

## Preparing for the High Holydays

### Yoga and Teshuvah

Wednesday, September 1, 7:30 - 9:00 pm at Or Shalom. Join Evelyn Neaman and Steve Herman for a workshop that integrates the principles and practices of yoga with the ancient Jewish tradition of *teshuvah*. Breathwork, meditation, chanting, and postures will be used to stimulate reflection, repentance, and renewal. Payment is a donation to Or Shalom. Pre-registration is required; contact Evelyn Neaman at (604) 738-9295 or [tikkunyoga@shaw.ca](mailto:tikkunyoga@shaw.ca).

### Selichot Service, Music and Discussion

Saturday, September 4, 9:00 pm at Or Shalom. A traditional evening of *selichot* (forgiveness) introduces the themes of *teshuvah*: reflection, repentance, and renewal. Join us for havdalah, original sacred music, a discussion led by Or Shalom's Young Adult Community, and a contemplative service led by Rabbi Laura Duhan Kaplan. Bring a dessert or drink to share.

### Shabbat Shuvah – Day of Return

Saturday, September 11, 10:00 am at Or Shalom. A traditional-creative Or Shalom Shabbat morning service with a *dvar Torah* and discussion on the theme of *teshuvah*.

### Mikvah – Waters of Purification

Immersion in the *mikvah* (gathering of living waters) is a powerful traditional ritual of rebirth into the new year. Women: learn about the *mikvah* as a group and immerse individually on Sunday, September 12, 3:00 - 6:00 pm at Schara Tzedek Synagogue, 3746 Oak St. Men: contact Schara Tzedek at (604) 736-7607 to schedule a personal time. Women and men, please bring an \$18 donation to Schara Tzedek.

### Mahzorim - Prayer Books

Please remember to bring your own. We use *Mahzor for Rosh Hashanah and Yom Kippur*, edited by Jules Harlow. Purchase at the Or Shalom office for \$30 or directly from publisher [www.rabbinicalassembly.org](http://www.rabbinicalassembly.org).

## The High Holydays

### Children's Program

Rosh Hashanah Day 1 and Yom Kippur: program for children ages 3 to 12, 10:30 - 11:30 am. Youth workers and teachers lead age-appropriate programs, which may include storytelling, games, music, prayer, honey cake and apples & honey. Rosh Hashanah Day 2 from 10:30 - 11:30 am, children are invited to the sanctuary for storytelling and to participate as the Torah is unrolled around the room, and the shofar is blown.

### Teen Program

Rosh Hashanah Day 1 and Yom Kippur: teen program at 10:30 am, led by a favourite teen counsellor. Rosh Hashanah Day 2: teens are invited to the sanctuary from 10:30 to 11:30 am to open the ark and participate as the Torah is unrolled around the room and the shofar is blown. Teens are welcome to relax in the board-game room at any time.

### Tashlich

Rosh Hashanah Day 1, 5:00 pm. *Tashlich* (cast off) symbolically into living waters the behaviours and attitudes that block our renewal and return. Rain or shine at the waterfall in Queen Elizabeth Park. Children are welcome. No pets please.

### Kol Nidre – Erev Yom Kippur

Prepare yourself in the meditation area; then join women and men for candle lighting, Kol Nidre and services in the sanctuary. On Erev Yom Kippur - Kol Nidre, it is customary to *davven* (pray) wrapped in a tallit, and to dress in white as an expression of purity and clarity. **Kol Nidre services are designed for adults and mature children.**

### Yom Kippur Afternoon: Break and Yonah

On Yom Kippur afternoon, 3:45 pm. Pause from traditional services for a contemplative or intellectual activity: meditation, study, or chanting. At 5:00 pm experience a deep exploration of the book of Yonah (Jonah), including a traditional Hebrew reading, an ecological puppet show, and a thoughtful *dvar Torah*.

### Tzedakah

High Holiday prayers teach that giving *tzedakah* lessens the suffering that comes with life's inevitable difficulties. On Erev Yom Kippur, please bring a cash *tzedakah* contribution, which Or Shalom will distribute to local, Israeli and international Jewish and non-Jewish charities; and canned and packaged foods for the Jewish Food Bank.

