

## Manager, Student Inform

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

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**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