



Temple Beth-El
Reform Synagogue in Northbrook, Illinois

Guide to the

High Holidays at Home

Elul/Tishrei 5780/5781 September 2020

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High Holiday greetings from Rabbi Sidney M. Helbraun, D.D.



Dear Friends,

As much as the High Holidays are an opportunity for each of us to bind ourselves with our Jewish tradition and feel a closeness to God, it is also a time to come together and feel the power of belonging to a community. This year, we have the opportunity to build these ties in new and exciting ways. I invite you to take part in the following opportunities and help us connect with one another and stretch out our hands to those around us. Let's use this year's unique circumstances as an opportunity to find new ways to bring blessings to our family, our friends, and our broader community.

L'Shanah Tovah!

Rabbi Sid

A message from the High Holidays at Home team

We know this year's High Holidays are going to be different. We're in isolation, and we'll be attending services virtually. We will all be in our homes instead of at shul this year.

To help you in this odd time we find ourselves in, the High Holidays at Home team has put together this guide to help you make the most of the High Holidays at home. In this guide, you'll find many ideas for making your High Holidays at home meaningful, from [reaching out to others](#) to [making a spiritual place to celebrate](#) with your phone, tablet, or computer to [trying our congregants' favorite High Holiday recipes](#). We've found some [High Holiday music](#) for you to listen to. You'll even find [coloring pages](#) and activities to help keep the kids (or yourself!) focused and engaged during services.

We hope you'll find this guide helpful and meaningful as we all prepare to celebrate the High Holidays at home!

Rabbi Ari Moffic

Judy Rosen

Barbara Rosenburg

Jack Kamm

Emily Kowal

Bob Septon

Ideas for your High Holidays at home

Take some time to look at the ideas below and further in this guide for making your High Holidays at home special.

- ◆ Call, email, Facetime, or Zoom to family members to wish them a Happy New Year—a L'shana Tovah.
- ◆ Remember to reach out to people who may be alone this holiday season. This is a mitzvah.
- ◆ Buy apples, honey, and a round challah for your festive meal.
- ◆ Buy a pomegranate as well. Some people do this.
- ◆ Follow our tips on [creating a separate space](#) for participating in High Holiday services.
- ◆ Use our [coloring sheets](#) as a distraction for younger participants or to give yourself something to focus on.
- ◆ Create your own new traditions with your family.



Elul reflections and challenges

The month of Elul is a time for repentance in preparation for the High Holidays. Rosh Hashanah and Yom Kippur are approaching, and this is a time of year for us to reflect on our actions of the past year before the days of judgment and atonement.

During the month of Elul, the shofar blows every morning, except on Shabbat, to awaken our spirits and help us begin this soul-searching to prepare for the High Holidays. Hearing the shofar and engaging ourselves in soul-searching helps us understand to whom we must grant—and ask for—forgiveness.

We suggest you start a journal to help yourself learn how to ask for forgiveness, how to grant forgiveness, and how to accept forgiveness. You may need to ask forgiveness of family, of friends, of Adonai, and perhaps even yourself.

In your journal, you can also reflect daily on the concepts in the calendars below.

Elul monthly challenge

For each day of Elul, take part in the challenges listed in the calendar below. You can start a journal to record your progress. You can even participate on social media by using the hashtag #ElulWisely2020 on Twitter, Facebook, or Instagram.

