

Come Home



CONGREGATION
BETH HATIKVAH

High Holidays
5783/2022



Congregation

Beth Hatikvah

Sunday, September 25

7:30 pm Erev Rosh Hashanah

Monday, September 26

10:00 am Rosh Hashanah Day 1

Tashlich will begin 15 minutes after
the conclusion of services

Tuesday, September 27

10:00 am Rosh Hashanah Day 2

Tuesday, October 4

7:30 pm Kol Nidre

Wednesday, October 5

10:00 am Yom Kippur morning service

1:00 - 4:00 pm Afternoon Programming

4:00 pm Minchah Service

5:00 pm Yizkor

5:30 pm Neilah

*High Holidays are an important
fundraising opportunity for CBH.*

So please, if you can, make a donation.

You can send a check to CBH at 36

*Chatham Road, Summit NJ 07901 or go to
our website bethhatikvah.org*

Just click on the DONATE button.

Thank you.



Rabbi Hannah Orden
Congregation Beth Hatikvah

The Home We Build Together

A few years ago, the CBH board created a new vision statement. Together, the group decided we wanted to “Create a Jewish home where every individual is known, accepted, and cared for.”

The pandemic has made it very difficult for us to live that vision. For too long, we have been away from our Jewish home, not only away from the physical building, but apart from each other. How can each individual be known, accepted, and cared for when we have so few opportunities to connect?

This is our challenge in the coming year – to rebuild our Jewish home. We have chosen the theme: Brit Kehillah – Covenantal Community – to remind us that we are a community and that we have responsibilities to each other.

Rabbi Jonathan Sacks defines covenant as “a binding commitment to care for each other, while respecting the freedom, integrity, and difference of each person.” In a covenantal community, individuals come together for a common good, “the good of all of us together.”

Rabbi Sacks uses the metaphor of “The home we build together” to describe the kinds of communities and societies we need today. Not a country house where we are invited for the weekend or a hotel where we stay for a night, but a home where we belong because we have planned it and worked for it and built it together.

We need each other. We need to reconnect, to renew old relationships and create new ones. We need to share our ideas and energy and passion. We need to sing together, eat together, schmooze and learn and struggle together.

I don’t think I can repeat it too many times: We need each other. Please come home.

Welcome! Molly Paul



Molly Paul begins her Rabbinic Internship at CBH this September 2022. She will be with us until June 2023.

Molly is a community builder and network weaver, working to develop Jewish spaces that are not just accessible to, but designed for an increasingly diverse Jewish community.

Molly is entering her third year at the Reconstructionist Rabbinical College. Molly has spent the last year supporting Congregation Beth Israel of Media, PA as their Education Director and is excited to bring her experience there as well as her passion for singing and teaching to the CBH community.

Before attending rabbinical school, Molly worked in the Jewish non-profit sector, primarily focused on development and young adult engagement. In her spare time, Molly loves rock climbing and baking bread.



Arleen Soldati, President
Congregation Beth Hatikvah

What is Community?

Once again the High Holidays have arrived. We are still moving through a pandemic—it's better, but it's not over, and nothing is the same. This year our theme is ***Brit Kehillah***—Covenantal Community. But what is a community, a Jewish Community?

Twenty six years ago, I, along with other strangers, some Jewish and some not, living in various New Jersey towns, converged at Beth Hatikvah with one goal: seeking a Jewish community, a Jewish home. We sought our shared historical past, shared religious and cultural practices, shared goals and values, and our connection to the Jewish people. We created a Jewish home, each person contributing to make Beth Hatikvah a welcoming place, based on Jewish values.

Perhaps the past two and a half years of disruption, disconnection and distance, have made you forget your experience of CBH as your Jewish home? Look around you! Many of us were strangers from different towns, but we found our way here, seeking a Jewish community. We are a diverse group and Beth Hatikvah is our home. At CBH our needs are met, and we feel needed. Our diversity allows us to experience and participate in age-old rituals in original and meaningful ways. We are a Jewish community. We receive. We give. We connect.

This year High Holiday honors were given to non-leadership volunteers, our "unsung heroes" who help make CBH a Jewish home for all our members. People who make things happen, people who say "yes." People who say "I can help." People who share new ideas and initiate projects. People who say, "What can I do?" These members represent all of us who have struggled to strengthen and fortify our Jewish community.

