



HIGH

HOLY

DAYS



5783

Congregation Neveh Shalom | Portland, OR

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HIGH HOLY DAYS 5783

This year, our High Holy Days will be back in person. We look forward to celebrating the Days of Awe together, as we did before the pandemic interrupted our lives. We are glad to be back! While we hope to see you in person, there will be a livestream option for some of our services (page 11). To keep each other safe, we *will* be requiring masks indoors and all who are eligible to be vaccinated (page 21). Families will be delighted to learn that our educational childcare and game room are back (page 12-13) along with our special Shanah: RH Day 2 event. Adults are welcome to join us for our RH Day 2 learning and Yom Kippur storytelling sessions (page 15). You do not need to register for individual services this year. One registration ticket provides entry to all High Holy Day services, and you can choose where to participate. Our registration is completely online, and if you need support, you are always welcome to reach out to our staff, and help will be provided (page 7).

Shanah Tovah – wishing you a sweet new year – from all of us at Congregation Neveh Shalom

Message from Rabbi David Kosak

Learning to be together

As we approach a new Jewish year, it is exciting that services and activities will be in person.

There is something powerful and moving when our community joins together in larger numbers: we create a group energy that doesn't happen any other way. The High Holiday *mahzor* recognizes this and repeatedly speaks of us as an *agudah achat*.

Agudah is difficult to translate as it is one of those words with multiple meanings that range from a bundle, a guild, or even a society. Common to all is this sense of being bound together. Over the past two years when far fewer of us could gather, we bound ourselves together through technology, drive-through events, and online learning. We did what we had to and we can all take pride in the strength of our *kehilla*. Still, the special magic of groups was often missing.

As painful as being apart was for so many of us, it was a good reminder that the service doesn't "happen" up on the bimah where leaders are chanting Torah or leading the prayers; rather, communal prayer experiences are co-created and depend equally on those sitting in the pews. Everyone truly matters. That's what it means to be an *agudah achat*.

Something else happened while we were apart—we forgot how to be together. I remember the first time I flew since the pandemic began and how very strange the flight east was. It wasn't only the anxiety about Covid exposure; walking through a crowded airport felt surreal, even confusing. What was once second nature no longer was. Looking around, it's clear that these experiences were not unique to me.



Many of us are still debating when we can return to the sorts of activities that we once regularly took part in. We consider if we or family members are immunocompromised or in other ways take into account a cost/benefit analysis of participating in a given event. Obviously, I can't tell anyone how to go about making a decision that impacts your family and your health, mental or physical. What I can say is that it is important to distinguish when the decisions we make are being influenced by what we have forgotten and a measure of social anxiety that touched so many of us. Obviously, I am not discussing severe anxiety disorders when it is important to seek professional help. Rather, reclaiming the lives we need requires some courage and relearning how to be together. Sometimes it means we have to let go of what is easy, such as watching a service or attending a class on zoom and make an effort to show up in person.

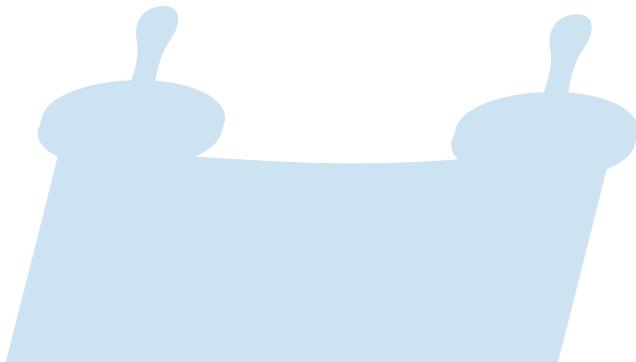
Four years ago on Yom Kippur, I gave a sermon about habits and what we can do to break bad ones by developing good ones. This year, I want to encourage us all to redevelop the habits of being together in all walks of our lives. Speaking of the *agudah achat*, there's an old Jewish midrash. Some parents hand a small stick to each of their children and request the children break them. They easily do. Then the parents hand a full bundle of sticks to each child and ask the same thing, "break the bundle." They can't.

