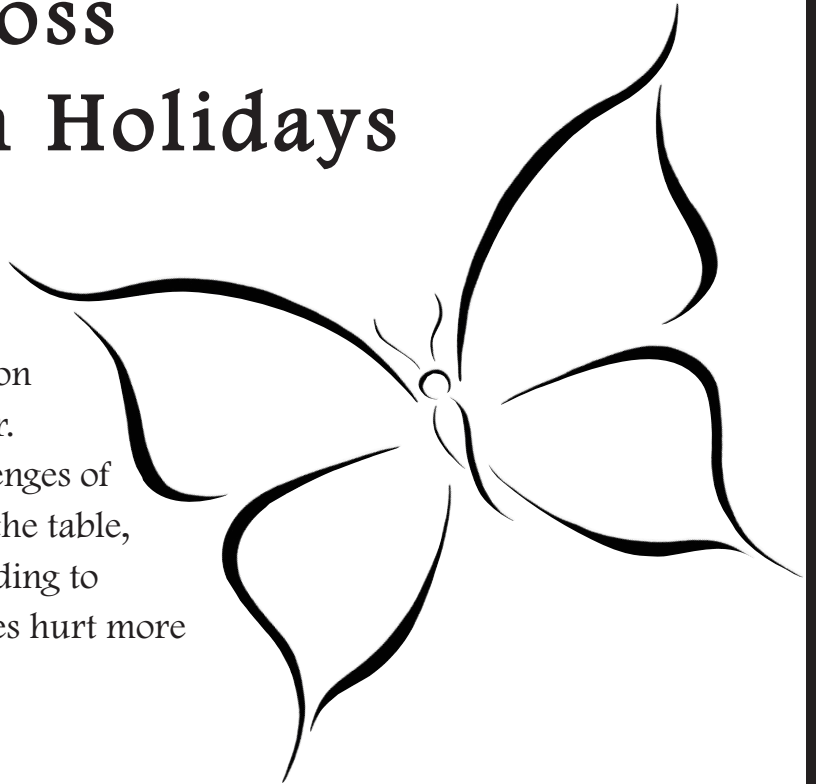


Dealing with Loss at the High Holidays

The fall holiday season can be very difficult when you have lost a loved one. Please join Rabbi Shere for four grief support sessions on Sunday mornings in September and October. She will explore with you the specific challenges of the High Holidays including empty seats at the table, understanding the Book of Life, and responding to well-intentioned condolences that sometimes hurt more than they heal.



This group is open to anyone who is...

experiencing pain and loneliness from the death of a loved one
seeking a Jewish answer to living meaningfully with loss

Facilitated by Rabbi Rachel Shere

10:30 a.m., Sundays, September 10 & 17, October 8 & 15

**Meeting in the
Adat Shalom Bride's Room**

**Open to the community.
There is no charge.**

**Questions? Email Rabbi Shere
at rshere@adatshalom.org**