ELUL CHALLENGE 5781

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Join the Challenge on social #ElulWisely2020</i> Follow us at: (f) WiseLA (s) StephenWiseTemple (t) WiseLA						
Elul 4 Teshuva/Repent Reach out to someone to whom you haven't spoken in a while	Elul 5 Teshuva/Repent Write a real letter or card to someone you've been missing during this time	Elul 6 Teshuva/Repent Make a playlist of songs that make you feel brave	Elul 7 Teshuva/Repent Write a prayer (individual or family) by finishing these sentences: I am in awe of.... I hope for.... I need strength to... I am thankful for....	Elul 1 Teshuva/Repent Make a list of 3 people to whom you want to apologize; schedule a time to FaceTime, call or text them	Elul 2 Teshuva/Repent Post or draw a picture of a moment you felt connected to someone or something	Elul 3 Teshuva/Repent Write or draw a picture of a behavior you want to change in the year ahead
Elul 4 Teshuva/Repent Reach out to someone to whom you haven't spoken in a while	Elul 5 Teshuva/Repent Write a real letter or card to someone you've been missing during this time	Elul 6 Teshuva/Repent Make a playlist of songs that make you feel brave	Elul 7 Teshuva/Repent Write a prayer (individual or family) by finishing these sentences: I am in awe of.... I hope for.... I need strength to... I am thankful for....	Elul 8 Tefilah/Reflect Make a playlist of songs that make you feel hopeful	Elul 9 Tefilah/Reflect Post or draw a picture of a place that has amazed you	Elul 10 Tefilah/Reflect Post or draw a picture of a place that gives you hope
Elul 11 Tefilah/Reflect Post or draw a picture of a place that makes you feel grateful	Elul 12 Tefilah/Reflect Post or draw a picture of a time you felt strong	Elul 13 Tefilah/Reflect Count your blessings: List 10 kind things people have done for you this year	Elul 14 Tefilah/Reflect Take a walk and gather small rocks to use for Tashlich. Maybe you want to get smooth ones for your smaller mistakes and easier apologies; rough and edgy ones for the more difficult, etc.	Elul 15 Tzedakah/Repair Make a playlist of songs that inspire you	Elul 16 Tzedakah/Repair "Fill" your virtual brown bag for SOVA	Elul 17 Tzedakah/Repair Call LA Family Housing at 818.220.6936 to arrange to drop off new hygiene supplies or coloring supplies (crayons, coloring books) for families needing transitional housing.
Elul 18 Tzedakah/Repair Count your blessings: List 10 kind things you have done for people in the last year.	Elul 19 Tzedakah/Repair Email info@baby2baby.org to see how you can bring new diapers, wipes, and formula for some of the most vulnerable babies in Los Angeles and across the country	Elul 20 Tzedakah/Repair Help a veteran make a new house into a home by purchasing something off of the Homes for Heroes wishlist.	Elul 21 Tzedakah/Repair Support your synagogue community with a donation in honor of someone you love. WiseLA.org/Giving	Elul 22 T'hodesh/Renew Create a gratitude jar and add to it each week. Starting during Sukkot, pull out one of your moments each Shabbat to share and reflect.	Elul 23 T'hodesh/Renew Indulge in a treat, or some other activity that will bring sweetness to your day	Elul 24 T'hodesh/Renew Find an item that represents each month of the past year (5780), with its joys and challenges, and make a collage.
Elul 25 T'hodesh/Renew Make and share a favorite holiday recipe; tell someone or post a story about that food	Elul 26 T'hodesh/Renew What has given you and your family joy during this time? Make a list of the first 5 things that come to mind. Post the list here, and somewhere in your home where you can see it.	Elul 27 T'hodesh/Renew Paint rocks or signs with message of hope/blessing and place them around the neighborhood. Don't forget to post a picture!	Elul 28 T'hodesh/Renew Write or draw a list of at least 5 things you are proud of from this last year	Elul 29 T'hodesh/Renew Choose something to wear, somewhere to sit, or something to look at that will make your Rosh Hashanah at home feel special	 STEPHEN WISE TEMPLE WiseLA.org/HighHolyDays	

Elul monthly reflections

For each day of the month of Elul, reflect on the ideas in the calendar below. Add your thoughts on them to a journal, if you like.

Elul 5780

1. Gratitude <i>Hakarot HaTov</i>	11. Unplugging	21. Enthusiasm <i>Zerizut</i>
2. Renewal	12. Awe <i>Yira</i>	22. Light <i>Or</i>
3. Firsts	13. Shelter	23. Order <i>Seder</i>
4. Accounting <i>Cheshbon HaNefesh</i>	14. Joy <i>Simcha</i>	24. Repair the World <i>Tikkun</i>
5. Repentance <i>Teshuvah</i>	15. Song	25. Time
6. Forgiveness <i>Slichut</i>	16. Compassion <i>Rachamim</i>	26. Silence <i>Sh'tikah</i>
7. Loving-Kindness <i>Chesed</i>	17. Generosity <i>Nedivut</i>	27. Trust
8. Openness	18. Holiness <i>Kedushah</i>	28. Faith <i>Emunah</i>
9. Vulnerability	19. Separation <i>Havdalah</i>	29. Responsibility <i>Achrayut</i>
10. Prayer <i>Tefillah</i>	20. Humility <i>Anavah</i>	30. Honor <i>Kavod</i>
		31. Patience <i>Savlanut</i>



Words of the High Holidays

Think about the meaning of the special words we use during High Holiday services. How often are some of these words said? Why? Do we hear them at other times?

- ◆ Repentance
- ◆ Sin
- ◆ Holy
- ◆ Blessing
- ◆ Gates
- ◆ Shofar
- ◆ Atonement
- ◆ Yom Tov
- ◆ T'shuvah

Write down your thoughts on these words below or on a separate sheet of paper.

Israel

How do you feel when you hear the word “Israel” said? Are you connected there? Do you feel part of the global people of Israel? What are your prayers for Israel and the Jewish people now?



Write down your thoughts about Israel below or on a separate sheet of paper.

Goals for the new year

What are your goals for the coming year?

- ◆ How do you communicate with your family?
- ◆ How do you handle stress and uncertainty?
- ◆ How do you plan to get involved with social justice or volunteer efforts?
- ◆ How will this year be different?

Write down your goals for the new year below or on a separate sheet of paper.

Setting aside a meaningful space for High Holiday services

To help you celebrate the High Holidays at home, you can set up a meaningful space (mikdash m'at) to celebrate during services.

How to set up a meaningful space/mikdash m'at/holy place for High Holiday services

Choose your prayer space carefully in advance by spending a few moments to find a quiet, peaceful place to sit.

