



Selichot

Our Selichot service, co-led by Jane Sloven, Sharon Newman, Daniel Oppenheim, and Joseph Py, will be pre-recorded and available to watch from home. It is filled with beautiful poetry and prayers written by Rabbi Rachel Barenblat, Rabbi Jill Zimmerman, and Rabbi Yael Levy, all of whom have generously shared their work. The service will be become available to watch on Saturday, August 28th at 5:00 pm. Please register below to receive the service link.

An Invitation to Attend Our Selichot Service
by Jane Sloven

Every act of forgiveness mends something broken in this fractured world. It is a step, however small, in the long, hard journey to redemption. - Rabbi Jonathan Sacks

Selichot services might be unfamiliar to you. Even the meaning of the term—*communal prayers for Divine forgiveness*—was unfamiliar to me until I joined Bet Ha'am. Our Selichot service sets aside time and space to think about the ways we've missed the mark in the past year and how we might begin to make amends. This process can open the doorway to Return, Repair, and profound connection with ourselves and The Holy One of Blessing.

Forgiveness is nothing less than the way we heal the world. We heal the world by healing each and every one of our hearts. The process is simple but it is not easy. - Desmond Tutu, "The Book of Forgiving: The Fourfold path for Healing Ourselves and Our World"

During our Selichot service you can anticipate:

- Learning the history and meaning of the prayers we recite throughout Rosh Hashanah and Yom Kippur.
- Discovering a holy template of brokenness and repair described by our mystical tradition.
- Hearing poems and prayers which relate to our daily lives and put us in touch with what it means to return to wholeness.
- Guided meditations that prepare us to ask for and offer forgiveness.

Forgiving means not pushing anyone, or any part of our own being, out of our heart. As we bring a full, compassionate presence to the wounds that we've been protecting, we release the armoring of hatred and blame that has been imprisoning our heart. We cannot will this process of forgiveness, but we can be willing. - Tara Brach

We hope you'll join us.

[Register HERE](#)

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