



Machon Micah All-Community Selichot Celebration September 8th, 2012

Schedule for the Evening

- 5:00** **Community Gathering:** Join together for a short welcome and singing in the sanctuary.
- 5:20** **Learning Session:** Adults choose a learning option from the list on pages two and three; children and teens join their peer groups in assigned locations, listed on pages three and four.
- 6:20** **Join us in the Social Hall for a festive communal meal.**
- 7:00** **Selichot Service: Sanctuary**

**WE'LL SEE YOU FOR ALL COMMUNITY TASHLICH
SUNDAY, SEPTEMBER 23RD-10:00AM
GRAVELLY POINT (BY WASHINGTON NATIONAL AIRPORT)
BRING A PICNIC LUNCH!**

5:20: Choices For Adults and Teens **(See pp. 3-4 for Children's Locations)**

Exploring Prayer through Yoga (Ayelet Krieger, Yoga Instructor)

Ner Havdalah, Cos Yayin, B'samim-Temporary rooms (Downstairs, adjacent to the social hall)

To prepare for the High Holy Days, we will engage mind, body, and breath as we explore the relationship between traditional liturgy, contemporary texts, -and the calming effect of yoga movement and breathing. Please wear clothes to move in and bring a yoga mat, blanket or towel.

The Tunes of the High Holy Days (Teddy Klaus, Music Director)

Sanctuary

Our Jewish heritage is enriched by the melodies we use in our communal worship. The tunes we use at services are seasonal: we "tell" Jewish time with Jewish music. Some melodies are sung throughout the year, while some are used only at specific times of the year. In this class, we will learn to sing some new melodies that are unique to the High Holy Days. Come and learn the "High Holy Day" Mi Chamocha, or the "Yom Kippur" Sh'ma, or even the Kol Nidre, as well as a few new melodies.

Out with the Old, In with the New (Rabbi Lederman)

Downstairs Library (across the social hall, adjacent to the atrium; exit through the front door of the sanctuary, go downstairs—last room on the right)

Come join Rabbi Lederman as we engage with text and with each other as we prepare ourselves for the beginning of a new year.

Reasons to Hope for a Good Sweet Year (Rabbi Herb Schwartz)

Upstairs Library (across from and to the right of the sanctuary; exit through the main sanctuary doors)

We love it when our hearts respond to the noble sentiments in our prayerbook, but how much better it would be if, together, we could find **reasons to hope** that next year will be a Shanah Tovah --A Good Sweet Year! We owe it to ourselves to try.

Rabbi Schwartz is a fairly new member of the Washington, DC and Micah community after serving a distinguished career in Springfield, MA. Throughout his 40 years in the Rabbinate, Rabbi Schwartz served as pastor not only to his synagogue but to the surrounding community working tirelessly to improve the wellbeing of its citizens as well as those institutions that help make life worth living.

Parents with Pre-Kindergarten Children: Celebrating the High Holy Days (Josh Beraha)

Jacob's Ladder (upstairs, New Wing classrooms; exit through the back door of the sanctuary, turn right)

Come join us for a variety of hands-on experiences, including stories, art, and movement, designed to engage the youngest Temple Micah members and their families. These sessions are primarily geared toward families with children ages 2-4 years, but all children not yet in kindergarten are also welcome! Children who are independent (ages 4 and older) who are comfortable on their own may attend unaccompanied.

5:20: Locations for Children (with **their teachers)**

***Note that classrooms are named after the pictures etched into the door windows.**

***To get to the New Wing classrooms: Exit through the back door of the sanctuary (on the left-hand side when facing the ark). Alternately, exit through the front door (also on the left-hand side), and go through the door on your left.**

- **Young Families: *Jacob's Ladder Room* (New Wing)**
- **K-First: *Scouts/Tzofim Room* (Leave the sanctuary by the main doors, go downstairs, turn left; classroom nearest to the door)**
- **Second: *Noah's Ark Room* (New Wing)**
- **Third: *Menorah Room* (Leave the sanctuary by the main doors, go downstairs, turn left; middle classroom)**
- **Fourth: *Shofar Room* (Leave the sanctuary by the main doors, go downstairs, turn left; first classroom)**

- **Fifth: *Atrium*** (Downstairs, adjacent to the social hall. Exit the sanctuary by the front side door to the left of the ark, go downstairs; on the right after the kitchen.)
- **Sixth and Seventh: *Meet in New Wing Corner [then separate into Red Sea, Burning Bush, Jonah's Fish]*** (New Wing, meet next to the bulletin board by the door that leads out to Wisconsin Ave.)
- **Eighth through Twelfth: *Meet downstairs by the door that leads to the parking lot, next to the Scouts/Tzofim room*** (exit the sanctuary by the main doors, go down the stairs, turn left) [inclement weather plan: Lion's Den Room, New Wing]

UPCOMING MACHON MICAH EVENTS

For Ages 0-120. See templemicah.org for more details.

All-Community Tashlich

September 23rd, 2012 - 10:00AM-1:00PM

On Sunday, September 23rd, we will gather at Gravelly Point Park (near National Airport) at 10:00 a.m. for community building activities, Tashlich, and picnics (bring your own).

All-Community Sukkah Building for Jewish Foundation for Group Homes

September 30th, 2012 - 10:00AM-12:30PM

On Sunday, September 30th, we will meet at different homes affiliated with JFGH (Jewish Foundation for Group Homes) to build Sukkot and to prepare for the holiday with the residents.

All-Community Sukkot

October 7th, 2012 – 4:00PM-7:00PM

On Sunday, October 7th, we will celebrate the festival of Sukkot together. More information coming soon!