
Guide to the

High Holidays

2025/5786





A Message from Rabbi Jaymee Alpert

Dear Friend,

Every year, the High Holidays invite us into community, into connection with God (however we conceive of God), and into a deeper relationship with ourselves. Each of us approaches Rosh Hashanah and Yom Kippur with different hopes and anxieties, and while we cannot know for certain what will strike a chord within us until it happens, we can approach the experience of the Days of Awe with an open heart.

The High Holidays provide structure, comfort, and time for contemplation. The grandeur of the liturgy welcomes us into a sacred tradition that is, at once, thousands of years old and brand new each time we hear it. How will the shofar wake us up this year? What will we toss that no longer serves us during Tashlikh? What will we atone for on Yom Kippur so that we can be our best selves in 5786?

It has been another challenging year for the Jewish People around the country, in Israel, throughout the world, and close to home. Let's use the High Holiday Season as an opportunity to reconnect with each other, and to draw strength from being in community. I am honored to be spending this season with you, and I look forward to the meaningful and holy moments that we will create together.

Shana Tova,

Rabbi Jaymee Alpert



Plan Ahead for the High Holidays

Accessing Virtual High Holiday Services

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

Guests Attending High Holidays

HNT welcomes guests to our High Holiday services. Guests must register in advance at <https://h-nt.shulcloud.com/form/high-holiday-guests-2025> to get 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 can participate using the same link as members (h-nt.org/youtube).

We Need Greeters & 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 or ushering them in to seats on Rosh Hashanah and Yom Kippur. Sign up with a friend!

Sign up here: h-nt.org/greeters-ushers.

High Holiday Prayerbooks

We recommend bringing your own Mahzor to High Holiday services. There will be a limited supply available to borrow while attending.

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 and mailed upon request. A digital copy will also be available at

h-nt.org/digital-mb.

College Student Holiday Packages

Due: Thursday, September 11

Let us send your college students a little something to brighten their Rosh Hashanah!

Sign up here:

<https://h-nt.shulcloud.com/form/college-student-2025-2026.html>



High Holiday Programs

Shofar Blowing Workshop

Sunday, September 7 • 10:00 AM - 12:00 PM

Always wanted to blow shofar? This is your chance! Learn how to blow shofar for the month of Elul with Rabbi Jay Rosenbaum that includes a lesson on technique and time to practice with individualized guidance. We ask that you source your own shofar and have provided recommendations on the registration page below. All are welcome, come and learn even if you don't have a Shofar.

<https://h-nt.shulcloud.com/event/shofar-workshop.html>

Drive the Bima

Sunday, September 14 • 10:00 AM

Join an HNT Tradition - Your Help is Needed!

Help us prepare our building for the High Holidays! We will move the 'flying' bima into the Feinberg Social Hall – FRS kids will get to take a ride and parents are highly encouraged to help!

Drop-in with Rabbi Alpert

Tuesday, September 16 • 4:30 PM - 6:00 PM

Coffee, Tea, and Me! Meet Rabbi Jaymee Alpert before the holiday! Drop in to say hello and get to know Rabbi Jaymee before you see her on the bima for Rosh Hashana.

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

Orders Due Friday, September 19

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 a lulav & etrog, s'chach or sukkah kit, you must pre-order and pay by September 19th at

<https://h-nt.shulcloud.com/form/sukkot-orders-2025.html>

Selichot Program and Service

Saturday, September 13 • 8:00 PM - Light Refreshments, Havdallah

Join us for light refreshments, Havdalah, and a learning opportunity followed by a brief service to welcome the High Holiday season.

Come and Help Build the New Sukkah!

Sunday, September 21 • 10:00 AM

Last year we upgraded to a new sukkah! Check it out and help build the inviting and meaningful structure for the HNT community. Many hands make lighter work.

New Sukkah! New Team! Lets get the next generation involved with the building. A light meal will be provided.

To ensure we have enough food, please RSVP at <https://h-nt.shulcloud.com/event/sukkah-building.html> by September 18th if you can join us.

