



Am HaYam Cape Cod Havurah

September 2009 *Elul 5769-Tishrei 5770* Volume 5, Number 1

DATES TO REMEMBER

<i>Shabbat Services</i>	Friday, September 4	7:30 PM
Yiddish Club	Thursday, September 10	1:00 PM
“The Gates are Closing”	Sunday, September 13	10:30 AM
<i>Erev Rosh Hashanah</i>	Friday, September 18	7:30 PM
<i>Rosh Hashanah</i>	Saturday, September 19	10:00 AM
Women’s Torah Study	Tuesday, September 22	2:00 PM
<i>Kol Nidre</i>	Sunday, September 27	7:30 PM
<i>Yom Kippur</i>	Monday, September 28	10:00 AM

SHABBATSERVICES

Shabbat Services are held at the Chapel-in-the-Pines (Samoset Road, Eastham) on the first and third Friday of the month beginning at 7:30 PM and are followed by an *Oneg Shabbat*. Please bring treats for the *Oneg*. The *Oneg Shabbat* Committee provides *challah* and beverages. Services are led by members of the *Havurah* and each service is different depending on the leader’s orientation. If you wish to lead *Shabbat* services, please contact Paul Biegelsen at landerbiegel@comcast.net. In September, the third Friday is *Erev Rosh Hashanah*.

Service leader for September 4: George Wasserman

The *Oneg Shabbat* Committee needs volunteers to help with set up and clean up at *Shabbat* services. Each volunteer serves just 2-3 times per calendar year. It is a great way to help the *Havurah*. If interested please call Marilyn Greenberg or Paula Feinstein at 508-255-9283. Thank you.

PRESIDENT'S MESSAGE

So, are the High Holidays early this year or are they late?

The Jewish calendar took on its present form over 1600 years ago. The Jewish calendar is lunar with 354 days in a year. The Gregorian or civil calendar is solar with 365 days in a year. Therefore, an 11 day discrepancy exists between the two.

The Muslim calendar is also based on the lunar year. Their holidays, most notably Ramadan, float through out the Gregorian year. This approach would create a problem for our yearly cycle of holidays since many are tied to a specific season. Passover has to be celebrated in the spring and *Sukkot* is celebrated in the fall.

In order to synchronize the two calendars, the Calendar Council of the Sanhedrin decided to add an additional month (*Adar II*) seven times in nineteen years. In addition, each year a day was added or subtracted from the months of *Cheshvan* and *Kislev* as required. These two months are the "swing" months:

some years they have 29 days, some years they have 30.

Rosh Hashanah is celebrated on the first day of the month of *Tishrei*. In many congregations, the celebration extends to the second day of *Tishrei*. *Yom Kippur* is observed on the tenth day of *Tishrei*. When I lived on Long Island, I was a member of Port Jewish Center. Like *Am HaYam*, we held our High Holiday services at a local church. I was always concerned that we would run into a conflict with their Sunday service. I was relieved to learn from my rabbi that *Rosh Hashanah* and *Yom Kippur* would never fall on a Sunday or Friday or Wednesday. When the calendar was issued in 359 C.E. by Hillel II, it was arranged so that the holidays would not interfere with *Shabbat* and *Shabbat* would not interfere with holiday observances.

So, are the High Holidays early this year or are they late? I'll let you decide. I look forward to seeing many of you at our *Rosh Hashanah* and *Yom Kippur* Services. *L'shana Tova*.

Judy Keller



HIGH HOLY DAYS WITH *AM HAYAM*

Rosh Hashanah and *Yom Kippur* services are held at The Federated Church of Orleans, 162 Main Street, East Orleans. Services will be conducted by Rabbi Deanna Douglas and Cantor Elizabeth Anker. All services are free and open to the public. The building is handicap accessible and there is plenty of parking.

SCHEDULE OF SERVICES

- *Selichot*, Sunday, September 13, 10:30 AM, a staged reading by *Am HaYam* members of "The Gates are Closing" in preparation for High Holy Days, Wellfleet Library. Bagels and coffee.
- *Erev Rosh Hashanah*, Friday, September 18, 7:30 PM
- *Rosh Hashanah*, Saturday, September 19, 10 AM
- *Tashlich* immediately following services at Meeting House Pond on Barley Neck Road
- *Kol Nidre*, Sunday, September 27, 7:30 PM
- *Yom Kippur*, Monday, September 28
Morning service, 10 AM
Afternoon service, 3 PM,
Yizkor (memorial) service, 4:30 PM
Ne'ilah (concluding) service, 5 PM

GRANTING OF HONORS AND *ALIYOT* FOR HIGH HOLY DAYS

The Ritual Committee has established the following policy for granting honors and *aliyot* for *Rosh Hashanah* and *Yom Kippur*.

- All board members
- All committee chairs
- Very active members
- The past year's *Bar/Bat Mitzvah* teens and their families

In addition, a small number of honors will be offered to those who do not appear on the list above. If you would like to be considered for an honor, but are not on the list or if you have questions about *Am Hayam's* High Holy Day services, please contact Paul Bigelson at 508-255-2963.

