

Beth Shalom Synagogue

Your Jewish Home in Columbia, SC



5784 High Holy Day Services & Forms

**Rosh Hashanah, Kol Nidre & Yom Kippur
September 16-25**

**Sukkot, Shemini Atzeret & Simchat Torah
September 30-October 8**

5784 / 2023 High Holy Day Service Schedule

JOINT SELICHOT SVS WITH TOL Saturday, September 9 7:30 pm
(To be held at Tree of Life)

EREV ROSH HASHANAH Friday, September 15 7 pm (Candle lighting 7:12pm)
FIRST DAY ROSH HASHANAH Saturday, September 16 9 am

**Youth Services (Chapel): Preschool/1st Grade: 10am; 2-5th Grade: 10:45am
Middle & High School Torah Service: 11:45am**

SECOND EVE ROSH HASHANAH Saturday, September 16 8 pm (Candle lighting 8:06pm)
SECOND DAY ROSH HASHANAH Sunday, September 17 9 am (Havdalah 8:05pm)
FAMILY SERVICE (In Chapel) Sunday, September 17 10 - 11:15 am

Youth Activities (Rel. School Wing): 11:15am - 12:30pm with Tashlich

TASHLICH SERVICES (BYO Bread) Sunday, September 17 2 pm
ROSH HASHANAH LUNCHEON Sunday, September 17

Rosh Hashanah luncheon will follow services. RSVP is required - See page 9 for details.

KEVER AVOT SERVICES Wednesday, September 20
Arcadia Lakes Cemetery 4 pm
Whaley Street Cemetery 5 pm
Hebrew Benevolent Cemetery 6 pm

SHABBAT EVENING SERVICES Friday, September 22 6 pm (Candle lighting 7:02pm)
SHABBAT MORNING SERVICES Saturday, September 23 9:45 am (Havdalah 7:56pm)

KOL NIDRE Sunday, September 24 6:45 pm (Candle lighting 7:00pm)
(Please be seated by 6:30 pm)

YOM KIPPUR Monday, September 25 9 am

**Youth Services (Chapel): Preschool/1st Grade: 10am; 2-5th Grade: 10:45am
Middle & High School Torah Service: 11:45am**

FAMILY SERVICE (In Chapel) Monday, September 25 1 pm
Yizkor service at approx. 1:15 pm

MINHA AND NEILA Monday, September 25 4:45 pm (Havdalah 7:54pm)
Break-fast meal will be served after services.

EREV SUKKOT SERVICES Friday, September 29 6 pm (Candle lighting 6:53pm)
FIRST DAY OF SUKKOT Saturday, September 30 9:45 am (Candle lighting 7:47pm)
SECOND DAY OF SUKKOT Sunday, October 1 9:45 am
SUKKOT LUNCHEON Sunday, October 1 12:30 pm (Havdalah 7:45pm)
EREV SHEMINI ATZERET SERVICES Friday, October 6 6 pm (Candle lighting 6:43pm)
SHEMINI ATZERET Saturday, October 7 9:45 am

Yizkor service at approx. 11:20 am

EREV SIMCHAT TORAH Saturday, October 7 6:45 pm (Candle lighting 7:37pm)
SIMCHAT TORAH Sunday, October 8 9:45 am (Havdalah 7:36pm)

Beth Shalom wishes you and your family L' Shana Tova Tikateyvu V' Tichatamu



Preparation for Rosh Hashanah

Teshuvah is the Jewish form of Spiritual rehab. We take stock of who we have become and work to return to a state of holiness by mending relationships, working to repair the broken places of our self and soul and taking an honest inventory of our relationship with our faith, our G-d.

Once we have taken this personal assessment of our past we move beyond it, reaching toward a brighter, more hopeful, and meaningful future.

Before the holy day commences, get two challot – traditionally round – and many people purchase something new to wear as we are about to begin a new, refreshed self before the Almighty.

Two foods are appropriate for the holiday table – pomegranates are emblematic of the number of commandments (mitzvot) and apples to be dipped in honey (wishing for a sweet new year). Tzimmes and honey cake also adds sweetness to our celebration.

Another old custom is to have a whole fish on our table. The fish, complete with head, is also a prayer that we prosper becoming forward thinking and not at the tail end of life's many opportunities.

Wine will also grace our tables for kiddush after candle lighting.

Then on the eve of Rosh Hashanah we place two candles before us and say the twin blessings this year for the Holy Day and Shabbat.

