

Tefilagram

"And they shall build for me a sanctuary that I may dwell in their midst." (Exodus 25:8)

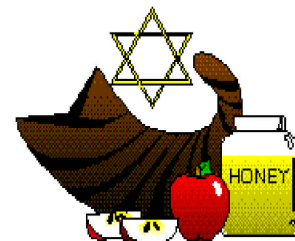
September 2003

Elul 5763

High Holidays Services Again at Shara Tzedek

Again this year Shaarey Tefilah will be holding its High Holiday Services in the Wosk Auditorium of the Shara Tzedek Synagogue, 3476 Oak Street in Vancouver. This will once again provide us with ample space for all of our members and guests, and for children's programming and childcare. More importantly, we will again be in a warm, bright, comfortable space, conducive to the best possible High Holiday experience (except for maybe going on a cruise!)

Services for Rosh Hashanah, Kol Nidre and Yom Kippur will take place there. Other services, including Sukkoth and Simchat Torah will be held at Shaarey Tefilah. All Friday night services except for Rosh Hashanah will from now on take place at the Singer Home. See the High Holiday Schedule on page 4 for exact times and dates.



We are very fortunate this year to have Asaf Erez join us to be our Cantor for the Holidays. Asaf is a gifted musician, and he and his group, Od Yishama, are well known in Vancouver for enriching a number of simchas and celebrations in the past year, including playing at the Beth Hamidrash Gala and for the Community Kollel. Asaf often spends Shabbat with Shaarey Tefilah when he is in town, and is a great friend of our congregation. As a professional musician he is sure to provide an inspiring and uplifting High Holiday experience for us all. Rabbi Singer's warmth and scholarship, and the closeness of our community will similarly enhance this year's services. We look forward to surpassing the meaningful and inspiring Chaggim that we have achieved in years past.

A children's program will, of course, take place, and details will have been finalized by the time this notice is published. We will still require parent volunteers to assist with our children's programs. If you would like to be involved with the programs or with childcare, please contact Alissa Sacks or Naomi Voss through the Shul office at 604-873-2700.

High Holiday tickets will be available for sale or pickup (for members) at Shaarey Tefilah on Sunday mornings, September 14 and 21 from 10:00 to noon, and on Wednesday evening September 17, from 7:00 to 8:00 pm, or from the shul office during regular office hours. Please obtain your tickets prior to the High Holiday services. Just as we did last year, because of security concerns, only those who have picked up their tickets before the holiday will be permitted to enter. The state of the world being what it is, we regret that we cannot have an open door policy and drop-ins will not be admitted. All members and guests must be registered by Wednesday September 24th at the latest.

We look forward to seeing you all at the High Holidays. LeShanah Tovah.

WEST COAST TRAIL CONQUERED BY SHAAREY TEFILAH

by Alan Posthuma

Our fearless Rabbi Singer led a group of seven Shaarey Tefilah members through the challenges of the West Coast Trail in early July.

The West Coast Trail, which is located on the Southwest shores of Vancouver Island, in an area known as the graveyard of the Pacific, was built at the turn of the century to provide a chance of rescue of passengers from shipwrecks on the shore. The trail was long neglected until revived by Parks Canada as an adventure hike for those who need to challenge their bodies and confidence. The challenge comes not only from the mud and, if you choose to hike the beach, huge boulders and driftwood, but ravines which are



Continued on page 4...

Ignorance is a problem

By Rabbi Ross Singer

Ignorance of the facts is the problem. "If only people knew the truth they would be more supportive." I have heard this lament many times from Israel activists. Indeed there is little doubt that our Jewish community (not to mention our non-Jewish Canadian neighbors) is sorely uninformed about the history of the Zionist enterprise and current situation in Israel. This is particularly troubling at this time of distress when our brothers and sisters need our support so desperately. Educating ourselves is paramount in order that we equip ourselves to respond to the need of our family living in our homeland.

Yet, In thinking about this issue I have noticed an irony. Not only supporters of Israel bemoan ignorance, the supporters of the Palestinian national movement do too. Studying this phenomenon has lead me to conclude that many in both camps don't view ignorance per se as the problem. Rather, they desire that their audience learn only those facts and read only those materials that support their particular view point. If my suspicion is true then while preaching education, for some, the goal is to limit information and ideas.

