

Sanctuary Services and Supplemental Programming

Rosh Hashanah • September 11-13

Led by Rabbi Lauren Grabelle Herrmann & Cantor Lisa Arbisser

Friday, September 11 – Erev Rosh Hashanah

6:30 PM – 7:45 PM: Sanctuary Service

Saturday, September 12 – Rosh Hashanah Day 1

9:30 AM – 9:50 AM: Meditation (Room 302)

10:00 AM – 1:30 PM*: Sanctuary Service with the SAJ Choir

Sunday, September 13 – Rosh Hashanah Day 2

9:30 AM – 9:50 AM: Meditation (Room 302)

10:00 AM – 1:30 PM*: Sanctuary Services with Naomi Less and the Hiddur Band

2:30 PM – 3:45 PM: Bring Your Own Picnic held at **Riverside Park**, adjacent to River Run Playground, Riverside Park & 83rd Street

3:45 PM: Community Tashlich held at Riverside and 84th

Please bring your own food, drinks, blankets or chairs, and games. In the case of rain, we will just hold Tashlich (no picnic). We provide bird seed instead of bread.

Kol Nidre/Yom Kippur • September 20-21

Led by Rabbi Lauren Grabelle Herrmann & Cantor Lisa Arbisser

Sunday, September 20 – Kol Nidre

6:30 PM – 8:30 PM*: Traditional, accessible and song-filled services

Monday, September 21 – Yom Kippur Day

9:30 AM – 9:50 AM: Meditation (Room 302)

10:00 AM – 2:00 PM: Sanctuary Services

2:30 PM – 3:30 PM: Congregant-Led Workshops

- *Self-Compassion Learning and Practice* with Chaya Weinstein and Elena Shahom (Room 301)
- *Poems of Solitude and Connection: Lea Goldberg and Jennifer Michael Hecht* with SAJ member-poets David Katz and Linda Stern (Sanctuary)
- *Limber with Leah* with Leah Kaplan (Social Hall)

3:45 PM – 5:00 PM: Heeding the Call: Protecting the Vote, Protecting our Democracy with

Rev. Paul Brandeis Raushenbush in Conversation with Rabbi Lauren Grabelle Herrmann

5:15 PM – 6:15 PM: Lay-Led Mincha Service

6:15 PM – 6:30 PM: Musical Interlude with Cantor Lisa

6:30 PM – 7:35 PM: Neilah with Final Shofar Blast

7:15 PM: Kids Join for Final Prayers & Final Shofar Blast

7:45 PM: BYO Break-the-Fast in the Social Hall. SAJ provides dessert and soft drinks.

Contemplative Services

Led by Rabbi Emeritus Michael Strassfeld in the Social Hall

Friday, September 11 – Erev Rosh Hashanah: 7:00 PM – 8:15 PM

Sunday, September 20 – Kol Nidre: 7:00 PM – 8:30 PM

*Approximately

Family Services, Programming and Childcare

Rosh Hashanah • September 11 – 13

Led by Rabbi Adam Graubart, Director of Education & Family Outreach and High Holiday Songleader Paul Wolf

Family Services in the Social Hall**

**Family Services: A parent or guardian must participate alongside the child.

Saturday, September 12 – Rosh Hashanah Day 1

9:30 AM – 10:30 AM: Babies to 2nd Grade & Grownups, followed by Children's

Blessing in the Main Sanctuary

10:45 AM – 12:00 PM: 3rd Grade to 8th Graders & Grownups Service

12:00 PM – 1:30 PM: Parents invited to drop off children in childcare/programming and join the Main Sanctuary for Rabbi's Sermon & Lifecycles & Milestones Ritual

Childcare: Saturday, September 12 – Rosh Hashanah Day 1

10:45 AM – 1:30 PM: Childcare and Programming for 4 year olds to 8th Graders (Rooms 401 and 403)

Sunday, September 13 – Rosh Hashanah Day 2

10:00 AM – 1:30 PM: Childcare and Free Play for 4 year olds to 8th Graders; Teens will have a designated hangout space (Rooms 401 and 403)

2:30 PM – 3:45 PM: Bring Your Own Picnic held at **Riverside Park**, adjacent to River Run Playground, Riverside Park & 83rd Street

3:45 PM: Community Tashlich*** held at Riverside and 84th

Please bring your own food, drinks, blankets or chairs, and games. In the case of rain, we will just hold Tashlich (no picnic).

Kol Nidre/Yom Kippur • September 20 – 21

Family Services in the Social Hall** & Childcare

**Family Services: A parent or guardian must participate alongside the child.

Sunday, September 20 – Kol Nidre Ritual Walk & Talk

Led by Rabbi Adam Graubart, Director of Education & Family Outreach

6:00 PM - 7:00 PM: Walk and Reflection around the Central Park Reservoir. Meet Rabbi Adam at the Southwest Entrance by 6:00PM. All ages welcome.

6:30 PM - 8:30 PM: Childcare for 4 year olds to 8th Grade

Monday, September 21 – Yom Kippur Day

Led by Rabbi Adam Graubart, Director of Education & Family Outreach and High Holiday Songleader Paul Wolf

9:30 AM – 10:30 AM: Services for Babies to 2nd Grade & Grownups

10:45 AM – 12:00 PM: Services for 3rd to 8th Grade & Grownups

7:15 PM: All children & teens join for the final prayers & Blast of the Shofar

Childcare: Monday, September 21 – Yom Kippur Day

10:30 AM – 2:00 PM: Childcare and Programming open for 4 year olds to 8th Grade (Rooms 401 and 403)

10:45 AM – 12:00 PM: Childcare for Babies to 2nd Grade

6:15 PM – 7:30 PM: Childcare and Programming for 4 years old to 8th Grade

Break-the-Fast

7:45 PM: BYO Break-the-Fast in the Social Hall. SAJ provides dessert and soft drinks.