As the Jewish High Holidays return with their promise of renewal and hope, let's each commit to relearn, in the words of Priya Parker, the art of gathering. We are better together.

Shanah tovah u'metukah,

Rabbi David Kigal

Rav D



IMPORTANT - About the Registration Process



OUR REGISTRATION PROCESS IS FULLY ONLINE

Gathering as a community on the Days of Awe is one of our most sacred traditions. We look forward to a meaningful and inspiring High Holy Day season together.

Registration is online and due on September 1.

You can access the registration form through <https://nevehshalom.org/hhd5783> or via the QR code.



Members, have your member portal login info ready. Tickets will be mailed around September 16.

If you need help with registering online, **we have support available to you**. Email hhd@nevehshalom.org with your request, including your phone number, and someone will be in touch, or call the CNS office at 503.246.8831. *Russian speaking support is also available.*

Message From the President

SHANAH TOVAH, KEHILLAH,

Are you really going to read this message? Really? If you do, see the bottom to find out how I can help you!

I love Neveh Shalom and this community. It always meant so much to me participating as a congregant, **and it came to mean so much more** as I got involved in programs and then leadership. I want the same for you.



My challenge to you and a goal for our kehillah this year is to inspire you to try something new at our spiritual home in 5783. Attend a committee meeting; take part in a volunteer opportunity; come to a community-wide event. We certainly send out plenty of eblasts, flyers, and booklets like this to inform you of our goings-on.

You might be thinking, “I used to be engaged, but then the pandemic happened...” I get that; my wife and I spent countless hours, days, and months isolated from people and programs. It was important to do to keep ourselves and our community safe. However, **I hope that now that things have opened up again, you too will re-engage** in the opportunities you had loved and that brought you joy here and through Neveh Shalom

L'shanah Tovah

A handwritten signature in black ink, appearing to read "Liza Milliner".

Liza Milliner, President

P.S. You made it to the end of the message! I promised I would help. Please email president@nevehshalom.org, and I'll help you explore what programs or committees might be of interest, and how to find your place here at CNS.

High Holy Days Schedule

SELICHOT

SATURDAY, SEPTEMBER 17

More info can be found on page 16

ROSH HASHANAH

SUNDAY, SEPTEMBER 25



6:46pm

4:30pm Erev Rosh Hashanah Young Family Service, Stampfer Chapel

5:00pm Erev Rosh Hashanah Service, Main Sanctuary

MONDAY, SEPTEMBER 26



7:45pm (light from pre-existing flame)

8:30am Combined Pesukei and Shacharit, Main Sanctuary

9:00am Young Family Rosh Hashanah Service, Stampfer Chapel

9:30am Rosh Hashanah Service - Rabbi Kosak & Cantor Bitton, Main Sanctuary

9:30am Rosh Hashanah Service - Rabbi Posen & Ilene Safyan, Birnbach Hall

10:30am Grade K-6 Family Service, Stampfer Chapel

7:15pm Tashlich, Fanno Creek

7:45pm (Immediately after Tashlich) Ma'ariv, Stampfer Chapel

TUESDAY, SEPTEMBER 27



7:45pm (Havdallah)

9:00am RH 2nd Day Service (Lay-led with clergy support), Main Sanctuary

9:30am Family Rosh Hashanah 2nd Day Service, Stampfer Chapel

10:15am Shanah: A Family Rosh Hashanah Experience, Holzman Plaza

2nd Day Rosh Hashanah Learning Experiences, Room 102

Descriptions can be found on page 15

9:00am Rabbi David Kosak Learning to be Together

10:00am Mel Berwin Re-creating our lives

11:00am Amy Katz Nourishing Body and Soul

Because of communal and spiritual needs, all times are approximate

High Holy Days Schedule

KEVER AVOT GRAVESIDE SERVICE

SUNDAY, OCTOBER 2

9:30am Neveh Zedek | 10:30am Ahavai Shalom

EREV YOM KIPPUR

TUESDAY, OCTOBER 4



6:29pm

6:00pm Kol Nidre Service - Rabbi Kosak & Cantor Bitton, Main Sanctuary

6:00pm Kol Nidre Service - Rabbi Posen & Natan Meir, Stampfer Chapel

YOM KIPPUR

WEDNESDAY, OCTOBER 5



7:29pm (Havdallah)

