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.

Wednesday 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*