



**JEWISH  
CENTER**  
OF  
THE HAMPTONS

לשנה טובה

SHARE THE BEAUTY OF THE

**High Holy Days**

**2022 • 5783**

ROSH HASHANAH  
SEPTEMBER 25-26, 2022  
1 & 2 TISHRI 5783

YOM KIPPUR  
OCTOBER 4 & 5, 2022  
10 TISHRI 5783

# Rabbi Joshua Franklin



Rabbi Joshua Franklin

## The Ones Who Cross Over

What does it mean to be the Hebrew people, עִבְרִים Ivrim? The root of the word Hebrews/Ivrim are the letters ע-ב-ר, which means to cross over. In essence, we are the people who make sacred crossings. To understand the origin of being the people who make crossings, we go back to the first person to be described as a Hebrew, and that is Abraham, who is referred to as “Abram the Hebrew/Ivri (*Genesis 14:13*).” Abraham, you may recall, makes the first sacred crossing in the Hebrew Bible when God calls to him and tells him to leave where he is, at the crossroads of Haran, and go forward to the promised land, a place filled with newness and possibility.

On the High Holy Days, we play the role of our namesake as we enter a time of sacred transitions. We careen not just across the threshold into the new year, but we also leave behind our past transgressions and shortcomings, and transition to becoming our better selves. I would remind us that these sacred crossings are fraught with fear anxiety for what’s ahead, and a nostalgia for all that we leave behind. When during the Exodus from Egypt the Israelites wander their way to the promised land, they take every opportunity to second guess the choice of leaving in the first place. They remember fondly the comforts of predictability that Egypt offered; they long for stasis. On the fortieth year of their journey, as they sit on the precipice of the promised land at the Jordan river, Moses teaches them how to imagine crossing over into the next stage of their lives. His words are part of the core readings from Yom Kippur:

וְלֹא-מֵעַבְרָ לַיִם הוּא לֵאמֹר מִי יַעֲבֹר-לָנוּ אֶל-עֵבֶר הַיָּם.... כִּי-קָרוֹב אֵלַי הַדָּבָר מְאֹד בְּפִיךָ וּבְלִבְכֶם לַעֲשׂוֹתוֹ

Do not say to yourself that I cannot cross over, and that someone must cross over for me. You are already close to crossing, so much so that you can taste it, and you can feel in your heart that you can do it (*Deuteronomy 29:13-14*).

We stand at the crossing, ready to take the next steps forward together. When the Israelites stood in fear as they prepared to cross the Sea of Reeds, the Egyptian army behind them and the waters in front of them, God instructs Moses to simply “go forward (*Exodus 14:15*).” We can’t turn around and go back to what was, the only way is to cross forward. We are always at points of transition in life, so much so that the famous Rabbi Nachman of Breslov teaches, “the whole world is a narrow bridge,” or in other words, at each and every stage in our lives, we find ourselves at sacred crossings. “The important thing,” Rabbi Nachman emphasizes, “is not to be paralyzed by fear וְהַכָּלֵל וְהַעֲקָר – שֶׁלֹּא יִתְפַחַד כָּלֵל (*Likutei Maharani 48:2*).” We are the people of sacred crossings, and we are entering a time of transition. Are you ready for the sacred crossing ahead?

A handwritten signature in black ink that reads "Rabbi Joshua Franklin". The signature is written in a cursive, flowing style.

Rabbi Joshua Franklin

# Rabbi Debra Stein, Cantor



**Rabbi Debra Stein, Cantor**



**Cantor Rosalyn Barak**

Cantor Roz Barak is Cantor Emerita of Congregation Emanu-El, San Francisco, having served for 28 years as Senior Cantor at that venerable religious institution.

This year, we are trying to normalize our High Holiday experience. We are back in our beloved tent and creating holy space from the ground up. We have supported one another through some exceedingly difficult years, and now we look towards a rainbow of hope as our prayers are lifted heavenly.

