

Here's what's happening at TBS for Yom Kippur:

<u>Services & Programs</u>	<u>Children & Teen Programming</u>
Kol Nidre 6:00pm – Tuesday 10/8	Babysitting (Ages 2-5, please RSVP by September 20th) 10:00am-1:30pm (Oy Vey Café)
Yom Kippur Morning Service & Yizkor 9:00am – Wednesday 10/9, there will be a break at approximately 2:00pm 11:00am – A Prayer for Healing (approx.)	Games & Puzzles (K – 7th grade) 10:00am-10:45am (Classroom behind stage)
Guided Meditation with Phyllis Solar 10:00am-10:45am – Wednesday 10/9 (Room 3 upstairs)	Young Children's Service (K-3 rd grade) 11:00am-1:30pm (Upstairs – Room 1) Children will participate in a mixture of Tefillah, fun games, songs & stories
Adult Learning with Rabbi Sarah: "How Do We Respond to Anti-Semitism" 3:30pm – Wednesday 10/9	Children's Services (4 th -7 th grade) 11:00am-1:30pm (Upstairs – Room 2) Children will participate in a youth service Along with fun games & group discussions
Yom Kippur Late Afternoon/Evening Service 4:30pm – Mincha Service Wednesday 10/9 5:30pm – Neilah Service Wednesday 10/9 (approx.) 7:05pm – Final Shofar Blast Wednesday 10/9 Fast ends, Community Breakfast	Teen Activities (8 th -12 th grade) 11:30am-12:30pm (Upstairs – Room 3) Teens will join in a lively discussion based upon big questions related to themes of the holiday

Guided Meditation with Phyllis Solar

The High Holy Days of Rosh Hashanah and Yom Kippur summon us to reflect on our thoughts, actions, and deeds of the past year. We are called to practice Teshuvah – a way of returning to G-d by acknowledging our errors and resolving not to repeat them.

This Yom Kippur meditation will include a guided and silent meditation on loving kindness (metta), for oneself and others. At this special time of year we practice forgiveness so that we can start anew with a clean slate – returning to our Source to discover how G-d exists within each and everyone of us. At the end of our session, we will send the benefits of our practice out to all beings everywhere. I hope you will join me in this 45 minute practice of loving kindness and our journey to self-inquiry. La'Shana Tova.

How Do We Respond to Anti-Semitism – Adult Learning with Rabbi Sarah

We've been watching with alarm as anti-Semitism has increased in the United States. The two terrorist attacks at synagogues have awakened our sense of anxiety about being targeted as Jews for hate speech and hate crimes. Join Rabbi Sarah Freidson for a study session and conversation on how we respond to Anti-Semitism.

The spiritual experience of Neilah, the final service of Yom Kippur, offers a once-a-year intensity through its personal and religious intimacy, as our prayers take on extra urgency as Yom Kippur draws to a close. During Neilah, every individual or family has a chance for a **private moment before the open Aron Kodesh, Holy Ark**. This ritual is meant to imbue your High Holy Day experience with added meaning.

Plan to join us Wednesday evening as we conclude Yom Kippur together & hear the final sound of the Shofar. **If you have your own shofar, please bring it** and join in the final *tekiah gedolah* shofar blast of the Days of Awe. Havdallah candles will be held by those fasting for the first time this year. Community Break Fast Follows.

High Holiday Food Donations

Once again, TBS is collecting non-perishable food to be donated to St. John's Food Pantry after the High Holy Days. Please remember to return your filled grocery bags to the Temple. Thank you in advance for your generosity in the mitzvah of feeding the hungry.

Save the Date

Men's Club Breakfast & Building the Sukkah – Sunday 10/6

Volunteers are needed at all skill levels, if possible, please bring a stepladder and cordless screwdriver/drill

Community Sukkot Brunch – Sunday 10/20

Sukkot Services – Monday & Tuesday 10/14-10/15

Men's Club Steak and Football/Poker in the Sukkah – Thursday 10/17

Shemini Atzeret Service & Yizkor – Monday 10/21

Simchat Torah Celebration – Monday 10/21

Simchat Torah Service – Tuesday 10/22

Religious School Simchat Torah Program – Wednesday, 10/23