



Preparing for the High Holy Days

We know that this year, more than ever, the High Holy Days will be a challenge. Because of this Congregation Beth Am is offering more opportunities than ever to get ourselves mentally and spiritually ready. Here are all of the ways that you can participate:

Preparing for the High Holy Days with Psalm 27—A Daily Moment

Monday-Friday at 11:00 a.m.

Beginning on Friday, August 21

Zoom: <https://harhashem.zoom.us/j/94577942068> Meeting ID: 945 7794 2068

Elul, the month leading up to Rosh Hashana, is traditionally a time of personal and spiritual preparation for the High Holy Days. This year, Rabbi Rosenberg and Cantor Greenblatt will partner with Rabbis Chuck Briskin, Ruthie Gelfarb, and Fred Greene in leading a short, daily class to help us with that preparation.

Based on the new book [Opening Your Heart with Psalm 27](#) by Rabbi Debra Robbins, we'll give ourselves a few minutes (15-30 minutes each day) to think about this past year, and to begin to ready ourselves for the next one. All are welcome, and you're free to come to some or all of our sessions.

[Opening Your Heart...](#) is available on Amazon, or directly at CCARPress.org (use promo code PSALM27 for a discount); having your own copy will be helpful, but not required.

L'Shana Tova u'Metukah—may this be a good and sweet year for us all.

HaYom – A Podcast for the Ten Days of Repentance

"HaYom" means "today," or "THE day." Over the course of the Yamim Noraim, the ten days between Rosh Hashana and Yom Kippur, Rabbis Chuck Briskin, Fred Greene and Jason Rosenberg and a variety of special guests will bring each of you something special – a favorite teaching – in hopes that your day will become a little more holy.

These short podcasts will be perfect for listening to while taking a walk, driving to the store, or maybe just finding a few minutes to get away from it all. Look for it wherever you get your podcasts.

The Shofar Project from IJS

The wonderful Institute for Jewish Spirituality is offering a free program, The Shofar Project, which many of us will be participating in. Participants will get a weekly video to watch, have daily meditation time, weekly Torah Study and twice a week yoga. In addition, for a fee, you can have a weekly group meeting with one of IJS's instructors. More information is available here: <https://www.jewishspirituality.org/go-deeper/the-shofar-project/>

Ask Big Questions

Saturday-Tuesday at 8:00 p.m.

Beginning on Tuesday September 1 until Tuesday, September 15

Link TBA

The Yamim Noraim, the Days of Awe, should be a time when we ask ourselves big questions. We'll do that together with an evening series in the weeks leading up those days. Each night, with guidance, we'll have some time to contemplate a major life question: "For whom are we responsible?" "What helps us persevere?" and more. Time to ponder, time to learn, and time to share—just what we'll need to get our minds and hearts ready for the most sacred time of the year.

The Music of the High Holy Days

Wednesdays, September 2 and September 9 at 7:30 p.m.

More details to come

Selichot

More details to come

Shofar Sounding

More details to come