Cemetery Pilgrimage

Sunday, September 28 • 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.

Neshama Body and Soul

Sunday, October 12 • 11:00 AM - 12:00 PM

Stay Tuned to the eKol for Location Details

Rabbi Alpert will lead us through her signature program combining exercise and spirituality. Neshama Body and Soul (NBS) is a full-body workout and an opportunity for spiritual awakeness. NBS combines exercise, Jewish prayer and wisdom, and self-reflection to help you connect with you. This isn't yoga, this is holy-grounded strength training. Join us for lunch in the sukkah afterward!

Learn more:

<https://h-nt.shulcloud.com/event/neshama-with-rabbi-jaymee.html>

Sukkot Lunch

Sunday, October 12 • 12:30 PM - 2:30 PM

Relax in the sukkah with friends and family for a fun, family-friendly get together for the entire shul! With bbq style food and lots of drink options, there will be something for everyone. While you are here, take the opportunity to shake the lulav and etrog!

Learn more:

<https://h-nt.shulcloud.com/event/sukkot-lunch-event-2025.html>



Jewish Family Service Community-Wide Food Drive

Benefitting the Polack Food Bank

Now–Sunday, October 5

Every year, HNT participates in the JFS Food Drive by collecting food items, and also helping with the sort. The green bags are back! Stop by to pickup your bags and drop off food in the upper or lower foyer next time you stop in.

Why Your Help Matters

Demand at the JFS Polack Food Bank is at an all-time high. This summer, they served the highest number of people in a single day, in the history of the food bank—190 people.

Your support helps keep our shelves stocked and our neighbors fed.

What to Donate

- Canned Proteins (low-sodium fish, chicken, and beans)
- Canned Fruit & Vegetables
- Canned Soup
- Peanut Butter
- Grains & Pastas
- Pasta Sauce & Canned Tomato Products

No Glass | No Open Packages | No Expired Food

Food Sort: Sunday, October 5

If you would like to volunteer to help drive the food to JFS' warehouse in Kent on October 5th, please let Cora@h-nt.org know. Let's make sure no one in our community goes hungry.

Learn more: jfsseattle.org/food-drive

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Journey of Renewal - A Daily Guide to Self Reflection With Rabbi Rosenbaum

Starting Sunday, September 7 at the Shofar Blowing Workshop With Weekly Share Backs at 10:00 AM on Fridays, September 19 & 26 Only On Zoom: <https://us02web.zoom.us/j/2280574426>

This year, as a way of making teshuvah especially accessible, Herzl-Ner Tamid is offering a 24 day guide to reflection and action. Beginning two weeks before Rosh Hashanah, for each day, you will receive:

- Ideas for working on yourself (tikkun atzmi)
- Suggestions for acts of tzedakah/Kindness (tikkun olam)
- Opportunities to connecting Jewishly

Join us for a journey of Jewish renewal:

<https://h-nt.org/2025/09/04/journey-of-renewal/>



Rosh Hashanah & Yom Kippur Service Times

Selichot

Saturday, September 13th - 8:00 PM - 9:00 PM

Erev Rosh Hashanah

Monday, September 22nd - 6:30 PM

Rosh Hashanah Day 1

Tuesday, September 23rd - 8:30 AM

Tashlich to follow service

Mincha/Ma'ariv - 6:30 PM

Rosh Hashanah Day 2

Wednesday, September 24th - 8:30 AM

Kol Nidre (Erev Yom Kippur)

Wednesday, October 1st - 6:30 PM

Yom Kippur

Thursday, October 2nd - 9:45 AM

Yizkor - 12:00 PM

Mincha - 4:30 PM

Ne'ilah/Ma'ariv - 6:00 PM

Final Tekiah & Break-the-Fast - 7:35 PM

Sukkot, Shemini Atzeret and Simchat Torah Service Times

Sukkot Day 1

Tuesday, October 7th - 10:00 AM

Sukkot Day 2

Wednesday, October 8th - 10:00 AM

Shemini Atzeret

Tuesday, October 14th - 10:00 AM with Yizkor

Simchat Torah Services with Hakafot and Dancing

Tuesday, October 14th
7:00 PM - 8:30 PM

Simchat Torah Morning Service

Wednesday, October 15th - 10:00 AM

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.

