

High Holidays at the Narayever – Beyond the Services

Selihot

Saturday, September 21, 9:30 pm

Join Rabbi Ed and Rabbi Julia Appel for a contemplative, song-filled Selihot service. We'll enter the holiday period with reflection, intention-setting, and community. We'll begin at 9:30 pm, and conclude before midnight.

Tashlikh

Rosh Hashanah Day 1, 4:00 pm

Heath Street entrance, St. Clair West subway station

Tashlikh is a ceremony which traditionally takes place on the afternoon of the first day of Rosh Hashanah. It consists of casting bread crumbs into water, symbolically casting away our sins of the previous year, we will walk together down into the ravine for tashlikh. All are welcome. BYOB (Bring your own bread!).

Children's Programming

Rosh Hashanah (both days) and Yom Kippur (Kol Nidre, the following morning and evening) MNjcc

We have a full schedule of age-appropriate meaningful and inspiring services and programs for children, youth and teens running in parallel with adult services at the MNjcc.

Slow Walk and Reflection

on Yom Kippur Afternoon

2:15 pm - 3:15 pm

Join us for a slow stroll in the neighbourhood through quiet residential streets on Yom Kippur afternoon. Meet in the MNJCC lobby, ready to go at 2:15 pm. We will enjoy a slow walk together, and take advantage of the opportunity to reflect on, or discuss some of our Yom Kippur revelations. Our walk will finish back at the MNJCC at 3:15 pm.

Chanting In Sacred Community

With Alon Nashman and Tiferet Nashman

9:00 am - 10:00 am at MNjcc on both days of Rosh Hashanah and on Yom Kippur Day

Chanting is a way of tuning the soul in preparation for the High Holidays. We will sit in song and silence as a spiritual ablution, to open ourselves to the divine, and to compose ourselves spiritually, mentally, and emotionally. Participants are asked to arrive on time, as we can build more energy when we share the entire experience in sacred community.

Alon Nashman is an actor and creator of theatre. His work has toured across Canada and internationally, and includes Kafka and Son, Scorched, Alphonse, Hirsch, and Charlotte: A Tri-Coloured Play with Music. Alon is a student of Rabbi Shefa Gold and Reb Zalman Schachter-Shalomi, zt"l, who have guided him in the ways of Jewish chant.

Tiferet Nashman is an educator and outdoor enthusiast. She has worked and learned in the Jewish community across North America, including at Shores Jewish Environmental Programs, the National Havurah Committee, Eden Village Camp, Isabella Freedman, and Yeshivat Hadar. Tiferet brings her learning from Joey Wisenberg's Singing Communities Intensive to Singing Out Shabbat at the Narayever and leading Song Circles at Moishe Pod Toronto.

How does the Kabbalistic mystical tradition understand the life of moral behaviour, mitzvot and prayer?

With Jack Lightstone

10:00 am - 11:00 am at MNjcc on Rosh Hashanah Day 1

How has Rabbinic tradition understood the story of Abraham's attempted sacrifice of Isaac?

With Jack Lightstone

10:00 am - 11:00 am at MNjcc on Rosh Hashanah Day 2

Jack Lightstone recently retired as president of Brock University in St. Catharines. He is an expert on ancient Judaism and contemporary North American Judaism, has lectured extensively, and written six books including Mishnah and the Social Formation of the Early Rabbinic Guild: A Socio-Rhetorical Approach (2002).

Interactive Adult Learning Session

With Greg Beiles

10:00 am - 11:00 am at MNjcc on Yom Kippur Day

Greg Beiles is a Jewish teacher and learner. He holds a PhD in Religion from The University of Toronto and serves as the Head of School of the Toronto Heschel School and Director of The Lola Stein Institute for Leadership in Education.

Rabbi Elkin Study Session – “Forgiveness: How Far Do We Need to Stretch?”

Yom Kippur, 3:15 pm - 4:15 pm

First Narayever Congregation, 187 Brunswick Avenue

Rabbi Ed Elkin, the Narayever’s spiritual leader, will be leading a study session at the shul on the afternoon of Yom Kippur. MNjcc and shul ticketholders are welcome.

In a famous talmudic passage, Rav offends Rabbi Hanina bar Hama. For 13 years in a row, Rav goes to Rabbi Hanina to ask forgiveness, and each time Rabbi Hanina rebuffs him. On Yom Kippur afternoon we will study this text, which opens up powerful questions about the conduct of each of these sages, and about ourselves. How ready should we be to forgive when others have hurt us? How far do we need to go in asking for forgiveness if the other party doesn’t seem receptive?

Rabbi Weiss Study Session – “Mystical And Psychological Insights: The Guide Of The Perplexed”

Yom Kippur, 5:45 pm - 6:15 pm

Main Sanctuary, Miles Nadal JCC

Rabbi David Weiss, service leader at the MNjcc, will lead his very popular annual study session on the mystical and psychological insights in The Guide of the Perplexed by Moses Maimonides. The study session will be held at the MNJCC on Yom Kippur day between Mincha and Maariv No prior experience or knowledge is required. Everyone is welcome!

Accessibility

We continue to work to design prayer spaces where everyone can participate, especially at the MNjcc. If you require braille or large print materials, ASL interpretation, or any other accommodation to attend the High Holiday Services, then please contact the shul office by September 3 at 416-927-0546 and we will make every effort to assist you.

Project Fast Food

**Erev Yom Kippur
Shul and MNjcc**

If not now, when? Please remember to fill a grocery bag with non-perishable food and bring it to either the MNjcc or the First Narayever Congregation just prior to the Kol Nidre service. Our annual food drive is in aid of the Daily Bread Food Bank.

Shul Fundraising Drive

Monday September 30 - Rosh Hashanah Day 1

If we are not for ourselves, who will be for us? The First Narayever Congregation needs your support and we ask that you please give generously when contacted about the Building Renewal project. Every dollar raised will be committed to making our building accessible and improve our spaces to provide access for all and to enhance our programming, enrich our education and allow us to continue to meet the needs of our congregants and of the wider downtown community.

Community Fundraising Drive

Tuesday, October 8 - Kol Nidre

If we are only for ourselves, what are we? On Kol Nidre night, we will be holding our annual drive for funds to support the Narayever community’s commitment to tikun olam. It is provided as grants to organizations, selected each year by our congregation, which are working to make things better in Israel, Canada and in Toronto. Please give generously.