



Dear Members of Congregation B'nai Israel,

Soon we will all gather together for High Holy Days 5784 - 2023, to celebrate the New Year, atone for our sins, and renew ourselves for the year to come. We look forward to joining with our entire congregation to pray together.

This year, services will be held in the Sanctuary and led by our Hazzan, Jonathan Angress, with an option for viewing a livestream of the service outside. We will also offer service attendance using a livestream broadcast on Facebook and on YouTube.

We are enclosing tickets for your immediate household (two tickets for a family membership, and one ticket for a single membership; dependent children do not require a ticket) to identify you and your family as members for purposes of attending High Holy Days services. While we have relaxed Covid-19 restrictions in line with local guidelines, we encourage congregants to observe appropriate precautions. To attend services in person, please bring your ticket(s) with you and show them to the Ushers. The Sanctuary will consist of open seating for all services, but if you would like to reserve specific seats in the Sanctuary for a donation, please reach out to Martin Sherman at [mpsherman5@gmail.com](mailto:mpsherman5@gmail.com). Please make sure all phones and electronics are silenced while in the Sanctuary.

Included in this High Holy Days Program Packet are the following:

1. Message from our Spiritual Leader, Hazzan Jonathan Angress
2. Schedule of Services
3. Child Care and Family Service
4. Form: Request for Additional Tickets
5. Form: *Lulav* and *Etrog* Orders
6. Form: *Yizkor* Book of Memories
7. Form: Break-the-Fast Registration
- 8. Combined Payment Form**

Please review this packet, and keep it handy for your reference. Livestream instructions are on the synagogue webpage at <https://www.bnaiisrael-nm.org/live-stream>. A copy of the schedule will also be available on our website at [www.bnaiisrael-nm.org](http://www.bnaiisrael-nm.org). If you are attending services virtually and would like a copy of the *Mahzor Lev Shalem*, please reach out to the Ritual Committee (Jonas Actor, Chair) at [jonasactor@gmail.com](mailto:jonasactor@gmail.com) to receive an electronic copy of the prayer book.

Your prompt response in returning the included forms will assist us in the organization of this year's High Holy Days observance, and we appreciate your cooperation in providing the information we need to achieve a successful and meaningful holiday. As always, members of the Ritual Committee are available to answer any questions and to assist you in whatever way we can.

**“May you be inscribed and sealed for a good year!”**



### Message from our Spiritual Leader

Dear Friends,

Welcome to Congregation B'nai Israel of Albuquerque. I am thrilled you have chosen us as your spiritual home for this year's High Holy Days. Whether you have been in our community for a long time or you are brand new to our community, you are welcomed and loved. As we prepare to enter the 2023 - 5784 High Holy Day season, we begin to look inward and reflect on not only this past year, but the year to come.

One of the most infamous prayers in the High Holy Day liturgy is *Un'taneh Tokef* - The Sacred Power of the Day. In this prayer, we confront our own mortality by asking God who will stay on earth and who will leave this earth during the coming year. Many past interpretations have used fear to impose the themes of Rosh Hashanah and Yom Kippur into our minds and hearts. This year, I would like to share with you a different and more positive approach as we enter High Holy Days 2023 - 5784.

At the end of the *Un'taneh Tokef* prayer, we ask God, "Who will be brought down, and who will be raised up?" The idea of bringing ourselves down or raising ourselves up is one that humanity struggles with on a daily basis. Sometimes our outside environment influences our thought process which can bring us down and sometimes we have to remind ourselves to not get in the way of thinking clearly, thereby raising ourselves up. The *Un'taneh Tokef* prayer concludes with the statement, "But returning, prayer, and charity have the power to transform the harshness of our destiny." *T'shuva* - meaning return, refers to returning to the path that our tradition has laid out for us and returning to our authentic selves. *T'filah* - prayer can often provide us with solace and the ability to alleviate our anxieties by making requests of God. *Tzedakah* - giving charity to those in need often helps put us in the right frame of mind in order to raise ourselves up.

And so during our High Holy Days 2023 - 5784, I invite and encourage each and every one of you to join us for the multiple services and events taking place throughout the season. Come and return to your sacred, warm, and diverse B'nai Israel community. Come and pray with us as we beseech God together for a good new year with congregational participation and using beautiful music. And please consider being generously charitable to our synagogue and community so that we in turn can guarantee to be around and provide for you for years to come.

