



Temple Israel
An Engaging, Diverse Jewish Community
Portsmouth, New Hampshire

Rabba Kaya Stern-Kaufman, Rabbi
Amy Hyett, President

August 2020

Dear Friends,

In this Covid-marked year, we find ourselves sending a High Holiday information packet like no other. Instead of the usual ticket reservation forms and parking instructions, please find enclosed:

- a detailed schedule of events, whether virtual or outdoor and in-person
- invitations to join and contribute to our High Holiday services
- guidelines for creating an atmosphere for prayer in your home
- directions for preparing and enjoying our Erev Rosh Hashanah Seder

What has NOT changed this year: our longing to connect with one another, to find strength in the teachings of Torah, and support in our gathered congregation. We are challenged to dig into our deepest resources of creativity, patience, and resolve. With that being said, the Ritual Committee, HHD Steering Committee and I have created several opportunities for you to share your voices and faces throughout our services. Please see the details below.

We trust and expect that eventually, current “physical distancing” and other constraints will be eased. Until then, our values direct that we protect the most vulnerable among us. While we mourn the loss of “normalcy,” we can imagine how utterly joyful we will feel when we are able to join in larger numbers again.

Speaking personally, I would like to express my gratitude to the many volunteers who have stepped up to help. Congregants have contributed hugely to make this celebration special and buoyed Kochava and me. We’re making great progress in learning how to use the sanctuary’s new audio/visual equipment to its potential, and hope that the variety of virtual and outdoor offerings will prevent “Zoom fatigue.”

I very much look forward to celebrating this new year in a new way, together with you.

With blessings,

Rabba Kaya

HIGH HOLIDAY SCHEDULE

- All High Holiday services will be led by Rabba Kaya Stern-Kaufman and Cantorial Soloist Kochava Munro.
- The Family Services will be led by Eliana Light, with a separate Zoom link.
- To register for all other Zoom High Holiday services, go to the High Holiday section of the temple website. Once registered, you will receive a confirmation email with a Zoom link that will be used for all High Holiday services. The weekly bulletin will also have this link.
- To register for in-person events, click the event on our website calendar or contact the office.
- MAHZOR: please see the temple website to download a mahzor PDF at no charge.

DATE	TIME	EVENT	LOCATION
Sunday, Sept. 6	11:30 am	TI Cemetery Memorial service	Banfield Road, Portsmouth
Saturday, Sept. 12	7:30 pm	S'lichot - An Interfaith Outdoor Solidarity Event, concluding with Havdalah and Shofar	African Burying Ground Memorial Park, Portsmouth
Saturday, Sept. 12	9:00 pm	S'lichot Services, concluding again with Shofar.	Zoom
Sunday, Sept. 13	1:00 pm	Cemetery Memorial service	Pine Hill (Dover)
Sunday, Sept. 13	2:00 pm	Cemetery Memorial service	Forest Glade (Somersworth)
Wednesday, Sept. 16	3:30 pm - 5:30 pm	Pick up your gift bag	TIP Parking lot
Thursday, Sept. 17	5:00 pm - 7:00 pm	Pick up your gift bag	TIP Parking lot
Friday, Sept. 18	11:00 am - 1:00 pm	Pick up your gift bag	TIP Parking lot
ROSH HASHANAH 1			
Friday, Sept. 18	6:00 pm - 7:00 pm	Erev Rosh Hashanah Seder	Zoom
Saturday, Sept. 19	9:00 am - 9:15 am	Guided Meditation	Zoom
	9:15 am - 10:30 am	Rosh Hashanah Day 1 Morning Service	Zoom
	10:30 am - 10:40 am	Break	
	10:40 am - 11:20 am	Torah Service and Sermon	Zoom
	11:20 am - 11:30 am	Break	
	11:30 am - 12:00 pm	Abbreviated Musaf	Zoom
	3:00 pm - 3:45 pm	Musical Family Service	Unique Zoom link; register separately

