

BY JIM MERRITT  
Special to Newsday

**T**he celebration of Rosh Hashanah, the Jewish New Year, takes place from sunset on Sept. 29 to nightfall on Oct. 1. Judaism's High Holidays continue with Yom Kippur, the Day of Atonement, from Oct. 8 into the following evening. This week's clergy discuss their emotional connection to the 10-day period marked with joy, solemnity and spiritual renewal.

#### Rabbi Tuvia Teldon

Regional director, Chabad Lubavitch of Long Island

Rosh Hashanah and Yom Kippur are powerful holidays — marinated with strong emotions, surrounded by meaningful prayers and filled with lofty blessings. The customs, the food, the community gatherings, the family reunions and the sound of the shofar all contribute to make it a truly rich experience.

At the very end of Yom Kippur every year in the sanctuary of the Lubavitcher rebbe in Brooklyn, the whole congregation would break into intense song and dance. It was like a victory march; a confirmation of our renewed relationship with God and our hopes for the future.

After 24 hours of fasting and praying, the 70-plus-year-old rebbe would take the lead by standing on his chair and dancing in his place. This would last for some 10 to 15 minutes, and we would be totally exhilarated and



Tuvia Teldon



Helayne Shalhevet



Jack Dermer

Through this process we can enter the New Year refreshed, reinvigorated and renewed.

**Rabbi Jack Dermer**  
Merrick Jewish Centre

**A** lovely question, though if I may be so bold, there is a bit more to the story. While it's true that all of our holidays bring us together to feel the joy of connection to God, family and community, the High Holidays of Rosh Hashanah and Yom Kippur are about much more than mere celebration.

These days are called in our tradition, the Days of Awe. This is a season not simply of feeling content and joyful but, on the contrary, of looking honestly at our lives and recognizing the ways in which we need to grow spiritually. The sound of the shofar, the ram's horn, is one of the distinguishing ritual features of these Days of Awe. Its call is meant to awaken us, to shake us from our routine and habit, and propel us forward into the year with newfound energy and a deeper commitment to our values.

Joy? Absolutely. But not the joy of gifts and merriment. Rather, this season helps us to feel a joy that is found only in reaching higher, praying more deeply and coming closer to the people that God wants us to be in the year ahead.

**DO YOU HAVE QUESTIONS** you'd like Newsday to ask the clergy? Email them to [LILife@newsday.com](mailto:LILife@newsday.com). Find more LI Life stories at [newsday.com/LILife](http://newsday.com/LILife).

## ASKING THE CLERGY

# What brings joy during the High Holidays?

exhausted by the end. The joy was amazing. This custom is still practiced at every Chabad service around the world (except for the rabbi standing on the chair), and it fills me with joy.

May you all be "sealed" for a sweet New Year.

#### Rabbi Helayne Shalhevet

Temple Beth Emeth of Mount Sinai

**T**he High Holidays offer us the opportunity to examine our relationship with our Creator, to explore

the relationships we have with other people and to look deeper within ourselves. In fact, they are a time given to us when we are instructed to pause for a moment to examine every aspect of our lives.

The part about the High Holidays that gives me the most joy is that as a rabbi, I am given the opportunity to navigate others through this process — a process for which we would not otherwise allow ourselves the time. It is that as an individual, I am gifted — commanded by tradition — to undergo the process myself.

## calendarwatch

### TODAY

#### LOBSTER PANCAKE

**NORTHPORT:** A short play about tolerance and working together, 9-10 a.m., St. Paul's United Methodist Church of Northport, 270 Main St., free, [stpaulsumcnp.org](http://stpaulsumcnp.org), 631-261-0804.

#### PRE-ROSH HASHANA COOKING DEMO

**CORAM:** Award-winning chef Shoshe Ben-Abou talks about preparing holiday meals, register, 7 p.m. Chabad House of Coram, 87 Mt. Sinai Coram Rd., \$25, [chabad-ofeastend.com](http://chabad-ofeastend.com), 631-698-4000.

#### SUNDAY COMMUNION SERVICE

**MOUNT SINAI:** Time for quiet reflection, a scripture reading, a homily and the Sacrament of Communion, 8:30-9 a.m., Mt. Sinai Congregational United Church of Christ, 233 N. Country Rd., free, [msucc.org](http://msucc.org), 631-473-1582.

