



**CONGREGATION  
B'NAI ISRAEL**



# **High Holidays**

## **2013**

Everything You Need to Know

# Selichot

## Saturday, August 31

Selichot, which literally means forgiveness, are poems and prayers said in preparation for the High Holidays. The special service of Selichot, held just prior to Rosh Hashanah, is designed to help us direct our hearts and minds to the process of teshuvah, or repentance. We begin to examine our deeds of the past year, seeking forgiveness from God, and promising to improve our behavior in the New Year. Some of the prayers and music for the Selichot service are taken from the services for Rosh Hashanah and Yom Kippur. This provides a musical transition between the “old year” and the new year.

**7:30 p.m. – Mincha**

**8:00 p.m. – Maariv and Havdalah**

**8:15 p.m. -- Selichot**

# Dear Friends,

The High Holy Days are a sacred start to the Jewish year. We are blessed to celebrate these special days together and extend our warmest welcome. Our services, both joyous and inspirational, foster reflection through communal prayer, study and private contemplation. We hope you find joining together at Congregation B'nai Israel brings joy, deep meaning and personal renewal during these High Holidays.

The themes of Atonement and Repentance fill our consciousness during the Days of Awe. These days remind us of both our human and divine traits: We all make mistakes and have the power to forgive. The ultimate act of faith, perhaps, is that we believe God will accept our repentance if we approach God and others with pure intention and sincerity.

With this in mind as Rabbi, Cantor and President of Congregation B'nai Israel, we ask forgiveness from you for any injury or pain we may have caused during the past year. May we all enter this year with renewed friendship and common purpose.

Shana Tova Umetukah!

Steven Bayar, Rabbi  
Lorna Wallach, Cantor  
Linda Sotnick, President

# About Our High Holiday Services

During this season of repentance, we are called upon to repent and return to God in sincerity and truth. Through prayer and study, reflection and ritual, we begin the new year in a spirit of humility, self scrutiny and spiritual renewal.

As always, we welcome those of all ages who wish to worship with us. Please choose the services that are best for you and your family. Services on these two pages are held in the sanctuary. Alternative services for families and youth can be found on pages six and seven.

## **Erev Rosh Hashanah Evening Service**

The Erev Rosh Hashanah Evening Service is a holiday evening service. We begin with Mincha (the afternoon service) and finish with Maariv (the evening service). The service is short so that everyone can go home to a holiday meal afterwards.

## **Rosh Hashanah (First Day) and Yom Kippur Early Morning Service**

These are complete services led by the Rabbi without participation of the choir. The emphasis is upon traditional forms of prayer with little English in the service.

## **Rosh Hashanah (First Day) and Yom Kippur Late Morning Service**

This service begins with the Torah service (without any preliminary service or Shacharit, morning service). The Rabbi and Cantor lead the service with choir participation. There are English readings during the Musaf Service.

**All Times and Locations Can Be Found  
on the  
High Holiday Schedule of Services**

### **Rosh Hashanah (Second Day) Morning**

On the second day, there is a single main service in the sanctuary led by both the Rabbi and Cantor. There is choir participation starting with the Torah service.

### **Tashlich Service**

Traditionally, in the late afternoon of the first day of Rosh Hashanah, we seek out a body of water to perform “tashlich,” 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. *(Please meet in Cul-de-sac.)*

### **Erev Yom Kippur / Kol Nidre Service**

The most solemn service during the year, this service is led by both Rabbi and Cantor with the choir.

### **Yizkor**

The Memorial Service will be observed during both the Early and Late Morning Service on Yom Kippur.

### **Community Yizkor**

This afternoon Memorial Service is open to the community as well as congregants.

### **Neilah**

The closing service of Yom Kippur is recited with entire congregation standing. All of our CBI shofar blowers conclude this service in unison.

**Services for Families and Youth**

*Details can be found on following pages.*

# High Holiday Family Services

We offer two family services on each day of Rosh Hashanah and on Yom Kippur. These services offer families the opportunity for parents and children to pray together in an age-appropriate setting. These services are led by our experienced children's Shabbat services leaders, Beth Giladi and Robin Margent. Children must be accompanied by an adult.

## Young Family Service

*(for families with children in preschool through kindergarten)*

Song-based, non-reading service with story-telling and activities. Festivities will include Torah parade and Shofar blowing on Rosh Hashanah.

## Grade School Family Service

*(families with children in 1st – 5th grade)*

Age-appropriate Siddur with Hebrew and English prayers and songs. This service includes an abbreviated Torah service and Shofar blowing on Rosh Hashanah.

## Tashlich

Families are welcome on the afternoon of the first day of Rosh Hashanah as we seek out a body of water to perform "tashlich," 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.

