



CONGREGATION

BETH ISRAEL

MAINE'S OLDEST SYNAGOGUE - SINCE 1888

MISSION STATEMENT

Congregation Beth Israel is a vibrant egalitarian and progressive Jewish community. We welcome Jews from all backgrounds, their partners, families, and those seeking to live Jewishly. We encourage active participation in synagogue life by each member according to their individual interests and abilities. We empower our members through prayer, learning, community friendships, and the Jewish imperative of Tikkun Olam—repair of the world.

CONTACT US OR DONATE

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SHANA TOVA! MAY YOU HAVE A SWEET NEW YEAR!

Sound the shofar, it's time to herald a new Jewish year!

Last year, our High Holy Days reflected back at all of us the reality of living through a pandemic. We erected tents outside, social distanced, wore masks, shortened our services, and limited attendance.

This year, we have fewer constraints, though we are not completely back to normal. The important thing is that we have the opportunity to be together.

For more information on the High Holy Days and Sukkot at CBI, visit <https://www.cbisrael.org/highholydays>.

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RABBI'S MESSAGE

BILL SIEMERS

Dear Friends,

I've recently had the joy of studying musical composition. The mode of the class is meditative, and for the first few encounters we meditated and composed on just a single note. Eventually we moved on and tentatively took a few steps off the root pitch, but spending time on the single note makes the universe of two or three pitches feel vast. With intention one can say a lot with a small vocabulary.

The shofar is a powerful instrument with a limited vocabulary. Most shofarot have two solid pitches, with work one can find the third. But it isn't the expansive range that draws us to its sound. We are moved by the shofar because the few notes that it can reach connect us to our rawest parts. Country music has been called "three chords and the truth"; the shofar reminds us that while humans are able to think and say an infinite number of things, we cry and quake in the same key.

Throughout the year our task is to expand the bounds of our Jewish knowledge. We pray, study and immerse ourselves in the vast sea of Torah, hoping to experience as much variety as we can before our time runs out. We are tantalized by a complexity we know we cannot fully fathom. But for these few days of fear each autumn we seek not to expand and master, but to confront the smaller, painful, yet beautiful truth of our fragile existence. Experiencing the universe of feeling that can be found in the limited notes of the shofar is a profound gift.

I look forward to celebrating our fall festivals together. They will happen under difficult circumstances but they will be everything we need for the beginning of a great year.

Khazak ve ematz!
Shana tova umtuka



PRESIDENT'S MESSAGE

BRIAN KRESGE

This year I'll be making the usual President's message and Yom Kippur appeal on Kol Nidre.

There's a generic template most synagogue Presidents use. What we did last year, what member donations and dues have enabled, and why it's so vital that we have them again this year.

This year, I'd like to concentrate on the future, specifically building on the lessons we learned in the pandemic.

Live-streaming of our services is here to stay. We learned that many of our congregants, for a variety of reasons, watch our live-stream for their connection to the community. Whether unable to attend for health reasons, or for our snowbirds, this was a valuable investment in time and effort.

Similarly, Rabbi Siemers deserves a hearty "kol hakavod" for the incredible courses he taught online this year. We learned how to make our own matzah, all about tzitzit, the intricacies of Deuteronomy, a whole range of courses on Rambam, and the crowning jewel of his online education efforts this year, his Introduction to Judaism course.

We are a **learning congregation**. Coming out of our very expensive strategic consultant investment, this was something we realized, and now must continue to capitalize on. We have a long-term planning committee that is working towards this and more.

I am pleased to announce that our theme this year will be **Respecting and Protecting Creation**, and we will shape a significant amount of our programming around this. With the pressing concerns of climate change and environmental justice, Congregation Beth Israel is poised to lead from the front, as we always do.

Shana tova!

GARDEN CLUB



HEBREW SCHOOL

Chevruta is starting! Please join us for our family services and learning sessions on Saturday mornings at 10am. Our Tuesday sessions will be starting in October for grades 1 and up. For questions and registration, please contact Chevruta@CBIsrael.org.

Chevruta would also like to invite you and any Jewish families in the community to a Sukkot party on September 23rd at Beth Israel! Keep an eye out for more information.

