

# Yom Kippur 5776 Afternoon Activities

## **Forgiving Family: The Story of Joseph**

*\*For Ages Nine to Pre Bar/Bat Mitzvah\**

*1:30 pm - 2:30 pm in Shaw Hall*

Even before Joseph received a multicoloured coat from his father, his eleven brothers knew Joseph was the favourite son. Their jealous reaction changed Joseph's life and the fate of the people of Israel. Hear the story of Joseph on Yom Kippur, when we think about our mistakes and try to forgive the mistakes of others. We'll talk about favouritism, fairness and forgiveness.

**Eden Nameri** tells stories whenever anyone lets her. She has never told the story of Joseph but she's thought about it a lot. Eden is a longtime member of Congregation Shir Libeynu and frequently tells stories as part of the children's program.

## **Feldenkrais: Awareness Through Movement®**

*1:30 pm - 2:30 pm in the Library*

Feldenkrais Awareness Through Movement® classes are designed to help you move with grace, ease and power. Most lessons are done lying on a mat while a teacher talks you through a series of gentle movements. The lessons vary widely; you may recognize elements of martial arts, child development, yoga, dance and even engineering in any given lesson. All of them help you become aware of your habits, so you can make better choices about how you move. They are a great way to keep your brain in shape, too! Please bring a yoga mat and a towel and wear comfortable loose clothing.

**Maria Meindl** (M.A. G.C.F.P.) became fascinated by the simplicity and power of The Feldenkrais Method in the early 1980s and has been teaching classes to the public since 2002. She has worked with a wide variety of individuals including people living with fibromyalgia and chronic pain, Parkinson's disease, and pelvic floor issues, as well as dancers, athletes and musicians looking to improve their performance. Maria has an M.A. in Education from the University of Toronto. She is also a writer, active in organizing literary events. [www.bodylanguagejournal.wordpress.com](http://www.bodylanguagejournal.wordpress.com)

## **Five steps to Transition from Teens to Zoomer and Beyond**

*1:30 pm – 2:30 pm in Workman Hall*

The goal of this workshop is to learn the steps to lead a positive LIFE.

**Stephen Foreman**, a dentist for over 40 years is a reikimaster, breathworker, student of pilates and yoga, healer and life coach, and artist and sculptor.

## **Writing and Creativity for Healing and Reflection**

*2:45 pm - 3:45 pm in Shaw Hall*

Writing and any kind of creativity can be powerful tools for reflection, healing, and touching our spirituality. As we reflect on the past year and draw inspiration for the coming year, we will talk about writing and creativity and share the ways that being creative helps us in our lives. Feel free to bring

some of your writing to share. If you want to make writing more of a practice during the year ahead, we will discuss how to make this a reality. This workshop is for anyone who loves writing, self-expression, and creativity.

**Jacque Buncel** is a writer, poet, and second generation of the Holocaust. She has a collection of poetry called **Turning the Corner at Dusk** as well as poetry and short stories published in various journals and anthologies. Jacquie is passionate about making a difference through her writing and her professional work as the Executive Director of a non-profit organization serving seniors.

### **Sitting at the Gates: Meditation for Yom Kippur**

*2:45 pm - 3:45 pm in the Library*

*Open for me the gates of righteousness that I may enter and praise God (Psalm 118:19)*

As the Days of Awe approach their conclusion, we will take some gentle steps in the practice of *teshuvah* (returning) through silent and guided meditation, and a little chanting. Suitable for both novice and experienced meditators.

In addition to leading Shir Libeynu's contemplative chanting services, **Lorne Blumer** is a graduate of the Jewish Mindfulness Teacher Training program with the Institute for Jewish Spirituality, maintains a dedicated meditation practice, and blogs about in-the-street-spirituality at Lorne Meets World.

### **Yom Kippur Yizkor Circle**

*4:30 - 5:30 pm in Shaw Hall*

Penny invites you to a Yom Kippur Yizkor circle. We'll rest a little, and chant a little with some gentle drumming. Some of us will tell a story or an anecdote about a remembered person, loved one, ancestor, friend. Tales of love, forgiveness, appreciation, admiration, respect, compassion. Short stories, so that everyone who wants a turn can have one. And some of us, according to our Yom Kippur energy levels, and because every circle needs listeners as well as speakers, will listen.

Penny will guide and gate the conversation, and she'll accompany a chant with her drum.

**Penny Winestock**, M.Sc. is a long-time member of Shir Libeynu. She is also a long-time practitioner of couple, family, group and individual counselling as well as musical, intuitive, and other juicy methods of encouraging healing and wholeness.

### **Queer Jews and The Text of Terror: Leviticus in Context**

*4:00 pm - 5:00 pm in the Library*

Readings from the Torah on Yom Kippur include the infamous ban on sex between males. This text has become the source for the condemnation of same-sex relationships in Jewish tradition. How shall we deal with it? At this workshop, we will look at the cultural context of this biblical passage, in the larger historical settings of the ancient Near East. We will discuss various possibilities of understanding of this text, offered by rabbis, biblical scholars, and the Shir Libeynu members who will participate in this discussion.

**Shlomo Gleibman** is a Ph.D. candidate at York University, Department of Humanities (concentrations in Jewish Studies and Queer Studies) and a member of Shir Libeynu. In addition to teaching Jewish history, religion, gender, and sexuality studies at York University, Shlomo has been presenting at various organizations in Toronto and New York, including Limmud, Tikkun Leil Shavuot, Nehirim, Kulanu, Queer Academia, University of Toronto Qu(e)rying Religion, and a number of synagogues.