped in honey]



## ***Simanim* - More Symbolic Rosh Hashanah Foods!**

For centuries, Sephardi Jewish families have gathered to celebrate a special Rosh Hashanah ceremony with a plate or meal of symbolic foods. Each food is eaten after requesting a specific kind of Divine blessing that sounds like the name of that food in Hebrew.

Before eating dates (*tamar*):

*May it be your will, God, that hatred will end.*

(*Tamar* resembles the word for end, *yitamu*.)

Before eating pomegranate:

*May we be as full of mitzvot as the pomegranate is full of seeds.*

Before eating string beans (*rubia*):

*May it be Your will, God, that our merits increase.*

(*Rubia* resembles the word for increase, *yirbu*.)

Before eating pumpkin or gourd (*k'ra*):

*May it be Your will, God, to tear up all evil decrees against us,  
as our merits are proclaimed before you.*

(*K'ra* resembles the word for tear and proclaimed, *likroah*.)

Before eating leeks, chives, or scallions (*karti*):

*May it be Your will, God, that our enemies be cut off.*

(*Karti* resembles the word for cut off, *yikartu*.)

Since Rosh Hashanah means the head of the year, we eat foods that symbolize our wish to be heads, not tails in the year to come. Traditionally, families ate the head of a fish or sheep. You may want to instead enjoy a head of lettuce, or a more whimsical option involves gummy fish.

*May it be Your will, God, that our heads remain clear and focused on creating a better world this year.*

## **HaMotzi Blessing**

On Rosh Hashanah the challah is in the shape of a circle, to symbolize the circle of time, and the fullness of the year that is coming. Many people eat raisin challah on Rosh Hashanah, and drizzle honey on top of it, for extra sweetness.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ

*Barukh ata Adonai Eloheinu melek ha'olam,  
hamotzi lekhem min ha-aretz.*

Blessed are You, Eternal our God, Ruler of the universe,  
Who brings forth bread from the earth.





# Tashlich



Created more than six hundred years ago, *Tashlich* (which literally means “you shall cast off”) is the custom of going to a place with naturally flowing water, such as a creek or river, on the afternoon of the first day of Rosh Hashanah (or later that week) and symbolically casting off our sins by tossing small items into the water. For environmental reasons, it is best not to use bread, but to toss natural elements such as nearby pebbles, twigs, or small fallen leaves.

### Read the following passages:

“Is there any power save You who forgives the sins and pardons the transgressions of Your people? You do not maintain anger forever, for You delight in love. You will return to us compassionately, overcoming the consequences of our sin...**v'tashlich beem'tzulot yam kol hatotam - hurling our sins into the depths of the sea.** You will keep faith with Jacob, showing enduring love to Abraham, as You promised our ancestors in days of old. - Micah 7:18-20

“None shall hurt or destroy in all my holy mountain, for the love of Adonai shall fill the earth as the waters fill the sea” – Isaiah 11:19

Today we come to this body of water to perform the *tashlich* ceremony, seeking symbolically to “cast away” our accumulated sins and transgressions, to send away our unworthy thoughts, so that we may purify our hearts and our souls as the new year begins.

### A Prayer for *Tashlikh* by Rabbi Rachel Barenblat

Here I am again ready to let go of my mistakes.  
Help me to release myself from all the ways I've missed the mark.  
Help me to stop carrying the karmic baggage of my poor choices.  
As I cast this bread upon the waters lift my troubles off my shoulders.  
Help me to know that last year is over, washed away like crumbs in the current.  
Open my heart to blessing and gratitude. Renew my soul as the dew renews the grasses.

*Amen.*

From: **A Social Justice *Tashlich* Prayer** by Rachel Silverman (Edited by Rabbi D. Cantor)

Let us cast away the sin of indifference to suffering and injustice.

Let us cast away the sin of lacking the courage to speak out.

Let us cast away sin of not being better allies because of our own privileges.

Let us cast away the sin of not helping others because we were satisfied with our own lot.

Let us cast away the times we witnessed prejudice or discrimination but did nothing.

Let us cast away the sin of ignoring those in need.

Let us cast away the sin of not giving tzedakah to worthy causes.

Let us cast away the sin of losing hope and believing there was nothing we could do.

*Amen.*



## ***Tashlich***

Now, in quiet and at your own pace, take a few small pebbles or twigs in your hand and walk to the water's edge. There, shake your hand empty three times into the water. Each time, remember and name (aloud or to yourself) an aspect of your behavior you wish to "cast away." When you are finished, stand meditatively for a few moments and then, if you are with a group, join with others to sing *Avinu Malkenu*.

