



HIGH HOLIDAY NEWSLETTER

2025 ✧ 5786



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Rabbi's Message

It is my great honour and pleasure to be joining you as the new Rabbi of the NHBZ community. My family and I look forward to getting to know you all better and to learning and growing together.

The sound of the Shofar that we hear on Rosh Hashanah is multifaceted and conveys many themes. We blow a variety of notes, consisting of the *Tekiah* (single straight sound), *Shevarim* (3 medium sounds), and the *Teruah* (9 short sounds). The Torah tells us (Bamidbar 10:3-7) that when the Jewish people were travelling in the desert, the *Tekiah* sound was used to announce to the people to gather together, whereas the *Teruah* (or *Shevarim*) sound was used to announce to the people to begin travelling, and was also a sound that symbolised distress. Whenever we blow the Shofar on Rosh Hashanah, the broken sounds (*Shevarim* or *Teruah*) are always accompanied by a *Tekiah* before and after them. Perhaps this serves as a reminder that during times of distress, the way that we move forward is by coming together, uniting, and working together.



The Rambam (Hilchot Teshuvah 3:4) also writes that the Shofar overall, serves as a wakeup call to us, beckoning and urging us to engage in self introspection and repentance.

During these tumultuous times for the Jewish people and especially for the state of Israel, let us think of what we can do to improve ourselves, our families, our community, and the broader Jewish world, and of what we can do to bring ourselves closer to each other.

Leia, Eitan, Yedidya, Atara, and I wish you all a *Shanah Tovah U'Metukah* – a happy, healthy, and sweet new year!

Aron Rubin, Rabbi
Nusach Hari B'nai Zion Congregation



President's Message

As we welcome the High Holidays, we are given the gift of pausing — to look back with gratitude, to look inward with honesty, and to look ahead with hope. This season of reflection and renewal reminds us not only of our personal journey of teshuva, but also of the strength we draw from being part of a caring and vibrant community.

This year feels especially sweet and full of promise as we welcome Rabbi Aron and Leia Rubin and their family to Nusach Hari B'nai Zion. Their energy, warmth, and leadership already inspire us, and we are excited to grow together under their guidance. We have begun to see new faces joining our shul family, and we look forward to building an even stronger and more connected community in the year ahead. Together, may we enter this new year with open hearts, ready to support one another, deepen our connections, and grow in Torah, mitzvot, and kindness.

On behalf of my family, I wish you and yours a Shana Tova U'Metukah — a good and sweet year filled with health, joy, and peace. May we all be inscribed and sealed in the Book of Life.

Dan Winograd, President
Nusach Hari B'nai Zion Congregation



About the Holidays

Selichos is a series of penitential prayers that are recited several days before Rosh Hashanah. It is important to attend synagogue for Selichos, as its text contains several important passages which may be said only in the presence of a minyan.

Rosh Hashanah means, literally, "Head of the Year." It is the anniversary of the creation of Adam and Eve, highlighting the special relationship between G-d and humanity. The primary theme of the day is our acceptance of G-d as our King. G-d not only wants to have a world populated with people, He wants an intimate relationship with each one of us. In addition to the collective aspects of Rosh Hashanah worship, each man and woman personally asks G-d to accept the coronation, thus creating the bond of "We are Your people and You are our King."

Fast of Gedalia, usually occurs one day after Rosh Hashanah and commemorates the assassination of Gedalia, Governor of Judah, whose murder ended Jewish autonomy following the destruction of the First Temple. When Rosh Hashanah occurs on Thursday and Friday, the fast occurs on Sunday, since we don't fast on Shabbos.

Yizkor, a special memorial prayer for the departed, will be recited following the Torah reading on Yom Kippur and Shemini Atzeres. *Yizkor* means "Remember" and represents the overall theme of the prayer, in which we implore G-d to remember the souls of our

relatives and friends that have passed on. When we recite Yizkor, we renew and strengthen the connection between us and our loved one, bringing merit to the departed souls, elevating them in their celestial homes. The main component of Yizkor is our private pledge to give charity following the holiday in honor of the deceased. By giving charity, we are performing a positive physical deed in this world, something that the departed can no longer do.

