

Come One Come All! COOL TEENS WELCOME!

Let's start the New Year AWAKE to ourselves and each other!



Rebbe Nachman of Bratzlav, teaches that the Hebrew words for "year" (*shannah*) and "change" (*shoneh*), are the same...So that means that *Rosh Hashanah* is not simply the "Head of the Year", but also the time for changing one's head altogether!

All teens 13 and older are invited to celebrate the High Holidays together this year, to learn about "changing our heads," and dealing with life's challenges in the best way. **COME SHARE YOUR CHALLENGES AND HEAR OTHERS' AND LEARN NEW WAYS TO MEET THEM!**

Rosh HaShannah 9:30-11:30 am

This time of year is filled with new beginnings, including the start of a new school year and the turning of the Jewish calendar year. Jewish tradition gives us great ways to meet these changes. Our calendar is like a medicine wheel that works with the earth's natural cycles, to help us become the best we can be! Come join us as we explore the seasons of the year and their relationship to Jewish holidays. Our time together will mostly be experiential.



Yom Kippur 9:30-11:30 am

Usually we say DAY of ATONEMENT, but the secret is that the word is AT-ONE-MENT! What does it mean to find at-one-ment? We do this through teshuvah, tzedakkah, and tefillah (TURNING and CHURNING and CARING). Come and discuss and learn the deepest teachings of the day!

Meet downstairs at Fellowship Hall in the First Congregational Church, 1128 Pine St., (Pine and Broadway).

Charna Rosenholtz, MA has a degree in Religious Studies from Naropa University, and a maggidic smichah from Reb Zalman Schachter-Shalomi and Rabbi Tirzah Firestone. A visionary, she is particularly delighted to work with teenagers, as they hold the ideals of what is most good in a special way.