

High Holiday Prep Series

Sunday June 28, 11am **Singing Workshop** with Ariella Forstein

Sunday July 26, 11am **Prayer Q&A** with Rabbi Shalom

"10 Weeks of Spiritual Return" series: (August 2 - October 9)

Classes on Facebook Sundays 10am, Discussion and Q&A on Zoom Fridays at 12pm
(Rabbi Shalom to teach and facilitate)

(1) Week of August 2: "**Teshuvah as a return to true self and personal improvement**"

(2) Week of August 9: "**The Turning of the Year: Holidays Overview**"
[no Hallel for 6 weeks]

(3) Week of August 16: "**Sound the Shofar: Personal Achievements and Setting a New Direction**"

(4) Week of August 23: "**Everything you always wanted to know about Rosh haShana but were afraid to ask!**"
[100 shofar blasts, special foods, Tashlich, Kitef, Birkat Cohanim, Malchuyot, Zichronot and Shofarot]

(5) Week of August 30: "**Rosh HaShana Services Tutorial**"
[Unitaneh Tokef, Aleinu / Musaf]

(6) Week of September 6: (Facebook class on Tuesday due to Labor Day) "**Selichot - Teshuvah in practice**" [also: 13 Attributes]

(7) Week of September 13: "**Everything you always wanted to know about Yom Kippur but were afraid to ask!**"
[No leather shoes, how to fast, wearing white, repetitions of confessions 10 times, Neilah, blessing the moon]

(8) Week of September 20: (Facebook class on Tuesday due to Rosh HaShana) "**Yom Kippur Services Tutorial**"
[Kol Nidre, Ashamnu / Al Chait, Avodah]

(9) Week of September 27: (Facebook class on Tuesday due to Yom Kippur) "**Sukkot: THE Holiday!**"

(10) Week of October 4: (Facebook class on Tuesday due to Sukkot) "**The Finale: Hoshana Raba, Shemini Atzeret, and Simchat Torah!**"