

2018-5779

# HIGH HOLIDAYS



## A MESSAGE FROM RABBI JAY ROSENBAUM

Dear Friends,

There is a concept in Musar (Jewish ethical self-help) called *bechirah points*. Bechirah means choice. A bechirah point is the point at which a choice becomes a moral struggle. It's different for each of us and it changes as we change.

For a person who grew up in a nice neighborhood, robbing a bank is not a serious temptation. But, being totally honest on an income tax form might require some emotional effort. If we are that person the goal of teshuvah (moral self-reflection) is to get so good at making the ethical choice that is challenging for us that it becomes a habit, no more a real choice than our 'decision' not to rob banks. When that happens, we move on to a new bechirah point, and the struggle renews.

What are our bechirah points? What are the wrong choices we struggle not to make? What are the right choices that don't come easily to us? Identifying our moral gray areas is the first step towards making the High Holidays a meaningful time of personal growth.

So good luck with your bechirah points! And, may God inscribe each of us for a happy, healthy and sweet New Year.

*Rabbi Jay Rosenbaum*

# TzedekTzedek JUSTICE, JUSTICE YOU SHALL PURSUE! TIRDOF



## PRAY WITH YOUR FEET

The High Holidays should be a time of both reflection *and* action. We hope you will participate in some of the many opportunities HNT offers to 'pray with your feet' - make a difference in the world. Below are just a few...

- **Tutor a Child...Change Their World**

Become a tutor needed for the '18-'19 year at Leschi Elementary School. Email Linda Krisher at [Irok7@msn.com](mailto:Irok7@msn.com) for details.

- **Teen Feed: Fourth Sunday of the Month**

Join our dedicated crew preparing and serving meals to homeless youth in the University District. Email [TeenFeed@h-nt.org](mailto:TeenFeed@h-nt.org) to receive a monthly request for volunteers.

- **JFS High Holiday Food Drive & Sort: Sunday, September 30**

Transport collected food from HNT to the JFS warehouse, then help sort donations from across the city. Advanced registration required. Email [FoodSort@h-nt.org](mailto:FoodSort@h-nt.org) to volunteer. For details on the Food Drive and what items are needed, see page 5.

- **Candidate Forum: Wednesday, October 17**

Be an informed citizen - in partnership with League of Women Voters and several other faith communities, learn about our candidates for state and local government and initiatives on the ballot from all perspectives. RSVP at [h-nt.org/candidate-forum](http://h-nt.org/candidate-forum).

- **Congregations for the Homeless Shelter Meals: November - April**

Gather with your friends to help to provide a meal for 80 men during the colder winter months. Email [ShelterMeals@h-nt.org](mailto:ShelterMeals@h-nt.org) for details.

## Planning Ahead for the Holidays

### We Need Greeters and Ushers!

We know you value making HNT a friendly, inviting place to experience the High Holidays. You can help by spending a little time welcoming people at our doors on Rosh Hashanah and Yom Kippur. Please call Melanie to schedule your time at 206-232-8555 x200.



### Sukkot Orders • Due September 2

[h-nt.org/sukkot-orders](http://h-nt.org/sukkot-orders)

Order your lulav & etrog set, s'chach for your family sukkah, and your sukkah kit. Purchasing a lulav & etrog set provides a great opportunity to share an age-old tradition with your children. Use them in your family sukkah, then bring them to shul and participate in the hoshanot ritual. S'chach, the greenery to adorn your sukkah, will be available in 25 lb. bundles. A Sukkah Kit includes everything to build a sukkah but the s'chach. In order to receive lulav, etrog, s'chach or sukkah kit, you must pre-order by September 2. Order at [h-nt.org/sukkot-orders](http://h-nt.org/sukkot-orders) or call 206-232-8555.

### Price List: (Higher levels correspond to larger etrogim)

Standard Lulav & Etrog: \$35/set

Bundles of S'chach: \$23 each

Deluxe Lulav & Etrog: \$39/set

Sukkah Kit: Price TBD (~\$135)

Premium Lulav & Etrog: \$47/set

## Join in on an HNT Tradition - Your Help is Needed!

**Drive the Bima & Prep the Sanctuary • Wednesday, September 5 • 6:30 PM**

**Build the Sukkah • Sunday, September 16 • 10:00 AM**

Help us prepare for the High Holidays. We will move the ('flying') bima into the Feinberg Social Hall, collect siddurim from the sanctuary pews, set out chairs and seat covers on September 5. A light supper to help fuel your efforts will be provided. Then on September 16, we will build our sukkah in the courtyard outside the Upper Foyer.

**Please RSVP for either or both dates at [h-nt.org/volunteers](http://h-nt.org/volunteers) by August 31 if you can help.**

## Planning Ahead for the Holidays

**S'lichot • Saturday, September 1 • Film, *The Insult*, & Discussion: 8:45 PM**  
**• S'lichot service: 11:00 PM**

S'lichot services will follow the film screening and discussion of *The Insult*, a film about a seemingly minor incident in Beirut between a Lebanese Christian and a Palestinian refugee that escalates into an explosive trial that divides the two communities. The film provocatively portrays just how easy it is for hurt feelings to get out of hand and what makes it so difficult to forgive. This special program, featuring a discussion led by Rabbi Rosenbaum, is a great introduction to the spiritual work we all need to do to prepare for the High Holidays.

