

# DON'T BE THE SAME.

THE ROSH HASHANA OF A  
**LIFETIME**

# BE BETTER.

This year, achieve your Soul Fitness dream.

## FIRST DAY ROSH HASHANAH, MONDAY, SEP. 14:

**7:50 AM** Shacharis

**9:45 AM** In G-d's Image: Unlocking Your Potential  
*with Mrs. Aliza Bulow*

*A look at G-d's Thirteen Attributes of Mercy, and how we can emulate them (rooted in the classic Kabbalistic book "Tomer Devorah")*

**10:25 AM** Sermon *by Rabbi Kalatsky*

**10:45 AM** Shofar

**11:45 AM** Strategic Planning for the Soul  
*with Mrs. Aliza Bulow*

*Taking stock of where we've been, what we've experienced and who we've become, over the last year. Clarifying goals for who we'd like to become and creating a strategic plan for achievement.*

**6:00 PM** Mincha, Followed by Tashlich at 6:30  
at 4430 West 25th Street

**8:20 PM** Candle Lighting and Maariv

**DINNER AT THE FREDMANS** (by registration\*)  
**NO PREPARATIONS FOR THE NEXT DAY UNTIL 8:20**

## SECOND DAY ROSH HASHANAH, TUESDAY, SEP. 15:

**7:50 AM** Shachris

**9:45 AM** Riding the Wave of Rosh HaShanah  
Innovation *with Mrs. Aliza Bulow*

*Delving into the meaning of the day, the energy of the time of year and the power of Hitchadshut/Renewal.*

**10:25 AM** Sermon by Rabbi Kalatsky

**10:45 AM** Shofar

**11:45 AM** The Journey of Our Lives: Becoming a  
Blessing *with Mrs. Aliza Bulow*

*Discover the secret of how we go from where we are to where we want to be. Tap into the Jewish mission and our unique role within it.*

**7:00 PM** Mincha

**8:17 PM** Maariv and Havdalah

**I CAN  
DO IT  
ALL  
THIS  
YEAR.**



### ABOUT ALIZA BULOW

Aliza Bulow is the Director of Ner LeElef's North American Woman's Program. She mentors graduates of Ner LeElef's international leadership training program, as well as others who work in Jewish Adult Education and Outreach throughout North America. In addition, she travels regularly to offer guidance, leadership training and strategic planning for Jewish Outreach organizations and Jewish communities throughout the continent, and lectures internationally on a wide array of Jewish subjects.

*Shana Tovah!  
Looking forward to  
seeing you!*

- RABBI & MRS. KALATSKY  
- RABBI AND MRS. FREDMAN

## A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP.

QUESTIONS? PLEASE CONTACT RABBI DAVID FREDMAN 952.220.9390 OR GITI FREDMAN 952.484.5191

\*Registration is necessary for meals only, not classes.