

Manager, Student Inform

From: Inform
Subject: EM: What's Nishmat doing for Yom Kippur?

From: Hava Sprung

TLDR:

two yom kippur events!

1. FEAST BEFORE THE FAST / community dinner on balcony above mallott from 5:15-6:30pm - tues

2. FASTING IN COMPANY / yoga, music, art, journaling etc @ pomona earth dome before optional hour-long service - weds

*don't need to be fasting to participate

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In more detail...posters at the bottom of the email for a visual...

1. Erev Yom Kippur "Feast Before the Fast"

Join us on the *balcony above Mallott between 5:15-6:30pm* to eat lots of food with Jewish community. Eating delicious dining hall food, so bring a plate or greenbox.

2. Fasting In Company

It can be hard to fast on campus, especially starting around lunch time! What to do? Come engage in meaningful, reflective, and grounding practices anytime between *12:15-3:30pm @ the Pomona Earth Dome*.

We will have:

- yoga (from 12:30 - 1:15)
- spaces to meditate
- art supplies and journaling supplies
- some musical instruments perhaps and maybe even hammocks
- space to just chill in beautiful garden and be with others

At 3:15, we will walk together (optional of course) to McAlister to participate in a one-hour alternative-style service co-led by Rabbi Hannah and some members of Nishmat.

How to get to the Pomona Farm: address is *130 Amherst Ave* and can either walk through main gate on Amherst Ave or walk past Sontag Greek Theater. Map is [here](#), reach out if you can't find it.

As always, follow us @nishmat5c on ig to keep updated, and dm us or respond to this email for questions/comments/concerns!



NISHMAT PRESENTS

FASTING IN COMPANY

YOGA
ART
JOURNALING
MEDITATION
MUSIC
HAMMOCK NAPS
ETC

**POMONA EARTH DOME
YOM KIPPUR / OCT 5TH
ANYTIME 12:15 - 3:30**

**WALKING TO 3:30-4:30
SERVICE AFTER**