

Yom Kippur Study Sessions

Ta'am Limmud – A Taste of Learning

1. Ta'am Storahtelling – A Taste of Storahtelling – Jonah

11:00 a.m.-12:00 p.m.

Bride's Room

One of Storahtelling's central goals is to breathe new life into old stories—our stories. Richard Bellotti, Estelle Edelbaum, and Henri Goettel are breathing life back into Beth Torah's Storah Troupe. Today's Storah session presents a new view of Jonah, and a taste of what you'll experience when they bring Storahtelling back to the bima in early 2017. The Troupe will be recruiting in the fall, so this is a great opportunity to learn more about the program. Presented by Richard Bellotti, Estelle Edelbaum, and Henri Goettel.

2. Ta'am Yoga – A Taste of Yoga – Gentle Yoga/Meditation

12:30-1:15 p.m.

Bride's Room

Spirituality and the Mind/Body Connection are entrenched in Jewish wisdom. Yoga and Meditation can be helpful conduits for turning inward, tuning in and reflecting on where we are and where we would like to be within ourselves. Join Shanna Haun for a gentle yoga practice and guided meditation. Most poses will be done seated with a few options for standing poses. Led by Shanna Haun.

3. Ta'am Rachamim –Ethics and End-of-Life Practices

2:00-3:15 p.m.

Library

On Yom Kippur, we live for a day as if we were dead. No food, no water, no work, no sex. Many Jews wear a kittel, or burial shroud. Death is feared but it is also acknowledged as inevitable. Contemplation of our own deaths can help us live better lives. Today, more than ever, we make decisions about when and how we will die. Many people have living wills or other advance directives. We withdraw life-support in the ICU and have DNR orders. Many countries around the world and many states in the United States have legalized euthanasia or assisted suicide. Oregon was the first state to do so. The provisions of its law are straightforward: Patients with a terminal illness who are expected to live no longer than six months, and who are judged by doctors to be of sound mind, may ask their doctors for a prescription for lethal drugs that would allow them to end their own lives. Polls suggest that most Americans are in favor of such laws. In this session, we will talk about various end-of-life decisions and contemplate some of the controversies around euthanasia and assisted-suicide. Presented by John Lantos.

4. Ta'am ha-Tefillah – A Taste of Prayer

5:00-5:45 p.m.

Library

Few topics tweak our modern sensibilities the way prayer does. Yet as Jews, prayer is central to our communal way of life. How can we find personal meaning in and connection to our siddur? How do we make century-old prayers unique? How can they possibly relate to us here and now? Founding Rabbi Mark Levin explores these topics in his new book [Praying the Bible](#).

“Praying the Bible looks at prayers as poetry. Each prayer creates personal meaning in the person praying through the interactions between the prayer, the Bible quotation with the Bible story it represents, and the existential condition of the praying person. The prayer's content varies every time it is prayed.”

You may purchase a book prior to Yom Kippur at the Beth Torah gift shop or through Amazon. More information can be found at www.markhlevin.com. Presented by Mark Levin.