

**NEW** התחלות  
חדשות  
**BEGINNINGS**



**CONGREGATION  
BETH HATIKVAH**

**HIGH HOLIDAYS  
5784/2023**



Congregation  
**Beth Hatikvah**

**Friday, September 15**

7:30 pm Erev Rosh Hashanah

**Saturday, September 16**

9:30 am Rosh Hashanah Day 1

11:00 am Special Family Service  
in the Teen Lounge

12:00 pm Tashlich, in person only

**Sunday, September 17**

9:30 am Rosh Hashanah Day 2

**Sunday, September 24**

7:30 pm Kol Nidre / Erev Yom Kippur

**Monday, September 25**

9:30 am Yom Kippur morning service

11:00 am Special Family Service  
in the Teen Lounge

1:00 - 4:00 pm Afternoon Programming

4:00 pm Minchah Service

5:00 pm Yizkor

5:30 pm Neilah

6:30 pm Community Break-the-Fast

Shanah  
Tovah!  
Rabbi Allyson Zacharoff



Happy 5784 to all of our friends and family at Congregation Beth Hatikvah! I am very excited to join you as your rabbi.

In 5784, we are all here for a new beginning. You chose me as your rabbi, and I take that *brit* (covenant) very seriously. I am here to help build this incredible community you have created together, while also bringing my own energy to the CBH family.

The High Holidays in particular give us a chance to reflect and commit to positive change personally and communally, and I am excited for where this journey will lead us together.

It's a new beginning. But what is *not* new is how we have come together at CBH to create a community that celebrates Jewish life and Jewish tradition. What is *not* new is that Congregation Beth Hatikvah is always creating and re-creating a *kahal* (a community) that supports each other in good times and challenging ones. What is *not* new is that we are here to celebrate and embrace our families, friends, and ourselves in all our diverse beauty.

As we embark on this journey together, I want to genuinely thank you for welcoming me so warmly to CBH. It is clear this is a very special community.

Let's make 5784 a year to remember!



*Peggy Dugan, President  
Congregation  
Beth Hartikvah*

Shanah Tovah and welcome to CBH!  
We are so happy that each of you have joined us here  
at CBH to celebrate the new year.

What draws people to CBH?

I would suggest that there are as many answers as we  
have congregants: there are meaningful services, an  
experiential Religious School, social action initiatives as  
well as our anti-racism group, our connection to  
Fountain Baptist Church – for our annual joint Liberation  
Seder and our Fountain of Hope storytelling workshops  
– Torah study, Talmud study, and so much more.

We rely on our volunteers to make all of this happen.  
From serving on the Board to greeting people at a shiva,  
from leading a discussion at a Saturday morning service  
to cleaning out a closet – whatever your available time,  
whatever your interests, there's always a way you can  
help.

I've been a member of CBH for almost 20 years, and  
during that time I've worn quite a few hats. The more I  
do for our CBH family, the more I get back.

As CBH enters the next chapter of our history with a new  
rabbi, a revitalized Religious School program and so  
much more, I invite each of you to try on a CBH hat and  
volunteer!

My best wishes for a happy and healthy New Year.  
Peggy

Do a Mitzvah!

# CBH Food Drive

Drop off at CBH during  
the High Holidays until  
Yom Kippur morning

## Items Needed

- Pasta
- Rice
- Flour
- Canned Food
- Nuts
- Cereal
- Jam
- Preserves
- Pickles
- Peanut Butter

We would especially like: soup  
condensed and hearty, tomato  
products (sauces, paste, puree  
etc) baby foods and baby  
diapers sizes 3 and 4

Every donation helps the Interfaith Food Pantry  
support those in need!





**CREATE,  
LEARN,  
LAUGH.**



## **THE MAKING OF A JEWISH KID**

### **CBH Religious School**

It's an exciting way for your child to get a Jewish education. Our teachers will engage your child and create immersive Jewish experiences for them.