I am blessed to have an incredibly special colleague joining me this year, Cantor Rosalyn Barak. Roz and I went to Hebrew Union college together. She was the one class member I envied for her magnificent voice, undeniable musicianship, fluency in Hebrew, and her ability to bring light and love to our class.

Shortly after graduation, Roz was called to serve Temple Emanuel in San Francisco. Our friendship remained strong throughout the years.

Because of several misunderstandings, we lost touch with one another, and the pain was unbearable. I learned a lesson. I had hurt my dear friend.

Then one Friday night not too many years ago, there was a “stranger” in the congregation. We talked, and I felt that I knew her, but I couldn’t figure out from where. After services, Rabbi Zimmerman called me over to say hello to my old friend. I was still confused as to how I knew her, the voice was the voice of my Rozy, but she did not look the same. When I realized who I was looking at, I could not stop kissing her. We have remained friends ever since.

To me, that is the essence of the Yamin Noraim. Reach out to someone who you have hurt. Whether intentionally or unknowingly. Reach out, shower them with kisses, repair broken relationships. This is the time to redefine who will be in your lives, and who will not be. Who you can support, and who you can no longer support. Where will you work on yourself, and where will you accept yourself just as you are. What about your relationship with God and Judaism needs fixing, and how will you go about fixing it.

On Rosh Hashanah it is written on Yom Kippur it is sealed. The days between, our “Yamin Noraim”, days of awe are for reflection and repair.

May you reflect kindly on yourself and one another.

From my family, to yours, L’shanna Tova

A handwritten signature in black ink that reads "Rabbi Debra Stein, Cantor". The signature is written in a cursive, flowing style.

Rabbi Debra Stein, Cantor

Dear Fellow Congregants,

I hope you are safe and well. As we begin to emerge to normalcy from the uncertainty wrought by the COVID-19 pandemic, let me express our gratitude and appreciation for your support and commitment to the JCOH.

You, our members, are our heroes. Your continued membership has enabled us to adapt to changing circumstances in unprecedented ways and your support enhances the Jewish Center's ability to bring Jewish meaning and relevance to our daily lives, connecting all of us on our Jewish journey.

As we approach the High Holy Days, we are called upon to examine and reflect upon our life. During this time, let us also come together as a holy community in support of our synagogue and the Jewish values we promote. Your donation to our High Holy Day Appeal helps maintain the Jewish Center as a vibrant, thriving congregation, and a beacon of Judaism on the East End.

Please use the enclosed donation card or call the Jewish Center at 631.324.9858 to pledge your investment in the future of our congregation. Together we can do so much and your participation in our High Holy Day Appeal will make a difference.

I look forward to seeing you and your family in the tent next month as we celebrate the New Year. May you and your loved ones be inscribed in the Book of Life for a year of good health, joy, and blessings.

Sincerely,



Harry A. Katz  
President

*I'm ready to  
make a difference!*

We are calling upon you at this sacred time in our Jewish lives for a donation to our High Holy Day Appeal that will sustain our congregation. Your help is needed to strengthen our Jewish presence on the East End and grow our community.



