

Participate

We want to virtually include you in our services! Send us photos of

you: lighting your candles, touching your mezuzah, holding your Kiddush cup! Photos of any milestones from this year. Send 5-10 second videos with L'shana tova wishes!



Upload at <https://bit.ly/tbtventura2020>

Give! Our High Holy Day Food Drive

goes directly to farm worker families, to the more than 50 recipients who come to Brotherhood Food Share weekly.

Our Social Action Committee will be collecting food donations Sept 18-28. Place them in the marked area near the POD. DO NOT place them in the breezeway to Children's World; this area must be clear in compliance with measures for our preschool to be open during COVID.



Dress for yuntif. Maybe not the suit jacket, but respect the significance of the Holy Days by dressing appropriately. It will feel and be more meaningful.

Candlesticks and Kiddush cup

to participate in the holiness. Each of us lights candles in our homes on Erev Rosh Hashanah and Erev Yom Kippur.



Minimize distractions. Make services different than other times when you sit at your computer. Move away distracting devices (including your phone).

Create sacred space. Comfortable seats, flowers, apples and honey, a festive holiday table. You can transform your home into a special place on these sacred days.

Rosh Hashanah:

Cook a nice meal. Bake honey cake, a round challah, reminiscent foods. Send Holiday cards. Call family and friends. Send tzedakah donations. Dip an apple in honey for a sweet future!

Yom Kippur:

In particular, Yom Kippur afternoon gives us an opportunity for introspection.



- Go to templebethtorah.com/HighHolyDays for downloadable material for contemplation, introspection, reflection.
- Take a walk- with someone special, or in silence.
- Sit in nature.
- Cultivate silence within yourself. Meditation or Mindfulness.
- Read the siddur's left hand pages; let the poetry and prose inspire your reflections.
- Listen to Jewish music.
- Journal. Write letters to those you want to connect with or offer an apology.
- Find yourself a *haver*, the Jewish idea of a study partner. Take an hour and read and discuss the blue study pages, the *Book of Jonah* on page 344, *Leviticus 19* known as the *Holiness Code* on page 338.
- Call- the people you would be seeing at Temple! Catch up. Plan a zoom get-together with some Temple friends. Call the unexpected Temple member and brighten their day.
- Come visit the sanctuary for private time.

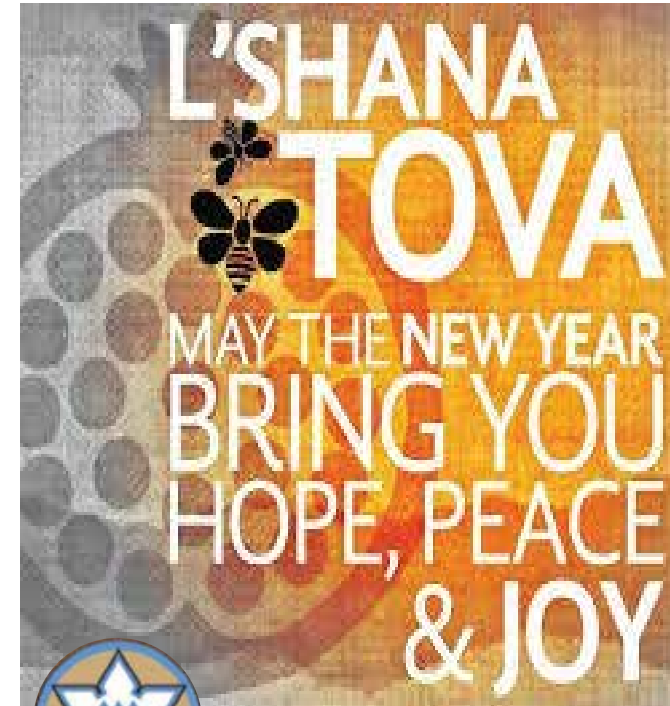
For more information

Templebethtorah.com

Temple Beth Torah

7620 Foothill Rd., Ventura CA
805-647-4181

*It's time to
Welcome 5781*



Temple Beth Torah

Jewish Life, Jewish Community, Jewish Belonging

What you need to know about Services:

We are working hard to create services that will uplift our community, and be meaningful.