For more information use the QR code or go to [bethhatikvah.org/kids\\_and\\_teens](https://bethhatikvah.org/kids_and_teens)





see  
taste  
hear  
smell  
touch

# 5 Senses of Judaism

*A fun, interactive experience that engages and educates young children under 5. Kids and their families learn together and explore what being Jewish is all about.*

*Join us Saturday mornings from 9:45 to 11:00am. It's open to all and – it's free!  
For more information contact  
[amysgreen@comcast.net](mailto:amysgreen@comcast.net)*

*November 4, 2023 – Five Senses of Shabbat  
December 9, 2023 – Five Senses of Chanukah  
January 20, 2024 – Five Senses of Tu B'Shevat  
March 16, 2024 – Five Senses of Purim  
April 20, 2024 – Five Senses of Pesach*

## What makes us Jewish? Our Torah!

The first 5 books of the Hebrew Bible are our beating heart. So please join us for this lively study. We read and schmooze, argue and laugh, and search for meaning inside and outside of the text. **Torah Study** happens 9:00am Shabbat mornings, in the CBH library and online.

## Can one hour change your life? Find out!

10:00am Saturdays join us for the **Shabbat Morning Learning** hour. Our guest teachers explore topics that deepen our understanding of what it means to live a Jewish life, anything from studying the customs of Rosh Chodesh to delving into Dara Horn's complex book 'People Love Dead Jews'.





## But that's not all!

We read the Talmud, the codification of Jewish Law. We discuss related arguments Rabbis have made searching for justifications and explanations on the nature of Torah, life and the will of God. **Talmud Study** meets twice a month, once on Wednesday evening and once at noon on Saturday.

And we explore the parts of the Bible they didn't teach you in Hebrew School. We call it **Tantalizing Torah**. We learn about these characters and all their attributes and flaws when we delve into the *Tanakh*. Class meets the second Wednesday of the month, 1:00pm.

Please check **BetNet** for times and schedule for classes. Or contact Connie Seligman, [cseligman725@gmail.com](mailto:cseligman725@gmail.com)



**“My child, listen to the Torah of your father  
and the Mussar of your mother.”**

**Proverbs 1:8**

Mussar is a way of working on ourselves to bring our highest values from our minds to our hearts. The goal is to experience

*“Shlemut, or wholeness.”*

The process is to study character traits distilled from the Torah, such as patience, simplicity, order, equanimity, etc. in a small group and with a study partner, in order to bring these traits into our daily lives.

“When one realizes that being totally perfect is unattainable, one can finally understand that one’s true greatness is found in the holy journey of constantly becoming just a little bit better.”

Rav Abraham Kook

New groups are forming in the fall. For more information, reach out to Chana Seligman, [cseligman725@gmail.com](mailto:cseligman725@gmail.com)

CBH  
COMMUNICATION

WHAT'S  
HAPPENING  
AT CBH?

GO TO THESE  
LINKS TO  
FIND OUT!

The CBH Website provides information about the congregation including our events schedule, and has a password-protected member area with a directory, religious school resources, and much more. Visit [www.bethhatikvah.org](http://www.bethhatikvah.org)

Every Tuesday, **BetNet**, our weekly email newsletter, comes out with the latest CBH news, information about upcoming events, services, announcements, community service opportunities, and more.

CBH's Facebook Page is a public page where we share events open to non-members and highlights of CBH happenings. Connect with us at [facebook.com/cbhj](https://facebook.com/cbhj)

The CBH Group on Facebook: This members-only space is where you'll find member contributed posts about relevant topics, and discussions about our community and our Jewish experience. If you're a member, be sure to join [facebook.com/groups/CBHSummitGroup](https://facebook.com/groups/CBHSummitGroup)

CBH is on instagram, and that's the best place to find photos and videos from CBH events. Follow us at [instagram.com/cbhsummit](https://instagram.com/cbhsummit)

## ***Social Action***



### **...IS WORKING TOGETHER TO LEARN FROM EACH OTHER...**

Every month we offer Social Justice Shabbat. We welcome suggestions of issues of interest. Contact Marjorie Heyman at [marjsue@optimum.net](mailto:marjsue@optimum.net)

### **...TO FIGHT RACISM AND STRUCTURAL RACISM: TARP**

The Anti Racism Project (TARP) is an opportunity to learn about the history and impact of racism. And to confront one's own internal racism through education and discussion. Each year we hold a Liberation seder with the Fountain Baptist Church

### **...TO HOUSE THOSE IN NEED: HABITAT FOR HUMANITY**

CBH members will volunteer for a Team Build in Summit, on October 28, 2023. Contact Maxine Silverman at [maxinebs@gmail.com](mailto:maxinebs@gmail.com)

### **...TO BUILD COMMUNITY BY SHARING STORIES: FOUNTAIN OF HOPE PROJECT**

CBH partners with the Fountain Baptist Church to share true stories, with an eye toward public performance. Contact Stephanie Tran at [devoted2now@gmail.com](mailto:devoted2now@gmail.com)