**HIGH HOLY DAY  
APPEAL**

**Visit [jcoh.org/appeal](http://jcoh.org/appeal) to make a difference today!**

SHARE THE BEAUTY OF THE  
**HIGH HOLY DAYS 5783**

**SATURDAY, SEPTEMBER 17**

**Selichot - 8:00pm** (JCOH Sanctuary)

**SUNDAY, SEPTEMBER 25**

**Rosh Hashanah Evening - 5:30pm** (Main Beach weather permitting)

(Alternative) **JCOH Tent - 5:30pm**

**MONDAY, SEPTEMBER 26**

**Rosh Hashanah Morning (Day 1) - 10:00am** (JCOH Tent)

**Rosh Hashanah Family Service - 2:30pm** (JCOH Sanctuary)

**Tashlich - 4:00pm** (Main Beach weather permitting)

**TUESDAY, SEPTEMBER 27**

**Rosh Hashanah (Day 2) - 10:00am** (JCOH Tent)

**Tashlich (Rain Date) - 4:00pm** (Main Beach)

**SUNDAY, OCTOBER 2**

**Kever Avot (Cemetery Service) - 9:00am** (Shaarey Pardes Cemetery)

**TUESDAY, OCTOBER 4**

**Yom Kippur Evening (Kol Nidre) - 8:00pm** (JCOH Tent)

**WEDNESDAY, OCTOBER 5**

**Yom Kippur Morning - 10:00am** (JCOH Tent)

**Healing Service - 12:30pm** (JCOH Sanctuary)

**Study Session - 12:30pm** (JCOH Small Sanctuary)

**Yom Kippur Family Service - 2:00pm** (JCOH Sanctuary)

**Yizkor - 3:30pm** (JCOH Tent)

**Afternoon/Neilah Service - 4:30pm** (JCOH Tent)

**Shofar Blowing - 6:30pm** (JCOH Tent)

MAY OUR PRAYERS REACH HEAVENWARD AND OUR HEARTS FIND PEACE

# HIGH HOLY DAYS 5783

## SELICHOT



**SATURDAY, SEPTEMBER 17 | 8:00pm | JCOH Sanctuary**

Begin the High Holy Day season with this preparatory service that explores the themes of repentance and forgiveness (the word selichot means forgiveness). The short service introduces the High Holy liturgy and musical motifs that help us delve into the process of introspection over Rosh HaShanah and Yom Kippur.

## ROSH HASHANAH EVENING



**SUNDAY, SEPTEMBER 25 | 5:30pm | Main Beach (Weather permitting)**

**ALTERNATIVE: 5:30pm | JCOH Tent**

Watch the sun set and listen to the ocean waves harmonize with the holiday music during this one-of-a-kind beach service. Bring your lawn chair, and sit together with your family to welcome in the year.

## ROSH HASHANAH MORNING (DAY ONE)



**MONDAY, SEPTEMBER 26 | 10:00am | JCOH Tent**

Awaken to the promise of new possibilities and spiritual renewal brought by the new year. Immerse yourself in the sacred melodies, introspective teachings, and the call of the shofar.

## ROSH HASHANAH FAMILY SERVICE



**MONDAY, SEPTEMBER 26 | 2:30pm | JCOH Sanctuary**

Join us for a service for the whole family. Bring your kids of all ages to join for singing, stories, and great holiday fun.

## TASHLICH



**MONDAY, SEPTEMBER 26 | 4:00pm | Main Beach (Weather permitting)**

**RAIN DATE: TUESDAY, SEPTEMBER 27 | 4:00pm | Main Beach**

Come take part in one of our community's favorite rituals, Tashlich. To reflect on how we have missed the mark of our moral potential, we cast symbolic substitutes for our sins into the water. Traditionally, bread is used. However, we encourage those joining to consider the environmental harm bread causes, and instead opt to cast stones.

## ROSH HASHANAH (DAY TWO)



**TUESDAY, SEPTEMBER 27 | 10:00am | JCOH Tent**

The Second Day of Rosh Hashanah offers us the opportunity to delve further into the liturgy and traditions of Rosh HaShanah. This year, experience a sermon in song.

## KEVER AVOT - CEMETERY SERVICE



**SUNDAY, OCTOBER 2 | 9:00am | Shaarey Pardes Cemetery | 306 Old Stone Hwy, East Hampton**

Once a year, we invite our entire community to join together at our cemetery for a custom known as kever avot (the graves of our fathers and mothers). We visit the graves of our parents and close relatives and pray together for the strength to live life in their absence.

