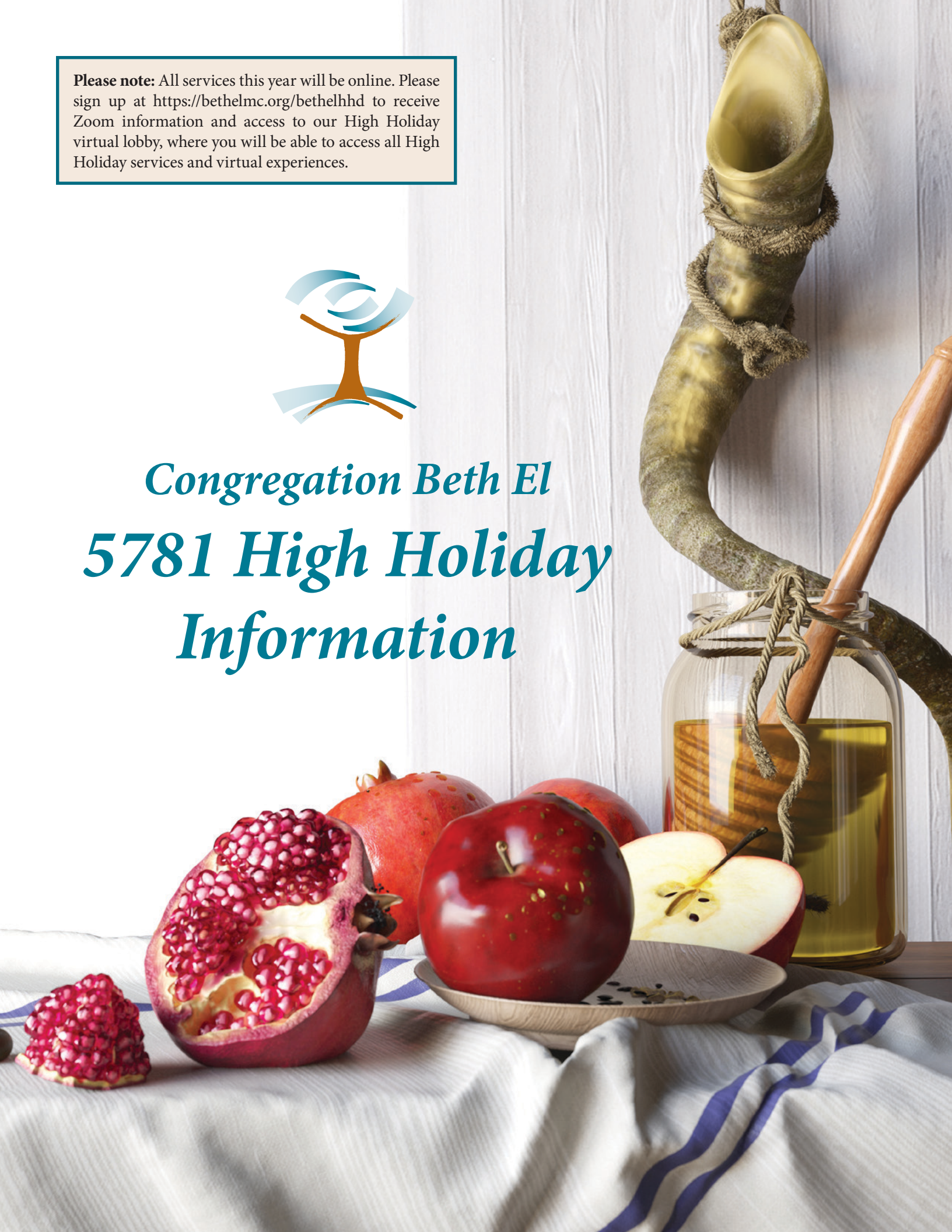


Please note: All services this year will be online. Please sign up at <https://bethelmc.org/bethelhhd> to receive Zoom information and access to our High Holiday virtual lobby, where you will be able to access all High Holiday services and virtual experiences.



