

# TEMPLE ISAIAH



## L'Shanah Tovah 5785

**HIGH HOLY DAYS 2024**  
OBSERVANCES FOR HOME AND SYNAGOGUE



Rabbi Joshua and Meghan Gray

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# ROSH HASHANAH 5784



## CANDLE LIGHTING

*Traditional candle lighting time 6:17 PM*

With the setting of this evening's sun, united with Jews of every place and time, we proclaim a new year of hope. God of the Universe, let Your light and Your truth come forth to lead us. These flames we kindle are a symbol of Your eternal flame; may they open our eyes to the good we must do, moving us to work for harmony and peace, and making the world bright with Your presence.

## Light candles and then say:

*Baruch Atah, Adonai, Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel (Shabbat v'shel) Yom Tov.*

Blessed are You, Adonai our God, Sovereign of the universe, Who hallows us with mitzvot, commanding us to kindle the (Shabbat and) festival lights.

## Shehecheyanu-Thanking God for allowing us to reach this day:

*Baruch Atah, Adonai Eloheinu, Melech haolam, shehecheyanu v'kiy'manu v'higianu laz'man hazeh.*

Praise to You, Adonai our God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

## Blessing of the children:

*The parent faces the child/children and says:*

May God bless you and guide you. Be strong for the truth, charitable in your words, just and loving in your deeds. A noble heritage has been entrusted to you. Guard it well.

May the Eternal bless you and keep you. May the Eternal look kindly upon you and be gracious to you. May the Eternal look kindly upon you and give you peace.



## KIDDUSH

The observance of Rosh Hashanah reminds us that all we say and do stands under judgment — our own and God's. It calls us to turn from old errors and failures, and to look ahead with fresh hope and determination.

Let us praise God with this symbol of joy and give thanks for the goodness we have experienced during the past year. May our worship on this day fill us with eagerness to embrace life and to hallow it. May the new year bring renewed strength to our people and to Israel, and peace to the world. *(To hear the melody for this Kiddush, go to: <http://www.reformjudaism.org/practice/prayers-blessings/rosh-hashanah-evening-blessings-kiddush-blessing-over-wine>)*

### All raise cups and say or sing:

*Baruch Atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen. Baruch Atah, Adonai Eloheinu, Melech haolam, asher bachar banu mikol-am, v'rom'manu mikol-lashon v'kid'shanu b'mitzvotav. Va-titen lanu Adonai Eloheinu, b'ahavah et-yom ha-zikaron ha-zeh, yom T'ruah, mikrah kodesh, zecher li-tzi-at Mitrayim. Ki vanu vacharta, v'otanu kidashta, mikol haamim, ud'varcha hemet v'kayam la-ad. Baruch Atah, Adonai, Melech al kol ha-aretz, mikadesh Yisrael v'yom hazikaron.*

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe, Who has chosen us from all the peoples, hallowing us with mitzvot. In Your love, Adonai our God, You have given us this Day of Remembrance, to hear the sound of the Shofar, to unite in worship, and to recall the Exodus from Egypt. For You have chosen us from all the peoples, consecrating us to Your service, and Your word is truth eternal. Praised is the Sovereign God, Sovereign of all the world, Who hallows the House of Israel and the Day of Remembrance.

## BLESSINGS ON SPECIAL FOODS TO CELEBRATE THE NEW YEAR

### Special blessings for a sweet New Year!

*Pick up a slice of apple, dip it in honey, and say:*

*Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ri ha-eitz.*

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

*Y'hi ratzon milfanecha, Adonai Eloheinu v'Elohei avoteinu v'imoteinu, shet'chadesh aleinu shanah tovah um'tukah.*

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



*Eat the apple dipped in honey.*

## MOTZI

It is traditional to eat sweet, round Challah during these High Holy Days to symbolize wholeness and new beginnings.

*Uncover the challah and say:*

*Baruch Atah Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha-aretz.*

We praise You, Eternal God, Sovereign of the Universe, Who brings forth bread from the earth.

**Challah and honey:** Your family also may want to enjoy challah dipped in honey. Some families include a pomegranate as a treat before the meal. It is said that the number of seeds in the pomegranate reflect the number of good deeds that you will do in the coming year.

### Enjoy your holiday meal!

L'shanah Tovah Tikateivu! May we be written up for a good and happy New Year.

# YOM KIPPUR 5784



## CANDLE LIGHTING (KOL NIDRE)

Traditional candle lighting time 6:02 PM

### Light candles and then say:

*Baruch Atah, Adonai, Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel (Shabbat v'shel) Yom Hakippurim.*

Blessed are You, Adonai our God, Sovereign of the universe, Who hallows us with mitzvot, commanding us to kindle the (Shabbat and) Yom Kippur lights.

**\*NOTE:** On Yom Kippur, we DO NOT make Kiddush at our pre-fast dinner. Once we say Kiddush, the holiday officially begins and then we would need to begin our fast and would be unable to eat our pre-fast meal.



