**HIGH HOLY DAYS 5783**

**Resources**

Podcasts, Music, Videos and Meditations

**PODCAST**

* [**Teshuvah, Faith and Forgiveness- Special for the Month of Elul**](https://www.podbean.com/ew/pb-343mp-e97f89)(ctrl+click) Bruce Chalmer and Judy Alexander offer this episode of their podcast ***Couples Therapy in Seven Words*** to give us insights into the work of *teshuvah*.
* [**Louis Newman: The Refreshing Practice of Repentance**](https://onbeing.org/programs/louis-newman-the-refreshing-practice-of-repentance/)(ctrl+click) Krista Tippett and Louis Newman in an episode of NPR’s ***On-Being.***
* [**WHC’s Soulful Series: Preparing for the High Holy Days**](https://podcasts.apple.com/us/podcast/preparing-for-the-high-holy-days-is-anger-okay/id1580305254?i=1000531399154)(ctrl+click) An outstanding 4-part podcast series from the Washington Hebrew Congregation on topics like “is anger ok?” “thinking about fear,” and “finding your path to happiness.”
* [**How to Fix a Soul in 30 Days**](https://www.tabletmag.com/podcasts/how-to-fix-a-soul/episode-1-how-to-fix-a-soul-elul#41d08d4692de) (ctrl+click) A 10-part series from Tablet Magazine, with host Kylie Unell, a seeker and doctoral student in Jewish thought. With the host, you will explore a wide range of Jewish practices and approaches to t’shuvah.

**MUSIC**

* [**High Holy Day Melodies for Prayer and Meditation**](https://soundcloud.com/user-881280415/high-holy-day-roy-feldman-viola/s-doNv0PfvSXQ) (ctrl+click) Thirty minutes of High Holy Day melodies played on viola by Roy Feldman, to help you connect to the High Holy Days through music.
* [**Temple Sinai High Holy Day 5783 YouTube Playlist**](https://youtube.com/playlist?list=PL95JsGmjgP0k-C97KzwYfWM3ud3k9KPxA) (ctrl+click) Listen to many of the songs and melodies we will sing this year during the High Holy Days, plus a few extra songs from leading Jewish musicians.

**EDUCATIONAL VIDEOS**

* [**What is Rosh HaShanah?**](https://www.youtube.com/watch?v=1AuMXq5sHDw) (ctrl+click) A short video from Bim Bam that explains the basics of Rosh HaShanah.
* [**What is Yom Kippur?**](https://www.youtube.com/watch?v=4oqBzg8wCUg)(ctrl+click) A short video from Bim Bam that explains the basics of Yom Kippur.
* [**What are the Jewish High Holy Days?**](https://www.bimbam.com/judaism-101/high-holidays/) (ctrl+click) A collection of videos from BimBam, aimed toward children including videos the blessings for Apples and Honey, blowing the shofar, and the book of Jonah.

**MEDITATIONS**

* [**Morning Light Meditation**](https://soundcloud.com/user-881280415/morning-light-and-tallit/s-JRQ3c8pVuaY)(ctrl+click) Rabbi Edleson leads you through a Mussar-based morning Tallit meditation.
* [**Tashlich Meditation and Service** (](https://soundcloud.com/user-881280415/tashlich-meditation-5781/s-jCkBciZblxu)ctrl+click). Rabbi Edleson leads you through the prayers of Tashlich, so you can listen while doing your own ritual.