Once you have chosen your space, say a blessing or kavannah (intention) over it to mark it as your mikdash m'at (miniature Temple). [Suggestions of verses and blessings are below.](#)

What chair will you sit on? Put a cushion or festive pillow on it or drape it with a tallit, special piece of fabric, or scarf.

Change your setting by covering the desk or table with a white tablecloth, white runner, or white placemat, and a vase of flowers. If possible, find a space where you can look outside. Sit near a window or door, if you can.

Find meaningful objects to grace your space. On Rosh Hashanah, include holiday objects like candlesticks and kiddush cups and apples and honey. On Yom Kippur, you can place cherished mementos, family heirlooms, and photos of loved ones to surround you. If you own a shofar, put it where it's visible.

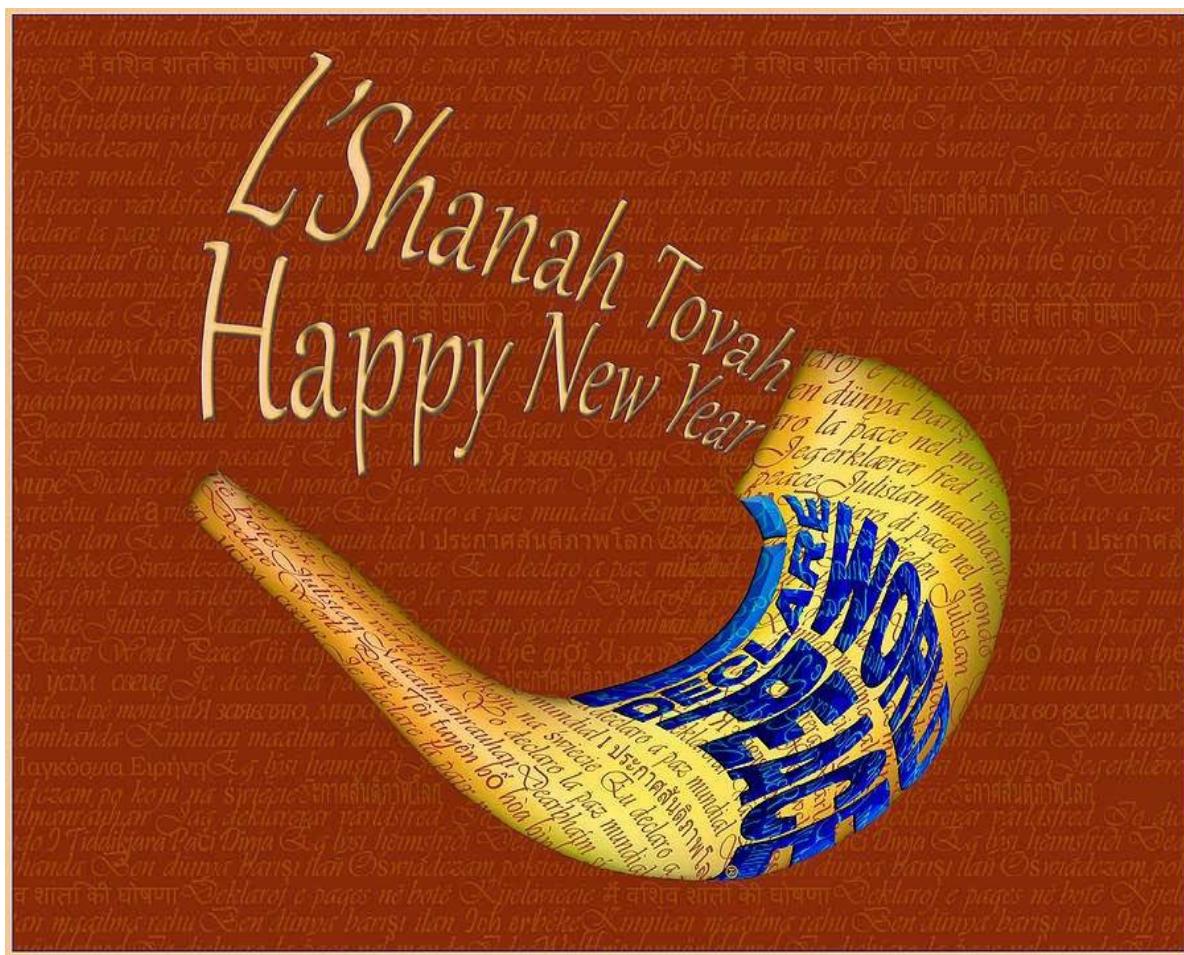
If possible, move the computer space back so that you are watching the screen more than manipulating it. Consider connecting your computer to a TV screen so it feels less like a work device.

Try to limit or disconnect auditory distractions. You can turn off your email and text message sounds and close your email program and other apps so you can be fully present during the service. Even if other family members are not participating, ask them to be device-free during services.

Wear clothing that makes you feel as if you are entering a spiritual space. You don't have to wear fancy dress clothes, but put on clothes that will mark the occasion as something special. Wear your kippah and tallit, if they help you express a connection to this special worship.