FOR MORE INFORMATION VISIT [JCOH.ORG/HIGHHOLYDAYS](https://www.jcoh.org/highholydays)

# HIGH HOLY DAYS 5783

## YOM KIPPUR EVENING (KOL NIDRE)



**TUESDAY, OCTOBER 4 | 8:00pm | JCOH Tent**

On the eve of Yom Kippur, we gather for a solemn and sacred service that calls us to reflect and repent. We hear the ancient melody of Kol Nidre chanted, stirring us to begin the day long process of atonement and forgiveness.

## YOM KIPPUR MORNING



**WEDNESDAY, OCTOBER 5 | 10:00am | JCOH Tent**

Immerse yourself in the experience of repentance on this solemn morning. The liturgy, the music, the Torah reading, and the Haftara reading, all call us to consider how we might find our way back to the moral and ethical paths from which we have strayed.

## HEALING SERVICE



**WEDNESDAY, OCTOBER 5 | 12:30pm | JCOH Sanctuary**

A short intimate service imbued with poetry and song to help us heal from emotional and physical wounds from the past year

## STUDY SESSION



**WEDNESDAY, OCTOBER 5 | 12:30pm | JCOH Small Sanctuary**

Fill the time between services with an immersion into study of Jewish texts that we read on Yom Kippur.

## YOM KIPPUR FAMILY SERVICE



**WEDNESDAY, OCTOBER 5 | 2:00pm | JCOH Sanctuary**

Join us for a service for the whole family. Bring your kids of all ages to join for singing, stories, and great holiday fun.

## YIZKOR SERVICE



**WEDNESDAY, OCTOBER 5 | 3:30pm | JCOH Tent**

The Yizkor (Memorial) Service is a time to open the doors of the past and to revisit the memories of our loved ones who are no longer with us.

## AFTERNOON/NEILAH SERVICE



**WEDNESDAY, OCTOBER 5 | 4:30pm | JCOH Tent**

Neilah means “the closing,” and the service comes as Yom Kippur itself comes to a close. The evening concludes with the final sounding of the shofar.

FOR MORE INFORMATION VISIT [JCOH.ORG/HIGHHOLYDAYS](https://www.jcoh.org/highholydays)

# BOOK OF REMEMBRANCE

Deadline September 6

Jewish history and Jewish memory are a central theme to our High Holy Day observance. Jewish tradition teaches us that remembrance is a significant part of understanding who we are now, and where we are going in the future.

The custom of publishing a congregational **Book of Remembrance** is an ancient one that can be traced back to the early Thirteenth Century. We are preparing our Book of Remembrance to honor our loved ones who continue to fill our lives with the precious gift of memory. This book will be used throughout the year at each of our sacred moments of remembrance.

To add your loved one's name to our **Book of Remembrance**, please visit [jcoh.org/highholydays](http://jcoh.org/highholydays), email [office@jcoh.org](mailto:office@jcoh.org), or call 631-324-9858.

*"The dust returns to the earth as it was, but the spirit returns to the God who gave it."*



## SELICHOT

SATURDAY, SEPTEMBER 17 | 8:00PM

An overture to the High Holy Days, Selichot encourages us to contemplate our past year and focus on the value of a new beginning. We celebrate Selichot as a Saturday night service before Rosh Hashanah.

# SHOFAR

There are three distinct sounds of the Shofar; each with its own significance and feeling:

**Tekiah** A long, drawn-out note expressing stability and the totality of a good life.

**Shevarim** A quick succession of three broken tones that represent sorrow and lamentations.

**Teruah** Nine very short, staccato notes that signify unwanted doubts and weakness.



*"At the end of the year and the beginning of another, we remember them."*

## KEVER AVOT MEMORIAL SERVICE

SUNDAY, OCTOBER 2 | 9:00AM

Shaarey Pardes Accabonac Grove Cemetery  
306 Old Stone Highway, East Hampton

We invite you to join us in a brief, but beautiful Memorial Service as we recall our loved ones of blessed memory at the meditation pond in our Cemetery.

