

# FINDING JOY ON YOM KIPPUR

RABBI ANGELA WARNICK BUCHDAHL, YOM KIPPUR 5779

## FACILITATOR'S GUIDE

### BIG QUESTION: HOW CAN FACING OUR MORTALITY LEAD US TO LIVE WITH MORE JOY?

The harvest festival of Sukkot – known as z'man simchateinu, the “season of our rejoicing” – follows upon the heels of Yom Kippur. This session will allow participants to reflect on the connections between these two holidays, the themes of which can seem so radically opposed, and also to consider how we can be “commanded” to be joyful during this season.

### DISTRIBUTING THE SERMON:

Links to a video recording of the sermon, as well as a copy of the written text, are available on the CORE Groups page of the Central Synagogue website. A few days before your meeting, you should contact your group members to let them know which sermon you will be discussing, so that they can watch and/or read it in preparation for the discussion. (It is helpful to include a link to the materials in your email). In order to keep the sermon fresh in everyone's minds, you may wish to recommend that participants make a note of any questions or reactions they have immediately after watching it. Even if you saw the sermon in person, please at least review the written text before the meeting, so that you can participate fully in the discussion.

### PRE-SESSION EXERCISE:

In her sermon, Rabbi Buchdahl mentions using an app called “We Croak,” which sends her reminders 5 times a day that she will die. Consider asking your group members to download the app and use it during the week prior to your session.

### NAME TAGS:

For at least the first several sessions, please ask everyone in the group to wear a name tag (or, if seated around a table, to place a name card in front of them). Even if most people know one another, it is important that no one feel uncomfortable for not remembering everyone else's name.

### INTRODUCTION AND ICE-BREAKER:

Ask each person to introduce themselves, and to share with the group:

- (a) their name; and
- (b) a time when they experienced unexpected joy.

## OPENING ACTIVITY

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***Materials: 2 colors of post-its; pens.***

This activity will allow participants to consider how if at all they would live their lives differently if they knew they were going to die in the not-so-distant future.

- (1) Pass out pens and post-its to each participant.

Ask each participant to take a few minutes to think about what they might do differently if they knew they would die 5 years from now. Ask them to write down their answers on one color of post-it. Then ask them what they might do differently if they knew they had 10 years to live, and have them write down their answers on the other color.

- (2) Collect the post-its of each color and display them on a wall or table. Ask participants to review the answers in each group. Are the answers much the same in the “5 year” group and the “10 year group” ? Or are they different? What themes do you see?
- (3) Ask each participant to choose the post-it they wrote that would be the easiest to do.  
Ask: What keeps them from doing this now?

## TEXT STUDY

Attached is a text-study sheet that you may use to facilitate a discussion of the themes and issues raised by the sermon. Please make sure to either make a copy for each member or ask everyone to bring it themselves, in paper or electronic form. If you choose the latter course, you may still wish to print a few extra copies for those who may forget to bring theirs.

Here are some things to consider:

- (a) It is customary to recite a blessing before studying Torah.

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav  
v'tzivanu laasok b'divrei Torah.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה.

**BLESSED ARE YOU**, Adonai our God,  
Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to engage with words of Torah.

- (b) Our tradition teaches us that Torah study can be a source of healing and blessing. You may want to ask members of the group if they would like to dedicate their study to anyone in particular. This is a nice way to help the group get to know one another, and to learn about significant events in each other's lives.
- (c) Depending on the preferences of your group, you may choose to distribute this sheet the week before the meeting, so that participants will be familiar with the texts, and can begin to think about their own responses.
- (d) You can choose to either work through the texts as one group, or to break up into pairs ("hevruta") for an initial period of discussion, and then allow the pairs to share something they learned with the group.
- (e) The ultimate goal of these groups is not for participants to master a particular number of Jewish texts, but to connect with one another. If group members are sharing their own stories and experiences in a way that seems fruitful, there is no need to cut off that conversation in order to make sure you "finish" the text sheet. If you are unsure, you can always poll the group to decide whether it is time to move on.

## CONCLUSION

We recommend that you wind down the text study about 15 minutes before the end of the session, to allow for a meaningful conclusion. This conclusion may take any shape you wish. Some possibilities are:

- (a) Ask each person to name one insight they have gained, or one question that they are taking with them.  
 (b) Ask each person to offer a blessing to the group, drawn from your learning together.  
 (c) Ask each person to say one word to represent how they are feeling coming out of your discussion.