



Hey JQY fam,

The High Holidays can be a lot! For some, it's beautiful: family time, familiar rituals, maybe even meaningful services, and fun vibes. For others, it's tough: family tension, traditions that feel meaningless, lots of time in shul or out of shul, and overall unsettled vibes. For many LGBTQ young people, it's a mix of all of those. That's totally normal, and you're in good company!

We're here for you. There are so many ways JQY is showing up for you for this upcoming high holiday season, including a high holiday shiur, a JQY-style seder simanim, a sukkot survival seminar (not sure about this one, Shifra), and free sessions available with clinical staff.

Check out and enjoy this High Holiday toolkit! Inside, you will find lots of great, queer content; some fun, some serious. Hopefully, the different components will speak to you at different times during the season when you're at different parts of the rainbow of emotions.

Wishing you a happy, sweet, and proud new year!



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