*"L'Shana Tovah Tikateivu V'techateimu"* - May we enjoy a good sweet year and may we be inscribed in the Book of Life!

Shanah Tovah,  
Hazzan Jonathan Angress



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## Schedule of Services

***Prepping for the High Holidays Workshop – Wednesday, August 30, 2023***

6:00 pm                      Adult Education Class with Hazzan Angress

***Selichot Program – Saturday, September 9, 2023***

7:00 pm                      Repast, Program, and Service, with accompaniment by Nancy Granert

### **Rosh Hashanah – Friday thru Sunday, September 15-17, 2023**

***Erev Rosh Hashanah – Friday, September 15, 2023***

6:45 pm                      *Erev Rosh Hashanah* Service, with accompaniment by Nancy Granert

***First Day Rosh Hashanah – Saturday, September 16, 2023***

8:30 am                      Morning *Shacharit* Service  
Torah Service, Scriptural Readings, and Sermon  
*Musaf* and Service Conclusion

***Second Day Rosh Hashanah – Sunday, September 17, 2023***

8:30 am                      Morning *Shacharit* Service with *Avinu Malkeinu*  
Torah Service, Scriptural Readings, and Shofar Service  
Sermon by Ephram Goldstein, Goldman Scholarship Recipient  
*Musaf* and Service Conclusion

### **Shabbat Shuvah Weekend – Friday thru Sunday, September 22-24, 2023**

***Shabbat Shuvah – Friday, September 22, 2023***

6:00 pm                      Friday Night *Shabbat* Services

***Shabbat Shuvah – Saturday, September 23, 2023***

9:30 am                      Morning *Shacharit* Service  
Torah Service, Scriptural Readings, and Sermon  
*Musaf* and Service Conclusion

***Tashlich – Sunday, September 24, 2023***

10:00 am                      Tingley Beach

***Kever Avot – Sunday, September 24, 2023***

1:00 pm                      Cemetery



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**Yom Kippur – Sunday and Monday, September 24-25, 2023**

***Erev Yom Kippur – Kol Nidre – Sunday, September, 24, 2023***

6:30 pm *Kol Nidrei* Service and Appeal, with accompaniment by Nancy Granert  
Evening *Maariv* Service

***Yom Kippur – Morning Services – Monday, September 25, 2023***

8:30 am Morning Service with *Avinu Malkeinu*  
Torah Service and Scriptural Readings  
*Yizkor* and Sermon  
*Musaf* and Service Conclusion

***Yom Kippur – Afternoon and Ending Services – Monday, September 25, 2023***

5:45 pm Afternoon *Mincha* Service with Book of Jonah  
7:00 pm *Neilah* Closing Service

**Sukkot and Shemini Atzeret - Friday, September 29 thru Sunday, October 8, 2023**

***Shabbat First Day Sukkot – Friday, September 29, 2023***

6:00 pm Friday Night *Shabbat* and Festival Services

***Shabbat First Day Sukkot – Saturday, September 30, 2023***

9:30 am *Shabbat* and Festival *Shacharit* Service  
Torah Service and Sermon  
*Musaf* and Service Conclusion

***Second Day Sukkot – Sunday, October 1, 2023***

9:30 am Festival *Shacharit* Service  
Torah Service and Sermon  
*Musaf* and Service Conclusion

***Shabbat Shemini Atzeret – Friday, October 6, 2023***

6:00 pm Friday Night *Shabbat* and Festival Services

***Shabbat Shemini Atzeret – Saturday, October 7, 2023***

9:30 am *Shabbat* and Festival *Shacharit* Service  
Torah Service and Scriptural Readings  
*Yizkor* and Sermon  
*Musaf* and Service Conclusion

***Erev Simchat Torah – Saturday Evening, October 7, 2023***

6:00 pm Service and Torah Celebration

***Simchat Torah – Sunday, October 8, 2023***

9:30 am Festival *Shacharit* Service  
Torah Celebration and Torah Service  
*Musaf* and Service Conclusion



## **Child Care and Family Services**

### **Child Care**

CBI has always supported the needs of our young families by providing childcare during the High Holy Days. However, for the past several years we have not maintained sufficient interest to provide babysitting onsite. In its place, we offer means to support childcare at home during this holiday time.

Any family that prefers to have childcare at home for their (2 – 5 year old) children will be reimbursed a total of \$75 for the High Holy Days by CBI Sisterhood. Please provide to CBI Sisterhood a form of receipt or record of the childcare expenses in order to process reimbursement.

