

IMPORTANT REMINDERS -In respect for the Holidays and in consideration of others, please observe the following guidelines:

- Please take a minute to review safety and security information before High Holidays. Links will be provided in the community email as we get closer to Rosh Hashanah.
- Listen for safety and security announcements from the Bimah.
- Use quiet voices in the foyers and hallways. Refrain from conversation on the 4th and 5th floors in the areas right outside services, as even quiet voices are amplified there by the acoustics.
- In order to facilitate access to the elevators for regular Tiffany Center business, use the stairs whenever possible in traveling between floors.
- Respect the need for reserved seating for individuals with accessibility needs, volunteer coordinators, and their families.
- If you must carry a cell phone/pager, please set it to a silent/vibrate setting, and take your calls outside or to the first floor lobby. And please, no texting in the sanctuary.
- As a sign of reverence, please do not put prayer books on the floor.

SELICHOT – Saturday, September 12, 9:00pm at Havurah Shalom, 825 NW 18th Avenue

Tradition tells us that the heavens are most open to prayer during the Days of Awe. Our Selichot Service will be held in our Bet Ha Knesset. We will begin the process of T'shuvah, of resolving those issues that have been heavy on our hearts and minds, and of welcoming the New Year. Plan to arrive early and bring a pillow to sit on and a candle in a container. We plan to begin Havdalah promptly at 9:00pm. Led by Steve Sandberg-Lewis and Abigail Webb, with music by Rachael Duke.

EREV ROSH HASHANAH DINNER, Friday, Sept. 18, 6:00pm

Tiffany Center, 1410 SW Morrison, Portland

On Erev Rosh Hashanah we come together as a community to celebrate the beginning of the New Year. Enjoy some extra special time to gather and re-connect with our Havurah family by attending the Fourth Annual Erev Rosh Hashanah Havurah Dinner. Reservations are required by Friday, September 4. See the enclosed flyer for more details. **For Havurah Members and Guests Only**

TASHLICH AND VEGETARIAN POTLUCK, Sunday, Sept. 20, 4:00 pm

Sellwood Riverfront Park. See enclosed flyer for more information.

We are holding Tashlich at Sellwood Riverfront Park again this year to make it easier to access and hoping people will choose to bike! During this season of repentance, we are called upon to do T'shuvah, to return to God in sincerity and in truth. Please join the Havurah community on Sunday, September 20 at 4:00 p.m., as we gather at Sellwood Riverfront Park to perform the Tashlich ceremony. We seek to symbolically "cast away" our accumulated sins and transgressions, so that we may purify our hearts and our souls, as the New Year begins. Bring something to share at the vegetarian potluck immediately following Tashlich. Organized by Aaron Pearlman.

TWO OPTIONS FOR BREAK-FAST AFTER YOM KIPPUR, Mon., Sept. 28, app. 7:00pm

Havurah Community Potluck Break Fast at the Tiffany Center, 2nd Floor Crystal Room West

Your donations of cakes, cookies, cheese, fruit and veggies are most welcome. Food can be dropped off when you come to Yom Kippur services.

Young Adults Yom Kippur Break-fast (20-30's)

Gather with your people for general and Jewish cultural, intellectual, social, and gastronomical stimulation. Please join us for a casual Yom Kippur Break-the-Fast Meal after the conclusion of Yom Kippur services. We will be meeting at a restaurant near the Tiffany Center, exact location TBA. If you are interested in more information about this event or other gatherings for young adults, please contact Rebecca and Ben Darling-Budner.

*THANK YOU TO EVERYONE WHO GIVES OF THEMSELVES
TO MAKE HAVURAH HIGH HOLIDAY SERVICES THE JOY AND
WONDER THAT THEY ARE!*

HAVURAH HIGH HOLIDAY THEME 5770:

Mahsh'pi'a¹ – Strengthening our connections to one another and reaffirming the kind of impact we can have in the world when we act together...

