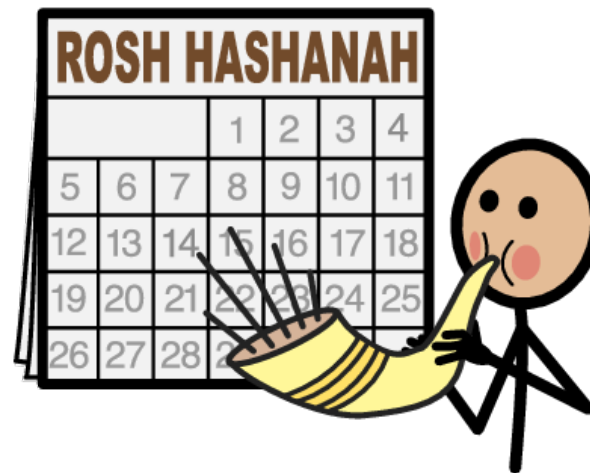
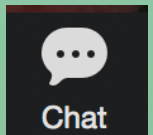


Finding solid ground in the High Holy Days

Rabbi Ruti Regan



Questions?
Please ask
us in the
chat box.

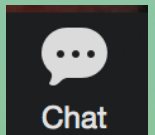


Please ask questions!

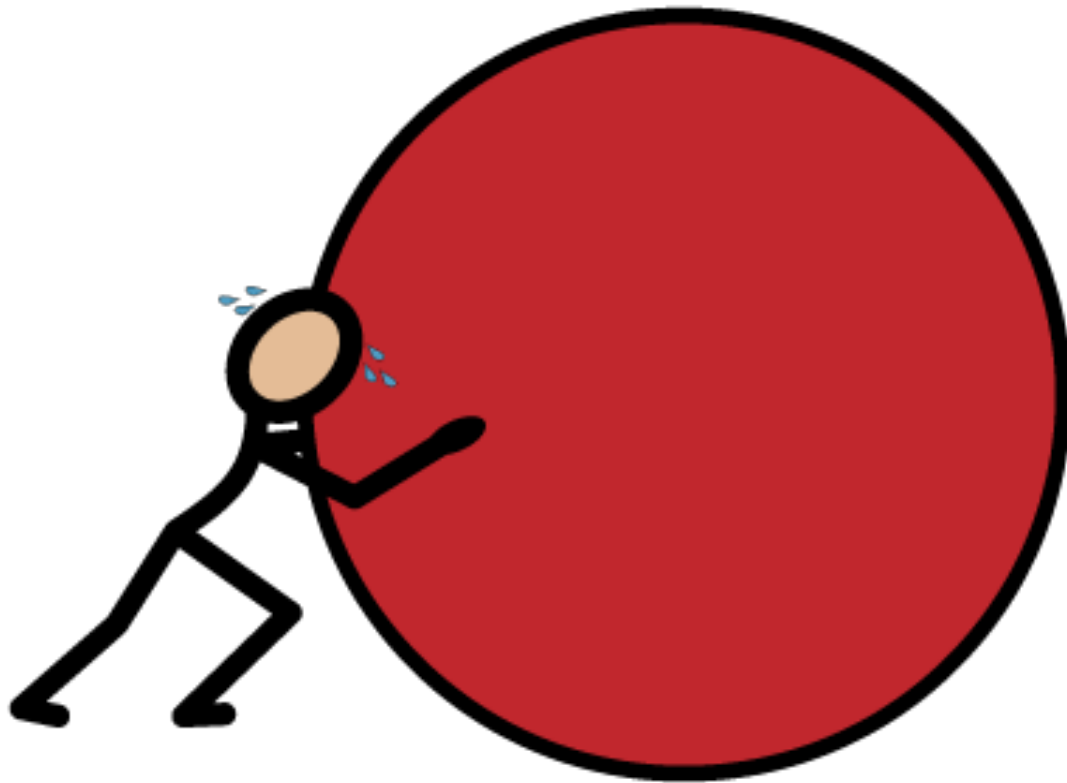
- Ask questions in the chat box at any time!
- I will watch the chat box and answer questions.
- I will also be available for questions after the webinar.
- You can also reach me at rabbi@matankids.org.