**...TO AID REFUGEE FAMILIES: TUTORING**

Got some time? These kids need your help and you don't need to be a teacher! Contact Debbie Kaflowitz at [kaflowitz@aol.com](mailto:kaflowitz@aol.com)

**...TO STAY INFORMED: ACTION ALERTS**

If you are interested in hearing about social action programs and events outside of CBH, please sign up for our Action Alerts. Contact: [Marcia.Bloomberg@gmail.com](mailto:Marcia.Bloomberg@gmail.com)

**...TO ADDRESS FOOD INSECURITY**

CBH feeds the hungry by participating in SHIP, Bridges and the JRA programs.

Once a month, SHIP (Summit Helping Its People) shops, cooks and delivers dinners to our neighbors in need of help. Contact Nancy Yacker [yacker57@cs.com](mailto:yacker57@cs.com)

Bridge Outreach bags lunches and toiletry packs in Summit. Contact Rob Kahwaty at [kahwatykid@gmail.com](mailto:kahwatykid@gmail.com)

Jewish Relief Agency, will be at CBH on Sunday, November 23, 2023 to put together Thanksgiving essentials for families in need. So join us to help!



**Join us  
Sunday  
11.19.23 at  
CBH  
10-11:30am**

# CBH CARING COMMITTEE



Sometimes life  
isn't easy.

That's when the CBH Caring Committee offers a helping hand - delivering meals, assisting at a shiva, or checking up with a phone call.

If you want to volunteer to help, contact  
Debbie Kaflowitz, [kaflowitz@aol.com](mailto:kaflowitz@aol.com)  
or Sarah Kaplan, [sarahf@panix.com](mailto:sarahf@panix.com)



# SONGS

## ***Hinei Mah Tov***

*Hinei mah tov u mah nayim shevat achim gam yachad*  
(repeat) *Hinei mah tov shevat achim gam yachad* (repeat)

How good it is (how good it is), how sweet it is (how sweet it is) To be together on this day.  
(repeat)

## **Light These Lights**

Oh hear my prayer I sing to You.  
Be gracious to the ones I love,  
And bless them with goodness and mercy and peace.  
Oh hear my prayer to You.

Let us light these lights and see the way to You,  
And let us say: Amen.  
(repeat)

## ***Hava Nagilah***

*Hava nagilah, hava nagilah, hava nagilah ve-nismecha.*  
(repeat)

*Hava neranena, hava neranena hava neranena ve-*  
*nismecha.* (repeat)

*Uru, uru achim*

*Uru achim belev same'ach* (4 times)

*Uru achim, uru achim belev same'ach.*

[Let us rejoice and be happy. Awake, awake my brothers with a happy heart.]

## Am I Awake

Yai lai lai lai, yai lai lai lai lai (several times)

Am I awake? Am I prepared?

Are You listening to my prayer?

Can You hear my voice?

Can You understand?

Yai lai lai lai, yai lai lai lai lai (several times)

## Let There Be Love / Hashkiveinu

Let there be love and understanding among us.

Let peace and friendship be our shelter  
from life's storms. (repeat)

*Hashkiveinu Adonai Eloheinu*

*Hashkiveinu l'shalom*

*Veha'amideinu shomreinu l'chayim*

*Ufros aleinu sukkat shlomecha*

## Kehillah Kedoshah

If you are *atem*, then we're *nitzavim*,

We stand here today and remember the dream.

(repeat)

*Kehillah kedoshah (4 times)*

*Lai, lai, lai, lai, lai*

Each one of us must play a part.

Each one of us must heed the call.

Each one of us must seek the truth.

Each one of us is a part of it all.

Each one of us must remember the pain.

Each one of us must find the joy.

Each one of us, each one of us.

*Kehillah kedoshah (4 times)*

## **In This House**

Chorus:

In this house, in this house, it all comes together in this house,

In this house, in this house, it all comes together in this house of God.

In this house beats the heart of a family,  
In this house is the center of community,  
We study and we pray, find meaning in each day.  
In this house, in this house, in this house.

In this house is a spark of God's creation,  
In this house there is joy and celebration,  
By song or by word, your prayers will be heard.  
In this house, in this house, in this house.