# YOM KIPPUR 5784

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*Baruch Atah Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha-aretz.*

We praise You, Eternal God, Sovereign of the Universe, Who brings forth bread from the earth.



## TZEDAKAH

We now have the opportunity to fulfill the mitzvah of tzedakah—as generations of Jews have done before us—as the symbol of our desire on this Yom Kippur to try to learn to do good at all times during the year ahead.

### All place contributions in a tzedakah box or on a plate and say:

May the words of our mouths and the works of our hands be acceptable to You, O God, and be of use and service to all. Amen.

*(The funds may be given to the Temple, to Mazon or to a local food pantry to feed the hungry.)*



## GET READY FOR SUKKOT

Do you have a backyard? Why not enjoy it to the fullest by building a sukkah? The Temple office has easy-to-follow plans. Get the whole family involved and make Sukkot special. Don't forget to decorate the house with fall fruits and flowers.

## IN THE SUKKAH

### Sukkot Blessings

#### *Blessing for Dwelling in the Sukkah:*

It is a mitzvah to celebrate in the sukkah. While the Torah instructs us to live in the sukkah for seven days, many choose to only have meals in the sukkah.

#### *When eating or reciting kiddush in the sukkah, recite this blessing:*

*Baruch Atah Adonai, Eloheinu Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu leisheiv basukkah.*

Our praise to You, Eternal our God, Sovereign of all: You hallow us with Your mitzvot and command us to dwell in the sukkah.

#### *Blessing for the Lulav:*

The lulav is held up in the right hand, and the etrog is held pitom end (pointy side) down in the left hand. Facing east, recite the blessing. Turn the etrog up and shake the entire bundle three times in each of six directions: straight ahead, right, back, left, up, and down.

*Baruch Atah Adonai, Eloheinu Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat lulav.*

Our praise to You, Eternal our God, Sovereign of all: Whose mitzvot teaches us holiness and Who instructs us to take up the lulav.

**Shehecheyanu: Thanking God for allowing us to reach this day**  
*The first time you wave the lulav each year, recite the blessing marking a special occasion:*

*Baruch Atah, Adonai Eloheinu, Melech haolam, shehecheyanu v'kiy'manu v'higianu laz'man hazeh.*

Praise to You, Adonai our God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

## CANDLE LIGHTING

*Traditional candle lighting time 5:55 PM*

### Light candles and then say:

*Baruch Atah, Adonai, Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel (Shabbat v'shel) Yom Tov.*

Blessed are You, Adonai our God, Sovereign of the universe, Who hallows us with mitzvot, commanding us to kindle the (Shabbat and) festival lights.

### *Repeat the Shehecheyanu*

## KIDDUSH

The Festival of Sukkot teaches us to give thanks to God for the harvest of fruit and grain and to share these and all of nature's blessings with all humankind.



The full festival Kiddush for Erev (the eve) of Sukkot can be found in Mishkan T'filah, our prayerbook, on page 386. The Motzi can be found in the Yom Kippur section of this pamphlet.

## SELICHOT

**Saturday, September 28, 2024**

- Selichot Service: 5 PM in person or live stream

## ROSH HASHANAH

**Erev Rosh Hashanah – Wednesday, October 2, 2024**

- Evening Service: 8 PM in person or live stream

**Rosh Hashanah, First Day – Thursday, October 3, 2024**

- Morning Service: 10 AM in person or live stream
- Tashlich: Following Service – appr. 1 PM at Stony Brook Marina
- Children’s Service: 3 PM in person or live stream

**Rosh Hashanah, Second Day – Friday, October 4, 2024**

- Morning Service: 10 AM in person or live stream

## YOM KIPPUR

**Kol Nidre/Erev Yom Kippur – Friday, October 11, 2024**

- Evening Service: 8 PM in person or live stream

**Yom Kippur Day – Saturday, October 12, 2024**

- Morning Service: 10 AM in person or live stream
- Yom Kippur Study Sessions: 12:30 – 2:15 PM
- Children’s Service: 2:30 PM in person or live stream
- Afternoon Service: 3:45 PM in person or live stream
- **Yizkor** (Memorial Service) and Closing Service approx. 5:15 PM in person or live stream

## SUKKOT

**Erev Sukkot – Wednesday, October 16, 2024**

- Erev Sukkot Service: 7 PM in person or live stream

**Sukkot Morning Service – Thursday, October 17, 2024**

- Morning Service and **Yizkor**: 10 AM

## SIMCHAT TORAH

**Erev Simchat Torah – Friday, October 25, 2024**

- Erev Simchat Torah Service: 7 PM in person or live stream



## Tashlich

*We will be gathering together at the Stony Brook Marina to perform Tashlich. We also offer you the following information and prayers so you may observe the tradition on your own.*

- <https://www.myjewishlearning.com/article/tashlikh/amp/>
- Tashlich for kids <https://pjlibrary.org/beyond-books/pjblog/august-2018/explaining-tashlich-to-kids>
- Tashlich Ceremony: see page 13

## Yom Kippur Options

*We offer these options during the afternoon break, between 12:30 and 2:15 PM, for reflection, study, and prayer.*

- Session 1: 12:30 – 1:15 PM in person or live stream  
Study Session with Rabbi Adam Fisher:  
**“Israel and Palestine – Options”**

An open discussion that is respectful of all opinions.