DATE	TIME	EVENT	LOCATION
ROSH HASHANAH 2			
Sunday, Sept.20	9:00 am - 10:30 am	Rosh Hashanah Day 2 Morning Service	Zoom
	10:30 am - 10:40 am	Break	
	10:40 am - 11:30 am	Torah teachings and concluding service	Zoom
	12:00 am - 12:45 pm	Drive-through Shofar Service	TIP Parking Lot
	1:30 pm	Tashlikh Services	4 outdoor locations: <ul style="list-style-type: none"> ● Prescott Park ● Short Sands Beach, York ● Boat launch beside Swasey Park, Exeter ● Gold Star Park, 551 Foundry St., Rollinsford
Available from Monday, Sept. 21 to Friday, Sept. 25	Times vary; sign up for a slot online	Personal time at the Ark	TIP Sanctuary
ongoing	ongoing	Food Drive	Contact Marc Hiller, marc.hiler@unh.edu Tikkun Olam Committee
YOM KIPPUR			
Sunday, Sept. 27	6:15 pm - 7:30 pm	Kol Nidre service	Zoom
Monday, Sept. 28	9:00 am - 10:30 am	Yom Kippur Morning service	Zoom
	10:30 am - 10:40 am	Break	
	10:40 am - 11:10 am	Torah Service and Sermon	Zoom
	11:10 am - 11:15 am	Break	
	11:15 am - 12:15 pm	Yizkor and Abbreviated Musaf	Zoom
	3:00 pm - 3:45 pm	Musical Family Service	Unique Zoom link; register separately
	5:30 pm - 6:15 pm	Afternoon Service (Jonah)	Zoom
	6:30 pm - 7:20 pm	Neilah Service and Havdalah	Zoom
	7:11 pm	Final Shofar blast	Zoom

“HOW-TO” INSTRUCTIONS

- A. Erev Rosh Hashanah Seder checklist
- B. “One thing I Ask” video submission
- C. *Avinu Malkeinu* Virtual Community Choir video submission
- D. Virtual Youth Choir video submission
- E. Yizkor Memorial Service Slideshow photo & caption submission
- F. Creating a Home Sanctuary

A. Erev Rosh Hashanah Seder Needs: foods & items to acquire

Note: the first group of items will be included in your gift bag along with several other surprises!
See schedule above for pickup times. (If you’re not within driving distance of the temple, please purchase all the items on your own.)

- Shabbat Candles
 - Dates
 - Apples
 - Honey
-
- Challah
 - Pomegranate seeds (sold by Pomme in containers in the supermarket)
 - Spinach or Beets (cooked or raw)
 - Carrots
 - Gummy Fish and/or Lettuce
 - Wine or grape juice

B. “One Thing I Ask” video submission instructions

We’re creating a video montage of our members, each briefly answering the question: **What is the one thing you are asking for this year?** Sections of this video will be interspersed throughout our High Holiday services.

Record a short (less than 15 seconds) video of yourself answering this question. Below are the details. Each video clip should be sent to Alan Nasberg (see below) **by September 10**, who will stitch them all together in several video segments that will be aired throughout our RH and YK services. These days call for open-heartedness, creativity and willingness to try new things. Let us bless this new year with these qualities, that we might thrive through our challenges and discover new qualities to celebrate within this holy community.

Directions for Video Segments:

- 1 Begin by stating your name and then state this prompt:
The one thing I ask for this year is _____.

- 2 Be careful not to speak too quickly or softly; moderate speeds and medium volume are best.
- 3 Have someone else hold the camera (phone etc.) still or place it on a stand.
A camera that moves is disorienting to viewers.
PLEASE USE “LANDSCAPE” ATTITUDE (Hold the phone sideways)
- 4 Frame your head and shoulders with a little extra space.
Don't overwhelm the frame, or be way off in the distance
- 5 If you have a choice, use the MP4 format. If you're not sure about formats, any is OK.
- 6 Your recording should be less than 15 seconds in length,
with a tiny space at the beginning and end.
- 7 **When you have a recording that has captured your thoughts,**
EMAIL IT TO: knoze@comcast.net
The SUBJECT LINE should read: **Temple Israel Portsmouth**
Please include the speaker's first & last name.

C. Avinu Malkeinu Virtual Community Choir

Video submission instructions below. Please add your voice to our service!
Send your recording of *Avinu Malkeinu* to Ariel by Friday, September 11.

Step 1 The song file is available on the temple website, High Holiday section. You will be listening (with headphones) to the audio play on your computer while you sing and record with your phone. These directions are for an iPhone but Android should be the same process. If you have any difficulties, please contact Ariel at arielshrumproductions@gmail.com.

Step 2 Plug in headphones to computer so song is only playing in headphones.