8:30am Combined Pesukei and Shacharit, Main Sanctuary

9:00am Young Family Yom Kippur Service, Stampfer Chapel

9:15am Yom Kippur Service - Rabbi Posen & Ilene Safyan, Birnbach Hall

9:15am Yom Kippur Service - Rabbi Kosak & Cantor Bitton, Main Sanctuary

10:00am Entering the Holy of Holies: Storytelling & the High Priest, Room 112

10:30am Grade K-6 Family Service, Stampfer Chapel

12:00pm Yizkor, Main Sanctuary/Birnbach Hall

3:00pm Learning Time Discussion

4:00pm Minchah: A Martyrology Storytelling, Main Sanctuary

4:30pm Minchah: Torah Service & Amidah, Main Sanctuary

6:15pm Family Singing and Jonah Story, Stampfer Chapel

6:30pm Neilah - Rabbi Kosak, Rabbi Posen, & Cantor Bitton, Main Sanctuary

7:30pm Havdallah, Main Sanctuary

Immediately after Havdallah, Break the Fast, Birnbach Hall

Because of communal and spiritual needs, all times are approximate

High Holy Days Schedule

Please see more information about Sukkot / Shemini Atzeret / Simchat Torah on page 16.

SUKKOT

Sunday, October 9  6:19pm
Erev Sukkot (no service)

Monday-Tuesday, October 10-11

 Monday: 7:19pm (light from pre-existing flame)

 Tuesday: 7:17pm (Havdallah - only over wine)

9:30am Sukkot Services (kiddush lunch to follow)

Wednesday-Thursday, October 12-13

7:00am Morning Minyan Chol HaMoed Sukkot Service

Friday, October 14  6:09pm

7:00am Morning Minyan Chol HaMoed Sukkot Service

6:15pm Friday Evening Festival Shabbat Service

Saturday, October 15  7:09pm (Havdallah)

9:30am Shabbat Chol HaMoed Sukkot Service

Sunday, October 16  6:06pm

9:00am Hoshana Rabah Service

SHEMINI ATZERET / SIMCHAT TORAH

Monday, October 17  7:06pm (light from pre-existing flame)

9:30am Shemini Atzeret/Yizkor Service

5:15pm Young Family Simchat Torah Fun

6:00pm Erev Simchat Torah Dinner & Celebration

Tuesday, October 18  7:04pm (Havdallah)

9:30am Simchat Torah Morning Service (kiddush lunch to follow)

About Joining Us for Services and Programs



A few notes about joining us for services this year, in person or online:

1. **This year, congregants and guests are invited to join us for all of our services in-person.** As the pandemic is moving away from crisis mode, we are putting our energy and focus back into in-person gatherings and services.
2. **Registration for services is online.** Unlike last year, when we requested that you register for the specific services/times you wanted to attend, **this year just one online registration allows you to attend any services/programs you wish.**
3. **Livestream will be available during the main adult services.** As with anything that is online, there is always a possibility of technical challenges. We will do our best to keep our livestream up and activated. And of course, we apologize in advance for any inconvenience.
4. **Borrowing *Mahzor Lev Shalem*.** There are a limited number of prayer-books available for CNS members to borrow for those who need, **one book per family.** Books must be returned in undamaged condition by October 14 or there will be a \$54 charge. **Make your selection on the HHD Registration Form.**
5. **The information in this booklet represents the most accurate information we have at this time.** We are closely monitoring the public health guidance from the state and our own Health Committee. If for any reason we need to change any of our services from in-person to an online-only format, we are prepared for this possibility and will communicate accordingly.

Family Services & Events

Children are welcome in **EVERY** service at Neveh Shalom. You are also invited to services specifically designed for children and families.