Congregation Beth El *5781 High Holiday* *Information*



5781 High Holiday Information

High Holiday Information

Information regarding High Holiday Services and other important details are included in this mailing. Take a few moments to review it, and feel free to call the office at 301-652-2606 if you have any questions. **Rosh Hashanah begins Friday evening, September 18. Be sure to complete your High Holiday Registration Form as soon as possible at <https://bethelmc.org/bethelhhd>.**



High Holiday Services

Please note: All services this year will be online. Please sign up at <https://bethelmc.org/bethelhhd> to receive Zoom information and access to our High Holiday virtual lobby, where you will be able to access all High Holiday services and virtual experiences.

Main Service in Beth El Bender Sanctuary

The service will be live streamed through our High Holiday virtual lobby. The Conservative movement's High Holiday prayerbook, *Machzor Lev Shalem*, is used.

Kol Haneshama

Rosh Hashanah and Yom Kippur (through the end of Musaf)

The service will be live streamed through our High Holiday virtual lobby. A mix of tradition and innovation, music, and ideas. This year, Rabbi Emeritus Bill Rudolph and Gail Fribush are joining Sid Getz and Sharon Fine in organizing and conducting the services. There will be specially recorded music from Marak Hayom, as well as pre-recorded music from other sources. The pre-recorded music will include musical instruments.

Beth El Family Services (K-5th grades)

These services are designed to be intergenerational, bringing the entire family together for stories, songs, and prayers that elevate the themes of the High Holidays. This year we will also be including video clips from "special guest" musicians, as well as a live shofar service and Torah reading.

Junior Congregation

The Junior Congregation High Holiday services is geared for 5th-7th graders and will include elements of the traditional High Holiday services, Torah portions, and some discussion.

Nitzanim

All families with young children (up through age 6) are invited to join our Nitzanim services. The services are approximately a half hour long and geared toward engaging young children.

High Holiday Seminar

Join Rabbi Harris in dialogue with Reverend Sari Ateek from St. John's Episcopal Church during Yom Kippur as they explore concepts of social justice in their respective faith traditions.

Teen Discussions

All post-b'nai mitzvah youth are encouraged to attend one of the main services listed. In addition, they are invited to discuss themes of the High Holidays with members of Beth El Religious School's Upper School faculty at approximately 11:00 am on both days of Rosh Hashanah and on Yom Kippur.

Ma'ariv and Meditation

In addition to the regular Rosh Hashanah evening services at 7:00 pm on Saturday, September 19, we are continuing Ma'ariv and Meditation. We will have a second chance to look back, look within, and settle ourselves on the path of spiritual renewal.

Tashlich

Rabbi Werbin will conduct a Tashlich service on the second day of Rosh Hashanah, Sunday, September 20, at 4:30 pm. We will meet at the big NIH field entrance by Glenwood and Maple Ridge Road, behind Beth El. Please wear a mask and respect social distancing guidelines. Space is limited. Sign up at <https://bethelmc.org/betheltashlich>.

Adult Yoga Classes

This year, we are offering three yoga classes for adults, one on each day of Rosh Hashanah and one on Yom Kippur. These classes are for participants of all levels. No prior yoga experience is required.

Scan this QR code for quick access to our High Holiday sign-up form!



