



San Diego's Reconstructionist Synagogue

invites you for

*Yamim Noraim* — Days of Awe for the New Year 5776

September 13–14, 2015 — *Rosh Hashanah*  
September 22–23, 2015 — *Yom Kippur*  
*Tishri 5776*



Rabbi Yael Ridberg  
President Judy Hante  
Education Director Betsy Schneider  
Congregational Administrator Valentina Sharabi

**High Holy Days Services**

Al Bahr Auditorium :: 5440 Kearny Mesa Road :: San Diego, CA 92111

**Located on the campus of the San Diego Jewish Academy**

11860 Carmel Creek Road :: San Diego, CA 92130  
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<http://dorhadash.org>

*Ninety Four*  
*Rosh Chodesh Elul: A Modern Psalm*  
*By Debbie Perlman, z"l*

*Fighting the languor of sultry days,  
We begin the turning, back to You;  
Moving against the heat of our hearts,  
Against the anger inside, we turn.*

*Call us to begin the examination, Healing God;  
Call for us to remove the garment of our deceit,  
The fears that bind us away from You.*

*Chafing at our tender miseries.*

*In the month of Elul, we uncover our secrets,  
Examining them with a truthful heart,  
Counting the pulse beats of our life,  
The selfish pressures we apply and resist.*

*Call us to the consultation of our souls,  
For You are a God of healing and mercy;  
Call us to begin without delay,  
That Elul might draw us near to You.*

*From Flames to Heaven: New Psalms for Healing and Praise*  
*By Debbie Perlman, z"l*



August 2015

Dear Friends,

Approaching the serious spiritual challenges of the High Holy Day season can be a daunting task. The celebration and commemoration of these days invoke a mixture of anticipation and anxiety, self-evaluation and enjoyment. Today we experience all of these emotions and more because these days are devoted to the most fundamental questions about what it means to be human, about the meaning of life, and about the tension between intentions and actions.

The nature of the *yamim nora'im* (Days of Awe) is that they open up many possibilities for renewal. We hope to recognize the blessings and challenges met in the year gone by each year when we come to services on the High Holy Days. We pray for the strength, courage, and wisdom to enter the New Year and face the unknown of what is to come.



There are 40 days from the beginning of the month of *Elul* until *Yom Kippur* and, according to *Pirke de Rabi Eliezer*, they represent the 40 days that Moses took to return to the people with the second set of tablets. The first set of tablets represents that which has been broken – promises, hopes, dreams, and covenants. The 40 days can be understood as a metaphor of longing, a deep desire to return to things as they were before they were broken. When we come together on *Rosh Hashanah*, we are very aware of our humanity—our triumphs and our failures—and we are more sensitive to the random nature of the universe, which sometimes brings tragedy and sorrow. At the close of *Yom Kippur*, we begin the New Year grateful for the opportunity to begin anew, to strengthen relationships, to start new projects, and to repair what has been broken. This time is an opportunity to really focus on the complicated and often confusing world in which we live, where suffering, hatred and violence are so commonplace, and set new goals to work for justice and peace.

The month of *Elul* is a time to work from the shattered parts of ourselves to wholeness. This period is understood by the *Hasidic* masters as an *et ratzon*—a time of willingness—that ends with celebration at *Rosh Hashanah* and transformation or rebirth at *Yom Kippur*. I love this notion of a time of willingness, for it opens up the possibility that each of us, if we are willing, can seek each other out, have the hard conversations we need to have with family, friends, and community members, and strive to change our lives for the good in the coming year.

We must continue to renew our quest for meaning, wholeness, and holiness in order to confront what weighs us down, makes us cynical, and separates us from one another. When we do this on an individual level, in our *Dor Hadash* community, in the Jewish community and the world at large, we are better able to face whatever lies ahead.

As the New Year begins may we open ourselves to the potential for growth and development at *Dor Hadash*, and may 5776 be a year of sweetness, health, peace, and transformation for all of us.

*Shanah tovah tikatevu!* May our journey towards the New Year be inspired!

Rabbi Yael Ridberg

## Important Information

### ***L'Shanah Tovah!***

Celebrate the Jewish New Year and observe the Day of Atonement as we gather as a community with the desire to create an environment where our tradition will speak to us in a significant way. Rabbi Yael Ridberg and members of the congregation will lead services.

*Rosh Hashanah* and *Yom Kippur* services will be held at the Al Bahr Auditorium, 5440 Kearny Mesa Road (behind the Hampton Inn). There is plenty of on-site parking.

