



APPLIED JEWISH SPIRITUALITY

The High Holidays - A Time for Transformation: Course Overview

Module	Name	Description	Practice	Date and Time
1	Rosh Hashana: A Day of Love	A journey through Biblical and Rabbinic texts and the High Holiday liturgy to uncover the hidden, core identity of this day	Viewing ourselves through a Divine perspective, working to align ourselves with that perspective by cultivating a sense of belovedness towards ourselves and others	<u>Sunday, September 8</u> 7:30pm Israel time 12:30pm EST 9:30am PST
2	“God, Open My Lips” Prayer as Path of Teshuva	An in-depth look at a fundamental prayer text and practice, that offers a radical reframing of how we approach prayer and our encounter with the Divine	Using the traditional practice of taking three steps back and three steps forward as an invitation to stand fully in ourselves, and to bring our full selves into an encounter with the Divine	<u>Sunday, September 15</u> 7:30pm Israel time 12:30pm EST 9:30am PST

3	Hearing the Voice of the Shofar	A deep look into the nature of the Shofar's call - from God... through our hearts... to God. Based on a teaching from the Rebbe of Piaseczna	Listening to the voice of the heart, and identifying the call of the Divine in our own longing and desire	<u>Sunday, September 22</u> 7:30pm Israel time 12:30pm EST 9:30am PST
4	Yom Kippur: Transcending Shame	A deep look into the practice and meaning of <i>vidui</i> /confession on Yom Kippur, based on teachings from the Sages and Rebbe Nachman of Breslov	Working with shame as a teacher and a path towards becoming more of ourselves	<u>Sunday, October 6</u> 7:30pm Israel time 12:30pm EST 9:30am PST
5	Sukkot: Tasting Joy, Tasting Life	Touching the joy that lies at the heart of the holiday of Sukkot, and exploring the ways in which it invites us to contact life in a way that is joyous and liberating.	Connecting with life in its wholeness and simplicity, encountering mortality and cultivating the redemptive qualities of beauty and joy	**<u>Thursday October 10</u> 7:30pm Israel time 12:30pm EST 9:30am PST