# Yaldeinu Services

Yaldeinu ("Our Children") is the name of our congregation's outreach to families with children or young adults with significant special needs. There is a service on the first day of Rosh Hashanah and on Yom Kippur with liturgy and an experience designed to be participatory, joyous, and relaxed! Shabbat Yaldeinu services take place once per month. Contact the CBI Clergy Office for more information.

# High Holiday Services for Our Youth

Children are welcome to sit with their parents in the sanctuary for any service. In addition, CBI offers a number of youth-only services on each day of Rosh Hashanah and Yom Kippur for children in 1st through 12th grade.

## **Junior Congregation** *(youth only in grades 1 through 5)*

New this year, there will be three 75 minute services in the Chapel. Each service is open to any child in 1st - 5th grades. Children are invited to attend one of the three services. Please let your children know where you will be at the end of their service so that they can join you with a minimum of service disruption.

## **USY / Kadima Youth Group Program** *(youth only in grades 6 through 12)*

After the end of the early service on the first day of Rosh Hashanah and Yom Kippur, Rabbi Bayar will lead a discussion on the meaning of the High Holidays for the USY and Kadima Youth Groups in the Youth Lounge. Time is approximate.

**Advance registration is requested at [www.cbi-nj.org](http://www.cbi-nj.org).**

### **High Holiday Activity Rooms**

There will be two classrooms in the school wing dedicated to educational activities for the High Holidays. Students from 1st through 3rd grade, accompanied by a parent/grandparent, are welcome in Room #104. Students in 4th and 5th grade are welcome to the Room #108, where there will be supervision. No formal teaching taking place in these rooms...just fun activities.

**Advance registration is requested at [www.cbi-nj.org](http://www.cbi-nj.org).**

# High Holiday Music

Often, the most powerful moments of the High Holidays are connected not only with words, but with music. Several musical modes are used to chant the different Jewish prayers throughout the year. The Cantor improvises the chanting of the prayers using the appropriate mode for each occasion (i.e. Shabbat, High Holidays, Festivals, weekday).

Particularly for the High Holidays, there are also many ancient melodies that have been passed down orally through the generations – the most well known being the tunes for the Kol Nidre prayer, the Musaf Chatzi Kaddish and Kedushah, and the Aleinu chanted in the High Holyday Musaf Amidah.

If you have attended previous High Holiday services at CBI, many of the melodies should be familiar to you. If you are new to CBI, some of the melodies may be new to you, but the hope is that they help your Kavannah (intention and intensity) in prayer and that you will do your best to sing along. We are fortunate to have the CBI volunteer choir enhance our davenning through various musical settings of prayers sung during our Rosh Hashanah and Yom Kippur services.

## Please Help Our Ushers

Please be aware there are times in the service when admission is restricted, including when the congregation is standing in prayer, during the sermon and other times at the discretion of the ushers. Please respect the ushers' requests. They are trying to ensure decorum and enable prayer. Please turn off cell phones/pagers, and refrain from using any electronic devices in services and within the walls of the synagogue.

If you can help usher, please contact the Men's Club at [Mens-club@cbi-nj.org](mailto:Mens-club@cbi-nj.org).



## Study Sessions

The High Holidays are a special time of reflection, study and prayer. Topics and locations will be posted in synagogue.

### First Day Rosh Hashanah Morning

9:30 am – High Holiday Chanting

10:30 am – Study Session #1

11:30 am – Study Session #2

12:30 am – Study Session #3

### Yom Kippur Morning

9:30 am – High Holiday Chanting

10:30 am – Study Session #1

11:30 am – Study Session #2

12:30 am – Study Session #3

### Yom Kippur Afternoon

2:00 pm – Afternoon Study Session

## Our Prayer Books

For services in the sanctuary, our congregation uses the Machzor Hadash, a contemporary, egalitarian siddur rooted in the traditional liturgy.

For Family Services in Multi-Purpose Room (MPR), we use the Tiku Shofar, a prayer book specifically written for families and children, which includes traditional prayers, stories and themes.

Donations can be made to the Max Alper Prayer Book Fund at any time during the year to support the upkeep and replacement of the various prayer books used by the congregation on a daily, weekly and holiday basis.

## **Childcare Hospitality Room**

Classroom 105 on the first floor of the school wing has been set aside as a hospitality room for families. Parents may utilize this room for break time with children in preschool through kindergarten. Families may bring their own childcare to watch their own children while in services.

**Please note: CBI is not providing childcare services. All children in Childcare Hospitality Room must be accompanied by parent or guardian at all times.**

## **Nursing Room**

For additional privacy, the HGECC library on the first floor of the school wing has been set aside for nursing mothers.

## **Hearing Impaired Devices**

A limited number of amplification systems are available on a first come, first served basis in the main lobby prior to each service. The amplification units must be returned after each service so they may be used for the following service.

