



Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

Founded in 1947

32 Gorton Avenue • Old Colony Beach • Old Lyme, CT • 06371

We invite you to join our High Holy Days Services 5782/2021

High Holy Day Services Schedule:

Rosh HaShanah

Monday Sept 6

Tuesday Sept 7

Wednesday Sept 8

Yom Kippur

Wednesday Sept 15 Kol Nidre

Thursday Sept 16 Morning Services*

Neilah

*Yizkor will take place during services



On *Rosh HaShanah* it is customary to eat foods with symbolic importance, to serve as cues to help us focus on the agenda of the season: prayer, repentance and resolution to do good.

We dip apples in honey in the hope of a sweet New Year. We bake round challot to represent the circle of life. The pomegranate is filled with seeds, reminding us of the many *mitzvot* that we can do. It's traditional to eat some of this juicy fruit and say, "May it be Your will, our God and the God of our ancestors, that our merits increase as the seeds of a pomegranate."