### ***Havdallah and Selihot Service at Playa Pacifica, Mission Bay Park Saturday, September 5, 2015***

*Selihot* is the opening night for coming together, for beginning the transition into a period of reflecting upon our actions and even confessing our mistakes, of using the resources of an ancient service of transformation and forgiveness, one that reminds us of the mysteries of life and death, and of the renewal that is possible.

This year we will get together at Playa Pacifica at Mission Bay Park for a potluck (dairy/parve) meal, fun for the kids and families, *havdallah* and *Selichot*.

### ***Rosh Hashanah***

The *Erev Rosh Hashanah* service begins Sunday evening, September 13, 7:00 p.m. The first day *Rosh Hashanah* service begins Monday, September 14, 9:30 a.m.

The second day *Rosh Hashanah* will be a text study with the Rabbi at 9:30 a.m. in our sanctuary at San Diego Jewish Academy, 11860 Carmel Creek Road. Please RSVP so we can contact you with security gate code information.

### ***Oneg following Erev Rosh Hashanah service***

An *oneg* will follow the *Erev Rosh Hashanah* service Tuesday evening, September 14. Take this opportunity to reacquaint yourself with friends you haven't seen in awhile. Please bring something delicious to eat to share at the *oneg*. Cold beverages will be provided.

### ***Tashlich***

On Monday, September 14 at 4:30 p.m. at Playa Pacifica at Mission Bay Park we will join with Ohr Shalom Synagogue to celebrate *Tashlich*. Bring your own breadcrumbs. Once again, we will bring apple-honey mini muffins to share at *tashlich* with the Orh Shalom and Dor Hadash communities. We will be sending out via the *shmeer* the delicious recipe we used last year. Please let us know if you will bake.

### ***Yom Kippur***

*Kol Nidre* services are Tuesday, September 22 at 7:00 p.m. *Yom Kippur* morning services begin Wednesday, September 23 at 9:30 a.m. *Mincha* (afternoon) services/text study begin at 4:30 p.m. followed by the *Yizkor* and Martyrology services at approximately 5:30 and the *Neilah* service at approximately 6:15 p.m.

### **Community Break-the-Fast**

Our break-the-fast will be held immediately following *Neilah* services Wednesday evening, September 23. This year there will be a nominal charge for break-the-fast. Members \$10/adult (12 years+); non-members \$15/adult (12 years+). All children 5-11, \$5. Maximum cost per member family \$45, \$60 for non-member families. Please sign up on page 4.

### **Memorial Booklet**

At Dor Hadash it is a *Yom Kippur* tradition to read the names of deceased loved ones at the *Yizkor* service, and to offer a charitable contribution in their names. The names will be read from a printed Memorial Booklet that will be available *Yom Kippur* afternoon. We suggest a donation of \$18 per name (symbolic for *chai*, which means life) in memory of your loved ones. See page 4.

## Children's Services/Programming

We want our children to have a meaningful High Holy Days experience at Dor Hadash. On *Rosh Hashanah* and *Yom Kippur* mornings we offer:

Times	Ages 0–3	Ages 4–7	Ages 8–11	Ages 12+
9:30 a.m.–10:30 a.m.	Family service	Family service or Gesher Minyan	Gesher Minyan	Adult Service
10:30 a.m.–12:30 p.m.	n/a	Gesher Minyan	Gesher Minyan	Adult Service

**Family Service (ages 0-7) and their parents.** (no reservation required). At the conclusion of the Family Service, parents may go downstairs to join the adult service, while children ages 4 and up may join the Gesher *Minyan*.

**Gesher *Minyan* (ages 4–11)** will participate in age-appropriate High Holy Days services, activities, and of course a snack of apples, honey and *challah*. There is no charge, but child(ren) must be registered. Please see page 5.

We invite the children back, dressed in white, to participate in the *havdallah* processional at the conclusion of the *Neilah* service on *Yom Kippur*. They should arrive between 6:45 and 7:00 p.m.

### Childcare (No charge, but reservations are required.)

Your child must be pre-registered for childcare (arts and crafts, games) that will be available for children ages 3–11 on *Erev Rosh Hashanah* (September 13), *Kol Nidre* (September 22), and *Yom Kippur* afternoon/evening on September 23. **No drop ins.** Be sure to complete the paperwork on page 5.