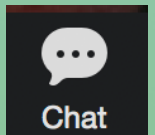
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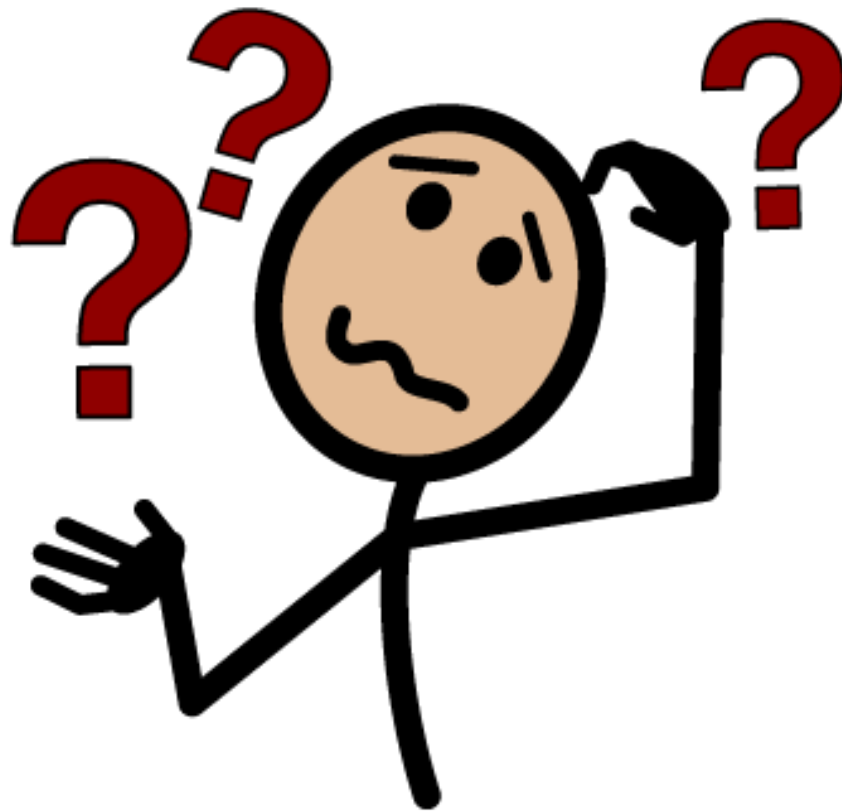
We're living through difficult times.



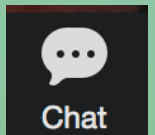
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Uncertainty is hard.



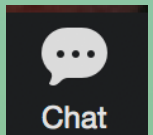
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The Rosh Hashanah and Yom Kippur liturgy can be intense.

- Matters of life and death.
- Divine judgement.
- Grappling with sin and guilt.
- Teshuva.

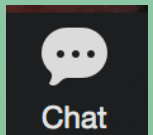
**Questions?
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Life-and-death themes may feel more literal this year.

- Many of us know people who have died.
- Many of us know people who are at risk.
- Some of us may know people whose lives hang in the balance during the holidays.

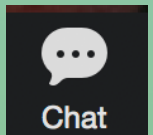
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Themes of sin may feel more literal this year.

- Out of control pandemic.
- Protests in the face of violence.
- Living in an unstable democracy.
- #MeToo.
- More moral reckonings than it is possible to list.

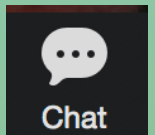
**Questions?
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Being in this together.

- Many of us will be unable to gather in person this year.
- How can we maintain connections?

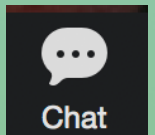
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Finding points of connection — even now.



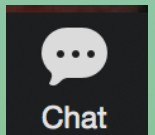
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Teshuvah Tefillah Tzedakah

- Traditionally, we say “Teshuva (repentance), Tefillah (prayer), and Tzedakah (charity) can reduce the harshness of the decree.
- I.e. We all have some power to make things better.

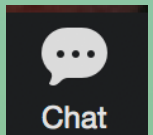
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Teshuva - resolving to do better.

- What's something I've done wrong in the past year?
- What's a way that I can do better?
- What's a way that our community can do better?

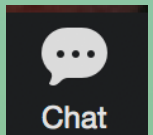
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An optimistic approach to judgement.



