
Guide to the

High Holidays

5783/2022





A Message from Rabbi Herber



The High Holy Days are a powerful time in our Jewish calendar set aside for spiritual renewal. We enter this period on the Shabbat prior to Rosh Hashanah with Selihot meaning forgiveness. It refers to the solemn penitential prayers recited by prior to the onset of the High Holy Days. We traditionally gather for study and conversation, and then for services.

The ten-day period, the Days of Awe, begins with Rosh Hashanah (literally, “Head of the Year”) and culminates on Yom Kippur (The Day of Atonement). Our spirit during these days is marked by introspection, prayer, and repentance. It’s a time of remembering mingled with a time to look ahead to the new year. It’s also a time to be together as a community. An endeavor that has been more than challenging these last three years.

May we all find the inspiration and support over these High Holidays to individually, and as a community, pursue repentance, prayer, and acts of loving kindness so that our next year may be more hopeful and more meaningful than our last.

Shannah tovah!
-Rabbi Herber



COVID-19 Protocols

Consistent with our existing Covid protocols, masks are not required and vaccinations are required for those who are eligible. Fully vaccinated is defined as two weeks after the full series of shots appropriate for your age group. For all programs taking place at HNT, we will be operating on the honor system. The Youth and Family Programing taking place at SJCC does require proof of vaccination for all attendees over 6 months. Advanced submission of vaccination for these programs is required at <https://h-nt.shulcloud.com/form/covid-19-vaccine-card.html>

If you or someone in your household is unwell, has tested positive for COVID-19, or was recently exposed to someone who tested positive, please participate in services virtually at h-nt.org/YouTube.

*Protocols are subject to change

Plan Ahead for the High Holidays

High Holiday Prayerbooks

If you plan to participate in-person, we recommend bringing your own Mahzor. There will be a limited supply available to borrow while attending in-person services.

If you plan to participate in the High Holidays virtually and don't own a Mahzor Lev Shalem, you may choose from the following options:

1. Purchase a digital edition at <https://www.rabbinicalassembly.org/product/mahzor-lev-shalem-rosh-hashanah-and-yom-kippur>
2. Borrow an HNT print edition at no cost. Supply is limited. Request at <https://h-nt.shulcloud.com/form/Prayerbooks>

Memorial Book/Yizkor Book

At each Yizkor service we distribute our annual Memorial Book, inscribed with names of our loved ones no longer among the living. Hard copies will be available for those attending in-person. For those participating virtually, a digital copy will be available online at h-nt.org/digital-mb, and mailed in print to those who requested on their form this year.

Rosh Hashanah College Packages

Addresses Due by Thursday, September 8

If you have an undergraduate college student, fill in their information at h-nt.org/college so they can receive some goodies for a shanah tovah!

Sukkot Lulav & Etrog, S'chach, & Sukkah Kit Orders

Due September 15

Purchasing a lulav & etrog set provides a great opportunity to share an age-old tradition with your children. 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 15 at <https://h-nt.shulcloud.com/form/sukkot-orders> or by calling 206-232-8555.



Selichot • Saturday, September 17 • 8:30 PM
Film & Discussion: *The Quarrel* • 11:15 PM Service

S'lichot services will follow the film screening and discussion of *The Quarrel*. Set in 1948 Montreal on Rosh Hashanah, *The Quarrel* tells the story of Chaim, a Yiddish writer, who is forced to think of his religion when he's asked to be the tenth in a minyan. As he sits in the park, he suddenly sees an old friend whom he hasn't seen since they quarreled when they were yeshiva students together. Hersh, a rabbi, survived Auschwitz and his faith was strengthened by his ordeal, while Chaim escaped the Nazis, but had lost his faith long before. The two walk together, reminisce, and argue passionately about themselves, their actions, their lives, their religion, their old quarrel, and their friendship. This special program, featuring a discussion led by Rabbi Herber, is a great introduction to the spiritual work we all need to do to prepare for the High Holidays. Register at h-nt.org/selichot.

Join an HNT Tradition - Your Help is Needed!
Drive the Bima & Build the Sukkah • Sunday, September 18 • 10:00 AM

Help us prepare our building 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 and build our sukkah in the upstairs courtyard. A light breakfast will be provided to help fuel your efforts. Please RSVP at h-nt.org/bima by September 7 if you can help.

Cemetery Pilgrimage
Sunday, October 2 • 11:00 AM
Herzl Memorial Park: 16747 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.



Join Us for the High Holidays



Access Virtual High Holiday Services

If you are joining us virtually, this year's High Holiday services will be available via YouTube, at <https://h-nt.org/youtube>.

Guests Attending High Holidays

HNT welcomes guests at High Holiday services. Guests must register in advance at h-nt.org/hh to obtain Access Passes for entry. To help defray costs, guests will be asked if they wish to make a suggested donation of \$180 per person for each of the two holidays. Virtual guests should participate using the same link as members (h-nt.org/YouTube).

