

## Family Experiences

# High Holidays 2020

### Teshuva/Repent

**Let's Talk:** Being a Parent and person during the 2020 High Holidays

Sept 14, 8:00pm  
Zoom  
Taught by  
Marla Brockman

### Tefillah/Reflect

**Letting Go:** Tashlich in your backyard for all ages

Go-On-Your-Own Program using link at [bethshalommkc.org](http://bethshalommkc.org)

### T'hadesh/Renew

**Let's Cook:** A Rosh HaShanah Meal for all the chefs in your home

Download Cookbook at [bethshalommkc.org](http://bethshalommkc.org)

**Breathe In:** Meditate without overthinking for all ages

Sept 24, 6:30pm  
Zoom  
Taught by  
Becca Levine

**Sounding Off:** Socially Distant Shofar Blowing

Sept 20, 11:30am-1:00pm  
Beth Shalom Parking lot  
Drive thru

**Giving Blessings:**

Paint rocks or signs with a message of hope/blessing and place them around your neighborhood

**Connect with others:** Write a real letter or card to someone you've been missing during this time apart

**Finding gratitude:** Decorate a gratitude jar and add to it each week. Starting during Sukkot, pull out one of your moments each Shabbat to share and reflect

**Planting for the Future:** Go to a locally owned Garden store to find a vegetable, fruit, or other plant that reflects the new year for your family and start a new bloom