

# High Holidays 2018/5779

## Special Programs & Services for Adults

In addition to our Charry, Dorshei Derekh & Minyan Masorti services, we invite you to participate and be renewed by the following programs:

### Yoga & Chi-Gong led by Leah Weisman

Qi-gong, similar to Yoga, is an energy movement practice. With gentle movements and breathing meditations, we clear stress, calm our minds, and gently energize our bodies. It is embodied prayer. Give yourself the gift and come nurture yourself as well as receive an energy boost to prepare for the final hours of Yom Kippur.

**Yom Kippur, 4:00-5:00 PM**

### Kol D'mamah Contemplative Service & Meditation Spaces

Connect with the divine through music, breath and learning. Includes chant, hand percussion, meditation and contemplative teachings.

**Rosh ha-Shanah Day 2, 10:00 AM –1:00 PM**

**Yom Kippur, 10:30 AM-12:30 PM | 3:00-4:00 PM | 6:00 PM**

**Israel Garden** - The beauty of our Israel Garden provides a peaceful, meditative space each day.

**Open Meditation Space** - The Quitman Library will be open at 6:00 PM on Kol Nidrei for those who may want a quiet, meditative space.

### Text Studies

**Rosh Hashanah Day 1, 12:00-1:00 PM** (led by student rabbi Ari Witkin)

**Creation Beyond the Binary:** For generations we have recalled our creation story through the emergence of binary elements: light and darkness, heavens and earth, land and water, male and female. Though these dichotomies have animated the human experience in many ways, they paint only a limited picture of the universe we live in. With all we know about the world can we really say that everything in creation is from either column A or column B? In this session we will look to our tradition's mystical texts, beginning with the Zohar, as we explore a more complex, and maybe more full, Jewish perspective on creation.

**Yom Kippur, 12:00-1:00 PM** (led by student rabbi Ari Witkin)

**Corporate Teshuva:** This year we saw a somewhat new side of corporate America as companies like Wells Fargo and Facebook presented us with polished apologies embedded in wide-spread ad campaigns. In the midst of our season of teshuva (repentance) we might ask; can a corporation authentically participate in this type of interpersonal and spiritual practice? In this session we will explore some of Judaism's fundamental texts about teshuva as we discuss what it means to grant forgiveness and how that process may or may not work when dealing with an entity other than an individual.

**Yom Kippur Oscar Bregman Memorial Program: Wednesday, September 19 from 3:00-4:15 PM**  
**"LAW vs. JUSTICE"**

**with Reginald Shuford, Executive Director of ACLU Pennsylvania**

On Yom Kippur afternoon, we come together in the Charry Sanctuary to explore the tensions between law and justice. Full panel of speakers TBA. Please see Bregman Program flyer for full details.

*Sponsored by an endowment established in memory of Oscar Bregman*