

DAYS OF AWE 5772 - 2011 RESOURCE GUIDE

Recommendations for Personal Study and Reflection

NEW / RECENT BOOKS

Jeffrey Cohen -

Prayer and Penitence: A Commentary on the High Holy Day Machzor
1,000 Questions and Answers on Rosh Hashanah and Yom Kippur

Rabbi Dov Peretz Elkins -

Rosh Hashanah Readings – Inspiration, Information and Contemplation
Yom Kippur Readings – Inspiration, Information and Contemplation
Forty Days of Transformation

Rabbi Reuven Hammer, *Entering the High Holy Days: A Complete Guide to the History, Prayers and Themes*

Rabbi Lawrence A. Hoffman, Ph.D. -

All These Vows - Kol Nidre
Who by Fire, Who by Water - Un'taneh Tokef

Karyn D. Kedar, *The Bridge to Forgiveness: Stories and Prayers for Finding God and Restoring Wholeness*

Rabbi Alan Lew, *This is Real... And You Are Completely Unprepared: The Days of Awe as a Journey of Transformation*

Dr. Louis E. Newman, *Repentance: The Meaning and Practice of Teshuvah*

Rabbi Kerry M. Olitzky and Rachel Sabath, *Preparing Your Heart for the High Holy Days*

Gail Twersky Riemer and Judith A. Kates, *Beginning Anew: A Woman's Companion to the High Holy Days*

Shoshana Silberman, *Tiku Shofar: A High Holy Day Mahzor and Source Book*

Paul Steinberg and Janet Greenstein Potter, *Celebrating the Jewish Year: The Fall Holidays / Rosh Hashanah, Yom Kippur, Sukkot*

CLASSIC BOOKS

S. Y. Agnon, *Days of Awe*

Max Artz, *Justice and Mercy*

Philip Goodman -

Rosh Hashanah Anthology

Yom Kippur Anthology

Sukkot Anthology

Simchat Torah Anthology

Rabbi Yitz Greenberg – *The Jewish Way: Living the Holidays*

Shalom Spiegel, *The Last Trial*

SOME RECOMMENDED WEBSITES

Jewels of Elul (a daily e-mail offering inspiration for the month leading up to the New Year)

<http://www.letmypeoplesing.com/jewels/>

Rabbinical Assembly's Elul resource page

<http://www.rabbinicalassembly.org/jewish-law/holidays/elul>

Rabbinical Assembly's webpage about the new Conservative maḥzor, *Maḥzor Lev Shalem*, including FAQs, links to sample pages, podcasts, etc:

<http://www.rabbinicalassembly.org/mahzor/faq.html>

Reconstructionist Rabbinical College's Elul resource page (with links to holidays)

www.ritualwell.org/categories/81

Ziegler School of Rabbinical Studies online learning portal (includes links to DVDs and podcasts)

<http://tinyurl.com/444bnw5>

Sh'ma online portal to materials about the Binding of Isaac (The Akedah) and other aspects of the Days of Awe liturgy

www.shma.com

A set of brief You Tube videos in which the Jerusalem-based Torah commentator and teacher Aviva Gottlieb Zornberg speaks about a variety of topics relating to Torah and being Jewish:

<http://tinyurl.com/3zrhpd>

This Days of Awe Resource Guide was prepared by Nancy Kaplan. Feedback is invited. Questions, comments? Call Nancy at (248) 737-1931 or e-mail nancyellen879@att.net

7 WAYS TO MAKE YOUR DAYS OF AWE MORE MEANINGFUL

1. Attend weekday morning minyan (Sunday through Friday) at least a few times during the month of Elul and hear the sound of the shofar, which is blown at the conclusion of daily morning services every day except Shabbat and erev Rosh Hoshanah. It's a great spiritual wake-up call. At Beth Ahm, weekday morning services are at 9 am Sunday and 7 am Monday through Friday.
2. Get (re)acquainted with the maḥzor you will be using in shul on Rosh Hashanah and Yom Kippur. For members of Beth Ahm and many other Conservative synagogues in North America, this means making time before the New Year to familiarize ourselves with *Mahzor Lev Shalem*, the new Conservative maḥzor which we are using for the first time this year. A good way to familiarize yourself with the new maḥzor is to attend an orientation session at your congregation or learn about the new maḥzor on your own, online.
3. Wear white on Yom Kippur. Men can do this by simply leaving their jacket and tie at home and wearing a white shirt to shul on Kol Nidre and Yom Kippur day, with a white tallit on top. Women can also follow this custom by wearing white or off-white-colored clothing. Both women and men have the option of wearing a white kittel at Beth Ahm on Yom Kippur, which is a very traditional thing to do (all of our daveners at Beth Ahm will be wearing a white kittel during services). As we have done for the past two years, Beth Ahm will have a rack of white kittels in the shul lobby which will be available for people to “try out” and wear for as much of the time as they wish during Yom Kippur services.
4. Wear non-leather shoes on Yom Kippur. This is another meaningful tradition that many follow.
5. Play your Beth Ahm High Holiday music CD, Kol HaAhm (Voice of the People) at least a few times between now and the Days of Awe, and practice singing along so that when you hear these melodies in shul you can be part of our “singing congregation” and join in. If you have misplaced your CD, contact Nancy Kaplan for a replacement copy.
6. Come to Beth Ahm on Saturday evening, September 24, when we will learn about “Unetaneh Tokef” with our scholar-in-residence, Prof. Reuven Kimelman of Brandeis University; followed by a selichot prayers led by Ronn Nadis, Prof. Howard Lupovitch, Emily Nadis and Rebecca Nadis. Selichot is a musical gateway to the Days of Awe which sets the mood for our Rosh Hashanah and Yom Kippur experience. Beth Ahm's Selichot program and service are open to the community, so invite family and friends.
7. Try out the spiritual exercise on the next page and explore some of the books and weblinks listed in Beth Ahm's Days of Awe Resource Guide. There is a tremendous amount of interesting and inspiring information out there.



A SPIRITUAL EXERCISE FOR THE DAYS OF AWE

Rabbi Bunam, a Hasidic master, taught his students:

Everyone must have two pockets, so that he can reach into the one or the other, according to his needs. In his right pocket are to be the words, “The whole world was created for my sake” and in his left pocket are to be the words, “I am but dust and ashes.”

- from *Tales of the Hasidism* by Martin Buber

WRITE THESE WORDS ON TWO PIECES OF PAPER

PUT ONE PIECE OF PAPER IN EACH POCKET
AND CARRY THEM AROUND WITH YOU
BETWEEN NOW AND THE END OF SUKKOT