



HERZL-NER TAMID
CONSERVATIVE CONGREGATION

5780 (2019)

HIGH HOLIDAYS

FAMILY & YOUTH PROGRAMS

YOUTH PROGRAMS AT HERZL-NER TAMID*

*Unless Otherwise Noted

Breath *of* Life, Living Soul

ז וַיִּצֹר יְהוָה
אֱלֹהִים אֶת-
הָאָדָם, עָפָר
מִן-הָאֲדָמָה,
וַיִּפַּח בְּאַפָּיו,
נֶשְׁמַת חַיִּים;
וַיְהִי הָאָדָם,
לְנֶפֶשׁ חַיָּה.

Genesis 2:7 Then the
LORD God formed
the human of the dust
of the ground, and
breathed into the
human's nostrils the
breath of life; and the
human became a
living soul.

FOR MORE INFORMATION PLEASE VISIT: H-NT.ORG



The Masa Program at HNT &
The **GWENN & DEAN POLIK**
and **VALERIE POLACK Z" L**

SELMA - ORLANDO CLASS & TRIP:

Jews & the Civil Rights Movement of the 1960's

TEEN HIGH SCHOOL TRIP FROM

FEBRUARY 16-20, 2020

**PLUS THE FOLLOWING EIGHT TUESDAYS
FROM 6:30-8:30 PM
AT HNT**

RSVP today!
tinyurl.com/y3uqk4as

**Please contact Dr. Eliyahu Krigel
for more information at:
eliyahu@h-nt.org or 425-559-3739.**

**WITH DR. ELIYAHU KRIGEL INCLUDING DINNER
AND GUEST PRESENTER:**

- 09/10 - CIVIL RIGHTS CLASS
- 10/29 - CIVIL RIGHTS CLASS
- 11/12 - CIVIL RIGHTS CLASS
- 12/10 - CIVIL RIGHTS CLASS
- 01/14 - CIVIL RIGHTS CLASS
- 02/16 - 02/20 - CIVIL RIGHTS TRIP
- 03/17 - CIVIL RIGHTS CLASS
- 04/21 - CIVIL RIGHTS CLASS
- 05/05 - CIVIL RIGHTS CLASS



High Holidays - 5780 / 2019

HNT Family & Youth Programs

To develop our muscle of attention, this year, the youth high holiday program will focus on "Breath of Life, Living Soul." When God is the creative and driving force catalyzing humanity in Torah, God uses the Nishmat Chayim (Breath of Life) to create a L'Nefesh Chaya (Living Soul) in Genesis 2:7. As partners in the holy act of creation, how can we make each breath truly count? This year our youth programs will be focused on learning steps we can all take to promote a healthier and more aware life full of attention and focused breath.

Are you an expert at breathing? Toddlers breathe 20-30 times per minute. Adults breathe approximately 12-20 times per minute which works out to be roughly 17,000-30,000 times per day. If Malcolm Gladwell in *Outliers* is right when he says, "to be an expert at something, you must practice it at least 10,000 times or more," then we should ALL be experts at breathing! But how often do we notice our breathing? What does it mean to bring our attention back to our breathing? How can we center our minds and calm our bodies?

To answer these questions and more through discussion, prayer, and positive student conversations and learning opportunities, this year our youth programs will do this by focusing on the "still, small voice" within all of us. In 1 Kings 19, Eliyahu HaNavi (Elijah the Prophet) experiences a great spiritual awakening by noticing this "still, small voice." Work on finding your own "still, small voice" within with your HNT community this high holiday season. Listen to your breath by hearing this inner voice within. Blessings help us press the pause button and hear this inner voice in a centered way before we proceed. We will explore these concepts and more together throughout the high holidays to center our minds and calm our bodies.

For more information about youth or teen programming at HNT, please contact Dr. Eliyahu Krigel, Director of Education, at eliyahu@h-nt.org, 206-232-8555 x220, or 425-559-3739.



Happy New Year from all the students at the Frankel Religious School. Pictured above are kindergarten and first grade students after their visit to the Kline Galland Home for a special holiday concert.





Jewish New Year's Rockin' Eve for Young Families

Sunday, September 29 • 10:00 AM - 11:00 AM

• Room 10/11 - Featuring Chava Mirel!

Join us for a New Year's celebration with spirit and joy. Our service will weave music, stories and t'fillah together to enliven and enrich your experience. We will honor our accomplishments of this past year and look ahead to a future filled with hope and community. Parents/guardians are encouraged to stay with their children for this joyous family worship experience. Everyone is welcome!



Listen closely, can you hear the "still, small voice" of your inner shofar?

