

A Message from Rabbi Bearman

Another year has passed, and we are once again preparing to welcome and celebrate the High Holy Days at TBC.

I have spent a lot of time this summer and will spend more time in the next few weeks exploring our *mahzor* (High Holy Day prayer book), *Mishkan HaNefesh*. Even as I get lost within the beautiful details of the prayer book, another part of my mind has been occupied with thoughts of the *mahzor's* title, *Mishkan HaNefesh*, sanctuary of the soul.

Preparing a congregation for the High Holy Days is a complex process. It involves dozens of people. Volunteers, staff, and clergy are responsible for everything from making sure the carpets have been cleaned to deciding what translation of *Avinu Malkeinu* will resonate most deeply. It takes months

to make sure we are ready to light the candles and welcome the new year.

Whether we think of it as our soul, our spirit, or our energy, the *nefesh* that exists in each of us is elastic and resilient, but it requires care and replenishment. The hardships we encounter, the fear and concern we feel, and even the great and exhausting joys we experience can stretch and challenge the *nefesh* that exists in each of us. Two of the greatest gifts that we can give ourselves are the space and time we need to care for ourselves and our spirits. The High Holy Days offer us this opportunity. On Erev Rosh Hashanah, we may walk through the doors of the synagogue feeling brittle or hollow. But our goal, over the course of the Days of Awe, is to do the necessary work to nourish

our spirits so we can listen to the last note of the shofar on Yom Kippur and know we are ready for another year of feeling deeply, striving tirelessly, and loving powerfully.

TBC is working hard to provide all of us with a sanctuary for our souls — a space where we can turn off distractions and focus on being; a space where we can release some of the stress of our lives because we are cocooned in the safety and strength of our tradition, family, and friends; a space where we can recharge and renew ourselves. I look forward to celebrating these holy days with you and our extended TBC family.

Shanah Tovah! May we have a year filled with peace and wholeness.



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A Letter from Cantor Sobel

One of the most powerful moments of High Holy Days services for me is the communal confession of sins. Not just the specific words, it is the power of reciting them together as a community, declaring to ourselves and to God that we pray together for forgiveness for all our sins. The introduction to our Machzor (prayer book) for Rosh Hashanah discusses this same idea saying, "The work of *t'shuvah* (return) and *cheshbon nefesh* (accounting of the soul) - which Judaism deems so vital — requires unflinching

honesty, concentration, dedicated space and uninterrupted time. It is best undertaken in solitude, for it entails an inward-focused journey that is deeply personal. Yet this journey is enriched by a sense of shared endeavor and communal support."

This highlights a central tension inherent in synagogue worship for the High Holy days. How do we accomplish a worship experience which simultaneously provides the space for each of us to do our own individual

spirit work, while also providing shared support and strengthening each other for that work? Our Machzor provides one approach, including text designed for community recitation, such as the confession of sins, and also pages of interspersed passages for private personal reflection. Once we give ourselves permission to switch our attention away from the "main" passage being read or sung to focus on an alternative reading, the experience can be transformative.



From the Ritual Committee

We have many new and exciting events planned to welcome in 5778! There are also some changes from previous holiday worship in addition to our wonderful Rosh Hashanah and Yom Kippur services. We look forward to celebrating the holidays with you and your families. *L'Shanah Tovah!*

- ◆ Holiday preparations begin with a **Special Shabbat Service** on **Friday, September 15 at 7:30 pm** to change the Torah covers to their holiday attire.
- ◆ A joint **Selichot Service and Study Session** with Congregation Shir Shalom on **Saturday, September 16 at 7:30 pm**. Please refer to Chai Lites for the location.
- ◆ **Tashlich** services will take place at **2 pm** on the first day of Rosh Hashanah (**Thursday, September 21**) after the family service.
- ◆ Shabbat **Shuvah** services will be held **Friday, September 22**, at **7:30 pm** at TBC.
- ◆ Our **Family Sukkot Service** will take place on **Friday, October 6 at 6:30 pm**.
- ◆ Simchat **Torah** services will take place on **Friday, October 13 at 7 pm**. We invite everyone who has had a Bar or Bat Mitzvah to find and stand near their Parsha as we unroll the Torah.

"...two distinct services...to consider..."

Both services will include:

- ◆ A sermon from Rabbi Bearman
- ◆ Our new High Holy Day prayer books
- ◆ The blowing of the shofar

Greetings from our President

The High Holy Days are not only a period for meditation, repentance and T'Shuvah, but also a time of peace. While I am often at Temple throughout the year for Shabbat, B'nai Mitzvah, educational, social and holiday programming, the High Holy Days are different. The solemnity, feasting — then fasting, prayer and music provide inspiration and bring peace to me. The opportunity to greet old and new friends, to study together and finally end the ten days with the sound of the shofar, and to break fast with family and friends always leave me feeling at peace. I hope that I will see you all at services and that you all get to experience peace in your lives for the coming year!