Chorus

In this house we can shelter, we can clothe and feed,  
In this house there is always help for those in need,  
A stranger makes a friend, becomes inspired again.  
In this house, in this house, in this house.

Chorus

A house of study, a house of prayer,  
A house of gathering from everywhere.  
How lovely is your dwelling place, oh Jacob!  
Blessing upon blessing built these walls.

Chorus

## **Return Again**

Return again, return again, return to the land of  
your soul (repeat)

Return to who you are, return to what you are,  
return to where you are born and reborn again  
(repeat)

## Open Up Our Eyes / Shema

Open up our eyes, teach us how to live,  
Fill our hearts with joy and all the love You have to  
give. Gather us in peace as You lead us to Your name,  
And we will know that You are one.

*Shema Yisra'el Adonai Eloheinu Adonai Echad (4 times)*  
*Baruch shem kevod shem kevod malchuto l'olam va'ed*  
(repeat)

*Shema Yisra'el Adonai Eloheinu Adonai Echad (repeat)*  
And we will know that You are one. (repeat)

## Ha Tov, Ki Lo Chalu

*Ha tov, ki lo chalu*  
*Lo chalu rachamecha*  
*V'ha merachem*  
*Ki lo tamu chasadecha*

[The good One, because of Your limitless mercy,  
And the merciful One, whose kindness is without end.]

## V'ahavtem / I Lift My Lamp

*V'ahavtem et hager ki gerim ha yi tem*

Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore,  
Send these, the homeless, tempest toss't to me.  
I lift my lamp beside the golden door.

## Open the Gates (*Pitchu Li*)

Open the gates of justice. Open the gates for me.  
Open the gates of righteousness, *pitchu li*.  
Open the gates of freedom. Tell me what are we waiting  
for? *Pitchu li sharei tzedek avo vam odeh Yah* (repeat)

Lock up the gates of hatred. Throw away the key.  
Open the gates of justice, *pitchu li*.  
Open the gates of tomorrow. Yes, we've traveled oh so  
far. *Pitchu li sharei tzedek avo vam odeh Yah* (repeat)

*Evan ma'a su habonim, haytah l'rosh pinah* (repeat)

We're all in this together; oh we've got to keep on going  
'til the stone that the builders rejected  
becomes the chief cornerstone. (repeat)

Open the gates of justice. Open the gates for me.  
Open the gates of righteousness, *pitchu li*.  
Open the gates of tomorrow. Yes, we've traveled oh so  
far. *Pitchu li sharei tzedek avo vam odeh Yah* (repeat many  
times)

## *L'shanah Tovah*

*L'shanah tovah tikateivu* (repeat)  
*L'shanah tovah* (3 times)  
*Tikateivu v'tichateimu*

[May you be written and inscribed for a good year]

## *Eyn Od - Aleynu*

*Eyn od* (repeat many times)

*Aleynu leshabe'ach la'adon hakol  
latet gedulah leyotzer bereyshit  
shenatan lanu torat emet  
vechayey olam nata betochenu.*

*Eyn od (repeat many times)*

*Va'anachnu korim umishtachavim umodim  
lifney melech malchey hamelachim hakadosh  
baruch hu.*

*Shehu noteh shamayim veyosed aretz umoshav  
yekaro bashamayim mima'al  
ush-chinat uzo begovhey meromim.  
Hu eloheyenu eyn od.*

*Eyn od (repeat many times)*

*Emet malkenu efes zulato kakatuv betorato.  
Veyadata hayom vahashevota el levavecha  
ki adonay hu ha'elohim bashamayim mima'al ve'al  
ha'aretz mitachat eyn od.*

*Eyn od (repeat many times)*

*Vene'emar: Vehayah adonay lemelech al kol ha'aretz.  
Bayom hahu yihyeh adonay echad ushmo echad.*

*Eyn od (repeat many times)*

## **What a Wonderful World – Eizeh Ach'lah Olam**

*Keshe'ani ro'eh ba'chaloni  
Etz shemorik lecha vegam li  
Ani shar l'atzmi, eizeh achlah olam.*

*Hashamayim k'chulim, anan hu lavan  
Vehaboker bahir uvalaylah ishan  
Va'achlom l'atzmi, eizeh achlah olam.*

The colors of the rainbow, so pretty in the sky,  
Are also on the faces of people going by.  
I see friends shaking hands, saying "how do you do?"  
They're really saying "I love you".



