HIGH HOLIDAY
GUIDE 2018 - 5779

L’SHANA TOVA!

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MESSAGE FROM RABBI BENJAMIN WEINER

Welcome to High Holidays 5779 at the JCA.

The most profound statement I’ve ever encountered on what it means to take responsibility for facilitating Rosh Hashanah and Yom Kippur services is found in the liturgy of the Mahzor (the High Holiday prayerbook) right at the beginning of the Musaf section. Known as Hinneni he’ani mima’as (“Here I am, the one who is poor in merit”), it’s a first person plea by the prayer leader that their deficiencies not be held against the congregation. “Even though I am unfit and unworthy, I come to represent your people Israel,” it says. “Charge them not with my sins and let them not bear the guilt of my transgressions, though I have sinned and transgressed.”

You might suspect these ornate words, chanted in high cantorial style, smack a little of false humility. (Remind me to tell you the famous joke about the rabbi and cantor who turn such spiritual abjection into fodder for status jockeying.) But, to the contrary, when offered in true sincerity the prayer expresses an almost shocking degree of naked vulnerability, giving voice to a sentiment we are unaccustomed in our times to hearing fall from the mouth of a leader: I am far from perfect.

We might hear them as offering an even more radical proposition: it is through this admission of my imperfection that I make myself suitable to serve as a leader.

I believe it is crucial to the experience of the High Holidays that you recognize your leaders are as all too human as yourselves--prone to the same weakness, lured by the same temptation, laid low by the same despair--and that the only commitment they have really made to you is that they will be mindful of themselves and they will persevere.

This is more than just a cop out or a statement of the obvious: it is the heart of the matter. It is this admission of imperfection itself that provides leadership--that points the way toward the vulnerability of spirit we must all aspire to if we are to do these Days of Awe correctly. After all, what we seek over the course of this period is not some pretense of perfection, but an openhearted journey through the landscape of our humanity. How could anyone be trusted to take you on this walkabout without admitting first of all that they knew the territory?

You would be well within your rights to reject a pure moral paragon as unsuitable to help you along the twisting path.

But don’t worry. Hinneni he’ani mima’as. I’ve got you covered.

L’shana tova,

Rabbi Benjamin Weiner
MESSAGE FROM HIGH HOLIDAY COORDINATORS

Shalom! We are looking forward to joining with the community for meaningful and engaging services this year.

We appreciate all the volunteers who help with the many tasks required to make our holiday celebrations a success. There is still time to join us as many hands make light work, and there is real joy and satisfaction in helping the community. For example, ushers and greeters are always needed and this is a great way to meet other members of the congregation as well as our many guests. More information on the high holidays, including signing up to volunteer can be found at https://jcamherst.org/ritual-life/high-holidays.

With blessings for a sweet New Year - L'shana tova tikateivu!

Yossi Charette and Connie Songer

OPEN DOOR FOR THE HOLIDAYS

JCA members do not need to register or reserve seats. Our "open door" policy means no tickets, payments or reservations are required for anyone attending services, although non-members need to preregister in one of the following ways:

- Visit our website at https://jcamherst.org/ritual-life/high-holidays and register online
- Drop by the JCA office or call 413-256-0160. Office hours are Tuesdays, Wednesdays and Thursdays 10:00 am - 4:00 pm, and Fridays 10:00 am - 3:00 pm.

YOUTH AND FAMILY PROGRAMS

We are offering an enhanced approach to High Holiday youth and family programs this year, based in a dual philosophy of providing meaningful programming throughout this period—and not just on the ‘synagogue days’ themselves—and integrating our young people more fully into communal services on those days when we are all gathered at the JCA.

In particular, we believe that the Ne'imah services, with their musicality, liveliness, and relative brevity, provide as rich an environment for kids and their parents as anything we could offer by way of a specific family service, and so, rather than offering such a service this year, we are encouraging you to share the Ne'imah experience as a family. You will find more information about timing in the general service calendar included in this booklet.