HIGH HOLY DAY USHERS

Ira Seldin, Coordinator for HH Ushers, is looking for additional volunteers to help with ushering at *Rosh Hoshanah* and *Yom Kippur* services. Ushers will be assigned to 30 minute slots enabling them to participate in services. Please call Ira Seldin at 508-945-4464.

PROTOCOL FOR THE HIGH HOLY DAYS

The Ritual Committee has established the following guidelines for High Holy Day services: While the congregation is standing in prayer, no one will be permitted to enter the sanctuary. Ushers will be present at the rear of the sanctuary to implement this policy. No exceptions will be made. Because we are a diverse congregation, no one is required to wear a *tallit* or *kippah* while holding the Torah, reciting blessings or standing on the *bimah*. *Kippot* will be available in the foyer and *tallitot* will be available on the *bimah* for those who want them.

FOOD DRIVE

Each year *Am HaYam* conducts a food drive between *Rosh Hashanah* and *Yom Kippur*. This year as in the past, we plan to announce the specifics of the drive during *Rosh Hashanah* services, and then collect all the food before and after *Yom Kippur* services. In past years, some participants have told us that they begin to stockpile non-perishable food items in the weeks prior to the High Holy Days. Some even set up a carton, and watching the sales, purchase a few extra items each week, tossing them into the carton. That small amount of food each week is barely noticeable in their total weekly

food bill, but by *Yom Kippur* there is a significant amount of food to donate. The local food pantries that we supply are in dire need at this time. Their clients are particularly affected by the loss of employment and the economic recession of this past year. Many more families are coming to them for help than they have ever experienced before. Please keep this in mind during these next weeks as you plan for your contributions. We look forward to seeing you all to wish you a happy and a healthy new year and to thank you in person for all your help.

Carol and Stephen Roth, Co-Chairs, High Holy Day Food Drive

BREAK-THE-FAST

This year, *Am HaYam*, will not be providing a Break-the-Fast. In the spirit of the High Holy Days, please be generous and thoughtful by including at your own Break-the-Fast *Am HaYam* members who may not have a place to go this year. *Challah* and juice will be available in the vestry following *Ne'ilah* (concluding service).

MEMBERSHIP

Who is a member? The term “member” is used to describe anyone who participates in *Am HaYam* religious services, programs, and events or who wishes to be on the email mailing list. There are no membership dues. *Am HaYam* is solely dependent on the generous donations of those who attend our events, especially during the High Holy Days, or who make donations to mark special occasions or to remember loved ones and dear friends. Mail donations to: *Am HaYam*, Box 1235, Brewster, MA 02631. Thank you.

DONATIONS

In honor of

Mim and Peter Selig's 50th wedding anniversary

Shira and David Sands

Judy Keller becoming president of *Am HaYam*

Elaine Berman

In memory of

My beloved father, Dave Klein

Fred Klein

BOOKPLATE DONATIONS

To mark a celebratory event, honor or remember a loved one or friend with a bookplate in a prayer book, please send a check for \$18 payable to Am HaYam to: Gene Saklad, 51 Pochet Road, Orleans, MA 02653-3624. Please include name(s) of contributor(s), event being celebrated or memorialized, individual(s) being honored or memorialized, relationship of each honoree to contributor, name, e-mail address and telephone number of contact in case any questions arise. Thanks.

BOARD OF DIRECTOR MEETINGS 2009/2010

The *Am HaYam* Board meets at 7 PM on the fourth Sunday of each month (except for the Annual Meeting in May) at the home of Judy Keller, 96 Tonset Road, Orleans. All members of the *Ha-*

vurah are welcome to attend Board meetings. Due to the High Holy Days, there will be no Board meeting in September. The next meeting is Sunday, October 25.

THE *AM HAYAM* "SHMOOZE LIST"

The “Shmooze List” is an informal group of people who wish to share information via email not necessarily related to *Am HaYam*. To join, send an e-mail to shmoozer@ahycc.org. Include your name, address, phone and email address.

SUPERMARKET GIFT CARDS

Am HaYam helps the Interfaith Homeless Prevention Council by selling its Shaw's and Stop and Shop gift cards. *Am HaYam* sells the gift cards at face value and the Interfaith Homeless Prevention Council earns 10% of the value. You use them like cash at the supermarkets. It does not cost you anything.

Sandy Chernick is the new Chair for this project. She will have the gift cards at Board Meetings and *Rosh Chodesh* (which she usually attends) or you can call her and arrange to get the cards. Call Sandy at 508-255-5419.

TORAH STUDY

Sunday Torah Study continues at the Brewster Ladies' Library on October 18 with Rabbi Deanna Douglas. Sessions begin at 10:30 AM. Please bring pastry or fruit. Sessions are led by either Rabbi Deanna Douglas (D) or Rabbi Alan Ullman (U).