When I noticed this, I decided I needed to take an extensive look at an 'insider's' view that was supportive of the

Palestinians cause. I purchased a book by Edward Said, the famous/infamous Palestinian professor of literature at Columbia University. At the same time, I purchased two other books I had been intending to read on the subject of the Arab-Israeli conflict , *Israel* by Abraham Joshua Heschel and *From Beirut to Jerusalem* by Thomas Friedman. I set off for my recent trip to Israel with these three books in my briefcase. One book a passionate and poetic support of the need and legitimacy of a Jewish state, another ,a serious critique of Israel's policies from the side of a skeptical supporter, and a third, an Arab condemnation of Arafat for giving up too much in the Oslo accords. On my trip and since my return I have plugged through these works. My understanding has expanded immensely from reading them and my perspective has grown. This experience of reading and juxtaposing diverse opinions I believe is truly the antidote to ignorance. I recommend that all who care about Israel take the time out to explore the various materials that exist on this subject. Not only will we learn, what to answer the apikorus (heretic), Pirkei Avot, but we also grow in our ability enter into dialogue about what the state of Israel means in our contemporary world and in the possibility to help it develop from an informed and educated perspective.



Haim ata gever? (Are you a real man?)

A weekly class given in Hebrew on the topic of masculinity, love, in Talmudic story. This class is for Hebrew speakers. Make sure to let your Israeli friends know about it. Beginning in October -- more details to follow

Ongoing Classes

The following classes are held on an ongoing, drop-in basis. They are free of charge and require no pre-registration.

Tuesdays: Lunch-Hour Learning Class: "The Thoughts of Maimonides," 12:15 p.m.

Fridays: Mishnah Class, 8 a.m. • Fridays: Contemporary Halachic Issues, 9 a.m..

Minyans

Fridays: Shaarey Tefilah Synagogue Friday Morning Minyan, now at 7:15 a.m. followed by freshly-baked bagels, juice and coffee

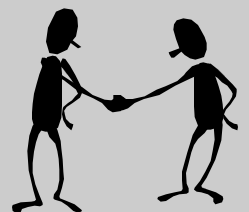
Sundays: Parashat Hashavuah. Minyan, breakfast. Open to all. 9 a.m.

Friday evening services are now at 6 p.m. throughout the remainder of Spring and the summer.

Welcome New Members

Shaarey Tefilah welcomes more new members into the fold. The following is a short bio on a new member, gleaned from information on their membership form. Please introduce yourself the next time you see someone new at services or at one of our events. We don't like anyone to be a stranger!

Leon Broitman is newly transplanted to Vancouver from Ottawa. He is the father of Debbie Havusha, who is well-known for her good work in the larger community. He is a practical joker and a teaser and is great fun to be around.



Op Ed

Writing is a creative process very much like sculpting. The author starts with a blank sheet of paper as does the sculptor with a piece of clay or marble. Plumbing the mind eventually brings forth an idea which the creative process then expands into a logical form to be conveyed to the reader in words. It involves making a rough outline of the eventual form of the article which is then worked and reworked, often repeatedly. To see this rough form laboriously refined until it assumes the image of the mind's eye in print or stone is truly a rewarding experience.

While no claim whatsoever is made here for literary excellence of what has appeared in the Tefilagram it has been the source of much satisfaction to have been its Editor these past ten years. It has afforded the opportunity and privilege to express in print strongly held feelings and ideas which might help spur the growth of our unique community. It has been an exhilarating and rewarding experience to see each and every edition in its final hard copy form.

The position of Editor was made by self-appointment when the need to communicate with the membership, albeit small, became obvious. It began as a single sheet written, printed and mailed by the editor after being reviewed and checked for grammatical correctness by his wife. As the activities of the Congregation expanded the number of writers and pages grew to today's sophisticated and professional issue by Carla Shore, the outstanding Production Editor.