I hear babies crying, I watch them grow;  
They'll learn much more than I'll ever know.  
And I think to myself "what a wonderful world..."

I see trees of green, red roses too,  
I see them bloom for me and for you.  
And I think to myself "what a wonderful world..."

I see skies of blue, and clouds of white,  
The bright blessed day, the dark sacred night.  
And I think to myself "what a wonderful world..."

Yes, I think to myself "eizeh ach'lah olam."

### **Or Chadash**

*Yai dai dai dai dai* (6 times)  
*Or chadash* (3 times)  
*Al Tzion ta-ir, al Tzion ta-ir*

Shine a new light, a light upon Israel,  
Shine that light on our souls  
Shine a new light on our generation  
And we will shine that light for all to know.

*Or chadash* (3 times)  
*Al Tzion ta-ir, al Tzion ta-ir*

*V'nizkeh chulanu bim hera l'oro*  
*Baruch atah Adonai yotzer ham'orot*

*Or chadash* (3 times)  
*Al Tzion ta-ir, al Tzion ta-ir*  
*Yai dai dai dai dai* (12 times)

## **Moshe Kibel Torah** **[Moses brought the Torah from Sinai]**

*Moshe kibel Torah mi Sinai*  
*U mesarah li Yehoshua*  
*V'Yehoshua li zkaynim*  
*U zkaynim li nevi'im*  
*U nevi'im mesaruah l'anshey Knesset Hagdolah (repeat)*

*Haim amru shlosa d'varim*  
*Hevu metunim badin*  
*Veha'ahmidu talmidim harbeh*  
*Va'asu syag la Torah (repeat)*

## **Al Shlosa Devarim**

*Al shlosa, shlosa devarim,*  
*Al shlosa devarim (repeat)*  
*Ha'olam, ha'olam omed (repeat)*  
*Al ha-Torah, v'al ha'avodah, v'al gemilut chasadim*  
*(repeat) V'al gemilut chasadim*

On three things, on three things, on three things  
The world stands  
On three things, on three things  
*Ha'olam, ha'olam omed (repeat)*

## **Hashiveinu**

*Hashiveinu Adonai, hashiveinu*  
*Hashiveinu Adonai Eleicha vena shuvah*

*Chadesh yamenu, chadesh yamenu , chadesh yamenu ke-*  
*kedem*

Return us, return us to You.  
Return us, we will be renewed

## **Oseh Shalom** – Peri Smilow

Chorus:

*Oseh shalom bimromav*

*Hu ya'aseh shalom aleinu, v'al kol Yisrael Aleinu,*

*v'al kol yoshvei tevel*

*V'imru, v'imru – Amen.*

We pray for peace and quiet

May there be no more fighting or war

May all of Earth feel calm

And people be kinder, yes, people be kinder And

let us say, and let us say – Amen

Chorus

Oh may You who makes peace in the heavens

Make our lives peaceful as well,

And may peace come to all the people;

Our people, and those around the world.

All people, yes, all around the world,

And let us say, and let us say – Amen

## **Holy, Holy, Holy**

Holy, holy, holy,

Holy, holy, holy is the Lord God almighty,

Is the Lord God almighty.

*Kadosh, kadosh, kadosh*

*Adonai tz'vaot m'lo chol ha'aretz k'vodo.*

## **Mah Nora**

*Mah nora ha-makom hazeh (several times)*

[How awesome is this place.]

## **Avinu Malkeinu** – Max Janowski

*Avinu malkeinu, sh'ma koleinu* – hear our voice  
*Avinu malkeinu, chatanu l'faneycha* – we have sinned  
in front of you  
*Avinu malkeinu, chamol aleynu v'al olaleynu v'tapeinu* –  
have compassion upon us and upon our children  
*Avinu malkeinu, kaleh dever v'cherev v'raav me'aleynu* –  
bring an end to pestilence, war, and famine  
*Avinu malkeinu, kaleh kol tsar u'mastin me'aleynu* –  
bring an end to all hate and oppression  
*Avinu malkeinu, kotvenu b'sefer chayim tovim* – inscribe  
us in the book of a life well-lived  
*Avinu malkeinu, chadesh aleynu shanah tovah* – renew  
us for a good year  
*Avinu malkeinu, sh'ma koleinu* – hear our voice