We encourage parents to bring their children for services. In addition to the main service in the Sanctuary, CBI will be holding family services outside (see below). There will also be an unsupervised preschool room available for parents that want to take their children somewhere to play.

– CBI Sisterhood

### **Family Services**

Rosh Hashanah Day 1 - Saturday, September 16, 2023, 9:30 am  
Yom Kippur Morning - Monday, September 25, 2023, 9:30 am

CBI has designed Family Services to provide a highly interactive experience in a relaxed atmosphere. Services will be held outside under the large canopy near the playground. (If there is inclement weather, we move inside to the social hall.) A live monitor will display the ongoing services in the sanctuary.

During the Torah service, we invite our young people to participate in the reading of the Torah. We will create a temporary bima and use a scroll borrowed from the ark in our chapel. Both services are led by Rabbi Emeritus Arthur Flicker.

Snacks and drinks are provided.

– CBI Programming Committee



### Request for Additional Tickets

Tickets for High Holy Days services will be provided to all members in good standing: two tickets for a family membership, and one ticket for a single membership. Dependent children, and college students or Armed Forces personnel, do not require a ticket. You must request *additional* tickets for any other adult family members who are resident in your household, or for any guests who accompany you to services. Anyone is invited to participate via Live Streaming at <https://www.bnaiisrael-nm.org/live-stream>.

I, \_\_\_\_\_, request High Holy Days tickets for the following additional adult family members in my household:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Age \_\_\_\_\_

**Please note:** Tickets are non-transferable and are for your immediate family members only. Each ticket will have the ticket holder’s name on it.

**Out-of-town guests** of members are welcome to attend our services. Guests of members who are members in good standing of another congregation will be furnished tickets at no charge upon receipt of a letter or email from their congregation. Members may purchase tickets for High Holy Days services for your other out-of-town guests (who are not members of another congregation) at \$100 per person. If you have any questions, please contact the office, at (505) 266-0155. Guests and non-members are invited to attend services via streaming. <https://www.bnaiisrael-nm.org/live-stream>

Residents of Albuquerque and the vicinity who are not members of Congregation B’nai Israel may choose to become members prior to the High Holy days. **No prospective member of our community will be turned away because of financial hardship.**

I, \_\_\_\_\_, request High Holy Days tickets for my guests as follows:

Name \_\_\_\_\_ City/State of residence \_\_\_\_\_

Member of \_\_\_\_\_ Letter Received ( )

Name \_\_\_\_\_ City/State of residence \_\_\_\_\_

Member of \_\_\_\_\_ Letter Received ( )

**Please return this form with payment to the synagogue office no later than Thursday, August 31, 2023.**

## Order a Lulav and Etrog Set for Sukkot

It is a very special mitzvah to own one's own *lulav* and *etrog* set for Sukkot. The *lulav* consists of branches of palm, willow, and myrtle bound together, while the *etrog* is a citrus fruit looking something like an oversized wrinkled lemon with a wonderful scent. Every day during Sukkot, either at home or at services, one shakes the *lulav* as a reminder of the Temple practices and enjoys the scent of the *etrog*.

Congregation B'nai Israel is pleased to offer our members the chance to join our annual group order of *lulav* and *etrog* sets from Israel.

*Lulav* and *etrog* sets are \$58 each. Each set includes the three types of branches, the holder and rings to assemble the lulav, and an *etrog*. The sets will be available for pick-up before the first day of Sukkot at the Synagogue.



**I would like to order \_\_\_ lulav and etrog set(s) at \$58 per set.**

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

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Please return this form with payment to the synagogue office no later than  
Thursday, August 31, 2023.**



### Yizkor Book of Memories

The *Yizkor* service (**Monday, September 25, 2023**) is a time to remember and to honor those who have passed away. The service is filled with beautiful psalms, which lead us and guide our memories and reflections. At the heart of the service we recite the *Yizkor* prayer, a personal prayer recalling our loved ones and asking that their souls be at peace. We conclude with the *Kaddish*, praising God for the gift of life.