It is very difficult if not impossible to assess what the impact of the Tefilagram may have been on its readers. We do know that people wanted it since there were complaints when it did not appear. However, over the ten years that it has appeared it rarely if ever attracted any comment and never criticism leaving us to ponder several possibilities: (a) We were always right on the mark and readers were in complete agreement with everything that appeared. (b) Nobody wished to rock the boat out of fear of becoming responsible for having to row it themselves. Or (c) Nobody read it. Somewhere therein lies the truth and hopefully it was always regarded as being motivated by a desire to foster the growth of our Shul.

That Shaarey Tefilah exists today confounds its detractors, many of who gave it an optimistic six months. The supporters of the move to start a new synagogue whose efforts have been responsible for its success share great satisfaction. Others who began but left along the way have left a void which will never be replaced but who have every reason to share in the nachus of the Congregation they helped build.

As Kohellet says "*Everything has its season, and there is a time for everything under heaven.*" The time has now come for me to relinquish the editorship to someone from the next generation. I am grateful for having had the great privilege of being at the helm of what is the public image of the Congregation and I fervently hope that nothing was ever said or done to tarnish it.

-- Dr. Art Hayes

Bagel Lovers Wanted!!

Order a dozen fresh Mount Royal bagels and \$2 goes towards Shaarey Tefilah! Cost is \$8 dozen. So far, Shaarey Tefilah has made more than \$300 from the sale of the bagels. Keep those orders coming in! Bagels are available for pickup at the shul from 7:30 to noon on Fridays. Orders must be paid for at time of pickup – no exceptions! Mount Royal Bagels are baked fresh every day and are hand rolled, boiled and baked under supervision of the Rabbinical Council of B.C. To order, call Allan Posthuma, 604-733-4321 by noon. The price per dozen is \$8 (the same price you'll find in stores).



Phone Tree sprouts again

Shaarey Tefilah's Phone Tree is alive and growing. If you are not on Shaarey Tefilah's e-mail list, expect to receive calls about upcoming events from one of Shaarey Tefilah's call-out team. They'll keep you informed of special events and upcoming speakers at the shul. Thanks to our Phoners Chief of Staff Margaret Stark for organizing everyone and being the point person for all call-outs. Also thanks to her lieutenants, Susan Green, Sidney Kaplan and Bente Thomsen. If we don't have your e-mail address and you would like to be added to the shul's e-mail list, please e-mail office@shaareytefilah.com or call us with the address.

The Tefilagram is the newsletter of Congregation Shaarey Tefilah. All newsworthy information concerning the membership and articles of interest to the Congregation are welcome and appreciated. Deadline for articles is the second week of the current month. Kindly forward submissions by e-mail to tefilagram@shaareytefilah.com or fax 604-877-2224.

Editor
Production & Layout
Contributors:

Art Hayes
Carla Shore
R. Ross Singer, Jacob Grand, Art Hayes, Alan Posthuma,
Lynda Rosenberg, Cliff Ungar

...West Coast Trail continued from page one

transversed by aerial cages suspended on cables, or, when the ravine becomes too wide, hundreds of ladders going down and up cliffs. To add a special flavor to the experience, many of the boardwalks that have been built across swamps, have broken rungs from a combination of rain and hikers over-loaded with fifty pound packs.



The reward for all this is not only surviving, but enjoying spectacular forests, beaches, rivers, waterfalls and wildlife. Our trip was blessed by California grey whales who for migrating by the dozens, eagles who were constantly looking for prey, and signs that the cougar and bear alerts were genuine. shabbat was spent on a beautiful beach with our own eruv, constructed by our Rabbi.

This combination of challenge and beauty is a very personal experience, unlike anything that one encounters in their everyday life, and attracts thousands of hikers every year from all over the world, of all shapes, ages and appears to be gender neutral. The trail also seems to be attractive to religious groups. There was a group of Mormon boy scouts with us for part of the trip. Our davening and their kneeling for prayers, blended in well with other hikers and the scenery. Perhaps because of the combination of challenge and nature, the trip also raises various religious questions. For example, we were able to gain a better understanding of why in Genesis, there are two versions of our relationship to the earth: One to conquer and the other to nourish. If you are interested in gaining more of an appreciation of this and other important dilemmas, plans are already under way for a repeat performance next year.



A special thanks to Bente Thomsen for making the tallets for the West Coast Trail hikers. She did this for free as a contribution to Shaarey Tefilah and did a beautiful job.