The High Holy Days are a time for recalling their lasting impact upon our lives. As Jewish tradition teaches us, regardless of where their place of rest is located, we are to honor them with special moments of memorial and by living our lives to reflect their best values and their highest aspirations.

# THINGS TO DO AND KNOW

## ABOUT ROSH HASHANAH AND YOM KIPPUR

- Rosh Hashanah and Yom Kippur are a time for people to pause and assess their growth and achievements over the past year.
- Beginning weeks before the holidays, many people exchange cards expressing wishes for a good, sweet New Year. Select and mail some to friends and family, and enjoy the good wishes from others.
- On the evening of Rosh Hashanah, set your dinner table with a festive tablecloth. Place two round challahs on the table along with wine and a bowl of honey to symbolize a sweet year.
- Before the meal is served, cut an apple into pieces, dip the pieces in honey, and share them. While eating the apple, each person wishes for a sweet New Year. Some people also follow the custom of eating a fruit on Rosh Hashanah that they have not eaten for a year.
- Unlike other major Jewish holidays, the High Holy Days are not related to historical events. Also known as the Days of Awe, Rosh Hashanah and Yom Kippur are purely religious holidays that emphasize morality, self-examination, spirituality, and holiness.
- Rosh Hashanah values *teshuva*, a spiritual return to a God who hears penitence, forgives our sins, and offers an opportunity to start anew. According to Jewish tradition, God's decision is not made in haste; the "Gates of Repentance" remain open until the Day of Atonement, at which time the final decree is established.
- Yom Kippur is the most sacred day in the Jewish calendar. Also known as the *Shabbat Shabbaton*, the Shabbat of Shabbats, Yom Kippur is perhaps the most weighty and pensive portion of the High Holy Days. Beginning with Kol Nidre and ending with Neilah (the "closing of the gates"), Yom Kippur concludes the *Days of Awe*. After the Neilah Service, the Shofar is sounded and the congregation leaves to begin the New Year.

## YOM KIPPUR EVENING (KOL NIDRE)

TUESDAY, OCTOBER 4 | 8:00PM

Yom Kippur is a day of self-reflection. Ten days after Rosh Hashanah, we come together as a community in prayer and ask for forgiveness from those we might have hurt or harmed the previous year. Taking into account our actions from the previous year, we prepare to journey forward into the next year. We learn from the past, inform the future, and remain ever mindful of the holiness of the present moment.

Special foods and prayers are incorporated into High Holy Day observance as religious symbols. As with Shabbat, candles and wine decorate the dinner table on the eve of Rosh Hashanah.

## APPLES AND HONEY

A symbol of sweetness and renewal, apples and honey represent our hope and aspirations for the New Year. As we eat the apple with honey, we pray, "May God renew for us a good and sweet year."



## CANDLES

We light candles before a festive meal.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב**

*Baruch Ata Adonai,  
Eloheinu Melech Ha Olam,  
asher kid'shanu b'mitzvotav  
v'tzivanu l'hadlik ner shel Yom Tov.*

Blessed are you, Adonai  
Ruling spirit of the universe,  
who sanctifies our lives with mitzvot and  
commands us to kindle these festival

## CHALLAH

Sweet, round challah filled with raisins symbolizes wholeness and our desire for a complete New Year.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ**

*Baruch Ata Adonai,  
Eloheinu Melech Ha Olam,  
ha motzi lechem min ha aretz.*

Blessed are you, Adonai  
Ruling spirit of the universe,  
who brings forth bread from the Earth.



## WINE OR GRAPE JUICE

A potent symbol of life and joy in Judaism, may the sweetness of this wine (or juice) enhance our hopes for the New Year.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן**

*Baruch Ata Adonai,  
Eloheinu Melech Ha Olam,  
Boray p'ree ha'gafen.*

Blessed are you, Adonai  
Ruling spirit of the universe,  
Who creates the fruit of the vine.

## SHEHEHEYANU

The traditional prayer recited upon reaching milestone events, such as Rosh Hashanah, is called the *Sheheheyanu*.