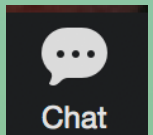
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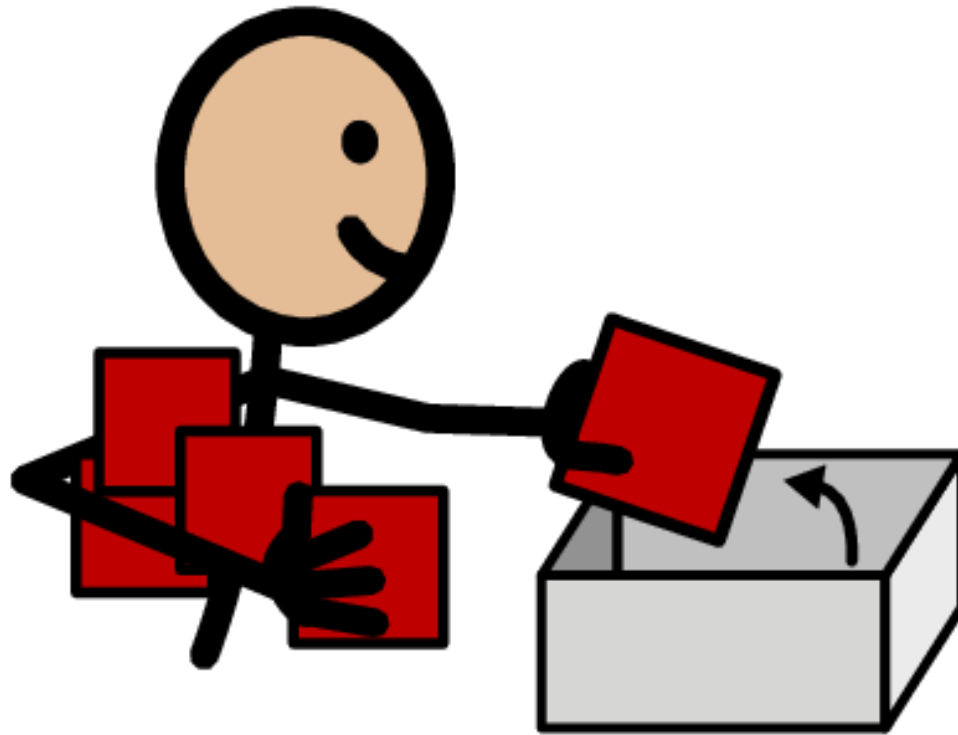
Doing teshuva when our best may not be good enough

- What if God already knows what we've done?
- What if God isn't afraid of the things we're most ashamed of?
- What if it can help us do better?

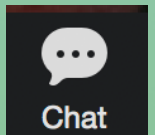
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Valuing partial success.



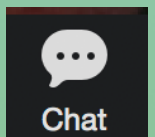
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Take the responsibility that is yours - and no more.



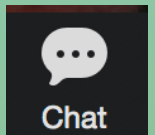
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Teshuva can be joyful.



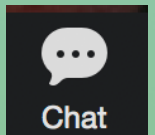
Questions?
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What do you want to hold on to?



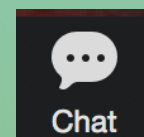
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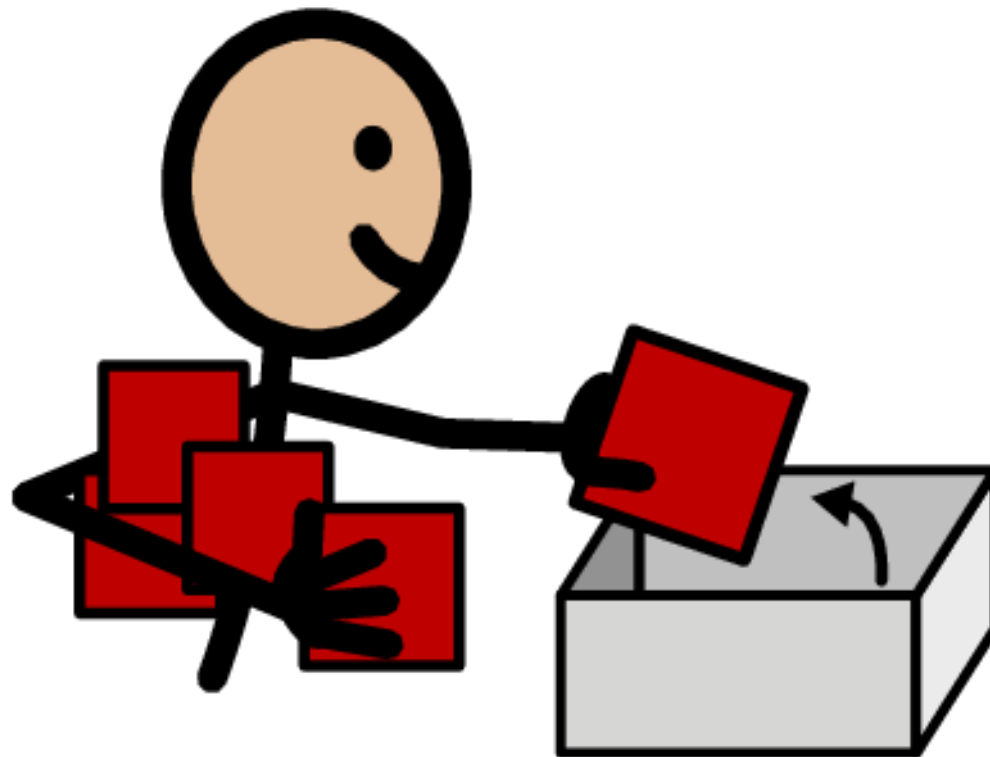
Tefillah - prayer

- How can I connect to liturgy and ritual this year?
- There are a lot of options.