5781 High Holiday Service Schedule

	BETH EL SANCTUARY SERVICE	KOL HANESHAMA SERVICE	FAMILY SERVICE (For families with children in K-5th grade)	JUNIOR CONGRE- GATION (For 5th-7th graders)	TEEN DISCUS- SION	NITZANIM (For families with children ages 1-6 years)
Erev Rosh Hashanah Friday, September 18 <i>Festival Evening Service</i>	Rabbis Harris, Werbin, Rudolph, and Hazzan Fradkin 6:30 pm	With Main Service				
Rosh Hashanah - Day 1 Saturday, September 19 <i>Festival Morning Service</i> Yoga Class 1:00-2:15 pm	Rabbi Harris and Hazzan Fradkin 9:00 am	Rabbi Emeritus Rudolph 10:00 am	Rabbi Minnen 10:30 am-Noon	10:30 am- Noon	11:00 am- Noon	9:30 am
Erev Rosh Hashanah - Day 2 Saturday, September 19 <i>Festival Evening Service</i>	Josh Dickstein 7:30 pm	With Main Service				
Erev Rosh Hashanah - Day 2 Saturday, September 19 <i>Ma'ariv and Meditation</i>	Hazzan Fradkin 7:30 pm					
Rosh Hashanah - Day 2 Sunday, September 20 <i>Festival Morning Service</i> Yoga 1:00-2:00 pm Shofar blowing 3:00 pm - <i>See flyer for locations</i>	Rabbi Werbin and Hazzan Fradkin 9:00 am	With Main Service	Rabbi Minnen 10:30 am-Noon	10:30 am- Noon	11:00 am- Noon	
Rosh Hashanah - Day 2 Sunday, September 20 <i>Tashlich Service</i>	Rabbi Werbin 4:30 pm Meet at the NIH field entrance by Maple Ridge Rd., behind Beth El					
Kol Nidre Sunday, September 27	Rabbi Harris and Hazzan Fradkin 6:15 pm	With Main Service				
Yom Kippur Monday, September 28 <i>Morning Service</i> 9:00 am <i>Torah Reading</i> 10:00 am <i>Sermon/Yizkor</i> 11:00 am <i>Musaf</i> 11:30 am <i>Yoga</i> 1:00 pm <i>High Holiday Seminar</i> 3:30 pm <i>Mincha</i> 5:00 pm <i>Neilah</i> 6:00 pm <i>Conclusion of Fast</i> 7:36 pm	Rabbi Werbin and Hazzan Fradkin	Rabbi Emeritus Rudolph 10:00 am Service concludes with Musaf and Yizkor	Rabbi Minnen 10:30 am-Noon	10:30 am- Noon	11:00 am- Noon	9:30 am

Please note: All services this year will be online. Please sign up at <https://bethelmc.org/bethelhhd> to receive Zoom information and access to our High Holiday virtual lobby, where you will be able to access all High Holiday services and virtual experiences.

Preparing for the High Holidays

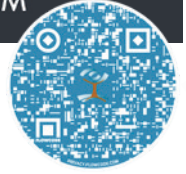
Making Space for Holiness in Any Space

Thursday, September 10, 8:00 pm

We're celebrating Rosh Hashanah in a whole new way this year. How do we make space for holiness when the High Holidays are happening in our homes? In this webinar, we are partnering with Haggadot.com to learn fun and easy ways to get the whole family involved in transforming your home into a spiritual sanctuary. Sign up at <https://www.bethelmc.org/making-space> or scan the QR code to the right.

HighHolidays@Home

BY HAGGADOT.COM



Selichot Service with Ohr Kodesh

Saturday, September 12, 11:00 pm

Join Hazzan Fradkin and Hazzan Hinda Labovitz as we celebrate Selichot together with our friends at Ohr Kodesh. The hazzanim will lead individually and also share prerecorded collaborations. Registration is required. Sign up at <https://www.bethelmc.org/selichot-5781> or scan the QR code to the left on your mobile device.

Online Resource: Rosh Hashanah Seder

Traditionally Rosh Hashanah is a time of introspection and refection. We look back at the year that is closing and think about our hopes for the year ahead. During this meal, we will rejoice in being together – whatever that looks like for your family this year. This Rosh Hashanah Seder and Tashlich Ceremony is a guide that can be used at one of your family meals this year.

Download the Rosh Hashanah Seder and Tashlich Ceremony guide at <https://bethelmc.org/resources/RH-Seder-5781.pdf> or scan the QR code to the right.



