

**FOR IMMEDIATE RELEASE**

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## **Programs for Rosh Hashanah and Yom Kippur at Marlene Meyerson JCC Manhattan**

**New York, NY** (August 31, 2018) – This year, celebrate the Jewish High Holidays with programs for a variety of audiences at the Marlene Meyerson JCC Manhattan on the Upper West Side. To learn more or register, visit [jccmanhattan.org/high-holidays](http://jccmanhattan.org/high-holidays).

“The High Holiday season is about making amends with family members and friends. It’s about nurturing our spiritual lives and emotional well-being and feeling at home in our own skin,” said Rabbi Abigail Treu, the JCC’s director of The Center for Jewish living and The David H. Sonabend Center for Israel. “We invite the community to participate in our Rosh Hashanah and Yom Kippur programs to reflect, connect, and grow.”

### **Thursday, September 6, 2 to 4:30 p.m.: Stand Naked: Learning and Spiritual Preparation for the High Holidays**

If you’re going to run a marathon, you train. If you’re taking a trip, you plan an itinerary. If you’re going on a date, you pore over your date’s Facebook profile. Preparation is everything. Strip away your judgments and pretenses and stand naked with an afternoon of learning and spiritual preparation, punctuated by a dip in the mikveh waters with ImmerseNYC.

\$5 members; \$8 public

### **Friday, September 7, 2 to 3:30 p.m.: Baking with Apples and Honey**

Celebrate the sweetness of the new year this Rosh Hashanah! Join Chef Jen Cinclair at the JCC to make honey shortbread cookies studded with dried apples and honey-caramel apple pie rosettes. Suggested for parents with children three years and older. *\$45 members (one adult and one child); \$55 public (one adult and one child); \$20 each additional child or adult*

### **Sunday, September 16, 3 to 4:30 p.m.: Preparing to Meet the Divine: Spiritual Preparation for the High Holy Days**

Diane Burhenne, a clinical psychologist and meditator of over 30 years, leads a workshop that provides an experience of deep reflection and self-contemplation in preparation for an encounter with the divine. The program will explore Hassidic and Buddhist traditions, coupled with insight meditation, to discover the personal conditions necessary for such an encounter.

*\$18 members; \$20 public*

**Sunday, September 16, 4 to 5:30 p.m.: Fresh Start for a Fresh Year**

Bored in High Holiday services? Looking for a meaningful way to reflect on and connect with the themes of the season? Join the JCC 20s + 30s community and Rabbi Miriam Wajnberg for a short tashlich (introspective atonement) ritual, in which we will symbolically leave behind the previous year by tossing breadcrumbs in the Hudson River. Roommates, partners, besties, kids, and pets are all welcome—come as you are!  
*Free*

About the Marlene Meyerson JCC Manhattan

Together with its community, the Marlene Meyerson JCC Manhattan creates opportunities for people to connect, grow, and learn within an ever-changing Jewish landscape. Located at 76<sup>th</sup> Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. The cornerstone of progressive programming in Manhattan, the JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants' minds, bodies, and spirits. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that reach beyond neighborhood boundaries, reaching people at all stages of their lives. Learn more at [jccmanhattan.org](http://jccmanhattan.org).

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