

# *Prepare for the High Holy Days*



Plan to join us on Shabbat afternoons in Elul  
for a special series of Shabbat Shmoozes  
for heart, mind and soul

*Shabbat  
August 18*

*Meditation for the High Holy Days*  
with Robin Goldberg

*Shabbat  
September 1*

*Structure of the High Holy Days Liturgy*  
with Rabbi Carl Astor

*Shabbat  
September 8*

*Teshuva and Recovery*  
with Rabbi Rick Eisenberg

All sessions begin at 12:45pm following Shabbat Kiddush Lunch