Yom Kippur commemorates the day that G-d forgave the Jewish people for the sin of the Golden Calf. Moses spent 40 days on top of Mount Sinai pleading with G-d for forgiveness. On the tenth of Tishrei, G-d gave Moses the second set of tablets containing The Ten Commandments. From that moment on, henceforth known as the Day of Atonement, we observe this date every year as a commemoration of our special relationship with G-d, a relationship that is strong enough to survive any rocky bumps it might encounter. Yom Kippur also features the *Yizkor* prayer, asking G-d to remember the souls of the departed.

Sukkos For forty years, as our ancestors crossed the Sinai Desert prior to their entry into the Holy Land, miraculous "clouds of glory" surrounded and hovered over them, shielding them from the dangers and discomforts of the desert. Ever since, we remember G-d's kindness and reaffirm our trust in His providence by dwelling in a sukkah – a hut of temporary construction with a roof-covering of branches – for the duration of the Sukkos festival. For eight days and nights, we eat all our meals in the sukkah, and regard it as our home.

Shemini Atzeres and **Simchas Torah** are independent holidays that immediately follow Sukkos. These holidays are characterized by joyousness, which surpasses even the joy of Sukkos. Shemini Atzeres features the prayer for rain, officially commemorating the start of the rainy season in Israel, and the *Yizkor* prayer, asking G-d to remember the souls of the departed. The joy reaches its climax on Simchat Torah, when we celebrate the conclusion and restart of the annual Torah-reading cycle. The highlight of Simchas Torah are the *hakafos*, held both on the eve and morning of Simchat Torah, in which we march and dance with Torah scrolls around the synagogue.

Holiday Preparations and Customs

Eruv Tavshilin

When the first or second day of Yom Tov (Rosh Hashanah, Sukkos, Shemini Atzeres or Simchas Torah) falls on Friday, we must make an Eruv Tavshilin (mingling of cooked foods) in order to prepare food for Shabbos during Yom Tov. ***This is not relevant this year.***

Candle Lighting

We kindle two candles on Erev Rosh Hashanah (2 nights), Erev Yom Kippur, Erev Sukkos (2 nights), Erev Shemini Atzeres and Erev Simchas Torah.

Rosh Hashanah

ROSH HASHANAH CANDLE LIGHTING

1. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom a-sher ki-de-sha-nu be-mitz-vo-sov ve-tzi-vo-nu le-had-lik ner shel (Sha-bos v'shel) Yom Ha-zi-karon.

Translation: Blessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of (the Sabbath and) the Day of Remembrance.

ROSH HASHANAH CANDLE LIGHTING

2. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom she-he-che-ya-nu vi-kee-yi-ma-nu vi-hi-gee-an-u liz-man ha-zeh

Translation: Blessed are you, L-rd our G-d, King of the universe, who has kept us alive and sustained us and let us reach this time.

ON THE TABLE It is customary to have fish and carrots at the table on Rosh Hashanah. Fish and carrots are symbolic of being fruitful and multiplying. Many also have the custom to have leeks, beets, dates, squash, and pomegranates, symbolizing triumph over our enemies and attaining numerous merits. Some also have the head of a fish (or sheep) symbolizing the success that we hope to have, to be the head and not the tail. We hope that our good deeds and Simchas will be many during the coming year.

KIDDUSH is recited on both evenings and mornings of Rosh Hashanah, at home, after services. The Kiddush for Rosh Hashanah is found in the siddur or bencher.

HONEY is used with Challah. We dip challah into honey after the Motzi prayer is recited. After eating the piece of bread, we pray for a sweet year. An apple is also dipped into honey, the blessing over fruit of the tree is recited and then, the prayer for a sweet year is offered. The prayer reads: May it be Your will O L-rd to renew for us a good, sweet year.