Here's how:

- Light the candles (7:13 pm this year).
- Sweep your hands in a circular motion above the flames a few times to welcome the holiday to your home.
- Cover your eyes.

Baruch atah, Adonai, Eloheinu Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat v' shel Yom Tov

TRANSLATION

Blessed are You, our G-d, Ruler of the world, who sanctifies us with mitzvot and calls upon us to kindle the lights of Shabbat and the Festival day.

Follow up with the *Shehecheyanu* blessing that is said on momentous occasions and milestones.

Baruch Atah Adonai Eloheinu Melech ha-olam sheh-heh-cheeya-nu v'ki-y'manu v'higi-anu la-z'man hazeh.

We praise You, Eternal G-d, Sovereign of the Universe, for giving us life, for sustaining us, and for enabling us to reach this season.

Coming to shul we dress up as appropriate for Rosh Hashanah. We find a nice kippah (usually white for the Holy Days of Rosh Hashanah and Yom Kippur (symbolizing purity).



Tashlich

One the second day of Rosh Hashanah we go to a body of water where we throw breadcrumbs. Both the body of water and the fish are symbolic. Torah is likened to water. Just as fish can't live without water, so too a Jew can't live without Torah!

Also, the fact that fish's eyes never close serves to remind us that, so too, G-d's eyes (so to speak) never close; He knows of our every move.

This is what we say as we cast the bread:

"Who is like You, G-d, who removes iniquity and overlooks transgression of the remainder of His inheritance. He doesn't remain angry forever because he desires kindness. He will return and He will be merciful to us, and He will conquer our iniquities, and He will cast them into the depths of the seas.

"Give truth to Jacob, kindness to Abraham like that you swore to our ancestors from long ago.

"From the straits I called upon G-d, G-d answered me with expansiveness. G-d is with me, I will not be afraid, what can man do to me? G-d is with me to help me, and I will see my foes (annihilated). It is better to take refuge in G-d than to trust in man. It is better to take refuge in G-d, that to rely on nobles."

High Holiday Message from Rabbi

Going Back to the Source: Seeds of Faith

This High Holy Day season Beth Shalom Synagogue is crafting vistas never imagined for the journey connecting the past to the present.

This is not services as usual.

You will be able to choose from a wide array of experiences that will enrich the quality of Rosh Hashanah with its new beginnings and Yom Kippur with its rich tapestry of uplifting and life-changing offerings. While we will be conducting our full Holy Day services as usual, throughout the Synagogue there will be innovative activities and programs happening through these Days of Awe.

Derekh Torah

Come refresh your self. It starts with deep guided meditation on both mornings of Rosh Hashanah.

Continue to stretch your body along with your mind as you probe the deep kernels of selfhood with Soulful Yoga.

Yearn to learn? Opportunities await with thoughtful reflections on what the Holy Days really mean.

Then prepare yourself for a meeting with the personalities that made our faith. Bibliodrama brings us face to face with the choices our ancestors made.

And, as always, we offer ongoing programs for our children alongside our traditional services in the Sanctuary.

I wish you and your loved ones peace, hopeful aspirations and growth in the coming new year, 5784.

L'Shanah Tovah Tikateyvu,

May you be inscribed for good in the New Year,

Rabbi Jonathan Case



Need a Round Challah for Your Holiday Table?

Challah if you knead one!

**Handcrafted Round Challahs
(Kosher/Parve)**

**Round challahs with and without raisins:
1 - \$10 or 2 - \$18**



**Call Beth Shalom at 803-782-2500
to reserve your challah today.**

***This is a fundraiser that
benefits our Religious School.***

happy
Resh Hashanah

High Holiday Message from Risa

Of Rosh HaShanah



Secular school has begun, routines are changing from swimming pools, camps, and staying up late to back to school early wake-up mode. All these are signs that the lazy hazy days of summer are coming to an end and the Jewish High Holidays are soon approaching! Rosh Hashanah begins this year on Friday eve, September 15. NOW is a perfect time to begin holiday prep with your family.

Thankfully, the Jewish tradition has a special way of easing into the High Holiday spirit: The Jewish month of Elul.

Hard to think in these terms, but Elul is the last month of the Jewish calendar year. This year, Elul begins on **Friday, August 26**, and culminates in Rosh Hashanah.

Traditionally, Elul is meant to be used as a time for introspection and reflection. The point of Elul is to set the tone for the High Holiday period, so it's all about taking personal stock of the past year and thinking about the year ahead.