Step 3 Open the camera app on your iPhone and tap the lower right camera logo with the arrows so it turns on the front facing camera.

Step 4 Once the front facing camera is set up swipe either left or right to select the video option

Step 5 Begin recording video by tapping the red circle button on the iPhone, and then press play on the computer so the song begins to play in your headphones

Step 6 Wait for the count in and then sing along with the song until finished.

Step 7 After the video is finished and you have pressed the red button to end the recording, go into the "Photos" app and click on "Albums" and then click on "Recents". This will open a library of your recent photos and videos.

Step 8 Click on the most recent video at the bottom and this will be the video you just recorded.

Step 9 Click on the bottom left icon that looks like a square with an upward facing arrow, this will open your video sharing options.

Step 10 Click on the “Mail” icon, it will then prepare the video to be sent. Then it will open your email app as a “New Message” and will give you the option to type in the email address which is arielshrumproductions@gmail.com ...“ as well as the subject which is “Virtual Choir”

Step 11 After typing in the email address and subject, click the top blue upward facing arrow to send the message

Step 12 Since the video is longer than 1 minute it will give you the option to send with “Mail Drop”. Click “Use Mail Drop. And that’s it!

D. Virtual Youth Choir video submission – please send by September 11

We are creating a virtual youth choir video for our congregation to hear and see the children recite the *V’ahavta* prayer in our High Holiday services. For your child to be included, follow the same steps as above using the song file “*V’ahavta*” on our website High Holiday section.

E. Yizkor Memorial Service Slideshow photo & caption

We are inviting congregants to send to the office a photo of a loved one you are especially remembering this year (jpeg format, please). The images will be compiled into a video slideshow and played at the end of the Yizkor service.

Please include in the body of the email one sentence naming the person and their relationship to you/your family. Captions may be edited for length; maximum of two photos per household, please. (Example of a photo caption: “[Person’s name], beloved parent of [your name], a master gardener and friend to all.”)

F. Creating a Home Sanctuary

With thanks to Rabbi Elyse Goldstein for inspiring this document

With the current health pandemic, and restrictions on group gatherings, our kitchens have become our classrooms, our basements are our yoga studios, and our dining rooms have become our offices. Where then, is our synagogue?

The rabbis asked this same question right after the destruction of the Temple. Without a localized place of worship, how could we pray together? In response, our Sages developed the idea of the home as our “*mikdash me'at*,” a miniature sanctuary. Currently we are challenged to create a sacred space at home while we sit in front of our computers on Zoom or Facebook, live-streaming TIP services. How might we create a sacred space that supports a spiritual mindset and that feels like a spiritual refuge?

This year we will not be able to gather in large groups in our beautiful sanctuary for the High Holidays. We will all surely miss being in person together, with the warmth of large crowds standing close, singing in harmony all our familiar and moving tunes. But we will be “together” safely— in our own homes and/or in small outdoor groups. This year, we have a unique opportunity to create a sacred space in our home— *a mikdash me'at*—for the High Holidays and beyond. Temple volunteers are preparing gift bags

with some of these items for your use throughout the holidays. As you create a synagogue in your home, the synagogue is also coming to you!

Below are ten suggestions designed to help you enhance the High Holiday experience at home, while creating a communal atmosphere for us all.

