

5783

High Holiday Greetings

Temple Beth Shalom
of the East Valley

2022-2023

May you be inscribed in the Book of Life



As a tree renews itself with new life each year, so
may we look inward and renew ourselves.

Todah Rabah



Thank You

We thank you for participating in our Sisterhood New Year's Greeting Book this year. Remember Sisterhood's funds help TBS-EV with their extra needs.

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For more information about Sisterhood of TBS-EV, please contact Sisterhood President Sandy Wechsler at sisterhood@tbsev.org .

Sisterhood
Temple Beth Sholom



May the coming year be
a year of blessings:

*health and hope
prosperity and generosity
growth and renewal, and
contentment and peace*

for us, for our brothers
and sisters in Israel, and
for the worldwide Jewish
community.

Rabbi Kenneth Leitner

Sisterhood

Temple Beth Sholom



**Best wishes for a healthy,
sweet, peaceful
and prosperous
New Year.**

L'Shanah Tovah U'Metukah!



**The TBS-EV Board of Directors
wishes all of our congregants
a very healthy, sweet and
peaceful New Year.**

**May we all be inscribed in
the Book of Life.**

**May G-d shine his countenance
upon you.**



**We wish our
TBS-EV congregants
and their families, a
healthy, happy, sweet and
peaceful New Year!**

The TBS-EV Office Staff



Best wishes to all for a good and
sweet New Year.

שָׁנָה טוֹבָה וּמְתוּקָה

Al and Carol Abrams



**Wishing you health,
happiness & success
in the New Year!**

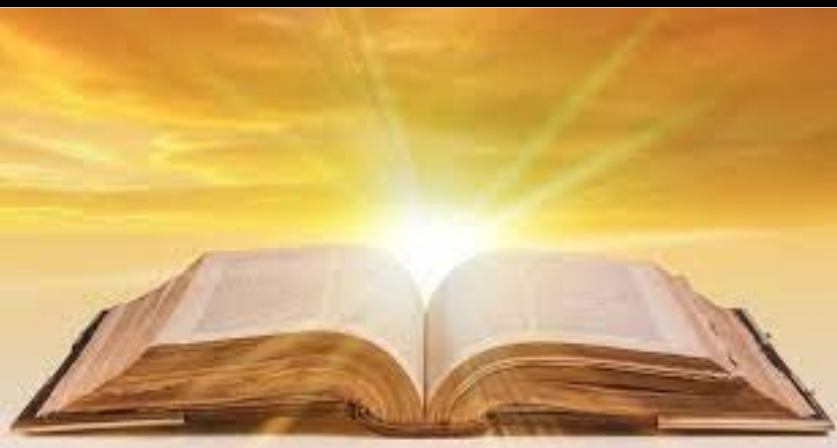
Isaac & Kay Levy



We wish our TBS-EV family
a year filled with health,
sweetness and peace.

L'Shanah Tovah
U'metukah Tikatevu.

Barbara & Tony Tricoci



MAY YOU BE INSCRIBED AND SEALED
IN THE BOOK OF LIFE
FOR A YEAR OF HEALTH
HAPPINESS AND PROSPERITY

L'SHANAH TOVAH
Maggie Diamond & Jennifer Dally



L'shanah Tovah!

**May we be blessed with a
year of good health and
peace.**

The Sodonsky Family

**Best wishes for a happy,
healthy and peaceful New
Year.**



**Florence, Keith, Sean
& David Wibel**



**May the Lord shine upon you,
Keep you, your family, loved
ones, friends and the TBS-EV
Community in his graces &
Bring all good health,
prosperity and understanding.**

Baruch Ha'Shem

**Michael, Lori and
JJ Margolis Curtis**



**Sandy and Joe Wechsler
and Gidi Goldberg wish
you a sweet and healthy
New Year 5783.**

L'Shanah Tovah!



Wishing our TBS family
a happy, healthy, and
sweet 5783!

Bryan, Tamara, Micah
and
Caleb Cederbaum



However you celebrate
and whatever you eat:
Enjoy a healthy and
happy Rosh Hashanah!





**L'Shanah Tovah
to our TBS-EV family.**

Sandy & Neil Bernoff



L'SHANAH

TIKATEVU!

TOVAH

**May you and your loved ones be inscribed
in the Book of Life, and may the joyful sound
of the Shofar welcome a New Year of Health,
Happiness and Love.**

The Chait Family



L'Shanah Tovah!

**May you and your loved ones be inscribed in
the book of Life for a sweet year, filled with
health, love and peace.**

Casil, Miriam & David Libman

Jessica Libman Magee and Andrew Magee



**L'Shanah Tovah to our TBS family.
We are hoping for a bright and sweet
new year. Wishing you good health
and much happiness.**

Rachel & Charlie Peak



**Wishing you all a sweet, fun,
healthy New Year, and play
pinball!**



**Love always,
Jason & Elaine Hecht**



L'Shanah Tovah!