**Rosh Hashanah College Packages • Addresses Due by Monday, September 3**

If you have an undergraduate college student, visit [h-nt.org/college](http://h-nt.org/college) by September 3 so they can receive some goodies for a shanah tovah!

**Annual Cemetery Pilgrimage • Sunday, September 16 • 10:30 AM**  
**Herzl Memorial Park: 16501 Dayton Ave. N, Shoreline**

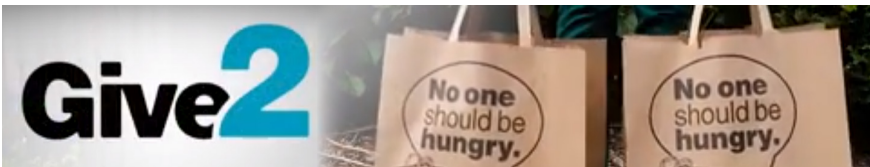
Led by Rabbi Bob Maslan, this traditional opportunity to visit Herzl Memorial Park is a time for remembering our loved ones whose influence lives on in our own lives. Following the initial brief service, Rabbi Maslan will be available to go with congregants to individual graves to recite memorial prayers.

**JFS Food Drive - Through Sunday, September 30**

Over 1,300 households count on the Polack Food bank each month. Let's work together to fill the food pantry shelves and provide families in need with healthy, nutritious food options. Acme Food Sales and the Estate of Valerie Polack are generously contributing a matching gift, pound for pound.

***Food Donations: Give 2, Provide for 10***

Please donate at least 2 bags of groceries, which can mean up to 10 extra meals for a household. Non-perishable items are needed - high quality proteins like **peanut butter** and **tuna**, filling **pasta** and **grains**, and **toiletries** (which you cannot buy with food stamps) like **full-sized shampoo, conditioner, toothbrushes**, and **diapers (size 3-5)**. Drop items in the bins in the foyers. No glass or nearing expiration dates please. For details on the Food Sort, see page 3.



## Service Times

### ALL SERVICES & PROGRAMS AT HNT ONLY

Please refer to the Youth & Family brochure for details on youth activities

**Erev Rosh Hashanah, Sunday, September 9 Service .....6:00 PM**

Youth Families: Jewish New Year's Rockin' Eve .....10:00 AM - 11:00 AM

**Rosh Hashanah Day 1, Monday, September 10 Service .....8:15 AM**

Youth programs begin .....10:00 AM

Tashlich by the waterfront following the Concluding Service ..... 1:15 PM

Mincha/Ma'ariv Services ..... 6:00 PM

**Rosh Hashanah Day 2, Tuesday, September 11 Service .....8:30 AM**

Family Service (1st - 5th Grade Families) .....11:00 AM - 12:00 PM

Service concludes .....approximately 1:15 PM

**Kol Nidre (Erev Yom Kippur), Tuesday, September 18 Service .....6:30 PM**

Candle Lighting ..... 6:55 PM

Family Service (1st-5th Grade Families) .....6:30 PM - 7:30 PM

Youth Programs for Middle School & High School ..... 6:30 PM

**Yom Kippur, Wednesday, September 19 Service .....9:40 AM**

Youth Programs begin .....10:00 AM

Yizkor ..... approximately 12:45 PM

Mincha ..... 5:00 PM

Ne'ilah/Ma'ariv ..... 6:30 PM

Final Tekiah & Break-the-Fast ..... 7:55 PM

## Break-the-Fast

Enjoy a quick Break-the-Fast treat following the final tekiah as you exit the building. This delightful "pick-me-up" for the entire congregation is generously hosted by Peggy and Bruce Gladner.

## Sukkot, Shemini Atzeret & Simchat Torah

**ALL SERVICES & PROGRAMS AT HNT ONLY**

**Please refer to the Youth & Family brochure for details on youth activities**

**FESTIVE KIDDUSH LUNCH TO FOLLOW EACH OF OUR FESTIVAL HOLIDAY SERVICES**

### Sukkot Day 1 & Day 2, Monday & Tuesday, September 24 & 25

Service in the Feinberg Social Hall.....9:30 AM

Programs for Preschool - 5th Grade .....10:30 AM

### Shemini Atzeret, Monday, October 1

Services including Yizkor.....9:30 AM

### Erev Simchat Torah, Monday, October 1

Services in Gladstein Chapel .....6:45 PM

Simchat Torah dancing in Feinberg Social Hall.....7:00 PM

### Simchat Torah, Tuesday, October 2

Services in Feinberg Social Hall .....9:30 AM

## Simchat Torah Dancing • Tuesday, October 2

Following the 6:45 PM ma'ariv service in the Gladstein Chapel, be part of the HNT Simchat Torah experience by carrying a Torah, dancing the hora or the kazatzky, clapping along, marching in a hakafa, waving a flag, singing 'Hoshia na,' and having a nosh or drink prepared by HNT's most experienced bartenders.



