

Reflect Renew Repent Rejoice

join us for the

High Holy Days

at

Temple Solel



Dear Friends,

As summer winds down and back-to-school season approaches, so, too, do the High Holy Days. With all our running around shopping, planning, and preparing, it's easy to forget some of the basic tenets that guide us through this season.



So this year, instead of a pamphlet full of boring rules and regulations, we want to give you a fresh spin on the upcoming holidays with fun facts, little-known trivia, interesting history, delicious recipes, and creative family projects. We hope this gives you an opportunity to slow down and reflect on the past year in the month leading up to the new year, renew your energy on Rosh Hashanah, take stock of your soul on Yom Kippur, and rejoice in the richness of our bounty and Torah on Sukkot and Simchat Torah.

We wish you a healthy, sweet, prosperous, and above all, meaningful Shanah Tovah!

The Temple Solel Board, Clergy, and Staff



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Reflect

The Month of Elul

The start of the Jewish New Year is a great time for thoughtful reflection and soul-searching and it all starts the month before Rosh Hashanah. In fact, the name Elul originates from the Aramaic “to search.” So, Elul is the month for us to search our souls.

Jewish tradition points to the name of the month as symbolically appropriate — the letters of Elul form an acronym for the words in the verse *Ani l’dodi v’dodi li* – “I am my beloved’s and my beloved is mine” (Song of Songs 6:3). Believing that the “beloved” refers to God, the sages take this verse to describe the particularly loving and close relationship between God and Israel. Elul is our time to reinforce this closeness so that we can approach the *Yamim Noraim*, or Days of Awe, in trusting acceptance of God’s judgment, not out of fear, but out of love.

Another tradition is the reciting of *Selichot* on the days leading up to Rosh Hashanah. According to Rabbi Eliezer, Adam and Eve were created on



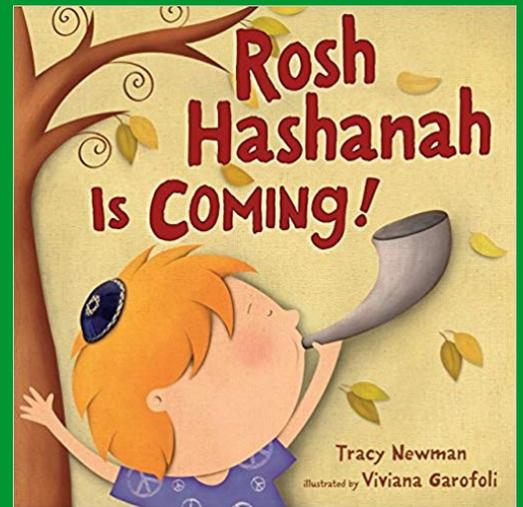
Friday, the sixth day of Creation, which was Rosh Hashanah. That means that Creation began on Sunday, the 25th day of *Elul*, thus we begin the recitation of *Selichot* on that day.

The Rabbis also wanted to allow at least four days of *Selichot* before Rosh Hashanah, alluding to the four days that an animal must be checked for blemishes before it is used as an offering. The concept is that we should analyze ourselves before we “present” ourselves before God on Rosh Hashanah.

So, you can see that Elul isn’t just another pretty month. It is one of our most spiritual months. The best way to assure a *Shanah Tovah*, a good new year, is to begin now in the month of Elul.

Your To Do List

- ✧ Make time every day for personal reflection, prayer and meditation. These things prepare us for *Cheshbon HaNefesh* – the accounting of the soul.
- ✧ Join Rabbi Salkin’s Saturday morning Torah study group and add more mitzvot, like lighting Shabbat candles and giving tzedakah. Now is the time to make a special donation to the synagogue.
- ✧ If you can, make a visit to the burial place of your loved ones.
- ✧ Join our congregation for joint *Selichot* services on September 1st, at Temple Beth El of Hollywood.
- ✧ Get the little ones involved. Read them an age appropriate book to get them excited for the holy days.



Did you know...

Elul is the only Hebrew month where there are no festivals, memorial days, fast days or days of simcha.

Renew

Rosh Hashanah

Family Services
at 2pm are free
to the community!

Rosh Hashanah is a time for celebration, sweet foods, and new beginnings. This holiday is the anniversary of the creation of Adam and Eve, and highlights the special relationship between God and humanity.

Perhaps the most recognizable part of this holy day is the sounding of the shofar, the ritual ram's horn. When we blow the mighty shofar on Rosh Hashanah we jolt ourselves awake! Wake up, and if you have done something wrong, make it right! Wake up and realize that you can change the world for the good!

