



MAKOR HAYIM



HIGH HOLY DAY LEARNING

ELUL

Return to Elul: Talmud Teshuvah In Depth Text Study
with Rabbi Daniel Lichman and Yon Borthwick

23rd August : How do I make amends?

6th September: What's God got to do with it?

13th September: It's a dangerous business

Register for these sessions at:

shorturl.at/ipstP

Special Guest Lecture: Teshuvah of Love Rav James Jacobson-Maisels

How do we change unhelpful patterns in ourselves?

We want to transform, but our normal approaches of self critique and blame somehow don't seem to lead to change.

15th September 19.00-20.00

In collaboration with Romemu Yeshiva New York City and Or HaLev

Register for this guest lecture at:

<https://rb.gy/zbawkm>

ROSH HASHANAH DAY

20 minutes of Torah (session 1 of 4): Genesis 22: 1-5

What did Abraham see?

Learning before the service

Anne Kinderlerer

09:45 - 10:05

What does it take to shift habits and create new ones?

(parallel learning session to Shacharit prayers for those who would prefer to study than pray)

Debbie Danon and Martin Dives

10:30 - 11:15

20 minutes of Torah (session 2 of 4) Hosea 14: 2- 5

How can we repent?

during Musaf service

Anne Kinderlerer

YOM KIPPUR

20 minutes of Torah (Session 3 of 4) : Leviticus 16:1- 30

What is atonement?

Learning before the service

Anne Kinderlerer

09:45 - 10:05

Poems for Yom Kippur

(parallel sessions to services)

10:30 - 11:15

Stephanie Brada and Nadav Lavi will read poems about renewal and hope, including those of Jane Hirschfield and Yehuda Amichai.

20 Minutes of Torah (Session 4 of 4) Deuteronomy 30: 11-14

What is Torah to us?

Anne Kinderlerer

Between Musaf and Mincha services

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HIGH HOLY DAY LEARNING THE TEN DAYS

Come Join Our 'Twenty minutes of Teshvua' programme during the Ten Days between Rosh Hashanah and Yom Kippur - 10 minutes of preparation and 20 minutes of study per day with teachers from around the world.

**Sunday 20th
September
20:30-21:00**

Teshuvah (repentance) workshop

A practical workshop to support your reflection and action around your teshuvah journey.

Led by Charlotte Fischer and Daniel Mackintosh, two Makor Hayim Builders

**Monday 21st
September
20:30-21:00**

Rabbi Neil Janes teaches: Facing our own truth

Maimonides remarks that the shofar reminds those of us who are 'Forgetters of the Truth' to look into ourselves and improve our deeds and ways - what does that mean for our journey of teshuvah?

Led by **Rabbi Neil Janes** - a Rabbi for 14 years, through the dialogue with Jewish texts Neil seeks to create Jewish worlds of wholeness and integrity in thought and deed.

**Tuesday 22nd
September
20:30-21:00**

Rabbi Sylvia Rothschild teaches: Chadash yameinu kekedem (Eicha)

We sing it every time we put the sefer back in the ark. But do we really want to make our future like our past?

Rabbi Sylvia Rothschild was ordained in 1987 and served Bromley and Wimbledon synagogues for almost 30 years. Now serving Lev Chadash Milano (Italy)

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HIGH HOLY DAY LEARNING

THE TEN DAYS

**Wednesday
23rd
September
20:30-21:00**

Rabbi Leah Jordan teaches: How do we let go of grudges/long-built-up anger/pain toward someone close to us? What does Torah have to say about it?

Rabbi Leah Jordan is the Rabbi of Kehillah North London and a founding member of Na'amod. She hails from 'deepest, darkest' midwestern America, and lives in Kentish Town.

**Thursday 24th
September
20:30-21:00**

Rabbi Benji Stanley teaches: Waiting (for God to do teshuvah) and maintaining hope

We will look at a short Rabbinic parable about waiting for God, considering for ourselves how to wait well, relate to the Divine, and foster hope during these more distanced times.

Rabbi Benji Stanley is the rabbi of Westminster Synagogue, an independent shul in the middle of London. He lives in London with his partner, Leah Jordan. He studied English literature for his first degree. Judaism brings together and elevates his passions for words and people.

**Saturday 26th
September
20:30-21:00**

Rabbi Leora Eizrachi-Vered teaches: Al Chet Shechatanu... which sins did I actually commit?!

Rabbi Leora Eizrachi-Vered was born in Jerusalem to a 4th generation family of Halutzim on one side and Reform Judaism on the other. Raised in the Israeli Reform Movement she is now the rabbi at Nigun Halev, an independent community in the Jezreel Valley and active in shared society initiatives (Israel).