Friday night services to be held at Rabbi Ross and Emily Singer's home

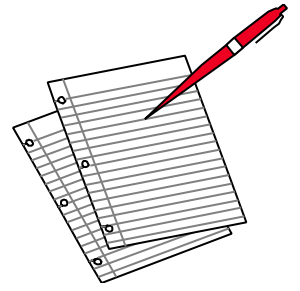
In September, services will be held at 6 p.m. at 296 West 18th Avenue., except for Rosh Hashanah. Regular Friday Night services will be followed by a Shabbat Dinner, with an open invitation for all to attend. If you are planning to stay for dinner, you must call Emily Singer to confirm at 604-876-2399. Potluck contributions to the dinner are welcome, BUT you must call the Rabbi at 604-873-2700 in advance before bringing food. Kashrut must be strictly observed.

Schedule of Services for High Holy Days and Chaggim 2003-5764

Rosh Hashanah & Yom Kippur Services take place at Schara Tzedek, 3476 Oak St. (underlined and marked with **)
 Friday Night Services are held at Rabbi Singer's home, 296 West 18th Ave.
 All Other Services take place at Shaarey Tefilah, 785 West 16th Ave.

Selichot	Sat Sep 20		11 pm	Yom Kippur	Mon Oct 6	Shacharit **	9 am
Erev Rosh Hashana	Fri Sep 26	Mincha **	6:30 pm			Mincha and Neilah **	5 pm
Rosh Hashana Day 1	Sat Sep 27	Shacharit**	8:30 am			Havdalah **	7:25 pm
		Mincha **	6:30 pm			Congregational Break the Fast**	
Rosh Hashana Day 2	Sun Sep 28	Shacharit **	8:30 am	Erev Sukkot	Fri Oct 10		6 pm
		Tashlich QE Park	5 pm	Sukkot Day 1	Sat Oct 11	Shacharit	9 am
		Mincha **	6:30 pm	Sukkot Day 2	Sun Oct 12	Shacharit	9 am
Fast of Gedalia	Mon Sep 29	No services		Hashana Rabbah	Fri Oct 17	Shacharit	7:15 am
						Mincha	6 pm
Erev Shabbat	Fri Oct 3	Mincha (At Singers)	6 pm	Shemini Atzeret	Sat Oct 18	Shacharit	9 am
Shabbat Shuva	Sat Oct 4	Shacharit	9 am	Erev Simchat Torah	Sat Oct 18	Mincha	7:00 pm
Erev Yom Kippur	Sun Oct 5	Kol Nidre **	6:15 pm	Simchat Torah	Sun Oct 19	Shacharit	9 am

From the President's Pen.....



I think I'm beginning to figure out just what Shaarey Tefilah is all about. When I joined about five years ago, it seemed to be a place where I and Sandra and my daughter Hannah all readily found friends and community. Indeed, some of our closest friends are those that we met at our shul. It also seemed to be an alternative to "The Big Shul" (insert whichever Oak Street large box synagogue you prefer) in that our space was smaller and more intimate, people came to services not only to network and meet up with friends but to have a spiritual experience as well. The aspect of lay leadership of the prayers was appealing to me in that leading services challenged me and I felt a satisfaction in learning a new skill. I apologize to all of you whom I have subjected to my version of Mussaf. The size of the congregation was, and is, such that if you were a new face you would be noticed and greeted, and if a regular did not appear someone would take it upon themselves to phone or inquire. This closeness and caring is not possible in a larger room that might host a couple of hundred on a Shabbat morning.

These attributes, however, are superficial, as important and unique as they are. Rabbi Singer, with his considerable charisma and caring has attracted many, or most of us to the shul. But what is keeping many of us here is the serious exploration and study of our tradition. With the Rabbi's guidance we have been able to critically examine contemporary issues in the world around us, and in the synagogue. We explore the limits that Judaism places on our interactions with society, and that society places on our observance of Judaism. We have developed a communal social conscience that affects our interactions with those around us, from helping the poor or the hungry or the lonely, to supporting mainstream charities such as MS Society or Canadian Blood Services. Our dedication to inquiry has demonstrated that traditional limits on the role of women in Halachah may not necessarily apply, and that our ongoing interactions with the secular world may have great value without threatening our observance of Torah.