- ❖ **LEADERS.** On Erev Rosh Hashanah and RH Day 2, family services are led by Rabbi Eve Posen. On RH Day 1 and Yom Kippur, family services are led by Morah Leah Conley and Morah Candace Rothstein, Mel Berwin (Director of Congregational Learning) and Kiddush Club/ALIYAH teachers Gershon Liberman and Sarah Rohr.
- ❖ **FAMILIES.** Parents are expected to stay and participate with children in Family Services. We welcome younger or older siblings at every family service, and we encourage you to attend the one that feels like the best fit for your family.
- ❖ **TICKETS.** Attendees to any High Holy Day service must have a ticket to enter the building; including for family services, except for 2nd Day Rosh Hashanah where no ticket is needed.
- ❖ **RABBIS' SERMONS.** Family Services have been scheduled to allow parents to attend the Rabbis' sermons in either of the adult services.
- ❖ **CHILDCARE & GAME ROOM.** Family services provide a wonderful opportunity for you to daven and pray with your children but do not have to replace adult prayer time. **Educational Childcare is available for children ages 12 months through 2nd grade**, and we have a **game room for children in grades 1-5** after family services.
- ❖ **COVID POLICY.** **Masking is required and everyone 6 months and older who are eligible must be vaccinated.** To review our full Covid policies while in the building, please see page 21

We wish your family a Shanah Tovah —
a very sweet and happy New Year!

Family Services & Events

Families are welcome at any of the congregational services! Below are the services that are specifically geared towards families.

Erev Rosh Hashanah Program - Sunday, September 25

Ages 0-5 Young Family Service Stampfer Chapel 4:30-5:15pm

1st Day Rosh Hashanah - Monday, September 26

**Ages 0-5 Young Family Service Stampfer Chapel 9:00-10:00am
Grades K-6 Family Service Stampfer Chapel 10:30-11:30am**

2nd Day Rosh Hashanah - Tuesday, September 27

**Family Service Stampfer Chapel 9:30-10:15am
Shanah: A Family Rosh Hashanah Experience Holzman Plaza 10:15am**

Yom Kippur - Wednesday, October 5

**Ages 0-5 Young Family Service Stampfer Chapel 9:00-10:00am
Grades K-6 Family Service Stampfer Chapel 10:30-11:30am
Family Singing and Jonah Story Stampfer Chapel 6:15-6:30pm
Whole Community Neilah Main Sanctuary 6:30-7:30pm**

Game Room

**1st Day Rosh Hashanah (Monday, Sept 26) AND Yom Kippur (Wednesday, Oct 5)
Grades 1-5 Room 102 11:30am - 12:30pm**

Nursing Mom's Room

All Day Youth Lounge Room (Back of Birnbach Hall)

EDUCATIONAL CHILDCARE

Educational Childcare for children ages 12 months through 2nd grade is offered on: **1st Day RH and Yom Kippur from 10am-12pm** (after young family services and in time for the Rabbis' sermons) and on **Kol Nidre evening from 5:45-9pm**. \$36 per child, per session. **SPACE IS LIMITED. RSVP AND PAYMENT MUST BE MADE BY THURSDAY, SEPTEMBER 1.** Sign-up on the HHD registration form. For more information contact JoAnn Bezodis at jbezodis@nevehshalom.org or call 503-293-7314.

SHANAH: A WHOLE FAMILY 2ND DAY ROSH HASHANAH EXPLORATION

 **HAPPY
BIRTHDAY...**
TO THE WORLD!

September 27, 10:15am | Congregation Neveh Shalom | Free

Join us for a Birthday Party for the World! For families with kids ages 0-12. Hear the Shofar, taste and make fresh-pressed apple cider, experience Tashlich (symbolic reflection on our missteps over the past year), and more! Shofar and short service at 9:30am. Bring your own container for cider if you'd like to take some home! Questions, please contact: eposen@nevehshalom.org.



2900 SW Peaceful Lane | Portland | OR | 97239 | 503.246.8831 | nevehshalom.org

For more information about "Shanah," please contact Rabbi Eve at:
eposen@nevehshalom.org

Special Events

2nd Day Rosh Hashanah Learning Experiences

Tuesday, September 27 - Room 102

9:00am Rabbi David Kosak Learning to be Together - We spend our early years learning social skills that will serve us throughout life. As we age, the type and amount of social learning changes and slows down, but we continue to grow our social knowledge. The pandemic has taught us all that some of those socialization competencies are perishable skills that need to be renewed. In this session, some Jewish texts and perspectives on being together will be our guides for a robust discussion.