## **Hatikvah**

*Kol od balevav penimah,  
Nefesh yehudi homiyah,  
Ulefa-atei mizrach, kadimah,  
Ayin letziyon tsofiyah.  
Od lo avdah tikvateinu  
Hatikvah bat shnot alpayim,  
Lihyot am chofshi be-artzeinu,  
Eretz tzion, virushalayim.  
Lihyot am chofshi be-artzeinu,  
Eretz tzion, virushalayim.*

## **Lo Yisa Goy / Down by the Riverside**

*Lo yisa goy el goy cherev, lo yilmedu od milchamah*  
(repeat)  
I'm gonna lay down my sword and shield  
Down by the riverside (repeat)  
I ain't gonna study war no more (repeat)

## **Olam Chesed Yibaneh**

*Olam chesed yibaneh* (repeat)  
I will build this world from love,  
And you must build this world from love,  
And if we build this world from love,  
Then God will build this world from love.

*Olam shalom yibaneh* (repeat)  
I will build this world from peace,  
And you must build this world from peace, And  
if we build this world from peace,  
Then God will build this world from peace.

## **Shema Koleinu**

*Shema koleinu Adonai eloheinu*  
*Chus v'rachem aleinu* (repeat)  
*V'kabeil b'rachamim uv'ratzon et t'filateinu*  
*Ki el shomeia t'filot v'tachanunim Atah*  
*Shema koleinu Adonai eloheinu*  
*Chus v'rachem aleinu* (repeat)  
*Yai lai lai lai lai lai lai lai* (repeat)

## **Yihyu Leratzon**

*Yihyu leratzon imrey fi, imrey fi*  
*vehegyon libi lefanecha*  
*Adonai tzuri, Adonai tzuri, Adonai tzuri,*  
*vego'ali*

May the words of my mouth and meditations  
of my heart, be acceptable to you, my God  
Adonai, my rock, Adonai, my rock, Adonai,  
my rock and my redeemer

## ***Hareini M'Kabel***

*Hareini m'kabel  
Alai et mitzvat  
Ha borei  
V'ahavta l'reiacha kamokha  
Rei'acha kamokha*

Behold, I take  
Upon myself  
The commandment of our God  
You shall love your fellow human  
As you love yourself.

## **The Prophet You**

Rolled out of bed today, turned on the news;  
It turned my head around.  
I can't believe our leaders, the ones we choose  
To settle shaky ground.

Walked down the street today, my neighborhood,  
And cars were screaming by.  
The stores are closing down now and locked up good.  
It makes me want to cry.

Chorus:  
We need a prophet, need one today,  
just like the ones before.  
One with a vision to lead the way and open up the door.  
There's the prophet Isaiah, and there's Deborah too,  
Amos, Joel, and Elijah,  
But the only one to be counting on is you,  
The Prophet You.

I read the prophets' wisdom and know the way;  
It's right before me.  
Then I, I read the daily paper, what's left to say?  
It's all a mystery.



I keep my eyes wide open, my picture clear,  
My dreams are wide awake.  
I've never felt the world, the world so near,  
We've got so much, so much at stake.

Chorus

Now who can tell the future, and where we'll go?  
Who'll be our travel guide?  
Are you the one who listens, who takes it slow,  
Still hears the voice of God inside?

Chorus

## ***Mi Shebeirach***

*Mi shebeirach avoteinu*  
*M'kor habracha l'imoteinu*

May the source of strength,  
Who blessed the ones before us,  
Help us find the courage  
To make our lives a blessing  
And let us say, Amen.

*Mi shebeirach imoteinu*  
*M'kor habrakha l'avoteinu*

Bless those in need of healing  
With *r'fua shleima*,  
The renewal of body,  
The renewal of spirit,  
And let us say, Amen.

## **Mourning Into Dancing**

You turn my mourning into dancing,  
So that my soul might sing to You  
So that my soul sing to You,  
And it not be stilled.

Chorus:

O God, my God, forever  
I will thank You (repeat)  
Odeka!

Now I sing praises to the Holy One,  
Who lifts me up when I have fallen  
And I cried to You to heal me,  
And You have answered all my prayers.

Chorus

I ask that You be gracious,  
And hear me, Adonai.  
I have called to You to help me,  
And you've supported me with joy.