SH'HECHEYANU: It is customary to display new fruit or wear new garments on the 2nd eve of Rosh Hashanah and keep these in mind when offering the Sh'hecheyanu prayer.

Tashlich

Tashlich is a series of prayers that we say on the shore of a river or body of water that contains fish. We symbolically cast off our sins into the depths on the afternoon of the first day of Rosh Hashanah.

Yom Kippur

KAPPORAS: It is customary to shlug Kapporas (swing a chicken around your head) on Erev Yom Kippur. Many Jews fulfill this custom today by placing money for each family member into a handkerchief, twirling it over your head and saying: *"This is my exchange, this is my substitute, this is my expiation. This money should go to charity and I should be privileged to have a long & pleasant life of peace"*. We will place collection plates in the lobby on Erev Yom Kippur for you to fulfill your pledge.

YOM KIPPUR CANDLE LIGHTING

1. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom a-sher ki-de-sha-nu be-mitz-vo-sov ve-tzi-vo-nu le-had-lik ner shel (Sha-bos v'shel) Yom Ha-kipurim.

Translation: Blessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of (the Sabbath and) the Day of Atonement.

2. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom she-he-che-ya-nu vi-kee-yi-ma-nu vi-hi-gee-an-u liz-man ha-zeh.

Translation: Blessed are you, L-rd our G-d, King of the universe, who has kept us alive and sustained us and let us reach this time.

NOTE: Candle lighting will not be available at NHBZ on Erev Yom Kippur.

BLESSING THE CHILDREN: A beautiful custom is the blessing that parents give to their children before leaving for shul on Erev Yom Kippur.

For girls: May you be like Sarah, Rebecca, Rachel, and Leah.

For boys: May you be like Ephraim and Menashe.

Conclude for both boys and girls: May G-d bless you and guard you. May G-d show you favor and be gracious to you. May G-d show you kindness and grant you peace.

FAST OF YOM KIPPUR is a biblical law. In order to fast properly, the Rabbis urge that a good meal be eaten on Erev Yom Kippur. On Yom Kippur, men are encouraged to wear a Kittel, a white garment, and do not wear leather shoes. If a physician requires one to take medicine on Yom Kippur, call the Rabbi for proper procedures.

Sukkos/Shemini Atzeres/Simchas Torah

YOM TOV CANDLE LIGHTING

1. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom a-sher ki-de-sha-nu be-mitz-vo-sov e-tzi-vo-nu le-had-lik ner shel (Sha-bos v'shel) Yom Tov.

Translation: Blessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of (the Sabbath and) the Festival Day.

2. Bo-ruch a-toh Hashem E-lo-kei-nu me-lech ho-olom she-he-che-ya-nu vi-kee-yi-ma-nu vi-hi-gee-an-u liz-man ha-zeh.

Translation: Blessed are you, L-rd our G-d, King of the universe, who has kept us alive and sustained us and let us reach this time.



Shul Etiquette

- **Conversation with your neighbor is improper during services.** Be mindful that our purpose in shul is to converse with and pour out our hearts to G-d. Page numbers will be announced from the Pulpit. Please remain quiet so everyone can hear and follow the service.
- **Refrain from congregating and talking in the lobby.** Enter services quietly!
- **If you have a reserved seat,** check the seating chart and quietly find your seat. If you do not have a reserved seat, you are welcome to sit in any open, unreserved seat.
- **Prayers may be offered in Hebrew or English.** G-d hears all prayers that are offered with a sincere heart! Listen to 100 blasts of the Shofar that are sounded before and during Musaf on Rosh Hashanah (at approximately 10:45 a.m.)
- **It is permissible to bring your Tallis on Rosh Hashanah. You may bring your Tallis on Yom Kippur only if you live within the Eruv;** otherwise you must bring it before Kol Nidre and leave it in Shul until after Yom Kippur. It is also customary to place charity in the charity plates in the lobby before Yom Kippur begins on Kol Nidre evening.
- **Personal cell phones may not be used.**
- **Married women are encouraged to wear a hat or head covering.** All girls and women are encouraged to dress modestly, by wearing a skirt or dress.
- **It is customary to make a contribution** to the synagogue for honors received during the holidays.





