

# Elul Family Programming

## MIND

Join in as we prepare our minds for the High Holidays through immersive teaching opportunities to create ritual at home.

Hidden Meanings for Symbolic Food of the High Holidays      Sept 3rd, 7:00pm  
Zoom

Learn how to lead a Rosh HaShanah Seder in your own home      Sept 10th, 7:00pm  
Zoom

Learning how to make Rosh HaShanah Kiddush at home      Sept 15th, 7:00pm  
Zoom

## BODY

Join in as we prepare our bodies for the High Holidays through experience opportunities to create recipes, explore Kansas City, and give strength to others.

Apple Picking & JFS food collection day.      Sept 13th  
\*See website for timing  
Cider Hill Family Orchard

Rosh HaShanah Challah Baking class      Sept 14th, 6:30pm  
Zoom

Family Yoga class      Sept 16th, 5:00pm  
Zoom

## SPIRIT

Join in as we prepare our spirits for the High Holidays through enriching experiences to create community and connect with our world.

"Lila Tov" Bedtime Concert      Sept 2nd, 7:00pm  
Zoom

Stream Clean KC      Sept 6th, all day  
Kansas City Parks

Family High Holiday Picture Taking and Holiday Gift Bag Pickup      Sept 9th, Sept 13th  
\*See website for timing  
Outside Beth Shalom

Visit [www.bethshalomkc.org](http://www.bethshalomkc.org)  
TO LEARN MORE ABOUT:

- Who will be leading the program
- Location Information or Zoom Link
- Program Details
- Materials Needed

**Questions?**  
Email our Director of  
Youth and Family Programming  
Becca Levine at  
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