**SUBMIT NOTICES ONLINE** three weeks in advance at [newsday.com/submitevents](http://newsday.com/submitevents). Look for "faith" in the "community" folder. When registered users of [newsday.com](http://newsday.com) submit an event online, it goes into our database with top priority. Upload photos and videos, too.

#### NEW YEAR BEGINS: ROSH CHODESH GROUP

**COLD SPRING HARBOR:** Prepare for the start of the new year. Explore what you need for your journey, 9:30 a.m., Kehillath Shalom Synagogue, 58 Goose Hill Rd., free, [kehillathshalomsynagogue.org](http://kehillathshalomsynagogue.org), 631-367-4589.

#### THE WEEK AHEAD

##### INTERFAITH MORNING PRAYER SERVICE

**STONY BROOK:** All faiths and traditions welcome, canned food donations accepted, 7-7:30 a.m. Wednesdays, All Souls' Episcopal Church, 61 Main St., free, [allsouls-stonybrook.org](http://allsouls-stonybrook.org), 631-655-7798.

##### LEARN TO READ HEBREW

**COLD SPRING HARBOR:** An 8-session program on reading Hebrew. Adults/non-members join 6th grade Torah School students. Pizza served. 6-7 p.m., Wednesday, Kehillath Shalom Synagogue, 58 Goose Hill Rd., free (\$10 includes pizza), [kehillathshalomsynagogue.org](http://kehillathshalomsynagogue.org), 631-367-4589.

##### SHAMANIC DRUMMING MEDITATION

**STONY BROOK:** A spiritual healing practice led by shamanic drummer, Ric Statler. This meditation seeks to integrate the physical, mental, emotional, and spiritual parts of human self, creating a state of well-being. 7-8:45 p.m., Thursday, All Souls Church Parish Hall basement, 10

Mill Pond Rd., 631-655-7798.

##### FAMILY J TIME: ROSH HASHANAH

**EAST HILLS:** Welcome ages birth to 5 years and families. Quality time with family and friends and crafts, playtime, service projects, and a taste of Jewish culture. 11:30 a.m.-1 p.m. Saturday, Sid Jacobson JCC, 300 Forest Dr., free, [sjcc.org](http://sjcc.org) 516-484-1545.

##### SANGHA MEDITATION GROUP

**EAST SETAUKET:** All levels of meditators welcome, tea served after sangha, 9-10:30 a.m. Saturday, Unitarian Universalist Fellowship at Stony Brook, 380 Nicolls Rd., free, [stonybrooksangha.com](http://stonybrooksangha.com), 631-751-0297.

##### MIKVAH AT THE BEACH

**CENTERPORT:** Join Kehillath Shalom Synagogue at Centerport Beach. Immerse in the living waters of the Long Island Sound. Leave the past behind and welcome the New Year. Led by Rabbi Lina Zerbarini, 9 a.m. Sunday, Centerport Beach, off Little Neck Road, free, 631-367-4589.

##### ROSH HASHANA

**HOLBROOK:** Rosh Hashana services conducted in Hebrew and English. Refreshments served, 7:30 p.m. Sunday, Beth Emanuel Messianic Synagogue, 5070 Expressway Drive South, free, [bethmanuel.com](http://bethmanuel.com), 631-467-3526.

Compiled by Ann Donahue-Smukler

## Women of Power

**T**he founding mothers had a tremendous impact on the founding principles of Judaism and the Hebrew Bible. Yet, the Bible was written by men and emphasizes the words and actions of our patriarchs — especially Abraham, Isaac and Jacob. Jews, however, are also descendants of the matriarchs, and without them, Jewish history would be much different. Join Rabbi Stephen Karol as he talks about Sarah, Rebekah, Leah and Rachel, who were powerful characters with strong personalities who influenced the attitudes and decisions of their husbands. Reservations appreciated. **WHEN | WHERE** 7:30 p.m. Thursday, Sept. 26, Temple Beth El of Huntington, 660 Park Ave., Huntington **INFO** 631-421-5835, ext. 200, [tbeli.org](mailto:tbeli.org) **ADMISSION** Free