*Avinu Malkeinu choneinu va'aneinu (2x) ki ein banu ma'asim.*

*Aseh imanu tzedakah vachessed - Aseh imanu tzedakah vachessed, v'hoshi'enu. (repeat)*

*Avinu, Malkeinu, graciously answer us, although we are undeserving;*

*Deal with us charitably and lovingly save us.*

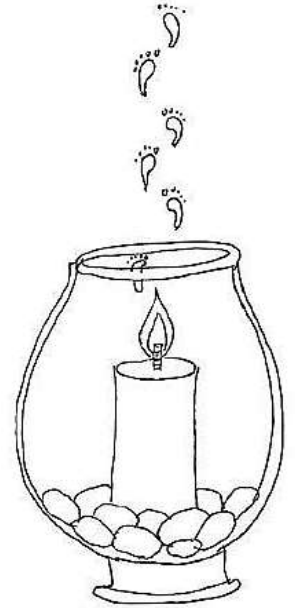
## Yom Kippur 5784

### Lighting a Yahrzeit candle

There are stars whose radiance is visible on earth  
 though they have long been extinct.  
 There are people whose brilliance continues to light the world  
 though they are no longer among the living.  
 These lights are particularly bright when the night is dark.  
 They light the way for humankind. - Karen Crane

*Ner zeh anu madlikim l'zichram shel kol ha'ahuvim shelanu.  
 Yehi zichram baruch.*

We light this candle in memory of all our loved ones.  
 May their memory be a blessing.



Art by Jessica Tamar Deutsch

### Lighting Yom Kippur Candles

ברוך אתה יי אלהינו מלך העולם  
 אשר קדשנו במצותיו וצונו להדליק נר של יום טוב

*Barukh atah Adonai Eloheinu melekh ha'olam  
 asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel yom tov.*

Blessed are You, Eternal our God, Ruler of the Universe,  
 who has sanctified us with Your mitzvot, and commanded us to light the festival candles.

ברוך אתה יי אלהינו מלך העולם שהחיינו וקיימנו והגיענו לזמן הזה

*Barukh ata Adonai Eloheinu melekh ha'olam,  
 shehecheyanu, v'kiyimanu, v'higiyanu la'z'man ha'zeh*

Blessed are You, Eternal our God, Ruler of the Universe who has given us life, sustained us,  
 and allowed us to reach this day.

### At the Close of Yom Kippur 5784

*Shavua tov! A guteh vokh!* Now that we feel renewed and reborn, after a long (perhaps exhausting, but meaningful) day, what shall we do? Eat and drink a bit, of course. And then...tradition teaches that we should immediately begin building our sukkah! The intensity of the Days of Awe leads right into Sukkot, our most joyous festival. **This year, Sukkot begins on Friday evening, September 29<sup>th</sup>. Our 4<sup>th</sup> Annual Sukkahfest will be held the Second Day of Yom Tov, on Sunday, October 1<sup>st</sup> at 11:30 am – join us at BTS to celebrate!**

# **B' NAI TIKVOH-SHOLOM**

## **Fall Holidays 5784/2023**

### **SELICHOT**

**Saturday, September 9th 6:15 pm**

**Joint Selichot Program and Service at Beth El**

### **ROSH HASHANAH**

**Friday, September 15th – Erev Rosh Hashanah - 6:30 pm**

**Saturday, September 16th – First Day RH 9:30 am – 12:30 pm**

**Sunday, September 17th - Second Day RH 9:30 am – 12:30 pm**

### **SHABBAT SHUVAH**

**Friday, September 22nd – 7:00 pm**

**Saturday, September 23rd - 10:00 am**

### **YOM KIPPUR**

**Sunday, September 24th – Kol Nidrei – 6:00 pm**

**Monday, September 25th – YK Morning – 9:30 am – 12:30 pm**

**Monday, September 25th - YK Afternoon - 5:30 – 7:30 pm**

### **SUKKOT**

**Friday, September 29th – Erev Sukkot/Shabbat - 7:00 pm**

**Saturday, September 30th - Shabbat Sukkot - 10:00 am**

**Sunday, October 1st – Lunch & Learn - 11:30 am**

### **SHEMINI ATZERET**

**Friday, October 6th – Erev Shemini Atzeret (and Shabbat) - 7:00pm**

**Saturday, October 7th – Shemini Atzeret (and Shabbat) - 10:00 am**

**(including Yizkor)**

### **SIMCHAT TORAH**

**Sunday, October 8th – Simchat Torah - 10:00 am with Brunch**