Be sure you have your prayer book/machzor with you, just like on past High Holidays when we gathered. As you feel its cover and edges and flip its pages, remember the times you've used it before—whom you sat near, what moved you in the service, the first time you used it. If you buy a new one, inscribe it with a meaningful phrase for this year. We will use *Mishkan HaNefesh* as we do every year. The prayers will not be on the screen, so having a prayerbook means you can participate more fully. If you don't already own a copy, contact the Temple to purchase one.

Acknowledge that this is different, possibly uncomfortable, probably lonely, maybe even weird. Remember that Jews around the world are gathering in similar ways this year. Remember that your Temple Beth-El family are feeling the same ways you do. Although we are not together in person, know that we are together in spirit.



Verses and blessings to help create your sacred space/mikdash m'at

When you're creating your mikdash m'at, bless it with these phrases.

1. Numbers 24:5

מה-טובו אֶחָלֵיךְ יַעֲקֹב מִשְׁקָנְתֵיכְ יִשְׂרָאֵל

Mah-tovuh ohaleicha ya'akov mish'kenotecha yisrael.

How good are your tents, O Jacob, Your sacred places, O Israel!

2. Birkat Habayit (home blessing)

בָּזָה הַשַּׁעַר לֹא יָבֹא צָעַר

בָּזָאת הַדִּירָה לֹא תָבֹא צָרָה

בָּזָאת הַדָּלַת לֹא תָבֹא בְּהַלָּה

בָּזָאת הַמְּחִלּוֹקָה לֹא תָבֹא מְחִלּוֹקָה

בָּזָה הַמֶּקוֹם תָּהִי בָּרָכה וְשָׁלוֹם

B'zeh hasha-ar lo yavo tza'ar

B'zot hadirah lo tabo tzarah

B'zot hadelet lo tabo behalah

B'zot hamachlaka lo tabo machloket

B'zah hamakom t'hi v'racha v'shalom

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.

3. Exodus 20:21

בְּכָל-הַמָּקוֹם אֲשֶׁר אָזְקִיר אֶת-שְׁמִי אֶבְּוֹא אֲלֵיכָ וְבָרְכָתִיךָ

B'chol hamakom asher azkir et-sh'mi avo eleicha uverachticha

In every place where My name is mentioned, I will come to you and bless you.

4. Exodus 3:5

כִּי הַמָּקוֹם אֲשֶׁר אַתָּה עֹמֵד עַלְיוֹ אֶדְמָתִיךְ קָדֵשׁ הוּא

Ki hamakom asher atah omer alav admat-kodesh hu

Indeed, the place on which you stand is holy ground.

5. Psalms 121:8

יְהֹוָה יִשְׁמַר צַאתְךָ וּבָאָרֶץ מִעְמָךָ וְעַד עַזְלֶם

Adonai yishmar tzetcha uvo'echa me'atah v'ad olam

Adonai will guard your going and coming, now and forever.

6. Pirke Avot 1:4

יְהֹוָה בְּיַתְרֹן בֵּית וְעַד לְחַכְמִים, וְהֹוּ מַתְאַבֵּק בְּעַפְرָר רְגִלֵּיהם, וְהֹוּ שֹׁוֹתָה בְּצָמָא אֶת דְּבָרֵיהֶם

Y'hi veit'cha veit va'ad lachchamim vehevei mit'abek ba'afar raglaihem vehevei shoteh v'tzama et diveihem.

Let thy 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.

בָּרוּךְ אַתָּה יְהֹוָה, הַמְבָדֵל בֵּין קָדֵשׁ לְחַול

Baruch atah Adonai, hamavdil bayn kodesh lechol.

Blessed are You Adonai, who separates between holy and ordinary.

8. The traditional prayer for healing can be used to heal a space, too.

בָּרוּךְ אַתָּה יְהֹוָה, רֹפֵא כָּל בָּשָׂר, וּמְפַלֵּא לְעֶשֶׂות

Baruch atah Adonai, rofeh kol basar, u'maflee la'asot.

Praised are You Adonai, healer of all flesh, doing wonders.

High Holiday recipes

Since it will be difficult to share our tables with others in person, enjoy these High Holiday recipes from our congregants! This is a great time to try out new recipes.

Thank you to all these people who submitted recipes!

Barb Berman

Carly Dardano

Debbie Glickman

Barb Harris

Marcia Kanarek

Sandra Lewis

Laurel Marovitz

Amy Noren

Judy Rosen

Leslie Schlesinger

A Crowd Pleaser—Baked Apples

By Laurel Marovitz

6 large Granny Smith and/or Golden Delicious apples, thinly sliced

1 teaspoon cinnamon

½ cup brown sugar

1 teaspoon lemon juice

Dash of nutmeg

Place sliced apples in mixing bowl. Gently mix with the other ingredients. Spray Pam onto a baking dish. Cover dish. Bake at 350 degrees, stirring occasionally. Bake time varies, but is generally 45-50 minutes. Apples are done if soft when pierced with a fork.