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינּוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה**

*Baruch Ata Adonai,  
Eloheinu Melech Ha Olam,  
sheheheyanu, v'ki y'manu,  
v'higiyanu lazman hazeh.*

Blessed are you, Adonai  
Ruling spirit of the universe,  
who gives each of us life,  
who sustains us through the years and enables  
us to reach this most awesome occasion.

# *L'Shanah Tovah Tikatevu!*

## **ELUL**

The Hebrew month leading up to the High Holy Days is a time of soul-searching in preparation for Rosh Hashanah and Yom Kippur. Our tradition recognizes that self transformation doesn't take place in a single day, and not even in the ten days of awe in between the holidays. Rather our tradition assigns a whole month to the process.

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## **THE HIGH HOLY DAYS: YAMIM NORAIM**

### **Yamim Noraim: The Ten Days of Awe**

The ten days beginning with Rosh Hashanah and ending with Yom Kippur are known as the Yamim Noraim, or the Days of Awe. The work of repairing ourselves and the damage from our misdeeds takes place during these days. It is customary to seek out those who we have wronged and repair our fractured relationships during this period.

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## **ROSH HASHANAH**

***“In the seventh month, on the first day of the month,  
you shall observe complete rest,  
a holy day commemorated with loud blast.”***

*(Leviticus 23:24)*

The first day of Rosh Hashanah is a festive commemoration of the creation of the world, as well as a somber day of self-examination. The sounding of the Shofar epitomizes and resolves this spiritually significant duality; the Shofar, a ram's horn, is blown to center our spirit. The primitive and strange sound of the Shofar stirs something deep within us.

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## **YOM KIPPUR**

***“On the tenth day of the seventh month is the Day of Atonement.  
It shall be a sacred occasion for you.  
You shall practice self-denial.”***

*(Leviticus 23:27)*

Yom Kippur is the most solemn day of the Jewish year. We fast to channel our energy into prayer and repentance. In addition to self-improvement, we ask forgiveness and seek reconciliation.

On the eve of Yom Kippur, we listen to the Kol Nidre prayer, one of the most inspiring melodies in Jewish tradition. According to legend, the Books of Life and Death for the coming year are sealed at the close of Yom Kippur, which explains the serious mood of this holiday.

# FAQS (FREQUENTLY ASKED QUESTIONS)

## FOR THE HIGH HOLY DAYS

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### **Why are the words “L’Shanah Tovah Tikatevu” used so frequently on Rosh Hashanah?**

These three Hebrew words mean “*May you be inscribed for a good year.*” Used as a spoken greeting on the holiday, these words remind us of God’s transcription of each person’s fate for the coming year in the *Book of Life*.

### **Why are the ten days beginning with Rosh Hashanah and ending with Yom Kippur, the Ten Days of Repentance, especially significant?**

These ten days represent the important period between the start of God’s judgment of each individual and the finality of Yom Kippur. For this reason, the Ten Days of Penitence are regarded as a valuable chance to ameliorate our moral standing in the eyes of God. In observance of Yom Kippur, we switch from *L’Shanah Tovah Tikatevu* to *G’mar Chatima Tovah*—*May you be sealed in the Book of Life for Goodness*.

### **What are the traditional foods eaten on Rosh Hashanah?**

To symbolize a sweet new year, Jews eat sweet foods like apples and honey. Among Ashkenazic households, you will commonly find tzimmes, a sweet stew made from carrots and dried fruits. Some Sephardic Jews place the head (rosh) of a fish on their table, commemorating the head of the year, and giving homage to the biblical verse “God shall place you as a head and not as a tail.” Round challahs are also traditionally eaten at this time of the year as a reminder of the never-ending cycle of life. While there are no traditional foods on Yom Kippur, as it is a fast day, Jews break the fast in the evening with a dairy meal.

