



Questions for Breakout Sessions

High Holy Days 5781 – 2020

Please keep this sheet next to your computer, cell phone or laptop during High Holy Days services. Each of the four main services include a breakout session during which these questions will be discussed.

Erev Rosh Hashanah **7 p.m. Friday, Sept. 18**

1. Among the many challenges you have had to manage this year, consider one in particular that has strengthened your resilience muscle — has grown you in some way. Name this particular muscle that you now can claim as a personal strength or as a silver lining.

2. What stories involving resilience and perseverance in your personal and/or family history do you draw on to remain sufficiently optimistic and determined despite the ongoing situation?

3. How can we encourage each other to be strong without dismissing one another's pain?

Rosh Hashanah **9:30 a.m. Saturday, Sept. 19**

1. Considering all that you've had to sacrifice and navigate in recent months, and what we still could be called on to sacrifice, what have you relied on most (weekly, daily or even hourly) to help you maintain equanimity, hope, faith?

2. What/who has been a reliable/constant presence and source of support through the chaos?

3. Moving into the new year, what steps can you take to counter the uncertainty of the pandemic?

Kol Nidre **7 p.m. Sunday, Sept. 27**

1. You have had to adjust to all types of "new normal," circumstances beyond your control in recent months. Looking back, what might you say have been symbolic or meaningful events or conversations that helped you feel as if God, or a sense of wholeness and peace, was with you?

2. In a world where you've felt a loss of control, what did you maintain control over consistently? Did surrender figure in here at all?

3. How can human beings retain agency and responsibility despite the diminution of control?

Yom Kippur **9:30 a.m. Monday, Sept. 28**

1. In your heart and soul, in your personal relationships, and as a community citizen and global citizen, what is true and thorough reconciliation?

2. How do your thoughts, beliefs, words and actions actually lead to thorough repentance?

3. Does this alter your desire from wanting a "good person" stamp of approval toward something in yourself that's enduring and meaningful without need of a label, but rather, a need for alignment with goodness?