

## DAYS OF AWE 5779

תְּכַלָּה שָׁנָה וּקְלַלּוֹתֶיהָ  
תְּהַלָּה שָׁנָה וּבְרָכּוֹתֶיהָ...

Tikhleh Shanah v'Kil'k'oteha; Takhel Shanah u'Vir'khoteha

The Year's Challenges Cease;  
The New Year's Blessings Begin...

From the poem, "Little Sister" — 7037. TIKHLEH R. Jonah ben Avraham Gerund, 12th century Jewish thinker and poet

# Session 1

## 2:00 PM–2:50 PM

### STAYING SANE IN A WORLD GONE MAD

Rabbi Sid Schwarz

One of the buzzwords of our time is “disruption”. In the world of organizational consulting, the term is used to suggest how an organization or a company can get itself out of the rut of routine. But while a small dose of disruption can be growthful, when everything around you is getting disrupted—politics, society, the world order, the press, the climate, democracy—it is hard to find personal equilibrium. This is a spiritual crisis of the highest order. Rabbi Sid will offer some thoughts to ponder on the Day of Awe.

### TO EVERYTHING THERE IS A SEASON

Student Rabbi Micah Weiss

When is it time to hold on and when is it time to let go? Luckily we are not the first generations to struggle with the difficult questions of end-of-life decision making for our loved ones. Through a close reading of the Talmudic story of the death of the great Rabbi, Yehuda HaNasi, we will explore the ethical and emotional dimensions of death and dying in our contemporary medical system. The class is designed to be an accessible learning environment for all, regardless of personal experiences of loss.

### WELCOMING THE STRANGER

Noa Baum and Luther Jett

A major theme in Jewish civilization has become the hallmark of our times. Across the planet, we are seeing one of the greatest human migrations in history, impelled by war, by environmental disasters, and by economic factors. How do we respond to those whose backgrounds and experiences differ from our own? And how do we react when we find that we, ourselves are the strangers, needing to adapt to a strange land? Through poem, story, and an interactive exercise, Luther and Noa will seek to guide participants toward a deeper understanding of the situation in which today's migrants and refugees find themselves.

### SACRED CHANTING

Paul Zeitz and Jody Shapiro

Join with congregants, Paul Zeitz and Jody Shapiro for an introduction to chanting as a spiritual technology. Sacred words can be used to both heal and bless (both self and others.) Chanting in community has personal and communal benefits; come and see what insightful "gems" emerge during this unique exercise. (Paul has been trained as a chant leader by Rabbi Shefa Gold in her Kol Zimra program and Jody has decades of spiritual leadership experience.)



עֲדַת שָׁלוֹם  
ADAT SHALOM  
Reconstructionist  
Congregation

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*Expand Your Heart and Mind*

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תְּחִלָּה שָׁנָה וּבְרָכּוֹתָה...

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From the poem, "Little Sister" — תכלָה by R. Yonah ben Avraham Gerondi, 13th century Jewish thinker and poet

# Session 2

## 3:00 PM–3:50 PM

### YOM KIPPUR'S ANCIENT ORIGINS AND HARD QUESTIONS: INTRODUCTION AND CONVERSATION

Rabbi George Driesen

After exploring the possible Mesopotamian roots of the High Priest's ritual atonement on the tenth of Tishrey, we will ask how our ritual atonement affects us. The discussion will draw upon what we have learned thus far in our lives and observed in the lives of others we have encountered as we grew from adolescence through adulthood, maturity, and beyond. Stimulated by a challenge emanating from a unique passage in the first Reconstructionist Yom Kippur Prayer book, we look forward to a novel and honest communal *heshbon nefesh* (Oxford: "soul searching" ) grounded in shared wisdom. Hopefully, we will thereby help one another to do better in the New Year.

### YOM KIPPUR YOGA: BEING PRESENT TO YOUR OWN HINEINI

Sue Dorfman

Yom Kippur, the Day of Atonement or "at-one-ment," gives each of us the time to reflect on who we are. On a day filled with prayer from the heart and mind, yoga can help align our bodies and our spirits, and allow us to start embodying who we can become. Come move through gentle yoga postures and listen within. No yoga experience necessary. Bring a mat (preferably) or beach towel and wear loose fitting clothes. Our own Sue Dorfman is a Kripalu certified yoga teacher who has led yoga on Yom Kippur since 2000.

### MISTAKES, PENANCE AND CELEBRATION: YOM KIPPUR AS A PLATFORM TO DARING

Idan Sharon, Shaliach

Participants will see Yom Kippur not only as a day which emphasizes our mistakes and forces reflection but also as one that treats our actions and their consequences as something not only worth mentioning, but worth celebrating during one of the most important days of the Jewish calendar. Join our new Israeli Shaliach for a new perspective on Yom Kippur.

### WE ARE ALL TEMPORARILY ABLE-BODIED

Inclusion Advisory Committee

The Inclusion Advisory Committee invites you to a discussion on how can we improve Adat Shalom accommodations and sensitivity for members who have some type of disability? Come share your opinions, needs, and observations about how Adat Shalom can foster a greater sense of belonging in all aspects of our synagogue life from education to religious practices to building accessibility.



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