In this time of keeping our congregation safe and healthy, all HHD services will be online.

We will not gather in-person in our sanctuary, but make every home a vibrant extension of that sanctuary.

Services - Dates and Checklist:

Slichot—via Zoom,

Saturday, September 12, 7:30 p.m.

- Dress nice but comfortable
- Something Sweet for Dessert

Erev Rosh Hashanah

Friday, September 18, 7:30 p.m.

- Gold Mishkan HaNefesh prayer book
- Candlesticks and Kiddush cup and Wine

Rosh Hashanah Day Services

Saturday, September 19, 10 a.m.

- Tallit and Kippah
- Gold Mishkan HaNefesh prayer book
- Apples and Honey - other Sweet Treats

Tashlich- at TBT, 3-5 p.m.

- TBT will provide "crumbs"

Rosh Hashanah Family Celebration

Sunday, September 20, 10 a.m.- noon.

10:00 a.m. Family Song & Story Session (Ages 0-4)

11:00 a.m. Torah School Services (Ages 5-12)

Erev Yom Kippur

Sunday, September 27, 7:30 p.m.

- Your best Tallit
- Wear White
- Silver Mishkan HaNefesh prayer book
- Candlesticks and yahrzeit candles

Yom Kippur Day services

Monday, September 28, 10 a.m.

- Tallit and Kippah
- Wear White
- Silver Mishkan HaNefesh prayer book

Yom Kippur Creative Zoom Experience

Monday, September 28, 2:30 p.m. Live

Yom Kippur Family Program with

Student Rabbi Elana Rabishaw (Ages: all)

Monday, September 28, 3:30 p.m.

Inspirational rock painting
Reflection and mindfulness

Yizkor/Neilah

Monday, September 28, 5 p.m.

*How to get the Most out of these
High Holy Days: We are a resilient people.
While we might not be able to hug & shmooze
this year, each of us has the ability to make
the Holy Days meaningful.*

Prayer books



We have been using the 2-volume set of Mishkan HaNefesh. If you do not have your own copy, you can purchase your own set from the CCAR Press, for \$53 with S/H to Ventura County. **Use promo code MHN2020 at checkout for a CCAR 20% discount** ccarpress.org/shopping_product_detail.asp?pid=50288

If you do not have your own copy, there are limited sets to be borrowed from the Temple.

A \$100 deposit will be required.

Pick up Date: Starting, Mon., Sept. 14 thru Thurs., Sept. 17 between the hrs. of 10am-12pm.

Return Date: Starting, Tues., Sept. 29 thru Fri., Oct. 2 between 10am-2:30pm.

Tashlich

We encourage you to go to any beach or body of water for the ritual of casting your sins symbolically into the waters during the Ten Days of Repentance.



For a physically distanced but spiritually close tashlich, **drive by Temple on Saturday, September 18**, between 3-5 p.m. To cast crumbs for a creative Tashlich. Stop by for a masked smile, a faux hug, and a chance to connect as we wish each other a l'shana tova. Find readings at templebethtorah.com/HighHolyDays

Second Day Rosh Hashanah

Sunday, 10 a.m.- noon.

Torah School families and children celebration **Creative family and children's programs** will allow students to sign up for chugim (electives), such as: cooking, art, games and music

Here's how to join:

Information on how to access the on-line services will be mailed to members the week of September 8.

The services will be offered to non-members and grown family members at a nominal fee: Non-members \$100; grown family members \$36. One fee for all services.

I need technical assistance!

No need to worry – We will be sending you the necessary information to access online services. We will provide a telephone contact for any issues you may experience.