In this vein, we have many new undertakings coming up this year. Increasing attention to the social aspects of our community means that we hope to see you more often in the shul for non-religious events. By now many of you will have participated in the car rally. In the planning stages are some evenings that I think of as "Come To The Shul And Eat Nachos And Drink Cider And See Or Hear A Presentation From One Of our Members About Something Fun And Interesting". Sandra thinks that this name is too long and unwieldy. We have in mind presentations such as Brent James speaking about climbing the highest mountains in Europe and South America, Marie Doduck relating her experience growing up as a street kid in the Europe of the Holocaust, or Sandra and myself telling about some of our adventures when we rode our bicycles around the world. We'll probably start this series on December.

Coming up in November is a very special Shabbaton. We will be able to gain insight into Rabbi Singer's background and outlook as we celebrate a Shabbat with two of our Rabbi's oldest and closest friends, both Rabbis who share our outlook of a close relationship with G-d and people in our modern world. Save November 7-8. We'll confirm details when arrangements are final.

We have a number of other ideas for the upcoming year, all of which celebrate or underscore the particular outlook that Shaarey Tefilah embodies in its interactions with Judaism, Halachah and the world around us.

As we prepare for the time of introspection and self-examination that is the High Holidays, I would like to thank our board and senior leadership and all of our members for their sincere support and guidance over the last twelve months. It has not always been an easy road, but when I look back on the progress that we have made in defining who we are and why we care about Shaarey Tefilah, I feel that we have indeed done well this year. If, along the way, I have caused anyone any pain or discomfort, then I sincerely ask your forgiveness. As Rosh Hashanah draws near, my family and I wish that you may all be inscribed for a year of satisfaction and security, of success and Shalom. Shannah Tovah.

--Cliff Ungar

Pots and pans needed!

If you have worked in the kitchen recently, you have to have noticed the deplorable state of Shaarey Tefilah's few pots and pans. The Teflon coating is flaking off the bottom of our frypans and saucepans, to the point where some items have had to be thrown away because the coating had ruined the food.

If you have an unused set of pots and pans that you would like to donate to the shul or if you would like to purchase a set of pots and pans and donate them to the shul, we can arrange a tax-deductible receipt for your much-needed contribution. Please call Lynda at 604-873-2700 for more info.

Donations, Donations, Donations

Mazel Tov

To Randy and Cheryl Milner on Bar-Mitzvah of son, Daniel
From Milt and Irit Sorokin & Family
Cliff and Sandra Ungar
Allan Posthuma
Margaret Stark

To Daniel Milner on his Bar-Mitzvah
From Jay and Kim Zipursky

To Arlene Hayes on her Special Birthday
From Valerie and Izzy Diamond

To Harvey and Barbara Halperin on engagement of son, Shawn
From Cliff and Sandra Ungar

To Rabbi Ross and Emily Singer on his birthday and their anniversary
From Cliff and Sandra Ungar

To Art and Arlene Hayes on their granddaughters Bat-Mitzvah
From Cliff and Sandra Ungar
Jay and Kim Zipursky
Sid and Marie Doduck & Family

To Norman and Sandra Miller on their wedding anniversary
From Sid and Marie Doduck & Family

To Sidney and Shirley Kaplan on their many simchas
From Lamie Zbarsky

To Kevin and Orli Glassman on birth of their son Charles
From Allan Posthuma

To Lisa Romallis and Dan Levitt on the birth of their daughter
From Cliff and Sandra Ungar

To Norman and Faye Fages on birth of grandson, Michael Ryan
From Sid and Marie Doduck & Family

To Rabbi and Mrs. Yitzchak Wineberg on
engagement of daughter, Raisey
From Sid and Marie Doduck & Family

To Amanda Watson on Bat-Mitzvah
From Robin and Bev Friedlander & Family

Thank You

To Arthur and Arlene Hayes
From Jeff and Charlotte Bell

Condolences

To Max Pinsky, Bernard Pinsky and Families on loss of uncle Shayia
From Sid and Marie Doduck