Rosh Hashanah Day 1

Monday, September 30: Breath of Life, Living Soul

10:00 AM - 12:30 PM: 1st - 5th Grade

Join us for age-appropriate youth programming as we rotate according to the program descriptions and schedule on pages 4 & 5.

10:30 AM - 12:30 PM: Separate Middle School & High School Programs

Join us for gripping discussions, out of the box prayer experiences, snacks and more in the board room (middle school) and youth lounge (high school).

LOCATED AT THE SJCC -- PLEASE NOTE NEW LOCATION

11:00 AM - 12:30 PM: Special Family Service (K & under) at the SJCC

Calling all families with babies, toddlers, preschool, and Kindergarten aged students: Join us for this fun, interactive service along with a puppet show at the SJCC.

12:45 PM - 1:00 PM: Family Tashlich Service at Wittenberg Waterfront park

All youth & parents/guardians are invited by the water after the morning program for Tashlich.



Rosh Hashanah Day 1 Activities & Stations

Monday, September 30 • 10:00 AM – 12:30 PM

Sacred Breath in Crafts: Create and explore using your artistic side to find your “still, small voice” and the ability to artistically express yourself. All crafts are Yom Tov appropriate!

Zoo for YOU Cuddly Addition: The mitzvah of Tza’ar Ba’alei Chayim teaches us we are meant to care for all creatures on earth. We must take animal suffering seriously. During this fun petting zoo, we will pet miniature farm animals, wallaby and Patagonia Mara, and touch tables to interact with rabbits and chickens! Thank you to Animal Encounters for this special opportunity to celebrate the miracle of life!

Calming Creatures: Join Animal Encounters for their special Zoo for YOU program with calming creatures. This informative presentation will have some hands-on interaction! Calming creatures in this rotation will include a blue tongued skink, a Brazilian rainbow boa, a Giant Tanzanian cave spider, and Madagascar hissing cockroaches. We will also have an opportunity see and touch (but not hold) a chinchilla, the world’s softest animal.

Active Learning: Active learning games complete with Hebrew and movement!

A Calm Café: Celebrate the birthday of the world with a birthday cake, yummy nosh and opportunity to bond with friends. During the clam café, we will also explore strange and unusual stories regarding the peculiar and inspiring life of Eliyahu HaNavi, or Elijah the Prophet. Can you hear the still small voice?



Last year the Masa trip traveled to Philly and DC. Join us this year when Masa goes to Selma-Orlando from February 16-20, 2020 to learn about the connection between Jews and the Civil Rights Movement of the 1960's. Thank you to Gwenn and Dean Polik for supporting this transformative, post-b'nai mitzvah learning experience complete with 8 session of learning at HNT!



Rosh Hashanah Day 1 Activities and Stations:

Grade	10:00 AM	10:30 AM	11:00 AM
Preschool/ K			Preschool New Learning
1 ST Grade	Sacred Crafts Room 8	Calm Creatures Room 6	Zoo for YOU School Courtyard
2 nd Grade	Calm Café Room 2	Sacred Crafts Room 8	Calm Creatures Room 6
3 rd Grade	Active Learning Room 1	Calm Café Room 2	Sacred Crafts Room 8
4 th Grade	Zoo for YOU School Courtyard	Active Learning Room 1	Calm Creatures Room 6
5 th Grade	Calm Creatures Room 6	Zoo for YOU School Courtyard	Active Learning Room 1
Middle School		Specially designed middle school activities	
High School		Specially designed high school activities	



10 AM	11:30 AM	12:00 PM	12:45 PM
Family Service with Stories & Sweetness! Location: SJCC (adults must stay with their child)			Family Tashlich Ceremony by the Wittenberg Waterfront Park
for YOU Courtyard	Active Learning Room 1	Calm Café Room 2	
Animals Room 6	Zoo for YOU School Courtyard	Active Learning Room 1	
Crafts Room 8	Calm Creatures Room 6	Zoo for YOU School Courtyard	
Café Room 2	Sacred Crafts Room 8	Calm Creatures Room 6	
Learning Room 1	Calm Café Room 2	Sacred Crafts Room 8	
After school program of awesomeness (& snack) HNT Board Room			
After school program of awesomeness (& snack) HNT Youth Lounge			



Yom Kippur Activities and Stations:

Grade	10:00 AM	10:30 AM
Preschool/ K		
1 ST Grade	Calm Crafts Room 8	Prayer Service Room 6
2 nd Grade	Yoga Breath Room 2	Calm Crafts Room 8
3 rd Grade	Hebrew Games Room 1	Yoga Breath Room 2
4 th Grade	Israel Room 7	Hebrew Games Room 1
5 th Grade	Prayer Service Room 6	Israel Room 7
Middle School		
HIGH-School		