1. Choose your prayer space carefully in advance by spending a few moments of individual contemplation/family discussion. Don't wait for the last minute!
2. Once you have chosen your space, say a blessing or kavannah (intention) over it to mark it as your *mikdash me'at* or, say a blessing each time you sit down there before a service. Suggestions of verses and blessings are below.
3. What chair will you sit on? Put a cushion or festive pillow on it, or drape it with a special piece of fabric, or scarf.
4. Transform the spot where you place your computer from a work space to a contemplative space by covering the desk or table with a white tablecloth, white runner, or white placemat, and a vase of flowers.
5. Find meaningful objects to grace your space. On Rosh Hashanah include holiday objects like candlesticks and kiddush cup, apples and honey. On Yom Kippur you can place a yahrzeit candle, cherished mementos, family heirlooms, and photos of loved ones to surround you. If you own a shofar, put it where it's visible.
6. If possible, move the computer space further back so that you are "watching" the screen more than "manipulating" it. Consider connecting your computer to a TV screen so it feels less like a work device. You might want to cover over the keyboard with a cloth.
7. Try to limit or disconnect auditory distractions. You can turn off your email and text message ping sounds, and/or close your email program and other apps so you can be fully present during the service. Consider also silencing your phone as you would if in the Temple.
8. Wear special clothing that makes you feel as if you are entering a spiritual space. Kippah and tallit are designed just for this purpose.
9. **Be sure you have your *machzor* with you.** We will be using the new *Lev Shalem Mahzor* for Rosh Hashanah and Yom Kippur published by the Rabbinical Assembly. If you do not already own a copy, you should download a PDF, because the publisher is out of stock and will not be delivering orders before the High Holidays. The temple website High Holiday section has instructions on how to download the mahzor at no charge. Please do this in advance of services.
10. Historically, many synagogues and even homes had a decorative work on the wall called a Shiviti, taken from the first Hebrew word of the verse, "I set Adonai before me always" (Ps. 16:8). We have taken inspiration from this Shiviti tradition to offer you a small poster to 'sanctify' your home space. If you can hang it behind you during services, it will become the common background for all of us, to help create a communal frame of mind. These small posters will be included in a Rosh Hashanah gift bag along with your Yizkor book. Gift bags will be available for pick up from the synagogue between Wednesday, September 16 and Friday, Sept 18 (see schedule for times). If you live outside the immediate temple area, your Shiviti and Yizkor Book will be mailed to you.

I so appreciate the time and effort it takes to make your *mikdash me'at* a reality. Think of it as a "work in progress!" May it add joy and meaning to your holiday.

Wishing you a very sweet and healthy Shana Tovah,
Rabba Kaya Stern-Kaufman

Verses and blessings to help create your sacred space/*mikdash me'at*:

1. Numbers 24:5

מה־טבו אהליך יעקב משכנתיך ישראל:
How good are your tents, O Jacob, Your sacred places, O Israel!

2. Birkat Habayit (home blessing):

בְּזֶה הַשַּׁעַר לֹא יָבֹא צָרָה
בְּזֶאת הַדִּירָה לֹא תִבּוֹא צָרָה
בְּזֶאת הַדֶּלֶת לֹא תִבּוֹא בְּהִלָּה
בְּזֶאת הַמַּחְלָקָה לֹא תִבּוֹא מַחְלֹקֶת
בְּזֶה הַמָּקוֹם תִּהְיֶה בְּרָכָה וְשָׁלוֹם

Let no sorrow come through this gate.
Let no trouble come in this dwelling.
Let no fright come through this door.
Let no conflict come to this section.
Let there be blessing and peace in this place.

2. Genesis 28:16-17

אֲכַן יֵשׁ יְהוָה בַּמָּקוֹם הַזֶּה וְאֲנִי לֹא יָדַעְתִּי... מֵהַנּוֹרָא הַמָּקוֹם הַזֶּה
Adonai is in this Place, and I didn't realize... How awesome is this Place!

3. Exodus 20:21:

בְּכָל־הַמָּקוֹם אֲשֶׁר אֶזְכֵּר אֶת־שְׁמִי אֲבֹא אֵלֶיךָ וּבְרַכְתִּיךָ
In every place where My name is mentioned, I will come to you and bless you.

4. Exodus 3:5

כִּי הַמָּקוֹם אֲשֶׁר אַתָּה עוֹמֵד עָלָיו אֲדַמְתִּי־קֹדֶשׁ הוּא:
Indeed, the place on which you stand is holy ground.

5. Psalms 121:8

יְהוָה יִשְׁמַר־צֵאתְךָ וּבֹאֲךָ מִעַתָּה וְעַד־עוֹלָם:
Adonai will guard your going and coming, now and forever.

6. Pirkei Avot 1:4

יְהִי בֵיתְךָ בֵּית וְעַד לְחַכְמִים, וְהוּא מִתְאַבֵּק בְּעַפְרֵ רַגְלֵיהֶם, וְהוּא שׁוֹתֵה בְּצִמָּא אֶת דְּבָרֵיהֶם
Let your house be a house of meeting for the wise, sit at their feet, and drink in their words.

7. The last line of the blessing said at havdalah separating Shabbat from weekday can be used to "separate" this sacred space:

בְּרוּךְ אַתָּה ה', הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל
Baruch atah Adonai, hamavdil bein kodesh l'hol.
Blessed are You Adonai, who separates between the holy and the mundane.