# Seating and Ticket Policies

All congregants are entitled to High Holiday seats for all adults and children living in household as part of the membership.

We use one standard ticket to enter the building for services. Tickets are required for entry to the synagogue for all services except Community Yizkor.

In keeping with the tradition of our congregation, there are no reserved seats. Seating is on a first come basis. If you require special arrangements, please contact the synagogue office.

Additional seats, guest tickets and non-member seats are available as space permits using the enclosed form. Please return your ticket request by **August 5**.

## Parking Information

The synagogue parking lot is reserved for congregants who require easy access to the building due to physical limitations and genuine need. Parking passes for the parking lot can be requested on a first come, first served basis through the synagogue office.

Please be considerate of our neighbors. General parking laws prohibit blocking driveways, crosswalks, intersections or parking near fire hydrants.

**For all ticket and parking pass requests, please contact synagogue office at 973-379-3811 or [cbihighholidays2013@gmail.com](mailto:cbihighholidays2013@gmail.com).**

# Israel Bonds

At Congregation B'nai Israel, we stand with Israel and strive to encourage a deep connection through educational, cultural and travel opportunities. We do this by sponsoring Rishonim, book clubs, Israel films, dance programs , participating in the AIPAC Policy Conference and trips to Israel.

One way to directly support Israel is through the purchase of Israel bonds. Investing in Israel bonds is an expression of personal pride in a nation that has provided medical, scientific and everyday benefits for millions around the globe through ingenious, cutting-edge innovation. Israel bonds are a reaffirmation of our determination to stand with the people of Israel in the face of regional and international challenges. Proceeds from the sale of Israel bonds have helped transform Israel from struggling state to elite nation, and continue to make a vital difference for Israel and all its citizens every single day.

On Kol Nidre, a member of the congregation will speak about the importance of Israel and the value of purchasing Israel Bonds. Israel Bonds capital has helped strengthen every aspect of Israel's economy, enabling national infrastructure development.

As in past years, pledge cards with details will be in the lobby, sorted by congregant name.

# Memorial Book

## In Memory of Our Loved Ones...

During this year's High Holy Day observance, we again invite all of congregants to honor the memories of departed family and friends in our special "In Memoriam" Yizkor booklet. Display copies will be in the lobby of the synagogue starting Kol Nidre.

The nominal cost to list each person's name will be the same as last year: \$6.00. *This is for each individual name, even if you list more names on one line.*

- ❖ If the names were correct as printed last year and you have no additional people to list and no one to remove, **you do not** need to contact us.
- ❖ If you would like to add or remove names, please call or email Lisa Roth in the synagogue office at 973-379-3811 or [lisar@cbi-nj.org](mailto:lisar@cbi-nj.org).

**Please provide all revised information by August 23rd.**

We will include names in this year's booklet and bill the appropriate donation to the "In Memoriam" fund on your statement.

**\* Please note that if you do not contact the synagogue office to remove your listing, your account will be billed automatically for the same amount as last year.**

# High Holiday Food Drive

In the Haftarah portion for Yom Kippur, the prophet Isaiah implores Jews to fast not just by refraining from food but by taking meaningful social action. The words of the prophet are as urgent now as when they were originally written.

The CBI Hearts & Hands Committee, in partnership with the Good People Fund, is pleased to continue an important project to help feed hungry children in McRoberts, KY. McRoberts is a tiny town in Appalachia where the median household income is less than \$24,000. Our food drive enables children to eat over the weekends when federally-funded meals are not available.

The following items are being collected:

**Condensed Canned Soup**  
**Canned Pasta (15 oz: spaghetti, ravioli, etc.)**  
**Popcorn (small microwave bags)**  
**Boxes of Dry Pasta (1 lb)**  
**Puddings (non-refrigerated)**  
**Pop Tarts**  
**Cereal Bars**  
**Instant Oatmeal (envelopes; flavors okay)**  
**Plastic Jars of Peanut Butter**  
**Crackers (boxes with sleeves such as Ritz and Saltines)**  
**Cans of Spaghetti Sauce**  
**Snack Crackers (peanut butter, cheese)**  
**Cans of "Squirt" Cheese**

The collection will take place from September 3-29 in bins in the school wing and lobby.

As you reflect on the past year and the approaching one, take the time to put Isaiah's message of social responsibility into action by making a contribution of food to help those in McRoberts, KY.

