



Yom Kippur 2018/5779 Afternoon Activities

1:30 - 2:30, Library

Yom Kippur Yoga

Ease into Yom Kippur afternoon in a quiet, meditative practice at a gentle Hatha yoga class. This will be a class focussed on stretching and moving with the breath. There is no need to be flexible. All levels of practice and experience are welcome including absolute beginners.

Please wear comfortable clothing, bring a yoga mat, and a light blanket/shawl.

Ellie Goldenberg, M.P.H, has over 15 years' experience teaching yoga classes in Toronto, and knows how to modify poses for people with injuries or reduced mobility.

2:45 - 3:45, Library

Meditation on Yom Kippur

In the spirit of l'cha dumiyah t'hilla (for You, silence is praise), this will be an opportunity to sit in silent meditation in community. There will be a little chanting, and to the extent the group is inclined, some processing as we move towards the conclusion of the Days of Awe and re-entry into the workaday world. But mostly, we will support one another in simply being and breathing.

Led by Lorne Blumer, a long-time member of Shir Libeynu. Lorne leads Hineinu, an initiative for Jewish contemplative practice, and is a graduate of the Institute for Jewish Spirituality's program in Jewish Mindfulness Meditation Teacher Training, as well as a current student in Emmanuel College's Masters program in Pastoral Studies. He blogs in the form of spiritual reportage at Lorne Meets World."

PLEASE TURN OVER FOR MORE ACTIVITIES



Yom Kippur 2018/5779 Afternoon Activities cont'd

2:45 - 3:45, Shaw Hall

Ashes and Glitter for Yom Kippur

The late photographer Oscar Wolfman, a member of Shir Libeynu whose work has repeatedly featured in our art show at the High Holidays, often said that his work was "too Jewish for most queers and too queer for most Jews." It was uncompromisingly both. It's playful, unsettling, provocative, transgressive, and reverent. In this workshop, some of us may share memories of Oscar in the spirit of Yizkor. But mostly, we'll focus on five or six of his photographs as ways of entering into our own meditation on the experience of complex identities, and on the miracle of Life in the face of mortality.

Please be advised that many of the photographs include frontal nudity.

David Townsend, a longtime member of Shir Libeynu, curated the retrospective of Oscar Wolfman's photography shown at Queen Gallery as part of the 2017 Contact Festival. He continues to work for the preservation of Oscar's photographic legacy as a visionary of queer Jewish spirituality. He leads retreats and workshops and keeps a blog on queer men's spirituality.

4:00 - 5:00, Library

Moving Through Time and Space

After sitting at Yom Kippur services, this is a chance to move your body to music, as you release yourself into the spirit of Yom Kippur. Being in tune with how your body needs to move and increasing your repertoire of movements with others is healing and energizing. We'll start with slow music, build to a higher energy and return to a slower pace, feeling revitalized and calm. The movements will include individual self expression, mirroring in pairs, snake and circle dances.

We'll dance in socks or barefoot and dress in loose, cool, comfortable clothing.

Shoshana Fainsilber is a long-time member of Shir Libeynu. She has been involved in free-style dancing for over 30 years. She currently co-organizes and DJ's a free-style dance venue. She has also participated in choirs for the past 7 years. Music and dance are her passions.