

## **TES High Holy Days Schedule**

**Registration required for those in-person services marked with red \***

**Selichot**, Saturday, 9/17, 7pm, TES Library  
(Hybrid: In-person and Zoom)

**Family Shabbat and High Holy Days gathering**, Friday, 9/23, 5:30pm  
(BYO picnic dinner, TES backyard, **in-person ONLY**)

**Erev Rosh Hashanah**, Sunday, 9/25, 7pm  
(Hybrid: In-person and Zoom/YouTube) \*

**Rosh Hashanah Day 1**, Monday, 9/26, 9:30am  
(Hybrid: In-person and Zoom/YouTube) \*

**Tashlich**, Monday, 9/26, meet at Lithia Park Bandstand  
(immediately following morning service)

**Rosh Hashanah Day 2**, Tuesday, 9/27, 9:30am (**In-person ONLY**)\*

\*Please note this service is planned to be held outside.

**Shabbat Shuvah**, Saturday, 10/1

10:00am Joint service with Havurah in TES Sanctuary  
(Hybrid: In-person and Zoom/YouTube)

4:00pm Walk and journaling with Rabbi Julie  
(Meet at North Mountain Park Gazebo)

**Kol Nidre**, Tuesday, 10/4, 7pm  
(Hybrid: In-person and Zoom/YouTube)\*

**Yom Kippur morning**, Wednesday, 10/5, 9:30am  
(Hybrid: In-person and Zoom/YouTube) \*

**Yom Kippur afternoon offerings:** Wednesday, 10/5

*(See below for some descriptions)*

- 1:30-3:30pm Forest Bathing with Sari Telpner, Lithia Park  
(info/registration coming soon)
- 1:45-2:45pm Yom Kippur Conversation/Teaching  
with Emily Simon (In the TES library **in-person ONLY**)
- 3:00-3:30pm Meditation with Sheila Canal in Art room  
(Hybrid: In-person and Zoom)
- 3:45pm Contemplative Music  
(Hybrid: In-person and Zoom/YouTube)
- 4:45pm Healing service (Hybrid: In-person and Zoom/YouTube)
- 5:30pm Yizkor (Hybrid: In-person and Zoom/YouTube)
- 6:15pm Mincha and Jonah (Hybrid: In-person and Zoom/YouTube)
- 7:00pm Ne'ila (Hybrid: In-person and Zoom/YouTube)
- 7:30pm Break the Fast – A light meal will be provided for those who  
are present at the conclusion of Ne'ila.

**Erev Sukkot**, Sunday, 10/9, (details forthcoming)

**Havdallah Sukkot & Dessert Potluck**, Saturday, 10/15, 7pm

(Joint service with the Havurah *in the Havurah Sukkah*)

**Yizkor, Shmini Atzeret, Hoshanah Raba**, Monday, 10/17, 10am

(Hybrid: In-person and Zoom/YouTube)

**Simchat Torah**, Monday, 10/17, 7pm (details forthcoming)

## Descriptions:

### **Forest Bathing with Sari Telpner**

- Join Certified Forest Therapy Guide and Health Educator, Sari Telpner, of Wild Wellness Guide, for a Yom Kippur, Forest Bathing Experience. Through this facilitated nature immersion walk, we'll drop into our sensory body and connect with "The More Than Human World", through a series of facilitated sensory "Invitations." We'll slow way down and leave our normal sense of time and orientation towards "doing" behind and step into a sense of "being." We'll connect in a new way with the land, ourselves and others as we unplug, rest and renew. We complete our experience with a forest tea ritual.

This is a 2-hour experience, designed for ages 14+ and/or adults.

### **Yom Kippur Conversation/Teaching with Emily Simon**

- As we go into the new year and as we reflect on the interactions and disagreements we have had with others, what can the sources in the Torah and Talmud teach us about how to improve those interactions for the coming year.

### **Meditation with Sheila Canal**

- Please join us as we do some deep relaxation as an embodied practice of scanning and relaxing, restoring and renewing. Please note that this can be done laying down or sitting and it is the one meditation where it's fine to fall asleep. We will meet in the Art Room at Temple Emek Shalom, and participants are also welcome to join us on Zoom.

## **Expanded TES COVID Policy for High Holy Days 5783**

In a few weeks, our multi-generational community will gather to pray, sing, sound the shofar, and greet one another in community for the High Holy Days. It is deeply meaningful to think about being together after so long; it is also moving to know that those who have relocated or are not able or ready to join us in person can join online.

We also want to make sure that the holidays are as safe as possible, which has been our priority since the beginning of the pandemic. To that end, below are our COVID protocols for the High Holy Days 2022/5783 for all TES High Holy Day in-person services:

### **Regarding Capacity and Social Distancing**

*In the sanctuary, one side will have chairs spaced apart and one side will not.* Members of the same household are welcome to bring spaced chairs closer together. Because we are not exactly sure how many people will come in person, we are unsure if we will be filled to capacity within the seating guidelines. Thus, we are requiring you to register for some of the services to indicate how many in your household will be attending. If we reach capacity, we will then close registration for that service.

### **Regarding Masking**

- *Masking with an N95 or equivalent mask that fully covers your mouth and nose.* Masks need to be a well-fitting N95, KN94, or KN95 mask. Cloth masks alone are not effective against the spread of COVID, TES will have a supply of KN95 masks available (both adult and child sizes).
- Everyone 5 years of age and older is required to wear a mask for the duration of your time in the building on the holidays. Masking is encouraged (but not required) for children over two years of age.
- Service leaders, congregational speakers, readers, and Torah chanters have the option to take off their masks while leading in front of the congregation.
- Masking is optional at outdoor events like Tashlich and Rosh HaShanah Second Day.

### **Regarding Vaccinations and Testing**

*Taking a same-day at-home rapid antigen test with a negative result.* Vaccines with boosters are highly encouraged to protect yourself and your loved ones, but even fully vaccinated and boosted people are susceptible to COVID. So that we can be assured that we have done all we can to care for ourselves and each other, please administer an at-home, rapid antigen test for each member of your household who will be attending prior to ***each day you are attending a service.*** If anyone in your household tests positive, please refrain from attending in person. We will not be checking results at the door. Rather, we trust that we all share the same responsibility to care for our fellow congregants.

If purchasing at-home tests is financially difficult, please contact Zyaire at [office@emekshalom.org](mailto:office@emekshalom.org). We have a small supply of tests that can be made available.

### **Regarding Multi-Access**

TES High Holy Day Sanctuary Services will be multi-access via Zoom and YouTube. Registration is **NOT** required to attend remotely. We will be using

the usual TES links; for Zoom, use <https://teslive.emekshalom.org> and for YouTube, use <https://tesstream.emekshalom.org>.

In addition, we ask that you be conscientious of others when you consider your plans. **Anyone with symptoms must stay home and participate via Zoom or YouTube.** Even if you are symptomatic, rapid tests are often negative during the initial days of infection, so negative rapid tests can give a false sense of security. If you are feeling unwell for any reason, please join us from home.

If you are not yet comfortable coming back in person or if you are ill, homebound, live far away or for any other reason, please join us via Zoom or YouTube! We cannot wait to see you and welcome you -- you are part of the holy space.

We look forward to greeting the New Year with hope- and with each other!

Blessings,

Rabbi Julie Benioff and President Steve Portnoy