Simchat Torah Service with Hakafot & Dancing

Tuesday, October 14

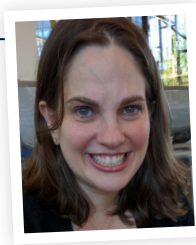
6:00 PM Dinner with Sign-Up (Registration Information To Come Later)

6:45 PM Nosh and Desserts (Open to All, Even if You Didn't Attend the Dinner)

7:00 PM - 8:30 PM Service

Join us for a fun-filled evening celebrating Simchat Torah! Many ways to celebrate that evening with a community dinner, dessert, dancing and singing with the Torah. We will even get to experience unscrolling the whole Torah!





High Holiday Message from Irit Eliaiv Levin, HNT Director of Education

“Listen to MUSN’T’S child, listen to the DON’TS.

Listen to the SHOULDN’TS, the IMPOSSIBLES, the WON’TS.

Listen to the NEVER HAVES, then listen close to me.

ANYTHING can happen, child. ANYTHING can be.”

..... -Shel Silverstein

One of the most famous *midrashim* is the story of Nachshon ben Aminadav. He was an Israelite who had just escaped slavery in Egypt. As they were fleeing, he and his people became trapped. On one side was the Sea of Reeds, on the other the rapidly approaching Egyptian army. Nachshon didn’t wait for others to act. Instead, he walked straight into the water, until the water rose up to his nostrils. And it was only then that the Sea parted and the Israelites walked through to safety.

We, too, are living in challenging times. We, too, often feel stuck between obstacles that may feel impossible to overcome. But, our tradition teaches us that we must act. If we see people who are hungry, it is our obligation to feed them. If we see people without clothing, it is our obligation to clothe them.

In order to act, we rely on our own internal strength and in the power of our community. The High Holiday season is an essential part of maintaining both. Our personal work of *cheshbon hanefesh*, the accounting of the soul, prepares us to be able to take care of our loved ones and our community. The time together praying, fasting, and seeing old friends, helps to strengthen the ties that bind us.

Throughout our youth and family programs this year, we will focus on becoming people who act when others need us. We will work on developing the strength we need to continue to do so all year long. We will foster the relationships that help us in our holy work. And together, we can make ANYTHING happen.

IRIT ELIAIV LEVIN
DIRECTOR OF EDUCATION



Youth & Family Service Times

Rosh Hashanah Day 1 - Tuesday, September 23rd

10:00 AM - 11:00 AM

Rosh Hashanah K'tan Service (ages 0-4)
Stroom Jewish Community Center Activity Room

10:00 AM - 11:30 AM:

Family Service (K-5) - Stroom Jewish Community Center Auditorium
Middle School Service - FRS Classroom #1
High School Program - Frankel Library

11:45 AM - 12:15 PM:

Family Tashlich Ceremony - Wittenberg Waterfront

Rosh Hashanah Day 2 - Wednesday, September 24th

10:00 AM - 11:00 AM

Rosh Hashanah K'tan Service (ages 0-4)
Stroom Jewish Community Center Activity Room

10:00 AM - 11:30 AM:

Family Service (K-5) - Stroom Jewish Community Center Auditorium
Middle School Service - FRS Classroom #1
High School Service - Frankel Library

Erev Yom Kippur - Wednesday, October 1st

5:15 PM to 6:15 PM:

Family Service - Stroom Jewish Community Center Auditorium

6:30 PM - 7:30 PM:

Middle School Service - FRS Classroom #1
High School Service - Frankel Library

Yom Kippur - Thursday, October 2nd

10:00 AM - 11:00 AM

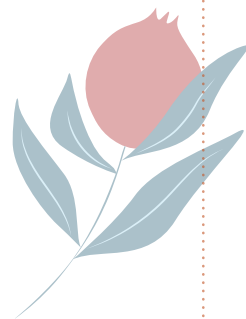
Rosh Hashanah K'tan Service (ages 0-4)
Stroom Jewish Community Center Activity Room

10:00 AM - 11:30 AM:

Family Service (K-5) - Stroom Jewish Community Center Auditorium
Middle School Service - FRS Classroom #1
High School Service - Frankel Library

7:15 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.