We reconnect with one another during the Yamim Noraim (Days of Awe.) This gives us the resolve to confront the truth about who we are and the work in the world that awaits us. We may feel bolstered and reaffirmed, and yet extreme poverty elsewhere flags the spirit and undermines human capacity. During the holidays, we reconsider how our efforts to build a community reflect Havurah's spiritual paradigm: In order to be Jews in the world, we need to discover what it means to be Jews within our own community. And by demonstrating that our spiritual heritage invigorates us close by, we become mindful of the impact we can have far away. As the Talmud teaches us: "Whoever saves a life saves the world, and whoever destroys a life destroys the world."

Rabbi Joey

¹ In Hebrew, this is a technical term in the Kabbalah for "overflowing" energy, from one world into another. These reverberations, when understood correctly, reinforce the notion that we are all connected to one another. The modern usage of the word simply means "having an influence" or "making an impact".

Tikun Olam Focus: Mahsh'pi'a - Impacting Global Poverty

Tzedakah Project: Community Warehouse

Tikun Olam: Green Empowerment

If we are going out into the world, then we must move beyond our own small haunt. The sages taught, "If I am not for myself, who will be for me? If I am [only] for myself, what am I? And if not now, when?" (Avoth 1:14)

Through our Global Poverty (Mahsh'pi'a) Campaign, Havurah Shalom is committed to working to ameliorate global poverty. One key part of our campaign is to raise money to fund a solar-powered water system in a village in Nicaragua. Havurah's goal is raise \$80,000.

Green Empowerment is a Portland-based non-profit that has developed special expertise in developing in-country partnerships to provide sustainable energy and potable water to communities in Asia and Latin America. Green Empowerment understands community building and works with local non-governmental organizations to organize and manage their projects in local communities. Their projects are small and sustainable. They work quietly and produce concrete results.

In addition to the fundraising campaign, there will be educational activities and engagement with our b'nai mitzvah. We want this initiative to serve as a focal point for who we are as a congregation. As a spiritual community steeped in Jewish values, we define ourselves as a community dedicated to *tikun olam*. If we are to take seriously our identity, we must undertake efforts to repair this broken world in community.

This summer, we kicked off our campaign by holding house meetings to educate our community about Green Empowerment and our fundraising goals. More activity is planned so we can realize our fund-raising goals. What you can do: Volunteer to host a house meeting. Find a house meeting to attend. And support our fund raising effort by giving generously when asked.

For information about how you can help, please contact Lee Gordon, Linda Boise or the Havurah Office.

Tzedakah: Community Warehouse

Our tzedakah project is to support Community Warehouse. Community Warehouse collects essential furniture and household items from the community and distributes them to local families in need.

The Warehouse works in partnership with over 100 local non-profit and social service agencies. Community Warehouse assists over 60 households each week providing mattresses & box springs, kitchen tables & chairs, dressers, lamps, pots & pans, cooking utensils, towels and blankets. Please help Community Warehouse by bringing some of the most needed household items listed below with you during the High Holidays. If you have furniture items or items too large to carry, call 503-235-8786 to arrange a pick up. For more information www.communitywarehouse.org.

Most needed items: pots and pans, silverware, baking dishes, toasters, blenders, blankets, pillows and alarm clocks.

Also needed: cooking utensils, kitchen knives, coffee makers, dishes, glasses, sheets, towels and heaters.

SHARING THE HOLIDAYS

Holidays are meant to be celebrated with others, but not everyone has someone to share it with. If you are willing to host other Havurah members at your holiday dinner, please call the office to "register" your home. You'll be asked about which meal you'll be inviting guests to, how many spaces you have available, whether children are welcome, if it is a potluck, and if it is kosher. If you are in need of a place to share a holiday meal, call the Havurah office and we will try to connect you with a host. **Thanks for this mitzvah!**

ROSH HASHANAH & YOM KIPPUR FOR CHILDREN, FAMILIES & YOUTH

If you have any questions or would like to be involved with youth and children's programming, please contact Deborah Eisenbach-Budner, Havurah Education Director at 503-248-4662 after the High Holidays.