Brit Kehillah—when what you offer, when the talents, skills and time you give, feel valued--then you know that you are part of a community. You know that you are home. CBH is here with open arms. We are waiting for you....

Shana Tovah and my best wishes for a happy and healthy 5783

CBH
RE School



Leemor Ellman
Education Director

CBH RE School is back!

Come and be involved in the religious school!
Enjoy a year of fun, connection and Jewish learning!

Last year we were excited to have Resident Experts at CBH RE School who worked with small groups of students to paint a mural, compose musical prayers, engage in Jewish nature education and make Jewish history and Torah come alive through improv and comedy. Look out for new Resident Experts this year and several Family REtreats (aka family programs) on Saturday mornings that will focus on making holidays and Shabbat meaningful at home.

NEW FAMILIES:

Receive a \$1,000 discount for one year of Religious School tuition for one child. Email Leemor, Education Director at leemor.ellman@bethhatikvah.org for more information, to arrange a visit and to register. Our first day of school is a REtreat (aka family program) on Saturday, September 17, 9:00 am - 11:30 am. Join us!

ATTENTION TEENS:

There are educational, social, spiritual and community service-oriented plans in the works for 2022 – 23. Please look out for more information and to be involved contact Leemor or Rabbi Hannah. Want to earn school community service credits? Contact Leemor about helping out at RE School on Saturday mornings!



*create.
learn.
laugh.*



The Making of a Jewish Kid.

**Join us for a RE-imagined,
RE-discovered, RE-constructed
CBH RE-SCHOOL.**

Featuring resident experts who provide immersive Jewish experiences for kids. An exciting take on religious school - come to the CBH RE-School and experience it!

Contact Leemor Ellman, Education Director
at leemor.ellman@bethhatikvah.org
for more information.

TASTE
SEE
HEAR
SMELL
TOUCH



5 SENSES OF JUDAISM

is a series of interactive programs that educate and engage families with young children and encourage further exploration of Judaism.

This child-led program involves sessions focused on one holiday/theme. We get to schmooze with old friends and make new ones, spend some time learning with our kids and interact with Rabbi Hannah.

So join us. It's open to all and it's free!

For more information contact
amysgreen@comcast.net

November 5 - Five Senses of Shabbat
December 17 - Five Senses of Hanukkah
February 4 - Five Senses of Tu B'Shevat
March 4 - Five Senses of Purim
March 25 - Five Senses of Passover

SOCIAL JUSTICE — TAKING ACTION TO HELP OTHERS

Aiding Refugee Families

Several CBH members are tutoring the children of families who have immigrated to the United States. There are two Afghani families, one in Roselle and one in Elizabeth. We have also continued working with a Syrian family who had to be evacuated from Elizabeth during the big storm in September 2021; they were relocated to Jackson, NJ until they are allowed to return to their Elizabeth apartment. While the children have all returned to school, we continue to tutor virtually either because not everyone has been vaccinated or because the family is temporarily living too far away. Working with the families requires a certain skill set. If you would like to discuss helping virtually, especially with a kindergartner, contact Debbie Kaflowitz, kaflowitz@aol.com

Feeding the Hungry

It might come as a surprise to some that there are people right here in Summit who experience food insecurity. SHIP (Summit Helping Its People) is an organized group of volunteers who come together to feed our neighbors who are hungry. SHIP provides breakfasts and lunches on weekdays and dinners on the weekends. On the first Sunday of every month, CBH partners with SHIP to provide that day's dinner. While the pandemic has changed how SHIP runs things, we have nevertheless been able to provide that monthly meal without interruption. Members of our congregation buy food and cook, then deliver the food to SHIP staff for distribution. If you like to cook with your kids, this is a great way to introduce them to the idea that *Tikkun Olam* is not only about putting coins in the *tzedakah* can, but also about putting in time and effort. We all share in the work so no one has to do it all and you don't have to sign up every month, only when you are able. So cook with your family or friends and fulfill a mitzvah at the same time! We have easy recipes to prepare for a crowd. And if you don't cook you can offer to buy the bread! It's all good. Want to sign up or find out more? Contact Nancy Yacker, yacker57@cs.com

Other Ways To Help

Inspired by Jewish values and ideals, MAZON: A Jewish Response to Hunger is a national organization fighting to end hunger among people of all faiths and backgrounds in the United States and Israel. Your gift today strengthens this mission and helps to build a community dedicated to ending hunger for everyone. Please consider a donation. Visit www.mazon.org or use one of the donation envelopes available in the CBH lobby.

