



## **ALL ELECTIVES BEGIN ON SATURDAY, SEPTEMBER 19 AT 3:30PM**

### **Youth Elective #1**

Disney Songs for the New Year

Lead by: Emma Hortin and Lauren Davis

Welcome 3-12<sup>th</sup> Graders of TKE! Do you love Disney and music? Join TKE's Youth Group's event Disney Songs for the New Year at 3:30PM on Rosh Hashanah, September 19<sup>th</sup>. We will be listening and engaging with some fantastic Disney tunes that relate to this upcoming year! We hope to see you there!

### **Youth Elective #2:**

Mindfulness in the New Year

Lead by: Emma Davis and Lauren Davis

Join TKE's Youth for an opportunity to engage in mindfulness at the start of this new year! This event is open to 3-12<sup>th</sup> graders. We will be taking some time to meditate, and reflect on what we can do for ourselves this year. Amidst the craziness happening throughout the world, we need to remember to clear our heads and bring down our stress levels!

Register for both electives:

<https://us02web.zoom.us/meeting/register/tZEvd-qtrDwrHdFbbc6ldgEYPbLSE22tkXE>

### **Adult Elective**

Rosh Hashanah Healing Service

Lead by: Rabbi Larry Sernovitz

Join us as we reflect on the losses of the year that passed and embrace hope, turning towards imagining a more positive, interdependent and connected world. We will create a sacred space for healing our bodies, minds, and spirits. As reflected in our Rosh Hashanah prayers, let us return to the land of our soul and renew our spirits for a New Year.

Register for the elective at

<https://us02web.zoom.us/meeting/register/tZ0ucu-rpzgvGdMWk7lsqPzoM-RNKdzt8IVO>