

A photograph of a tree-lined path in autumn. The path is paved and covered with fallen yellow and orange leaves. The trees are tall and thin, with their leaves also showing autumn colors. The lighting is warm and golden, suggesting late afternoon or early morning. A semi-transparent dark rectangular box is overlaid on the upper half of the image, containing white text.

**Congregation
Beth Hatikvah
High Holidays
5782 / 2021**

TESHUVAH
**we
begin
again**



Congregation

Beth Hatikvah

Monday, September 6th

7:30-9 PM Erev Rosh Hashanah

Tuesday, September 7th

10-11:30 AM Rosh Hashanah Day 1

12-12:30 PM Tashlich

Wednesday, September 8th

10-11:30 AM Rosh Hashanah Day 2

Wednesday, September 15th

7:30-9 PM Kol Nidre / Erev Yom Kippur

Thursday, September 16th

10-11:30 AM Yom Kippur Service

12-4 PM Afternoon Programming

4-5 PM Minchah Service

5-5:30 PM Yizkor

5:30-6:30 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



This year I fell in love with a classic science-fiction novel called *The Parable of the Sower* by Octavia Butler. The story is set in a dystopian near future, and the main character is creating her own theology. She writes:

All that you touch

You change.

All that you change

Changes you.

The only lasting truth is change.

God is change.

The book was written in 1993, but I found it resonated powerfully today when we are living in a time of great change. These words remind us that nothing stays the same. Much as we might want to cling to what is familiar and comfortable, our world has abruptly changed.

These words also remind us that we have the power to shape the world we live in. *Whatever you touch you change.* If we really knew this, surely we would be more intentional about the ways that we touch our world. We might more often ask ourselves: What impact do our actions have on our physical environment, on the people we encounter each day, and on our own lives?

As we enter the Jewish year 5782, CBH has chosen for our yearly theme: *Teshuva: We Begin Again.* The truth is that we are always beginning again, every day, every moment. But the pandemic has forced us to stop and pay attention, to really notice how we want to return, how we want to begin again.

At this time when we are acutely aware that everything can and must change, we have an opportunity to ask: Is this the life I want to live? Am I doing the things that are most important to me? Am I making time for things that bring me joy?

All that you touch, you change.

All that you change, changes you.

Shana tova. I wish you a year of joyful change, a year of returning to what you value most, a year of beginning the life you truly want to live.

HELLO!

ADAM KOLBE JONES



**Adam Kolbe Jones begins his Rabbinic Internship at
CBH this September 2021.
He will be with us until June 2022.**

Adam has been studying at the Reconstructionist Rabbinical College in Philadelphia, PA for four years and is now in his last year of study. He expects to graduate in May 2022 with a Master of Jewish Letters and the Title of Rabbi.

He interned at the Hillel at Haverford College as a Rabbinic Advisor and leader. He has also served as a Rabbinic Intern at Or Zarua in Haverford, PA. Adam studied music for over 15 years and is a composer of both secular and Jewish music.

Members will be meeting Adam at many of our CBH events, services, study groups, and Religious School programs. You can expect to see Adam teaching some Torah Study and Shabbat morning learning groups, and leading some Shabbat services. He will also participate on the Spiritual Life committee and will assist Rabbi Orden in a variety of ways. Religious School will also enjoy Adam's music and participation.

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**Arleen
Soldati,
President
Congregation
Beth Hatikvah**

Embracing Change

In January of this year, after 25 years as a CBH member, I began my term as President of Beth Hatikvah. We were in the depths of the pandemic. It was all Zoom services and programs, emails and phone calls. We were alone, yet virtually together.

Six months later, in a July OpEd piece in the NJ Jewish News, Rabbi Orden wrote, “The Torah shows us that change is hard, but it is possible”. On July 9th, CBH did our first Hybrid Shabbat Service: congregants in the sanctuary in person and congregants on Zoom at the same time! CBH responded to the pandemic by remaining rooted in Torah and creating and recreating community, celebrating Jewish traditions wherever and however we could. Change *is* possible.