# An Involved and Caring Community

Volunteers are the lifeblood of our congregation and connect members together in meaningful ways. Please share your time, talents and enthusiasm with the congregation and community by contacting Linda Sotnick, President, at [cbipresident@cbi-nj.org](mailto:cbipresident@cbi-nj.org), and let her know your particular areas of interest:

- Adult Forum
- Adult Learning
- Blanche Bayar Religious School (BBRS) Board
- BBRS Parents Association
- Cemetery
- Endowment
- Facilities, Grounds & Arts
- Family Enrichment
- Finance
- Fundraising & Planned Giving
- Hearts & Hands (social action)
- Hedwig Gruenewald Early Childhood Center (HGECC) Board
- HGECC Parents Association
- Israel Affairs
- Inclusion
- Library and Archives
- Marketing
- Membership
- Music
- Publicity & Communications
- Religious Affairs
- Youth Groups

# Sukkot

## **Sukkot - Erev      Wednesday, September 18**

6:00 pm Mincha & Maariv

## **Sukkot - First Day      Thursday, September 19**

9:00 am Festival Shacharit

*Kiddush sponsored by Men's Club*

6:45 pm Mincha & Maariv

## **Sukkot - Second Day      Friday, September 20**

9:00 am Festival Shacharit

*Kiddush sponsored by Sisterhood*

6:15 pm Kabbalat Shabbat

## **Chol Hamoed / Shabbat      Saturday, September 21**

9:00 am Shabbat Service

## **Chol Hamoed      Sunday, September 22**

8:30 am Shacharit

8:00 pm Maariv

## **Chol Hamoed      Monday, September 23**

7:00 am Shacharit

8:00 pm Maariv

## **Chol Hamoed      Tuesday, September 24**

7:00 am Shacharit

5:00 pm Pizza in the Hut *for HGECC families*

8:00 pm Maariv

## **Hoshanah Rabbah      Wednesday, September 25**

7:00 am Festival Shacharit

6:00 pm Mincha & Maariv



# Simchat Torah

## **Shemini Atzeret - Day Thursday, September 26**

9:00 am Festival Shacharit

10:30 am Yizkor Recited

## **Simchat Torah – Erev Thursday, September 26**

7:00 pm Minchat Torah (Children’s Service)

7:30 pm Congregational Simchat Torah Oneg

8:00 pm Simchat Torah

## **Simchat Torah - Day Friday, September 27**

9:00 am Festival Shacharit

*Kiddush Celebrating our Honorees*

### **Honorees**

*Kalat Bereshit*

*Kalat Torah*

6:15 pm Kabbalat Shabbat

## **Order Your Lulav and Etrog Sets**

Lulav and Etrog sets can be purchased through the Clergy Office. Each set costs \$38.00.

Please contact Celeste to place your order:

973-379-3811 x 20 or [cbihighholidays2013@gmail.com](mailto:cbihighholidays2013@gmail.com).

**Orders must be received by August 23.**

Checks should be made out to “CBI” or your fee can be added to your statement. *You will be notified by e-mail or phone when the order arrives.*

# Board of Trustees

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1st Vice President  
2nd Vice President  
3rd Vice President  
Recording Secretary  
Financial Secretary  
Treasurer

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Andrea Hirschfeld  
David Good  
Mariela Dybner  
Stacy Merkel  
Adam Katzman  
Michelle Hubertus

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Hernan Wurgaft, Men's Club President

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# Congregation B'nai Israel

## Rabbi

Steven Bayar

## Cantor

Lorna Wallach

## Synagogue Administrator

Lisa Roth

## Education Director, Blanche Bayar Religious School

Janice Colmar

## Education Director, Hedwig Gruenewald Early Childhood Center

Rochelle Baron

## Youth Programming

Aly Greenstein, Millburn USY and Kadima

Michael Greenstein, Chaverim

## High Holiday Appeal

Through Torah, Tefillah, Tzedakah and Tikkun Olam (study, prayer, righteous deeds and repairing the world), Congregation B'nai Israel works to strengthen our membership, our community, the Jewish people and the State of Israel. We ask your participation and support in making our shared purpose a reality.

The Congregation B'nai Israel High Holiday Appeal is our most important fund-raising campaign of the year and we strive for 100% participation.

Please give as generously as you can when called on. These funds directly support our daily operating expenses.

# The Spirit of the High Holidays at CBI

We pride ourselves on being a warm and welcoming congregational community. During the High Holidays, when so many people join together to welcome the New Year, we have a special opportunity and responsibility to nurture this feeling of warmth and be a welcoming community.

We invite you to join us in making Congregation B'nai Israel feel like a big family gathering. As you arrive at synagogue, smile and greet others with wishes of "Shanah Tovah!" - "A good new year!" As you greet your own family and friends, take time to also meet those you do not know and welcome those who are new to our congregational family. Making the effort to greet a newcomer, welcome a visitor, or invite a stranger to sit with you can make the spirit of the High Holidays even more powerful.

***L'shanah Tovah U'metukah!***

***May this be a sweet and good new year!***



160 Millburn Avenue Millburn, NJ 07041

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