Chorus

You turn my mourning into dancing (3 times)

## ***Shiru L'Adonai***

*Shiru l'Adonai shiru shir chadash,  
Shiru l'Adonai kol ha'aretz.  
Shiru l'Adonai barechu shemo  
Baseru miyom leyom yeshu'ato.*

## **Gesher Tzar M'od**

*Kol ha-olam kulo*  
*Gesher tzar m'od (3 times)*  
*Kol ha-olam kulo*  
*Gesher tzar m'od (2 times)*

*Veha-ikar, veha-ikar*  
*Lo lefa-cheid, lo lefa-cheid klal Veha-ikar, veha-ikar*  
*Lo lefa-cheid klal*

The whole entire world  
Is a very narrow bridge,  
A very narrow bridge,  
A very narrow bridge  
The whole entire world  
Is a very narrow bridge,  
A very narrow bridge.

And the main thing to recall  
Is to have no, have no fear at all  
And the main thing to recall  
Is to have no fear at all.

## **Shanah Tovah**

*Shanah tovah (8 times)*  
A good year, a year of peace,  
May gladness reign  
And joy increase (repeat)

# READINGS

## It Is Upon Us

by Tricia Arlin

It is upon us!

It is upon us to repair the broken places.

It is upon us to comfort the sick in body and heart.

It is upon us to bring sweetness to those around us.

It is upon us to face the truth.

It is upon us to see that justice is done.

It is upon us to return to our core and decent selves.

It is upon us to understand that our prayers are empty without action.

It is upon us to stand up for the survival of all our communities.

We bend our knees!

We bend our knees to acknowledge how small we are in the face of all this responsibility.

We bend our knees to warm up for all the tasks to come.

We bend our knees so that we may dance at our victories.

We are all one in the One-ness, there is no other.

And there is no one else to do the hard work.

It is upon us to save the world.

Amen

## Hineni: Here I Am

Here I am, one soul within this prayer community. Like those around me, I bring my own concerns and yearnings to this place, hoping they will find expressions in the time-hallowed words of my people and in the traditions cherished by generations before me.

May I bring the best of my energies to these Holy Days, approaching this spiritual work with open heart and mind, sincerity, and sustained focus on the deep questions of this season: Who am I? How shall I live? Where have I fallen short – or failed?

Today I take up the challenge of the Days of Awe: *cheshbon hanefesh* – searching examination of my life, a moral inventory of my deeds, words, and thoughts.

During the next ten days, let me face the truth about myself and listen to Your still, small voice. Taking comfort in Your promise that I am always free to change, released from staleness and routine, let me know the joy of beginning again.

May I gain strength as I share this task with those around me, united by our common purpose: *Tikkun middot*, improving our characters, and *tikkun olam*, repairing the world. I now prepare myself to pray – one soul amidst this holy congregation.

## **Al Mitzvah Shekiyamnu**

by Rabbi Rona Shapiro

For the mitzvah we fulfilled by loving ourselves  
And for the mitzvah we fulfilled by loving our  
partners, our friends and our families.

For the mitzvah we fulfilled by affirming our own  
strengths  
And for the mitzvah we fulfilled by affirming the  
strengths of others.

For the mitzvah we fulfilled in our work  
And for the mitzvah we fulfilled by eating healthy  
food.

For the mitzvah we fulfilled by being honest  
And for the mitzvah we fulfilled by living our values  
and beliefs.

For the mitzvah we fulfilled by supporting Jews  
And for the mitzvah we fulfilled by supporting all  
peoples.

For the mitzvah we fulfilled by working for justice  
and peace  
And for the mitzvah we fulfilled by preserving the  
environment.

For the mitzvah we fulfilled by ...  
And for the mitzvah we fulfilled by ...

## ***Al Chet Shechatati– A Personal Confession***

by Rabbi Rachel Barenblat

***Forgive me, Source of all being, for the sin I have sinned before you:***

by allowing my body to be an afterthought too often and too easily;

by not walking, running, leaping, climbing or dancing although I am able; by eating in my car and at my desk, mindlessly and without blessing; by not embracing those who needed it, and not allowing myself to be embraced; by not praising every body's beauty, with our quirks and imperfections;

by letting my emotions run roughshod over the needs of others;

by poking at sources of hurt like a child worrying a sore tooth;

by revealing my heart before those who neither wanted nor needed to see it; by hiding love, out of fear of rejection, instead of giving love freely.

