



This activity augments the Rodef Reads selection for 2018-2019, *My Jewish Year* by Abby Pogrebin. It is designed to support at-home family celebration of the Jewish holidays.

Resolutions for the Upcoming Jewish Year

The Al Cheit prayer lists 44 types of mistakes we may have committed in the previous year, either ourselves or as a community. It is repeated several times, often twice during the same service.

In this activity you will look at a modern list of things that harm our community and pick one to work on in the coming year.

When: Any time during Yom Kippur

Preparation: You will need:

- List of modern transgressions from <https://www.tikkun.org/nextgen/guide-to-repentance-and-transformation>.
- Some way to write down or record the family's plans.

Activity:

1. The group reads through the list of transgressions and discusses what they mean.
2. Option 1: The family picks one item from the list and makes a workable plan of at least a few specific activities they agree to doing over the coming year related to this item to avoid committing this mistake.
Option 2: Each person picks an item and writes down specific activities they will do over the coming year to avoid committing this mistake.
3. Store a copy of the resolutions as a "Time Capsule" to be opened next year. Keep another copy handy for reference during the year.
4. If you did this activity last year, open the Time Capsule to see how well everyone did in meeting their goals.