

Not so fast there

*Curated collection of education and programing ideas
from the NCSY website and the wider world for our NCSY family*

While the adjective “fast” normally indicates speed and swiftness, the verb “fast, ironically, can feel very slow and drawn out. The religious practice of fasting, where we abstain from food and drink, happens several times a year— most notably on Yom Kippur, the day of judgement. We spend the day pleading with God, focused on our personal judgement and personal relationship with Him. Check out these top picks for what could be a more meaningful fast, although not necessarily a faster fast.

Something Old

Pulled directly from the NCSY Education Site which is full of relevant and teen friendly programs. Check out the entire Yom Kippur collection here:

<https://staff.ncsy.org/education/collections/ssuGAmyUTw/collection/>

Practice saying sorry with this Mad Libs exercise found in the Family Mini Machzor.

<https://staff.ncsy.org/education/material/D9Fx8aDiM/the-family-mini-machzor/>

Learn about what Teshuva is all about and the mechanics of fixing a relationship in a hands on way.

<https://staff.ncsy.org/education/material/9hkaCdulpe/teshuva:-putting-the-pieces-back-together/>

Sefer Yonah is read on Yom Kippur and reminds us of God’s omniscience in addition to His compassion. This Sefer Yonah companion provides insight from a personal and reflective perspective.

<https://staff.ncsy.org/education/material/CV792Ehq1h/yonahs-personal-story/>

Chapter summaries and guided questions as you read through Sefer Yonah.

<https://staff.ncsy.org/education/material/W6CQUw38Ji/10-questions-on-sefer-yonah/>

Explore different personality types and challenge teens to consider if they can really change.

[https://staff.ncsy.org/education/material/nJ99wN9nIA/personality-types---can-you-change-you/?-\(jsu\)](https://staff.ncsy.org/education/material/nJ99wN9nIA/personality-types---can-you-change-you/?-(jsu))

The most recent addition to the NCSY Education site and infographic collection— a beautifully designed informative card about Tashlich.

<https://staff.ncsy.org/education/material/IAhxADjUyx/tashlich-card/>

Growth starts here: <https://staff.ncsy.org/education/>

Something New

A helpful Torah discovery beyond the NCSY Education site.

Not uploaded to the NCSY Education site yet, but certainly within the NCSY family, Mordi Spero has rolled out a new program called Mamba Mondays, inspired by Kobe Bryant and his advice for champions. Mordi meets with a self selecting group of teens Monday mornings before school hours. An entirely new program centered around motivation is a perfectly fitting program to jump start the new year. To learn more about Mamba Mondays and running the program locally, reach out to Mordi directly at sperom@ncsy.org.

Yom Kippur demands a serious level of focus and prayer. Sometimes it's hard to stay focused and the words begin to blur. If you find yourself looking outside the Yom Kippur Machzor, look no further. This moving story about the Yabloner Rebbe touches on the power of perseverance and the length of a lifetime.

<https://www.tabletmag.com/sections/arts-letters/articles/amazing-yabloner-rebbe>

Something Jew

Just a couple of things that caught my eye that can help you keep current and trendy.

Earlier this week **Ellen Degeneres** began her opening monologue with an apology addressing allegations of a toxic work environment. Several years ago, **Time Magazine** published a list of the **Top 10 Apologies** in history. At the **2017 Oscars**, the wrong film was named best picture and PwC, the firm who is responsible for the awards process, issued an apology immediately. These are all great examples to inspire any Yom Kippur program related to apologies, accountability, and how to achieve sincerity.

<https://www.nytimes.com/2020/09/21/business/media/ellen-degeneres-show.html>

<http://content.time.com/time/specials/packages/completelist/0,29569,1913028,00.html>

<https://www.forbes.com/sites/kellyphillipserb/2017/02/27/heres-how-that-historic-oscars-mix-up-happened/#213d7c9e4b4e>

Popular Israeli reality TV show **“Od Nipagesh” (We Will Meet Again)** explores relationships between family members who became religiously observant and the family members who did not. Only up to episode 6 myself but this show is full of Elul related themes such as forgiveness and new beginnings— making this show incredibly time appropriate and binge worthy. The series can be found on Youtube with English subtitles.

<https://www.youtube.com/watch?v=UtvE0vVisP4&t=3s>

Feeling picky? Email your top picks to szegedia@ncsy.org.

Growth starts here: <https://staff.ncsy.org/education/>

