

PLEASE JOIN US FOR OUR 2021



ELUL BEIT MIDRASH Learning Together as we prepare for the Days of Awe

To help us prepare for the approaching High Holy Days, we have invited 4 esteemed teachers to share their thoughts and insights with our community about different aspects of Rosh Hashanah and Yom Kippur. Please join us for any or all of the sessions. No preparation or Hebrew knowledge is necessary.

Wednesdays at 7:30 PM on ZOOM at tinyurl.com/BEKIschmooze

PLEASE NOTE - BECAUSE OF RENEWED CONCERNS ABOUT THE SPREAD OF COVID-19 VARIANTS, PROGRAM WILL BE PRESENTED ON ZOOM ONLY

August 11 Rabbi Eric Woodward will discuss
Jonah, Grudges and Growth



August 18 Arielle Rubenstein, PhD will speak about
**Teshuva as Conversion: Psychological
Reflections on Religious Change**



August 25 Robin Goldberg, DMD, and certified Heart
Rhythm Meditation instructor will lead us in
a meditation practice for Elul



September 1 Jay Sokolow, MD will explore Vidui -
**Essential for Teshuva, Not Just for Yom Kippur:
The When, Why & How of Confession**

