

Columbia Jewish Congregation



Yom Kippur Discussion Groups

Monday, September 28, 2020

1:15pm – 2:45pm

3:00pm – 4:15pm

Zoom *Shmira* in the Coronavirus Age

David Zinner

Shmira, the ritual guarding of the body between death and burial, can be a powerful spiritual experience for friends and family of the deceased. Learn the negative (and positive) impact that Covid19 has had on the practice.

Standing for Justice

Marc Young

Recent events have highlighted the dangerous and destructive effects of systemic racism in America, both historically and in our midst today. Recently a concerned group of CJC clergy and congregants have joined together to better educate ourselves on how we can take a more active role in combating this problem, both as individuals and as a Jewish community. We seek to move from study to concrete action in the coming year. This YK discussion group will share the knowledge and concerns that have arisen in our work to date, and ask for your ideas and feedback on how best to move forward as a congregation.

Personal Leadership During Covid 19

Heléne Kass

There have been unimaginable challenges during the past six months. This interactive session will give us space to kvetch (complain) and kvell (take pride). Let's share our successes as leaders with agency in our mental, emotional, physical and spiritual lives. We'll support each other to go from strength to strength.

You Shall Bury, but Where?

David Zinner

Where are the Jewish cemeteries in the area? What are the pros and cons of each? When is the right time to make a decision?

Everyday Holiness: The Mussar Path to Teshuvah

David Glaser

Mussar is a 1,000 year old, Torah-based system of ethics and character development that uses text study, meditation, chanting, as well as learning in pairs and small study groups. The focus of Mussar is on the *Nefesh*, the most accessible dimension of our soul and the home to the character traits that drive our behavior. Exploring the Mussar philosophy and practices is a great way to start the new year.

We will be using Zoom Breakout Rooms for Yom Kippur Discussion Groups.

Because of Shabbat, **it is very important you register in advance (by Thursday, September 24)** to obtain the Zoom link allowing a smooth entry into the Discussion Groups.

If you think you might attend a Discussion Group, please register in advance, just in case.

[CLICK HERE TO REGISTER IN ADVANCE!](#)

If you encounter errors on Yom Kippur, please contact Robin, 973-519-9049.



5885 Robert Oliver Pl, Columbia, MD 21045 ★ 410.730.6044 ★ www.columbiajewish.org

Wherever you are in your journey, you are welcome here