Enriched childcare, as described below, will be available simultaneously, and we graciously invite you to go back-and-forth, should your kids need a break. Please also familiarize yourself with, and consider attending, those opportunities scheduled throughout this time by our youth and family educators, such as the ones mentioned below.
Clay Oven Workshop: 9:00 am-12:00 pm on Sunday, September 9. Work with master baker, and clay oven builder Sam Coates-Finke, to learn about the history of wood fired clay ovens, and lend a hand in building one here at the JCA, that will be used throughout the year to bake breads, pizzas, matzahs and more. All ages are welcome, but space is limited. Look for the signup links on the JCA education website.

Tashlich: 4:00 pm on Monday, September 10 (first day of Rosh Hashanah) at the Mill River Recreation Area located at 95 Montague Rd., Amherst. Led by JCA member, Judith Loischild.

Mountain Service: 9:30 am on Tuesday, September 11 (second Day Rosh Hashanah). We are delighted to welcome Cara Michelle Silverberg back to the JCA to lead this service. Meet at the Notch Visitor Center on Route 116. Group introduction and hike up a trail on Bare Mountain (a short but moderately strenuous and steep climb) followed by singing and sounding the shofar at the summit. Dress comfortably, wear good hiking shoes, and bring water and whatever sun protection you prefer. Rain or shine, except in severe weather. See JCA website for up-to-date information by 7:00 am on the morning of the service. Youth must be accompanied by an adult. Please bring a shofar, apples, honey, or honey cake to share atop the mountain.

Community Gleaning Program: 10:00 am-1:00 pm on Sunday, September 23. Join the JCA and Rachel’s Table to travel to a local farm and help to harvest produce that will be donated to the Food Bank of Western MA. Appropriate for ages 6 and up. For families with younger children, we will have a garden based program happening here at the JCA during the same time frame.

Pizza in the Sukkah: 5:30-7:00 pm on Wednesday, September 26. Join the JCA Kesher community in fulfilling the Mitzvah of eating in the Sukkah. Make your own wood fired pizza in our new outdoor clay oven, and join in the celebrations. This is a family program appropriate for all ages. All children must be accompanied by a parent/guardian.

Simchat Torah: 5:30-7:00 pm on Monday October 1. Dinner will be served. Help unroll the Torah and take a "tour" with Rabbi Ben. Participate in a holiday related craft activity, and later in the evening join the rest of the JCA community with singing, dancing, and celebration of this wonderful holiday.

CHILDCARE
(no registration required)

Childcare is staffed by experienced care providers who read books, work on holiday related art projects, play games, etc. A healthy (nut-free) snack on first day of Rosh Hashanah is provided, but you may also provide your own snack so long as it is dairy/vegetarian and contains no nuts of any kind.

First Day Rosh Hashanah, Monday, September 10
Yom Kippur Day, Wednesday, September 19

9:00 - 11:30 am
9:00 - 11:30 am

A contribution of $7-$15 per child per service is suggested to help cover the cost of providing high-quality staff. If you have any questions, please contact Shirah Neumann at shirah@jcamherst.org or call 413-256-0160 ext. 202.
MESSAGE FROM YOUTH & FAMILY EDUCATION DIRECTOR
ON CHILDCARE

The JCA community is delighted to be providing this babysitting service during High Holiday services - both to allow adults some time and space to participate in the community prayer experience, and to give children who need a break from the sanctuary, a safe and fun place to be.

- At drop off, children must be signed in by their parent/guardian on our sign in sheet. Please make sure to alert our staff in writing, and in person, about any significant medical, or allergy concerns you may have regarding your child.

- Children must wear a nametag at all times while in the childcare room.

- At pickup, please make sure to check in with a staff person, and sign your child out. Only the parent/guardian who signed the child in, may pick the child up.

- Children are expected to behave in a way that is generally considered appropriate in any public group situation. We will use a “three strikes and you’re out” system.

- Children whose behavior is dangerous or overly disruptive to the activities of other children, will be given clear warnings by our staff. After three such warnings, continued problematic behavior will result in the removal of the child from our babysitting room. We will come and get you from the sanctuary, and your child may not return to babysitting again that day.

- Our staff is unable to change diapers, or assist in changing clothing. Children who cannot toilet themselves are welcome to join our babysitting room, but we will come and get you from the sanctuary if a toileting need arises.