The Ritual Committee has set the fee at \$36.00 per membership **to list all of your loved ones** in the Book of Memories. We hope that this encourages all of our members to participate. By filling out the form below and submitting payment of \$36.00 using the “Combined Payment Form” the names of all of your loved ones will be included in the annual Congregation B’nai Israel Book of Memories, which will be distributed at *Yizkor* services. Please let us know if there are any additions or deletions you would like to make. **All names listed in last year’s Book will automatically be included in this year’s Book of Memories for the \$36 fee.**

You can choose to carry on this tradition by remembering and honoring your loved ones in this way. The money donated for the *Yizkor* Book of Memories assists the Congregation greatly in meeting its operating goals for the year.

Fill out the form below to let us know the names of those dearly departed you would like printed in our *Yizkor* Book of Memories. Please call the office, at (505) 266-0155, with any questions.

We wish each of you *Shanah Tovah* and thank you for being part of Congregation B’nai Israel.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

- Please **MAKE NO CHANGES** to entries in last year’s Book of Memories.
- Please **ADD** the names of my loved ones listed below:

In memory of \_\_\_\_\_ by \_\_\_\_\_ relation \_\_\_\_\_  
(name of deceased) (name of honorer)

In memory of \_\_\_\_\_ by \_\_\_\_\_ relation \_\_\_\_\_  
(name of deceased) (name of honorer)

Please call the office, at (505) 266-0155, with any DELETIONS or QUESTIONS.

Please include \$36.00 for your listings in the Book of Memories; see the “Combined Payment Form” at the back of this packet for additional information.

**Please return this form to the synagogue office no later than  
Thursday, August 31, 2023.**





Congregation B'nai Israel Sisterhood  
Invites you to



**The Annual Break-the-Fast**  
**Monday, September 25, 2023**  
**8:00 P.M.**



Bagels and Cream Cheese or Lox Spread  
Blintz Souffle, Tuna Salad and Egg Salad  
Salad, Fruits, Coffee & Tea  
And of course – Holiday Sweets!

BRING YOUR FAMILY AND FRIENDS AND ENJOY A FABULOUS FEAST!

Adult member - \$22

Children ages 6-16 - \$7

Adult Non-Member - \$26

Children under 6 eat free!

You **MUST** have a reservation. No money can be accepted at the door. Complete the form below and send it with your check made payable to

Congregation B'nai Israel Sisterhood to:

Vicky Camerlingo, 8916 Lagrima De Oro Rd. NE, 87111

Your reservation must arrive no later than **Wednesday, September 20.**

A **\$10 late fee** will be charged for each late reservation.

Reservations can also be made on the CBI website at <https://bnaiisrael-nm.org/>

**2023 Break-the-Fast Reservation**

Please complete this form and send it with your check, made payable to B'nai Israel Sisterhood, to **Vicky Camerlingo, 8916 Lagrima De Oro Rd. NE, 87111** no later than **September 20, 2023.**

Name(s) \_\_\_\_\_

\_\_\_\_\_ Member Adults x \$22      \_\_\_\_\_ Non-Member Adults x \$26

\_\_\_\_\_ Children 6 – 16 x \$7      \_\_\_\_\_ Children under 6.

Total of Check: \$ \_\_\_\_\_



### Combined Payment Form

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

Address: \_\_\_\_\_

Phone No: \_\_\_\_\_

#### RESPONSE CHECKLIST

- I have enclosed the **Request for Additional Tickets** form.  yes  no
- I have enclosed the **Lulav and Etrog** form (\$58/set).  yes  no
- I have enclosed the **Book of Memories** form (\$36/family).  yes  no

#### TOTAL

ADDITIONAL TICKETS	SUBTOTAL _____
LULAV & ETROG ORDERS	SUBTOTAL _____
BOOK OF MEMORIES	SUBTOTAL _____
SEAT RESERVATION FUNDRAISER	SUBTOTAL _____
HIGH HOLY DAYS CONTRIBUTION - Every dollar helps!	SUBTOTAL _____

TOTAL ENCLOSED \_\_\_\_\_

#### PAYMENT INFORMATION

\_\_\_ Check is enclosed. *Please make your check payable to Congregation B'nai Israel.*

\_\_\_ Pay by credit card. [ My credit card is on file. \_\_\_\_\_ ]

Name on credit card: \_\_\_\_\_

Card No: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

#### BREAK-THE-FAST

Send your Break-the-Fast form and check, payable to "Congregation B'nai Israel Sisterhood", to Vicky Camerlingo, 8916 Lagrima De Oro Rd NE, Albuquerque, NM 87111.

**Thank You and Shanah Tovah!**