The new kitchen is being utilized for many events. The kitchen teams sure stay busy!



SISTERHOOD UPDATE

It's September, and we're off and running as school starts and the High Holy Days are upon us. To start off, we want to thank everyone who participated in **Honey From the Heart!** Donors are so appreciated, and recipients are very honored.

We wish Mazel Tov to Julia Rall on her wonderful Bat Mitzvah, and to Josie and family for good health and lots of naches. Mazel Tov to Grace and Dean Stern on Marshelle's marriage. That is wonderful news! Mazel Tov to Vicki and Alan Darrah on the birth of their new granddaughter, Abigail. The proud parents are Brian and Erica.

We want to remind everyone that the Sisterhood Gift Shop has honey jars and apple dishes, shofars and shofar stands, salt and pepper shakers, challah boards, knives and covers, apron sets, candlesticks and candles, yahrzeit candles, kippot, and lacy ladies' head coverings, tzedakah boxes, and more!

Thank you to all those who placed remembrances in the Yizkor Book and special kudos to Elaine Alley and helpers who made it possible. Books will be available on Yom Kippur for all who want a copy.

The Sisterhood Annual **Break-the-Fast** will be held Thursday, September 16th around 7:30pm following the last service on Yom Kippur. There will be bagels, cream cheese, lox, salads, fruit, COFFEE, tea, juice, and more.

Please **RSVP** by calling or emailing Angie at 945-3433 or office@cbisrael.org by **Thursday, September 9th**. There is no charge.

The Hanukkah Marketplace will be on Sunday, November 21st. Marcia and Paula have already ordered lots of candles and new fun stuff for children and adults.

SAVE THE DATE

Chanukah Marketplace
November 21st 10A.M.-3P.M. Stayed
tuned for more information.

HIGH HOLIDAYS AND SUKKOT

The High Holidays are almost upon us.

We ask that attendees check our website, as these circumstances are fluid! The website link is **cbisrael.org/highholidays**.

At our site, you'll find the latest COVID precautions, our service schedule, our live-stream links, and PDF copies of selections from the machzor so you can follow along at home.

The construction of the Sukkah will take place Sunday, September 19, 2021 at 9:00 A.M. or immediately after Sunday morning services, and will be taken down October 3rd, 2021 at 9 A.M. or immediately following Sunday morning service.

It's going to be amazing to see each other in person for the holidays.

Order your lulav and etrog, too! Contact Rabbi Siemers to get your orders in.



VOLUNTEER OF THE YEAR

We are pleased to announce that Josie Ellis has been named **Volunteer of the Year** for 2021.

Josie helped ensure many congregants obtain vaccines, and provided sound guidance to the leadership of this congregation throughout this pandemic.

Additionally, you'll often find her in the vegetable garden working her magic!

FROM JOSIE

Thank you so very much for the honor of being named CBI's Volunteer of the Year. I honestly was speechless when Brian told me. The past 19 months have been challenging and somewhat frightening for all of us. And, while I am a career public health nurse, I never thought the pandemic we regularly train for would actually happen. So when the pandemic was upon us, my professional focus became working with my team at ME-CDC to protect the public, in whatever capacity I was directed. My heart, however, immediately focused on worrying about my own family, both nuclear and extended (all of you!). And there it remains. Until the pandemic is over, I am very happy to assist CBI with interpreting and applying CDC guidance to keep our congregation as safe as possible. I would like to thank Brian and Leah, as well, for receiving many, many calls from me last winter and spring, often in the evening, to advise them I had unexpected and "leftover doses" of COVID vaccine, and I needed people to fit into CDC-specified categories to receive those doses. Brian and Leah stopped whatever they were working on to give me names and phone numbers (sometimes making the calls themselves) of people in our congregation who might want a dose of vaccine. It was a true team effort with Brian, Leah, and all of you, to get our congregation vaccinated. And we never wasted even one dose! When I look back on this pandemic, I will always remember how all of you rose to the occasion, guided by the leadership of our Rabbi and our Board, to do whatever needed to be done to keep our congregation safe. You are all extraordinary people whom I hold dear in my heart.

