

Rosh Hashanah and Yom Kippur, known in Hebrew as the *Yamim Noraim*, are the "Days of Awe," the days on which we have a chance to reflect on the lives we are living and the aspirations we are both pursuing and forgetting.

It's a season for thinking about who we really are, and accounting for whether we are living in right relationship with ourselves, our family, our friends, and the Holy Blessed One.

Here's what's happening at TBS for Rosh Hashanah:

<u>Services & Programs</u>	<u>Children & Teen Programming</u>
<p>Erev Rosh Hashanah Service 6:00pm – Sunday 9/29</p> <p>Rosh Hashanah Morning Services 9:00am – Monday & Tuesday 9/30-10/1 10:30am – A Prayer for Healing (approx.) 10:45am – Shofar Service (approx.) and (NEW!) Blessing of the Children</p> <p>Guided Meditation with Patti Bettman 10:00am -10:45am – Monday 9/30 (Room 3 Upstairs)</p> <p>Tashlich, the ritual casting off of wrongdoings 1:30pm – Monday 9/30 (approx.) at Lake Mahopac BYOB (Bring Your Own Bread)</p>	<p>Babysitting (Ages 2-5, please RSVP by September 20th) NEW! Extended hours!! 10:00am -1:30pm (Oy Vey Café) - Monday 9/30 10:00am-1:00pm (Oy Vey Café) -Tuesday 10/1</p> <p>Games & Puzzles (K – 7th grade) 10:00am-10:45am (Classroom behind stage) 10:45am-Shofar Service (approx.) and (NEW!) Blessing of the Children</p> <p>Young Children's Service (K-3rd grade) 11:00am-12:30pm (Upstairs – Room 1) Children will participate in a mixture of Tefillah, fun games, songs & stories. Snack will be provided.</p> <p>Children's Services and Activities (4th-7th grade) 11:00am-1:30pm (Upstairs – Room 2) -Monday 9/30 11:00am-1:00pm (Upstairs-Room 2) -Tuesday 10/1 Children will participate in a youth service along with fun games & group discussions. Snack will be provided.</p> <p>Teen Activities (8th-12th grade) 11:30am-12:30pm (Upstairs – Room 3) (RH Day 1 only) Teens will join in a lively discussion based upon big questions related to themes of the holiday</p>

Guided Meditation with Patti Bettman

Shana Tovah! Join Patti Bettman to guide you through your wishes and prayers for a sweet and healthy New Year. We will begin with total mind/body relaxation, will look internally at how you have spent your year and will end with your visions of how you want to be present in the upcoming New Year. No experience with meditation necessary.

High Holy Day Food Drive

Once again, TBS will be collecting non-perishable food to be donated to St. John's Food Pantry after the High Holy Days. Grocery bags will be available on Rosh Hashanah to fill and bring back to TBS on Yom Kippur. Thank you in advance for your generosity in the mitzvah of feeding the hungry.

Babysitting (for children ages 2-5)

We love the High Holidays at Temple Beth Shalom. It is a wonderful and busy time, and out of concern for the safety of all, we do ask that parents send their children to youth services or have them join us in the sanctuary. No one should be wandering around the synagogue. The classrooms are only open during youth services and are unavailable for children at other times.

Babysitting is located in the Oy Vey Café for children ages 2-5; younger children can attend with an adult. No one older than 5 can attend babysitting in order to keep our young ones safe. RSVP to the Temple Office via email at Office@tbsmahopac.org, by September 20th.