

You are welcome to come to the only Shabbat service scheduled for the month of September at Adas Yoshuron. We may be busy with the High Holidays, but hopefully, we will enjoy a little Shabbat peace and learning, too! Please join us this **Friday, September 15** as Meyer Drapkin leads us in worship at **7 p.m.** Services will be followed by a potluck dessert oneg, so bring something to share if you are able to.

Also, Rabbi David Freidenreich will conduct a workshop on Sunday for preparing for the High Holidays. We hope you can join us for that, as well. More information follows-

Workshop: What does it mean to engage in *teshuvah*?

The high holiday season is a time for teshuvah, commonly translated as repentance or returning. But what does teshuvah really mean, and what does it take to do it meaningfully?

We invite you to participate in a rich tradition: to set aside time during Elul (the month before Rosh Hashanah) to begin the process of *teshuvah*. Preparing for the Days of Awe is like getting ready for an important journey: it's an opportunity to figure out where we hope to go and how we plan to get there. This preparation helps us become more mindful, observe ourselves more clearly, and renew our souls.

Join us for a workshop on **Sunday, September 17**, to discuss both personal and traditional conceptions of teshuvah as we get ready to make the most of Rosh Hashanah and Yom Kippur. The workshop will be led by Rabbi David Freidenreich and will begin at **12:00 noon** with a light bagels and lox lunch. It's not necessary to bring additional food, but contributions of grain and vegetable dishes or salads would certainly be welcomed.

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