Food is a big part of Rosh Hashanah for symbolic reasons:

Fish head: The name "Rosh Hashanah" translates into "head of the year." Fish swim in schools and breed in plenty, and have long symbolized abundance. Thus, we traditionally serve the head (rosh) of a fish for dinner, and recite a prayer asking God to make us fruitful like the fish.

Round challahs: Recalling the cyclical nature of the year, round challahs symbolize our wish for continued blessings with no end. Rosh Hashanah challahs are often filled with raisins and are sweeter than usual.

Apples & honey: Apples are the perfect fruit, visually beautiful, aromatic and delicious. Ancient Jews believed apples had healing properties. Dipping apples in honey signifies our hope for a sweet new year.

New fruit (traditionally a pomegranate): Symbolizes our wish to have a year full of Mitzvot and good deeds, as abundant as the seeds in a pomegranate.

Carrot tzimmes: Some foods are treasured because they are a play on words, and allude to blessings and prosperity, such as carrots, *meren* in Yiddish, which means *to multiply*.

Did you know...

The shofar is the oldest musical instrument in continuous use in the world.

For the Kids...

Folklore has it that pomegranates contain 613 seeds, the exact number of mitzvot commanded in the bible. Keep the kids busy counting seeds, which can then be served at the table.



Tashlich

Monday, September 10th at 4:30 p.m.
Oak Lake Park
3190 North 56th Avenue, Hollywood

1. Bring stale bread with you.
2. Take some time to think over the last year.
3. For each piece of bread that you throw in, let that represent something from the past year which you're ready to cast off.
4. Count your blessings and eat something sweet to celebrate the New Year.

THE SOUNDS OF THE SHOFAR

TEKIAH - ONE LONG BLAST



SHEVARIM - 3 SHORT CALLS



TERUAH - 9 OR MORE SHORT FAST NOTES



TEKIAH GEDOLAH—"THE GREAT TEKIAH"
- ONE REALLY BIG, LONG BLAST



Grilled Branzino with Lemon and Olives

Branzino is a great fish for preparing whole. It is easy to separate the meat away from the bones and the fish is very flavorful, perfectly flavored with just lemon and olives.

Ingredients

- ✧ 2 (1½ lbs.) whole Branzino
- ✧ 1 lemon, sliced
- ✧ ¼ cup pitted Kalamata olives
- ✧ 6 sprigs fresh oregano
- ✧ Extra virgin olive oil
- ✧ salt and pepper



Wash the fish well and pat dry. Salt and pepper the cavity of the fish lightly, insert a few slices of lemon in each fish, a handful of olives and three sprigs of oregano. Toothpick the cavity closed or tie with butcher's twine, if desired.

Rub the outside of the fish with 2 tbsp of olive oil. Sprinkle with salt and pepper. Prepare an indoor or outdoor grill by rubbing it with some olive oil. Grill the fish over a medium hot grill for 6-8 minutes on each side until flakey. The fish may also be roasted in the oven at 400° in a well greased roasting pan until cooked through, about 20-25 minutes.

This dish can also be prepared using fillets and roasting them in the oven. Simply brush fillets with olive oil, salt and pepper, and lay 1-2 sprigs of oregano and 2-3 lemon slices and some olives on top of each. Bake in a preheated oven for 10-12 minutes at 400°.

Repent

Yom Kippur

Yom Kippur, known as the “Day of Atonement,” is the culmination of our ten Days of Awe and is considered to be the holiest, most solemn day of the Jewish year.

Yom Kippur is a deeply meditative day when we fast and spend most of the day in prayer, giving each of us the opportunity to confess our wrongdoings and atone for them. Everything we do on Yom Kippur supports the ideas of repentance. For example, the most recognizable mitzvah associated with this holy day is fasting. Abstaining from food allows us to focus on the most meaningful work of the day: saying we are sorry for the not-so-wonderful things we have done over the past year, and asking those we have hurt for forgiveness.

We give up more than food on Yom Kippur. We also avoid activities that bring us pleasure. It is a mitzvah as well to avoid wearing leather shoes. One of the ideas behind this prohibition is that we do not concern ourselves with luxuries on Yom Kippur.

Many choose to wear white on Yom Kippur. White is said to be a symbol of purity, and it is also the color of the burial shroud, reminding us of our mortality, and the urgency to make amends with those we have wronged.

It is believed that the observance of Yom Kippur will absolve one of all sins and earn them an inscription into the book of life for the coming year.