## Frequently Asked Questions: Parking & Transportation

### Who may park in the synagogue parking lot?

You may park in the synagogue parking lot if you are a Platinum, Gold or Silver level member with a parking placard.

### If I have a state disabled permit or must be dropped close to the door, what can I do?

Proceed into the main parking lot and use the Valet Parking service, available beginning 45 minutes before each service. No Valet for 6:00 PM Mincha on Rosh Hashanah Day 1, Monday, September 10 (lot open to all for that service only). Due to space limitations, there is no self parking for disabled permits. **No advance arrangements are necessary.**

### Where do I park if I don't have a state disabled permit but I can't manage the walk from off-site parking?

Use our courtesy shuttle service from the Mercerwood Shore Club parking lot (4150 E Mercer Way). Marked shuttles will be running during the hours listed below. If you need further assistance, contact Melanie at 206-232-8555 x200.

Rosh Hashanah Day 1 .....	8:00 AM - End of Service
Kol Nidre (Erev Yom Kippur) .....	5:00 PM - End of Service
Yom Kippur Morning .....	9:15 AM - End of Service
Yom Kippur Afternoon .....	5:00 PM - End of Service

**No shuttle service on Erev Rosh Hashanah or Rosh Hashanah Day 2**

### If I don't have a special need, where can I park?

ONLY these areas have been authorized:

- The SJCC parking lot (except where marked "No Parking 24/7")
- Mercerwood Shore Club, 4150 E Mercer Way (except "No Parking" area)

Please do not park anywhere that states "NO HNT Parking" as a courtesy to our neighbors as well as being mindful about parking in fire lanes or blocking driveways. If you park in any undesignated area you risk being towed at your own expense by the city. *The boat launch is not available for parking.* We encourage you to carpool and use our shuttle service.





## Frequently Asked Questions:

### How do I include my guests in the services?

Go to [h-nt.org/hh](http://h-nt.org/hh) and fill out the form or call the office at 206-232-8555 with their contact information so we can send them an information packet. Due to enhanced security measures each adult attendee is asked to bring the information packet to services.

### Is there a cost for guests attending our services?

If you are a Platinum, Gold, Silver or Bronze level member we will not be suggesting a donation of your guests. To help defray costs, others will be asked if they wish to make a suggested donation of \$180 per person for each of the two holidays.

### How can I reserve a seat (designated by a blue slipcover)?

If you:

- Are a Platinum or Gold Member (call the office to become either)
- Have a nameplate on a seat
- Use a wheelchair\*
- Are unable to climb steps or maneuver the aisle\*

\* You may reserve seats by calling Melanie at 206-232-8555 x200.

Seats will be presumed unused two hours after the start of services, and released for general seating unless prior arrangements have been made. These seats may be held longer for health reasons if prior arrangements are made by calling the synagogue office.

### For whom is Yizkor (the Memorial Service) recited?

Yizkor may be said for all deceased loved ones, parents, grandparents, other family and friends. Though some follow the tradition of leaving during the Yizkor service if their immediate family members are still alive, all are encouraged to stay.



## Frequently Asked Questions

### Will there be enough High Holiday Mahzorim (prayer books) for each congregant?

Thanks to the generous grant from the Goldstein Family Foundation, we have 500 volumes available for use on a first come, first serve basis in the upper & lower foyers. You are encouraged to purchase a personal copy of Mahzor Lev Shalem from the front office for \$35 in advance of the holiday.

### Can I use the telephone?

Except in emergencies, telephone use is prohibited on Shabbat and holidays. For those who must carry cell phones, please set them to silent. If there is a 911 level emergency, see the security officer at any exit. There are also phones throughout the building for emergencies only.

### Fragrance-Free

Please refrain from using fragrances (perfumes, colognes, etc.), as there are members who are highly allergic to these substances. Gum chewing is also inappropriate in the worship spaces.

### In Case of Emergency

Notify an usher, a security officer or staff member. Telephones for emergency use are located in most rooms. First Aid kits are in the main office and kitchen at HNT. AEDs are located on the upper level across from the women's restroom and in the lower foyer next to the sanctuary door.



*Please put your name and your phone number on your ritual items including your mahzor and talit so they can be returned if misplaced.*

2018-5779  
HIGH HOLIDAYS

*The Staff and Board of Directors  
wish you and your family a happy & healthy new year!*



Jay Rosenbaum,  
Rabbi



Bradlee Kurland,  
Cantor



Miriam Green,  
Rabbi for  
Community  
Engagement



Dr. Eliyahu Krigel, CJE  
Director of Education

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*...My parents planted for me before I was born,  
so do I plant for those who will come after me...*

*- Talmud Ta'anit 23 A*



*Herzl-Ner Tamid is proudly committed to leaving a  
legacy and to being a part of the fabric of our Jewish future.*

*Leave your legacy today  
for our shared Jewish tomorrow.*



**The Jewish Federation**  
OF GREATER SEATTLE



*Visit [h-nt.org/lifeandlegacy](http://h-nt.org/lifeandlegacy) for more information.*