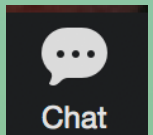
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It's not all or nothing.



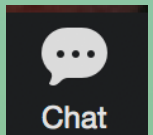
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Zoom/streaming services



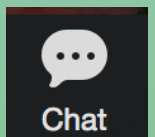
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Virtual holiday gatherings



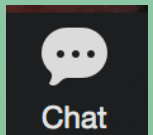
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Songs

- Liturgical songs.
- Secular songs with similar themes.
- Singing yourself.
- Listening to recordings.
- Making and sharing playlists.

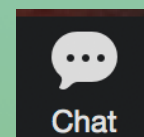
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Musaf amidah



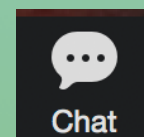
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Al chet



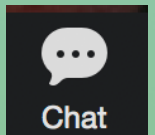
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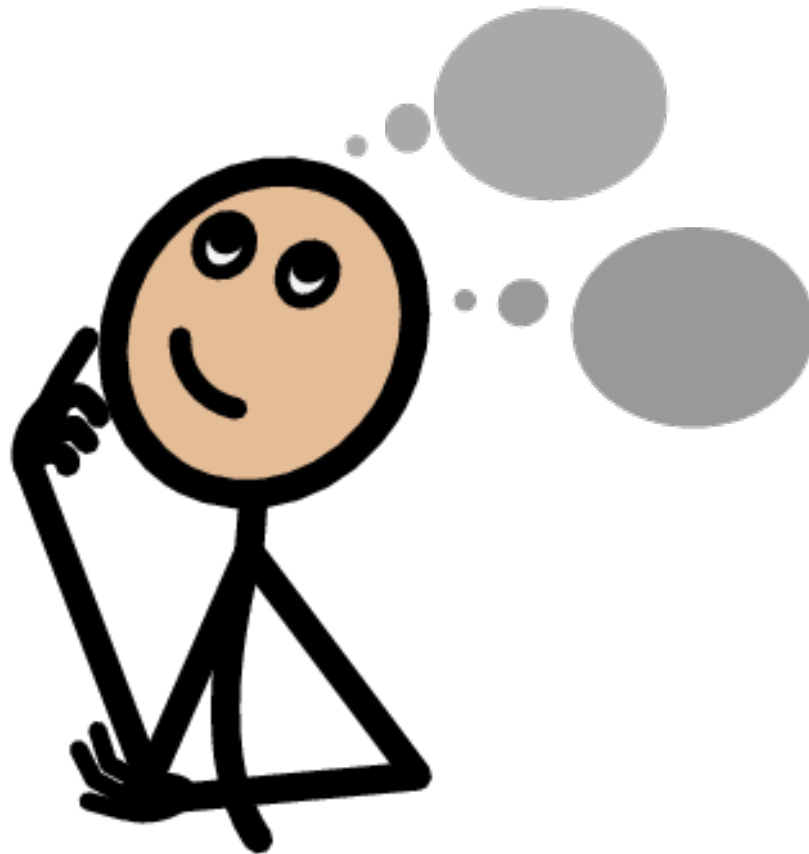
Using your own words



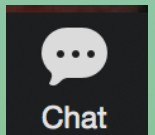
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Contemplation



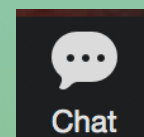
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Stories

- Telling stories about past experiences with holidays.
- Telling stories about the Torah readings.
- Telling stories or reading picture books with related themes.

