

## A Message from Our President

As I approach this High Holiday Season I am particularly grateful and appreciative of our TBA Community. The warm, vibrant and loving place created by our TBA family makes the role of president so meaningful. May this be a year of blessings for you and yours. I look forward to seeing you at the holidays. - Carole Rodenstein

## New Year Greetings from Rabbi Stern

Every year the High Holy Days inaugurate our reaffirmation of community. We are reaching out, seeking new relationships and recommitting to nurturing our deep congregational roots. It's all about opening doors and brightening the light of joy and hope.

## Preparing for the High Holy Days

**Elul Journaling** Many Jews around the world choose to spend Elul, the Jewish month leading up to High Holy Days, preparing themselves for the holidays by reflecting on the past year and creating goals for the future. Emma Rehfeld, our new Cantorial Leader, invites you to join her in Elul for half an hour a day of journal writing. We will spend our time together doing a small text study, followed by 20 minutes of silent writing on introspective prompts. We will end our sessions with an optional sharing moment about any exciting insights we found in our writing. Though Emma will write consistently every day, this program is intended to come whenever is convenient; joining us as often or as little as works for you is exactly the way we want you to engage! You're right where you need to be in this moment. **Begins August 18** and occurs daily from 5:30 - 6 p.m. Some dates are online only. Please [check the TBA calendar](#) to verify which days are online and in person or just online.

TBA's **Book of Memory** is a special way that we honor our loved ones and is used at Yizkor services throughout the year. It includes names of our community members who have died in the past year, a list of names on the memorial plaques in the sanctuary, and additional names of loved ones submitted by our members. If you'd like to submit a name and to make a donation, please use [the form](#) to include their name and make a donation for the Book of Memory. Submission are due by **September 1, 2023**.

Are you planning to join us online and would like to **pick up your materials** ahead of time? Please come by the Temple office at one of the following times to pick up your Book of Memory and a gift for the new year. You are welcome to borrow a machzor (High Holy Day prayerbook) or [purchase an online Kindle version](#). Stop by on Sunday, September 10 between 10 a.m. - 12 p.m. or 6:30 - 8:30 p.m., or Monday - Thursday, September 11 - 14 between 9 a.m. - 5 p.m.

## Get Involved

**Shir Harmonby: Choir** All (grade 7 - adults) are welcome to sing with TBA for High Holy Days! We will sing some old favorites and a few new melodies together. Every choir participant will be given their own binder with sheet music, and mp3's with their particular part prior to rehearsal. Emma can't wait to sing with you soon! Rehearsals will take place on Tuesday evenings from 7 - 8:30 p.m. on the following dates: 8/22, 8/29, 9/5, and 9/12 along with Sunday 9/10. [Contact Emma to sign up](#) and for more details.

**Food Drive** As we feel our own hunger in fasting on Yom Kippur, we recognize the need to address widespread hunger in our community. Every year we support the Greater Boston Food Bank, Boston Medical Center Preventive Pantry, Centre Street Food Pantry, and JF&CS Family Table through our donations. There are several ways that you can help this important cause:

- Make a donation through our [webpage](#) to be filtered to these organizations
- Donate boxes of canned salmon and raisins for JF&CS Family Table either by bringing to TBA or [shipping from Amazon](#).
- Join our partnership with JF&CS and volunteer at one of TBA volunteer days (stay tuned for more information) or directly with them.

## All are Welcome... But Registration is Required!

**Accessing the High Holy Days** As a member you have access to join us either in person or online for any and all of our High Holy Day experiences. To help us plan appropriately, we ask that you complete a registration form ahead of time. This form will be shared with you when you confirm your membership for 2023-24 by completing the [Member Commitment form](#) or by [contacting Becky Oliver](#).

**Friends & Family** You are welcome to invite extended family and friends to TBA for the holidays. We ask for a \$75 donation for each of these guests to help offset the costs of the holidays. If you have young adult children who aren't quite at the stage of joining a synagogue themselves, they are welcome to attend on your membership. Please include their names in your registration form. Other members of the wider community are welcome to attend as well and can be in touch with [Becky Oliver](#) or visit our [website](#) for more information. The High Holy Days are a large undertaking and we appreciate your ongoing support to create high quality, meaningful experiences.