French Toast Bread Pudding With Spiced Pears

By Amy Noren

1 tablespoon butter

1 loaf cinnamon bread, challah, or brioche

6 large eggs

½ cup sugar

2 ½ cups milk

½ teaspoon vanilla extract

1 teaspoon cinnamon

Spiced pears

4 tablespoons butter

4 firm ripe Anjou pears cored and cut in chunks

2 teaspoons sugar

½ teaspoon cinnamon

Freshly grated nutmeg

Maple syrup

The night before, make French toast. Smear butter all over the bottom and sides of a 13 x 9 x 2-inch baking dish. Tear bread into small pieces and spread in dish. Whisk eggs and sugar and pour over bread. Make sure all the bread is submerged. Cover with foil. Refrigerate overnight.

The next day, put the mixture into a 350 degree oven. After 25 minutes, take off the foil. Bake 20 more minutes until mixture is golden brown.

For the pears, melt butter, then add the pears to the melted butter. Stir until coated. Sprinkle sugar, cinnamon, and nutmeg and cook until boiling and pears begin to soften. Pour in maple syrup, bubble, then remove from heat.

Spoon French toast and pears over. Use additional maple syrup if necessary.

Barb Berman's Noodle Kugel

By Barb Berman

Kugel:

1 pound medium egg noodles, cooked

1 cup sour cream

½ cup sugar

Pinch of salt

3 beaten eggs

1 cup creamed cottage cheese

Cinnamon to taste

1 cup raisins

1 can diced peaches, drained

Topping:

½ stick butter

1 cup whole shelled pecans

1 cup brown sugar

Rinse noodles with cold water; drain. Add other ingredients in order listed; mix well. Pour the mixture into a 13 x 9-inch glass dish. Melt butter in non-stick skillet. Add brown sugar and melt sugar in the butter. Add pecans and stir continuously, coating the pecans, until the sugar caramelizes. Spread the caramelized nuts over the noodle

mixture. Bake, uncovered, in a 350 degree oven for 1 hour. Top will be browned. Serve warm or cold.

Apricot Noodle Kugel

By Carly Dardano

Yield: Makes 10-12 servings

Kugel:

8-12 ounces medium egg noodles

1 cup milk

¾ stick butter or margarine

3 ounce square of cream cheese, cut into pieces

½ cup sugar

3 eggs

12 ounces apricot preserves

Topping:

3 cups cornflakes, crushed by hand

¾ stick of butter or margarine, melted

1 teaspoon cinnamon

¼ cup sugar

Press flakes and mix with ¾ stick butter, cinnamon, and ¼ cup sugar. Set aside. Boil noodles, drain and mix in ¾ stick butter. Dump back in the dry pot.

In another pot, heat milk (don't boil), add cut up pieces of cream cheese and cook until melted in the milk. Add beaten eggs and ½ cup sugar.

When everything is blended, pour over noodles and mix in well. Put in 9 x 13-inch Pyrex pan. Spoon apricot on top. Put cornflakes on top.

Bake at 350 degrees for 1 hour, uncovered.

Auntie Rose's Carrot Ring

By Marcia Kanarek

2 cups grated carrots

2 egg yolks, save egg whites (you will beat the egg whites and add them at end)

1 cup Crisco (may use Crisco baking sticks)

1 cup light brown sugar

½ lemon, grated

½ orange, grated

1 teaspoon salt

2 ½ cups flour

1 teaspoon baking soda

2 teaspoons baking powder

2 tablespoons cold water

Mix all ingredients together in a mixer. Beat egg whites until stiff and fold them into mixture.

Put into a greased jello mold (you can spray the mold with Pam) and bake at 350 degrees for 45 minutes to an hour. It should be brown on top. Use a knife to go around the inside and outside of the mold. Remove from mold and serve hot.

Carrot Mold

By Barb Harris

1 cup Crisco

1 cup brown sugar

2 eggs

1 ½ cup flour

1 teaspoon baking powder

1 tablespoon water

1 teaspoon lemon juice

Lemon rind

1 cup carrots, grated

½ teaspoon salt

Mix all ingredients in one bowl. Grease mold and put bread crumbs on sides and bottom. Pour in the batter. Bake at 350 degrees for 30-35 minutes.

Squash Recipe—Family Favorite

By Judy Rosen

1 box of frozen squash

3 eggs

½ cup sifted flour

½ stick of melted margarine

½ cup sugar (or Splenda)

1 cup of soy milk or coffee rich

Mix all ingredients together. Pour into 8-inch greased pan. Cook 1 hour at 350 degrees. Enjoy!

Recipe can be doubled and made in 9 x 12-inch pan – use slightly less milk.

Squash Souffle

By Leslie Schlesinger

10 ½ ounce package of frozen squash, thawed and drained

4 eggs

1 pint of plain liquid nondairy creamer

½ cup butter, melted and cooled

½ cup sugar

1/4 cup flour

Pinch of salt

1/4 teaspoon cinnamon

Place all ingredients into blender and pulse until mixed. Pour into 1 1/2 quart round glass casserole or 8 x 4-inch souffle dish. Bake at 350 degrees for 1 hour or until souffle is set.