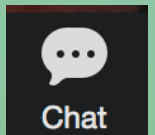
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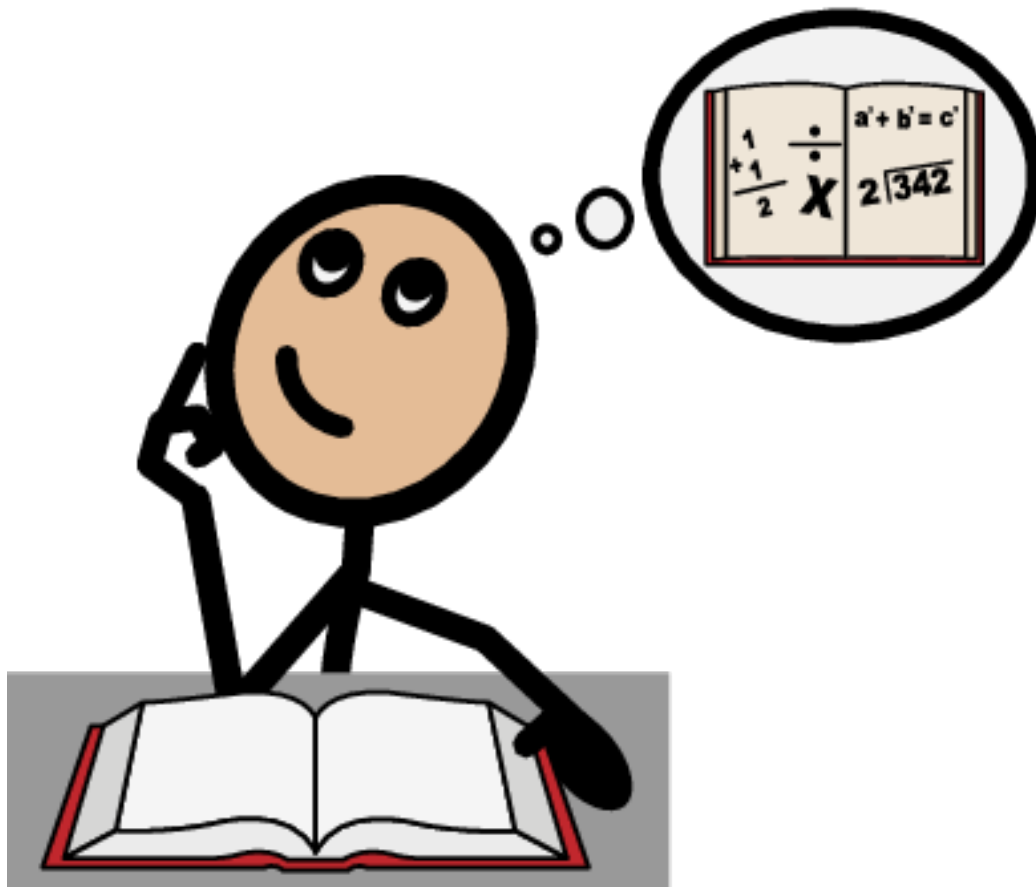
Studying the Torah and Haftarah readings.



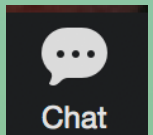
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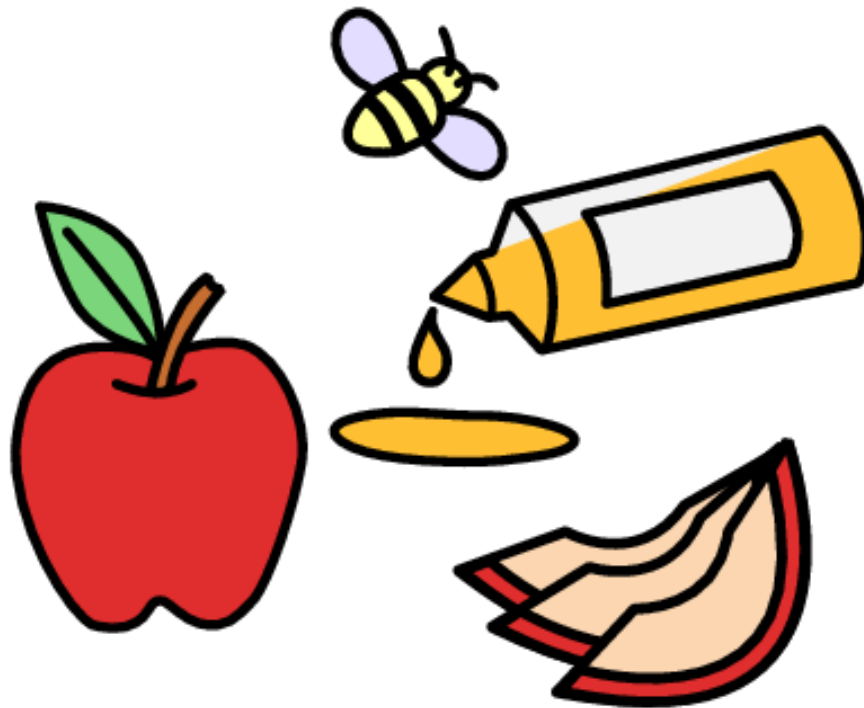
Studying the liturgy as text