10:00am Mel Berwin Re-creating our lives - Rosh HaShanah celebrates the new year, and the beginning of the world. We've come through a period of such disruption that many of us find ourselves needing to create our worlds again post-pandemic. Join Director of Congregational Learning, Mel Berwin, for a dive into text and lively discussion on how renew our lives from the chaos of the past few years. Texts in Hebrew and English. All are welcome.

11:00am Amy Katz Nourishing Body and Soul - "Self-care" is a Jewish value we can glean from the earliest spark of Torah "for in God's own image God made Humankind." (Genesis 9:6) What does it mean to care for ourselves in a purposefully Jewish way and why is that a positive commandment? Explore ancient texts, share tips and strategies for ways we perform the mitzvah of care for self, and leave the session with renewed vigor and sense of community.

Two Special Yom Kippur Storytelling Experiences

Wednesday, October 5

Jewish storyteller Brian Rohr will share two different stories during Yom Kippur. Suitable for teens and adults.

10:00am: Entering the Holy of Holies: Storytelling and the High Priest

Room 112 A dramatic telling about the High Priest who, on this day of Yom Kippur only, entered the Holy of Holies, to stand before YHVH on behalf of the people.

4:00pm: The Blessing in Our Grief: Martyrology and Relating to the Divine

Main Sanctuary Delve into the difficult yet moving stories of our Jewish ancestors who risked and gave their lives in the practice of our faith. *Who among us would do the same today?*

Special Events

Please note: Some of the details of these programs may change. Please visit the website at nevehshalom.org/hhd5783 and check your emails for the latest information.

Hear the Shofar During the Month of Elul

Mondays & Thursdays, August 29 & September 1, 5, 8, 12, 15, 19, 22



The month of Elul begins on August 28. It is traditional to come daily for Morning Minyan in preparation for the High Holy Days and hear the shofar being blown. For it to be a “kosher” hearing, you will need to hear it in person. It will be blown on Mondays & Thursdays at shul during Elul. **If you are interested in blowing the shofar during this month, please contact Priscilla Kostiner at: lamalo@comcast.net.**

Back to Shul 2022

Sunday, September 11, 12:00-2:00pm | In-Person, Holzman Plaza



Let's celebrate! Join us as we gather as a kehilah/community for music, food, and fun! Please RSVP so we know how many people are coming: nevehshalom.org/B2S2022.

Two Worlds: A Rock and Soul Selichot Experience

Saturday, September 17, 8:00pm: Wine & Cheese | 8:30pm: Service | Free



Our Selichot experience this year brings two worlds of music together. Rabbi Kosak and Cantor Bitton will capture the best part of tradition with beloved High Holiday melodies and offer up themes of Selichot through traditional melodies and contemporary rock and pop music. Prepare for the High Holy Days in a moving, meaningful way through music connecting us to the ways we are striving, forgiving, and seeking.

Special Events

Shanah: A Whole Family 2nd Day Rosh Hashanah Exploration

Tuesday, Sept 27, 10:15-11:30am (Shofar and short service at 9:30m. | FREE



For families with kids ages 0-12. Join us on the 2nd Day of Rosh Hashanah as we celebrate the *Birthday of the World!* Hear the shofar, make and taste fresh pressed apple cider, experience Tashlich (symbolic reflection on our missteps over the past year), and more fun! Bring your own container for cider if you'd like to take some home! Questions? Contact eposen@nevehshalom.org.

Kever Avot Graveside Visit

Sunday, October 2, Neveh Zedek: 9:30am | Ahavai Shalom: 10:30am



The Jewish embrace of life is intertwined with respect for those who came before. In between Rosh Hashanah and Yom Kippur, there is a beautiful custom for families to gather at our cemeteries to recite special readings and hear the memorial prayers graveside. Depending on weather and health concerns, we will gather outdoors or in the chapels.