### **Why do Jews fast on Yom Kippur?**

The requirement of fasting on Yom Kippur is based on an interpretation of a Torah verse. *The Book of Numbers (29:7)* states, “*And on the tenth day of this seventh month [Tishri] you shall observe a sacred occasion when you shall practice self-denial...*” In this context, “self-denial” denotes abstinence from food and drink.

### **Why is Yizkor included in the Yom Kippur Service?**

The Yizkor Service, the memorialization of close relatives, dates back to the fifth century. A vestige of ancestral traditions developed during the Spanish Crusades, Yizkor provides an opportunity for the individual and the community as a whole to express its common loss.

**BRING FAMILY & FRIENDS!**

# **TASHLICH AT MAIN BEACH**

**MONDAY, SEPTEMBER 26 | 4:00PM**

**RAIN DATE: TUESDAY, SEPTEMBER 27 | 4:00PM**

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## **TASHLICH: FIVE THINGS YOU NEED TO KNOW**

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### **What is Tashlich?**

Tashlich, a part of the High Holy Days, encourages moral cleansing through action. With each small piece of bread we cast into the water, a small part of our sins from the past year can be forgiven.

### **When does it occur in the order of the High Holy Days?**

The Tashlich ceremony is carried out on the afternoon of the first day of Rosh Hashanah.

### **What do we bring?**

Our Tashlich is B.Y.O.B.: bring your own bread. Any regular or even stale bread will do.

### **How can we celebrate?**

By throwing bread in “living water,” which in our case is the ocean. Swimming pools, fountains, and other man-made water features don’t count—Tashlich focuses on a connection to God through nature in addition to repentance, so we cast our sins into a local body of water.

### **Tashlich and Water**

Main Beach is a perfect place to cast away our sins not just for the tranquility of the Atlantic Ocean, but also for the long-standing connection between water and Jewish scriptural history.

A few well-known examples of water imagery include: Noah’s ark and the erasure of what God deems “sinful” with a massive flood; the parting of the Red Sea to let the Israelites escape oppressive Egyptian rule; and even our seasonally-dependent addition to the *Gevurot* prayer, *Mashiv Haruach Umorim Hagashem*, which praises God’s ability to influence the rain that supports our harvests and our survival.

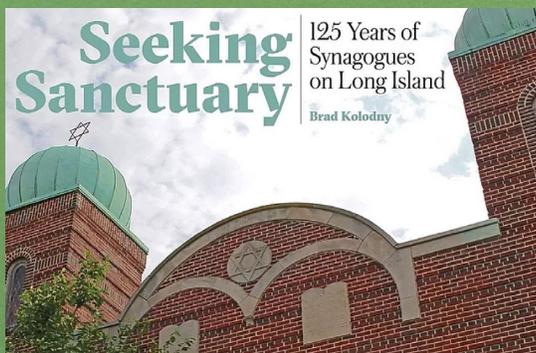


# SUKKOT FESTIVAL SERVICE

MONDAY, OCTOBER 10 | 10:00AM

## SEEKING SANCTUARY

THURSDAY, OCTOBER 13 | 7:00PM



Join us for a book presentation and discussion with **Brad Kolodny**.



# SHEMINI ATZERET SIMCHAT TORAH

SIMCHAT TORAH FESTIVAL SERVICE  
WITH YIZKOR PRAYERS

MONDAY, OCTOBER 17 | 10:00AM

# OPEN YOUR DOOR TO JUDAISM

Judaism isn't limited to activities at synagogue. To help you observe the High Holy Days at home, we offer these ideas for making Judaism a greater part of everyday life. Consider...

- Calling family and friends and renewing old relationships.
- Listing your three greatest achievements since last year.
- Setting three goals for the coming year.
- Volunteering time to help others.
- Taking time each day during the week preceding Yom Kippur to reflect on the past year.
- Fasting and giving the money you would have spent on food to fight food insecurity.
- Making peace with yourself and with God.
- Reconciling with those whom you may have hurt.

