

YOM KIPPUR 5781

SEPTEMBER 28, 2020 / 10 TISHREI 5781
YOM KIPPUR: MORNING SERVICES

Rabbi Sharon Kleinbaum, D.D., SENIOR RABBI
Gregg H. Passin, PRESIDENT
Yolanda Potasinski, EXECUTIVE DIRECTOR
Rabbi Yael Rooks Rapport, ASSOCIATE RABBI
Rabbi Marisa Elana James, DIRECTOR OF SOCIAL
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Rabbi Mike Moskowitz, SCHOLAR-IN-RESIDENCE
Joyce Rosenzweig, MUSIC DIRECTOR

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**YOM KIPPUR
SHACHARIT SERVICE**

37-38	ברכות השחר	Birkot Hashachar
43	תהלים נא	Psalm 51
47	ברוך שאמר	Baruch She'amar
63	הללויה (תהלים קן)	Halleluyah (Psalm 150)
69	ישתבח	Yishtabach
70	חצי קדיש	Chatsi Kaddish
71	ברכו	Barchu
75	קדושה דיוצר	Kedusha D'Yotzer
76	אהבה רבה	Ahavah Rabah
77-78	שמע & ואהבת	Sh'ma & V'ahavta
80	מי כמוכה	Mi Chamochah
252	עמידה	Amidah
262	שמע קולנו	Sh'ma Koleinu
264	אשמנו	Ashamnu
266-267	על חאט	Al Chet
271-272	אבינו מלכנו	Avinu Malkein
272	קדיש שלם	Kaddish Shalem

TORAH SERVICE

D'VAR TORAH: COOPERBERG-RITTMASER RABBINICAL FELLOW DEBORAH MEGDAL

YIZKOR SERVICE

290	י מה אדם	Adonai Ma Adam
	אנוש	Enosh
290-292	תפילות יזכור	Personal Yizkor Prayers
292	אל מלא לשישה מיליון	El Maley for the Six Million
293	אל מלא לכל המתים	El Maley for All
294	קדיש יתום	Mourner's Kaddish
293	תהלים כג	Psalm 23

MUSAF SERVICE

312	הנני	Hin'ni
298	חצי קדיש	Chatsi Kaddish
313	אבות	Avot
314	גבורות	G'vurot
315-316	ונתנה תקף	Unetaneh Tokef
317	קדושה	Kedushah
318	לדור ודור	L'dor Vador
323	קדוש אתה	Kadosh Atah
325	עלינו	Great Aleinu
326	עבודה	Avodah Service
333	ברכת הכהנים	Prayer for the High Priest
337	אלה אזכרה	Eileh Ezkra
346	שמע קולינו	Sh'ma Koleinu
347	כי אנו עמך	Ki Anu Amecha
348	ודוי	Vidui
353	על חאט	Al Chet
354	מחל לעונותינו	M'chal L'avonoteinu
355	עבודה & הודאה	Avodah & Hoda'ah
357	ברכת השלום	Birkat Hashalom
357	שים שלום\בספר חיים	Sim Shalom/B'sefer Chayim
358	היום	Hayom
359	קדיש שלם	Kaddish Shalem
	השיבינו	Hashiveinu

Yom Kippur Services

Sunday, Sept. 27 / 10 Tishrei

Kol Nidre, 6:00 pm

- *Ba'al Tefillah*: Cantorial Intern Sam Rosen
- *Piano*: Music Director Joyce Rosenzweig
- *Service Leader & Drashah*: Rabbi Sharon Kleinbaum

Monday, Sept. 28 / 10 Tishrei

Shacharit, 9:00 am

- *Service Leaders*: Cooperberg-Rittmaster Rabbinical Fellow Deborah Megdal, Larry Kay

Torah Service, 10:00 am

- *Ba'al Tefillah*: Cantorial Intern Sam Rosen
- *Piano*: Music Director Joyce Rosenzweig
- *Service Leader*: Rabbi Sharon Kleinbaum
- *D'var Torah*: Cooperberg-Rittmaster Rabbinical Fellow Deborah Megdal

Monday, Sept. 28 / 10 Tishrei – Cont.

Yizkor Service, 11:15 am

- *Ba'al Tefillah*: Cantorial Intern Sam Rosen
- *Piano*: Music Director Joyce Rosenzweig
- *Service Leader*: Rabbi Sharon Kleinbaum

Musaf Service, 12:30 pm

- *Ba'al Tefillah*: Cantorial Intern Sam Rosen
- *Piano*: Music Director Joyce Rosenzweig
- *Service Leader*: Rabbi Sharon Kleinbaum

Mincha Service, 4:30 pm

- *Ba'al Tefillah*: Larry Kay
- *Service Leader*: Rabbi Yael Rapport
- *Drashah*: Cooperberg-Rittmaster Rabbinical Intern Dave Yedid

Neilah Service, 6 pm

- *Ba'al Tefillah*: Cantorial Intern Sam Rosen
- *Piano*: Music Director Joyce Rosenzweig
- *Service Leader & Drashah*: Rabbi Sharon Kleinbaum

Need a stretch break? Try these gentle High Holy Day yoga postures created by CBST member, Corey Dane! [Click here for the link.](#)

YOGA FOR THE DAYS OF AWE

Release and Renew

Beit Simchat Torah
for every day
of the year
HIGH HOLY
DAYS 5781

OBSERVING THE HIGH HOLY DAYS AT HOME affords us an opportunity to create space for new experiences and new traditions, but it also means hunkering down in front of a computer screen for several hours, taxing the body, mind, and spirit. Yoga is an incredible tool for unlocking tension and coming back to your body.

This 20-minute sequence focuses on the major muscle groups that tense up after sitting still for several hours. Along with descriptions, benefits, step-by-step instructions, and tips, there are affirmations to meditate on while exploring each pose. While meant to be completed in order, you can also pick one or two poses to explore individually, and still enjoy physical relief and release without completing the entire sequence. You may want to have yoga blocks or thick books, a blanket, and a pillow or cushion nearby, to help you explore these poses more fully.

In addition to English, poses appear in Hebrew, which links the practice to your observance of these Days of Awe, and Sanskrit, which is how yoga was – and continues to be – passed from generation to generation.

Wishing you High Holy Days full of meaning and movement!

G'mar Chatimah Tovah,

COREY DANE
RYT 200

Only you know your body and your limitations. Speak with your physician or health care professional before attempting this or any physical practice to determine if it's right for you. If you have specific questions about this sequence, need help adapting it for your body, or want to schedule a private session to address specific areas that need attention, email me: coreydane@gmail.com!