

# HIGH HOLIDAY GUIDE 2019 - 5780



## L'SHANA TOVA FOR OUR 50TH ANNIVERSARY YEAR!

742 Main Street  
Amherst, Massachusetts 01002  
(413) 256-0160 ~ [jcamherst.org](http://jcamherst.org)

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## MESSAGE FROM RABBI BENJAMIN WEINER

Welcome to High Holidays 5780 at the JCA.

Here's a straightforward question: what is it that we do to the New Year?

I ask this in the service of my own wordsmithing. I'm trying to figure out which verb will best fill in the blank in the following simple sentence: "We \_\_\_\_\_ the New Year." If Jewish practice let us write on holy days, I might hand out golf pencils in services, and invite you to a game of yontif madlibs. Instead, I'll just mull over a few options myself.

Do we CELEBRATE the New Year? The phrase calls to mind the bacchanalia of December 31st, the one night of the year when, as kids, my siblings and I got to stay up past midnight, lying in front of the television to watch the big red ball fall on Times Square. This followed a run to the supermarket, where each of us had selected the junk food of our choice—another rarity in my childhood home. If it is "celebrating" we do on the High Holidays, it's clearly without this kind of gluttony. Still, the same word applies, as if to suggest there is something to this time intended to fill us with a comparable delight in being alive, albeit achieved through prayer and ritual, rather than mass media and high fructose corn syrup.

What about OBSERVE? This is one of those fustian old words that showed up in a certain era of the translation of Judaism into English. Maybe, when taken in the literal sense of "watching" or "regarding with attention", it actually still holds some relevance. I know more than a couple of Jews who, despite a habitual lack of association with the synagogue, show up for the High Holidays and spend a fair amount of time gaping. Beyond that, "observation" in the meditative sense—a state of being in which we regard with compassionate non-judgment the achievements and misdeeds of the past while opening our hearts to the healing potentialities of the present—might be a noble capacity to aspire to over this holiday season.

A couple of others come to mind. How about FEAR? Trepidation has always been a compelling element in the emotional texture of the High Holidays, particularly when the words of our prayerbook demand that we perceive in the passing of time the tenuousness of our very being. How much more so, in an era of galloping ecological devastation and socio-political upheaval, must we tremble at the specter of a future that is not our friend. But then, in a more proactive vein, there is the word ANTICIPATE, in the sense of readying ourselves--preparing for the righteous labor, and spiritual tenacity, that will be called for in the days to come.

Maybe some of these work for you, though let's remember that it's not my job to choose your word. I'll do my very best to hold that empty line steady. You fill in the blank for yourselves.

But don't use a pencil.

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 <http://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 <http://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.

**Tashlich: Monday, September 30 at 4:00 pm** (first day of Rosh Hashanah) at the **Mill River Recreation Area** located at 95 Montague Rd., Amherst. Led by JCA member, Judith Loischild. Please note the change in location from Groff Park where it has been held in the past.

**Hike & Mountain Service: Tuesday, October 1 at 9:30 am** (second day Rosh Hashanah). We are delighted to welcome Cara Michelle Silverberg back to the JCA to lead this service. We will 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. Please bring a shofar, apples, honey, or honey cake to share atop the mountain.

**Community Gleaning: Sunday, October 13 at 12:00 pm.** 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. Transportation will be provided from the JCA. Co-sponsored by JCA Keshet & Tikkun Olam Committee.

**Pizza in the Sukkah: Sunday, October 13 at 5:00 pm.** Join the JCA community in fulfilling the mitzvah of eating in the Sukkah. Make your own wood fired pizza in our outdoor clay oven, and join in the celebrations.

**Simchat Torah: Monday, October 21 at 5:30 pm.** Enjoy a community dinner, and then help unroll the Torah and take a "tour" with Rabbi Ben and Felicia Sloin, participate in a holiday related craft activity, and for those who can stay later - the evening will continue with singing and dancing as we celebrate this wonderful holiday.

## CHILDCARE

**Registration is strongly requested to enable us to provide adequate care.**

**Please complete the form at <https://jcamherst.org/hh-childcare>**

<b>First Day Rosh Hashanah, Monday, September 30</b>	<b>9:00 - 11:30 am</b>
<b>Yom Kippur Day, Wednesday, October 9</b>	<b>9:00 - 11:30 am</b>

The JCA is delighted to provide childcare during High Holiday services 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. While we provide this service, we strongly encourage you to include your child in JCA ritual life. By experiencing High Holiday services in small increments each year, children will learn to participate more fully as they grow older.

