

קהילת בני ישראל

CBI

A New Lev, A Renewed Ru'ah

**HIGH  
HOLY  
DAYS  
5787**

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**L'shanah tovah u'metukah!  
Have a good and sweet year!**

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# A MESSAGE FROM RABBI LOUIS POLISSON

Dear CBI Community,

As my family settles into Northampton, I'm thinking a lot about change and newness. In processing my move and preparing for *Elul*, I turned to Jewish texts that mention repentance and spiritual renewal, and came across Ezekiel 18:31-32: "...make for yourselves **lev ḥadash ve-ru'ah chadashah, a new heart and a new spirit**, that you may not die, O House of Israel. For it is not My desire that anyone shall die, declares the ETERNAL. Return, therefore, and live!"

The phrase "a new heart and a new spirit" resonated deeply for me. It reminded me that after just one *Shabbat* serving as CBI's new senior rabbi, I felt like my heart and spirit had found their new home. As we all navigate changes both at CBI and in our own personal lives, we're each seeking our own forms of renewal in the newness.

The verses from Ezekiel may seem dark, in that they speak of life and death, but they're fitting for this time in the Jewish calendar. After all, life and death are major themes of the *Yamim Nora'im*, the Days of Awe. And it's sadly been another year of uncertainty in matters of life and death for people many of us care about, whether here in the United States, in Israel and Palestine, or all over the world. But Ezekiel is speaking not only of literal, physical life and death. He's also referring to the importance of spiritual vitality. How, then, do we cultivate spiritual renewal and newness of heart?

At this season, we renew ourselves by reconnecting to the community. We can draw spiritual nourishment from each other and from our shared ancestral wisdom, which guides us to embrace both tradition and change. We're encouraged to become our newest yet truest most vital selves (in all senses of the word vital, both vivacious and essential).

This is one element of *Teshuvah*—which is often translated as "repentance," but literally means "returning." I hope you'll return again and again to CBI, so that together, we can create joyful, meaningful, life-giving renewal for our hearts and spirits.

Wishing you a good season of newness and renewal,



Rabbi Louis Polisson



# A MESSAGE FROM THE BOARD CO-PRESIDENTS

Dear CBI Community,

What an exciting and hopeful start to the New Year!

We know we are joined by hundreds of you in our eagerness to provide a warm welcome to Rabbi Louis. And we thank so many of you for already playing such a meaningful part in his family's transition to our community. We are on our way to building a long and fulfilling future together.

That future includes another thrilling version of building: the building itself! We are on the cusp of a transformative moment for CBI that will shape our next generations. Our building renovation will provide us the space — both physically and spiritually — to realize the fullness of our extraordinary community.

This fall holiday season marks the next level of our fundraising campaign that will bring this vision to life. It will take each and every one of us, together, to make it happen.

Even while we work towards our future, we are so grateful to share in the here and now with you. As we celebrate these holidays together, we feel the strength and joy of our community, and revel in our shared faith as a source of resiliency and love for our most precious ones, our neighbors, and all the strangers in our midst.

Wishing you all a sweet new year.

Shanah Tovah,



Pamela Schwartz and Leah Kaufman  
Co-Presidents





# REGISTRATION

CBI invites members and guests to celebrate the High Holy Days with us. From our musical family services to our traditional sanctuary services, learning sessions, and more, there is something for everyone. This year's theme is "a new heart and a renewed spirit," an invitation to open our hearts to the newness and renewal of this season.

For both planning and security purposes we require advanced registration for all High Holy Days services and programs. Please note that space in our sanctuary is limited, registration does not guarantee you a seat. Overflow is available in the tent and library with sound but no video. Services in our sanctuary will be livestreamed.

**2026–27 Fair Share Members:** Early registration opens for members on July 22. There is no charge for attending High Holy Days services or programs, but registration is required. You may also register non-member guests. We ask that you make a financial contribution that reflects your capacity on a sliding scale of \$18–\$360 per guest (we suggest \$180 per guest). No one will be turned away for lack of funds. If you haven't made your 2026–27 fair share pledge, now is a great time to do so.

**Non-Members:** Registration will open on August 5. We ask that you make a financial contribution that reflects your capacity on a sliding scale of \$18–\$360 per person (we suggest \$180 per person). No one will be turned away for lack of funds. We find the High Holy Days are a time when many people explore Fair Share membership at CBI. Visit our website to learn more.