Much love and gratitude,
Josie

SEPTEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Light Candles 6:50 PM	4 Shabbat ends 7:51 PM
5	6 EREV ROSH HASHANAH Light candles 6:44 PM	7 ROSH HASHANAH Light candles after 7:45 PM	8 ROSH HASHANAH Holiday ends 7:43 PM	9 Fast of Gedaliah	10 Light Candles 6:37 PM	11 Shabbat Shuvah Shabbat ends 7:37 PM
12	13	14	15 YOM KIPPUR Kol Nidre Light candles 6:27 PM	16 Yizkor YOM KIPPUR Holiday Ends	17 Light Candles 6:24PM	18 Shabbat ends 7:23PM Sisterhood meeting
19	20 EREV SUKKOT Light Candles 6:18PM	21 SUKKOT Light Candles after 7:17PM	22 SUKKOT Holiday Ends 7:15PM	23	24 Light Candles 6:10 PM	25 Shabbat ends 7:10PM
26 Board Meeting following 9am minyan	27 Hoshanah Rabbah Light Candles 6:05PM	28 Yizkor-Shemini Atzeret Light Candles After 7:04PM	29 Simchat Torah Holiday Ends 7:02PM	30		

DONATIONS

GENERAL FUND DONATION

In memory of Jerome Grossman

From Irene & Mark Grossman

In memory of Gloria Miller

From James & Fay-Ellen Haddix

In memory of Arlene Rosen

From Daniel Rosen & Gail Mack

In memory of Jacob Serota

From Michael Serota

In memory of Irving Garson

From Susan & Arnold Garson

In honor of Renee & Leonard Minsky and Norman Minsky as

they celebrate special milestones during 2020 & 2021

From Dian Cutler

In memory of Adele Miller

From Dr. Mark Miller

To Doug & Nori Kazdoy

With love & condolences on the passing of your nephew

From Bill & Louise Small

In memory of Janie Solomon

From Bill & Louise Small

YAHREZIT FUND

In memory of Harold Epstein

From Eleanor & Stanley Israel

In memory of Rose Seider

From Kathy Slott

In memory of Michele Dennis

From Ronald & Rose-Marie Dennis

In memory of Etta Abrams & Pearl Singer

From Irwin Singer

In memory of Jules Mogul

From Rae Gross

In memory of Sidney Chason

From Isabel McSweeney

In memory of Gijs de Ridder

From Kathy Slott

In memory of Bernice & Stanley Kazdoy & Gijs de Ridder

From Doug & Eleonora Kazdoy

DISCRETIONARY FUND

From Josie Ellis

Wishing speedy recovery to Don Lewis

From Sue & Arnold Garson

In memory of Gertrude Podolsky

From Stephen Podolsky

In honor of Stephen Podolsky

From Stephen Podolsky

From Daily Minyan

BOOK FUND

In memory of Abe Striar

From Ron & Wendy Striar

JULY KIDDUSH SPONSORS

Josie Ellis

Judy Muhlin

Alan & Vicki Darrah

David Baron

Eleanor Chason

TRIBUTES

Vicki & Alan Darrah in honor of their new granddaughter

Brian & Erika Darrah in honor of their new daughter

From Nanci Miller & John Hunnefeld

Vicki & Alan Darrah, Congratulations on your new granddaughter

From Bill & Louise Small

Don Lewis, may your recovery be fast & easy

From Bill & Louise Small

SEPTEMBER YAHRZEITS

ELUL 5781

Name	Date	Hebrew Date
Israel Alpert	1 September	24 Elul
Rosalind Blumenthal	1 September	24 Elul
David Kutcher	1 September	24 Elul
Abe Miller	2 September	25 Elul
Maurice Schwarcz	2 September	25 Elul
Nathan Kobritz	3 September	26 Elul
Renee Newcomb	3 September	26 Elul
Lawrence Rolsky	3 September	26 Elul
Jean Brown	4 September	27 Elul
Mollie Nissenbaum	4 September	27 Elul
Sarah Rosen	4 September	27 Elul
Seymour Chamoff	5 September	28 Elul
Pauline Dresner	5 September	28 Elul
Rose Kaprow	5 September	28 Elul