In-Person Shofar Blowing



Dates: Sunday-Thursday, September 13, 14, 15, 16, and 17

Times: 9:30 am and 6:30 pm

Leading up to Rosh Hashanah, there will be multiple opportunities to hear the shofar in person, safely from your car. Shofar will be blown in the Beth El parking lot every 20 minutes until no cars are waiting to enter the lot.

In-person shofar blowing on Second Day Rosh Hashanah

Sunday, September 20, 3:00 pm

Drive to any of these parking lots to hear the shofar in person, safely from your car.

Locations:

Beth El Parking Lot (8215 Old Georgetown Rd.)

Walt Whitman High School Parking Lot (7100 Whittier Blvd.)

Walter Johnson High School Parking Lot (6400 Rock Spring Dr.)

Carderock Spring Elementary School Parking Lot (7401 Persimmon Tree Ln.)

Seven Locks Elementary School Parking Lot (9500 Seven Locks Rd.)

Silver Creek Middle School Parking Lot (3701 Saul Rd.)



Tashlich with Rabbi Werbin

Please join us for a Tashlich service, led by Rabbi Fabián Werbin, on the second day of Rosh Hashanah, Sunday, September 20, at 4:30 pm. We will meet at the big NIH field entrance by Glenwood and Maple Ridge Road, behind Beth El. Please wear a mask and respect social distancing guidelines. Space is limited.

Sign up at <https://bethelmc.org/betheltashlich>.



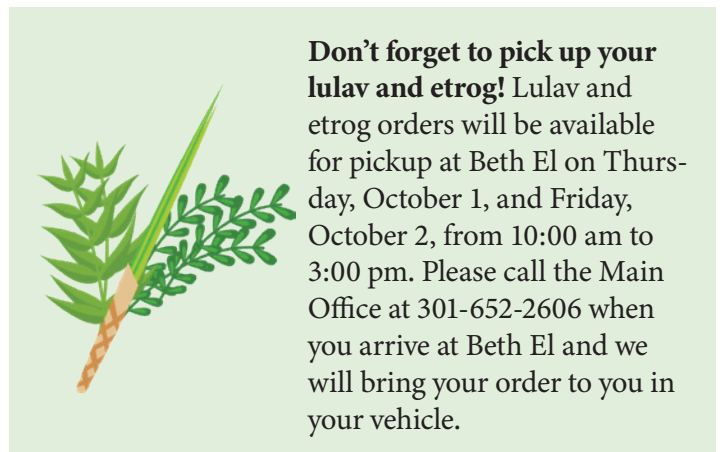
Kol Nidre Food Drive

Sunday, September 27,

10:30 am-2:30 pm

Our annual Kol Nidre Food Drive for Manna Food Center is still an important part of our Tikkun Olam efforts. Please bring your non-perishable food items to Beth El on Sunday, September 27, from 10:30 am-2:30 pm.

Contact-free drop-off instructions: Drive up to where the blue bins will be put out, place items in the blue bins, and drive off. One car at a time, please wear a mask. As the bins fill up, Manna drivers will put the filled bins in the truck.



Don't forget to pick up your lulav and etrog! Lulav and etrog orders will be available for pickup at Beth El on Thursday, October 1, and Friday, October 2, from 10:00 am to 3:00 pm. Please call the Main Office at 301-652-2606 when you arrive at Beth El and we will bring your order to you in your vehicle.

Erev Rosh Hashanah Schmooze



Just like other years, stick around after services to schmooze with your friends. We are hosting a virtual schmooze where you can talk to everyone or split into smaller groups to catch up and wish everyone a Happy New Year!

Join us on Friday, September 18 at 7:30 pm. RSVP through the main High Holiday registration form at <https://bethelmc.org/bethelhhd>.



Yoga Classes for Adults

This year, we are offering three yoga classes for adults, one on each day of Rosh Hashanah and one on Yom Kippur. These classes are for participants of all levels. No prior yoga experience is required. Register online through the High Holiday registration form: <https://bethelmc.org/bethelhhd>.

