

HIGH HOLY DAYS PROGRAMME

5782 - 2021

MAKOR HAYIM



ELUL

NAVIGATING JUDAISM: PREPARING FOR THE FESTIVAL SEASON

These two sessions are designed to help you prepare yourselves for Rosh Hashanah and Yom Kippur and offer you some knowledge and reflective time to enable the experience to be more meaningful.

TUESDAY 24 AUGUST

20:00 - 21:15

How is the kavannah (intention) of the High Holy days expressed in chazanut (Jewish liturgical music)

Facilitated by Sam

Sam will be the chazan, singer, for some of our services.

TUESDAY 31 AUGUST

20:00 - 21:15

Learning to dance between the communal and the personal this High Holidays

Facilitated by Ed

Ed is the chief warden this year.

SELICHOT

SATURDAY 28 AUGUST

21:00 - 23:00

'Let the heavens hear it: the penitential hymn'

'Selichot' is the nighttime service that begins the period of 'penitence' in the week leading up to Rosh Hashanah. But what is the practice of slichah/penitence? What does it suggest about the nature of us as human beings? This session will provide the opportunity to study these questions through a comparison of the traditional selichot with the penitential hymns of Leonard Cohen. Beginning with learning and havdalah (closing shabbat) the evening will conclude with a taste of the music and prayers that are to come.

Led by Rabbi Daniel and The Makor Hayim Singing Circle

ROSH HASHANAH

EREV - NIGHT OF MONDAY 6 SEPTEMBER

18:30 - 19:45

Erev Rosh Hashanah

We begin to unfold the map to the 10 days ahead and prepare for the journey.

Led by Rabbi Daniel and Max

ROSH HASHANAH

DAY - TUESDAY 7 SEPTEMBER

ROOM ONE - MAIN SERVICE

10:00 - 10:45

Rosh Hashanah Shacharit

We bless this day - the first day of creation - and recognise that we are not in charge.

Led by Richard R and Ed

11:00 - 12:10

Rosh Hashanah Teaching

We acknowledge and celebrate new beginnings.

Teaching by Melissa and Daniel M

ROOM TWO - LEARNING/PARALLEL

10.00-11.00

Rosh Hashanah Teenager Session

THE KITCHEN

Open 10.30 - 11.30
for shmoozing, talking and
non service based hanging
out

ROSH HASHANAH CONTINUED...

DAY - TUESDAY 7 SEPTEMBER

ROOM ONE - MAIN SERVICE

Rosh Hashanah Kiddush

Break up the morning with some wine and a honey cake!

12:15 - 13:00

Rosh Hashanah Musaf

The reality is awe-some! In response to the enormity of it all we commit to transformation.

Led by Sam and Rabbi Daniel

ROOM TWO - LEARNING/PARALLEL

THE KITCHEN

TESHUVA

10 DAYS

Wednesday 8 September, 20:00 - 21:15

Teshuva (repentance) workshop: A practical workshop to support your reflection and action around your teshuva journey. Charlotte and Daniel deliver this workshop every year to prepare for Yom Kippur.

Led by Charlotte and Daniel M

Thursday 9 September, 20:15 - 21:30

'A Lazy bastard living in a suit': Teshuvah in Leonard Cohen

In this session we will bring the seasonal focus on 'Teshuvah' into dialogue with Cohen's preoccupation with 'healing' and 'grace' and consider how his ideas can guide us as we prepare for Yom Kippur.

Led by Rabbi Daniel

Friday 10 September - Shabbat Shuva, 18:30 - 19.45

Dvar Torah: Competing Views of Teshuvah: spiritual practice or behaviour change?

As part of our special Shabbat Shuva erev shabbat service, we will explore the nature of Teshuvah.

Led by Jacqueline and Matthew

TESHUVA

10 DAYS

Sunday 12 September, 16:00-18:00

Tashlich (in person)

Enough of the thinking about Teshuvah in the abstract - let's actually do something! Join us as we cast away the clutter and dust of the previous year and watch it dissolve into water in the physical realm.

Led by Rabbi Daniel

Tuesday 14th of September, 13:00 - 14:00

New Year Intention Setting Workshop

In this workshop we'll explore how to build powerful intentions for the new year and get curious about how to turn them into realities. We will engage in a range of individual practices (e.g. free writing and meditation) and interpersonal exercises (e.g. paired listening and group discussion) which will plant seeds for what we want to create in the coming year.

Led by Yon

YOM KIPPUR

KOL NIDRE - NIGHT OF WEDNESDAY 15 SEPTEMBER

FAST BEGINS AT 19.01

ROOM ONE - MAIN SERVICE

19:00 - 20:15 **Kol Nidre**

Taking account of our promises:
our hearts break open ready to be
made anew.

Led by Debbie and Sam

20:30 - 21:30

**Kol Nidre Teaching and
Discussion**

The state of the self, the
community, the world: our task this
Yom Kippur.

*A teaching and facilitated
discussion led by Rabbi Daniel*

ROOM TWO - LEARNING/PARALLEL

Kol Nidre

Teenagers Discussion

Led by Max

THE KITCHEN

Open 19.30 -20:30 for
shmoozing, talking and
non service based hanging
out

YOM KIPPUR

THURSDAY 16 SEPTEMBER

ROOM ONE - MAIN SERVICE

9:30 - 11:00 - **Shacharit**
The Morning Service

Led by Max, Anne and Richard

11:15 - 12:15 - **Torah**

Sin as idolatry; ethical action as command.

Led by Rabbi Daniel

13:00 - 14:30 - **Musaf**

The Afternoon Service

Part 1: Hineni! Here I am ready to offer all of myself.

Traditional Musaf liturgy led by Sam

ROOM TWO - LEARNING/PARALLEL

9.45 - 11.00

'If it be your will': Prayer in the poetry of Leonard Cohen

We will consider Cohen's approach to prayer itself: what does it involve?; what does it mean for the ego/self?; what does it mean for the rest of Yom Kippur?

Led by Rabbi Daniel

THE KITCHEN

Open 10.00 - 11.00 for shmoozing, talking and non service based hanging out

YOM KIPPUR

CONTINUED...

THURSDAY 16 SEPTEMBER

ROOM ONE - MAIN SERVICE

Musaf

Part 2: Avodah: the High Priest enters the Holy of Holies: *a guided meditation led by Yon*

15:00 - 15:45 - *Break/Walk*

16:00 - 16:30 - **Jonah**

The story of a big fish brought to us by *Ephraim, Max P and Naomi S*

16:30 - 17:30 - **Minchah**

The evening service

Led by Adam and Jonathan

ROOM TWO - LEARNING/PARALLEL

THE KITCHEN

Open 17.00-18.00 for shmoozing, talking and non service based hanging out

YOM KIPPUR CONTINUED...

THURSDAY 16 SEPTEMBER

ROOM ONE - MAIN SERVICE

18:00 - 18:50 - **Yizkor**

Remembering, Holding, and
Supporting

Led by Allison Zionts

19:00 - 20:00 - **Neilah**

The gates are closing: seize this
moment!

Led by Debbie and Sam

ROOM TWO - LEARNING/PARALLEL

THE KITCHEN

SUKKOT

EREV SUKKOT - MONDAY 20 SEPTEMBER

18:30

SIMCHAT TORAH

EREV SIMCHAT TORAH - MONDAY 27 SEPTEMBER

18:30

MAKOR HAYIM

