

# BETH ISRAEL– DO IT YOURSELF HIGH HOLIDAY RESOURCE BAG



Enjoy your special **BI Shofar-intine** (get it? Shofar + Quarantine) as we prepare for the Holidays. Join us from home this year during Shofar blowing with a Shofar or with your very own **BI KAZOO**. Then join us for our community Shofar Blowing on Sunday, Sept 20<sup>th</sup> (second Day of Rosh Hashanah) to hear a real shofar blown. Information regarding neighborhoods and times will be shared in the week before Rosh Hashanah.

Light **CANDLES** as we welcome in the warmth of Rosh Hashanah and Yom Kippur. Candle lighting is a perfect time to count our blessings, take a deep breath, and increase the light in our homes and in our world. The Blessing for erev Rosh Hashanah (9/18) is *Baruch Atah Adonai, Eloheinu Melech Haolam, Asher Kideshanu B'Mitzvotav V'tzivanu lehadlik ner shel Shabbat v'Yom Tov*. The blessing for the second night of Rosh Hashanah (9/19) and Yom Kippur (9/27) is *Baruch Atah Adonai, Eloheinu Melech Haolam, Asher Kideshanu B'Mitzvotav V'tzivanu lehadlik ner shel Yom Tov*.



**HONEY STICKS** are included to ensure a happy and sweet New Year. As we gather around our table on Rosh Hashana to enjoy a meal, we are hopeful that it has been decreed that we will have a sweet New Year. It is customary to eat sweet foods, symbolizing our desire to have a sweet year, blessings and abundance. Throughout the meal, it is customary to also eat foods whose names allude to blessing and prosperity. We dip a piece of sweet apple into honey. Before eating it we say: *May it be Your will to renew for us a good and sweet year*.

These caramel- **APPLE** lollipops should certainly sweeten your New Year. Fun Fact: It's believed that centuries ago, the apple was chosen as the fruit that was to be dipped into the honey on Rosh Hashanah due to the symbolic nature of the fruit. According to a Lexicon of Jewish Cooking, written by Patti Shostek, in medieval times apples were so revered that people would carve prayers into the apple skins before eating them. Another Fun Fact: These lollipops are kosher, dairy and certified NUT FREE!



Use this **TZEDAKAH BOX** to help *change* our world. *Kaparot*, an ancient ritual done between Rosh Hashanah and Yom Kippur used to involve swinging a chicken around your head while asking God that any harsh decrees in the New Year be transferred to the money used in the ceremony. That money is then destined for tzedakah for those in need. Today, we strongly encourage using money in place of chickens. Also, stay tuned for Rabbi's High Holiday Sermons: One will reference these boxes.

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On Yom Kippur (9/28/20) and on Shemini Atzeret (10/10/20) we recite **YIZKOR**. The primary purpose of Yizkor was to honor the deceased by committing to giving tzedakah in their memory, on the theory that the good deeds of the survivors elevate the souls of the departed. It also enhanced the chances for personal atonement by doing a deed of loving kindness. We are including two candles and the YIZKOR packet so that you can join us on the dates above and light these candles in your home for the 24/25 hours of the holiday. There is no blessing said while lighting these candles, but you can offer an intention or poem of your choice.

**Tashlich**, a custom that dates back to the 13<sup>th</sup> century is where we stand at the edge of a living body of water or stream and cast off our sins into the water. This symbolic casting is often represented by our tossing **CRACKERS** or bread pieces into the water. While we will be physically gathering (with masks and distancing) at 11 Rollingwood Drive on 9/20 from 3-4 pm for a communal tashlich, the ritual can be done anytime between Rosh Hashanah and the end of Sukkot. These crackers will make it easier to do. Please ensure your trash is disposed of in a waste receptacle so that we don't accumulate more sins while casting others off...



A **SNACK**- for the past number of years, we have finished Yom Kippur together with a snack at the synagogue. This year, we are making sure that same snack comes to you. Of course, if you get hungry during Rosh Hashanah services and choose to eat it then, we won't tell...just don't eat it on Yom Kippur before 7:15pm when the holiday is officially over. We might not know, but isn't God always watching?

A **BI COOKBOOK!** What better way to prepare for the holidays than to have the smells and tastes infuse your home. We are grateful to past-president Nancy Spitulnik, for enabling us to ensure that every BI family gets a BI cookbook. We suggest checking out the Honey Cake recipe on Page 1, different apple breads on pages 35 and 36, Challah recipes on pages 38 and 39, and apple desserts on pages 137-138 and 143-145. So much YUM in those pages.



A **HIGH HOLY DAY GREETING CARD** is enclosed. One of the incredible things that we do as a community and family is wish others well when we see them and notice when we don't. Please take a moment in your preparation for the holidays to send a card to another member of our BI family. Also pick up the phone to offer holiday greetings. Being physically distant does not mean that we need to be socially distant. Shanah Tovah!