

September 4th

Selichot

This is the night of forgiveness, a step essential to the healing of the heart. Selichot, the penitential prayers said from the Saturday night before Rosh Hashanah through Yom Kippur, ask God for forgiveness. If we want forgiveness, we have to offer it and ask for our own. As we are merciful, so is God merciful to us.

Study –9:30 pm

**We will study selections
from Machzor Lev Shalem**

Service 11:00 pm

Old Whalers' Church



For the complete High Holy Day Schedule

<http://www.synagoguehamptons.org/high-holy-days/high-holy-day-schedule>



Friday September 3, 2010 **Candle Lighting 7:03 pm**

Kabbalat Shabbat 6:30pm

258 Redwood Road
Sag Harbor, NY

Shabbat Morning 9:30

Old Whalers Church
44 Union Street, Sag Harbor

Kiddush sponsored by Sarah Engel and Morty and Harriet Chwatsky

Parashat Nitzavim-Vayelekh

Annual (Deut. 29:9-31:30): Etz Hayim p. 1165
Triennial (Deut. 31:7-31:30): Etz Hayim p. 1174
Haftarah (Isaiah 61:10-63:9): Etz Hayim p. 1180

Musings on Selichot / Teshuvah --

Summer is passing. The days grow shorter. The sound and colors of nature, the stirring of the wind, speak to us of changes in the world, in life and in man's course on earth. We are also about to enter upon a new season of the spirit, of the soul. It reminds us of our changing lives and fortunes, of the changes that take place within our homes, our communities, our world. It bids us look upon the changes that have taken place within ourselves . . . Awed and subdued, we stand before the threshold of a New Year. We recall those moments in the past year when we rejoiced in our victories and achievements, our decent impulses and our generous action. But now, in the presence of that Eternity to which a dying year compels our attention, we are mindful that our defeats were greater than our triumphs. We failed ourselves by failing to rise to our own level. We failed our fellow human beings by failing them in their need for our love and respect. We failed our God by worshipping ourselves. For all these, at this turning point in endless time,

we would seek forgiveness, our God. We come to You to help us lift the burdens of our souls, for there is none of us so virtuous or so proud whose heart does not cry out, despite ourselves, for forgiveness.

Rabbi David Polish, *Moments of Transcendence: Inspirational Readings for Rosh Hashanah*, edited by Rabbi Dov Peretz Elkins

<http://www.jewishduluth.org/library-notes/2010/8/10/readings-for-elul-preparing-for-the-high-holidays.html>

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The word for the process of self-examination, making amends, and asking forgiveness is called teshuvah, which means both return and answer. It carries circularity in its definition. And the word for forgiveness, mechila, is from the root, muchol, which means circle. We turn within ourselves to find answers; it's our creative process. And when we enter the courageous and creative work of self-judgment, we too turn within for answers.

Our process is exactly right, with the addition of making direct amends to the one we have harmed. To face ourselves, to face the one we've hurt, to say I'm sorry, is so hard! It reflects teamwork. First, the individual has to choose the path, then we gather as a community to strengthen each other to walk it, and finally, we recognize that the lightness of heart that follows the deed is God's gift.

I don't believe it is solipsistic to say that the reason we ask forgiveness is not only because it's the right thing, but because it frees our hearts. It is equally difficult to forgive those who have harmed us. Yet if we harbor resentment within us, it's as if we're keeping a thief in our hearts who steals our well-being, our joy, and our strength.

Forgiving doesn't mean forgetting, it doesn't mean accepting. It simply means that I will no longer take responsibility for your behavior by being victim to it. I sever that relationship to you when I forgive you for what you have done to me.

Offering forgiveness will bring the grace that asking forgiveness brings. Most importantly, by behaving in these ways, we demonstrate that we are in God's image, the One who forgives and pardons abundantly.

[http://www.malkadrucker.com/selichot\\_05.html](http://www.malkadrucker.com/selichot_05.html)

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A Bad Apology Is Worse Than No Apology by Randy Pausch, [The Last Lecture](#)

Apologies are not pass/fail. I always told my students: When giving an apology, any performance lower than an A really doesn't cut it.

Halfhearted or insincere apologies are often worse than not apologizing at all because recipients find them insulting. If you've done something wrong in your dealings with another person, it's as if there's an infection in your relationship. A good apology is like an antibiotic; a bad apology is like rubbing salt in the wound.

... I'd often give classes my little routine about apologies.

I'd start by describing the two classic bad apologies:

1) "I'm sorry you feel hurt by what I've done." (This is an attempt at an emotional salve, but it's obvious you don't want to put any medicine in the wound.)

2) "I apologize for what I did, but you also need to apologize to me for what you've done." (That's not giving an apology. That's asking for one.)

Proper apologies have three parts:

- 1) What I did was wrong.
- 2) I feel badly that I hurt you.
- 3) How do I make this better?

