

A Spiritual Workshop to Invigorate and Elevate the High Holidays

with Chava Avner for L'Chaim Center of Deerfield

Class #1: Thursday, August 20, 2020

We will be working on our own between weekly workshops with the suggested daily reading and exercises. Some of you have the book and some do not. We have attached the pages suggested to read *before* the workshop begins and the first four days of exercises if you haven't received the book by the start of the program.

Most of the reading is preparation to allow you to feel comfortable with the importance, meaning and goals of Hebrew month of Elul.

Workshop Book: *"60 Days, A Spiritual Guide to the High Holidays"* by Simon Jacobson. Available on Amazon starting 8/19.

Class meets weekly on Thursdays at 11:00 am

- August 20
- August 27
- September 3
- September 10
- September 17
- October 1
- October 8

Class #2: Thursday, August 27, 2020. We will also learn a bit about Rosh Hashanah.

Materials for Class #1 following. (Please forgive the page bleeds from the scan copy)