TISHRI 5782

Name	Date	Hebrew Date
Sarah Gaas	8 September	2 Tishri
Leah Goodkowsky	8 September	2 Tishri
Rose Rapaport	8 September	2 Tishri
Dora Sclair	8 September	2 Tishri
Florence Slott	8 September	2 Tishri
Larry Goodstein	9 September	3 Tishri
Reuben Shlensky	9 September	3 Tishri
Ella Blankenberg	10 September	4 Tishri
Edith Friederman	10 September	4 Tishri
Sarah Melnick	10 September	4 Tishri
Rachel Serota	10 September	4 Tishri
Karen Adelman	11 September	5 Tishri
Lillian Silver	11 September	5 Tishri
Bertha Dennis	12 September	6 Tishri
Gershon Shapiro	12 September	6 Tishri
John Darrah	13 September	7 Tishri
Rachel Klein	13 September	7 Tishri
Dora Saltzman	13 September	7 Tishri
William Shapiro	13 September	7 Tishri
Lena Dennis	14 September	8 Tishri
Moses Goldberg	14 September	8 Tishri

Name	Date	Hebrew Date
Carol Rosenblatt	16 September	10 Tishri
Samuel Sclair	16 September	10 Tishri
Rebecca Ginsberg	17 September	11 Tishri
Laura Rosen	17 September	11 Tishri
Moses Rudman	17 September	11 Tishri
Max Dorsky	18 September	12 Tishri
Sarah Lait	18 September	12 Tishri
Henrietta Rolnick	18 September	12 Tishri
Sophie Rubin	18 September	12 Tishri
Bernie Striar	18 September	12 Tishri
Mary Adelman	19 September	13 Tishri
Alfred Gaines	19 September	13 Tishri
Alfreda Segal	19 September	13 Tishri
Harry Weinstein	19 September	13 Tishri
Maurice Emple	20 September	14 Tishri
George Silver	20 September	14 Tishri
Nate Weinstein	20 September	14 Tishri
Keith Goldsmith	21 September	15 Tishri
David Rudman	21 September	15 Tishri
Reuben Cohen	22 September	16 Tishri
David Dorsky	22 September	16 Tishri
Rose Gross	22 September	16 Tishri
Sara Koritsky	22 September	16 Tishri
Morton Berman	23 September	17 Tishri
Henrietta Jacobson	23 September	17 Tishri
William Tunick	23 September	17 Tishri
Isaac Goldsmith	24 September	18 Tishri
Dr. Ben Shapero	24 September	18 Tishri
Hermon Jacobson	25 September	19 Tishri
Harriet Shapiro	25 September	19 Tishri
Leo Ziffer	25 September	19 Tishri
Betty Lederman	27 September	21 Tishri
Dorothy Serota	28 September	22 Tishri
Myer Friedman	29 September	23 Tishri
Gertrude Rosenblatt	29 September	23 Tishri
Bobbie Silver	29 September	23 Tishri
Werner Torkanowsky	29 September	23 Tishri
Miriam Viner	29 September	23 Tishri
Ruth Butler	30 September	24 Tishri
Esther Hofshi	30 September	24 Tishri

CONGREGANT D'VAR FROM JULIA RALL ON THE OCCASION OF HER BAT MITZVAH

I'd like to start by thanking everyone who helped me get here, starting with Rabbi Siemers. Learning all of this in quarantine was not easy, but he made it much easier and took away a lot of my stress about my bat mitzvah. I have lost count of the times that he was willing to meet with me over Zoom to help me with something, or if I was confused or had a question about anything, he was there to help. I'd like to thank Moreh Leah for all of the things she taught me, especially about tikkun olam, and for all of the guidance she offered me when I needed it. I'd also like to say thank you to Rabbi Siemers' wife, Debbie. Throughout the pandemic, my mom was working insane hours, and she was so busy that we didn't even get to have a proper seder on Passover, but she let us know there is such a thing as a "do-over" Passover. She even made us some delicious food and brought over everything we would need for our seder plate and was the reason we were able to have a beautiful seder. I want to say thank you to Barbara and Reba for coming over to help me with my haftarah and pretty much everything else I had to do today. I want to thank Billy for the encouragement and support he provided, and I'd also like to thank the CDC nurses who are here who helped people get vaccinated. And most of all, I'd like to thank my family and especially my mom. They were always there for me during the pandemic and have always been there for me, even if we do live on different sides of the country.

