
Guide to the

High Holidays

2026/5787





A High Holiday Message from Rabbi Bria Cahana



Shalom!

As we greet each other with the classic “Shana Tova” for 5787, we evoke a beautiful Hebrew paradox. The word Shana (year) shares a root with two opposite concepts: repetition (shana) and change (shinui).

The High Holiday period invites us into a two-fold journey: First, we return to what is familiar. We return to our ancient melodies, timeless prayers and stories, and sacred community. We have been here before; it is another cyclical counting of the year. And so we wish: May the familiar be good. Second, we permit ourselves and each other to change and grow in unexpected ways. Let us feel the “radical newness” of this year. With this, we pray: May the newness be good. Acknowledging both that we’ve changed and are changing, while we are also returning to what’s core, helps us be present for the fullness of this season.

I am deeply honored to be on this journey with you, leading services alongside Cantor Batchelor for my first High Holidays at HNT. It has been a wonderful year leading up to this moment and I’m looking forward to deepening our connections over this period and throughout the year.

May we embrace the comfort of our return and the courage for our renewal for a true Shana Tova!

A handwritten signature in cursive script that reads "Bria Cahana".

RABBI BRIAH CAHANA



We Need Ushers!

Ushers are needed to help during high holiday services. We hope you consider taking a 2 hour shift during services (and a little bit before) to help folks find their seats, direct guests where to go, and aide with knowledge of synagogue events and timelines as needed.

Please sign up here: <https://h-nt.shulcloud.com/form/ushers2026>

High Holiday Prayerbooks

We recommend bringing your own Mahzor to High Holiday services. There will be a limited supply available to borrow while attending. If you would like to purchase a Mahzor, please reach out to info@h-nt.org.

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. A digital copy will also be available at h-nt.org/digital-mb.

College Student Holiday Packages

Due: Friday, August 21, 2026

Let us send your college students a little something to brighten their Rosh Hashanah! Sign up here: <https://h-nt.org/2026HHcollege/>



Pre - High Holiday Programs

Drive the Bima and Build the Sukkah!

Sunday, August 30th • 10:00 AM

Hosting the high holidays is a herculean task that requires a lot of preparation in advance.

We hope you join us to prepare the spaces to invite 900+ of our closest friends and family members to celebrate the High Holidays with us.

On this Sunday morning we will be moving the bima, building the sukkah and working on many other preparations as the High Holidays inch their way closer.

Please join us. Nosh will be provided.

Please register so we can be better prepared with appropriate food quantities.

<https://h-nt.shulcloud.com/event/bima-move.html>



Sukkot Lulav & Etrog and S'chach

Orders Due Tuesday, September 1st

Purchasing a lulav & etrog set provides a great opportunity to share an age-old tradition with your children, family and friends. S'chach, the greenery to adorn your sukkah, will be available in 25 lb. bundles. In order to receive your sukkot items, you must pre-order and pay by September 1st at

<https://h-nt.shulcloud.com/form/sukkot-orders-2026>

Jewish Family Service Community-Wide Food Drive

Benefitting the Polack Food Bank

Now– through Sunday, September 20th

Every year, HNT participates in the JFS Food Drive by collecting food items, and also helping with the sort. Drop off food in the upper or lower foyer next time you stop in.

With food donations from key partners down 75% and food costs soaring, your help is more critical than ever. Let's make sure no one in our community goes hungry!

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

If you would like to volunteer to deliver the collected food to the JFS drop off location in South Seattle right after Yom Kippur, please let ProgramManager@h-nt.org know.

