



MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

HIGH HOLIDAYS

The High Holidays are an annual Jewish celebration that occur in the month of Tishrei in the Jewish Calendar. These holidays are seen as the most important days in the Jewish calendar compared to other Jewish holidays. As part of our weekly Microlearning, we will be taking part in this enjoyable occasion by learning about this Jewish celebration and what our colleagues at St Mary's may be taking part in.

JEWISH HIGH HOLIDAYS

- [What Are the Jewish High Holy Days?](#) (4-minute read)
- [What are the Jewish High Holidays and How Are They Celebrated Today?](#) (2-minute video)
- [5 Things to Know About the Jewish High Holidays](#) (3-minute read)

Learn more about St Mary's inclusion efforts and become an active ally by joining our EDI Staff [Interfaith Network](#). To share your interest in joining or getting connected, please email Interfaithnetwork@stmarys.ac.uk.

St Mary's celebrates the rich diversity our community has to offer, encouraging everyone to celebrate their identity and to respect others. To make this possible, we must embrace our curiosity to learn about and celebrate our differences.

Thank you joining us in this week's
Microlearning!

ROSH HASHANAH

- [What is Rosh Hashanah? The Jewish New Year](#) (4-minute video)

YOM KIPPOR

- [What is Yom Kippor?](#) (4-minute video) **Top pick of the week**
- [What Happens At a Yom Kippor Break Fast?](#) (1-minute read)
- [Yom Kippor Customs and Rituals](#) (3-minute read)

TEN DAYS OF REPENTANCE

- [The Ten Days of Repentance](#) (3-minute read)