Leading up to Rosh Hashanah, Jews engage in *cheshbon hanefesh* (an accounting of the soul.) The entire month is a 'prep period' to make repentance - a change of attitude, and saying your sorry - more meaningful, genuine and intentional.

An easy way to engage your family - and I am talking to all ages and perspectives in this amazing concept - is through the 5 senses.

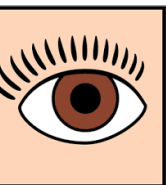
familiar with or don't like? How do we control our responses when things don't always go, or taste the way we want? How do we thank and appreciate those that are involved in the preparation of our food?



Touch: Gentle hands, hugs, and kisses - all wonderful ways to say we care, we love, and you are important. How can we do better at how our hands care for others? If we have hit, can we hug? If we made not nice gestures, can we try to share only our best in the future?

The High Holidays: family, friends, new clothes, dinners, synagogue, shofar, apples and honey, and.... Perhaps a better YOU!

Risa Strauss



Sight: What things did we like about we saw in ourselves or in others - and what things could we improve? Did we make nasty faces? Did we keep we keep our spaces neat? Did we present our homework well? What could we do better?



Sound: How did we sound? It's impossible to always be perfect, but did our words come out with kindness and respect? Did we try to say nice things - try to use our words carefully? Whose words did we admire? Whose words not so much? Why?



Smell: Aroma is an amazing sense. Did we take care of ourselves the way we should? Brush our teeth, shower, wash our faces and hands as we should? When we smelled something lovely like soap or a perfume or a fresh baked bread or Shabbat flowers - did we let people know around us how wonderful that made us feel?



Taste: Savory and sweet, yummy and yuck - all ways to describe the nourishment that passes through our lips. Smiling when it's good is always easy. But how do we respond when we eat something that we are not so



Community Selichot Services

**Saturday, September 9
7:30 p.m.**

At Tree of Life Congregation

**The High Holy Days will be welcomed a
at the community Selichot service.**

This year, always held on the Saturday night just before Rosh Hashanah, we will enjoy praying with our friends at Tree of Life.

Please join us to put our minds in gear for the season of renewal and repentance.

Together we will galvanize ourselves for the New Year of hope, change and growth. Appetizers will be provided.

Memorial Book

Thanks to your donations and the generosity of Nancy Nankin and her family, the synagogue publishes a beautiful Memorial Booklet every year. It is a solemn way of remembering departed loved ones at the Yizkor services held on Yom Kippur, Shemini Atzeret (Sukkot), Pesach and Shavuot.

We hope that you will participate by listing names of departed parents, spouse, other close relatives, and honored friends. Each family's loved ones will be listed together with the family name in the following format:

Abe Cohen
Bertha Cohen
Remembered by Rachel & Joe Stein

The deadline to turn in all Memorial Book forms is September 8, 2023.

(Please get your form to the office early.)

We must adhere to this deadline so the Memorial Book will be ready in time for the holidays.

There is a minimum donation of \$18 for each listing and payment should accompany this order form. If not, you will be billed on your next statement.

Memorial Book Order Form

For accuracy, please print all names you wish to include in your Memorial Book listing.

If you wish to have the same listing as last year, just write the word “same” and return to the synagogue with your minimum \$18 donation for the listing.

If you need more space, please use additional paper, or you may email your list to the office at BethShalom.Sara@gmail.com

Please list names in the order you want them to appear.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Remembered by: _____

High Holiday Service Attendance

There will be NO charge for High Holiday service attendance for:

- ◆ Grown children of Beth Shalom members who are members of distant congregations.
- ◆ Out of town visitors who are members of a distant synagogue.
- ◆ Students and military personnel.
- ◆ Individuals who have lived in the Columbia metropolitan area for less than 1 year.

In order to be fair to our contributing and supportive Beth Shalom congregants, any person(s) not falling into any of the above categories will be charged \$50 per person or \$100 per family.

Any person(s) who have lived in the Columbia area for greater than one year will need to become a member of Beth Shalom, in good standing, in order to attend High Holiday services.

High Holiday Pew Owners: Please be aware that guests you invite to sit on your row must also have a High Holiday pass. Please call the office to make arrangements to have your guest's name(s) put on the attendance list.

- ◆ **Special Note:** We will not be issuing paper High Holiday passes/tickets in an effort to reduce waste. Instead, we will use an attendance list. Tonya, Sara or our Security Team will greet you at the foyer entrances and they will consult with the list.