Food Sort: Sunday, October 18th from 10:00 AM to 12:00 PM

Rosh Hashanah & Yom Kippur Service Times

If you are joining us virtually, this year's High Holiday services will be available at

<https://h-nt.org/youtube>

Selichot

Saturday, September 5th – 8:15 PM

Erev Rosh Hashanah

Friday, September 11th – 6:00 PM

Rosh Hashanah Day 1

Saturday, September 12th – 8:30 AM

Mincha/Maariv – 6:00 PM

Rosh Hashanah Day 2

Sunday, September 13th – 8:30AM

Tashlich immediately following services

Kol Nidre (Erev Yom Kippur)

Sunday, September 20th – 6:45 PM

Yom Kippur

Monday, September 21st – 9:30 AM

Yizkor – 11:45 AM

Mincha – 5:00 PM

Neilah/Ma'ariv – 6:15 PM

Final Tekiah & Break-the-Fast – 7:45 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 Bruce & Peggy Gladner.

Cemetery Pilgrimage

Sunday, September 20 • 11:00AM

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.



Sukkah Decorating Event

Tuesday, September 22 • 4:00 - 7:00PM – Open House Style

Enjoy snacks while you help decorate the sukkah, put away chairs, put back prayerbooks and prepare the building for the rest of the High Holidays. Come for 20 minutes, come for an hour or two, the more the merrier!

Sukkot, Shemini Atzeret and Simchat Torah Service Times

Erev Sukkot

Friday, September 25th - 6:00 PM

**Sukkot Dinner to Follow (See Below)*

Sukkot Day 1

Saturday, September 26th - 9:30 AM

A festive sukkot lunch will be served after the conclusion of services

Sukkot Day 2

Sunday, September 27th - 9:30 AM

A festive sukkot lunch will be served after the conclusion of services

Erev Shemini Atzeret

Friday, October 2nd - 6:00 PM

Shemini Atzeret + Shabbat + Yizkor

Saturday, October 3rd - 9:30 AM

Erev Simchat Torah Services + Havdallah

Saturday October 3rd - 7:00 PM

Hakafot and Dancing (see details below)

Simchat Torah Morning Service

Sunday, October 4th - 9:30 AM

Shabbat Dinner in the Sukkah

Friday, September 25, ~ 7:00 PM (Immediately Following Services)

Kick off Sukkot with a lovely Shabbat Dinner in the Sukkah. Stay tuned for additional details.

Registration is required:

<https://h-nt.shulcloud.com/event/2026-shabbat-sukkot-dinner.html>

Simchat Torah Service with Hakafot & Dancing

Saturday, October 3rd

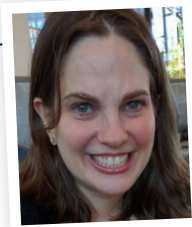
6:00 PM - 6:30 PM - Desserts & Art Project for Kids

6:30 PM - 7:00 PM - Ask the Rabbi About the Torah

7:00 PM - Service and Dancing

Join us for an evening of singing, dancing, and joyful celebration as we rejoice with HNT's Torahs! We'll unroll the entire Torah scroll and have special readings from our past B'nei Mitzvah students. This is a rare opportunity to see the Torah up close and is an unforgettable Simchat Torah tradition for all ages.





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

Return again, return again
Return to the land of your soul...

Return to what you are,
Return to who you are,

Return to where you are born and reborn again.



..... - Song lyrics from **Return Again** by Shaina Noll

The primary work of the High Holiday season is the work of Teshuvah, of returning. We work to return to the best versions of ourselves, to the blessings found in community, and to our relationship with God and our tradition. In order to return to someplace or something, it usually means that we have left it behind. So why do we leave the people, places, and even the parts of ourselves that we love best?

Though the leaving is often metaphorical, there is much to learn by leaving the comfortable and exploring somewhere or something new. In the Torah, many of our biblical ancestors attain holiness and fulfill their Divine Promise precisely because they leave home. Abram and Sarai are told by God to go “to a land that I will show you.” Jacob leaves home and finds Rachel and Leah, and together with Bilhah and Zilpah, they create the family that will become the twelve tribes of Israel. And so on.