High Holy Days Food Drive

September 26-October 5



CNS is proud to once again hold our High Holiday food drive to support Neighborhood House. Please bring your donations of non-perishable foods to the collection bins located inside the front gate. Collection will start at Rosh Hashanah and continue through Yom Kippur.

Sukkah Build and Decoration

Sunday, October 9 - Build: 7:30-10:30am | Decorate: 10:30am-12pm



Join the Men's Club and the Sisterhood for our annual Sukkah build and decoration following Yom Kippur in the Holzman Plaza. *The tear-down will be on Sunday, October 23, 8-11am.*

Sukkot | Shemini Atzeret | Simchat Torah

Sukkot Happenings October 9-16



Sukkot is the celebration of sacred time with its ties to nature, the Sukkah, and the successful conclusion of the High Holiday season. Please stay tuned for opportunities to gather with friends and community for food, prayer, study, conversation, and fun. *For our Sukkot services, please see page 10 for times.*

Hoshana Rabah Service Sunday, October 16



Hoshana Rabah comes toward the end of Sukkot. The ancient custom of beating willow branches at the conclusion of morning services pulls back the curtain on early Judaism and our land-based rituals. In a time of renewed environmental concerns this unusual tradition has regained its relevance.

Shemini Atzeret/Yizkor Service Monday, October 17



The strength of the Jewish family depends on an inter-generational covenant of mutual concern. One way we demonstrate that is at Yizkor services, when we reflect on those who came before us. This is a powerful moment to replenish our memories and our love of those we have lost.

Erev Simchat Torah Celebration and Morning Service October 17-18



Simchat Torah celebrates and marks the conclusion of the annual cycle of Torah readings, and the beginning of a new cycle. Join us for dinner and celebrations on Erev Simchat Torah at 6:00pm (young family celebration at 5:15pm), and for morning services on October 17 at 9:30am.

Congregation Neveh Shalom's High Holy Day Covid-19 Policy

Health

Only come to the CNS building if you are feeling healthy. Do not come to CNS if you're feeling ill and for sure, do not come to CNS if you have COVID – even if you are asymptomatic.

Vaccination

Vaccination is expected and required for all congregants, guests, and visitors who are eligible and will be in the building for more than 15 minutes. Children under the age of 6 months and those not eligible for vaccination are welcome to attend services/programs in the building.

Masking While at CNS

During the High Holy Days, all congregants and guests are required to wear appropriate and correctly fitted (covering nose and mouth) facemasks in all public indoor spaces at CNS. Face shields without a mask are not allowed. This is due to the volume of people expected in the building and is different than our regular policy of masks being encouraged but not required.

Note that clergy and service participants may choose not to wear facemasks during the time they are leading and participating in the service from the bima.

Testing

For the safety of our congregation, we suggest everyone who is attending take a Covid-19 test prior to attending services. Reminder that there is a free Covid testing clinic in the lower Neveh Shalom parking lot, though do note that they will be closed on Rosh Hashanah Day 1 and Yom Kippur, and will be closing early on Erev Yom Kippur.



MAKE YOUR GIFT ANNUAL GIVING 5783 TODAY

CONGREGATION NEVEH SHALOM

Your Support:

- Makes the difference for successful programming at all levels. Last year your AGP contributions reached nearly \$200,000 to support the shul's operating expenses.
- Nurtures young Jewish learners. Funds raised through AGP were allocated to provide continued tuition assistance for students in Foundation School, ALIYAH, and Tichon throughout the COVID19 pandemic.
- Keeps strong our connections through challenging times with online and in-person prayer, programming, and Jewish learning guided by our visionary and dedicated clergy.

