

PRAYERS BY RABBI LANCE J. SUSSMAN, PH.D.

REPAIR OF THE SOUL
(TIKKUN HANEFESH)

Eternal One, God of all people.
As we begin the New Year, 5781, we turn to
You for wisdom, courage and strength.
Help us to take care of ourselves in every
dimension: our physical health, our rela-
tionship with others and our inner, personal
experience as people.

Guide us in our search to be better people.
Enable us to be more loving, more helpful,
more forgiving of others and more aware of
who we are as individuals.

Help us to see that the work of making the
world a better place begins with making
ourselves better people.

We pray for the ability to do the mitzvot of
Tikkun HaNefesh, of taking care of others
and ourselves in the year ahead.
Amen

HOPE

God of all people,
Eternal One of the universe.
We pray that Your presence will be part of
our lives, today and everyday as we enter
the New Year.

We are living in challenging times.
We are faced with the challenge of the
COVID pandemic and we are faced with
the challenge of racism in our society.

Help us in our efforts to be safe and to un-
derstand and respect one another.
Teach us to look for the content of character
and not the color of skin.

Be with us, our family and friends and give
us hope.
Hope for tomorrow. Hope for the New Year.
Hope for all of humanity.
Amen

FAMILY & FRIENDS

Eternal One, at this sacred moment, hear
my prayer, I pray for my family and friends.
Keep them strong at this difficult time.

Our world and our country have many
problems and they are affecting all of us.
We pray that our families and friends will
be safe, healthy and unafraid in the year
ahead.

We thank You for the capacity to love which
You have implanted within us.
Help us keep our love of others strong and
focused.
Help us to love and forgive one another
during this time of quarantine.

Help us not to be self-centered or complain-
ing and instill in us the desire to share and
console.

Eternal God, bless all of our family and
friends with peace in the year ahead.
Amen

REPAIR OF THE WORLD (TIKKUN OLAM)
Our God and God of all people, You taught
us in Your Torah “to love one another as we
love ourselves.”

Help us to see beyond our own lives and to
recognize the hurt and need as experienced
by others.

Strengthen us in our resolve to make the
whole world a better place, to keep the mitz-
vot of Tikkun Olam, the repair of the world,
as we enter the new world.

Where there is war, let us work for peace.
Where there is hunger, let us provide food.
Where there is homelessness, let us provide
shelter
Where there is damage to the environment,
help us to mend our world.

As the New Year begins and we seek to re-
pair our own souls on the High Holy Days,
Help us to help others and work toward
Tikkun Olam, the repair of the world.
Amen

THE NEW YEAR

Our God and God of our ancestors, as the
New Year 5781 begins, we turn to You.
Guide us as we move forward into an un-
known future.

Show us the paths of kindness and justice.
Keep us from danger and harm.
Inspire scientists to find a vaccine to
COVID-19 and all people to work for
justice.

Protect America, our country, and enable it to
live up to its highest ideals.
Protect Israel from its enemies and instill peace
in the hearts of all its inhabitants.
Bless all people with a year of healing and peace.
Amen

LOOKING INWARD
(CHESHBON HANEFESH)

Our God,
On this Day of Atonement, help me to look
inward and see myself for who I am.
Help me to understand my strengths
and weaknesses.

Help me to be loving and sharing.
Strengthen my soul so I can forgive others and
myself.

On this special, holy day, help me with the
mitzvah of Cheshbon HaNefesh, the accounting
of the soul.

May this Day of Atonement be for me, and those
around me, the beginning of a good year, a year
of growth, love and peace.
Amen

FORGIVENESS

God of my ancestors, God of all people,

On this Day of Atonement, teach me to be more
forgiving of others and myself.

Forgiving can be hard. Often, we are proud, even
stubborn and unwilling to admit mistakes, most
of all to ourselves.

Teach us to see beyond the moment, beyond the
hurts of today and to forgive others for the bene-
fit of everyone around us.

Enable us to see your paths of kindness, love and
peace more clearly that we may walk on them in
peace and with the belief that we can be rays of
light in a sometimes darkened world.

Our God, on the Day of Atonement, accept our
prayers in love, help us to be more forgiving and
help us create a better tomorrow for all.
Amen



REFORM CONGREGATION KENESETH ISRAEL
HIGH HOLY DAY UPDATE 2020/5781

SHANAH TOVAH
FROM YOUR
KENESETH ISRAEL FAMILY

WISHING YOU A SWEET, HAPPY
& HEALTHY NEW YEAR

THANK YOU

The Congregation thanks all who have
contributed to making our
High Holy Days meaningful

Our dedicated Clergy & Senior Staff

Rabbi Lance J. Sussman Cantor Amy E. Levy
Rabbi Shoshanah Tornberg Brian Rissinger
Liz Sussman Jaimie Shmelzer

Our devoted staff & volunteers

Hazzan David Tilman,
our volunteer choir, Shir KI,
& the professional soloists
Andrew Senn, our organist
Jessie Reagen Mann, Cellist

Jeff Miller for sounding the Shofar
and Trumpet

Jack Ringlestein for sounding the Shofar
for Selichot

Jonah Bailis for sounding the Shofar
for Tot & Family Services

Streaming generously provided by the
Charlotte and Jerry New Streaming Fund
& community donations.

The High Holy Day Instrumental Music
is endowed in Loving Memory of
Anya Kiveloff z”l

Video Production by Cantor Amy E. Levy,
Ross M. Levy, & Adam Guth.



REFER A FRIEND TO KI

Contact Jaimie Shmelzer for more information: 215-887-8700

Check eKI, Shalom KI & www.kenesethisrael.org for details on all KI activities.