Since I can remember, I have been saying the Hanukkah prayers with my family. I may not have known what I was saying in Hebrew or what it meant, but what I did know was that, every winter, there would be 8 days in a row where we would make latkes, play dreidel, say the prayer, open a present, and light a candle each night. I knew that at Passover every year, we would always fill the seder plate with different kinds of food to represent different things and we would go over the story of Passover. On Rosh Hashanah, we would dip apples in honey, and throw our bread crumbs into water. I grew up in Moorhead, MN, where I never had a synagogue. So, my mom created a Jewish community within our family, by celebrating our Judaism and carrying on the Jewish traditions. Looking back on those times I now realize that that is really what Judaism is about. It is about reaching out to other Jews and forming a sense of community and family to be able to continue those traditions and pass them onto the next generation for them to pass onto the next. It was my mom who did this for me and my siblings when we were some of the only Jews where we lived. My great grandmother lived in Calabria, Italy, with her family. What many people don't know is that, until the rise of fascism and antisemitism in the 1930's, Calabria Italy had a population that was 40% Jewish. During this time of oppression, my great grandmother and her family went through very traumatic experiences. But my grandmother and her sister found a way to escape, only after undergoing horrific violence and oppression. The only way they were able to escape was by pretending to be Catholic, so they did. After they had escaped Calabria, they made it to Ellis Island in New York and lived in a largely Catholic Italian community in Brooklyn, NY. However, they knew that, even after coming to a whole new country, they were still not completely safe. So, my great grandmother kept a rosary hidden in a box, so that if anyone ever questioned her religion, she could show them the rosary as proof that she and her family were catholic, not Jewish. She never opened the box, but she always kept it just in case. She lived in such fear that her family would be taken away from her for being Jewish because of the horror she witnessed and experienced in Italy.

However, her and her sister made sure that they continued their traditions in a way that made it not look like a part of a religion. While other families would have their special dinners on Sunday (their holiest day of the week), my great grandmother, her sister and their family would have their special dinner on Friday. They would also light two candles for dinner on those Friday nights. To other people, this looked like just another dinner with family, but to my great grandmother, her sister and their whole family, it was Shabbat. They were celebrating shabbat in the only way that they knew they could safely do so; in a quiet way. This was how they were able to secretly keep some of their traditions alive. While other children in the Italian community had nicknames like Carina (or loved one) and Mi Amore (or my love), my great grandmother called my mom Bubbula. One day my mom was eating fish sticks, and my great grandmother told her to never mix meat and dairy (my great grandmother was trying to teach my mom how to eat kosher at a very young age). However, my mom, being 5 or 6 at the time, interpreted this as 'never mix fish and dairy', since her aunt told her that it will make you sick. So, she raised all of my siblings to never mix fish and dairy, or else it would make you very sick! Then she understood that my aunt was trying to teach her how to eat kosher without actually telling her that they were Jewish and that Jews eat kosher.

When my mom was about 12, my great grandmother and her sister told my mother that they were Jewish. To other's the age of 12 was just another age. But to my great grandmother, her sister, and other Jews, this was the traditional age for bat or bar mitzvah. She told my mother the story of how she and her sister had survived the brutality they experienced and how they were able to escape. My great grandmother then told my mother that the most important thing that a Jew can do is survive and the second most important thing a Jew can do is help other Jews survive. If it were not for my great grandmother and her sister and their never giving up and hope of surviving, I

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Congregation Beth Israel

Julia Rall's Bat Mitzvah d'var (continued from page 8)

would not be here today. My mom would not be here. My brother and sisters and niece and nephew would not be here. It was my great grandmother and her sister's hope, strength and determination that allowed them to survive.

