



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

website: www.synagogueoldlyme.org

We invite you to join our Zoom High Holy Days Services 5783/2022

High Holy Day Services Schedule:

Rosh HaShanah

Sunday	Sept 25	7:00 pm
Monday	Sept 26	9:00 am
Tuesday	Sept 27	9:00 am

Yom Kippur

Tuesday	Oct 4	Kol Nidre	6:00 pm
Wednesday	Oct 5	Morning*	9:00 am
		Neilah	6:30 pm
		Fast Ends	7:10 pm

*Yizkor will take place during services

Services will be

Zoom & In Person



Emails to follow with

- Zoom links
- Prayer book downloads



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."