Our 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. **While there is no charge for childcare at the JCA, we would appreciate any donation you are able to make to help us offer this service to the community. Go to <https://jcamherst.org/payments-and-donations/donations> and choose "High Holiday Childcare" from the pull-down menu. Thank you.**

## PLEASE NOTE:

At pickup, please make sure to check in with a staff person, before leaving with your child.

Children are expected to behave in a way that is generally considered appropriate in any public group setting.

If a child's behavior is dangerous or overly disruptive to the activities to other children, we will come and get you from the sanctuary, and your child may not return to childcare 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.

If you have any questions, please contact Shirah Neumann at [shirah@jcamherst.org](mailto:shirah@jcamherst.org) or call 413-256-0160 ext. 208.

## ABOUT OUR SERVICES

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 leaders from the community. 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.

We are honored that Rabbi Feld himself will be the rabbinic leader of the shacharit portion of this service on both Rosh Hashanah and Yom Kippur, joined by his daughter Lisa, and guest cantorial soloist Haley Pelz, who "debuted" at the JCA last year! Musaf will be lead by Rabbi Weiner and Hazzan Diana Brewer, with Catherine Madsen leading musaf on the second day of Rosh Hashanah, as well as the evening services of both holidays.

**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, Hazzan 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. For more information, please see page 4 in this guide.

**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. We welcome back our ASL interpreters, EJ Cohen and Joan Wattman.

## 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. Please contact Yossi Charette at [yossi.charette@gmail.com](mailto: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 - Saturday, September 21** 8:30 - 10:30 pm  
(This year at Congregation B'nai Israel, Northampton)

**EREV ROSH HASHANAH - Sunday, September 29**  
\* 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 30**  
Childcare Available 9:00 - 11:30 am  
Bagel Nosh in Library 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  
• Torah Service 11:00 am - 12:15 pm  
• Musaf 12:15 - 1:15 pm  
Tashlich 4:00 pm

**SECOND DAY ROSH HASHANAH - Tuesday, October 1**  
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, October 8**  
\* Ne'imah Service 6:00 - 7:30 pm  
Lev Shalem Service 8:00 - 9:30 pm

**YOM KIPPUR DAY - Wednesday, October 9**  
Childcare Available 9:00 - 11:30 am  
\* Ne'imah Service 9:00 - 11:15 am  
Lev Shalem Services 9:30 am  
• Shacharit 9:30 - 11:00 am  
• Torah Service 11:00 am  
• Yizkor 12:00 noon  
• Musaf 12:30 - 2:15 pm  
\* Minchah 4:15 pm  
\* Ne'ilah Service 5:45 pm  
Tekiah Gedolah 7:00 pm  
Havdallah 7:01 - 7:10 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](mailto: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 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 2,600 pounds of food was collected, our greatest total ever. Let’s top that this year! **THANK YOU!**

**ESPECIALLY NEEDED:** Canned vegetables and fruits, tomato products, pasta, breakfast cereal, kids' healthy snacks, toilet paper.

## 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: <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.

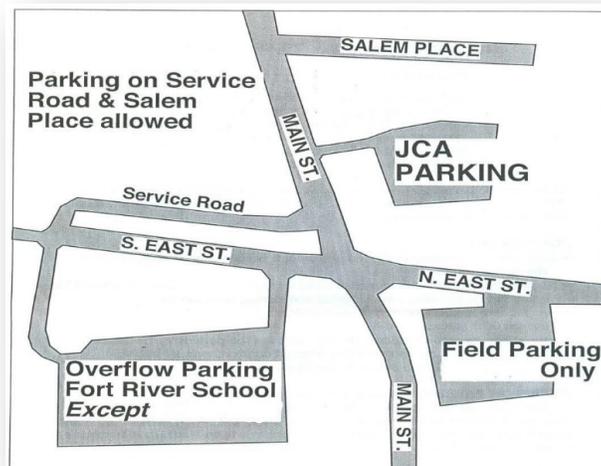
Please avoid parking between the entrance signs for the overflow grass lot at the JCA so as not to block cars entering and exiting from the lot. Parking volunteers will help to maximize parking and avoid congestion and potential mishaps in the JCA and field parking lots.

### 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](http://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 5779. Only the names of those who passed away in 5779 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 at <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 FRIDAY, SEPTEMBER 27**  
(IF YOU WISH TO SUBMIT MORE NAMES, PLEASE USE BACK OF THIS 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 5779) \_\_\_\_\_

PERSON(S) TO BE REMEMBERED \_\_\_\_\_

\_\_\_\_\_

RELATIONSHIP TO YOU \_\_\_\_\_

DATE OF DEATH (ONLY IF IN 5779) \_\_\_\_\_

OPTIONAL: I/WE ENCLOSE A TZEDAKAH DONATION OF \$ \_\_\_\_\_