New Year Greetings

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The NHBZ Sisterhood thanks the following for participating in this year's New Year Greeting campaign to wish everyone in our NHBZ family Good Health, Happiness, and Prosperity in the New Year!

Shana Tova U'metuka

Caryn Alper
Lenny & Fran Alper
Joanna Alper
Debbie & Jessie Barash
Shirley Bluestein and Family
Marcie & Alan Brook
Don & Julie Eisenberg
Teree Farbstein
Meira Ganel
Leslie Gitel
Rhonnie & Stanley Goldfader
Sandy Greenberg
Joni & Bob Kaiser
Michael & Charlene Kass
Sally & Eliot Katz

Judy Levin
Phyllis & Howard Loiterstein
Morgensztern Family
Sally Needle
Les & Sari Neudorf
Rachael Pevnick and Family
Andrea & Stan Goldenberg
Larry & Robin Pevnick & Family
Debbie & Brian Sher & Family
Steve & Myra Radinsky
Nancy & Jason Rush and Family
Sharon Summers
Gail & Jerry Tullman
Stella & Leonid Vladimirov
Faith & Bruce Waxman

There is still time to add your name to the list. Please be generous.
Help us meet our New Year Greeting fundraising goal for this year.
Proceeds support NHBZ's Passport to Israel Program and other projects.

Rosh Hashanah and Yom Kippur Personnel

Rosh Hashanah

Pesukei D'zimra..... Menachem Szus
 Shacharis..... Rabbi Hess
 Torah Reading..... Rabbi Hess
 Drasha (Sermon)..... Rabbi Aron Rubin
 Musaf Rabbi Yitzchok Shimon Hess

Yom Kippur

Kol Nidre Rabbi Yitzchok Shimon Hess
 Pesukei D'zimra Menachem Szus
 Shacharis Rabbi Dov Nimchinsky
 Torah Reading Rabbi Hess
 Drasha (Sermon)..... Rabbi Aron Rubin
 Musaf Rabbi Hess
 Mincha Menachem Szus
 Neilah Rabbi Hess

Aish HaTorah Learner's Services and Educational Programs

Aish HaTorah will present several Learner's Services and Programs during the holidays to be held on the lower level of the Shul. The schedule is as follows:

Rosh Hashanah Day 1, Learners Service, Tuesday, Sept 23, 10:00 am..... Rabbi Yosef David
 Rosh Hashanah Day 2, Educational Program, Wed. Sept 24, 11:00 am... Rebbitzen Mimi David
 Yom Kippur, Learners Service, Thursday, September 25, 10:00 am..... Rabbi Yosef David

Youth Programming

Youth Programs will take place on the lower level of the Shul.

In the Ely Ragin Children's Room, pre-schoolers and elementary aged kids will meet for supervised songs, prayer and play. Babysitting will also be available.

In the Youth Lounge, pre-teens and teens are welcome to hang out (unsupervised), with space to play foosball, ping pong, and other games, and learn together.

Youth programs will be at the following times:

Rosh Hashanah Day 1, Tuesday, September. 23 10:00 am – 12:30 pm
 Rosh Hashanah Day 2, Wednesday, September 24 10:00 am – 12:30 pm
 Yom Kippur, Thursday, October 2 10:00 am – 12:30 pm

Lunch will be provided for all children.

Check latest Shul bulletins in event of any time changes for Aish Services or Youth Programs.