**Childcare** is available for children ages 3–10 years with advanced sign-up. Space is limited; register now to secure your space. The cost is \$40 per child, per session. Childcare will take place in one of the preschool classrooms at CBI. Childcare will be offered at the following times: (1) September 12, 10 am–1 pm; (2) September 13, 10 am–1 pm; (3) September 20, 6–8 pm; (4) September 21, 10 am–1 pm. Walk-in childcare requests cannot be accommodated.

**Register**



[cbinorthampton.org/hhd](https://cbinorthampton.org/hhd)

# ACCESSIBILITY

## **Campus Accessibility**

Our main building, which houses the sanctuary, is wheelchair accessible. The grounds of our campus include uneven terrain between Abundance Farm, the Water Building, and LGA.

## **Accessible Seating**

Reserved seating is available at the front of the sanctuary for those who need to be closer due to hearing or vision needs and near the door for those with physical disabilities. If this applies to you, please remove the “reserved” sign and take a seat. Please note we cannot reserve specific seats in the sanctuary.

## **Machzorim (High Holy Day Prayer Books)**

Large-print Machzorim will be available.

## **Accommodation Requests**

Individuals needing additional accommodations should include this on the registration form. Staff may contact you if more information is needed.

## **Restrooms**

Restrooms, including single stall, accessible restrooms, are available at CBI and LGA. The Water Building restrooms are single stall but are not accessible and require walking up/down a half flight of stairs.

## **Livestream**

All services that take place in the CBI sanctuary will be livestreamed. If you do not want to appear on the livestream, please select a seat behind the camera. You can do this by turning left when you enter the Sanctuary.

## **Parking**

We have a limited number of reserved/accessible parking spots in the CBI parking lot. Once the lot is full, street parking is available. Please do not block our neighbors' driveways.

## **Security**

The Northampton Police Department will be on campus during the High Holy Days.

# YOUR HIGH HOLY DAYS CHECKLIST

We're here to help you create a meaningful experience. Click the links below to complete your checklist.



## **Register for the High Holy Days**

For planning and security purposes, registration is required for attendance at all High Holy Day services and programs.



## **Sign Up to Volunteer**

Help us make the High Holy Days a success. Sign up to staff the welcome table, braid challah, and more.



## **Sign Up for Elul Classes**

Join us at CBI for learning sessions leading up to the High Holy Days.



## **Submit Names for the Yizkor Book**

It is our tradition to prepare a Book of Remembrance to distribute during the Yizkor service on Yom Kippur. Submissions due by September 16.



# YOUR HIGH HOLY DAYS CHECKLIST



## **Make Your Kol Nidrei Gift**

The Kol Nidrei Appeal is an important part of annual fundraising at CBI. Funds support the programs you love and help sustain our campus.



## **Sign up for Childcare**

Childcare is available for children ages 3–10 with advanced sign-up. Space is limited; register now.



## **Donate to the Survival Center**

Make a monetary donation to the Survival Center to help them provide food and other resources to low-income individuals and families in Hampshire County.



## **Make Your Holiday Purchases**

Order a round challah, lulav & etrog, and/or a shofar.



## **Attend Selichot Services**

Saturday, September 5, at 8:30 pm at CBI. Selichot is a service for entering the gates of forgiveness and love in preparation for Rosh HaShanah.





# HIGH HOLY DAYS LEARNING

Sessions run from 7 to 8:30 pm in person only in the CBI Library.

Wednesday, August 12

## **Musical Meaning Making: An Elul and Tishrei Melody Workshop**

Led by Rabbi Louis Polisson

Join Rabbi Louis to prepare for Selichot (contemplative prayers reflecting on repentance and forgiveness that we'll sing together on Saturday night September 5) and the Yamim Nora'im (the High Holy Days) by singing highlights from the liturgy! We'll explore some familiar tunes like Adon Ha-Selichot, and learn some melodies that may be new to you, like VaHaviosim and Ha-Aderet Ve-Ha-Emunah. For each liturgical poem and accompanying melody, we'll discuss the texts and consider how music adds to or changes the meaning.

Wednesday, August 19

## **Repentance, Atonement, Forgiveness: What's Our Job?**

Led by Rabbi Ariella Rosen

We'll look at the different words related to personal and interpersonal repair that are part of the High Holy Day season. What's the difference between them? How are we meant to work on each of these tasks? Class will include text study, discussion, and personal reflection.

Wednesday, August 26

## **Teshuvah: Return, Return to Peace**

Led by Rabbah Riqi Kosovske

Teshuvah — return, renewal, restoration, transformation — is the defining theme of Elul and the High Holy Days. What does it mean to return, and what calls us to begin anew? Through Jewish texts, liturgy, poetry, song, and the Song of Songs, we'll explore the many dimensions of teshuvah and how it can bring greater wholeness, peace, and purpose to our lives and the world.