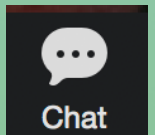
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Apples and honey



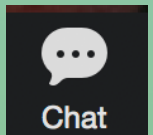
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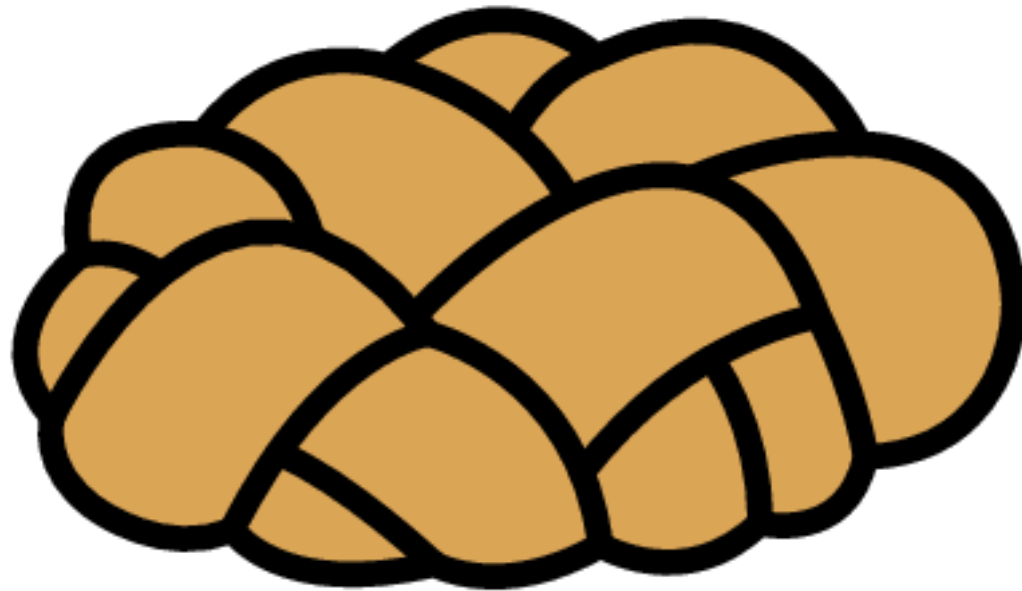
Other symbolic foods

- There are traditional symbolic foods.
- Some people have the custom of getting a bunch of different fruits and vegetables and making pun blessings for the new year.

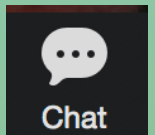
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Baking challah



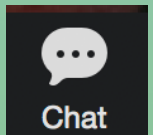
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Exchanging holiday recipes



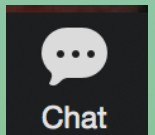
Questions?
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Tzedakah: How can I contribute to making the world better?

- Money?
- Time?
- Moral support?

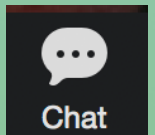
**Questions?
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Find things you can make better.

- The upside to having so many problems is that there's a lot of opportunities to be part of the solution.
- You don't have to do everything.
- The things you can do matter.

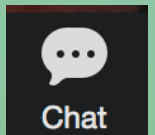
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Loving people and loving justice.



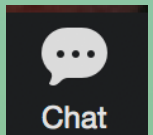
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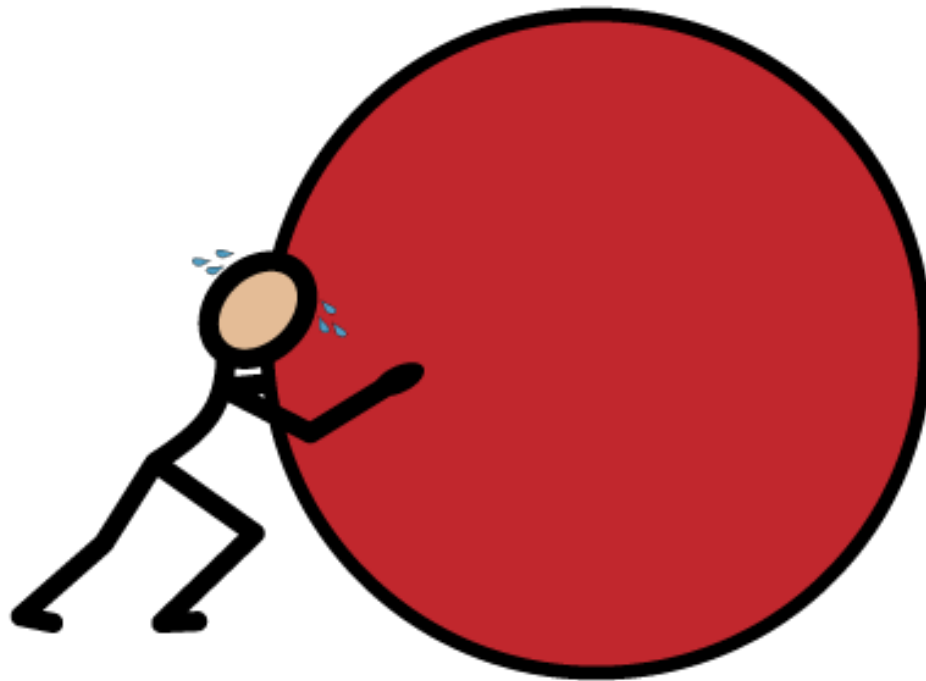
It's ok to be afraid.