Rosh Hashanah & Yom Kippur Service Times

<i>Erev Rosh Hashanah Service, Sunday, September 25</i>	<i>6:00 PM</i>
<i>Candle Lighting</i>	<i>6:42 PM</i>
<i>Rosh Hashanah Day 1 Service, Monday, September 26</i>	<i>8:15 AM</i>
<i>Tashlich by the Wittenberg Waterfront following the Concluding Service</i>	<i>1:15 PM</i>
<i>Mincha/Ma'ariv Services</i>	<i>6:00 PM</i>
<i>Candle Lighting</i>	<i>7:44 PM</i>
<i>Rosh Hashanah Day 2 Service, Tuesday, September 27</i>	<i>8:30 AM</i>
<i>Kol Nidre (Erev Yom Kippur), Tuesday, October 4</i>	<i>6:00 PM</i>
<i>Candle Lighting</i>	<i>6:23 PM</i>
<i>Yom Kippur Service, Wednesday, October 5</i>	<i>9:45 AM</i>
<i>Yizkor</i>	<i>approximately 12:45 PM</i>
<i>Mincha</i>	<i>4:20 PM</i>
<i>Ne'ilah/Ma'ariv</i>	<i>5:50 PM</i>
<i>Final Tekiah & Break-the-Fast</i>	<i>7:20 PM</i>

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 & Bruce Gladner.

Sukkot, Shemini Atzeret and Simchat Torah Service Times

Candle Lighting Erev Sukkot, Sunday, October 9..... 6:14 PM

Sukkot Day 1 & Day 2, Monday & Tuesday, October 10 & 11

Services.....10:00 AM

Candle Lighting Monday, October 10.....7:16 PM

Candle Lighting Erev Shemini Atzeret, Sunday, October 16..... 6:00 PM

Shemini Atzeret, Monday, October 17

Services including Yizkor.....10:00 AM

Erev Simchat Torah, Monday, October 17

Services with Hakafot & Dancing..... 7:00PM

Candle Lighting.....7:03 PM

Simchat Torah, Tuesday, October 18

Services10:00 AM

Ma'ariv..... 7:00 PM

Dancing..... 7:15 PM

Simchat Torah Service with Hakafot & Dancing

Monday, October 17 • 7:00 PM

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.



Ayeka: Where are You?



In Genesis 3:9, the Torah teaches, “And the Lord God called to the human and said to the person, Where are you?” Ayeka? We will be asking each other this same question during the High Holiday youth program this year. Taking account of where we are helps us move forward with clarity and intention. Teshuvah, Tefillah, and Tzedakah are keys that can help us navigate through tough terrain. By answering Ayeka with a full heart, we will be able to come together in joy and purpose. Please contact Dr. Eliyahu Krigel, Director of Education, at elياهو@h-nt.org for more information about this year’s youth High Holiday program.

All programs will take place at HNT, unless otherwise noted

Wishing you all my best in this season of renewal and growth. L’Shanah Tovah U’Metukah, May you have a sweet and happy new year 5783!

Dr. Eliyahu Krigel

-Dr. Eliyahu Krigel

High Holidays Family & Youth Programs

Jewish New Year’s Rockin’ Eve for Young Families

Sunday, September 25 • 10:00 AM - 11:00 AM - 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. Everyone is welcome!



Rosh Hashanah Day 1

Monday, September 26 • 10:00 AM - 12:30 PM • 1st - 5th Grade

Join us for age-appropriate youth programming as we rotate through stations based on the High Holidays and the question Ayeka, where are you? Animal Encounters will be back with the Garden of Eden Petting Zoo this year focused on how our furry friends call out and respond to their environment.

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

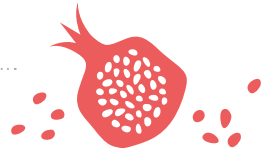
Join us for gripping discussions, out of the box prayer experiences, snacks and more.

11:00 AM - 12:00 PM • Special Family Service (K & under) at SJCC – *Please Note Location*

Calling all families with babies, toddlers, preschool and Kindergarten aged students for this fun and interactive service and puppet show at SJCC. The SJCC Covid protocols are that anyone 6 months and older entering the building needs to be fully vaccinated. Please upload the vaccination card for anyone attending the family service at the SJCC to participate with this link: <https://h-nt.shulcloud.com/form/covid-19-vaccine-card.html>

12:30 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 2

Tuesday, September 27 • 11:00 AM - 12:00 PM

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 4 • 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.



Yom Kippur

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

Our journey to investigate the question Ayeka continues!

11:00 AM - 12:00 PM • Special Family Service (K & under) at SJCC – *Please Note Location*

Calling all families with babies, toddlers, preschool and Kindergarten aged students for this fun and interactive service and puppet show at SJCC. Please upload the vaccination card for anyone attending the family service at the SJCC to participate with this link: <https://h-nt.shulcloud.com/form/covid-19-vaccine-card.html>

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

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

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

7:10 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.

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 sign up at 206-232-8555 x200.

FAQ



What is required to enter in-person services?

An Access Pass is required for each adult for secure entry to Rosh Hashanah and Yom Kippur services. Please write your name on the enclosed Access Pass(es) prior to the holidays and have them in-hand as you enter the property. Thank you for doing your part to ensure the safety and security of our community.

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 for 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. See [page 5](#) for details on required guest registration.

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

You can reserve* a seat if you:

- Are a Platinum or Gold Member
- Have a nameplate on a seat
- Use a wheelchair or have mobility issues that make it difficult to navigate the Sanctuary/Feinberg Social Hall setup

**Seats will be presumed unused two hours after the start of services and released for general seating*

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.

What if I need hearing assistance?

We have hearing assistance devices available in the back corner of the Sanctuary. We recommend bringing a pair of earbud headphones to plug into the device for a more comfortable fit.

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.



FAQ: 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. There will not be Valet for the 6:00 PM Mincha service on Rosh Hashanah Day 1 and the lot will be 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.

Rosh Hashanah Day 1.....7:15 AM - End of Service
Kol Nidre (Erev Yom Kippur).....5:00 PM - End of Service
Yom Kippur8:45 AM - End of Service

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.

Shana,
Tov