High Holiday and Yom Tov Complete Schedule Of Services

SELICHOS PRIOR TO ROSH HASHANAH

Sunday, Sept 14.....7:45 am
 Mon-Fri, Sept 15 -19..... 6:30 am
 Sunday, Sept 21.....7:45 am

EREV ROSH HASHANAH, Mon, Sept. 22

Selichos..... 6:15 am
 Mincha 6:35 pm
 Candle Lighting.....6:39 pm

ROSH HASANAH DAY 1, Tues, Sept. 23

Shacharis 8:00 am
 Learners' Service..... 10:00 am
 Children's Program..... 10:00 am–12:30 pm
 Drasha (Sermon).....10:30 am
 Mincha..... 6:20 pm
 Tashlich.....Following Mincha
 Yom Tov Candle Lighting Not Before 7:36 pm

ROSH HASHNAH DAY 2, Wed, Sept. 24

Shacharis.....8:00 am
 Children's Program..... 10:00 am–12:30 pm
 Drasha (Sermon)..... 10:30 am
 Shofar to follow Drasha
 Educational Program.....11:00 am
 Mincha.....6:20 pm
 Yom Tov Concludes.....7:35 pm

TZOM GEDALIAH (Fast of Gedaliah)

Thursday, September 25

Fast Begins.....5:33 am
 Selichos..... 6:30 am
 Mincha.....6:25 pm
 Fast Concludes.....7:22 pm

EREV YOM KIPPUR, Wednesday, October 1

Mincha..... 1:30 pm
 Fast Begins 6:10 pm
 Candle Lighting at home * Before 6:25 pm
 (* No Candle Lighting at NHBZ)
 Take out Torahs.....6:25 pm
 Followed by Kol Nidre & Ma'ariv
 Ma'ariv Concludes..... 9:00 pm

YOM KIPPUR, Thursday, October 2

Shacharis..... 8:30 am
 Learners' Service.....10:00 am
 Children's Program..... 10:00 am–12:30 pm
 Drasha (Sermon).....11:15 am
 Yizkor.....Approximately 11:45 am
 Musaf.....12:20 pm
 Mincha.....4:45 pm
 Neilah.....6:00 pm
 Ma'ariv.....7:22 pm

Yom Kippur Continued

Havdalah.....7:35 pm
 Shofar Sounded.....7:37 pm
 Fast Concludes.....After Shofar is Sounded

EREV SUKKOS, Monday, October 6

Mincha.....6:15 pm
 Candle Lighting.....6:17 pm

SUKKOS DAY 1, Tuesday, October 7

Shacharis.....9:00 am
 Drasha (Sermon).....10:45 am
 Kiddush to follow in Sukkah
 Mincha.....6:15 pm
 Yom Tov Candle Lighting.... Not Before 7:14 pm
 (from existing flame)

SUKKOS DAY 2, Wednesday, October 8

Shacharis..... 9:00 am
 Drasha..... 10:45 am
 Kiddush to follow in Sukkah
 Mincha.....6:15 pm
 Yom Tov Ends..... 7:13 pm

CHOL HAMOED SUKKOS

Thursday October 9

Shacharis.....6:45 am
 Mincha..... 6:15 pm

Friday, October 10

Shacharis..... 6:45 am
 Mincha.....6:10 pm
 Candle Lighting.....6:11 pm

Shabbos, October 11

Shacharis..... 9:00 am
 Mincha..... 5:50 pm
 Shabbos Ends.....7:08 pm

HOSHANA RABBA, Monday October 13

Shacharis..... 6:30 am
 Mincha.....6:05 pm
 Candle Lighting.....6:07 pm

SHEMINI ATZERES Tuesday October 14

Shacharis..... 9:00 am
 Yizkor approximately..... 10:30 am
 Mincha.....6:05 pm
 Ma'ariv.....6:25 pm
 Hakofos & Parade of Torahs.....6:40 pm
 Candle Lighting..... .Not Before 7:04 pm
 (from existing flame)

SIMCHAS TORAH, Wednesday, October 15

Shacharis..... 9:00 am
 Kol Hanarim – Call all kids to Torah 10:45 am
 Mincha.....6:05 pm
 Yom Tov Ends.....7:03 pm