When I first started writing this speech, I was not sure what it was going to be about, but I did know one thing; it was not going to have anything to do with covid. But then I realized why I did not want it to be about that; I did not want to feel like I was going to be defined by covid. I did not want to accept covid as a part of my life. But now I realize that Covid will always be a part of my life. And that doesn't have to necessarily be a good thing. But it doesn't have to be a bad thing either. Rather than being a reminder of a time where thousands of lives were lost and life changed, it can be a reminder of how we hoped things would get better and we took action to make things get better. It can be a reminder of how we all survived. Of how everyone here today made it through the pandemic. Covid also made me realize how important family is and how big mine is here. Not just my blood relatives. Judaism has always been about hope. Hope that the world can one day be full of peace instead of war, full of love instead of violence. That is what Judaism has always been about and will always be about. It is what my great grandmother and her sister had to believe in in order to escape, so that my mother would be here to teach my siblings and I about Judaism, so that I can teach my children, and they can teach theirs. To always remember to have hope and to never give up.

RETURNING FROM CAMP



Each year, Amelia Kresge attends Camp Galil in Ottsville, Pennsylvania.

Camp Galil is one of six summer camps in North America affiliated with Habonim Dror, a Jewish Socialist-Zionist youth movement. Its main principles are equality and sharing, Zionism, and an inclusive vision of Judaism. Camp Galil is modeled after a kibbutz and the values of collectivism.

Famous people associated with this movement are

Ira Glass, Sacha Baron Cohen, and Golda Meir.

Amelia has also attended their "Veida" sessions, which are held yearly, where the youth vote on important matters concerning Israel and Judaism in North America.

This year Amelia was a madatz, or counselor-in-training. She was responsible for the care and education of younger campers. She developed content and taught children about environmental justice and indigenous peoples.

She also juggled her duties as a madatz with completing a summer Latin course. If you don't know, Amelia is a skilled Latin linguist, matched only by her love for Hebrew.

Amelia accomplished many things this summer, but perhaps her most significant act was saving children from rampaging sheep who escaped their pen on the camp grounds.

Ending the year as a tzevet, or a full-on counselor, Amelia received Habonim Dror's signature blue shirt with red drawstrings. While she figures out her college plans in her senior year, she returned from Camp Galil with the goal of being a youth leader in our community, and hopes to join Habonim Dror's Workshop in Israel in 2022.

Did your child attend camp this summer? Share their stories with us!

SERVICE SCHEDULE

ROSH HASHANAH

Evening	Sep 6 @ 9:00pm
Morning	Sep 7 @ 9:30am
Tashlich	Sep 7 @ 5:30pm
Evening II	Sep 7 @ 6:00pm
Morning II	Sep 8 @ 9:30am

YOM KIPPUR

Kol Nidre	Sep 15 @ 6:30pm
Morning	Sep 16 @ 9:30am
Afternoon	Sep 16 @ 5:00pm
Neilah	Sep 16 @ 6:30pm

ROSH HASHANAH AND YOM KIPPUR INFORMATION

STAY CURRENT BY VISITING [CBISRAEL.ORG/HIGHHOLYDAYS](https://cbisrael.org/highholydays)

Congregation Beth Israel has an “open door” policy, welcoming everyone for the High Holy Days. However, because of safety-related capacity restrictions, we highly encourage you to contact us **in advance of the holidays**.

For those who do not want to attend in-person, or prefer participating remotely, **we will video stream our entire set of services**.

Our clergy, gabbaim, officers of the congregation, and congregants are putting forth considerable effort to shape a meaningful Days of Awe experience under circumstances that require a great deal of flexibility.

LOCATIONS

Subject to change!

Sanctuary Services for Rosh Hashanah and Yom Kippur

Epstein Room Services for Rosh Hashanah and Yom Kippur—better ventilation and spacing

Virtual Services on Facebook / YouTube / Twitter—enjoy a live-stream of our services

SEATING

MEMBERS: Members should have received an invoice for seating in advance of the High Holy Days. If you have not received an invoice, or will not be attending in-person, please contact the office at office@cbisrael.org or 945-3433.