Love The Slater Family

#slaternation

**Larry, Sandy, Blake & Renee,
Chase & Amanda, and Ari**



**Wishing you and your family a healthy, happy,
sweet and peaceful New Year!**

Susan Arnold



**Wishing our TBS-EV family a happy and
healthy new year.**

**Michele, Steven, Jeremy, Leah
and Hershel Millman**



**Take the time to reflect on this past year.
Take the time to smell the flowers, too.
Live each day to its fullest.**





**Sincere wishes for good health
and peace throughout the year.**

Cynthia Benjamin



**Good health to all.
Gloria Windmiller and
Family**

Happy, Healthy New Year.

L'Shanah Tovah.

Louise Heeman



**L'Shana Tova.
A good and healthy
New Year.**

Barbara Gold and Mark Jones



Have a happy
and sweet New Year!
Jill and Barry Glickman



**Wishing everyone a sweet, safe,
happy, productive, and
prosperous New Year.**

Larry and Elly Johnson



**Honey & Harve Kimmel
wish all TBS members
and their families a
wonderful 5782.**



**L'Shanah Tovah to all my
friends at TBS-EV!
Cindy Payant**

*Wishing all of us a world filled with
Peace and Kind Thoughts.
May Schneiderman*



**Wishing my TBS family a
safe, healthy, and sweet
New Year!**

Helen Jaffa



**Shanah Tovah
U'Metukah!
The Yardeni Family**



**L'Shanah Tovah
U'metukah.
Juliette Harvey & Family**

L'Shanah Tovah. Ed and Barb Steel



L'Shanah Tovah!
Lance Adan Camarea
Jonas & Belizia Heller

Prayers to Open the Heart and Soul for the High Holy Day

*Editor's note: Here is a selection for Rosh Hashanah, excerpted from **Marcia Falk's** [The Days Between: Blessings, Poems and Directions of the Heart for the Jewish High Holiday Season](#), published by the HBI Series on Jewish Women, Brandeis University Press.*

The ritual commonly known as *Tashlikh*, – literally, “You (God) will cast” – takes its name from Micah 7:19: *V'tashlikh bim'tzulot yam kol-hatotam*, “You will cast (hurl, cast away) all their sins into the depths of the sea.”

Performed on the afternoon of the first day of Rosh Hashanah (or on the second day, if the first day falls on the Sabbath), *Tashlikh* takes place near an ocean, river, or other natural body of water. After the recitation of the verse from Micah, crusts or crumbs of bread are tossed into the water to symbolically cast one's sins away.

The re-created ritual, “We Cast into the Depths of the Sea,” begins with “Casting Away,” a recitation that revisions and expands upon the theme of the biblical verse. The opening word in the Hebrew is *nashlikh*, “we will cast (away).” Instead of asking that God purge us of sin, we seek in this declaration to free ourselves from whatever impedes our moving into the new year with clarity, lightness, and hope.

Casting Away

We cast into the depths of the sea our sins, and failures, and regrets.

Reflections of our imperfect selves flow away.

What can we bear, with what can we bear to part?

We upturn the darkness, bring what is buried to light.

What hurts still lodge, what wounds have yet to heal?

We empty our hands, release the remnants of shame, let go fear and despair that have dug their home in us.

Open hands, opening heart —

The year flows out, the year flows in.

Sisterhood of Temple Beth Sholom of the East Valley

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BLESSINGS BEFORE THE MEAL IS SERVED!



בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melekh ha'olam

Blessed are you, Lord, our God, king of the universe

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

hamotzi lechem min haaretz.

who brings forth bread from the earth.



(if using wine or grape juice)

בּוֹרֵא פְּרִי הַגֶּפֶן (אָמֵן)

borei p'ri hagafen (Amein)

Who creates the fruit of the vine (Amen)



APPLES AND HONEY BLESSINGS

During Rosh Hashanah, it is traditional to eat apples dipped in honey, to symbolize our hopes for a "sweet" new year. The apple is dipped in honey, the blessing for eating tree fruits is recited, the apple is tasted, and then the apples and honey prayer is recited.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh atah Adonai, Eloheinu, melek ha'olam
Blessed are you, Lord, our God, king of the universe

בוֹרֵא פְּרֵי הָעֵץ (אָמֵן)

borei p'ri ha'eitz (Amein).
who creates the fruit of the tree. (Amen)

Take a bite from the apple dipped in honey, then continue with the following:

יְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

y'hi ratzon mil'fanekha Adonai eloheinu vei'lohei avoteinu
May it be Your will, Lord our God and God of our
ancestors

שְׁתַּחֲדֵשׁ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

sh'tchadeish aleinu shanah tovah um'tukah.
that you renew for us a good and sweet year.

The sounds of the shofar



Tekiah-shevarim-teruah-tekiah
Tekiah-shevarim-teruah-tekiah
Tekiah-shevarim-teruah-tekiah

Tekiah-shevarim-tekiah
Tekiah-shevarim-tekiah
Tekiah-shevarim- tekiah

Tekiah-teruah-tekiah
Tekiah-teruah-tekiah
Tekiah-teruah-tekiah gedolah
(extra long blast)

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