**Basic membership commitments provide less than 50% of our costs -
philanthropic support is critical and relied upon. Every gift matters - thank you
for your contribution. Todah rabah!**

Scan the QR code



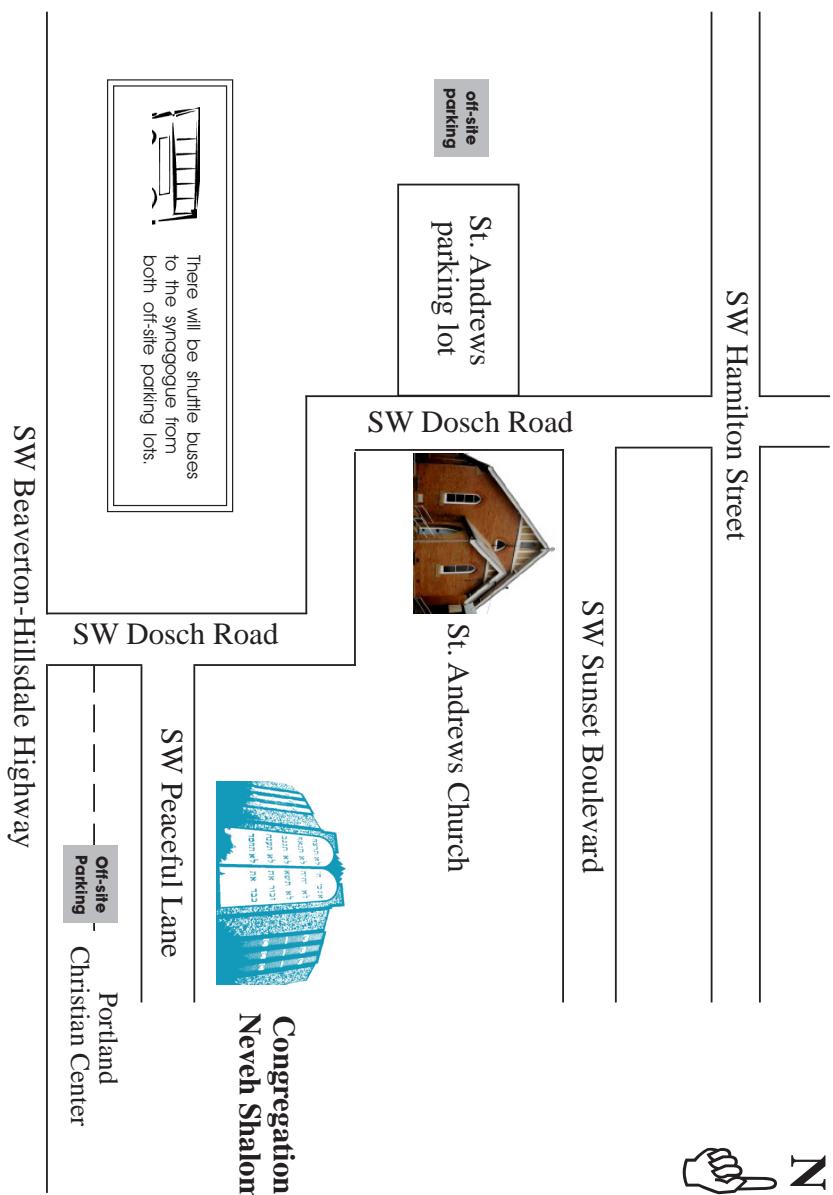
nevehshalom.org/agp

For more information please contact Michelle Caplan, Director of Congregational Advancement, at 503-293-7313 | mcaplan@nevehshalom.org



Parking During Services

As in years past, we will have off-site parking and shuttle buses available from the Portland Christian Center and St. Andrews Church. If you would like to park in the Neveh Shalom parking lot, you can purchase a parking pass for \$100. There is no charge for handicap/disability parking (with a valid DMV tag - you will be required to display it in your vehicle). You can mark your preference on the registration form.



Congregation Neveh Shalom High Holy Days Off-site Parking



NEVEH SHALOM BACK TO SHUL



SEPT 11 | 12-2PM
HOLZMAN PLAZA

NEVEHSHALOM.ORG/B2S2022

We wish you
Shanah Tovah -
a rich, meaningful,
and sweet new
year!



SWEETNESS COMES IN ALL FORMS;
APPLES AND HONEY, TRADITIONS,
AND YOUR LEGACY.



HOW WILL YOU ASSURE
JEWISH TOMORROWS?



To create your Jewish legacy contact: Fred Rothstein, Executive Director
frothstein@nevehshalom.org • 503.246.8831 • www.nevehshalom.org



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