Sometimes the leaving is intentional - we move to a new job for the opportunity or to a new city to be closer to loved ones. Sometimes it is unintentional, we leave in mind and spirit, focusing our time and energy on the wrong things, and leave the people and things that matter the most behind emotionally. But during the High Holidays we must find a way to return. We return to our sacred relationships by apologizing and pledging to do better. We return to our relationship with God through prayers of atonement and requests for forgiveness. And we return to the best versions of ourselves by pledging that if we are ever in the same hurtful situation, we will make kinder choices in the future.

Maimonides (a 12th century Sephardic physician and scholar), was asked “What happens if you aren’t back in the same situation? What if the circumstances don’t repeat themselves?” He replied “Don’t worry, they always do.” Rabbi Alan Lew expands by teaching that “the unresolved elements of our lives - the unconscious patterns, conflicts and problems...continue to pull us into the same moral and spiritual circumstances over and over again until we figure out how to resolve them.”

The work of the High Holidays, the work of Teshuvah, is here to help us understand how WE can be different, no matter what our circumstance. So please join us here at HNT, in any of our different services and programs, to continue this holy work. And together, may we find a path that will lead us where we are meant to be and who we are meant to become.

IRIT ELIAIV LEVIN
DIRECTOR OF EDUCATION

This High Holidays we offer several age-appropriate family experiences:

- Family Services for children in K–5th grade and their families
- High Holiday K'tan for children ages 0–5 and their families
- Middle and High School programs also available as outlined below

Family services are held at the SJCC, with Tashlich at the Wittenberg Waterfront unless otherwise stated.

All services are free and open to the community. However advance registration is required for all adults and children— HNT members and non-members alike.

For security reasons, only pre-registered attendees will be admitted.

Families wishing to attend services at HNT's main sanctuary must register separately.

Please view all of our young family High Holiday offerings here:

<https://mailchi.mp/39a015416c6e/puu4gu85b7>

Youth & Family Service Times

ROSH HASHANAH

Rosh Hashanah registration link:

<https://h-nt.shulcloud.com/form/Rosh-Hashana-Family-Services-5787/2026.html>

Rosh Hashanah Day One, Saturday, September 12th

Family Service – 10:00-11:30 AM

High Holiday K'tan – 10:00-11:00 AM

Middle & High School Programs – 10:00-11:30 AM – HNT School Level

Rosh Hashanah Day Two, Sunday, September 13th

Family Service – 10:00-11:30 AM

High Holiday K'tan – 10:00-11:00 AM

Middle & High School Programs – 10:00-11:30 AM – HNT School Level

Family Tashlich at the Wittenberg Waterfront, Sunday, September 13th – 11:45-12:15 AM

YOM KIPPUR

Yom Kippur registration link:

<https://h-nt.shulcloud.com/form/YomKippur-family-services-5787/2026.html>

Kol Nidre, Sunday, September 20th

Family Service – 5:30-6:30 PM

Middle & High School Programs – 7:00-8:00 PM – HNT School Level

Yom Kippur, Monday, September 21st

Family Service – 10:00-11:30 AM

High Holiday K'tan – 10:00 to 11:00 AM

Middle & High School Programs – 10:00-11:30 AM – HNT School Level

Flashlight Brigade - Meet in Lobby at 7:30 PM

Youth & Family Programs

Pre-Rosh Hashanah Family Apple Picking

Sunday, September 6th – 10:00 AM at Skipley Farms

Join HNT and PJ Library to kick off 5787 with a fun, family-friendly apple picking outing! The event is free to attend; the cost of apples is not included. Skipley Farms is located at 7228 Skipley Rd. Snohomish 98290. If you plan to attend, please [register here](#).



Flashlight Brigade

Monday, September 21st – 7:30 PM

Meet in HNT's Upper Foyer at 7:30PM. Bring flashlights or glow-in-the-dark items. *Note: Some items will also be provided by HNT.*

Sukkot

Sukkot Day One, Saturday, September 26th

Shabbat K'tan (Ages 0-5) with their parents and **Mini Minyan** (Ages K-4th grade) with their parents – **11:00 AM**

Join us for a special Sukkot Shabbat K'Tan and Mini Minyan, followed by a Kiddush lunch in the HNT Sukkah (weather permitting).