Wednesday, September 2

## **The Sound of Silence: The Practice of Silence and Intentional Speech as Part of Teshuvah**

Led by Rabbi Jacob Fine

Many of the sins we confess on Yom Kippur involve speech. Jewish tradition includes lesser-known practices of intentional silence and limiting speech during Elul and the Ten Days of Teshuvah to cultivate inwardness and greater awareness of the power of words. Together, we'll explore these practices and reflect on how they can deepen our own journey of teshuvah this season.



High Holy Days learning is cosponsored by Beit Ahavah.

# ROSH HASHANAH

## Fri, Sept 11 Erev Rosh HaShanah

6 pm Service with sermon by Rabbi Louis (CBI Sanctuary)

## Sat, Sept 12 Rosh HaShanah Day One

- 9 am Sanctuary Service (CBI Sanctuary)
- Morning Blessings, Shacharit, and Shema (9 am)
  - Torah Service (10:05 am)
  - Sermon by Rabbi Louis (11:15 am)
  - Musaf (11:35 am)

*Please note, the shofar is not blown on Shabbat*

9:30 am Shanah Shabloom (LGA Oolam)

For Kids

A musical service geared towards children ages 0–7 and their grownups.

11 am Rosh HaShanah Family Service (LGA Oolam)

For Kids

A musical service for all ages, with a special focus on kids ages 6 and up.

11 am Teen Rosh HaShanah Meet-Up (Abundance Farm Pavilion | Rain: TBA)

For Teens

For grades 6 through 12. Reflect on what you are releasing from the year behind, and what you look forward to in the year ahead.

## Sun, Sept 13 Rosh HaShanah Day Two

- 9 am Sanctuary Service (CBI Sanctuary)
- Morning Blessings, Shacharit, and Shema (9 am)
  - Torah Service (10:05 am)
  - Shofar (11:15 am)
  - Sermon by Rabbi Ariella (11:30 am)
  - Musaf (11:50 am)

10 am Rosh HaShanah Family Experience (LGA Oolam)

For Kids

Stories, songs, shofar blowing, and conversation with Rabbi Ariella and Aram Rubenstein-Gillis.

4 pm Tashlikh (Mill River)

For all ages. Wash away everything you want to release from last year with the tradition of *Tashlikh* (literally “casting away”). On the walk reflect on what you are releasing from the past year and what you are looking forward to in the year ahead. Enter the trail from the corner of Washington and Ward Avenues, walk down the hill and take a right. Follow the path along the river for two minutes and you will find an opening where we will gather.

# YOM KIPPUR

## Sun, Sept 20 Kever Avot (Graves of Our Ancestors) Memorial Service

10 am Service (CBI Cemetery, 473 North King Street)

It is customary to visit the gravesites of loved ones during the High Holy Days. Join us for a short memorial service to remember and honor our loved ones who have passed away. We will sing, reflect, and recite Mourner's Kaddish.

## Sun, Sept 20 Kol Nidrei

6 pm Kol Nidrei Service with sermon by Rabbi Louis (CBI Sanctuary)

6:33 pm Fast Begins

## Mon, Sept 21 Yom Kippur Day

9 am Sanctuary Service (CBI Sanctuary)

- Morning Blessings, Shacharit, and Shema (9 am)
- Torah Service (10:10 am)
- Yizkor Service (11:15 am)
- Sermon by Rabbi Louis (11:30 am)
- Musaf (11:50 am)

9:30 am Yom Shabloom (LGA Oolam)

For Kids

A musical service geared toward children ages 0-7 and their grownups.

10 am Sacred Stillness: A Yom Kippur Meditation & Chanting Service (CBI Library)

Join Rabbi Jacob Fine and Adi Bemak for a morning of silent and guided meditation, chanting, and brief teachings. Following the meditation, participants will have an opportunity to reflect together and share their experiences. (1.5 hrs)

11 am Family Musical Services (LGA Oolam)

For Kids

A musical service for all ages, with a special focus on kids ages 6 and up.

