

DAYS OF AWE 5778

YOM KIPPUR 5778 AFTERNOON PROGRAM • SEPTEMBER 30, 2017

Session 1

1:40 PM – 2:30 PM

Will You Still Need me?

Thoughts on Aging and Purpose

Rabbi Sid Schwarz

Room 183

Join Rabbi Sid for his annual Kol Nidre sermon talk-back. While past years' attendees have come eager to ask questions of Rabbi Sid and/or offer their thoughts on his sermon, we welcome everyone whether or not you attended Kol Nidre services. This year we particularly welcome the growing number of Adat Shalom members who have been attending the Wise Aging workshops offered throughout the year.

Makom@Adat Shalom Healing Circle

Rabbi Sandy Rubenstein & Susana Isaacson

Media Center/Library

Healing is not an isolated process. We need one another to heal. As we heal, we ask ourselves:

- For or from whom do you seek healing?
- What healing does our heart ache or yearn for?
- What would that healing look like?

A time of gentle reflection, music, poetry, prayer and sharing to help answer those questions.

Not by Bread Alone:

Making a difference through poems and stories

Noa Baum & Luther Jett

Room 180

We can easily fall into a sense of helplessness when confronted by the turmoil and evil at large in our world. It is helpful to remember that our tradition teaches that the action of even one, solitary person, seemingly small, can have a lasting effect for good in the world. Join storyteller Noa Baum and poet Luther Jett for time with inspiring and soul nourishing stories & poems.

Musical Offerings

Scott Lessne & Asher Boorstin

Pagoda Courtyard

During the contemplative period approaching the end of Yom Kippur, several of our musicians will share music as an offering to our congregation. We hope to provide a place to rest - to pray, to reflect on our own before coming together once more as a community. In case of rain, we will arrange for an alternate location.



t.301.767.3333 f.301.767.3340 7727 Persimmon Tree Lane Bethesda, MD 20817 www.adatshalom.net
visit us on facebook: [adat shalom reconstructionist congregation md dc va](https://www.facebook.com/adatshalomreconstructionistcongregation)

Expand Your Heart and Mind

DAYS OF AWE 5778

YOM KIPPUR 5778 AFTERNOON PROGRAM • SEPTEMBER 30, 2017

Session 2

2:40 PM – 3:30 PM

Early Zionism: The State of the Jews in Late 19th and Early Twentieth Century Europe and The Actions and Hopes of Those Who Sought To Save Them

Rabbi George Driesen

Media Center/Library

Selected materials provided and discussion led By Rabbi George.

Pursuing Justice at "Home": A Class Report-Back

Minna Scherlinder Morse (moderator) with Suzanne Feinspan, Amy Jaslow, Lazora Jordan, and Jeff Rubin

Room 180

On four Shabbat afternoons this past June, an unseasonably large audience gathered to explore the issues of diversity and inclusion in Jewish community/ies. In the process, participants and facilitators alike found they began thinking and seeing things quite differently--and responding differently, too--both within and outside their spiritual "home/s." Hear from some of the class's participants and facilitators about what the process was like for them; what's next for them; and how this kind of learning can build our strength as a community, and our "muscle" and understanding for pursuing justice everywhere we go.

Sacred Hebrew Chanting

Paul Zeitz

Room 153

An introduction to chanting as a spiritual technology. Sacred Chanting is a powerful spiritual technology. Sacred words become "the lanterns" that enable us to heal and bless (both self and others.) Chanting in community has both personal and communal benefits: deepening one's center, and, as part of a group, enhances the energy in the experience. It is often in the silence after the chant, that one's soul experiences divine insight. Paul/Pesach Zeitz (and friends) was trained as a chant leader in Rabbi Shefa Gold's *Kol Zimra* program.

Yom Kippur Yoga: Being Present to Your Own Hineini

Sue Dorfman

The Commons

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 Kripaalu certified yoga teacher who has led yoga on Yom Kippur since 2000.



t.301.767.3333 f.301.767.3340 7727 Persimmon Tree Lane Bethesda, MD 20817 www.adatshalom.net
visit us on facebook: [adat shalom reconstructionist congregation md dc va](https://www.facebook.com/adatshalomreconstructionistcongregation)

Expand Your Heart and Mind