Sukkot Day Two, Sunday, September 27th – 9:30 AM

Join us for a family-friendly Sukkot service, shake the lulav, and enjoy lunch together in the HNT Sukkah (weather permitting).

Teens & Families Sukkah Social

Sunday, September 27th – 7:00 PM

Join Cantor Batchelor for a dairy/pareve potluck in the sukkah! Open to post-B'nai Mitzvah through high school students and their families. Learn about upcoming teen programs, including TorahCorps, Millstone, JLE, and the FRS Madrichim Program.

Simchat Torah – Torah & Treats

Saturday, October 3rd at 6:00 PM

Join us for sweet treats and fun Torah-themed activities for the whole family as we celebrate Simchat Torah, including a special "Ask the Rabbi about the Torah" session with Rabbi Cahana at 6:30! Our synagogue-wide Simchat Torah festivities will immediately follow, including dancing, hakafot, and the unrolling of the Torah.

Please view all of our Youth & Family High Holiday offerings here:

<https://mailchi.mp/39a015416c6e/puu4gu85b7>

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.....	7:45 AM – 2:30 PM
Kol Nidre (Erev Yom Kippur).....	5:45 PM – 9:15 PM
Yom Kippur	9:15 AM – 3:30 PM

Northwood Elementary School - 4030 86th Ave SE, Mercer Island
Our courtesy shuttle service from the Northwood Elementary School parking lot to HNT (and back) will be operating during the hours listed below.

Rosh Hashanah Day 1.....	7:45 AM – 2:30 PM
Kol Nidre (Erev Yom Kippur).....	5:45 PM – 9:15 PM

This Parking Lot will be unavailable on Yom Kippur, Monday, September 21st

SJCC Lot - 3801 East Mercer Way - (except where marked No Parking 24/7)
FASPS parking is not available on Monday September 21st, on Yom Kippur.

Valet Parking

Valet parking is available in the main lot for those with a disabled permit or mobility needs that necessitate being close to the door. After talking to the guard at the entry to the lot, proceed to the main lot and use the valet parking service located at the lower Social Hall level entrance. 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.....	5:30 PM – 8:00 PM
Rosh Hashanah Day 1.....	8:00 AM – 2:30 PM
Kol Nidre.....	6:00 PM – 9:15 PM
Yom Kippur.....	9:15 AM – 3:30 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.

Can I bring a guest?

HNT welcomes guests to our High Holiday services. Guests must register in advance at <https://h-nt.shulcloud.com/form/high-holiday-guests-2026.html> to get Access Passes for entry. To help defray costs, guests will be asked if they wish to make a donation.

Who can attend?

All families with a Jewish member in the household are welcome to come. Non-Jewish partners and children, of course, are welcome to join as well. All people attending services, need to complete the Guest form (see above).

Are there any restrictions while I am at services?

Use of cellphones and other electronic devices are prohibited during High Holiday services. In cases of emergency, please exit the building to make necessary phone calls. Men are required to wear a head covering (kipot) and women are encouraged to do so as well. Anyone with a bimah honor, is required to have a head covering (they are available to borrow while at HNT). In addition, all men with a bimah honor are required to wear a tallit (women encouraged to do so, as well). They are available to borrow at HNT. These restrictions are required for all attendees. If you do not have your own tallit and wish to wear one during services, they are available to borrow while at HNT.

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.*

FAQ

What if I need hearing assistance?

We have a limited number of hearing assistance devices available in the back corner of the sanctuary. You are welcome to bring your own set of headphones to plug into the device, but we also have them here.

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 secure environment for all. If you see something that doesn't seem right, please say something. Notify security personnel immediately. Your awareness helps keep our community safe.

Is there a place I can take my child if they become restless or noisy?

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. We also encourage you to attend Youth and Family Services. See page 8 for more information.