Our Shabbat K'tan services are for children 0-4 with their parents. Family Services are for Kindergarten-5th grade children with their parents. These services will all take place at the SJCC. **Registration is required to attend at <https://h-nt.shulcloud.com/form/hig>.**

Parking & Transportation

The synagogue parking lot is reserved for our enhanced dues members (Platinum, Gold, Silver, or Bronze level members) with a parking placard.

The options for those without an HNT lot parking placard are as follows:

Mercerwood Shore Club - 4150 E Mercer Way - (except “No Parking” area)

Our courtesy shuttle service from the Mercerwood Shore Club parking lot to HNT (and back) will be operating during the hours listed below

Rosh Hashanah Day 1.....7:30 AM – 2:30 PM

Kol Nidre (Erev Yom Kippur)..... 5:30 PM – 9:30 PM

Yom Kippur 8:45 AM – 3:30 PM

SJCC Lot - 3801 East Mercer Way - (except where marked No Parking 24/7)

Valet Parking

Valet parking is available in the main lot for those with a disabled permit or physical need to be dropped off close to the door.

After talking to the guard, proceed to the main lot and use the valet parking service located at the second portico. Due to space limitations, there is no self-parking for disabled permits. No advanced arrangements are necessary.

Valet services are free and available at the following times:

Erev Rosh Hashanah.....5:45 PM – 8:00 PM

Rosh Hashanah Day 1.....7:45 AM – 2:30 PM

Rosh Hashanah Day 2.....7:45 AM -2:00 PM

Kol Nidre.....5:45 PM – 9:00 PM

Yom Kippur..... 9:00 AM – 3:00 PM

Notice - As a courtesy to our neighbors, be mindful about parking in fire lanes or blocking driveways. The boat launch is not available for parking. If you park in any undesignated area, you risk being towed by the city at your own expense.



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 have the enclosed Access Pass(es) 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, there is no suggested donation for your guests, however, completing the guest form is required. To help defray costs, others will be asked to kindly 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)?

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.

Is HNT a Fragrance Free Facility?

Yes, 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

What should I do in case of an emergency?

Please take a moment to locate the nearest exits when you arrive. In the unlikely event of an emergency, follow instructions from synagogue staff or security personnel and exit calmly. Plan ahead for a meeting spot in case you get separated from your family.

Is there security on site?

Yes, we have trained security personnel present throughout the High Holidays to help ensure a safe and peaceful environment for all.

What if I see something unusual or concerning?

If you see something that doesn't seem right, please say something. Notify security personnel or a board member immediately. Your awareness helps keep our community safe.

Can I bring a bag or personal items?

For security reasons, we ask that you bring only essential items. All bags may be subject to inspection upon entry.

Can children attend High Holiday services?

Absolutely! Children are a cherished part of our community, and we welcome them to join in the beauty and meaning of the High Holidays. We kindly ask that all children remain with their parents or guardians throughout the service. This helps maintain the sanctity of the space and ensures a meaningful experience for everyone. Keeping children with you helps them learn the traditions and ensures that the atmosphere remains respectful for all worshippers. Families with children are also encouraged to check out our youth and family service options. For more information, please see [page 9](#).

What if my child becomes restless or noisy?

We understand that sitting through long services can be challenging for young ones. Quiet toys or books are welcome to help keep them engaged. No electronic devices may be used during services to uphold the sanctity of the holidays. If your child needs a break, please feel free to step out and utilize Danny's Den (adjacent to the lower foyer) and return when they're ready. Danny's Den is our designated, family friendly room that ensures a safe and supportive environment for everyone. Adult supervision is required in this space.