11 am Teen Yom Kippur Meet-Up (Grades 6-12, Abundance Farm Pavilion | Rain: TBA)

For Teens

2-4:45 pm Afternoon Learning Sessions (details on next page)

5 pm Sanctuary Service (CBI Sanctuary)

- Minchah (5 pm)
- Ne'ilah (6 pm)
- Final Shofar and Community-Wide Havdalah (7:32 pm)
- Ma'ariv (7:45 pm)

7 pm Kids' Havdalah Meet-up (LGA Oolam)

For Kids

Join Aram Rubenstein-Gillis to sing songs and prepare to help lead the community in Havdalah to end Yom Kippur. Kids of all ages welcome.

# YOM KIPPUR

## LEARNING SESSIONS

Sessions will be held from 2 to 4:45 pm in the CBI Social Hall.

**2–2:45 pm Jonah Book Club**

Led by Rabbi Ariella Rosen

We'll explore the character of Jonah, and try to understand what we are meant to learn from his story in these waning hours of Yom Kippur.

**3–3:45 pm Nishmat Chayim: The Soul's Sense of Smell**

Led by Rabbi Jacob Fine

According to tradition, our sense of smell is directly connected to our soul and, as such, is associated with a deeper sense of spirituality than our other senses. In connection, there is a Chasidic custom of enjoying fragrant scents on Yom Kippur afternoon. We will learn about these traditions and energize our souls with delicious scents.

**4–4:45 pm Chanting & Meditation for Healing & Teshuvah**

Led by Jen Wenz

Along the path of teshuvah, there's often a moment when rachamim, compassion, is sorely needed. Join us in song and silence, to return to our intentions for the day and soften our hearts with the medicine of compassion, before the gates close.

# SUKKOT, SHEMINI ATZERET, AND SIMCHAT TORAH

## **Sat, Sept 26 Sukkot Day One**

9:30 am Sukkot Services (CBI Sanctuary)

12 pm Kiddush (CBI Sukkah)

## **Sun, Sept 27 Sukkot Day Two**

9:30 am Sukkot Services (CBI Sanctuary)

12 pm Kiddush (CBI Sukkah)

## **Fri, Oct 2 Hoshana Rabbah**

8 am Hoshana Rabbah Service (Abundance Farm | Rain: CBI Sanctuary)

## **Sat, Oct 3 Shemini Atzeret (with Yizkor) and Erev Simchat Torah**

9:30 am Shemini Atzeret Services (CBI Sanctuary)

- Yizkor (11:15 am)

12 pm Kiddush (CBI Sukkah)

5:30 pm Kids Torah Tour (CBI Sanctuary and Social Hall)

For Kids

Kids and their adults are welcome to join our rabbis for the annual exploration of our Torah scrolls. Enjoy Torah-shaped snacks, see the inside of a Torah scroll up close, and join the rest of the community as we sing and dance with the Torah!

7 pm Erev Simchat Torah Service and Celebration

## **Sun, Oct 4 Simchat Torah**

9:30 am Simchat Torah Service & Kiddush (CBI Sanctuary and Social Hall)

Pray, sing, dance, and get called up to the Torah. Kiddush will be available throughout the service beginning around noon.



# NEW MOON HARVEST FESTIVAL



**Sunday, October 11, 1–4 pm**

Celebrate the turning of the seasons with Abundance Farm at our annual Harvest Festival, as we welcome the new moon and the Hebrew month of Cheshvan — a time for gathering, gratitude, and celebration. Join us on the Farm and at neighboring LGA for music, food, crafts, ritual, and hands-on farm activities. Open to all, this family-friendly event is guided by the themes of hospitality, harvest, and connection to the land. Whether you're familiar with Jewish traditions or simply seeking a meaningful way to honor the season, come gather and celebrate with us! In the spirit of shared abundance, we invite you to bring a vegetable to add to our communal stone soup, simmered over an open fire.



The New Moon Harvest Festival is cosponsored by Lander Grinspoon Academy.

# SAVE THE DATE

## 5787 PROGRAMS



**Chanukah Party** – Sun, December 6

### **Purim**

Kids Programming – Sun, March 21

Megillah Reading & Spiel – Mon, March 22

### **Pesach**

Holiday Services – Thurs, April 22; Fri, April 23; Wed, April 28; and Thurs, April 29

### **Shavu'ot**

Learning Sessions – Thurs, June 10

Holiday Services – Fri, June 11; Sat, June 12

Shavu'ot Shabloom – Sat, June 12

**Community Meetings** – Wed, October 14; Wed, January 27

**Annual Meeting** – Sun, June 13

# SERVICES WITH THE OHEL MINYAN

The all-volunteer Ohel Minyan nurtures and sustains *halakhically* traditional egalitarian Jewish community in Northampton, MA. Their services are traditional in that they use an Orthodox siddur and services are conducted entirely in Hebrew. People who attend the Ohel Minyan come from a wide range of backgrounds. Attending the Ohel Minyan offers people who do not read Hebrew and/or are not familiar with the traditional liturgy an immersive, songful, and welcoming place to learn and participate. Their services are egalitarian in that adult Jews of all genders are counted in a prayer quorum, and seating is not separated by gender.