- On Rosh Hashanah (but not on Yom Kippur), we will provide a variety of healthy snacks for children. If you choose to provide your child with a snack from home, please make sure that it complies with the JCA Kashrut and Nut policies.

- While we are providing this babysitting service, we strongly encourage you to include your child in JCA services. By experiencing High Holiday services in small increments each year, children will learn to participate more fully as they grow older.

Thank you for your understanding and cooperation,

L’shana tova,

Keren Rhodes
High Holidays at the JCA provide a singular communal experience in several parts. We offer a variety of ways to worship, geared toward different sensibilities and ages, with services facilitated by Rabbi Benjamin Weiner, High Holiday cantor Diana Brewer, and talented lay leaders. The different types of services are listed below.

**Lev Shalem:** This service, in a sense the backbone of our High Holiday worship, is geared toward facilitating a deeply soulful engagement with the traditional High Holiday liturgy, including full shacharit, Torah, and musaf services, experienced in an ambience of spirited singing, kavannah, and learning. The morning services last approximately four hours, and we use the Lev Shalem mahzor, edited by JCA member Rabbi Ed Feld.

In addition to Rabbi Weiner and Diana Brewer, the services are led by several deeply knowledgeable JCA members including Catherine Madsen, Larry Fine, and Batya Perman. For this year’s Rosh Hashanah shacharit we are delighted to be adding two new leaders to the mix: Haley Peltz and David Mednicoff. Haley has recently returned to her home state of Massachusetts after six years in Brazil, where she studied and performed music, and worked as a cantor at a masorti synagogue. She is a long-time singer of different kinds of Jewish music, and loves the special melodies that only come out on the High Holidays. David, a longtime JCA member, is currently serving as chair of the UMass Judaic and Near Eastern studies department.

*We will be serving a light nosh midway through the Lev Shalem Rosh Hashanah day one morning service to keep your blood sugar up for the homestretch!*

**Ne’imah:** In the vein of our popular Shabbat Ne’imah musical evenings, we offer a service of beautiful, profound and exultant melodies supported by the prayerful incorporation of musical instruments and vocal harmonies. Lasting approximately two hours and fifteen minutes, this service uses the Reconstructionist Kol Haneshamah mahzor. It takes an excerpting approach to the liturgy, including a partial Torah service, and incorporates English readings and meditations. Led by Rabbi Weiner, Diana Brewer, and our musical davenners. Please note that you are more than welcome to transition to the Lev Shalem service after the Ne’imah service is through.

**Mountain Service:** Meet for this Second Day Rosh Hashanah observance at the Notch Visitor Center on Route 116. All ages are welcome. Youth must be accompanied by an adult. Group introduction and hike up a trail on Bare Mountain (a short but moderately strenuous and steep climb) followed by singing and sounding the shofar at the summit. Dress comfortably, wear good hiking shoes, bring water and whatever sun protection you prefer. Rain or shine, except in severe weather; see JCA website for up-to-date information by 7:00 am on the morning of the service. Please bring shofar, apples, honey, or honey cake to share atop the mountain. We are delighted to welcome Cara Michelle Silverberg back to the JCA to lead this service.
Tashlich: This simple ceremony is performed at the water’s edge at the Mill River Recreation Area, when we throw bits of bread or lint from our pockets into the stream as a symbolic casting away of our sins. Led by JCA member, Judith Loischild.

Mincha and Ne’ilah Services: These concluding services for Yom Kippur intertwine Lev Shalem and Ne’imah elements, ending with the sounding of the Shofar and a spirited community Havdalah. Light refreshments to break the fast are served after services.

American Sign language (ASL) interpretation* will be available at the Rosh Hashanah evening and morning Ne’imah services, Kol Nidre Ne’imah service, Yom Kippur morning Ne’imah service, and Yom Kippur Minchah and Ne’ilah services.

ALIYOT

We will continue the long-standing aliyah traditions on the first day of Rosh Hashanah, with additional themed aliyot on both Rosh Hashanah and Yom Kippur:

- In both the Ne’imah and Lev Shalem services, the first aliyah on day one of Rosh Hashanah will be reserved for those who have welcomed a new life into their family over the past year.

- In the Lev Shalem service, on the first day of Rosh Hashanah, the maftir (final) aliyah will be reserved for past presidents of the JCA and founding members.

