

High Holiday Programs 2019/5780

Beit Midrash, Bregman, Yoga, and Kol D'mamah

Koleinu Beit Midrash Sessions, led by Rabbi Rebecca Richman:

Hayom Harat Olam: Today is the Day the World is Created: During Musaf on Rosh ha-Shanah, we traditionally repeat the words, "*Hayom Harat Olam*" (Today is the day the world is created). What do these words mean in the liturgy and how are they understood in our tradition? If the world is already created, what does it mean to declare that this very day, this particular first day of this new year, is the day of the world's creation?

Rosh Hashanah Day 1, 12:00-1:00 PM in the Quitman Library

The Creative Act of Teshuvah: In this High Holiday season, one of our main tasks is teshuvah, repentance. We are instructed to review our actions from the year past, make amends where we have gone astray, and begin anew. Teshuvah is an act of returning to the core goodness in ourselves, and it is also an inherently creative process. How does the journey of teshuvah tap into the creative potential within each of us? How might we become artists of our own spiritual and relational paths in this new year?

Rosh Hashanah Day 2, 10:00-10:45 AM in the Quitman Library

We Will Outlive Them: Martyrology and Our Ancestors' Call for Our Survival: During World War II, the Nazis backed a group of Hasidic Jews in Poland up against barbed wire, demanding that they sing as they were being executed. One man's Yiddish singing morphed into a chant that rang out among the crowd, "*Mir veln zey iberlebn, iberlebn, iberlebn*," translated as, "We will outlive them." In recent years, these words have become a rallying cry for justice. The Jews who died singing were, as we know, neither the first nor the last to die with a strong sense of Jewish conviction and selfhood. Together, we will explore the martyrology portion of the Yom Kippur service and unpack our ancestors' call for later generations to keep fighting for our survival.

Yom Kippur, 12:00-1:00 PM in the Quitman Library

Oscar Bregman Memorial Program:

Restorative Justice & Forgiveness with Will Cooper-Balis, MSW, LSW

All are invited to come together in the Charry Sanctuary on Yom Kippur afternoon to explore restorative justice in Philadelphia. Will Cooper-Balis, manager of The Guild, one of Mural Arts Philadelphia's two restorative justice programs, along with a few of the program's participants, will speak. Please check the calendar event online or pick up a flyer for full details. *Sponsored by an endowment established in memory of Oscar Bregman.*

Yom Kippur, 2:45-4:00 PM

Torah, Yoga & Chi-Gong led by Leah Weisman:

Chi-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 with Leah Weisman:

Connect with the divine through sacred chant, movement, and meditation.

Tuesday, October 1
Rosh ha-Shanah Day 2
10:30 AM-1:00 PM

Saturday, October 5
Shabbat Shuvah
9:45-11:00 AM

Wednesday, October 9
Yom Kippur
11:00 AM-2:00 PM and 6:00-7:15 PM

*Germantown Jewish Centre extends thanks and gratitude to the Wolfe Family Foundation
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