October 18 (D)
November 22 (U)
January 31 (U)
February 21 (D)

April 11 (D)
May 16 (U)
June 6 (D)

ROSH CHODESH

Rosh Chodesh is an *Am HaYam* women's group which meets once a month in observance of the beginning of the new Hebrew month with various programs including discussions, films, and sometimes just fun! The annual planning

meeting for *Rosh Chodesh* will be at the home of Bernice Simon-Wolfson on Thursday, October 15. Due to the High Holy Days, there will be no *Rosh Chodesh* meeting in September.

YIDDISH CLUB

If you speak Yiddish or you enjoy listening to Yiddish, please join us on September 10. Call Sandi Vandercar at 508-896-3899 for location or more information.

WOMEN'S TORAH STUDY

The Women's Torah Study group meets monthly year round on the fourth Tuesday of each month at members' homes. Last September we began with Genesis 1:1 (the first book of the Torah) and continue reading in sequence. We read and study in English, using various versions of the Jewish Bible and a number of commentaries. No experience necessary and you are welcome to join the group at any time. The September session will be at the home of Renate Wasserman, in Orleans, on Tuesday, September 22, 2-4 PM.

The schedule for the remainder of the year will be determined at the September meeting. If you would like to host a session but will not be at the September meeting, please let me know in advance of that meeting.

Email announcements will be sent a few days before each session by the host. If you would like to be added to that email list, please let me know.

Rebecca B. Holmes

A Message from Ann-Beth Ostroff, Social Worker, Jewish Children and Family Services:

JFCS is actively working with area sisterhoods and women's groups in a collaborative effort to develop a study group based on *THE TORAH: A WOMEN'S COMMENTARY*. JCFS is looking at several well-qualified women rabbis to teach the class. A minimum of 10 students is needed to run the course. It will be held in the late spring for about 4 weeks (alternatively a one-day intensive program).

- Tuition will be determined by the length of the course
- Each session will be two hours
- JFCS will copy and distribute handouts from the rabbi
- Students will purchase the book. JCFS will arrange for a discount based on a bulk order.
- JFCS will choose a meeting place in Hyannis which is of equal distance for the upper and lower Cape.
- We suggest a brown bag lunch/dinner prior to class, a nice way to get to know one another.
- Please share this information with friends.
- Car pools can be arranged

Please let Ann-Beth know of your interest in this program at 508-778-5589 or jc.serve@verizon.net. JFCS is a division of the Jewish Federation of Cape Cod.

H1N1 INFLUENZA & VACCINE: WHAT DO I NEED TO KNOW?

This important educational event will be held on October 1, 2009, 7:00 to 8:30 pm at the Parish Hall, The Church of the Holy Spirit, 204 Monument Road, Orleans.

The speaker is Deputy David T. Vieira, Director, Office of Intergovernmental Relations/Citizen Corps, Barnstable County Sheriff's Office.

Parents of children between the ages of 6 months to 24 years of age, household contacts of children younger than 6 months of age, healthcare workers and emergency medical services personnel, pregnant women, and adults with underlying risk conditions or medical conditions that increase their risk for complications from influenza, will find this event of special interest as they are more at risk for the effects of H1N1 Influenza than other groups in the community. For more information, call 508-255-0433.

This invitation was extended to members of the Nauset Interfaith Association and their congregants by the Parish Nursing Ministries of many local churches.

(On occasion, the newsletter will make available information about events of particular interest to the Jewish community on the lower and outer Cape.)

LOOKING AHEAD TO OCTOBER

- **Sukkot/Shabbat Service**, Friday, October 2, 7:30 PM at the home of Cindy Fox and Steve Berrick.
- **Rosh Chodesh**, Thursday, October 15, 7:30 PM, at the home of Bernice Simon-Wolfson.
- **Shabbat Service** with Cantor Bruce Malin, celebrating *Simchat Torah*, Friday, October 16, 7:30 PM, Chapel in the Pines
- **Torah Study**, Sunday, October 18, with Rabbi Deanna Douglas, 10:30 AM, Brewster Ladies Library.
- **Adult Education**, Thursday, October 21, 7 PM, Brewster Ladies Library: C. Fred Alford will speak about his research and findings for his book, "After the Holocaust: The Book of Job, Primo Levi, and the Path to Affliction." (See more detail in October newsletter)
- **Board Meeting**, Sunday, October 25, 7:00 PM at the home of Judy Keller
- **Women's Torah Study**, Tuesday, October 27, 2-4 PM, at the home of Judy Keller

THE “YELLOW PAGES” OF *AM HAYAM*

ADULT EDUCATION	Jessica Dill	508-255-7771	jrdill1@comcast.net
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ZAMAREI HAYAM (CHOIR)	Shira Sands	508-349-1784	shira77@comcast.net

This newsletter is being mailed electronically by email and is also available on line at the *Am HaYam* website: www.ahycc.org. Check website for last minute information and changes in programs and dates.