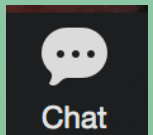
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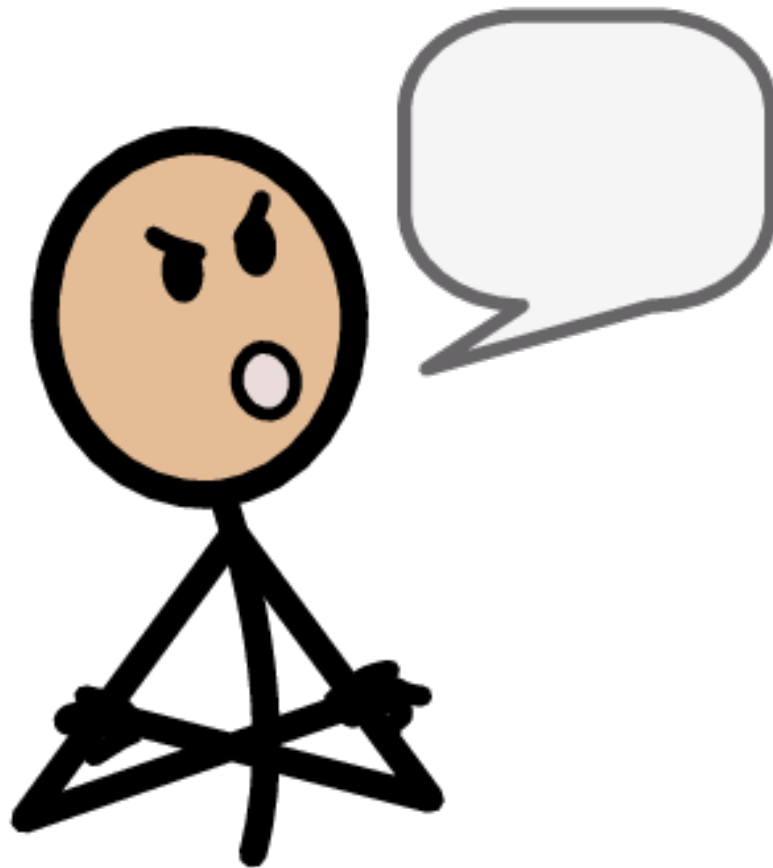
It's ok to be struggling.