This year, CBH has chosen, Teshuvah: We Begin Again, as our yearly theme. Raising the Sukkah is a good example of We Begin Again. The Sukkah we have used for a number of years is still sturdy but needs new walls and extra lumber. This means it will be expensive and demand more work, and yet, we choose to rebuild the Sukkah. Reopening CBH is demanding and expensive, but we do it, and do it wholeheartedly. Beginning again means lots of decisions that aren’t easy. Often you end up with something unexpected, like a rebuilt Sukkah, a Hybrid Shabbat Service, and new members that find us on Google!

After being apart for 16 months, we are back together. As we recover from this pandemic, we rejoice anew in communal prayer, programs and activities, sharing our Jewish rituals and traditions. We embrace old and new members. We embrace new ideas. It is a time of renewal and a time of change. In the communal work ahead of CBH, we welcome and want everyone’s participation. Please offer your talents, ideas, and time to CBH. Please contact me and I will help you find ways to participate. arleen.soldati@gmail.com

Shana Tovah and my best wishes for a healthy and happy 5782.



CBH Religious School is here for you this year – we are so happy to again be your proverbial village! Come and be involved in the religious school and enjoy a year of fun and Jewish learning.

We are living in extraordinary times and we can't do things the same old way--especially when it comes to educating our children. Our highly regarded, long-standing, experiential Shabbat school model will be vibrant this year as we are excited to bring new forms of Jewish art, music, improv, gaming, storytelling and more to all students, ages K – 7th grades all while following COVID guidelines.

New Members: *Your first child attends CBH Religious School FREE for the first year! Email leemor.ellman@bethhatikvah.org for more information, to arrange a visit of our religious school, and to register! Saturday, September 18 - all ages welcome! 10 - 11:30am*

ATTENTION TEENS!

Join us as active participants in the CBH community and role models for our younger children. Get involved in the inner workings of our CBH committees. Feel connected to your community and all that it takes to make it work. Join us too for monthly discussions where we explore challenging real-life topics, such as the diversity of our people and the complexities of Israel and the world.

For more information about educational programs, contact Leemor Ellman, leemor.ellman@bethhatikvah.org or 917-674-2845.

*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. A totally new and 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**



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
Margie.cbh@gmail.com**

**Oct 2 – Shabbat
Dec 4 – Chanukah
Jan 8 – Tu B'Shevat
March 12 – Purim
April 2 – 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. We are also helping their parents prepare for the citizenship test. There are three families, two in Elizabeth from Syria and one in Roselle from Afghanistan. The eight children range from first to ninth grade. Before the pandemic, the tutors went to the families' homes. Since the pandemic, everything has been virtual, and even though the children will return to in-person school in September, the tutors will continue virtually until the families are vaccinated. Working with the families requires a certain skill set. If you would like to discuss helping virtually, contact Debbie Kflowitz, kflowitz@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 throughout the past 18 months. 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.

Collecting Purposeful Acts of Kindness Kits

You can also help our neighbors in need by making PAK Kits filled with

items needed right now. We will be collecting these kits for **nourish.NJ**, during the High Holidays at CBH. Formerly the Community Soup Kitchen and Outreach Center, **nourish.NJ** creates lasting solutions to the problems of hunger, homelessness and poverty.

Prepare one (or both!) of these kits with the following items in a standard size reusable shopping bag. Basic Needs Kit: Pocket-size hand sanitizer, bottle of water, protein bar, baggie filled with laundry pods, roll of toilet tissue, hand towel, full-size shampoo, conditioner and body wash. Baby Pak Kit: Similac Advance Infant Formula with Iron, diaper wipes, baby head-to-toe wash, baby lotion, small toy.

LIFELONG 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. This friendly, committed group meets every Shabbat, from 9 AM to 10 AM (on those Saturdays when there is no service), to explore the Torah portion of the week, facilitated by Rabbi Orden, rabbinical intern Adam Kolbe Jones, or one of our inspiring lay leaders. The portion is read in English, and beginners are always welcome. Bring us your questions! We can't promise they will all be answered, but they will always be honored.

Teshuva: We Begin Again: This year's CBH theme will be our springboard one Shabbat morning each month, from 10 AM - 11:15 AM, as Rabbi Orden teaches a relevant text leading to a spirited discussion.