### Yizkor

During the Yizkor service on Yom Kippur, we share with the community the names of our close relatives who have passed away during the year. Please help us ensure that the list we read aloud is complete. Email Rabbi Laura Duhan Kaplan at [reblaura@telus.net](mailto:reblaura@telus.net) no later than September 12 with the English and Hebrew (if you know them) names of the family members you have lost in the past year and their relationship to you.

### Childcare

Or Shalom provides paid childminders for children ages 3-12 whose parents are on the premises. Please bring kosher snacks or lunch for your child (fresh fruit, veggies, or dairy and baked goods with a kosher symbol – no nuts, please). Or Shalom will bring toys to the JCC. Please feel free to bring your child's favourite toy or board. We ask that all parents help with clean-up.



### Parking

Complimentary parking is provided by the JCC.

### Allergy Considerations

In consideration of those attending with allergies and environmental sensitivities, please refrain from using perfume, cologne, and other scented body and hair care products when you come to services.

## Or Shalom

### About

Or Shalom (Light of Peace) Synagogue is a Jewish spiritual community affiliated with ALEPH: Alliance for Jewish Renewal. We are creative, egalitarian, traditional, and participatory. Or Shalom was founded in the late 1970s by Rabbis Daniel and Hanna Tiferet Siegel.

Rabbi Laura Duhan Kaplan joined Or Shalom in 2005, after a 25-year career in higher education. She integrates spirit with intellect to create a warm, welcoming atmosphere. Rabbi Laura teaches widely, most recently in the ALEPH Rabbinic Program, at UBC, and at the Melton Adult Jewish Studies Program.

### Financial Contribution

At Rosh Hashanah and Yom Kippur, the community of people who joins us swells to three times the size of our membership. We welcome everyone. However, our ability to meet the needs of this expanded community requires significant financial support.

Payment may be made online, by cheque, or credit card. All donations are tax-deductible. Thank you.

### Full Membership

Two-adult family [with or without children]	\$ 1,600
One-adult family [with or without children]	800
Young adult 19-25	72
Young adult 26-30	400

### High Holydays Only

Adult (one)	\$ 350
Young Adult 19-30	54
Child	18

### Or Shalom

Address: 710 E 10<sup>th</sup> Ave, Vancouver, BC V5T 2A7  
 Tel: (604) 872-1614  
 Fax: (604) 872-4406  
 Email: orshalom@telus.net  
 Web: www.orshalom.ca, "donate now"

## Schedule

All services are at the JCC unless otherwise specified.

<b>WED SEPT 1</b>	<b>YOGA AND TESHUVAH</b>
7:30 pm	Or Shalom (710 East 10 <sup>th</sup> Ave)
<b>SAT SEPT 4</b>	<b>SELICHOT</b>
9:00 pm	Havdalah, music, discussion, prayer, potluck dessert at Or Shalom
<b>WED SEPT 8</b>	<b>EREV ROSH HASHANAH</b>
7:15 pm	Candle lighting and Ma'ariv Service
<b>THUR SEPT 9</b>	<b>ROSH HASHANAH DAY 1</b>
9:00 am	Morning service
10:30 am	Children, youth, teen services
5:00 pm	Tashlich at Queen Elizabeth Park
<b>FRI SEPT 10</b>	<b>ROSH HASHANAH DAY 2</b>
9:00 am	Morning service
10:30 am	Children's service in the sanctuary
<b>SAT SEPT 11</b>	<b>SHABBAT SHUVAH (Day of Return)</b>
10:00 am	Morning Service at Or Shalom
<b>SUN SEPT 12</b>	<b>WOMEN'S MIKVAH</b>
3:00 pm	Schara Tzedek Synagogue
<b>INDIVIDUALLY</b>	<b>MEN'S MIKVAH</b>
	Schedule individually with Schara Tzedek
<b>FRI SEPT 17</b>	<b>EREV YOM KIPPUR</b>
6:15 pm	Meditation area opens
6:45 pm	Candle-lighting and Kol Nidre
<b>SAT SEPT 18</b>	<b>YOM KIPPUR</b>
9:00 am	Morning service
10:30 am	Children and teen programs
12:15 pm	Yizkor/Musaf service
3:45 pm	Meditation, study, chanting
5:00 pm	Mincha: Book of Yonah
6:15 pm	Ne'ilah
8:08 pm	Havdalah



# Or Shalom



5771 / 2010

## Rosh Hashanah & Yom Kippur

High Holyday services will be held at the Jewish Community Centre 950 West 41st Avenue