CBH will help caregivers and new mothers in New Jersey by providing them with diapers for their loved ones. Social Action will be collecting diapers for Jersey Cares on Saturday, October 8 during our Sukkah Raising. New packs (even opened packs) of diapers in all sizes from Newborn up to 6T are needed. New packs of baby wipes are also needed.

Any questions, contact Leslie Hart at (973) 845-2172 or lah26@verizon.net

LIFE LONG LEARNING

Torah Study: If you're looking for a deep dive into the richness of Torah, you'll find it in this lively, engaging program. A friendly, committed group meets every Shabbat from 9:00 to 10:00 am (except when there is a Shabbat morning service), to explore the Torah portion of the week, facilitated by Rabbi Orden, Rabbinic Intern Molly Paul, or one of our inspiring lay leaders. Bring us your questions! We can't promise they will all be answered, but they will always be honored.

Covenant of Community Series: This year's CBH theme will be our springboard one Shabbat morning each month, taught by Rabbinic Intern Molly Paul. We will explore the idea of covenant – what it means, and the many ways it shows up in our texts, in our traditions, and in our communities. We will also consider themes and topics such as: how does obligation impact our sense of belonging

and community, how is chosenness in conversation with covenant, and whether covenant is still relevant and how it manifests in our lives today.

Rosh Chodesh Series: Using source books from *Chai Mitzvah*, Rabbi Orden will be teaching on *Rosh Chodesh*, a long-standing interest of hers. *Rosh Chodesh* is the name given to the first day of every month in the Hebrew calendar. *Chai Mitzvah* provides traditional and contemporary texts to spark conversation and learning about what each month can teach us.

Guest Speakers: On many Shabbat mornings, you'll find us hosting fascinating guests who share insights on a range of issues important to Jewish life.

Talmud Study: We read the Talmud, the codification of Jewish Law. We discuss related arguments Rabbis have made for centuries, searching for justifications and explanations on the nature of Torah, life, and the will of God. We debate, argue, speculate and enjoy lively, stimulating discussions. We meet twice a month: once Wednesday evening and once Saturday at noon. We hope you'll join us.

Tantalizing Torah: Explore the parts of the Bible they didn't teach you in Hebrew School. Come to know the characters and their stories in a unique way – as they come to life with all their attributes and flaws when each class delves into the *Tanakh*. No knowledge of Hebrew required. Class meets the second Wednesday of the month, 1:00 pm.

***Please note:** Some Life Long Learning sessions are in-person, while others remain virtual. You can always check our BetNet email newsletter or bethhatikvah.org/events for the latest information. Questions? Contact Connie Seligman, consel@optonline.net

FOUNTAIN OF HOPE STORYTELLING PROJECT

Everyone has a story. What's yours?

CBH partners with Fountain Baptist Church on the Fountain of Hope Storytelling Project to build community by sharing personal stories, with an eye toward public performance. Stories help us relate to each other and bring us closer together.

Watch BetNet for future events. For more information contact Stephanie Tran, devoted2now@gmail.com

THE ANTI-RACISM PROJECT

This past summer a small group of CBH members shared their experiences of antisemitism and their understanding of racism and how they intersect. These discussions led us to the importance of a broader program for the CBH community.

One of the important values of Judaism is "*Tikkun Olam*," repair of the world. And when it comes to anti-semitism and racism, there is much work to be done.

Please join us for a virtual program: "*Exploring the Intersection of Antisemitism and Racism: Understanding The Rising Tide of Hate and White Supremacy*" on Thursday, October 20, 2022 at 7:30 pm.