Saturday, September 19, 1:00 pm: Reflection and Renewal, Adult Yoga Class for All Levels with Sharon Hyman

Sunday, September 20, 1:00 pm: Restore and Revitalize, Adult Yoga Class for All Levels with Shoshana Sherman

Monday, September 28, 1:00 pm: Forgive and Let Go, A Gentle Yoga Practice and Guided Deep Rest for All Levels with Sharon Hyman



Access Content Online Any Time from Our High Holiday Virtual Lobby

Along with several streaming options to watch services live this High Holiday season, Beth El is offering prerecorded content that can be accessed any time through our High Holiday virtual lobby. **You will receive information on how to access the virtual lobby when you sign up for services** by going to <https://bethelmc.org/bethelhhd> or scanning the QR code on the bottom right. Some content you can access at any time includes:

Rosh Hashanah Study with Rabbi Werbin

Join Rabbi Fabián Werbin to learn about the history of the shofar. In this class, Rabbi Werbin will take us through a journey that starts on Mount Sinai and ends in the days of the messiah. The shofar that we hear in Rosh Hashanah was blown in different occasions throughout Jewish history: going to war, calling for Shabbat, and even during funerals. Join us for this eye opening shofar experience.

Yom Kippur Study with Rabbi Werbin

Join Rabbi Fabián Werbin in a profound reading of the Book of Jonah. Every year Jonah the prophet is chosen to symbolize the epitome of Teshuva. Did he really repent? Was he the personification of teshuva or exactly the opposite? If you really want to understand the message of this book, you cannot miss this learning experience.

Yom Kippur Meditation with Hazzan Fradkin

Make your High Holidays days of awe, mindfulness, and introspection. Join Hazzan Asa Fradkin for a Yom Kippur meditation that will bring meaning to this High Holiday season.

Beth El Tikkun Olam Opportunities

Now, more than ever, our neighbors in need seek help. Tikkun Olam is a core value at Beth El. Please join our efforts!

Upcoming Tikkun Olam Projects

Please email the social action leaders below to get involved or learn more about these impactful projects. If you wish to pilot a new project, please email Sheryl R. Miller at sherylrosemiller@gmail.com. Now, more than ever, we need your help!

Sunday, September 13: Rosh Hashanah Project for Russian, Jewish Immigrants. Rebecca Edelson is leading a project to deliver 35 bags from JSSA with challah, wine, and cake to Russian Jews for the High Holidays. Contact rebeccaatrgedelson@gmail.com to contactlessly deliver food bags.

Sunday, September 27, 10:30 am-2:30 pm: Kol Nidre Manna Food Drive. The need for non-perishable food has skyrocketed in Montgomery County due to Covid-19. Please bring your non-perishable food items to Beth El to donate to Manna Food Center. You should drive up to where the blue bins are (one car at a time, please wear a mask), place items in the blue bins, and drive off. As the bins fill up, Manna drivers will put the bins in the truck.

Save the Date! Sunday, October 25 is Mitzvah Day. Look for more details in the October Scroll and Beth El announcements. Contact chairs Jon Polon at Jonpolon@hotmail.com, Donna Shimshi at donnashimshi@gmail.com, and Geoff Chesman at geoffchesman@gmail.com for more information.



Ongoing Tikkun Olam Projects Seeking Volunteers to Perform Contactless Mitzvot to Help Those in Need

Bound to Help: Once schools shut down, Beth El teen Sam Ferber and Evan Goldstein launched a program to help those in need by collecting gently used and new clothing to donate to Interfaith Works. Six teens have been helping them pick up and deliver clothing, but they critically need more volunteers. Email Sam and Evan at boundtohelp2020@gmail.com for details.

Save Moses Cemetery by helping prevent the demolition of sacred remains of Black American ancestors. As Jews, we know all too well how Jewish cemeteries were desecrated during the Holocaust and in recent times. Attend press conferences, sign petitions, make calls to the government and more! Contact jenodintz@gmail.com to learn more.

