

# 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, "Repentence (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

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



### TEFILLAH: PRAYER

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: JUSTICE

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