Asparagus Green Onion Sauté

By Barb Berman



Yield: Makes 8 servings (side dish)

Active time: 30 minutes

Total time: 30 minutes

2 pounds asparagus, tough ends discarded and halved crosswise at a sharp diagonal

1 tablespoon kosher salt

½ pound string beans, tops trimmed and halved crosswise at a sharp diagonal

1 bunch scallions (about 8 scallions)

2 tablespoons extra virgin olive oil

Bring a 5- to 6-quart pot of water seasoned with 1 tablespoon kosher salt to a boil. Cook asparagus and string beans until just tender, 5 to 6 minutes. Drain, then transfer in a single layer to paper or kitchen towels to dry.

Separate white parts from green parts of scallions. Halve whites lengthwise. Halve green parts lengthwise and again in half crosswise. You should have approximately 3-inch pieces.

Heat oil in a large, heavy skillet over medium-high heat until oil shimmers. Add white parts of scallions and sauté until they just begin to wilt and turn golden, about 2 minutes.

Add asparagus, green beans, and ¼ teaspoon salt, and sauté to heat through, 1 minute. Add green parts of scallions and continue to sauté until they just begin to wilt, about 1 minute more. Adjust seasoning if necessary and serve with a fresh grind of black pepper.

Caryl's Israeli Salad

By Sandra Lewis

1 can Israeli pickles

Cucumber

Tomatoes

Onion

1 tablespoon olive oil

Lemon juice

Tahina sauce, optional

Drain pickles. Dice all vegetables into small cubes. Mix with olive oil and lemon juice. Let stand to mix flavors. Add Tahina sauce to taste.

Tip: If using regular pickles, add salt to taste.

Tip: You can add this salad on top of shredded lettuce for variety.

Vegetarian Chopped Salad

By Debbie Glickman

4-5 heads of Romaine lettuce, chopped

1 zucchini

1 cup broccoli

1 can corn

2 large carrots, peeled

2 tomatoes

1 red pepper

1 yellow or orange pepper

¾ cup caramelized walnuts or pecans

Chop all ingredients with a Vegi chopper (I use Vidalia chop Wizard – can be purchased at Bed, Bath & Beyond) and put on top of the chopped lettuce in rows. Then add dressing 15 minutes before serving.

Balsamic Vinaigrette Dressing:

3 tablespoons balsamic vinegar

1 tablespoon Dijon mustard

1 garlic clove, minced

½ cup olive oil

Salt and freshly ground pepper

In a small bowl, combine the vinegar, mustard, and garlic. Add the oil in a slow steady stream, whisking constantly. Season with salt and pepper to taste.

Challe

By Barb Berman



Yield: makes 12 servings

2/3 cup lukewarm water

1 package dry yeast

1 teaspoon salt

1/4 cup sugar

2 whole eggs plus 1 egg yolk

1/4 cup vegetable oil (e.g., corn or safflower oil)

4 cups bread flour

Sesame or poppy seeds (optional)

Soften yeast in warm water and let rest for a few minutes. Add salt and sugar and stir. Then add 2 beaten eggs and the oil. Mix well. Place this mixture in a large bowl.

Begin adding flour one cup at a time. Mix with a wooden spoon until the dough becomes too dense, then begin using your hands. When dough is still a little sticky, place remaining flour on work surface and place your dough ball there. Begin kneading and picking up all the flour on the work surface as you go. Knead with heels of both hands for 12 minutes.

Place the dough back in the bowl, coating it with any remaining oil left in measuring cup or bowl. Cover with a towel and let rise in a warm place for about 45 minutes. Then knead again for five minutes. Place back in bowl, cover, and let rise again.

Remove bowl, place on work surface, and divide into thirds. Knead each piece for a few seconds and let the pieces rest for five minutes.

Roll each piece out into a long roll. Place rolls along side each other and braid them, beginning in the center. When you get to the first end, pinch together and flip the whole thing over. Starting in the center, braid to the other end, pinch and tuck under. Place on cookie sheet and let rise for third time for a few minutes.

Brush with an egg wash (made of 1 yolk and 1 tablespoon water, beaten together). Sprinkle with poppy seeds or sesame seeds if desired and place in 375 degree oven for 45 minutes or until golden brown.