GUESTS FROM THE GENERAL PUBLIC: We recommend that unvaccinated guests view our live-stream. If you are attending from out of town, we recommend you contact the office in advance of your visit so we can attempt to respect seating preferences. General public guests who arrive without prior arrangements may be seated based on availability.

COVID-19 POLICY & SAFETY

The safety of our congregants and guests is paramount. Decisions regarding our services are always subject to evolving Maine and United States CDC guidance. **PLANS CAN CHANGE AT ANY TIME.**

VACCINES: We *highly* recommend vaccinations for eligible attendees.

MASKING: Everyone on the Congregation Beth Israel Grounds will be masked at all times.

SOCIAL DISTANCING: Three feet between household “pods” or individuals.

AGAIN, this is a fluid set of circumstances. Follow us on social media or visit cbisrael.org/highholydays for the most current information.

ALL ABOUT ROSH HASHANAH AND YOM KIPPUR

What if this is your first Rosh Hashanah and Yom Kippur, or you haven't observed it in some time? We've included a primer this month.

Both Rosh Hashanah and Yom Kippur (3 days total) are considered "Yom Tov" days with activity restrictions. One should refrain from work.

WHAT IS ROSH HASHANAH?

Rosh Hashanah, literally "head of the year" is the start of a new Jewish calendar year. It combines the joyous occasion of a new year with a serious theme of renewal, as in reconciling with one's failings and working towards forgiveness from both folks one has wronged and God.

WHAT IS YOM KIPPUR?

10 days after Rosh Hashanah falls the holiest day in the Jewish calendar. It is a day of affliction and penitence, as well as self-reflection.

HOW IS ROSH HASHANAH CELEBRATED?

Primarily, Jews head to synagogue. This year, with the pandemic still being a factor, your worship may also take place at home via live-stream.

On Rosh Hashanah morning, the synagogue service includes the blowing of a shofar, or a ram horn's trumpet.

At home, you may eat apples dipped in honey, symbolizing a sweet new year, and round challah. Rabbi Moshe Sofer (known as the Chatam Sofer), said that the round challah and apples dipped in honey help give physical form to positive decrees from Heaven for the new year.

HOW IS YOM KIPPUR OBSERVED?

Yom Kippur is primarily known among Jews for its fast, from sundown to sundown. Young children and folks for whom fasting poses a medical risk are exempt.

The synagogue liturgy starts with Kol Nidre, an Aramaic declaration that annuls any personal or religious vows made upon oneself to God for the coming year, so as to preempt any oaths one breaks. Surprisingly, in spite of the solemnity of its recitation, many rabbis did not (and do not) approve of it. It is, however, beautiful and stirring nonetheless, and serves as the liturgical entry point to this sobering occasion.

Many Jews spend all day in synagogue, and the focus is on penitence and confession. There is a Yizkor service for remembering our dear loved ones who are no longer with us.

The service concludes with Neilah, an almost desperate last-minute appeal to God for forgiveness, before the ark is closed, symbolizing the Gates of Heaven being closed.

It is important to know, however, that forgiveness is something that can be attained via atonement any time it is sincerely sought, according to Jewish tradition.

During COVID-19, it's easy to feel like we've not been our best selves, or we've been out of touch with our Judaism.

While there's no obvious salve at times, your Jewish community and the friends you have here can be a lifeline.

If you, or someone you know, is feeling lonely or isolated during the High Holy Days or at any time, please let Rabbi Siemers or the Chesed Committee help. This is a caring community, and we always want to extend a hand.

Congregation Beth Israel
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Kathryn Slott	Gabbai
Nori Kazdoy	Gabbai
Leah Kresge	Director of Youth Education

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OFFICERS OF THE CONGREGATION

Brian Kresge	President
Nori Kazdoy	Vice President
Penny Lamhut	Treasurer
Nanci Miller	Secretary

SERVICE SCHEDULE

Monday, Thursday, Friday - 5:30 p.m.
Saturday - 10:00 a.m.
Sunday - 8:30 a.m.