Cindy Baulsir, President

We are always looking for help to prepare for the holidays. If you are available, we will be placing and exchanging the High Holidays Machzorim (Prayer Books) after Torah Study on **Saturday, September 16 and Saturday, September 23 at 11 am**. Please feel free to drop by and lend a hand.

A Service for Your Style

We will have two distinct morning services on both Rosh Hashanah and Yom Kippur. You may want to consider the following information as you decide which service to attend. Once again, we are excited to be using the Reform Movement's new High Holy Day prayer books (mahzors) — Mishkan HaNefesh ("Sanctuary of the Soul").

	Prayers	Torah	Music	Atmosphere
9:00 am Rosh Hashanah and Yom Kippur Morning Services	About two hours long and includes a variety of Hebrew and English prayers and readings.	Multiple aliyot (sections) of Torah will be chanted by TBC members.	Familiar classic HH days music and contemporary settings with keyboard accompaniment enriched by our professional choir.	The prayers and music in this service will make it feel more formal than our regular Shabbat services. Meant for adults and families who enjoy the classic High Holy Day prayer experience.
12:00 pm Rosh Hashanah and Yom Kippur Family Services	About an hour and fifteen minutes, these services include the major High Holy Day prayers as well as creative English readings.	We invite all children present to join us on the bimah as Cantor Sobel chants one aliyah (section) from the Torah.	Spiritual contemporary selections in addition to traditional favorites with teen singers, guitars, and other instrumentals.	Anyone who enjoys the participatory feeling of our TBC Family Services will feel comfortable at this service. For adults and families who like this more informal style.

If you need additional High Holy Day tickets for visiting family members or friends, you can go to <http://bit.ly/tbchhdtk> or go to templebnaichaim.org and click on the High Holy Days 5778.

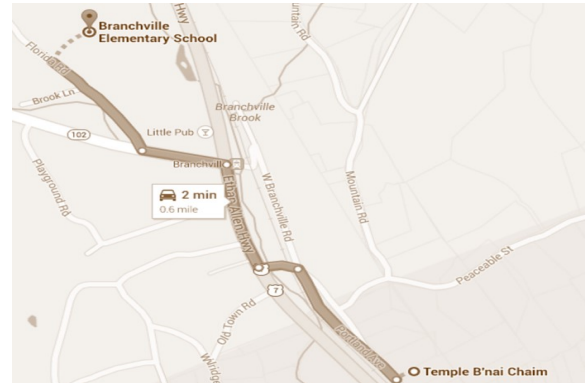
Parking at TBC

With services being held at TBC our parking lot will be beyond capacity and Branchville Elementary School will be hosting our overflow parking.

Shuttle buses will run continuously from the school parking lot to TBC for all services except: Erev Rosh Hashanah, Rosh Hashanah Day 2, Yom Kippur afternoon, Yizkor and Neilah services. Please be at the overflow parking lot at

least 30 minutes before the start time of each service.

We have a small number of reserved parking spaces for people with limited mobility near the Temple. Please call the office if you need to reserve one of these spots.



Branchville Elementary School, 40 Florida Rd, Ridgefield

Directions from TBC – Turn right out of the parking lot and head NW on Portland Ave. Stay left to stay on Portland Ave and cross over the RR tracks. Turn right on to US-7 N. Turn left on to CT-102 W. Turn right on to Florida Rd. The destination will be on the right.

Service Times

All Services are at Temple B'nai Chaim except for Tashlich — directions to this service will be provided at Rosh Hashanah Day 1 services. Services with an asterisk (*) require a ticket.

Rosh Hashanah

Wednesday, September 20

-Erev Rosh Hashanah* 7:45 pm

Thursday, September 21

-Rosh Hashanah Morning Service* 9:00 - 11:15 am
-Rosh Hashanah Family Service* 12:00 - 1:15 pm
-Tashlich 2:00 pm

Friday, September 22, October 4

-Rosh Hashanah Morning Service 9:30 - 11:30 am

Shabbat Shuvah
Friday, September 22 7:30 pm

Yom Kippur

Friday, September 29

-Kol Nidre Service* 7:45 pm

Saturday, September 30

-Yom Kippur Morning Service* 9:00 - 11:15 am
-Yom Kippur Family Service* 12:00 - 1:15 pm
-Study Session 1:45 - 2:45 pm
-Afternoon Service* 4:30 - 5:30 pm
-Yizkor Services 5:30 pm
-Neilah Services 6:00 pm
-Sisterhood Break-Fast 6:45 pm

From the Cantor (cont. from p. 1)

I pose the same question with respect to the musical selections for High Holy Days services. How do we strike the right musical balance to provide time and space for individual reflection, and more accessible and familiar settings meant to provide us shared strength and sense of belonging from singing familiar spirited melodies? Last year, we took a significant step toward resolving that dilemma by offering two distinct services which strike that balance differently. Our earlier service offers more lofty settings with more time for reflection and readings, while our later service emphasizes settings

focused on collective spirit energy or Ruach. That experiment met with very positive feedback from both services — including feedback from a surprising number of people who attended both services and reflected positively on their very different experiences. This year we will be adding the voices of our TBC teen singers to our later service — an addition I anticipate will further energize and inspire us in worship.