To Shelley Lederrman and Family on loss of Jack
From Sid and Marie Doduck & Family

To Jeff Norden on loss of father
From Cliff and Sandra Ungar

To Evelyn Kahn and Family on loss of Husband and Father, Leon
From Sid and Marie Doduck & Family

To Carol Taussig and Family on loss of Husband and Father, Karl
From Sid and Marie Doduck & Family

To Helen Parker and Family on loss of husband, Issy
From Sid and Marie Doduck & Family

To Marion Rom on loss of father
From Robin and Bev Friedlander & Family

To Marion Schertzer on loss of father
From Robin and Bev Friedlander & Family

Refuah Shelaimah

To Barry Katzen
From Cliff and Sandra Ungar
Sidney and Marie Doduck

To Rabbi Birnbaum
From Willem Kemper

To Dennis Frankenburg
From Roman and Mina Raivich
Sid and Marie Doduck

To Anna Gershkovitch
From Roman and Mina Raivich

To Matilda Zaltsman
From Roman and Mina Raivich

To Lea Mendelevich
From Roman and Mina Raivich



Simchat Torah Coming – Airmiles points needed

Those of you who attended Simchat Torah services last year remember a very special celebration. We danced with energy and love of the Torah. We spontaneously crossed the street and joined Beit Hamidrash and they reciprocated following us back to Shaarey Tefilah. Attendees were talking about the excitement for some time after. We hope that this years festivities will meet and even exceed last years. Make sure to attend Simchat Torah at Shaarey Tefilah!

For the past three years our services have been enhanced by bringing young knowledgeable energetic Yeshivah students to our Kehilah. This has been made possible by the generous donation of airmile points. If you would be willing to donate points this year, please contact Rabbi Ross at the synagogue office.

News we like to hear

Thank you to the many members, including Deborah Youngson and Brent James, Ursula Beale and Cliff and Sandra Ungar, who offered places at their Seder table to others.

David and Debbie Aarons and toddler are happily ensconced in their new home in Richmond. We wish them much happiness in their new digs.

Lisa Romalis and husband Dan Levitt had their first child, a baby girl, on June 29. Dahlia Hadass weighed five pounds, 13 oz, but is growing fast, according to her mom. Mom is also doing well, but, like most new moms, wishes for a bit extra sleep!

Margaret Stark had a visit from her daughter, son-in-law and two grandchildren from Israel in July. Her granddaughter requested the trip as she wanted to see her Bubbe as her Bat-Mitzvah gift. I'm not sure who was happiest to see whom - by all accounts, a wonderful time was had by all.

On the "been sick but improving" list: Barry Katzen, Dennis Frankenburg, Bernie Geffin, Agi Bergida. Dennis was well enough, after breaking three ribs in late June in a nasty fall, to go to Israel with wife Naomi to see his children and grandchildren.

Rabbi Birnbaum continues on the road to recovery following major surgery at VGH. He is now at Louis Brier Home and would love a visit.

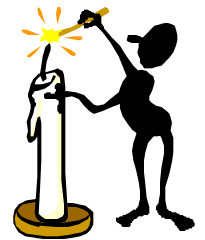
Dr. Sidney and Shirley Kaplan have had many simchas recently in the family, with three of their grandchildren getting married. They've been to Israel twice and Toronto once in the last few months for the weddings. Mazel Tov!



News we'd rather not hear

Jeff Norden's father passed away in mid-May.

Randy Milner's aunt passed away in Winnipeg in early June.



Come hang out at my new office

by Lynda Rosenberg

I celebrated Canada Day this year by moving into my very own permanent office -- in the closet!

On July 1, the cloakroom underwent a transformation, courtesy of Willem Kemper, a fellow familiar to many regular shul-goers. Where coats and umbrellas once hung, I now have a permanent spot for my desk and computer, copier, printer and files. Willem installed lots of shelving and a writing surface to supplement my cramped computer desk. He also put in three pot lights and hardwood floors (yes!) to make this a cozy little spot indeed.