## PARTNERS AGAINST HUNGER

*"Is this the fast I have chosen?" –Isaiah*

**F**OOD  
**DRIVE**



It is always the right time to help others, but in the fall and winter, we pause for reflection and thanksgiving. We are providing bags with a reminder that hunger is real, even in the Hamptons. Our tradition challenges us "to feed the hungry." Support the JCOH in its fight against hunger, now and throughout the year.

**Please bring a bag of filled with non-perishable items to our Food Drive on Yom Kippur.** Let us share in the meaning of the High Holy Days by helping those in need.

Canned and boxed items, toiletries, and baby food will help meet real needs... including for each of us to perform the *mitzvah* of *tzedakah*. Help make it a happier time of year for all!

# GATES OF JEWISH LEARNING BEGINS SEPTEMBER 18 | 10:00AM



## **Gates of Jewish Learning (Pre-Kindergarten–Grade 6)**

Have your children join a learning community that nurtures the joy of Jewish living. Our students develop their Jewish identities through and celebrating our heritage and traditions together. In addition to classes, our families gather together periodically throughout the year so that parents can learn with children and celebrate Jewish holidays together. Gates of Jewish Learning is more than just classroom, it is a diverse community of families who come together to embrace Jewish living. **For Questions: please contact Rabbi Joshua Franklin.**

**TO LEARN MORE VISIT [JCOH.ORG/GATES](http://JCOH.ORG/GATES)**



## WHAT A TIME IT HAS BEEN!

As the leaves begin to fall and we bid farewell to another beautiful Hamptons summer, a big thank you to our JCOH community for seeing us through another successful season. We sang, we danced, we prayed, we ate, and we listened our way through concerts, classes, films and presentations. Although the summer may be winding down, life at the JCOH carries on with more great programs to come.

*Best wishes to you and your family for a Happy, Healthy and Sweet New Year!*

For more information on membership and our High Holy Day services, please contact 631.324.9858 or [office@jcoh.org](mailto:office@jcoh.org) or feel free to reach out to JCOH Executive Director, Barbara Axmacher @ [baxmacher@jcoh.org](mailto:baxmacher@jcoh.org)

For more information on Gates of Jewish Learning, our educational program for children in the Hamptons, please contact Rabbi Joshua Franklin at 631.324.9858 or [rabbi@jcoh.org](mailto:rabbi@jcoh.org).

## FIND YOUR CENTER, **HERE.**



## Yahrzeit Donations

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in memory of Ruth Fein

**Richard & Holly Goldman**

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in memory of Ernest Oppenheimer

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in memory of Martin Roaman, Eileen Roaman, Lucille Siris, Irwin Siris & Florence Siris

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in memory of Alvin Corwin

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Emily Holmes & Ross Lipson

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Rabbi Joshua Franklin

Michael Gorun

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# JEWISH CENTER OF THE HAMPTONS

44 WOODS LANE, PO BOX 5107, EAST HAMPTON, NY 11937  
JCOH.ORG • 631-324-9858 • FAX 631-329-6654

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Rabbi Debra Stein, Cantor

## SHABBAT SERVICES

Shabbat on the Beach  
Fridays at 6:00pm (through September 2)

Shabbat Morning Service  
Saturdays at 10:00am

## OFFICE HOURS

Monday–Friday  
9:00am–5:00pm

Rabbi Joshua Franklin  
Ext. 204, [rabbi@jcoh.org](mailto:rabbi@jcoh.org)

Rabbi Debra Stein, Cantor  
Ext. 205, [cantor@jcoh.org](mailto:cantor@jcoh.org)

Barbara Axmacher, Executive Director  
Ext. 203, [baxmacher@jcoh.org](mailto:baxmacher@jcoh.org)

Diane Wiener, Executive Director Emerita  
Ext. 206, [development@jcoh.org](mailto:development@jcoh.org)

## OFFICE DIRECTORY

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