Special arrangements can be made by calling our Financial Secretary, James Cooper. If you have any questions about your membership status, please contact the office or James Cooper at 803-446-9803 or FeaturedSpeakerF@aol.com.

High Holiday Service Attendance for Guests

For security, Police officers will be stationed at the doors to check names against our attendance list for admission to the synagogue.

**You may fill out and return the following form, call the office (803) 782-2500 or email BethShalom.Sara@gmail.com your guest's names to the synagogue office.
Please turn in by September 11th to be included on the list.**

If your out-of-town guests are not members of any other congregation, please include payment for your guest(s).

***Single Guest: \$50.00**

***Family Guests: \$100.00**

(*Fee applies only if guest(s) are not members of any other synagogue)

High Holiday Service Attendance Request for Guest(s) Form

Please list all guest's names:

We look forward to greeting, sharing and praying with you on the holidays.

Thank you for being a part of your synagogue!

High Holiday Honors & Aliyahs

The High Holiday Honor/Aliyah Committee is in the process of organizing the Aliyahs for services for Rosh Hashanah and Yom Kippur.

Would you or a family member like an honor for Rosh Hashanah or Yom Kippur? Aliyahs and honors will be given on a first-come, first-served basis. Perhaps someone you care about deserves an Aliyah.

You may wish to take this honor for yourself, your spouse, for a loved one (over 13 years old), or a parent. This would be a beautiful way to honor a member of your family for the holidays.

Women and men participate equally in Aliyahs or Honors in all services.

Please contact me to discuss selecting an Aliyah or Honor at 803-608-1616 or email Sara at or BethShalom.Sara@gmail.com or call 803-782-2500. If you wish to keep the Aliyah/Honor you have had in previous years, also please call or email to confirm.

Sincerely, Neal Lourie, Chair
High Holiday Honor/Aliyah Committee

Ben Stern Cantorial Memorial Fund

Dear Congregant:

To help defray any expenses associated with this year's High Holiday cantorial services, we are again asking you to kindly send your donations to Beth shalom Synagogue, and earmark them for the "Ben Stern Cantorial Memorial Fund."

Thank you for your donations and we wish you a happy and healthy 5784.

L'Shanah Tovah.

Sincerely,

Bruce Filler

Chair, Cantorial Fundraising

Hyman Karesch

Chair, Ritual Committee



Ben Stern Cantorial Memorial Fund

I _____ wish to donate \$ _____ towards the Ben Stern Cantorial Memorial Fund.

2nd Day Rosh Hashanah Luncheon

Sunday, September 17th

at approximately 2 p.m.

\$10 adult, \$5 child

Yom Kippur: Break-the-Fast Meal

Monday, September 25th

at approximately 8 p.m.

\$10 adult, \$5 child

Please RSVP to the synagogue office at 803-782-2500.



High Holiday Information for Children & RS Students

CHAPEL

1st Day of Rosh Hashanah: Saturday, September 16

Preschool - Grade 1
10:00-10:40 am

Grade 2 - 5
10:45-11:30 am

Grade 6 and Higher
Torah Study, Junior Congregation
11:45-12:30 pm

CHAPEL

2nd Day of Rosh Hashanah: Sunday, September 17

**Family Service concluding
with Shofar**
10:00-11:15 am

RELIGIOUS SCHOOL WING

All Grades
RH Activities & Tashlich
11:15-12:30 pm

CHAPEL

Yom Kippur: Monday, September 25

Preschool - Grade 1
10:00-10:40 am

Grade 2-5
10:45-11:30 am

Grade 6 and Higher
Torah Study and Junior Congregation
11:45-12:30 pm

Family Service
1:00-2:00 pm

Childcare Reservations



Beth Shalom will offer childcare for 1st & 2nd days of Rosh Hashanah and Yom Kippur. We will need your reservation to ensure a safe ratio of babysitters to children. We will provide snacks and toys, but please bring your child's favorite blanket or stuffed animal, diapers, and bottles as appropriate.

Child care is available for infants through 3rd grade!
\$18 per child, per day (\$36 cap per day)

Please return the reservation form and payment to Beth Shalom by September 8, 2023.

