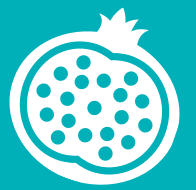




Read, listen, watch: HMI Staff Picks

HIGH HOLY DAYS, 5781



BOOKS

This Is Real And You Are Completely Unprepared: "This is one of the best books on Judaism I've ever read. And I've read a lot of Jewish books. Think of this book as a guide that will touch your soul at every single step of the high holiday season, and follow you throughout the rest of the year." -Stephanie Goldfarb, HMI Director of Community Engagement, Chicago

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life: "They say mindfulness is the key to living more fully and feeling a sense of peace. Sounds good to me! This book is a perfect place to start if you're new to this mindfulness stuff. This is the practice I try to commit myself to in the month leading up to the High Holidays, and it helps me savor positive experiences and be more awake in my day-to-day life (when it's really easy to be on auto-pilot!)" -Jenn Green, HMI West Coast Regional Director

The Jewish Holidays: "Fantastic resource for learning about the history, culture, liturgical practice, and symbolic meaning behind Jewish holidays. Especially good for folks who weren't born Jewish!" -Andrea Deck, HMI Director of Community Engagement, Washington, DC

Judaism Unbound: "What does your Jewish life look like? What do you want it to look like? Co-hosted by Dan Libenson and Lex Rofeberg and produced weekly, this podcast is ideal for HMI alums who feel Jewish, Jew-ish, or Jew-curious and who want to push the bounds of what it means to "re-imagine and re-design Jewish life in America for the 21st Century." -Leah Leaves, HMI Director of Community Engagement, Denver

Parsha In Progress: "Perfect for anyone interested in the Bible, this podcast is hosted by a mix of authors and rabbis from different Jewish backgrounds! They provide modern takes on the stories with humor, love, and insight, these focused discussions follow the schedule of the weekly Parsha readings in synagogue." -Laura Parker, HMI Applicant Experience Manager

Opening the High Holidays: "If you've ever felt bored, uninspired, or confused during high holiday services, this podcast is for you. It's a conversation between Rabbi Lizzi Heydemann (one of the most prolific rabbis of our time) and a pretty secular, "average Joe" Jewish guy who, like many of us, wasn't taught to connect meaningfully to Judaism as a religion. It's awesome." -Curtis Sechrist, HMI Director of Community Engagement, East Bay

The Happiness Lab: "Each episode delves into the scientific research around happiness and gives you tools to live a fuller, happier life. Seems like the perfect thing to be listening to this time of year, as we each check in with ourselves and re-examine our lives." -Monica Boardman, HMI Director of Community Engagement, San Francisco

10Q/Reboot: "10Q emails you a question a day for 10 days. Afterwards, you send your answers to the secure online vault. One year later, your answers are unlocked and returned and the process begins anew. It's awesome! And **Reboot** offers a ton of other incredible resources too." -Chloe Nassau, HMI East Coast Regional Director

At the Well: "At The Well is an incredible organization focused on Jewish wisdom and ritual, and supporting women's health and wellness. They have created a new "High Holidays Guide" and a 5781 Hebrew calendar that you should check out, and their IG account always has a ton of wisdom and resources!" -Jenn Green, HMI West Coast Regional Director

JewBelong: "I love JewBelong for the ritual guides and easy explanations about Jewish custom, culture, and religion. Really a great resource for our HMI couples!" -Avi Rubel, Co-CEO of Honeymoon Israel

Hey Alma: "Hey Alma is a Jewish feminist publication, full of chutzpah. Their Instagram account is a must-follow and is full of Jewish pop culture trivia, humor, and diversity." -Jess Gisondo, Director of Community Engagement, Los Angeles

Bimbam: "A wonderful collection of kid-friendly videos to deepen your Jewish knowledge. Great for adults, too! There are "Judaism 101" videos for both Rosh Hashanah and Yom Kippur." -Sarah Wasser, HMI Director of Community Engagement, Boston

MyJewishLearning: "Anytime I have a question about anything Jewish, I visit MyJewishLearning first to get a basic understanding. As a Hebrew school dropout turned Jewish educator, it's a huge gift." -Stephanie Goldfarb, Director of Community Engagement, Chicago

PODCASTS

ORGS

ONLINE RESOURCES