Teen Program (9th to 12th Grade)

Rosh Hashanah • September 11 – 13

Saturday, September 12 – Rosh Hashanah Day 1

10:30 AM – 12:00 PM: Teens invited to an interactive program for 9th-12th graders. Attendance in the Sanctuary service is also welcome.

12:00 PM – 1:30 PM: Teens invited to join Sanctuary service. A teen-only hangout space is also available. (Room 402)

Sunday, September 13 – Rosh Hashanah Day 2

10:00 AM – 1:30 PM: Teens invited to join Sanctuary service or help with childcare. A teen-only hangout space is also available. (Room 402)

2:30 PM – 3:45 PM: Bring Your Own Picnic held at **Riverside Park**, adjacent to River Run Playground, Riverside Park & 83rd Street

3:45 PM: Community Tashlich*** held at Riverside and 84th

Please bring your own food, drinks, blankets or chairs, and games. In the case of rain, we will just hold Tashlich (no picnic).

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Sunday, September 20 – Kol Nidre

6:30 PM – 8:00 PM: Teens can join the Family Kol Nidre Ritual Walk & Talk* or they are invited to join the Sanctuary service. A teen-only hangout space is also available.

Monday, September 21 – Yom Kippur Day

10:30 AM – 12:00 PM: High Holiday Program

12:00 PM – 2:00 PM: Teens invited to join Sanctuary service. A teen-only hangout space is also available.

6:15 PM – 7:30 PM: Teens invited to join Sanctuary service or serve as Teen Assistants for childcare

7:15 PM: All children and Teen Assistants join for the final prayers and Blast of the Shofar

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***Tashlich is an everybody-friendly ritual of casting away last year's sins and regrets into water. For environmental justice & the health of animals, we will provide birdseed instead of bread. When Tashlich falls on Shabbat, it is moved to Sunday.

Congregant- Led Workshop Descriptions

Yom Kippur • Monday, September 21 • 2:30 PM – 3:30 PM

Self-Compassion Learning and Practice with Chaya Weinstein and Elena Shahom

Location: Room 301

Participants will learn about the tradition of self-compassion in Judaism, especially in relationship to the High Holidays. The bulk of the session will introduce participants to self-reflection through self-compassion meditations that can be used throughout the year.

Poems of Solitude and Connection: Lea Goldberg and Jennifer Michael Hecht with SAJ member-poets David Katz and Linda Stern

Location: Sanctuary

Inspired by the themes for Rosh Hashanah, poets and long-time SAJ members Linda Stern and David M. Katz will read and lead a discussion of poems richly suggestive of notions of solitude and connection. The poets whose work David and Linda will cover are Lea Goldberg and Jennifer Michael Hecht. One of the greatest Hebrew-language poets of the 20th century, Lea Goldberg also wrote celebrated plays and children's books. Contemporary poet, historian, and philosopher Jennifer Michael Hecht is the author of the joyous poem “No, I Would Not Leave You If You Suddenly Found God,” which will be read and discussed at the session.

Limber with Leah with Leah Kaplan

Location: Social Hall

Do you feel stiff when you first get out of bed? Do you sometimes find it hard to stand and walk after sitting for a prolonged period of time? Join “Limber with Leah” to discover why this happens and learn simple, gentle movements to improve flexibility throughout your body.

During this session you’ll also practice easy exercises to improve posture. The class concludes with standing exercises and Leah’s enjoyable “Rhythmic Stepping Sequence” to help improve balance. You’ll leave with an outlined take-home program of sitting exercises, standing posture exercises as well as a gentle spinal rotation exercise to help you feel your best. This workshop is especially helpful on Yom Kippur, a day where we sit and stand for long periods while wanting to maintain an introspective and prayerful mindset.

Special Speaker Description

Yom Kippur • Monday, September 21 • 3:45 PM – 5:00 PM • Sanctuary

Heeding the Call: Protecting the Vote, Protecting our Democracy With Rev. Paul Brandeis Raushenbush of Interfaith Alliance in Conversation with Rabbi Lauren Grabelle Herrmann



In the past years, America's democratic norms have been undermined and trampled on. Institutions have been torn down or reshaped, districts have been redrawn to favor parties and disenfranchise populations, institutions of higher education have been attacked and so much more.

And right now, there is an organized effort to undermine and trample on the most basic building block of democracy: the vote. With the midterm elections just weeks away, we worry: Will there be targeting or threatening to target election officials and others who keep elections free and fair? Use of bots to influence vote? Throw away votes? Inspire followers to threaten voting locations? Intimidate voters in particular areas?

As Jews who have historically not always been granted the right to vote in the places we have lived, we understand how sacred and precious the right to vote is. On Yom Kippur, as we reflect about the brokenness in our hearts, our lives and the world and how we can take steps towards healing, we will be joined in conversation with Reverend Paul Raushenbush of the Interfaith Alliance, an organization mobilizing communities of faith across the country to protect the vote. We will hear about the threats, the strategies to address those extraordinary challenges ahead of and on election day, and the actions big or small that we can take to support free and fair elections for the midterms and beyond.

The Rev. Paul Brandeis Raushenbush is President and CEO of Interfaith Alliance. An ordained Baptist minister, Rev. Raushenbush is a longtime leader in the interfaith movement. At Interfaith Alliance he works with affiliates, networks and leaders in Washington, D.C. and across the country to forge powerful alliances among people of diverse faiths and beliefs to build a resilient, inclusive democracy and fulfill America's promise of religious freedom and civil rights not just for some, but for all. Rev. Raushenbush leads election protection work around the country. He has published two books on faith in public life.

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