***V'al kulam eloha selichot, selach lanu, m'chal lanu, kaper lanu***

***Forgive me, Source of all being, for the sin I have sinned before you:***

by dwelling on what's internal when the world is desperate for healing.

by indulging in intellectual argument without humility or consideration;

by reading words of vitriol, cultivating hot indignation;

by eschewing intellectual discomfort that might prod me into growing;

by living in anticipation, and letting anxiety rule me;

by accepting defeatist thinking and the comfortable ache of despair. by

not being awake and grateful, despite uncountable blessings;

by not being sufficiently gentle, with my actions or with my language;

by being not pliant and flexible, but obstinate, stark, and unbending;

by not being generous with my time, with my words or with my being;

by not being kind to everyone who crosses my wandering path.

***V'al kulam eloha selichot, selach lanu, m'chal lanu, kaper lanu***

For all of these, eternal Source of forgiveness

Help me know myself to be pardoned

Help me feel in my bones that I'm forgiven

Remind me I'm always already at-one with You.

## ***Shechina M'Kor Chayenu***

*Shechina*, Source of our lives, hear our plea – spare us, have compassion upon us.

Motherly Presence, Source of our lives, keep us in your care, for we are your sons and your daughters.

Holy Presence, Source of our lives, teach us to know our limits.

Gentle Presence, Source of our lives, guide us in pleasant ways.

Guiding Presence, Source of our lives, teach us mercy and justice.

Nurturing Presence, Source of our lives, support those who struggle for peace and justice.

Compassionate Presence, Source of our lives, turn our lamentation to exultation and our sorrow to joy.

*Shechina imeinu chonenu va'anenu ki eyn banu  
ma'asim asey imanu tzedakah vachessed  
vehoshi'enu*



# Neilah

by Marge Piercy

The hinge of the year  
the great gates opening  
and then slowly slowly  
closing in on us.

I always imagine those gates hanging over the  
ocean  
fiery over the stone grey  
waters of evening.

We cast what we must  
change about ourselves  
onto the waters flowing  
to the sea. The sins,

errors, bad habits, whatever you call them,  
dissolve.

When I was little I cried  
out !! !! !! *I want, I want.*

Older, I feel less important,  
a worker bee in the hive  
of history, miles of hard  
labor to make my sweetness.

The gates are closing  
The light is failing  
I kneel before what I love imploring that it may  
live.

So much breaks, wears  
down, fails in us. We must forgive our broken  
promises –their sharp shards in our hands.



We would like to extend a huge thank you to the following congregants who put a great deal of time and effort into providing you with a wonderful High Holiday experience.

**Michael Hyman**, for all you do in overseeing all aspects of the holiday and for leading the High Holiday Committee; **Peggy Dugan** and **Jan Been** for assisting Michael in coordinating the honors, ushers and readers; **Rabbi Zacharoff**, **Steve Wetter** and **Andy Kaplan** for leading us in prayer, reflection and song; the **CBH singers**; our amazing tech team **Myra Cole**, **Steve Toneatti**, **Zach Kaplan**, **Kylah Fanning**, **Josh Silberman** and **David Silberman**; **Arleen Soldati** for coordinating the Yizkor booklet and role of remembrance; **Michelle Winter** for our family activity and services; **Zach Kaplan** for our High Holiday registration system; **Carol Sullivan** and **Cindy Wetter** for creating and designing this booklet of songs, readings and CBH events; and the ushers, shofar blowers, Yom Kippur discussion leaders, and all other CBH members who have contributed to the success of these High Holidays. We would especially like to thank **Marsha** and **Bruce Baldinger** for sponsoring our onegs during Rosh Hashanah, as well as our Membership chairs, **Cindy Slavin** and **Lisa Tognola** and their team of greeters for warmly welcoming everyone.

CONGREGATION BETH HATIKVAH

# SUKKAH RAISING *celebration*

**Saturday, September 30**  
**8:30am - 12:30pm**

*Build, Nosh & Decorate*

For more information contact: Zach Kaplan  
[zachary.kaplan.work@gmail.com](mailto:zachary.kaplan.work@gmail.com)



WELCOME TO  
CONGREGATION  
BETH HATIKVAH

**CBH**

Our name means 'house of hope.' And that's who we are. So why not join us throughout the year?

To learn more about CBH,  
go to our website

***[bethhatikvah.org](http://bethhatikvah.org)***

Or email our membership  
co-chairs Lisa Tognola

***[lisatognola@gmail.com](mailto:lisatognola@gmail.com)***

or Cindy Slavin

***[cslavin29@gmail.com](mailto:cslavin29@gmail.com)***