Remember
loved ones in our
annual LifeCycles
Journal

Yom Kippur by the Numbers

- ✦ **1** Day & Night
- ✦ **6** Special Prayers
- ✦ **10** Days of Awe from Rosh Hashanah to Yom Kippur
- ✦ **23:27** Leviticus tells the story of Yom Kippur
- ✦ **25** Hours of Fasting

Did you know...

Sandy Koufax, famous Jewish pitcher for the Brooklyn Dodgers, missed the opening day of the 1965 World Series, because he refused to play on Yom Kippur.

גמר חתימה טובה

May you be inscribed
in the Book of Life

Tzedakah

Tradition holds that acts of tzedakah are key components to our observance of Yom Kippur. It is customary to give charity generously on the day before Yom Kippur. In many synagogues, including Temple Solel, a fundraising appeal coincides with the High Holy Days.

Festive Meals

It is a mitzvah to eat and drink right before and after Yom Kippur. Three meals are eaten, one in the morning the day before, one just prior to the onset of Yom Kippur, and one after the fast is over. Traditionally, light and unseasoned foods are eaten Erev Yom Kippur, such as plain cooked chicken and chicken soup, and dairy is served to break the fast.

Blessing the Children

Immediately before the fast begins, it is customary for parents to bless their children.

For girls start with: **May God make you like Sarah, Rebecca, Rachel and Leah.**

For boys start with: **May God make you like Ephraim and Menasheh.** (Joseph's children)

May God bless you and guard you. May the light of God shine upon you, and may God be gracious to you. May the presence of God be with you and give you peace.

4 Yom Kippur Prayers

- * **Kol Nidre:** Prayer to anul all vows
- * **Avinu Malkeinu:** Prayer during a time of fasting
- * **Vidui:** Prayers to confess one's sins
- * **Neilah:** Closing prayer of Yom Kippur

Plus Yizkor

We remember the departed with a special *Yizkor* memorial service. Yizkor is more than a service of remembrance; rather it is a time for us to connect with the souls of our loved ones on a deeper level. Tradition has it that during the Yizkor service, the souls of the departed descend from heaven and are joined with those who are close to them.

Rejoice

Sukkot

Beginning five days after Yom Kippur, Sukkot, named after the booths or huts in which Jews are supposed to eat, pray, study Torah, and sometimes even sleep in for seven days, is a celebration of the harvest and autumnal season. Together with Passover and Shavuot, Sukkot is one of the *Shalosh Regalim*, three annual pilgrimage festivals, when ancient Israelites living in Judah would make a pilgrimage to the Holy Temple in Jerusalem.

Gimme shelter!

Right after Yom Kippur, Jews build a *sukkah* that represents the type of fragile huts the Israelites lived in during their 40 years of wandering in the desert after their exodus from slavery in Egypt. The *sukkah* is a flimsy structure with at least three sides, whose roof is made out of thatch or branches, which provides some shade and protection from the sun, but also allows the stars to be seen at night. It is traditional to decorate the *sukkah* and to spend as much time in it as possible. Weather permitting, meals are eaten in the *sukkah*, and the hardier among us may also elect to sleep in the *sukkah*.



For the Kids...



Decorating the Sukkah is a fun activity families can participate in together.

- ✧ Create collages with your children to celebrate the fall and the harvest. Collect leaves, branches, and other natural materials you find in your backyard or neighborhood, to decorate your sukka.
- ✧ Celebrate the delicious bounty of the season with this easy project: Bunch together fresh vegetables in a planter box for an edible centerpiece. Delicious, healthy, and good for the environment!

The Lulav & Etrog

Sukkot celebrates the fall harvest, expressed by blessing and waving the lulav and the etrog. The lulav is a combination of date palm, willow and myrtle branches, held together by a woven palm branch. The etrog, or citron, is a lemon-like fruit with a wonderful citrus smell.

Palm

Represents the spine, which helps us stand

Willow

Represents the mouth (speech)

Myrtle

Represents the eye, how we see life

Etrog

Represents the heart, our emotional center



Do the Lulav Shake

When reciting the blessing over the lulav and etrog, one should wave them in all directions, symbolizing that God can be found everywhere. Hold the lulav and etrog together while facing east:

Shake **forward** 3 times



Shake **right** 3 times



Shake **left** 3 times



Shake **up** 3 times



Shake **down** 3 times



Save the Date for
Salsa in the Sukkah
September 25th
5:30 pm

Ushpizin

Sukkot is all about hospitality. In addition to welcoming friends and family to our sukkah, it's traditional on Sukkot to welcome *ushpizin*, or seven honored guests (one for each day), into our sukkah, too. For Reform Jews, these *ushpizin* include our foremothers, forefathers, and other significant figures in Jewish history.