11:00 AM	11:30 AM	12:00 PM
Family Service with Singing and Stories! New Location: SJCC (adults must stay with their child)		
Israel Room 7	Hebrew Games Room 1	Yoga Breath Room 2
Prayer Service Room 6	Israel Room 7	Hebrew Games Room 1
Calm Crafts Room 8	Prayer Service Room 6	Israel Room 7
Yoga Breath Room 2	Calm Crafts Room 8	Prayer Service Room 6
Hebrew Games Room 1	Yoga Breath Room 2	Calm Crafts Room 8
Specially designed middle school program of awesomeness - HNT Board Room		
Specially designed high school program of awesomeness - HNT Youth Lounge		





L'shanah Tovah: Happy New Year!

Rosh Hashanah Day 2 Family Service

- **Tuesday, October 1**
- **11:00 AM - 12:00 PM • Room 10/11**
- **With Special Guest Chava Mirel & Asher Hashash!**

Join us for a soulful family service geared towards 1st-5th grade students and their families! Rosh Hashanah is our time to reevaluate and return to our most authentic selves. By celebrating our many blessings together, we join as one community in appreciation and worship. Adults are encouraged to accompany students and all are welcome!

Kol Nidre (Erev Yom Kippur)

Tuesday, October 8

6:30 PM - 7:30 PM: Kol Nidre Family Service

Forgiveness can be achieved when we ask with a full and sincere heart. Join us to begin this process of teshuva (repentance) together at a family service. This age-appropriate service is geared toward 1st-5th grade students and their families. Students are encouraged to come with an adult and all are welcome!

6:30 PM - 7:30 PM: Middle School Kol Nidre Experience

Self-reflections and thoughtful discussions.

6:30 PM - 7:30 PM: High School Kol Nidre Experience Looking inward and a time to pause by calming our bodies and focusing our minds.



Thank you FRS teaching assistants (Madrachim) for consistently helping at FRS and going above for our students, teachers, and even parents. Pictured here are FRS madrichim putting together roses for all the FRS moms for Mother's Day last year.

Yom Kippur Day

Wednesday, October 9

Our journey to investigate **Breath of Life, Living Soul** continues

10:00 AM - 12:30 PM: 1st - 5th Grade Children's Programs

We are back to explore new ways to understand breath of life and the idea of a living soul through learning, experience, and joyous prayer. We will rotate according to the program descriptions and schedule on pages 8 & 9.

LOCATED AT THE SJCC - PLEASE NOTE NEW LOCATION

11:00 AM - 12:30 PM: Special Family Service (K & under) at the SJCC

Calling all families with babies, toddlers, preschool, and Kindergarten aged students for this fun and interactive service located at the SJCC.

11:00 AM - 12:30 PM: Middle School Students Program

HNT Board Room.

11:00 AM - 12:30 PM: High School Student Program

HNT Youth Lounge.

6:30 PM - 7:30 PM: High School/USY Neilah Service

Join our growing USY group as we experience the last moments of Yom Kippur together in the HNT youth lounge.

7:30 PM: Flashlight Brigade

Youth and families will meet in the Upper Foyer when called for the HNT tradition of the annual flashlight brigade, havdalah, and final tekiah. Some flashlights and glow sticks will be provided but please bring your own as well.



The Becoming a Leader Trip is a highlight of the FRS experience. Each year students in middle school journey to Camp Solomon Schechter for learning and bonding. Facilitated by high school students and geared towards middle school students, the trip has become a cornerstone of our informal youth program.



Yom Kippur Day Activities & Stations

Wednesday, October 9 • 10:00 AM – 12:30 PM

Yoga Breath: What have you learned since Rosh Hashanah and what do you hope to work on in order to be the best you can be?

Yom Kippur Art & Calming Crafts: Use your hands and an open heart to create with passion and joy. All crafts are Yom Tov appropriate!

Our Link to Israel: Yom Kippur is the holiest day of the year and Israel is the holiest land for the Jewish people. How is Israel, like a “still, small voice” and what is the connection towards the US Jewish community’s relationship to Israel?

Hebrew Games: Play games with movement and excitement.

Praying with Intention: Yom Kippur is our opportunity to reevaluate the way we live. What does that mean to you on a personal level? Join this track for a discussion and prayer service based around the important themes of Teshuva (Repentance), Tzedakah (Sacred Giving), and T’fillah (Prayer).



