



CONGREGATION B'NAI ISRAEL

Please join us for a special High Holiday workshop taught by Rabbi Debra Orenstein, sponsored by CBI, and open to the public. All are welcome!

SEMINAR: Turning to Change

TEACHER: Rabbi Debra Orenstein

DATE: Tuesday, August 31, 2010

TIME: 7:30 – 9:30 pm

DONATION: Please bring non-perishable food items, to be donated to a local food pantry.

RSVP: Contact the Temple office at (201) 265-2272.

Teshuvah, usually translated as repentance, implies a turning. One small shift can produce a large change, especially over time. In preparation for the High Holy Days, this participatory seminar will examine the meaning, process and laws of teshuvah.

- How can ancient rabbinic guidelines for repentance help us today?
- What do we need to accept, and what do we need to change?
- By what process shall we change?
- What is "enough" teshuvah, and what do we do with guilt?
- How do we stay honest with God, other people and ourselves?
- What about entrenched sins or bad habits?
- How can we get back on track if we try and fail?
- How can we forgive?

Based on the interests of participants, we will use text study, writing exercises, meditation and discussion to address these questions. The goal is, through Teshuvah, to have a more meaningful High Holiday season and a more blessed year.