While there have been so many incredible Jews throughout history, think about inviting some of today's incredible role models, like Justice Ruth Bader Ginsburg or Steven Spielberg to celebrate the fall harvest with your family.

Rejoice

Sh'mini Atzeret & Simchat Torah

Just as Sukkot ends, Jews in Reform communities and in Israel, enjoy the two-in-one-day holiday of Sh'mini Atzeret and Simchat Torah. In Biblical times, Sh'mini Atzeret (eighth-day convocation) was a day for Jews to reflect on the just-ended holiday of Sukkot before returning to their regular routine.

Simchat Torah (Rejoicing in the Torah) marks the end of the annual cycle of weekly Torah readings and the beginning of the new cycle. It is a joyous holiday that celebrates the Jewish love of Torah and study. Just as we finish reading the last sentence in Deuteronomy (*D'varim*), we immediately begin again with the story of creation in Genesis (*B'reishit*).

Simchat Torah is celebrated by taking all the Torah scrolls out of the ark in synagogue and spending the evening dancing, singing, and rejoicing. The scrolls are carried around the sanctuary in seven circles called *hakafot*.



For the Kids...Candy Torah Scrolls

Looking for a way to keep your kids busy before the holidays? Ask them to make these "Torah Scrolls." The covers can be decorated with sparkles or stickers. Better yet, your kids can turn these Torah treats into place-card holders! Ask them to write each guest's name on the outside, and maybe a sweet message on the inside.

Ingredients

- * Rolls of candies, such as Smarties
- * Construction or colorful paper
- * Strips of ribbon

Directions

1. Cut paper into strips 4 ½" long and 2" wide.
2. Roll 2 packs of candy into the paper.
3. Tie with ribbon.



Selichot



Saturday, September 1st, 7 pm
Temple Beth El
1351 South 14th Avenue
Hollywood

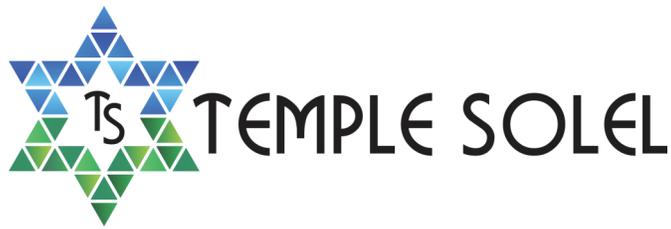


Salsa in the Sukkah

Tuesday, September 25th at 5:30pm



Join us for a scrumptious feast
hosted by Temple Solel Sisterhood
featuring a Mexican spread by Tijuana Flats



5779/2018 High Holy Days

Schedule of Services & Events

Selichot

Saturday, Sept 1	7:00 p.m.	at Temple Beth El 1351 South 14 th Avenue, Hollywood
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Rosh Hashanah

Sunday, Sept 9	8:00 p.m.	Erev Rosh Hashanah Service
Monday, Sept 10	10:00 a.m.	Rosh Hashanah Service
	2:00 p.m.	Family Rosh Hashanah Service
	4:30 p.m.	Tashlich Service at Oak Lake Park 3190 North 56 th Avenue, Hollywood
Tuesday, Sept 11	10:00 a.m.	2 nd Day Rosh Hashanah Service

Shabbat Shuvah

Friday, Sept 14	7:30 p.m.	Shabbat Service & Oneg
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Yom Kippur

Tuesday, Sept 18	8:00 p.m.	Kol Nidre Service
Wednesday, Sept 19	10:00 a.m.	Yom Kippur Service
	2:00 p.m.	Family Yom Kippur Service
	3:15 p.m.	Yom Kippur Afternoon Service
	4:15 p.m.	Yizkor & Concluding Services

Sukkot

Sunday, Sept 23	9:00 a.m.	Sukkah Building Party
Monday, Sept 24	9:00 a.m.	Sukkot Service
Tuesday, Sept 25	5:30 p.m.	Sisterhood "Salsa in the Sukkah"
Wednesday, Sept 26	1:00 p.m.	"Lunch & Learn" in the Sukkah

Simchat Torah

Sunday, Sept 30	6:00 p.m.	Simchat Torah, Hakafot & Special Oneg
Monday, Oct 1	9:00 a.m.	Yizkor Service