## Questions?

Need more information? Don't hesitate to [reach out to a staff member](#) for additional information, we're happy to help!

## Service and Program Schedule

*All services are online and in person except where noted*

**Elul Journaling**  
begins daily on August 18, 5:30 p.m.

**Slichot September 9**  
Service, 8 p.m. (in person only)

**Erev Rosh Hashanah September 15**  
Service, 7:30 p.m.

**Rosh Hashanah Day 1 September 16**  
Family Service, 9 a.m.  
Morning Service, 10:30 a.m.  
Pre-K – Grade 6 Children's Program, 10:30 a.m. (in person only)

**Rosh Hashanah Day 2 September 17**  
Morning Service, 10:30 a.m.  
Followed by Lunch (in person only)  
Tashlich, 1:15 p.m. (in person only)

**Kol Nidre September 24**  
Service, 7:30 p.m.

**Yom Kippur September 25**  
Family Experience, 9 a.m.  
Morning Service, 10:30 a.m.  
Pre-K – Grade 6 Children's Program, 10:30 a.m. (in person only)  
Mincha Meditation, 3:15 p.m.  
Healing Service at 4 p.m.  
Yizkor Memorial Service, approximately 5 p.m.  
Neilah Concluding Service, approximately 5:45 p.m.  
Followed by Break Fast (in person only)

**Slichot** reminds us that the High Holy Days are coming fast! It's time to calibrate our souls with this next period of our lives. We will enter this next phase together with quiet contemplation, beautiful music, and sweets.

**Rosh Hashanah Day 2** Emma Rehfeld, our new Cantorial Leader, will share her story with us on the 2nd day of Rosh Hashanah. Come learn more about her journey into Jewish music, her love of horses, and her passion for connecting with people. After services, we invite you to join us for a congregational lunch.

**Tashlich** On Tashlich, we gather together, children and adults of all ages, at the stream behind the temple. We sing High Holy Day tunes and consider the challenges of the new year. Then, we symbolically cast our individual sins on the water with the support of our entire community for a beautiful year. When the first day of Rosh Hashanah falls on Shabbat, Tashlich is done on the second day.

**Rosh Hashanah Family Service** Welcome the new year with an interactive and engaging family service led by Rabbi Stern and Cantorial Leader Emma Rehfeld. Geared towards families with children aged 12 and under, the service will feature songs, poetry, and storytelling. Come hear the shofar blown and welcome the new year! Open to all ages and to the broader community – invite your friends and neighbors.

**Children's Service and Program** We are delighted to once again provide an opportunity for children in pre-kindergarten through grade 6 to pray together and participate in fun activities related to the High Holy Days. This short service and experience is led by Anne Kalis and teen leaders, and runs at the same time as the main service in the sanctuary. Advanced sign up is required.

**Yom Kippur Interactive Family Experience** Yom Kippur provides us with the opportunity to consider the ways we can make ourselves and the world better. In this family experience, you'll set an intention as a family for Tikkun Olam, repairing the world. Join us for singing, praying, and learning with Rabbi Stern and Emma Rehfeld followed by interactive nature-based activities. Geared towards families with children aged 12 and under.

**Yom Kippur Afternoon Mincha Meditation** Come spend a half hour meditating in a Jewish context. Focus on our breath with a beautiful meditation using Jacob's ladder as a visual, check in with our bodies in a hunger-based body scan, and end with a nugget of Jewish liturgy from Psalm 150, "kol ha'nishama t'haleil yah," all that breathes, praises God. No prior meditation experience necessary.

**Yom Kippur Healing Service** This service is intended for all who need an extra boost, from those who are struggling with their own health challenges to those who provide care for others. We will sing songs of healing, read poems for strength, hear stories of beautiful brokenness, and practice other tangible rituals for Jewish wellness. We hope that you'll take what you need, and leave the rest.