To attend services with the Ohel Minyan, sign up at [ohelminyan.org](http://ohelminyan.org).

**Services will be held in the CBI Water Building Garage, located at 237 Prospect Street.**

## ROSH HASHANAH

### Friday, September 11

6 pm: Rosh HaShanah Ma'ariv

### Saturday, September 12

9 am: Shacharit

10:30 am: Torah Service

11:30 am: Musaf

1:30 pm: Kiddush

### Sunday, September 13

9 am: Shacharit

10:30 am: Torah Service

11:30 am: Musaf

1:30 pm: Kiddush

## YOM KIPPUR

### Sunday, September 20

6pm: Kol Nidrei

### Monday, September 21

9 am: Shacharit

10:30 am: Torah Service

11:30 am: Musaf

4:30 pm: Minchah

6 pm: Neilah



# HIGH HOLY DAYS GLOSSARY

## **APPLES & HONEY**

Traditionally many Jews eat sweet foods — like apples and honey and challah — to symbolize a sweet new year.

## **CHAG SAMEI'ACH**

Pronounced KHAG sah-MAY-akh. Literally “happy holiday,” a common greeting on Rosh HaShanah and other Jewish holidays.

## **SHANAH TOVAH**

Literally “may you have a good year” or the Jewish version of “happy new year!” — a traditional greeting for the new year.

## **ELUL**

Pronounced el-OOL. The final month of the Jewish calendar, it is designated as a time of reflection, introspection, and repentance.

## **MACHZOR**

Pronounced MAHKH-zohr. Literally “cycle,” the mahzor is the special prayer book for the High Holy Days, containing all the special High Holy Day liturgy.

## **SHOFAR**

The ram’s horn that is sounded during the month of Elul, on Rosh Hashanah, and at the end of Yom Kippur. It is mentioned numerous times in the Bible, in reference to its ceremonial use in the Temple and to its function as a signal-horn. The Shofar is not blown on Shabbat.

## **LULAV AND ETROG**

The lulav and etrog are two of four species of plants that are held together and waved during the holiday of Sukkot. The lulav is a palm branch, which is joined with myrtle and willow branches, and an etrog, a citron fruit. The four species are held and waved during various parts of the synagogue service on Sukkot.

# HIGH HOLY DAYS

## GLOSSARY

### **KOL NIDREI**

This is the service to be on time or even early for since the actual Kol Nidrei prayer comes first. This service kicks off the Yom Kippur holiday with a symbolic annulling of past commitments helping us to enter into the new year with a clean slate.

### **MINCHAH**

The afternoon service. On Yom Kippur this includes the reading of Jonah (the guy who gets swallowed by a big fish).

### **MUSAF**

This is where the drama happens. The height of the High Holy Day liturgy (both on Rosh Hashanah and Yom Kippur). Don't miss out. Musaf is the final major part of the morning service. There will be singing, time for contemplation, and words of inspiration throughout.

### **NE'ILAH**

The final service of Yom Kippur that takes us to the end. One more moment before the closing of the gates that have been open for us through this season. If you've never been, try it out — the energy is unmatched.

### **TASHLIKH**

Literally “cast away,” Tashlikh is a ceremony observed on the afternoon of the first day of Rosh HaShanah, in which sins are symbolically cast away into a natural body of water. The term and custom are derived from a verse in the Book of Micah.

### **YIKZOR**

Yizkor means “may [God] remember,” from the Hebrew root *zachor*. It is recited four times a year in the synagogue: on Yom Kippur, Shemini Atzeret, the eighth day of Passover, and the second day of Shavuot.



# KOL NIDREI

2026/5787

## ANNUAL APPEAL

**TODAY. TOMORROW. TOGETHER.**

The Kol Nidrei Appeal sustains the community we cherish.

Every Shabbat service. Every person who finds comfort and connection. Every child who discovers the joy of Jewish learning. Every family celebrating a simchah or finding strength in times of loss. Every moment of music, prayer, learning, and belonging. These moments are made possible by the generosity of our community.

Give generously. Give with purpose. Give because this is our Jewish community — and together, we make it thrive.



[Donate](#)

**CONGREGATION B'NAI ISRAEL**

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