Coloring sheets

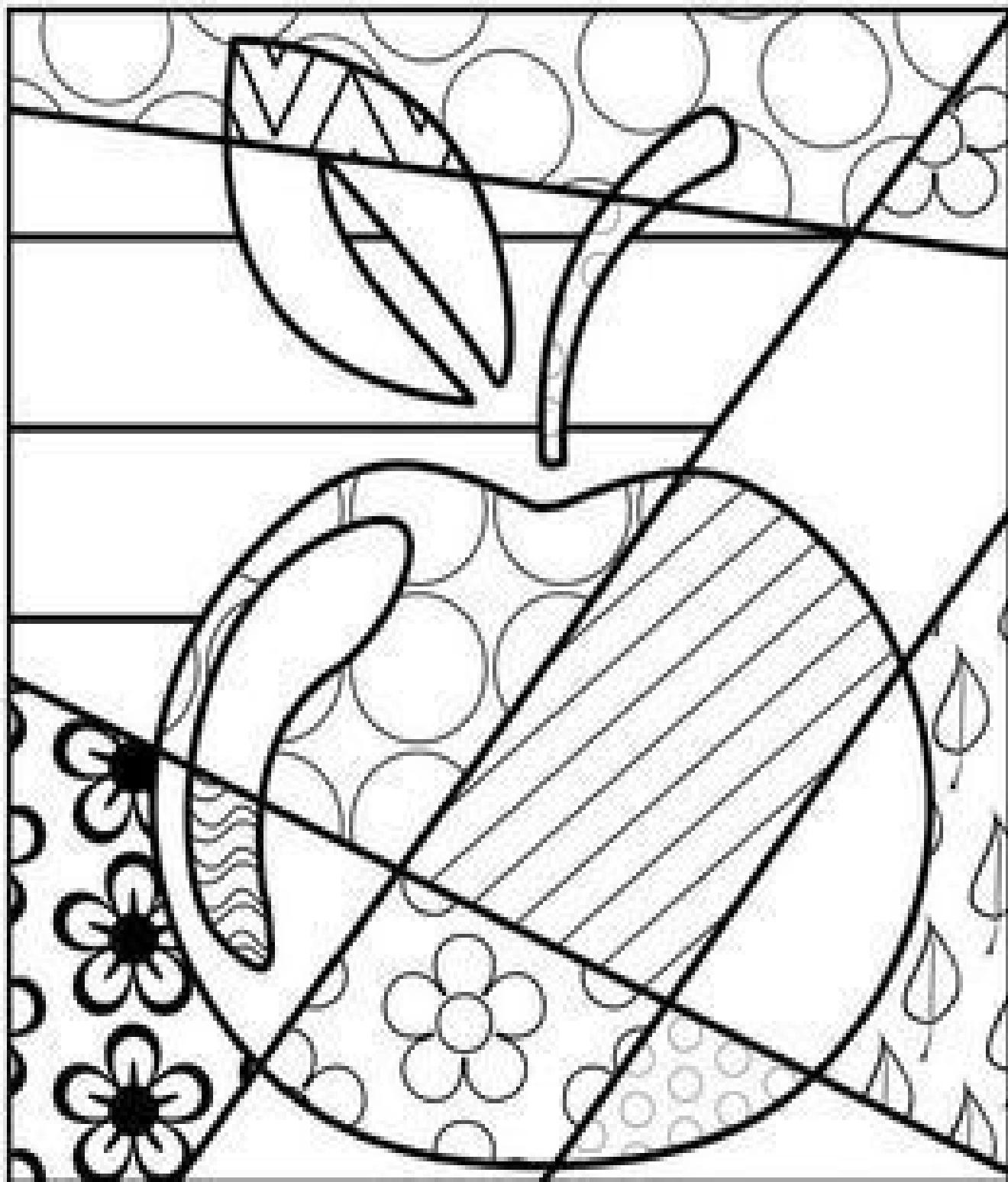
To help keep your little ones, or even yourself, focused during services, we've included some coloring sheets to complete. Break out your crayons and colored pencils to color them!













