


Join us for our  
Annual Shabbat in...

# CHARL- EVOIX



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tbe  
BULLETIN

AUG <sup>20</sup>/<sub>22</sub>

**FRI. AUG. 19**

6 PM Wine & Cheese  
Pre-neg

7 PM Outdoor Shabbat  
Service  
(Odmark Pavilion)

**SAT. AUG. 20**

5 PM Havdalah in  
the Park  
(Downtown Charlevoix)

*OPEN TO THE COMMUNITY*

# Preparing for the High Holidays

## AN ELUL OF SACRED HOUSEKEEPING!



RABBI MEGAN BRUDNEY

*"To the outside world I was a professional, a person in control. I was a powerful advocate for unlikely transformations, a healer who helped people get their lives together... But when I opened the doors to my closets and stared in, there it was: my own darkness, my version of crazy, my shame. Shirts balled up, pants and skirts in piles on the floor, shoes lost or without mates, torn panty-hose and underpants with no elastic."*

Harriet Rossetto, founder of Beit T'Shuvah (a Jewish drug and alcohol rehab in Los Angeles where I had the honor of working during rabbinic school), had spent years living a double life—and her closet was one last vestige of it. Perhaps some of you identify with having one (or more) disaster areas in your home that refuse to be tamed no matter how successful you are otherwise. Maybe these trouble spots also haunt and taunt you, taking up a disproportionate amount of your mental energy. But at age 55, Rossetto had an epiphany:

*"If God matters and I am created in the image of God, then I matter. Life matters. My actions matter. Why bother [cleaning]? Because I'm grateful for my life and my blessings.... I came to believe that everyday attendance to one's physical and spiritual condition leads to a better and happier life. Not just housekeeping: sacred housekeeping."*

By bringing the concept of holiness into the drudgery of housework, Rossetto found a deep reason to fight the instincts that kept leading her down a path she did not care to travel yet again. So this year, for Elul—the month of planning and preparation leading into the High Holidays—we at Temple Beth El are going to be embarking on a journey of Sacred Housekeeping together. I am inviting all friends of Temple to get ready for the holidays by facing an area in your physical space that has been dragging you down for way too long. (I personally will be re-tackling my desk!) I hope you will join me in reading and discussing Rossetto's book, *Sacred Housekeeping* (details on next page) and will open yourself to finding the divine even in literal chores.

To help you along, we have prepared a month of inspirational sessions with professionals versed in some aspect of *Sacred Housekeeping*—starting with Rossetto herself! Make sure to watch (or tune in afterward) for a chance to win a giveaway with each one!

Wishing you meaningful cleaning to lead into a meaningful High Holiday season,

Don't miss our 5 Part Elul Series:  
Thursdays Tune in to Temple! (see next page)

### HIGH HOLIDAYS AT TBE

#### DETAILS TO FOLLOW

#### SEPTEMBER 17- SELICHOT

7:00 PM

Dedication (IP/V)

8:00 PM

Service (IP/V)

#### SEPTEMBER 25 EREV ROSH HASHANAH

5:30 PM

Evening Service (IP/V)

#### SEPTEMBER 26 ROSH HASHANAH DAY

9:00 AM

Open time on campus (outside)

9:15 AM

Younger Children's Service (IP/V)

10:30 AM

Morning Service (IP/V)

2:30 PM

Older Children's Service (IP/V)

3:30 PM

Teen Tashlich (IP)

4:00 PM

Tashlich (IP)

#### OCTOBER 4 - EREV YOM KIPPUR

7:30 PM

Kol Nidre Service (IP/V)

#### OCTOBER 5 - YOM KIPPUR DAY

8:00 AM

Open time on campus (outside)

9:15 AM

Younger Children's Service (IP/V)

10:30 AM

Teen Yom Kippur Event (IP)

10:30 AM

Morning Service (IP/V)

1:00 PM

Yom Kippur Enrichments

2:00 PM

Older Children's Service (IP/V)

3:00 PM

Stories of Survival and

Inspiration (IP/V)

4:00 PM

Healing Service (IP/V)

5:00 PM

Yizkor and Concluding

Service/Shofar (IP/V)

6:00 PM

Havdalah/Break-fast (IP)