- Session 2: 1:30 – 2:15 PM in person or live stream  
Study Session with Rabbi Stephen Karol:

### **“The Amazing – Almost Magical – Power of the Kaddish”**

(in anticipation of the Yom Kippur Yizkor Service)

The prayer that is said for someone who has died never mentions death. Instead, it is a “doxology” – a praise of God that lists many of God’s good qualities at a time when we may think that God is not being so good to us. The Mourner’s Kaddish is a firm exoression of faith that can sustain us after a death occurs and every year when we observe *yahrzeit*. Especially on Yom Kippur, it has great meaning for many of us. And – according to some sources from Jewish tradition – our reciting it can even “magically” help our deceased family members who are in the World-to-Come.

## TASHLICH CEREMONY

By performing Tashlich, we signify our hope that God will overlook our failings during the past year and grant us favor in the year to come. We perform the Tashlich ceremony, seeking symbolically to “cast away” our accumulated sins and transgressions so that we may purify our hearts and our souls, as the new year begins.

**Psalm 130**

Let us cast away the sin of deception,  
so that we will mislead no one in word or deed,  
nor pretend to be what we are not.  
Out of the depths I call to You;  
God, hear my cry, heed my plea.  
Be attentive to my prayers, to my sigh of supplication.  
Who could endure, God, if You kept count of every sin?  
But forgiveness is Yours: therefore we revere You.  
Let us cast away the sin of vain ambition,  
which prompts us to strive for goals  
which bring neither true fulfillment  
nor genuine contentment.  
I wait for Adonai; my soul years.  
Hopefully I await God’s word.  
I wait for Adonai more eagerly than watchmen wait for dawn.  
Let us cast away the sin of stubbornness,  
so that we will neither persists in foolish habits  
nor fail to acknowledge our will to change.  
Put your hope in Adonai, for God is generous with mercy.  
Abundant is God’s power to redeem;  
May God redeem the people Israel from all sin.  
Let us cast away the sin of envy,  
so that we will neither be consumed by desire for what we lack  
nor grow unmindful of the blessings which are already ours.

Howard Kanowitz  
President

Let us cast away the sin of selfishness,  
which keeps us from enriching our lives  
through wider concerns and great sharing  
and from reaching out in love to other human beings.

**Micah 7:18-20**

Let us cast away the sin of indifference, so that we may be sensitive to the sufferings of others and responsive to the needs of people everywhere. Let us cast away the sin of pride and arrogance, so that we can worship God and serve God’s purpose in humility and truth.

**AvinuMalkeinu,**

Who is a God like You, forgiving iniquity and pardoning the transgression of the remnant of Your people? You do not maintain anger forever but You delight in loving-kindness. You will again have compassion upon us, subduing our sins, casting all our sins into the depths of the sea. You will show faithfulness to Jacob and enduring love to Abraham, as You promised our fathers from days of old.

**AvinuMalkeinu, she-ma ko-lei-nu**

Eternal, our God, hear our prayer.

**AvinuMalkeinu**, we have sinned before you.

Eternal, our God, have mercy upon us and upon our children.

**AvinuMalkeinu**, inscribe us for blessing in the book of life.

Eternal, our God, grant unto us a year of happiness.

**AvinuMalkeinu**, be gracious and answer us, for we have not done enough good deeds. Please love us, be generous with us, and help us.

**Avinu Malkeinu chonenu va'aneinu kiein banu ma'asim. Asehimanu tzedakah vachesed v'hoshi'enu.**

Moment of silence

Cast crumbs or pellets, if crumbs are not allowed.

## ROSH HASHANA FOLKLORE

### FROM THE DEPTHS OF THE HEART

Many years ago a Jewish peasant boy who could not read and did not know how to pray watched as everyone traveled to town to celebrate Rosh Hashanah. The boy followed his father into the synagogue and asked him what he should do. The father told him to remain quiet and listen so that no one would know he was an ignorant shepherd.

The boy remained silent, but the spirit of the Lord illuminated his heart and he could not restrain himself. He began whistling the sweet song the shepherds sang to their flocks, the only way he knew to express his intense longing to commune with God. The congregation, startled, paused in their worship to stare at the boy in consternation.

The rabbi, in his great wisdom, understood the essence of the boy's heartfelt supplication. He called the youth to the bimah and blessed him.

"If only each of you summoned heaven with the sincerity of this child, the messiah would come today," he pronounced, "It is on account of the purity of this boy's simple prayer that the Gates of Heaven open to us and God rejoices."



## L'SHANAH TOVAH