Bethesda Help provides emergency food, rent, and more for three days to those in need. Shelley Ducker at shelleyducker@gmail.com is collecting food donations (contactless) and seeks drivers. Bethesda Help also seeks volunteers to retrieve client messages from their homes via the organization's voicemail and also needs drivers. Contact info@bethesdahelp.org or 301-365-2022.

Save a Life! Contactless Swabbing for Bone Marrow Registry. Sadly, many leukemia patients have not found an exact match to receive life-saving, bone marrow transplants. Ezer Mizion is the largest Jewish bone marrow registry and affiliates with the National Marrow Donor Program. 18 to 45 year-olds who haven't already joined the registry may email Ryan Hyman at ryan@ezermizionusa.org for a simple swabbing kit that will be mailed to your home. Contact Fran Rubin at farphd@farbob.com for more info.



Lucy Ozarin Legacy Society

Lucy Ozarin was a member of Beth El for nearly 60 years when she passed away at the age of 103 in 2017. With her long and active association as both volunteer and congregant in mind, Lucy remembered Beth El in her will...and left an astonishing legacy to pay off our synagogue's mortgage. In addition, Lucy requested that funds be set aside to dedicate the Early Shabbat Minyan anniversary breakfast in her name. We have honored Lucy's generosity by naming our Legacy Society for her. The Lucy Ozarin Legacy Society seeks to establish a solid and secure financial foundation for Beth El's next generation and ensure that Beth El remains a leader within the Conservative movement and a vibrant center of Jewish life in Montgomery County.

Leaving a Legacy Gift

There are different ways to plan a legacy gift. Some can even be completed without the help of an advisor, although you are always encouraged to consult a professional. Your legacy gift of any size can be designed to match your personal circumstances. In the same way that we plan for legacy gifts to colleges, universities, or hospitals, we can plan for the future of our synagogue.

Options include:

- a beneficiary designation in your retirement account
- a gift in your will or trust
- a life insurance policy designation or gift
- an outright gift using cash, stock, real estate, or other property
- a charitable trust

Ready to join the other 75 Beth El members who have committed to Beth El's future? Complete the Declaration of Intent below or contact Lori Ulanow at lulanow@bethelmc.org or 301-652-8569, ext.318.

Declaration of Intent

☐ I/We intend to include a legacy gift for Congregation Beth El in my/our estate plan within the next _____ months

☐ I/We have already made a provision in my/our will or estate plan.

☐ Bequest

☐ Life insurance beneficiary

☐ Retirement plan beneficiary

☐ Other _____

Name(s) _____

Address _____

Phone (home) _____ (cell) _____

Email _____

Gift amount (optional): \$_____ or _____%

Privacy Statement Please choose from the following two options:

☐ I/We prefer to remain anonymous.

☐ To inspire and encourage others to make commitments to Beth El for the future, I/We permit my/our name(s) and images (photographs) to be included in materials. My/Our name should appear as follows:

Print name(s) here _____

Signature _____ Date _____

This declaration of intent is not a legal obligation and may be changed at your discretion.

Forms

BETH EL YOUTH DEPARTMENT MEMBERSHIP APPLICATION 2020-21

Please complete both sides of this application and return it, along with a check for the appropriate youth dues, to Congregation Beth El, 8215 Old Georgetown Road, Bethesda, MD 20814.

Children covered by this application

1. Name: _____ Grade: _____ Program: _____ E-mail: _____

2. Name: _____ Grade: _____ Program: _____ E-mail: _____

3. Name: _____ Grade: _____ Program: _____ E-mail: _____

4. Name: _____ Grade: _____ Program: _____ E-mail: _____

Names and phone numbers of Jewish friends not from Beth El who may be interested in joining our Youth Group:

Parents' Names: _____

Address: _____

Parents' E-mail: _____ Phone (H) _____ Phone (C) _____

Child's Cell Phone (6th-12th Grade Only): _____

Emergency Contact Number (cell phone): _____

Second Emergency Contact Person: _____ Phone Number: _____

Does your child have any allergies or physical conditions that require special medication? ☐ Yes ☐ No

If yes, please explain...

