



Yamim Noraim | Days of Awe Programming

09.21.2020-09.24.2020

09.21-09.24 | 10:30am

Emotional Healing, Exploring Forgiveness, and Release

with **Diego Gesualdi**

Join Diego Gesualdi on Zoom for a series of Meditation sessions surrounding the themes of emotional healing, emotional forgiveness, and release.

[Click to Join](#)

09.21-09.24 | 12:00pm

Four Texts on Forgiveness

with **Rabbi Bernhard**

On each day we will explore a different aspect of forgiveness that we can bring into our lives both during the Holidays and every day that follows.

[Click to Join](#)

09.22 | 7:30pm

Rest and Regeneration: Modern Reflections on Ancient Shmita Practices

with **Devorah Brous**

It's been a big year. These many months of Covid is similar to the Sabbatical year. Shmita could well include the three most radical religious laws with the power to restore equity to our earth and to broken systems. It may also be the catalyst it takes to rethink the way we grow, and the way we rest. The cycle of Shmita serves to balance two powerful energies: growth and rest, each one feeding the other in a regenerative manner. I think of Shmita as an invitation to better account for what I unseen, better plan for what is unpredictable, and better partner with those who are underserved within and around our institutions. Shmita has us feed the land, and enrich the dried up, depleted and over-treated soil. So composting our food waste back into the land is both a physical and a metaphysical form of da'vening to forge a more connected community and to grow a healthier ecosystem. Join this session for a powerful reflection, one year before the Sabbatical year begins: Rosh HaShana 5781.

[Click to Join](#)

09.23 | 7:30pm

Judaic Sacred Music Foundation

Witness the birth of Symphony No. 1: JUDAICA (Days of Awe), a newly commissioned symphonic work by Dr. Steven Rothstein, Artistic Director of the Judaic Sacred Music Foundation, which threads our most cherished High Holy Days melodies and liturgies through a rich and dynamic four-movement lyrical composition for our Age.

In 2014 Professor H. Freilich founded the Judaic Sacred Music Foundation and merged his love of Jewish and classical music. The Foundation commissioned Dr. Steven P. Rothstein, a composer with a Ph.D. in Classical Music Composition from UCLA, to compose the Judaic Symphony. Together Drs. Freilich and Rothstein engaged in in-depth research identifying synagogue melodies and motifs of the 18th-20th centuries.

Come and listen as Steve Rothstein and Cantor Judy Dubin Aranoff take you through the journey of bringing your favorite High Holy Day memories from the Synagogue to the Symphony.

[Click to Join](#)

9/24/2020, 7:30pm

A Meaningful Yizkor Experience for Yom Kippur (and Beyond)!

with **Rabbi Yarkin**

Yizkor, the ten-minute memorial where we recall deceased loved ones, can be an awkward, painful, or isolating part of the prayer experience. Dreaded by some, avoided by others, and so rarely made the most of by anyone! This year, we have the unique opportunity, praying from our homes and surrounded by personal items, to re-imagine what this short but powerful part of our service could look and feel like. Join Rabbi Yarkin for this workshop that will help us lean into this sacred, intimate moment.

[Click to Join](#)