- The opportunity to participate in additional “themed” group aliyot will be available in both services throughout the High Holidays. In the Ne’imah services, the rabbi will announce the themes prior to the Torah reading, and in the Lev Shalem services they will be presented in an insert handed out with the mahzorim, and reiterated by the rabbi prior to each aliyah. Though numerous themes will no doubt prove inviting, we ask you to limit yourself to one aliyah per service.

HONORS AT SERVICES

In addition to receiving an aliyah, there are other honors at the services that are offered to individuals and couples such as opening the ark, carrying a Torah scroll and lifting and dressing the scroll. New members are especially welcome - help us get to know you better!

Please contact Yossi Charette at yossi.charette@gmail.com if you are interested in a particular honor. You can even walk up to him at service time to request one. Of particular note is the honor of holding a Sefer Torah during Kol Nidre. We have four Sifrei Torah to hold at each of the two services and the only requirement is the ability to hold the scroll for 15 minutes. Please ask if you are interested.
SERVICES SCHEDULE

COMMUNITY SELICHOT (at Beit Ahavah) - Saturday, September 1 8:00 - 10:00 pm

EREV ROSH HASHANAH - Sunday, September 9
* Ne’imah Service (Oneg follows service) 6:00 - 7:15 pm
Lev Shalem Service (Oneg follows service) 8:00 - 9:15 pm

FIRST DAY ROSH HASHANAH - Monday, September 10
Childcare Available 9:00 - 11:30 am
Bagel Nosh in Multipurpose Room 9:30 am - 12:30 pm
* Ne’imah Service 9:00 - 11:15 am
Lev Shalem Services 9:30 am
  • Shacharit 9:30 - 11:00 am
  • Quick Nosh 11:00 am
  • Torah Service 11:00 am - 12:30 pm
  • Musaf 12:30 - 1:15 pm
Tashlich 4:00 pm

SECOND DAY ROSH HASHANAH - Tuesday, September 11
Lev Shalem Services 9:30 am
  • Shacharit 9:30 - 11:00 am
  • Torah Service 11:00 am - 12:15 pm
  • Musaf 12:15 - 1:30 pm
Mountain Service 9:30 am - noon

KOL NIDRE YOM KIPPUR - Tuesday, September 18
* Ne’imah Service 6:00 - 7:30 pm
Lev Shalem Service 8:00 - 9:30 pm

YOM KIPPUR DAY - Wednesday, September 19
Childcare Available 9:00 - 11:30 am
* Ne’imah Service 9:00 - 11:15 am
Lev Shalem Services 9:30 am
  • Niggunim/Meditation 9:00 - 9:30 am
  • Shacharit 9:30 - 11:00 am
  • Torah Service 11:00 am
  • Yizkor 12:00 noon
  • Musaf 12:30 - 2:00 pm
* Minchah 5:15 pm
* Ne’ilah Service 6:30 pm
Tekiah Gedolah 7:35 pm
Havdallah 7:36 - 7:45 pm

* American Sign Language (ASL) Interpretation available at these services
Chemical Sensitivities: A number of our members have allergies to perfumes, colognes and other fragrances. Please try to minimize the use of these products when attending High Holiday services. Thank you.

HOME HOSPITALITY FOR BREAKING THE FAST

Are you hosting a break fast in your home? Would you like to join a break fast? Let us know at info@jcamherst.org or call 413-256-0160 if you can offer home hospitality and tell us how many guests you can accommodate. If you are looking for a break fast to join, let us know if you have any food or pet allergies. We will play Yente and match hosts with guests.

YOM KIPPUR FOOD COLLECTION

On Yom Kippur, the Haftarah we read includes Prophet Isaiah’s words imploring us, as we fast, “to share your bread with the hungry” (58:7). In Western Massachusetts, more than 200,000 people struggle with hunger. No one should be hungry.

On Kol Nidre and Yom Kippur Day, please bring your greatly needed donations of non-perishable food, perhaps the equivalent of one day’s food, to be distributed by the Amherst Survival Center’s Food Pantry to those in need in our community. A collection box will be in place before and after Yom Kippur if you wish to contribute then. Last year, almost 2,300 pounds of food was collected. Let’s top that this year! THANK YOU!

