

Teen/Adult Programming -- 4 Tracks:

- **Study Session** - (Facilitator: Rabbi Weiss)

Teshuva through texts old and new. Learn with Rabbi Weiss some of our traditions of repentance through a close examination and discussion of traditional texts and modern poetry.

- **Kintsugi Art Project**

(Facilitators: Jenn George and Scott Rottenberg)

How do we find a balance between feeling broken and self-acceptance as we prepare for the High Holy Days? Join us as we use the Japanese art of Kintsugi (repair of broken pottery) to help us recognize our broken pieces as a path towards a new and beautiful wholeness.

This will be a hands-on workshop. RSVP is required in order to have the necessary materials on hand.

- **Movie Discussion with theme of Repentance, renewal**

(Facilitators: Warren and Julie Green, Sherri Gilley)

Join Julie Yugend-Green and Warren Green in a discussion about the redemptive message behind Double Indemnity. Please view the film prior to the discussion, as we won't be showing it (it runs approximately 90 minutes).

"Double Indemnity isn't a movie about doing terrible things. It's a movie about making mistakes and owning up to them. It's not a movie about bad people - it's about redemption."

- Michael Ledwidge

Double Indemnity (1944) is known as one of the finest noir films ever produced. Delve a little deeper, and there's much more to see here than bad people behaving badly.

The film is available to borrow from the Oak Park Public Library or for streaming on:
AppleTV (\$3.99 rental fee) :

<https://tv.apple.com/us/movie/doubleindemnity/umc.cmc.3joointkchb96eldsm3xu0hlo?playableId=tv.sbd.9001%3A387298476>

AmazonPrime (\$4.29 rental fee):

<https://www.amazon.com/Double-Indemnity-Fred-MacMurray/dp/B0041G1ZJO>

You Tube (\$3.99 rental fee): <https://www.youtube.com/watch?v=I7AjKUDyrCE>

Movie Trailer: <https://www.youtube.com/watch?v=I7AjKUDyrCE&authuser=0>

- Our gratitude to Professor Deb Holdstein for her guidance!

- **Yoga** (Facilitator: Christen Hammersley)

Join Christen Hammersley for a special yoga class themed around the idea of "return." This session invites participants of all levels, from beginners to those with previous yoga experience, to explore the theme by "returning" to our breath and revisiting familiar poses. Throughout the class, we will delve into these poses in a variety of ways. Whether you're a seasoned yogi or new to the practice, this class offers a meaningful way to engage with the spirit of the holidays. Please bring a yoga mat if you have one, and prepare to reconnect and rejuvenate in a supportive and reflective environment.