### Teens

We expect our younger members, ages 12–17, to attend services and behave respectfully. Please discuss appropriate behavior with your teens in advance, and take responsibility if any of our young people become disruptive. *Teens may not “hang out” in the childcare room.*

### Tickets for the High Holy Days

While it is necessary for us to charge non-members, we want to accommodate everyone who wishes to observe the High Holy Days with us. We never exclude anyone from participation due to financial constraints. Please contact the office 858-268-3674 or [info1@dorhadash.org](mailto:info1@dorhadash.org).

**Members:** If you have met your obligation for the first quarter of the fiscal year 2013-2014 your tickets will be mailed to you.

### Tickets for non-members:

Adults	\$225
YAD members and seniors	\$72
Students (ages 19-26) and Birthright alum	\$36
Children 18 and under and Active Military	No charge

Tickets must be paid for by September 6 to receive them by mail. After September 6, you may pick them up at our office or we will hold them and they will be available for pick up at Will Call at services.

If you join Congregation Dor Hadash by December 1, the cost of your tickets will be applied towards your membership.

**>>>>>> Please remember to bring your tickets with you to all services.<<<<<<<**

### Forms and Payment

Return all forms by **September 6** by mail to Congregation Dor Hadash, 11860 Carmel Creek Road, San Diego, CA 92130. Please include your check payable to Congregation Dor Hadash or credit card (MasterCard or VISA only) information. If no payment is required, you may email your information to [info1@dorhadash.org](mailto:info1@dorhadash.org) or call 858-268-3674. You may also fax your forms and credit card (MC/VISA) information to 858-704-3850. You may also pay through PayPal on our [web site](#).

## Volunteers Needed

Don't forget to volunteer to help with schlepping, set up, clean up, ushering, greeting, etc. Please email Shari Ciancio at [shari4cdh.ritualcommittee@gmail.com](mailto:shari4cdh.ritualcommittee@gmail.com) with your information or fill out the form on page 5, mail or fax it to the office.

## Tikkun Olam

### Hand Up Food Pantry at Jewish Family Service



This year we again ask that you donate non-perishable food items for the Hand Up Food Pantry at JFS. Please bring your items with you when you come to the Al Bahr Shrine Center Auditorium for services. Needed are canned fruits, vegetables, chicken, salmon and soup; boxed cereal and pasta, and other nutritious non-perishable items. We ask for your continued generosity in helping our hungry San Diego County neighbors. For more information, Please contact Ros Goldstein at 858-452-5667 or [goldsiegel@gmail.com](mailto:goldsiegel@gmail.com). Learn more about the Food Pantry at <http://www.jfssd.org>

## MAZON: A Jewish Response to Hunger



The Corners of Our Fields is a joint effort of the Conservative, Reform, and Reconstructionist movements and Hillel International to collect nonperishable food for local charities and funds for MAZON, which provides grants to nonprofit organizations confronting hunger throughout the world.

As you look inward during these High Holy Days, MAZON asks that you reach outward to those in need. Please give to MAZON what you would have spent to feed yourself and your family on *Yom Kippur*. Funds raised will support MAZON's grants to programs around the world providing food, help and hope to hungry people regardless of religious affiliation. Dor Hadash will donate 3% of the cost of the break-the-fast. Look for envelopes at services or donate online:

<http://www.mazon.org>

*And when you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest; you shall leave them for the poor and for the stranger. I the Eternal am your God. Leviticus 23:22*

## Kever Avot v'Imahot

The period between *Rosh Hashanah* and *Yom Kippur* is considered a particularly propitious time to visit the graves of loved ones and remember the many ways in which they touched one's life.

The San Diego Rabbinical Association (SDRA) will hold *Kever Avot v'Imahot* Memorial Services on Sunday, September 20. The services will be held at all Jewish cemeteries and mausoleums. Following the service, rabbis and cantors will be available to visit the individual graves of loved ones and offer personal prayers.

Please check with the cemeteries for their services.

*With the New Year, we have a chance for newness within our hearts, a newness that can change the course of our lives. But change is often frightening, and sometimes we are not sure that we are indeed ready for it. "What will this new heart be like?" we wonder. "How will this purified heart change the persons we are?" Will the very structure of our lives change as our spirits are renewed? So much uncertainty comes with change. As we stand at the threshold of a New Year, we pray for the valor to face uncertainty, the courage to truly change what needs to be changed, and the faith to welcome the new spirit that is within us.*

– Leila Gal Berner

# Forms

Return completed forms with your check payable to Congregation Dor Hadash or provide credit card (MasterCard/VISA only) information.