High Holy Days 5781 – Tikkun HaNefesh (Repair of the Soul)

In the spirit of *physically distant and spiritually close*, there will be no in-person services this year. ALL services will be available on kenesethisrael.org and the KI Facebook page or selectively on the radio. Radio broadcast schedule is provided on the next page.

SERMONS BY RABBI LANCE J. SUSSMAN, PH.D.

Erev Rosh Hashanah	<i>Tikkun HaNefesh: Self Care in A Time of Pandemic</i>
Rosh Hashanah Morning	<i>Tensions and Partnerships: Rethinking Black-Jewish Relations Today and Yesterday</i>
Erev Yom Kippur	<i>Pandemic Spirituality: Nurturing Our Souls in Challenging Times</i>
Yom Kippur Morning	<i>“The Saving of a Life:” Faith and Science in the COVID Era</i>
Yizkor	<i>Pandemic and Loss: Healing the Broken Heart Today and Tomorrow</i>

OUR KENESETH ISRAEL COMMUNITY

Have you purchased your High Holy Day Prayer Books? In 2017, we switched to the Mishkan HaNefesh High Holy Day prayer book. Remember to use your copy of Mishkan HaNefesh to all High Holy Day Services. Books are available for purchase in the KI administrative office, \$42 per set.

Join us for **Torah Study** every Saturday morning at **9 a.m.** on Zoom!

Visit the new and improved **Kipah.org!** This website is the gateway to KI’s Archives and history.

The Mae Wallerstein Fineshriber Memorial Garden serves as a tranquil area for our congregants to memorialize their loved ones and bury cremains. Please contact Naomi Godel at 215-887-8700 • naomi@kenesethisrael.org in the Administrative Office for more information or to order a plaque.

Wishing you and your loved ones a **Healthy & Happy New Year!** From: **KI Officers, Board of Directors & Trustees**



SOCIAL ACTION

HIGH HOLY DAY VIRTUAL FOOD DRIVE:

The financial impact of Covid-19 is still being felt by so many in our community. Food insecurity remains a huge problem as people are struggling to pay for rent, medications and other bills while being unemployed.

We, as a community, have traditionally made generous food and financial donations during the High Holy Days, and this year, more than ever **your help is needed**. We are requesting monetary donations so we can purchase Supermarket gift cards and wholesale non-perishables to provide food assistance to those in need.

We will continue to support our own members, the Cheltenham and Lowell School communities, the Abington Inter-faith Food Cupboard along with other local pantries, and of course, our own HaMotzi program. HaMotzi will sponsor free monthly Community Drive-Thru Dinners with individual packaged meals, groceries, and fruit.

Please join in this important effort by making your donation on our website (kenesethisrael.org/online-donation) and on Facebook. For those that want to write a check to KI, all donations go to our “Sharing is Caring Fund.” You are still welcome to bring your non-perishable donations to our Tzedek Center (List of items we are collecting: kenesethisrael.org/hhd-food-drive). We thank you from the bottom of our hearts for your continued Tzedakah. Together we work to help heal the world.

PLEASE JOIN US FOR THESE HIGH HOLY DAY & FALL FESTIVAL SERVICES

Selichot

Saturday, September 12
8:00 p.m. Meditations & High Holy Day Music

Rosh Hashanah

Friday, September 18
8:00 p.m. Erev Rosh Hashanah Service

Saturday, September 19

9:00 a.m. Tot Service (Zoom) ages up to 5
10:00 a.m. Morning Service
2:00 p.m. Family Service
3:00 p.m. Tashlich on your own at Wall Park (printable resources available at kenesethisrael.org)

Shabbat

Friday, September 25
6:00 p.m. Shabbat Shuvah

Yom Kippur

Sunday, September 27
6:00 p.m. Kol Nidre for the Soul (KI Parking Lot)
8:00 p.m. Kol Nidre Service

Monday, September 28

9:00 a.m. Tot Service (Zoom) Ages up to 5
10:00 a.m. Morning Service
1:00 p.m. Study Session (Zoom)
2:00 p.m. Family Service
3:00 p.m. Liturgical Choral Selections
4:00 p.m. Memorial & Ne’ilah Services

Sukkot

Friday, October 2
6:00 p.m. Service - “Sheltering Together Virtually”

Saturday, October 3

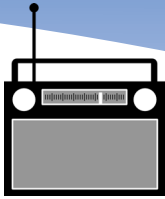
1st Day of Sukkot
9:00 a.m. Torah Study (Zoom)
10:30 a.m. Sukkot Morning Service (Zoom)

Simchat Torah

Friday, October 9
6:00 p.m. Shabbat Erev Simchat Torah Service

Saturday, October 10

9:00 a.m. Torah Study (Zoom)
10:30 a.m. Yizkor Service & Caring Community Gathering (Zoom)



RADIO BROADCAST SCHEDULE: WWDB - 860AM

Rosh Hashanah
Friday, September 18
5:30 p.m. – 7:00 p.m.
Erev Rosh Hashanah Service

Saturday, September 19

10:00 a.m. – noon
Morning Service

Kol Nidre/Yom Kippur

Sunday, September 27
5:30 p.m.- 7:00 p.m.
Kol Nidre Service

Yom Kippur

Monday, September 28
10:00 a.m.– noon
Morning Service
4:00 p.m. – 5:00 p.m.
Yizkor & Ne’ilah Services

WE STREAM FRIDAY NIGHT AND HIGH HOLY DAY SERVICES LIVE ONLINE!

Missed a service? Watch previous services @ www.kenesethisrael.org/stream-services-online



Exploring Judaism and Spiritually

August 31st - December 15th, 2020

Marlene D’Orazio Adler

Temple Judea Museum

Reform Congregation Keneseth Israel
8339 Old York Road
Elkins Park, PA 19027

By appointment only
215- 887-8700

“A Prayer for Humanity”
Silkscreen and Mixed Media Collage