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. Some recent topics: Emma Lazarus: Belonging and Separating; From Baruch Spinoza to Mordechai Kaplan; Shared Society in Israel; Regendered Torah; The Mavens: Jewish Advice Columnists From the Early 20th Century to the Present; and Better Angels, an organization dedicated to depolarizing America. Check bethhatikvah.org/ events or our email newsletter, BetNet, for upcoming scheduled talks.

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 evenings 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 2nd Wednesday of the month, 1:00 pm.

*Please note: As we start to resume in-person activities at CBH, some learning sessions may be in-person, while others remain virtual or hybrid. You can always check our BetNet email newsletter or bethhatikvah.org/events for the latest information.

“Here All Along” Series

The High Holidays are a time for us to do *teshuvah* and "begin again." *Teshuva* is often translated as repentance, but repentance in Judaism does not mean what it means in English. *Teshuva* means turning or returning...each year we are given a chance to re-consider Judaism and its meaning and relevance to our lives today.

"Here All Along" by Sarah Hurwitz is a personal narrative about how a lapsed and disengaged Jew stumbled back into Judaism and the joy she found there. Hurwitz spent a decade as a well-known political

speechwriter and then decided to turn her focus to her re-discovered faith. Beautiful rituals, helpful guidance on living an ethical life and conceptions

speechwriter and then decided to turn her focus to her re-discovered faith. Beautiful rituals, helpful guidance on living an ethical life and conceptions of God beyond the judgy bearded man sitting on a king's throne in the sky -- these are just some of the things that she found. Hurwitz says, "I wrote this book because I believe that through our individual seeking and grappling, we don't just discover, but collectively help create the kind of Judaism that is worth grabbing hold of."

Using Hurwitz's personal exploration as a guide, the Rabbi will take us on our own journey as we begin again to create the kind of Judaism we want and need in our lives. See quotes on pages 31-34.

Dates: October 16; November 6; December 18; January 22; February 19; March 19; April 9; May 7; June 18 at 10 AM.

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. 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

The Anti-Racism Project continues its work on racial justice in 2021-22 with a focus on reparations and on the intersection of racism and anti-semitism with speakers, discussions and other events that inspire thought, conversation and action. We will post upcoming events in Bet-Net and on our CBH website. If you want to join our committee or learn more please contact Andrea Savage, adisavage@gmail.com.



The Communications Committee keeps members connected to each other and informed about what's going on at CBH throughout the year.

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.

<https://www.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.

<https://www.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.

<https://www.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.

<https://www.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.



***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, beginning this fall. Connie Seligman, a trained Mussar facilitator, will guide active engagement in Mussar learning and personal transformation.

***For more information, please 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’re developing 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 Kaflowitz, kaflowitz@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 venis mecha. (repeat)
Hava neranena, hava neranena hava neranena venis mecha. (repeat)
Uru, uru achim
Uru achim belev sameach (4x's)
Uru achim, uru achim belev sameach.
(Let us rejoice and be happy. Awake, awake my brothers with a happy heart.)

Sing Unto God

Sing unto God, sing a new song,
Oh sing praises to God.

Give thanks to God with a song.
Oh sing praises unto the One above.

Let us rejoice all ye righteous
And cry out to our God with joy.
Sing out from your hearts,
Sing out from your hearts,

Bless God's name,
Oh sing unto our God a song of prayer.
Sing praises to the One, sing unto God.

Sing unto God, sing a new song unto
Sing unto God, sing a new song unto
Sing unto God, sing a new song unto God.
Sing a new song to God.

Am I Awake

Yai lai lai lai, yai lai lai lai lai (repeat several times)
Am I awake? Am I prepared?
Are you listening to my prayer?
Can you hear my voice? Can you understand?
Am I awake? Am I prepared?
Yai lai lai lai, yai lai lai lai lai (repeat several times)

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)

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

V'ha-amideinu shomreinu l'chayim
Ufros aleinu sukat shlomecha

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 Tova

L'shanah tova tikateivu (repeat)

L'shana tova (3x's)

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 (repeat 4x's)

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.)

L'hatchil Mei'hatchalah

Starting all over again

Like the sun that rises

In the blue sky above my head,

Starting all over again

And the excitement grows

With every step I take.

I do not fear falling –

There is an angel in the dark

Lighting the way, yet

Beginning all over again takes great hope,
It takes prayer.