Helping Your Children Connect with Rosh Hashanah and Yom Kippur:

Rosh Hashanah and Yom Kippur become much more enjoyable and meaningful when we prepare ourselves (even a bit!), rather than skid into them at a breakneck pace. And, this is all the more so for children and youth who literally might not know the holidays are upon them until they get into the car/bus to go. Please consider the following:

- 1) Check out the great collection of holiday related books that we have in the Havurah Shalom Library for adults and children.
- 2) Devote one mealtime, car ride, or conversation to discussing **some of the highlights of the last year**: good experiences and hard times, things learned, mistakes made - for individuals as well as the whole family. Gently ask about **hopes for the coming year**. Of course, we all need to use language appropriate to the ages and development of our children. Perhaps, make a family mural of pictures of the last year or hopes for the next year.
- 3) The key is to somehow **pause** and **acknowledge** (and celebrate) that we are making a new beginning. We are starting a new year. The beginning of school can overshadow this other new beginning but can also enhance it if we help our children draw the connections.
- 4) Talk with your children **well in advance** about how your family will be celebrating or observing this New Year. See if they have any ideas about how to celebrate.

REQUESTS FOR ALL PARENTS OF CHILDREN NOT IN CHILDCARE:

Please discuss these guidelines with your children & teens – for their safety AND in consideration for the people who work in the Tiffany Center. Thank you for your cooperation.

- For everyone's safety, children and teens should be in services or in the rooms designated for them and **NOT** roaming or loitering in the stairwells, halls, elevators or basement.
- Bring snacks for your children as services can be lengthy. The vending machines in the basement are intended for Tiffany Center employees **ONLY**, and are off limits to children. Please read our food policy under the section for Middle/High School Break Rooms.
- Please label personal belongings for easy identification.

YOUTH PROGRAMS & SERVICES: Rosh Hashanah Day 1 and Yom Kippur:

Family Service (with children ages 0-10), Sept. 19 and Sept. 28, 9:30-10:15am

Tiffany Center, 2nd Floor, Crystal Room West (next to Childcare)

This upbeat, brief, and participatory holiday service is for the whole family! The service includes stories, a skit, visuals, and lots of singing.

Middle Schoolers' Program (ages 11-14), Sept. 19, 10:45-11:45am

Tiffany Center, 2nd Floor, Crystal Room West (next to Childcare)

Youth should bring their knowledge and curiosity about the holidays to this program of games and activities. Get ready for fun, getting to know each other, and maybe even gain a new perspective for a New Year.

Middle Schoolers' Program (ages 11-14), Sept. 28, 10:30-11:45 am

Meet in Middle School Room, 3rd Floor, Conference Room E, BEFORE 10:30 am

The Middle Schoolers' Program for Yom Kippur will include group attendance at the Torah service, questions to consider and time for a discussion with an adult facilitator.

Childcare (ages 0-10) See enclosed childcare registration flyer for details.

Tiffany Center, 2nd Floor, Crystal Room East.

Middle School and High School Break Rooms: Sept. 19 and Sept. 28

Middle School (ages 11-14) -Tiffany Center, 3rd floor Conference Room E.

High School (ages 14-18) -Tiffany Center, 4th floor, in Parlor A West

The Middle/High School Break Rooms are places to take a **break** from services. Space does not allow these rooms to be a replacement for service attendance and we encourage youth to spend time with their parents and peers in services. These rooms are open on the first day of Rosh Hashanah and on Yom Kippur Day. The rooms are CLOSED during evening services, on the second day of Rosh Hashanah, and the Middle School Break Room is closed during the Middle School Program. Remind your children that these spaces are for low key (not rowdy) socializing, games and reading.

FOOD POLICY: Please provide snacks as necessary for youth age 11-18. Food is permitted in both Break Rooms on Rosh Hashanah, and ONLY in the Middle Schoolers' Break Room on Yom Kippur. **On Yom Kippur, teens are encouraged to participate in the mitzvah of fasting along with the adults. Food is not permitted in the High School break room on Yom Kippur.** Anyone unable to fast for medical, health, or other reasons is not obligated to do so. There will be one table designated for eating located in the Middle Schoolers' Break Room on the 3rd Floor for anyone (age 11 - adult) needing to eat on Yom Kippur. We ask everyone to be respectful of individual choices about fasting or not.

Youth ages 12+ are invited to assist with the childcare room on the 2nd floor. See the registration table on the 2nd floor to sign up for a specific shift, or call 503-248-4662.