ESPECIALLY NEEDED: Tomato products, canned vegetables and fruits, soup, nut butters, breakfast cereal, kids’ healthy snacks, personal care items (toilet paper, tampons/pads, etc.)

OPEN DOOR DONATIONS

We open our doors and our hearts not only at the High Holidays, but also throughout the year. A critical part of what keeps our doors open is giving from members and friends who believe in our community and sustain it with their gifts of time and money. Funds raised for Open Door help cover the costs of our High Holiday services and ensure that no one is turned away from being able to pray with our community.

To make a donation online, go to our website at https://jcamherst.org/payments-and-donations/donations or send your check made out to “JCA” with Open Door in the memo line to the JCA Office. Please include this information:

NAME ________________________________________________________________
ADDRESS ____________________________________________________________________________
PHONE _______________EMAIL ____________________________________________
TRANSPORTATION AND PARKING

Please carpool with family, friends and neighbors, particularly on the first day of Rosh Hashanah and on Yom Kippur when parking will be more difficult. Also consider walking and biking if you live nearby.

JCA PARKING
In the evenings, the JCA parking lot is for elderly and handicapped drivers and people attending the early service. Second evening service attendees should go directly to Fort River School, not the JCA (except for the handicapped and elderly). Absolutely no parking in fire lanes, although passengers may be dropped off at the JCA entrance.

Please avoid parking between the entrance signs for the overflow grass lot at the JCA so as not to block cars entering and exiting from the lot. Parking volunteers will help to maximize parking and avoid congestion and potential mishaps in the JCA and field parking lots.

OVERFLOW PARKING

South East Street Service Road and Salem Place - These streets are posted as “no parking” but you will not be ticketed. When parking on streets, please do not block driveways.

Fort River School - evenings only.

Field at the Corner of North East and Main Streets (North East Street entrance marked with a sign).

PUBLIC TRANSPORTATION TO THE JCA
Bus Route 30, N. Amherst/Old Belchertown Road, is the main bus that stops at the JCA. During the school year it runs every fifteen minutes from 7:30 am until 7:00 pm and every half hour thereafter on weekdays, and every hour on weekends. Schedules are online at: www.pvta.com.
YOM KIPPUR YIZKOR (MEMORIAL) BOOKLET

As a member of our community, you are invited to submit the name(s) of deceased loved ones for inclusion in the Yom Kippur Yizkor service. Each year, we generate a new list. Even if a name has been included in previous years, you must resubmit the information. All names will be listed in the memorial booklet.

Please note the date of death (month and year) if the person to be remembered passed away in the Jewish year 5778. Only the names of those who passed away in 5778 will be read aloud at the Yizkor service that takes place after the Torah is read in the Lev Shalem service.

It is customary to offer a tzedakah donation in memory of those persons whose names are listed. We suggest a donation of $18 for a listing. However, all names are welcome as part of our community’s Yizkor service, whether or not a donation has been made.

You may submit names for inclusion, and make your donation, online at our website https://jcamherst.org/ritual-life/high-holidays or mail this form to the JCA at 742 Main Street, Amherst MA 01002 with your check made out to “JCA” with Yizkor in the memo line.

LAST DAY TO SUBMIT NAMES FOR YIZKOR BOOKLET IS WEDNESDAY, SEPTEMBER 12
(IF YOU WISH TO SUBMIT MORE NAMES, PLEASE USE AN ADDITIONAL FORM)

YOUR NAME _____________________________________________________________

PHONE ___________________________ EMAIL ________________________________

PLEASE PRINT LEGIBLY (and include pronunciation if necessary)

PERSON(S) TO BE REMEMBERED ___________________________________________

______________________________________________________________________

RELATIONSHIP TO YOU _________________________________________________

DATE OF DEATH (ONLY IF IN 5778) ________________________________________

PERSON(S) TO BE REMEMBERED __________________________________________

______________________________________________________________________

RELATIONSHIP TO YOU _________________________________________________

DATE OF DEATH (ONLY IF IN 5778) ________________________________________

OPTIONAL: I/WE ENCLOSE A TZEDAKAH DONATION OF $ ____________________