Starting all over again
I believe in a wish
That may come true,
Starting all over again
The locked door
will open for me
somewhere on the Earth
I will find a resting place
An oasis in the desert—
Beginning all over again takes great hope,
It takes prayer.

L'hatchil mei hatchalah
Tzarich tikva g'dola
Tzarich tefilah

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 (8x's)
A good year, a year of peace, may gladness reign and joy increase
(2x's)

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

K'she'ani ro'eh ba'chaloni
Etz she'morik l'cha v'gam li
Ani shar l'atzmi, eizeh ach'lah olam.

Ha'shama'yim k'choolim, anan hu lavan
V'haboker bahir u'valaylah ishan
Va'ach'lom l'atzmi, eizeh ach'lah 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 (six times)

Or chadash (three 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 (three times)

Al Tzion ta-ir, al Tzion ta-ir

V'nizkeh chulanu bim hera l'oro

Baruch atah Adonai yotzer ham'orot

Or chadash (three times)

Al Tzion ta-ir, al Tzion ta-ir

Yai dai dai dai dai (12 times)

Moshe Kibel Torah

Moshe kibel Torah mi Sinai

U mesarah li Yehoshua

V' Yehoshua li Zkayneem

U Zkayneem li Nevi-im

U Nevi-im mesaruah l'anshey Knesset hagdolah

(repeat)

Haim amru shloscha d'varim

Hevu metunim badin

V'ha-ahmidu talmidim harbeh

Va-asu syag la Torah

(repeat)

(Moses brought the Torah from Sinai)

Mourning into Dancing

You turn my mourning into dancing
So that my soul might sing to you.

So that my soul sings to you,
And it not be still.

Chorus:

Oh God, my God, forever I will thank you
Oh God my God, forever I will thank you, *odeka*

Now I sing praises to the holy One
Who lifts me up when I have fallen
And I cry to you to hear me
And you have answered all my prayers.

Chorus

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

Chorus

You turn my mourning into dancing (3x's)

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

Shalom Rav

Chorus:

Shalom rav al Yisrael am-cha ta-sim l'olam (repeat)

Ki Atah hu Melech adon l'chol ha-shalom (repeat)

Chorus

V'tov b'ei-necha l'va-reich et am-cha Yisrael

V'et kol yoshvei tevel

B'chol eit u v'chol sha-ah bish-lo mecha.

Chorus

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.

Avinu Malkeinu

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 Goi

Lo yisa goi el goi che-rev, lo yil-m'du od mil-cha-mah (repeat several times)

Olam Chesed Yibaneh

Olam chesed yibaneh, da da dai dai dai dai dai (repeat)

I will build this world from love, *da da dai dai dai dai dai*

And you must build this world from love, *da da dai dai dai dai dai*

And if we build this world from love, *da da dai dai dai dai dai*

then God will build this world from love, *da da dai dai dai dai dai*

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

Sh'ma Koleinu

Sh'ma 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

Sh'ma Koleinu Adonai Eloheinu
Chus v'racheim aleinu (repeat)

Yai lai lai lai lai lai lai lai (repeat many times)

Yiyhu L'ratzon

Yiyhu leratzon imrey fi, imrey fi
vehegyon libi lefanecha
Adonai tzuri, Adonai tzuri, Adonai tzuri, vego'ali
May the words of my mouth and the meditation of my heart,
be acceptable to you, my God
Adonai, my rock, Adonai, my rock, Adonai, my rock
and my redeemer

Od Yavo

Od yavo shalom aleynu (3X's)
V'al kulam

Sa-lam,
Aleynu v'al kol ha-olam

Sa-lam, sa-lam
(repeat)

Repeat entire song
Very last time: *Sha-a-a-lom*

Al Shlosa Devarim

Al shlosa, shlosa devarim, al shlosa devarim
Al shlosa, shlosa devarim
Ha-olam, ha-olam omeid, (repeat)

Al ha-Torah, v'al ha-avodah, v'al g'milut 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)

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 in front of 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

Gesher Tzar M'od

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

V'ha-ikar, v'ha-ikar
Lo l'fa-cheid, lo l'fa-cheid klal
V'ha-ikar, v'ha-ikar
Lo l'fa-cheid klal

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

Is to have no fear at all.

