

# 2023 UpStart Network High Holiday Program Highlights

## Events

### Jewish Studio Project



#### [Rosh Hashanah](#)

Join Jewish Studio Project and JCC East Bay for our 8th year offering non-denominational, free-of-charge, heart-opening Erev Rosh Hashanah and Rosh Hashanah Day 1 services! Encounter traditional prayers in a renewed and inspiring way, be moved by creativity-infused Torah and open to the transformative potential of these sacred days. Liturgically grounded and justice-themed, Rosh Hashanah with JSP is an uplifting, musical, and hope-filled way to move into 5784. Open to all, these services bring together an intergenerational, cross-denominational community seeking depth and connection. Whether you've joined us in years past or this will be your first time with us - welcome. We can't wait to sing in the new year with you!

#### [Yom Kippur](#)

Join Rabbi Adina Allen and the Jewish Studio Project for a two-day, hands-on art-making Yom Kippur. Together we will transform the JCC space into a vibrant art studio and dive into creative process (through art-making, text discussion and music) to explore the theme of forgiveness in our lives and community. Yom Kippur is a time for change, undoing, and releasing. Art-making as a somatic ritual process will provide you with time and space to understand and bring to light the depths of your inherent knowing. No prior art-making experience is required to participate! At JSP, we believe we are all created creative and that creativity is a process that connects us to our

inner knowing. This immersive is in-person at JCC East Bay. Space is limited and registration is required!

## **Mishkan**



### [High Holiday at Mishkan](#)

September 15 and 16: 24 and 25

Join us for Get Higher 5784 — four days of joyful prayer, music, and high holy inspiration at The Copernicus Center. Check out the website for ticket information for both in-person or live stream information.

## **Recustom**

# RECUSTOM

### [Celebrating the High Holidays With Your Multi-Faith Family](#)

September 10, 2023, 1-3 PM ET

On Zoom - Space is Limited!

Designed for a small group of individuals from multi-faith families who are looking for new ways to celebrate the holidays with their interfaith families hosted by Recustom

### [Surviving the Holidays While Experiencing Loss](#)

September 12, 2023, 8 PM ET

On Instagram Live Featuring a Q&A with Dr. Aimee Baron of I Was Supposed to Have a Baby

Join on the Recustom Instagram to hear personal stories and connect with rituals to help you navigate infertility and loss

### [What Matters: Brave Conversations About End of Life](#)

October 4, 2023, 7:30 PM ET

On Zoom

End of life planning is important at any age. Join Recustom and Shomer Collective for a guided conversation designed especially for young adults in their 20s and 30s to get clarity around What Matters to them.

## **SVIVAH**



[The Elul Journey: Preparing for Rosh Hashana through the Wisdom of Yemima](#)

September 6th and 12th, 2023, 8:15-9:30 PM ET

SVIVAH is hosting a two-part series led by Naama Sadan

[Taking Back Yom Kippur: Less Shame, Guilt, and Burden; More Love, Growth, and Compassion](#)

September 20th, 2023, 8:15-9:45 PM ET

This year, HerTorah is focusing on reframing the harshness, shame, guilt, and burden that surrounds common tropes around Yom Kippur. Visit their website to RSVP.

## **The Bible Players**



[“Apples and Funny” A Rosh Hashanah Comedy Show featuring The Bible Players](#)

Saturday September 16th, 10:30 AM to noon

First United Methodist Church, 1008 11th St. Santa Monica, CA

Sign up at [www.thesms.org](http://www.thesms.org) and go to High Holidays tickets/registration.

**Urban Adamah**



Join Urban Adamah for a journey through the Days of Awe filled with heart opening community, prayer, learning, song, and meditation. Spend a few hours in community with us or make the farm a space for full retreat throughout the holiday season, RH, YK, Elul. Check out [their website](#) for information for in person, drop in or virtual events.

Elul

August 30- September 13

Holiday Workshops

Rosh Hashanah

September 15-17

Weekend Retreat and Festival

Yom Kippur  
September 24-25  
Service and Meditation Retreat

## Resources

ZA'AKAH runs a mental health peer support hotline for shabbos and Yom Tov, including Rosh Hashanah and Yom Kippur, for those who otherwise wouldn't use electronics but due to mental health concerns need to reach out.

For more information please visit them at this link:

<https://www.zaakah.org/shabbosyom-tov-hotline>



The new [Recustom High Holidays website](#) was recently launched to help you get into the High Holiday spirit - AND - our [HighHolidaysatHome.com site](https://HighHolidaysatHome.com) is ready for you to use to start creating and sharing your High Holiday ceremonies, activities, meals and more! For any questions, please contact Rebecca Missel at [rebecca@recustom.com](mailto:rebecca@recustom.com).