For those of you who don't get into the shul during the week, you probably didn't know that for the last several months, the toy room had become an office. Although this arrangement allowed the rabbi to have his own much-needed office instead of giving it up to me during the week, the toy room was not a good long-term solution for several reasons. Firstly, it meant that my entire office had to be dismantled on Thursday afternoons and set up again on Monday mornings, taking a couple of hours out of each week. Secondly, all of my office paraphernalia was stored in the rabbi's office, meaning he had to put up with considerable clutter and disruption as the office was stored and moved in and out. Thirdly, the constant moving was causing considerable wear and tear on my office furniture and created the very real possibility that the continuous moving and unplugging of the computer would either damage, delete or destroy files.

I can't say enough good things about Willem Kemper. Not only did he provide the labor for this project absolutely gratis, but he did everything first-class with a professional attitude and, always but always, a smile on his face. If you're thinking of building or renovating and are looking for a carpenter, look in the Yellow Pages. If you want a craftsman, a professional and a gentleman, call me and I'll pass on Willem's number.

If you get a chance, drop in and see my new digs. If I don't know you by sight, I'd love the chance to match a face to a name. And don't forget to check out all the pics of my human and canine family on the walls! See you soon!

Sunday Night at the Movies!

Rabbi Ross' exciting new program. We will watch your favorite movie with our kehilah, then over dinner we will discuss the film through the lens of Torah. In the fall, Sundays Oct. 16, Nov. 23. In the winter and spring Jan. 25, Feb. 22, Mar. 21, and May 16. More details to follow.



Some Important Halachot for the High Holidays

At midnight on the Saturday preceding Rosh Hashanah by at least 4 days we recite special penitential prayers called slichot (forgivenesses). These prayers are added every subsequent morning up until Yom Kippur.

Men and women are required to hear the shofar blasts on Rosh Hashanah. We blow 100 blasts in all and it is preferable to hear all 100.

The first day of Rosh Hashanah (unless it is on Shabbat) includes a trip to a body of water for Tashlich services. These prayers ask G-d to forgive our sins and consider them thrown to the bottom of the ocean.

There are special editions to the Amidah that are to be included during the ten days between Rosh Hashanah and Yom Kippur. They are marked in the artscroll siddur.

On Erev Yom Kippur it is a mitzvah to have a festive meal before the fast begins. Minchah (the afternoon prayer service) should be davened (prayed) before this festive meal and one should include the vidui (confession) at the end of the Amidah. This format can be found in the Artscroll machzor for Yom Kippur.

The following are forbidden on Yom Kippur:

- 1.) eating or drinking
- 2.) washing (unless one is soiled, netilat yadaim is permitted in the morning)
- 3.) applying oils to the skin (i.e. lotions etc...)
- 4.) wearing leather shoes
- 5.) marital relations

Some have a custom not to wear jewelry on Yom Kippur. Some have a custom to wear white on the High Holidays and some even wear a Kittel.

On the seven days of Succot men must and women are encouraged to eat meals and sleep in a succah. If it is raining one is exempt from the succah exempt for the first night when one should at least make kiddush and eat some Challah in the succah. There is a mitzvah to wave the four species, palm (1 branch), willow (2 branches), myrtle (3 branches), and the citron or etrog once a day for all seven days except Shabbat. On the eighth day, shmini atzeret, one should eat in the succah but should not recite the blessing upon sitting in the succah. The four species are not waved on shmini Atzeret.

On Simchat Torah you must dance!!!! Shannah Tovah!

THE SHAAREY TEFILAH CAR RALLY AND BARBECUE

Drivers...start your engines! On Sunday, September 7, Shaarey Tefilah Congregation is hosting a car rally and barbecue. Come and enjoy a beautiful drive through Vancouver, with lots of fun and excitement. Meet new people, and catch up with the friends you haven't seen all summer. Join us Sunday September 7 at 1pm for the rally, BBQ at 4 pm.



Meet at the Jewish Community Centre parking lot, south-east corner (opposite side of the lot from the JCC entrance) Barbecue to follow at a "secret" location.

Cost is \$18 for adults, kids 5-12 are \$10 (under 5 are free). Cost covers registration fee for the rally, kosher [meat & veggie] food at the barbecue and prizes. Payable by cash, cheque or visa at registration.

Please RSVP by Tuesday, September 2 to Morey or Alissa Altman at 604.266.5852 or amaltman@shaw.ca.