

# Yom Kippur 5778

## Afternoon Sessions for Body and Spirit

*During the break between Yom Kippur services—between Yizkor (memorial service) and the Healing and Afternoon Services (approximately 2:45 p.m.), you are invited to join in study on the themes of the day. These groups will run concurrently and will meet in the upstairs classrooms.*



### Yom Kippur Yoga

On Yom Kippur, we pray with our whole selves. After a morning of words and song, pray with your whole bodies with yoga. Through gentle restorative yoga we will set our intention for the new year. For both beginning and experienced yoga practitioners. Please bring a mat or blanket, and a change of clothes if you like.

*Led by Anne Laderman*

### Creating Sanctuary for our Immigrant Neighbors

Because of our history and our values, the issue of immigration is of particular importance to the Jewish community. Over the past few months, TBH has held a series of conversations and planning sessions—both internally and with community partners—to discuss what we can do to support immigrants and potentially provide sanctuary to those in need. TBH has also endorsed the HIAS Welcoming Congregations campaign. Using materials provided by T’ruah: The Rabbinic Call for Human Rights, we will talk about Jewish values about supporting immigrants and what we can do specifically as a congregation.

*Led by Beth Halpern*

### Rehearsing Our Death

Yom Kippur is said to be a rehearsal for death: we wear white, we refrain from eating and drinking. Together we will explore this spiritual metaphor to inform our experience of the day, and our response after the High Holidays.

*Led by Nancy Snyder and Hilarie Hauptman*