

MAKING THE MOST OF YOUR

HIGH HOLY DAYS AT TEMPLE BETH EL

YOUR GUIDE TO SPIRITUAL PREPARATION AND FAMILY CELEBRATION



Make these High Holy Days a transformative experience like never before.

✧ The Month of Elul ✧

The month of Elul is the month preceding the High Holy Days. The rabbis say that the hebrew letters of the month of Elul stands for “Ani L’Dodi V’dodi Li” - I am for my beloved and my beloved is for me. Therefore, the entire month is about getting very clear about “who” and “what” we are for, in our lives. How do we best connect with what is most important to us and get clear about how to manifest it?

If we’ve spent the attention necessary on these areas during this month, the power of our time together in synagogue on

Rosh Hashanah and Yom Kippur can be truly transformative. Please join us to begin this month together as a community on **Wed**



evening, August 31, 2011 with our rabbis learning how to engage the inner preparation necessary to make this year like no other.

Here are two easy things you can do to make your High Holy Days transformative!

1. Go to the Temple Beth El Website and download the High Holy Day Preparation Packet.
2. On the back of this flyer, read about “Making Yom Kippur Personal,” fill out the bottom section, tear it off, and send it or bring it in to us.

Making Yom Kippur Personal

by K'vod Wieder, Rabbinic Intern

This year, we have a special opportunity to let the power of this community be our companions and fellow journeyers on our own paths of healing and change. Each one of us has our own personal vision for who we want to be this year, and the possibility of discovering where our thinking or choices don't reflect that vision. One of the greatest gifts that we can give each other is the genuine knowledge that we are not alone in missing the mark of our vision.

It would be a great goal for Yom Kippur to bring all parts of ourselves in harmony with that vision. In ancient times, the High Priest would enter the Holy of Holies, the innermost chamber of the Temple in Jerusalem, and would bring the entire community's transgressions in harmony with a vision of God's purpose in the world. This purification was a revelation of Divine forgiveness and supported the community of Israel to be on a path of truth and purpose for another year. In the Torah, it says of Aaron, the High Priest:

*"when he goes in to make an atonement in the holy place, until he comes out, and have made an atonement for **himself**, and for **his household**, and for **all the congregation of Israel**." (Vayikra 16:17)*

During Yom Kippur, we will be asking for forgiveness in each of the different services that we pray together. In order for us to make our prayers relevant and meaningful, we will not just call out the transgressions that are listed in the prayerbook, but we also want to call out the real transgressions (anonymously, of course) of the actual people that we are praying with. It is powerful and deeply healing to hear how other people's transgressions parallel our own and to ask forgiveness for not only ourselves, but the actual people in the congregation.

To make this experience a reality, we ask you to tear off the section below and send it in to us.

-
1. **Yom Kippur Eve** - write a transgression that you have committed against yourself. (*"himself"*)
 2. **Yom Kippur Morning** - write a transgression that you have committed against your loved ones (*"his household"*)
 3. **Yom Kippur afternoon** - write a transgression that you have committed against your community, society, or earth (*"all the congregation of Israel"*)