## Contact and Mailing Information:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

_____ \$225 Non-member Adults	Total \$ _____
_____ \$72 YAD members /Seniors (65+)	Total \$ _____
_____ \$36 students (ages 19-26); Birthright young adults	Total \$ _____
_____ Active Military	no charge
_____ Children 18 and under	no charge

Names	Email
_____	_____
_____	_____
_____	_____

**Memorial Booklet** will be distributed and read at *Yizkor* Service.  
Suggested donation of \$18 per name, symbolic of *chai* (life). Additional names on separate page.

Donor(s) \_\_\_\_\_

In memory of _____	Relationship _____
In memory of _____	Relationship _____
In memory of _____	Relationship _____
In memory of _____	Relationship _____
In memory of _____	Relationship _____

## RSVP and PAYMENT

### Reception following *Erev Rosh Hashanah* Services (no charge)

# attending \_\_\_\_\_ Will bring \_\_\_\_\_ to share.

### Break-the-Fast following *Yom Kippur*

I/We would love to stay and break the fast with the Dor Hadash community.

# attending _____ @ \$10/member ages 11+(max \$40/family unit)	Total \$ _____
# attending _____ @ \$15/non-member ages 11+ (max \$45/family unit)	Total \$ _____
# children _____ @ \$5/each ages 5-10	Total \$ _____

**Second Day Rosh Hashanah Text Study with Rabbi** (RSVP for planning and so CDH may contact you with gate code.)

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Payment Totals:

Tickets	\$ _____
Memorial Booklet	\$ _____
Break-the-Fast	\$ _____

**Credit Card (MasterCard or VISA only) Information:** Credit card # \_\_\_\_\_

Name on Card \_\_\_\_\_ Zip Code \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code \_\_\_\_\_

**Childcare (ages 3–11) (Please you separate sheet if you need additional room)**

Childcare will be available for children ages 3–11 *Erev Rosh Hashanah, Kol Nidre, and Mincha/Neilah*. There is no charge for childcare, **but each child must be pre-registered**. No drop ins.

Name	Age	<i>Erev Rosh Hashanah</i> September 13	<i>Kol Nidre</i> September 22	<i>Mincha/Neilah</i> September 23

**Children’s High Holy Days Programming**

Family service for children ages 0-7 and their parents from 9:30-10:15. Children may stay if parents would like to join the service downstairs. To be sure there are enough adults, supplies and staff, please pre-register your child(ren) for the programming during *Rosh Hashanah* and *Yom Kippur*.

**Gesher Minyan (ages 4–11)**

Name	Age	<i>Rosh Hashanah Morning</i> September 14	<i>Yom Kippur Morning</i> September 23

Parent(s)/Guardian \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Name(s), age(s), special needs or food allergies of child(ren) \_\_\_\_\_

**Volunteer Opportunities**

Usher/Greeter	<input type="checkbox"/>	Erev Rosh Hashanah Sunday, September 13	6:30 p.m.
Usher/Greeter	<input type="checkbox"/>	Rosh Hashanah Day 1 Monday, September 14	9:00 a.m.
Usher/Greeter	<input type="checkbox"/>	Kol Nidre/Erev Yom Kippur Tuesday, September 22	6:30 p.m.
Usher/Greeter	<input type="checkbox"/>	Yom Kippur Wednesday, September 23	9:00 a.m.
Help set up at Al Bahr	<input type="checkbox"/>	Sunday, September 13	2:00 p.m.
Help set up before dessert reception	<input type="checkbox"/>	Sunday, September 13	6:15 p.m.
Help clean up after dessert reception	<input type="checkbox"/>	Sunday, September 13	9:00 p.m.
Help shlep and clean up after services	<input type="checkbox"/>	Rosh Hashanah Tuesday, September 14 (everything will stay at Al Bahr )	12:30 p.m.
Help shlep and clean up after services	<input type="checkbox"/>	Yom Kippur Wednesday, September 23	8:30 p.m.

Please return (ASAP) your completed forms with your check payable to Congregation Dor Hadash or provide credit card (MasterCard/VISA only) information (page 4) where applicable

**Holiness is the quality or value that things or persons have  
when they help people to become fully human.  
— Mordechai M. Kaplan (adapted)**



Name: \_\_\_\_\_



2014-15 / 5774 *Mitzvah* Pledge

Please mark the appropriate boxes (please consider one you've never selected before) and return this form to *Dor Hadash*.

