

## High Holy Days – 5767

Although I can barely believe it, the High Holy Days are just around the corner. For too many of us, this means that we will sit quietly during a few of the services on Rosh Hashanah and Yom Kippur. This year I encourage you to attend at least one function that you have never attended in the past. Maybe it will be *Tashlich* at the beach (see below) or some of the discussions on Yom Kippur afternoon. Maybe it will be our *S'lichot* Dinner and Service on September 16<sup>th</sup>, also described below. Just remember, what you get out of the holy days will, in large part be determined by what you bring to them.

*S'lichot*: This service begins the High Holy Day's period and, this year, will occur on Saturday, September 16<sup>th</sup>. We will be having a discussion of the meaning and practice of forgiveness, called "Forgiveness in Our Tradition and Our Lives." We will study some of our classic texts and then break into small groups to address specific questions about forgiveness in our own lives. A brief service will follow with some of the beloved High Holy Day's Liturgy and the sounding of the Shofar.

*Rosh HaShanah*: We will celebrate the birthday of the world on Friday evening, September 22<sup>nd</sup> at 7:30 PM and Saturday morning at 10 AM.

*Tashlich*: The tradition of casting your sins into the sea will be the centerpiece of our Rosh Hashanah Family Service to take place on Saturday, September 23<sup>rd</sup> at 3:00 PM at Harbor Cove in Oxnard. See the article on *Tashlich* for directions and specifics.

*Kol Nidre/Erev Yom Kippur*: This beautiful, powerful and haunting service will begin at 8:00 PM on Sunday, October 1<sup>st</sup>. We do not recommend bringing younger children to this particular service.

*Yom Kippur*: Yom Kippur services begin on Monday, October 2<sup>nd</sup> at 10:00 AM and will continue throughout the day. Childcare is provided for the morning service and there is a family service at 1:00 PM, a discussion group at 2:00 PM, Yizkor service at 4:00 PM and the Ne'ilah (closing) service at 5:00 PM. If possible, I recommend you just plan to spend the entire day at the Temple. It make fasting easier and provides a wonderful and spiritual "time out" that many of us need to reconnect with ourselves and our God.

*L'Shanah Tova Tikatayvu!* May you and your family be inscribed in the *Sefer HaChaim* (the Book of Life) for a New Year of sweetness, health and happiness!

Rabbi Mike Lotker