Jewish advocacy and making your voice be heard in a significant way in our Nation's capital was what our Masa trip was all about last year. This year we're focused on understanding issues around civil rights and the Jewish contribution to the Civil Rights Movement of the 1960's.

Breath of Life, Living Soul

- **Sukkot Day 1**

- **Sukkah Visit: Monday, October 14 • 10:30 AM - 12:00 PM**

- **For Preschool, Grades K - 2, and 3rd - 5th Grades**

Inviting guests and dwelling in the Sukkah is our special time to be hospitable and gracious. Join us for age-appropriate Sukkot services which will include a visit to our beautiful sukkah, the opportunity to shake the lulav and etrog and a chance to create our own edible sukkahs! Help welcome our honored ushpazim (guests) to our home away from home at the HNT Sukkah.

Hoshanah Rabbah

- **Open Sukkah for Young Families!**

- **Sunday, October 20**

- **12:15 to 2:00 PM In the HNT Sukkah**

Meet up with all your Garinim friends (families with infants and preschoolers) after FRS for an afternoon of schmoozing, art projects and lunch. Please sign up with this Wufoo:

<https://hnt.wufoo.com/forms/hoshanah-rabbah-open-sukkah//>

Simchat Torah

- **Family Torah Celebration and Third Grade**

- **Consecration October 21**

- **7:00 PM with Special Guest Chava Mirel!**

Join us for our colorful, spirited, and festive family-friendly celebration. Bring the whole mishpacha (family) for an opportunity to shower the Torah with love. Hug a Torah at HNT. Don't forget to bring your dancing shoes! Third graders will have Consecration that night and will be collectively called up to the Torah as a group to honor their transition to midweek Hebrew school.



FRS Mission Statement

The mission of the Frankel Religious School (FRS) is to build a vibrant community where students actively live Jewish lives expressed through their actions and values. FRS creates a foundation for fostering deeper connections to Judaism, Herzl-Ner Tamid, Israel, and the modern world. We are a school of inquiry and we promote asking good questions. We strive to foster a welcoming and enthusiastic community where all family members can find multiple ways to connect to our congregation through social and learning events, parent activities, volunteering, social action, and friendships.

Please be in touch with Dr. Eliyahu Krigel, Director of Education at HNT (eliyahu@h-nt.org) to see how we can create this meaningful relationship together. Multi-faith families and all families from across the Jewish spectrum have an important place at the table of learning in our community, as we engage in continuous learning from babies to bobbies!



Inquiry, investigation, exploration, and learning occur both in the classroom and outside of the classroom at FRS. Pictured above are FRS students last year who participated in the FRS bowling party.





Dr. Eliyahu Krigel, CJE (Conservative Jewish Educator)

Dr. Krigel joined the HNT community in 2015 and has truly hit the ground running. HNT is the fourth Conservative Synagogue community he has been honored to serve over the past nineteen years. He grew up in Kansas City, MO and along with a BA from Naropa University in Religious Studies, Dr. Krigel holds a Masters of Education from the Jewish Theological Seminary and a Doctorate in Jewish Education from Gratz College. Dr. Krigel is currently a rabbinical student at the Academy for Jewish Religion in California.

He is a graduate of the Mandel Teacher Educator Institute and he is on the board of directors of the Jewish Educators Assembly, the Conservative movement's professional network for Jewish educators. In addition, Dr. Krigel is a trained and certified Soulful Educator through Ayeka.

Dr. Krigel instills Jewish life with meaning and opportunities for self-identification, community enhancement, and relationship development. He is enthusiastic and passionate about transforming the teacher and student learning process into a dynamic collaboration. Working to educate and enrich is what Dr. Krigel is all about. He is a nature enthusiast, marathon runner, and an experienced percussionist. He is married to Shanti Krigel. They have two children ages fourteen and eighteen.

Dr. Eliyahu Krigel, CJE - Director of Education
eliyahu@h-nt.org - 206-232-8555 x220



Learning at FRS is student centered and focused on what each student needs. Just take it from our pre-gan students, FRS is fun because we're all best friends!



**Weekly
preschool & regular
programming for
young families**



**Enriching
informal encounters,
leadership retreats and
high school trips**

HEBREW SCHOOL FOR PRE-K THROUGH 8TH GRADE

Building on prior knowledge, deepening understanding & empowering positive Jewish identity *Interfaith and non-traditional families welcome*



FRANKEL
RELIGIOUS SCHOOL
WHERE JEWISH LEARNING FLOURISHES



Register at: h-nt.org/FRS-Registration

For more information contact Director of Education, Dr. Eliyahu Krigel CJE at:
206-232-8555 x220 or Eliyahu@h-nt.org