If you would like to join our committee or learn more please contact Andrea Savage, andisavage@gmail.com



The CBH Website: Offering a comprehensive overview of CBH for prospective and new members, as well as useful, timely information like our events schedule, password protected member directory, religious school resources, and much more, the website is an invaluable resource. bethhatikvah.org

BetNet: The weekly CBH newsletter comes out every Tuesday and offers the most up-to-date information about upcoming events, services, announcements, community news, and more. Delivered by email right to your inbox, BetNet can also be found on the CBH website and in our Facebook group.

CBH Facebook Page: On this public page, we share the best of CBH with the world and invite non-members to learn more about us.
facebook.com/cbhnj

The CBH Group on Facebook: This members only space is for discussion of CBH, our community, and our Jewish experience. Here, you'll find frequent updates about what's going on at CBH, as well as member-contributed posts about relevant topics.
facebook.com/groups/CBHSummitGroup

CBH on Instagram: This is the best place to find photos, videos, and other images related to recent and upcoming CBH events.
instagram.com/cbhsummit

Other Publicity: When you see CBH mentioned in a community publication, advertisement, or news article, you're seeing the Communications Committee at work! We're always looking for new ways to spread the word about our warm, welcoming congregation.

New Ark at Congregation Beth Hatikvah



The Hebrew phrase on the Ark is "Let every soul praise God." This new Ark will house our three scrolls throughout the year and will also accommodate our Holocaust scroll during the High Holidays.

The branches are representative of the Torah as a tree of life. The pomegranates are there because in Judaism their numerous seeds represent the 613 commandments.

Thousands of years ago, our ancestors built the first ark. They placed the tablets with God's commandments inside and carried it with them in the wilderness. They called it the ark of the covenant because it held instructions for how to maintain good relationships with God, with other people, and with the land.

It is perfect that our new ark coincides with our theme this year, which is Brit Kehillah. As we focus on our covenant with each other and our connections to Jews throughout the ages, we have this gorgeous visual symbol of covenant.

Our ark is new, but it still contains the ancient wisdom of the Torah. The ark not only represents the future of our specific Beth Hatikvah community, but also our connection with the past and with Jews throughout the world.

Special thanks to those who worked on the New Ark Project - Amy Green, Steve Kaflowitz, Todd Rosen and Jill Schuster.



A Season of Mussar
**"To bring the heart to understand what the
mind already knows"**
Rabbi Elyah Lopian



Would you like a spiritual place to process life's challenges, cultivate a sense of inner balance, and experience a greater sense of wholeness?

The 1,100 year old Jewish spiritual tradition of Mussar offers wisdom for facing and making the most of life's challenges, to help you find peace, love, and fulfillment in both heart and soul. Not a therapy group, it is a group of people walking a spiritual pathway to self-discovery together. A Season of Mussar is a 13-lesson program with 7 group sessions alternating with 6 study partner sessions. Connie Seligman, a trained Mussar facilitator, will guide active engagement in Mussar learning and personal transformation.

For more information and scheduling, email Connie at consel@optonline.net.
A Season of Mussar is a program of The Mussar Institute, www.mussarinstitute.org.



“MANN TRACHT, UN GOTT LACHT”

...is an old Yiddish adage meaning, “Man plans, and God laughs.”

Despite our most careful planning, the road of life is unpredictable.

It's times like these when we need and count on our neighbors.

It's times like these when the CBH Caring Committee jumps into action. Whether it's delivering a meal to a family, or helping during a *shiva*, these little acts of kindness make a world of difference.

Since we can't predict the future, we maintain a list of people who can help when the need arises. God willing there won't be a lot of need. But, just in case, add your name to our list by contacting Debbie Kflowitz, kflowitz@aol.com or Sarah Kaplan, sarahf@panix.com

SONGS

Hinei Mah Tov

Hinei mah tov u mah nayim 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, 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 a 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

L'shanah Tovah

L'shanah tovah htikateivu (repeat)

L'shanah tovah (3 times)

Tikateivu v'tichateimu

(May you be written and inscribed for a good year)

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 Yisroel Adonai Elohenu Adonai Echad (4 times)
Baruch shem k'vod shem k'vod malchuto l'olam va-ed
(repeat) *Shema Yisroel Adonai Elohenu 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 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.