Parent/Adult Name & Contact Info: Name: _____ Cell phone # _____

Child/Children's Name(s):

Name: _____ Age: _____ Name: _____ Age: _____

Name: _____ Age: _____ Name: _____ Age: _____

Please indicate dates childcare is needed:

<input type="checkbox"/> First Day of Rosh Hashanah	September 16	10 a.m. until 1:30 p.m.
<input type="checkbox"/> Second Day of Rosh Hashanah	September 17	10 a.m. until 1:30 p.m.
<input type="checkbox"/> Yom Kippur	September 25	10 a.m. until 2 p.m.

Note to parents: Please do not leave your children unattended in the lobby and hallways.

Help us keep the noise level down in the foyer and hallways so as not to distract or disturb others from hearing the beautiful High Holiday services.



MITZVAH TIME!

Order your Etrog & Lulav
in time for Sukkot

Send your check for \$42,
payable to Beth Shalom Synagogue
by September 6, 2023



Beth Shalom's sukkah will be up and ready for your use throughout the holiday.

Come and take advantage of our outdoor home. Bring your lunch and enjoy G-d's bounty!

Chag Sameach!



FINDING BALANCE

Jewels of Elul Volume 21



What?

This year's theme is *Finding Balance* - 29 short introspections on how our contributors find balance in their lives, work and community.

When?

During the 29 days leading up to the Jewish Holy Days, when the tradition is to search our hearts and create opportunities for growth and discovery.

Who?

Mayor Karen Bass • Nicholas Kristof • Hen Mazzig • Elise Buik
Governor J. B. Pritzker • Tiffany Shlain • Mayim Bialik • Rabbi David Wolpe
Dr. Aomar Boum • David Ambroz • Rabbi Jessica Kate Meyer • Sage Stoneman
Raven Schwam-Curtis • Justine Palefsky • Shai Albrecht • Avram Mlotek
Gary Orren • Rabbi Jill Jacobs • Yosi Sergeant • Ron Astor • David Mixner
Dr. Demento • Larry Baer • Marc and Ben Jaffe • Derek Sivers • Kali Hawk
Archbishop Jose H. Gomez • Irina Tevzadze • Kira Soltanovich • Dominique Crenn

How?

Join us on a journey of discovery. Discover Jewels online for free at
<https://www.jewelsofelul.com/receive-a-jewel-a-day/>



This is the fast I desire:

*To unlock the fetters of wickedness
To untie the cords of the yoke
To let the repressed go free
To share your bread with the hungry*
Isaiah 5

Idea: In giving up your meals on Yom Kippur for atonement, calculate how much you would have spent on food and send it to those who fast every day... but not out of choice. Here's the address:

Mazon: 10495 Santa Monica Blvd, Los Angeles, CA 90025, or go directly to their website at <http://mazon.org>



Beth Shalom Cemetery Fund

Dear Congregant:

As Co-Chairman of the Cemetery Committee, I'm happy to report that our Arcadia Lakes and Whaley Street Cemeteries are in excellent condition at this time.

Both cemeteries are being well maintained and I feel give our loved ones the dignified resting place they so rightfully deserve.



To better serve our synagogue, an interfaith section has been added at the Arcadia Lakes Cemetery.

In keeping with the tradition that Mr. Ben Stern started, I am asking, as we approach this High Holy Day season, that you please send in a donation for the Cemetery Fund. All monies received will be used only for cemetery upkeep and/or repairs. If everyone with a loved one in our cemeteries sent in a donation for \$100, we could raise over \$15,000.

Please send your donation to Beth Shalom Synagogue "Cemetery Fund."

I thank you in advance for your generous contribution.

Sincerely,

Bruce Filler

Co-Chair, Cemetery Committee

David Louit

Co-Chair, Cemetery Committee

Beth Shalom Cemetery Fund

I _____ wish to donate \$ _____ towards the Beth Shalom Cemetery Fund.

בית שלום



Beth Shalom

5827 N. Trenholm Rd. Columbia, SC 29206

(803) 782-2500

www.BethShalomColumbia.org

Sukkot Lunch

Sunday, October 1
12:30 p.m.

Join us for a burger & hotdog luncheon in the Sukkah.
(Let us know if you need a vegetarian option.)

Games, activities & lunch for the whole family!

Bring your own decorations to hang in the Sukkah.

Cost: \$10 adults, \$5 children (under 12)

Please call the office at 782-2500 to RSVP and pay by September 27th

Sukkot Services & Celebration of Our Youngest
"Beth Shalomers"
6:15 p.m.

Celebrate our *Zeman Simchateynu* as we rejoice and welcome our youngest of children and their families born in the last two years to our congregation!