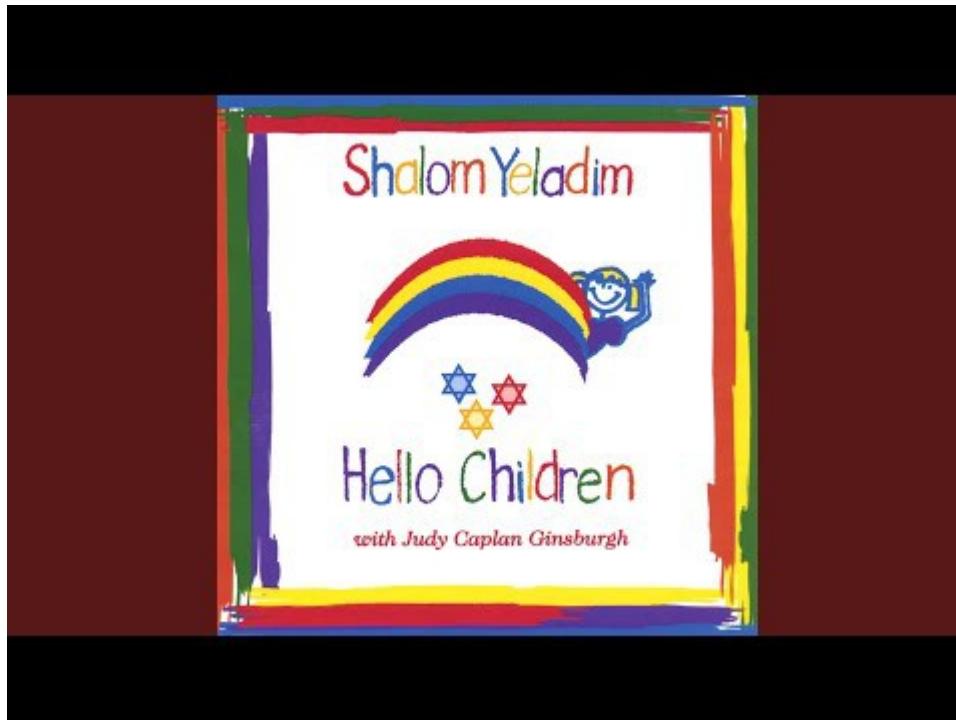


High Holiday music

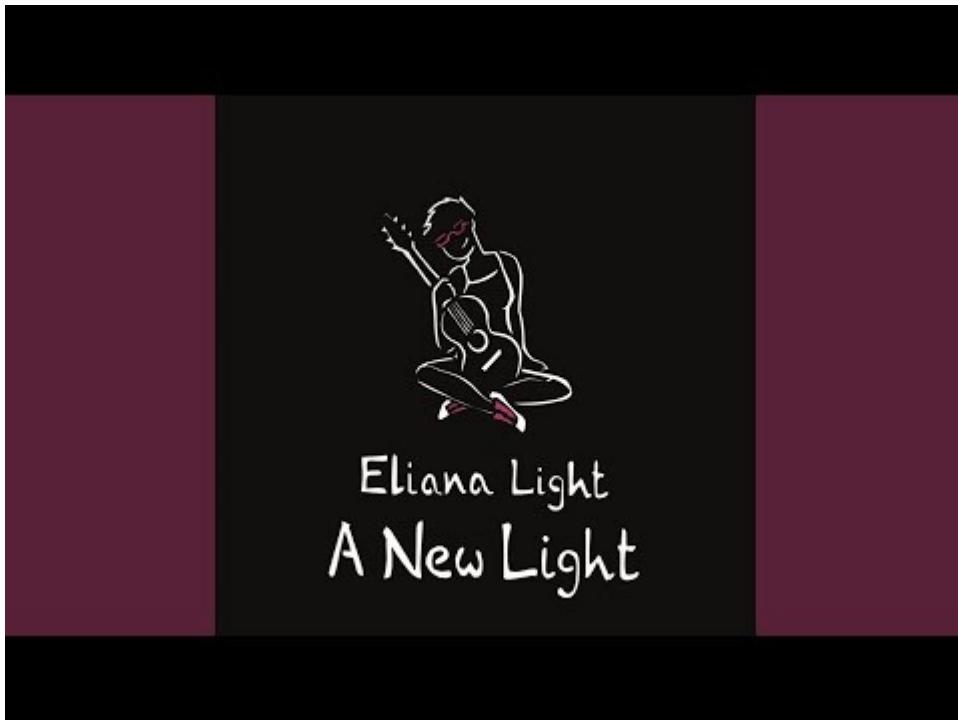
Enjoy these musical selections to get yourself into the High Holiday spirit!



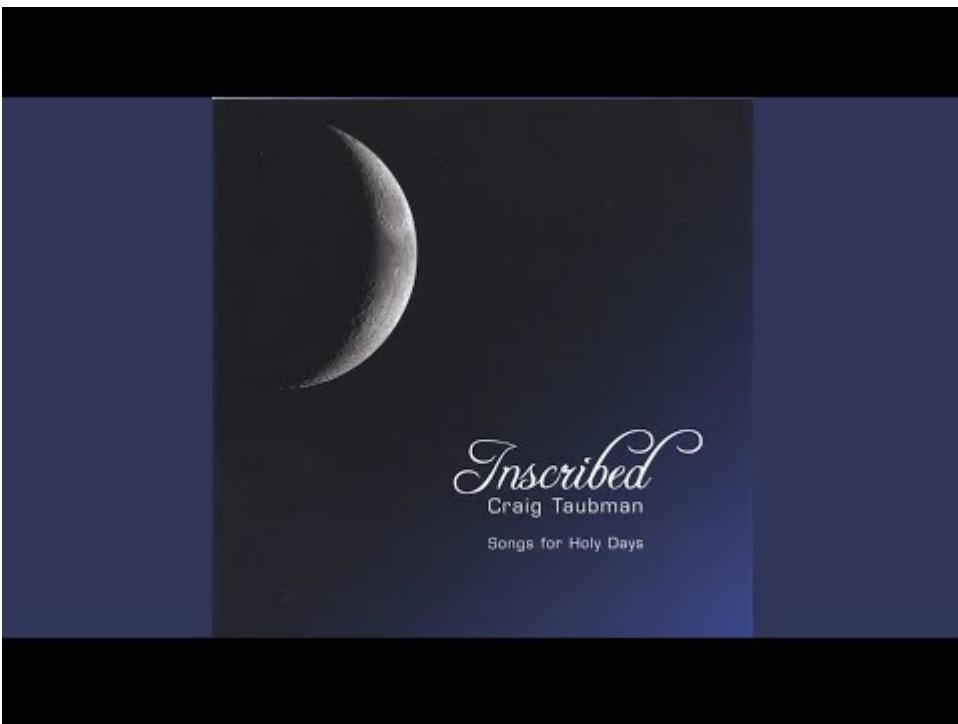
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