... Students would say to me: "What if I apologize and the other person doesn't apologize back?" I'd tell them: "That's not something you can control, so don't let it eat at you."

If other people owe you an apology, and your words of apology to them are proper and heartfelt, you still may not hear from them for a while. After all, what are the odds that they get to the right emotional place to apologize at the exact moment you do? So just be patient. Many times in my career, I saw students apologize, and then several days later, their teammates came around. Your patience will be both appreciated and rewarded.

<http://rabbiamy.wordpress.com/2009/09/13/the-pitfalls-of-teshuva/#more-73>



PETITION (A PRAYER FOR SELICHOT)

Compassionate One, remember
we are your children

help us to know again
that we are cradled

during these awesome days
of changing light

we want to return
to your lap, to your arms

remind us how to believe
that we are loved

not for our achievements
but because we are yours

as the moon of Elul wanes
and the new year rushes in

hear us with compassion
enfold us, don't let us go

<http://velveteenrabbi.blogs.com/blog/2009/09/petition-a-prayer-for-selichot.html>



Facebook -- The Conservative Synagogue now has a Facebook Page. Become a friend.

Donations

Esther Schleifer in honor of Miriam and David Brous's anniversary.

Quote of the Week

"I like the man who takes the trouble to know himself, is appalled, and then forgives himself."

C.P. Snow

I ask forgiveness if, in these weekly updates, I have slighted or overlooked anyone, I have misrepresented any teaching that I quoted, or I have failed to represent our synagogue in its best light. **Selach li. Forgive me.**

Shabbat shalom. I wish you all a shana tovah u'metuka.

Stacy

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Directions to
Home of Rabbi Jan Uhrbach
258 Redwood Road

From East Hampton and points east (via Route 114)

Take Route 114 north to Sag Harbor. Turn left on Union Street (there is a restaurant on the near left corner called Cilantro's). Turn left onto Main Street. Turn right onto Glover Street (directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

From Sagaponack or Wainscott (via Sagg-Main)

Take either Sag Harbor Tpke or Sagg-Main Street into Sag Harbor. Turn left on Union Street. Take the first left onto Main Street. Turn right onto Glover Street (directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

From Bridghampton (via Bridge-Sagg Pike)

Take the Sag Harbor Tpke into Sag Harbor. Turn left onto Glover Street (just past Canio's Bookstore and directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

From Watermill (via Scuttle Hole Road)

From 27, turn left onto Scuttle Hole Road. Stay on Scuttle Hole Road until the end, then turn left onto the Sag Harbor Turnpike. Take the Sag Harbor Turnpike all the way into Sag Harbor, and turn left onto Glover Street (just past Canio's Bookstore and directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

From Southampton, West Hampton, and points west

Take 27 (Montauk Hwy) east. Turn left at the large green sign pointing toward Sag Harbor (just past East End Clambakes). This will be Sandy Hollow Road. Turn left at the first light onto North Sea Road. Take North Sea Road to Noyack Road – turn right onto Noyack Road, following the signs to Sag Harbor. Turn left onto Long Beach Hwy. Turn right onto South Ferry Road at the traffic circle (sign will say Route 114 South). Cross the bridge into Sag Harbor. Turn right onto Main Street (opposite the windmill and the wharf). Go straight along Main Street past the stores. Toward the end of the stores there is a fork in the road (at the monument and Allen Schneider realty); bear right to stay on Main Street. Turn right onto Glover Street (directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

From Southampton, West Hampton, and points west - Alternate

Take 27 (Montauk Hwy) east. Turn left at the large green sign pointing toward Sag Harbor (just past East End Clambakes). This will be Sandy Hollow Road. Turn left at the first light onto North Sea Road. Take North Sea Road for a very short distance, and make a right onto North Sea Mecox Road. Take that to the end, then turn left on Seven Ponds Road. At the end of Seven Ponds there is a stop sign, and fork in the road. Take the middle path (always a good idea anyway), onto Lower Seven Ponds Road. Make a left at the end of the road onto Head of the Pond Road, and bear right at the next fork, staying on Head of the Pond. Stay on Head of the Pond Road until the end (it will curve and turn a fair amount, then take a left turn on Scuttle Hole Road. Stay on Scuttle Hole Road until the end, and turn left onto the Sag Harbor Turnpike. Take the Sag Harbor Turnpike all the way into Sag Harbor, and turn left onto Glover Street (just past Canio's Bookstore and directly across the street from the Cove Delicatessen). Pass Long Island Avenue on your right, and turn left at the next stop sign onto Redwood Road. Pass the marina on your right, and take the first left onto Cove Road. As the road swings to the right, number 258 will be the second house on the left, the tan house with the red door.

PARKING

You may park in the driveway, or on the street, but please be particularly careful of the neighbors' driveways. There is also a small public parking area on the right side of Redwood Road, just past the marina and directly opposite the left turn onto Cove Road. It is then a very short walk to the house.