

UPLIFTING YOM KIPPUR

IN THE BOOK

Spiritually uplifting Reform-style services led by master prayer-weaver Rabbi Nikki DeBlosi, PhD and singer-songwriter Maya Elise, featuring students and special guests from around the world.

Chapter 1 - Awaken (Birkot haShahar) (20 min)

- Word of Welcome
- *Modeh Ani*
- *Student Sermon Slam on Community by Simi Schreiber, Trinity College*
- A Fasting / Not Fasting Meditation
- *Asher Yatzar*
- *Elohai Neshama*
- *Heshbon Nefesh* Reflection
- *HaMelech*

Chapter 2 - Gather (Shema) (25 min)

- Welcome
- *Barchu*
- *Yotzeir Or*
- *Ahava Rabba*
- *Shema*
- *Vahavta*
- *Mi Chamocha*
- *Student Sermon Slam on Community by Zev Mishel, Princeton University*
- *Student Sermon Slam on Community by Sophie Lerer and Maya Hahn, UC Santa Barbara*

The words for all prayers will be displayed on the screen. If you would like to follow along in the *Mishkan HaNefesh* prayerbook visit https://www.ccarnet.org/publications/hhd/#dflip-df_10069/1/

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Chapter 3 - Stand Up & Serve (Amidah & Avinu Malkeinu) (40 min)

- Welcome
- *Tefilah*, Opening Meditation
- *Adimah*, the Standing Prayer
 - *Avot v'Imahot*
 - *G'vurot*
 - *Unetaneh Tokef*
 - *K'dushat HaShem*
 - *K'dushat HaShem "Uv'chein"* Interpretation
 - *K'dushat HaYom*
 - Interpretive *Amidah* Blessings
 - *Tefilat HaLev*
- Choose Life
- *Avinu Malkeinu*
- Student leader Hannah Raskin interviews Dean Varun Soni, PhD, of the University of Southern California on the role spirituality might play in our lives.

Chapter 4 - Connect (Torah) (45 min)

- Welcome
- Words of Torah on Owning your Jewish Identity from Leah Burian, University of Oregon
- 1st *Aliyah*: Deuteronomy 29: 9-14
- A Blessing for Underrepresented Jews from Rabbi Isaama Goldstein-Stoll, Yale University
- Words of Torah on Courage from Sarah Palatinsky, Becker College
- 2nd *Aliyah*: Deuteronomy 30: 11-14
- A Blessing for Israel-Lovers & Israel-Strugglers from Rabbi Noga Brenner Samia, Hillel Israel

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- A Blessing for Healing from Rabbi Alex Kress, UCLA
- Words of Torah Choosing and Affirming Life from Catherine Horowitz, Oberlin College
- 3rd *Aliyah*: Deuteronomy 30: 15-20
- A Blessing for LGBTQ+ Students from Rabbi Ariel Naveh, University of Illinois at Urbana-Champaign
- *Haftarah*: Isaiah 58:1-14

Chapter 5 - Forgive & Atone (Selichah & Vidui) (30 min)

- Welcome
- We Return
- Answer Us
- A Poem to Prepare for the *Vidui*
- Short Confession, *Ashamnu*
- Long Confession, *Al-Chet*
- Generational Confessional
- Concluding Poem