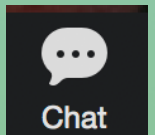
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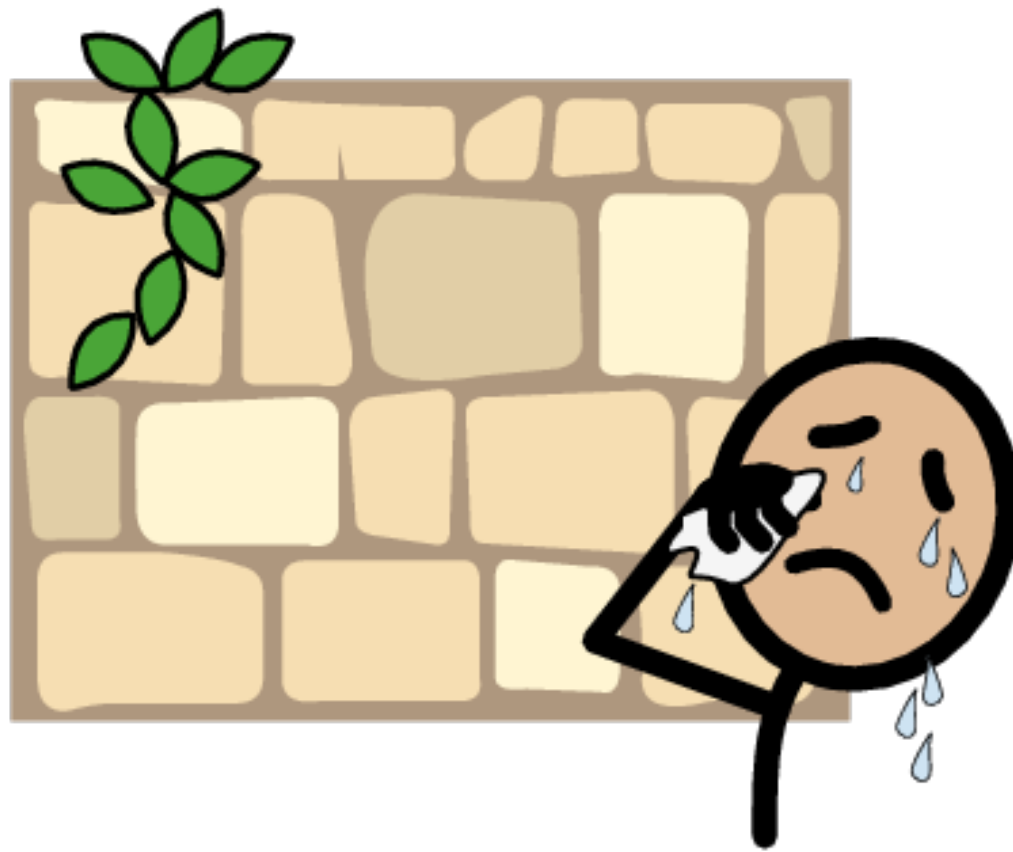
It's ok to be angry



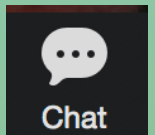
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Jews have been through hard times before.

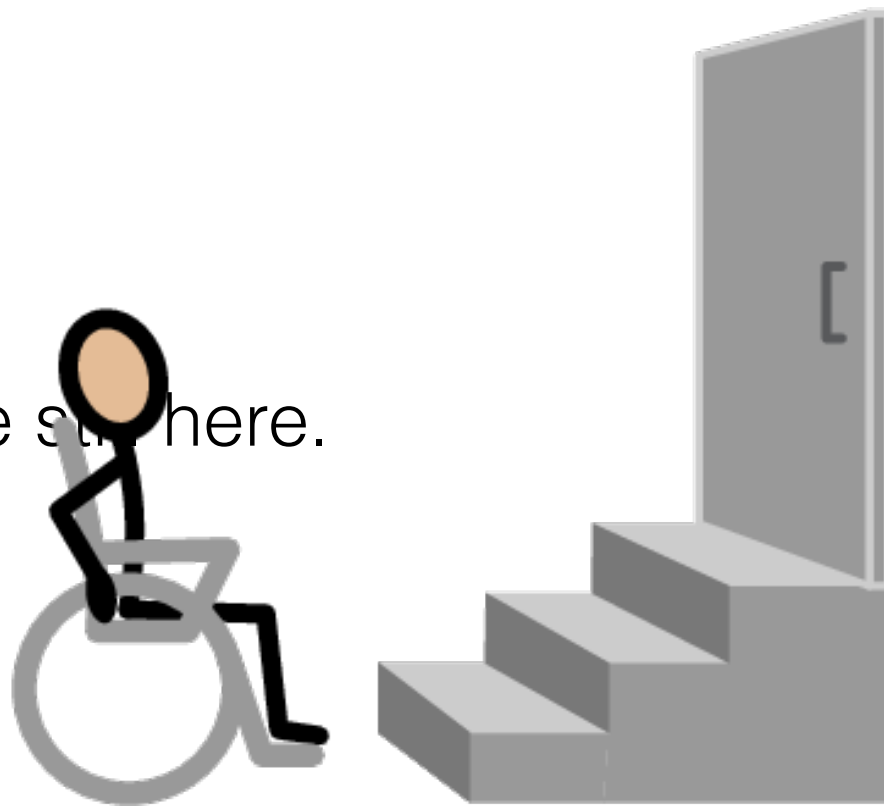


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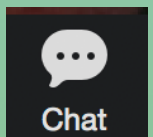


Disabled people have been through hard times before.

- We're still here.



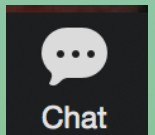
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We're still here.



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About Rabbi Ruti Regan

- Rabbi Ruti Regan is a visiting scholar at the Harvard Law School Project on Disability, and previously served as Rabbinic Disability Scholar in Residence at Matan. She is an inclusion trainer and researcher, and the author of the realsocialskills.org blog on reframing social skills inclusively. Her interests include communication access, ritual aspects of inclusion, and social-emotional skills for educators and disability professionals.

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