*This year I pledge to:*

- attend** a synagogue celebration of at least one Jewish holiday (i.e., *Sukkot*, *Chanukah*, *Purim*, etc.)
- attend** an adult education class
- attend** one Friday night or *Shabbat* morning service a month
- attend** *Torah* study at least once this year
- bring** a guest to Dor Hadash
- help coordinate** a synagogue celebration of at least one Jewish holiday
- I have a great idea** I want to try
- I'd like to **learn more about** ensuring Dor Hadash's legacy through the Endowment Fund
- join** the *madri'im* (teen group)
- lead** a *Shabbat* service
- participate** in a Dor Hadash *Tikkun Olam* activity (feeding the homeless, planting, visiting the sick, etc.)
- sing or play** with the *Shir Hadash* Music Ensemble
- sponsor** an *oneg*.  
**Optional:** I would like to sponsor an *oneg* in **honor** of \_\_\_\_\_ or in **memory** of \_\_\_\_\_ during the month of \_\_\_\_\_
- welcome** a member family to a *Shabbat* dinner in my home
- participate** on a committee(s) this year (please circle):

Adult Education  
Bylaws  
Fundraising  
Membership  
Programming

Advertising/PR  
Finance  
*Havurot*  
Music  
Ritual

*Bikkur Holim*  
Child Education  
House  
Oneg  
*Tikkun olam*

“The reward for the *mitzvah* is the *mitzvah* itself.” – *Talmud*

## *High Holy Days Schedule of Services*

<b><i>Havdallah and Selichot</i></b> at Playa Pacifica Saturday, September 5	5:00 p.m.	Fun and play, dairy potluck, brief <i>havdallah</i> and <i>Selichot</i> services, music
<b><i>Erev Rosh Hashanah</i></b> at Al Bahr Shrine Center Sunday, September 13	7:00 p.m.	<i>Erev Rosh Hashanah</i> Potluck dessert reception following (RSVP)
<b>First Day <i>Rosh Hashanah</i></b> at Al Bahr Shrine Center Monday, September 14	9:30 a.m. 9:30 a.m. 4:30 p.m.	Adult Morning Service Family Service for children ages 0-7 and parents, followed by children's programming, <i>Gesher Minyan</i> (ages 4–11) <i>Tasbeih</i> at Mission Bay Park (Playa Pacifica) with Congregation Ohr Shalom
<b>Second Day <i>Rosh Hashanah</i></b> at San Diego Jewish Academy Tuesday, September 15	9:30 a.m.	Text Study (RSVP)
<b><i>Kever Avot v'Imahot</i></b> — memorial services at local cemeteries Sunday, September 20		Community Memorial Services conducted by rabbis of the San Diego Rabbinical Association (please search Internet for locations and times)
<b><i>Kol Nidre</i></b> at Al Bahr Shrine Center Tuesday, September 22	7:00 p.m.	<i>Kol Nidre</i> Service
<b><i>Yom Kippur</i></b> at Al Bahr Shrine Center Wednesday, September 23	9:30 a.m. 9:30 a.m. 4:30 p.m. approximate 5:30 p.m. approximate 6:15 p.m. approximate 7:15 p.m. approximate 7:30 p.m.	Adult Morning Service <i>Gesher Minyan</i> (ages 4–11) <i>Minha</i> (afternoon) Text Study <i>Yizkor</i> and Martyrology Service <i>Neilah</i> (concluding) Service Children's candlelight procession and <i>havdallah</i> Community Break-the-Fast (RSVP)

## *Aliyot for Torah Services*

If you are a member of a formal or informal committee or group at Dor Hadash, you are invited to participate in an *aliyah* during the Torah services. The order of the *aliyot* have not yet been determined, but will either be Monday, September 14 or Wednesday, September 23. We will let you know in advance via the shmeer or a special email. Those being honored: Ritual and High Holy Days Committee; Board of Trustees; Education Committee; Gesher teachers and Education Director; Programming Committee, Endowment and Fundraising; Membership; *Shir Hadash*; *Haftorah* and *Torah* readers; Facility Search Committee; *Madrihim* and *Madrihim* Coordinator; High Holy Days volunteers; and *Aliyah* #2 on both Rosh Hashanah and Yom Kippur—those in need of healing.



Congregation Dor Hadash  
San Diego Jewish Academy Campus  
11860 Carmel Creek Road  
San Diego, CA 92111

*L'Shana Tova Tikatevu*



*May you be inscribed and sealed for a good year.*