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 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)

Shanah Tova

Shanah tova (8 times)

A good year, a year of peace, may gladness reign and joy increase

A good year, a year of peace, may gladness reign and joy increase

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 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 shloscha d'varim
Hevu metunim badin
Veha'ahmidu talmidim harbeh
Va'asu syag la Torah (repeat)

Al Shloscha Devarim

Al shloscha, shloscha devarim, al shloscha devarim
Al shloscha, shloscha devarim
Ha'olam, ha'olam omeid (repeat)

Al ha-Torah, v'al ha'avodah, v'al gemilut chasadim
(repeat)

On three things, on three things, on three things
The world stands
On three things, on three things
Ha'olam, ha'olam omeid (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

Hatikva 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'racheim aleinu (repeat)

V'kabeil b'rachamim u'v'ratzon et t'filateinu

Ki el shomeia t'filot v'ta-a chaunim Atah

Shema koleinu Adonai Eloheinu

Chus v'racheim aleinu (repeat)

Yai lai lai lai lai lai lai lai (repeat)

Yiyhu Leratzon

Yiyhu 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 leiyom 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.

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.



**Get
Ready!**

**for the
GOOD E'NUF SUKKAH
CONTEST!**

Be creative!

**Make a sukkah in a shoebox, place a
pumpkin on the porch, or build a lean-to
out of leaves on a lamp post!**

**Then post a picture of it
on the CBH Facebook Group
And you could win a PRIZE!**

[FACEBOOK.com/groups/CBHSummitGroup](https://www.facebook.com/groups/CBHSummitGroup)

UP COMING CBH EVENTS

OCTOBER 8 — Sukkah Raising — CBH community-wide event, activities for all ages

OCTOBER 14 — Pizza in the Hut 6:00 pm, followed by service also in the sukkah at 7:00 pm

OCTOBER 21 — Celebrate Simchat Torah

NOVEMBER 4 — Volunteer Appreciation Service

NOVEMBER 11 — Special Shabbat service featuring the music and poetry of Leonard Cohen

NOVEMBER 18 — special presentation by Dov Ben-Shimon, CEO of the Jewish Federation of Greater MetroWest NJ. Come hear about the amazing and inspiring work of our local Jewish Federation!



CBH DOES NOT LIVE ON CHALLAH ALONE!

We need your financial
help to make ends meet.

Please make a donation.
Send a check or go to our website
bethhatikvah.org/donate

Todah Rabah

thank you

Our high holiday celebrations are a group effort and we would like to thank the following members of the congregation for their time and energy over the past few months:

Michael Hyman, for all he does to ensure a smooth, joyous celebration and for leading the High Holiday committee; **Peggy Dugan** for assisting Michael in the planning and for coordinating the honors and the ushers; **Rabbi Orden, Steve Wetter** and **Andy Kaplan** for leading us in prayer, song and reflection; **Myra Cole, Steve Toneatti, Josh Silberman, David Silberman, Zach Kaplan**, and **Kylah Fanning**, our amazing tech team who have been invaluable in seeing to our technical needs; **Arleen Soldati** for her leadership as President of CBH as well as coordinating the Yizkor roll of remembrance and booklet; **Leemor Ellman** and **Michelle Winter** for our enriching family services; **Zach Kaplan** for the High Holiday registration system; **Carol Sullivan** and **Cindy Wetter** for creating this High Holiday booklet of songs and CBH happenings; medical advisors **Dr. Leslie Feigin** and **Aaron Abramovitz, PhD** for helping us create COVID-19 safety guidelines.

A huge thank you to all the ushers, those who accepted honors, shofar blowers, Yom Kippur discussion leaders and other CBH members who have contributed to ensure a beautiful, meaningful High Holiday celebration at CBH.



Time to Raise the Roof!

*Help build our Sukkah at CBH
Saturday October 8th 9:30-11:30 am*

*Great fun for the whole family.
Join the celebration outside.
All are welcome.*

Welcome to CBH

*Shabbat
Shalom*

HELLO!

*shanah
tovah*

To learn more about
joining CBH visit our
website: bethhatikvah.org
Or email our membership
co-chairs Lisa Tognola
lisatognola@gmail.com
or Cindy Slavin
cslavin29@gmail.com