Mah Nora

Mah nora ha-makom hazeh.

How awesome is this place.



READINGS

It is Upon Us

by Trisha 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 task 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

The Beginning

by Rachel Kann

If you can find stillness,
the jasmine will night-bloom in your direction,
and the breeze
will carry its sacred exhalation of perfume
toward you.

Breathe,
the moon will cascade waves of radiance
downward,
drop her silver robes,
glow.

You will awaken,
overtaken by a love from within
that asks no permission,

golden particles rising
beneath your skin.

All of existence
longs to be an offering.
Eternity is a constant whisper
wishing to be listened to.

This is the beginning.
This is only the beginning.
Let it in.

Give-Away Song

by Gwen Westerman

This is my give-away—
 not because I don't want
Not because I don't want
 it anymore,
 not because it's out of
 style or
 broken or
 useless since it lost
 its lid or one of its buttons,
not because I don't understand
the "value" of things.

This is my give-away—
 because I have enough
 to share with you
because I have been given
 so much
 health love happiness
 pain sorrow fear
to share from the heart
in a world where words can be
meaningless when they come
only from the head.

This is my give-away—
to touch what is good in you
with words your heart can hear
like ripples from a pebble
dropped in water
moving outward growing
wider touching others.
You are strong.
You are kind.
You are beautiful.

This is my give-away.

QUOTES FROM “*HERE ALL ALONG*”

by Sarah Hurwitz

A few ‘teasers’ from “*Here All Along*”, the book that we will be using for our Lifelong Learning Series this year. Join the rabbi as she takes us on our own journey as we begin again to create the kind of Judaism that we want and need in our lives.

Series dates: October 16; November 6; December 18; January 22; February 19; March 19; April 9; May 7; June 18.

Jewish Holidays

Jewish holidays articulate themes that Judaism emphasizes all year round: caring for those on the margins, living life fully awake, returning to our pure souls/truest selves/the Divine. But I worry that for some of us, the traditional rituals don’t always serve their intended purpose. For most of my life, I figured that this is just how Judaism is – meaningful in some vague way, occasionally fun, but generally dull and hard to understand. And while there’s nothing wrong with the kind of synagogue

experience where we just let the music and Hebrew words wash over us and enjoy the time offline, I think we deserve more.

I'm certainly not saying we should abandon our holiday traditions. Just the opposite: I think we should assume that each of them has something profound to teach us – something that will touch our souls and transform our lives – but we need to put some effort into finding it. We need to keep digging, learning, and interpreting until we unearth the beating-heart meanings of these holidays. And we need to celebrate them in ways that bring those meanings to life so that their lessons stay with us long after they have ended.

Days of Awe

The holidays that take place during this period are supposed to break our hearts wide open, prompt a wrenching examination of our souls, and force us to come face-to-face with our own mortality. During this season, we step back and ask ourselves: How's it going? Not in the meaningless small-talk sense of that question, when the response is always "Fine," but in the big existential sense that requires an honest answer and prompts further questions. Like "Am I a good person?" and "Am I living a good life?"

Teshuva

Doing *teshuvah* is not so much about beating yourself up over what you've done in the past, but about changing yourself so that you act differently in the future. When done well, I think it is a self-affirming rather than self-denigrating process, and I appreciate this advice from the *Baal Shem Tov* (the founder of Hasidism): "It is necessary to find the root of love in evil so as to sweeten evil and turn it into love." I interpret this to mean that if you dig down to the root of any sin, you generally discover some perfectly good or legitimate yearning.

Why do I sometimes gossip? Probably because it makes me feel better about myself and is a way to connect with others. And there's nothing wrong with my desire for self-esteem and intimacy. Those are good things. I'm simply seeking them in the wrong way. Now that I realize this, I can focus on finding other ways to meet those needs.

Ayn Od

Theologians who are sometimes referred to as “nondualists” don't view God solely as a supernatural being “up there” who is separate from, and rules over, human beings “down here” – an idea that creates a duality between the Divine and the human. Instead, everything is God – you, me, skyscrapers, grass – it's all God. There is no separation between us and God, or us and each other, or us and anything else. We're all one.

