

U'Teshuvah, U'Tefillah, U'Tzedakah

A Three Part Series for the High Holidays

Join Rabbi David and CBS for a three part class in the month of Elul where we will explore the themes of the Days of Awe found in the *U'netaneh Tokef* prayer, "Repentance (Teshuvah), prayer (tefillah), and righteousness (tzedakah)." Our aim is to prepare our hearts and minds for the High Holidays through reviewing important texts, songs, and themes. This is a great class for all adults - whether you're a High Holiday veteran or a newbie!

Tues. 08/22 08/29, 09/05

7pm - 8:30pm at CBS

Attendees welcome to any or all of the classes



TESHUVAH: RETURN



TEFILLAH: PRAYER



TZEDAKAH: JUSTICE

Teshuvah, meaning repentance or perhaps - return. How can we turn from wrongdoing and return - to ourselves, and our community with healing?

Tefillah: With the High Holiday liturgy being some of our most abstract, perhaps alienating prayers, this is a chance to explore their meaning and develop our own intentions for the season.

Tzedakah, righteousness and justice. What ways can we engage in work of repairing the world and not just repairing our own souls?