Our prayer book is called "Mishkan HaNefesh" which roughly translates as "sanctuary of the soul". The authors of our Machzor write that this suggests that each

person's spiritual quest during the High Holy days happens within the holy space for the community which we establish at services. Borrowing from the closing to their introductory comments, it is my sincere hope that whichever combination of services you choose to attend, you and your family will find our High Holy days

music helps to bring each one of us to a meeting place for the inner life of each individual, the warm embrace of community, and the sacred traditions of the Jewish People. L'shanah Tovah!

Important Reminders

Please remember to:

- ⇒ bring your tickets and have them available as you come in
- ⇒ arrive at the stated time for the start of each service
- ⇒ fill in the seats from the front first
- ⇒ leave your tallit at your seat if leaving sanctuary during service
- ⇒ leave prayer books on your seat after service
- ⇒ follow the guidance of the ushers

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Sisterhood Speaks

Sisterhood is TBC's vibrant women's group. We provide the community Break-Fast after Yom Kippur (your contributions to our Honey fundraiser help support this); sponsor many celebrations at the Religion School, and provide Jewish gifts for our B'nai Mitzvah students. A portion of Sisterhood dues supports Women of Reform Judaism's "YES" fund, providing scholarship opportunities for youth, rabbis and cantors. In addition, we volunteer at Ogden House in Wilton to provide local elders a special luncheon twice a year.

Let us know if there are new events, speakers or programs you would like to bring to Sisterhood. We look forward to welcoming you at our: Annual Member Dinner; Chanukah Party; Tu B' Shvat renewal dinner; Rosh Chodesh (New Moon) social evenings; Lilith salons (discussions groups); Shop-for-a Cause days; and, Back this Spring, TBC's Second Night Community Passover Seder.

TBC Sisterhood wishes everyone a Sweet New Year, a year of Peace, Meaning and Fulfillment!

Ria Miller, Michele Scruton and the Sisterhood Board



Michael Heft Food Drive & Miriam Messe Diaper Collection

Please consider donating to our annual HHD drives to help local food banks, including the Redding Food Pantry, Wilton Food Pantry, the Women's Center of Greater Danbury, and the Community Action Agency of Western CT.

For more information
about the
High Holidays at TBC,
please go to our
website:
templebnaichaim.org

Men's Club Corner

The TBC Men's Club got off to a good start last year with many special events and several discussion groups including one with a scotch tasting. The focus of the Club is to engage Temple men in the life of the congregation, to build relationships and community and to sponsor meaningful and enjoyable events. We just began the year by sponsoring a bar-b-q for the religious school. We hope you will join us for our annual sukkah raising and dinner.

Please contact Jeff Spector at jms884@gmail.com to join, volunteer or offer ideas.

NEW FOR THIS YEAR: Sisterhood is pleased to sponsor TBC's new "Chai Mitzvah" Program for the entire TBC adult community! Chai Mitzvah combines individual

CHAI MITZVAH New Sisterhood Program

Jewish theme, and communal Tikkun Olam social action projects, for a truly engaging and inspiring experience. Please watch for more information on Chai Mitzvah coming soon in Chai Lites!

study of Jewish text of your choice, a monthly group discussion on a

Get To Know Your Leadership

Clergy

Rabbi Rachel Bearman
Cantor Jon Sobel

Executive Committee

President	Cindy Baulsir
2nd Vice President	Michele Scruton
3rd Vice President	Jamie Kapel
Treasurer	Brad Marcus
Secretary	Kim Yonkers
Past President	Dina Gumins

Committee Chairs

Adult Education	Judson Scruton
Communications	Stephen Davis
Education	Alice Czuczka
Finance	David Sklar
Governance	June Mara
House	Steve West-Rosenthal
Membership	Kiki Cahn
Ritual	Russell Robbins
Sisterhood President	Michele Scruton & Ria Miller
Men's Club President	Jeffrey Spector

Trustees At Large

Amy Arnold	Elise Serby
Mike Bonheim	Jeffrey Spector
Scott Brown	

Social Action

"Together we will make the world a better place"

Social Action is something in which everyone can participate. The only requirement is a desire to make the world a better place. From the smallest job to the most complex, each act of kindness and caring makes a huge impact on achieving social justice.

The TBC's Social Action Committee provides the focus and mechanism for congregants **of all ages** to get involved in a multitude of projects with very varied objectives and people served. We always need more help. **Check out ChaiLites for upcoming calls for action.** The more help we have the more progress we can make in repairing the world, in Tikkun Olam.