Nondualists often cite a line from the Torah: “There is none beside God.” *Ayn Od*. This statement has traditionally been understood to mean that there are no gods other than the supreme God, but nondualists believe it means that there is nothing in the world other than God – God is everything. “If every moment, every object, and every being is the Divine before us,” notes Rabbi James Jacobson-Maisels, “we bring a freshness and openness to our experience, ready to find God in every moment.”

Shofar

The sound of a shofar is both primitive and primal – like a cross between sobbing, wailing, and a panicked plea for help. It is a sound you cannot ignore. Maimonides viewed it as a wake-up call, a kind of spiritual alarm clock set to go off in the fall of each year.

What, exactly, are we waking up to? One answer can be found in this line from the Days of Awe liturgy: “A great shofar sounds, and a still

small voice is heard.” This is a verse from the biblical story of the prophet Elijah, who encountered God on a mountaintop:

There was a great and mighty wind, splitting mountains and shattering rocks by the power of the Lord; but the Lord was not in the wind. After the wind – an earthquake; but the Lord was not in the earthquake. After the earthquake – fire; but the Lord was not in the fire. And after the fire – a still small voice.

God was not in the powerful forces of nature, but in that still, small voice. And that’s what we’re trying to wake up to during this Days of Awe season – that quiet voice of conscience that says, “What you did wasn’t right”; that voice of truth that says, “This isn’t who you are or who you want to be.” I’ve heard it described as the voice in which our souls speak to us, and some call it the voice of the Divine.

Believing in God

I once confided to a teacher of mine, that while my belief in the Divine felt true, it also felt ridiculous, and I couldn’t figure out how to reconcile that tension. He responded: “Maybe you’re asking the wrong question. Maybe the question isn’t whether believing in God is ridiculous or not. Maybe you should ask yourself: When I run this belief in God on my operating system, what happens? Am I more loving? More honest and courageous? More true to myself and present in my life?”

For me, the answer to each of these questions is yes. When I remind myself of the Divine in others, I’m kinder and more patient with them. When I remind myself of the Divine within me, I’m more willing to listen to that inner voice that tends to whisper inconvenient truths about who I am and what I should be doing with my life. And when I believe that the Divine is present in everything at every moment, I’m more able to approach my daily life from a posture of gratitude and wonder.

THANK YOU



Congregation Beth Hatikvah is grateful to be a recipient of Jewish Federation of Greater MetroWest NJ's COVID-19 emergency response grant to help alleviate additional costs associated with safely providing services this High Holiday season. These funds are made possible by generous donors to the UJA Annual Campaign and signifies Federation's commitment to the vibrancy of synagogues.



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Todah Rabah

thank you

Our High Holiday celebration is a group effort and we would like to thank the following members of the congregation for their effort 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, Joshua Silberman, David Silberman, Zach Kaplan** and **Ian Miller**, our tech team who have been invaluable in overseeing our technical needs; **Arleen Soldati** for leading us as President of the congregation as well as coordinating the Yikzor roll of remembrance and booklet; **Leemor Ellman** and **Michelle Winter** for creating the enriching family services; **Katia Segre Cohen, Tamar Wyschogrod, Carol Sullivan** and **Zach Kaplan** for the High Holiday registration system; **Cindy Slavin, Carol Sullivan** and **Melissa Curtis**, CBH Office Administrator for creating the High Holiday booklet of songs and CBH events; **Lisa Tognola** for assisting with the High Holiday booklet back cover; **Tamar Wyschogrod** for leading the COVID-19 committee to ensure a safe return to our building.

A huge thank you to all the ushers, honors, Yom Kippur discussion leaders and other CBH members who have contributed to ensure a meaningful High Holiday celebration!



IT'S TIME FOR SUKKOT!



**AND AT CBH THAT MEANS - IT'S
'GOOD 'NUF SUKKAH' TIME - EVEN
IF YOURS IS ON A CAMEL!**

Create your own Sukkah and post a picture of it to the
CBH FaceBook Group for all to see and appreciate.
You could win a PRIZE at the September 24th Shabbat
service.

(<https://www.facebook.com/groups/CBHSummitGroup/>)

TESHUVAH

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THIS NEW YEAR
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