Are your child's activities to be restricted in any way? ☐ Yes ☐ No

If yes, please explain...

Do you consent to your child being driven by parent volunteers? ☐ Yes ☐ No

Do you consent to your child being driven by a professional bus/van service? ☐ Yes ☐ No

Photos are sometimes taken of youth participating in activities. Do you consent to your child's photo being used for publicity purposes? ☐ Yes ☐ No

Insurance Company Name: _____ ID#: _____

In the event I cannot be reached in an emergency, I give permission for a physician to hospitalize, secure treatment for, and order injections, anesthesia, or surgery for my child. Furthermore, in consideration of the involvement of my child in activities sponsored by the Youth Department of Congregation Beth El, I release Congregation Beth El from all liabilities as a result of any injury which might result from my child's participation in such activities or in transit to or from such activities. I agree that the supervising employee or volunteer from Congregation Beth El retains the authority to refuse participation of my child should he/she engage in inappropriate behavior or refuse to follow instructions of the supervisor of the activity.

Parent or Guardian Signature

Date

For more information on youth programming, please contact Tali Moscovitz, Beth El's Assistant Education Director for Youth Engagement, at tmoscovitz@bethelmc.org.

Forms

PLEASE JOIN THE MEN'S CLUB (MC) OF CONGREGATION BETH EL!

Name _____ E-mail _____

Address _____

Phone (H) _____ Phone (cell/work) _____

Please complete the form by checking the appropriate boxes.

Membership is \$36. Thank you if you have already renewed your membership.

Please Check Membership Status:

- ☐ I was a Men's Club member last year and wish to continue as a member.
- ☐ I was not a Men's Club member last year and wish to join the Men's Club this year.
- ☐ I am a new member of Beth El (joined after March 1, 2020) and wish to have a one-year free membership in the Men's Club.

Please Check Method of Payment:

- ☐ The \$36 Men's Club dues are included with my Beth El fees on the High Holiday Registration Form.
- ☐ A check for the \$36 dues (**payable to Congregation Beth El**) is attached to this form since payment was **not** included with the High Holiday registration form.
- ☐ I joined Beth El after March 1, 2020, and will accept a one-year free membership in Men's Club

Return this form to: Congregation Beth El, 8215 Old Georgetown Rd, Bethesda, MD 20814.

SISTERHOOD/ZHAVA OF BETH EL

Name _____ E-mail _____

Address _____

Phone (H) _____ Phone (cell/work) _____

Please complete the form by checking the appropriate boxes.

Membership is \$36. Thank you if you have already renewed your membership.

Please Check Membership Status:

- ☐ I was a Sisterhood/Zhava member last year and wish to continue as a member.
- ☐ I was not a member of either group last year and wish to join Sisterhood/Zhava this year. (Please circle one.)
- ☐ I am a new member of Beth El (joined after March 1, 20) and wish to have a one-year free membership in Sisterhood/Zhava (Please circle one.)

Please Check Method of Payment:

- ☐ The \$36 Sisterhood/Zhava dues are included with my Beth El fees on the High Holiday Registration Form.
- ☐ A check for the \$36 dues (**payable to Congregation Beth El Sisterhood**) is attached to this form since payment is **not** included with the High Holiday registration form.
- ☐ I joined Beth El after March 1, 2019, and will accept a one-year free membership in Sisterhood/Zhava. (Circle one.)

Return this form to: Congregation Beth El, 8215 Old Georgetown Rd, Bethesda, MD 20814.



Best Wishes for a Healthy, Happy, and Peaceful New Year!



Rabbi Fabián Werbin
Rabbi
fwerbin@bethelmc.org



Rabbi Greg Harris
Senior Rabbi
gharris@bethelmc.org



Hazzan Asa Fradkin
Hazzan
afradkin@bethelmc.org



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