



Journey Journal

PERSONAL REFLECTIONS
THROUGH A JEWISH LENS

RABBI/CANTOR JUDY

Where Are You?

The success of our High Holy Day Services are dependent on our personal willingness to look inward and view “where we are” physically, emotionally and spiritually. Prepare thematically for your High Holy Day transformation.

By partaking in this personal work, you will receive a greater sense of clarity and direction on your journey towards your New Year. We learn who we are through our relationships to people, places and things. Imagine you are spending the next few weeks in dialogue with God. I know this is a stretch, but use this imaginary, all knowing, unconditionally loving entity that only wants goodness for you as your concept of God. Where are you?

• So “where are you,” compared to last year? _____

• What would you share with God about the things you have learned this year about Judaism?

• Who are the people that surround you? Family, friends, co-workers? Do you think God would have chosen these people for you? _____

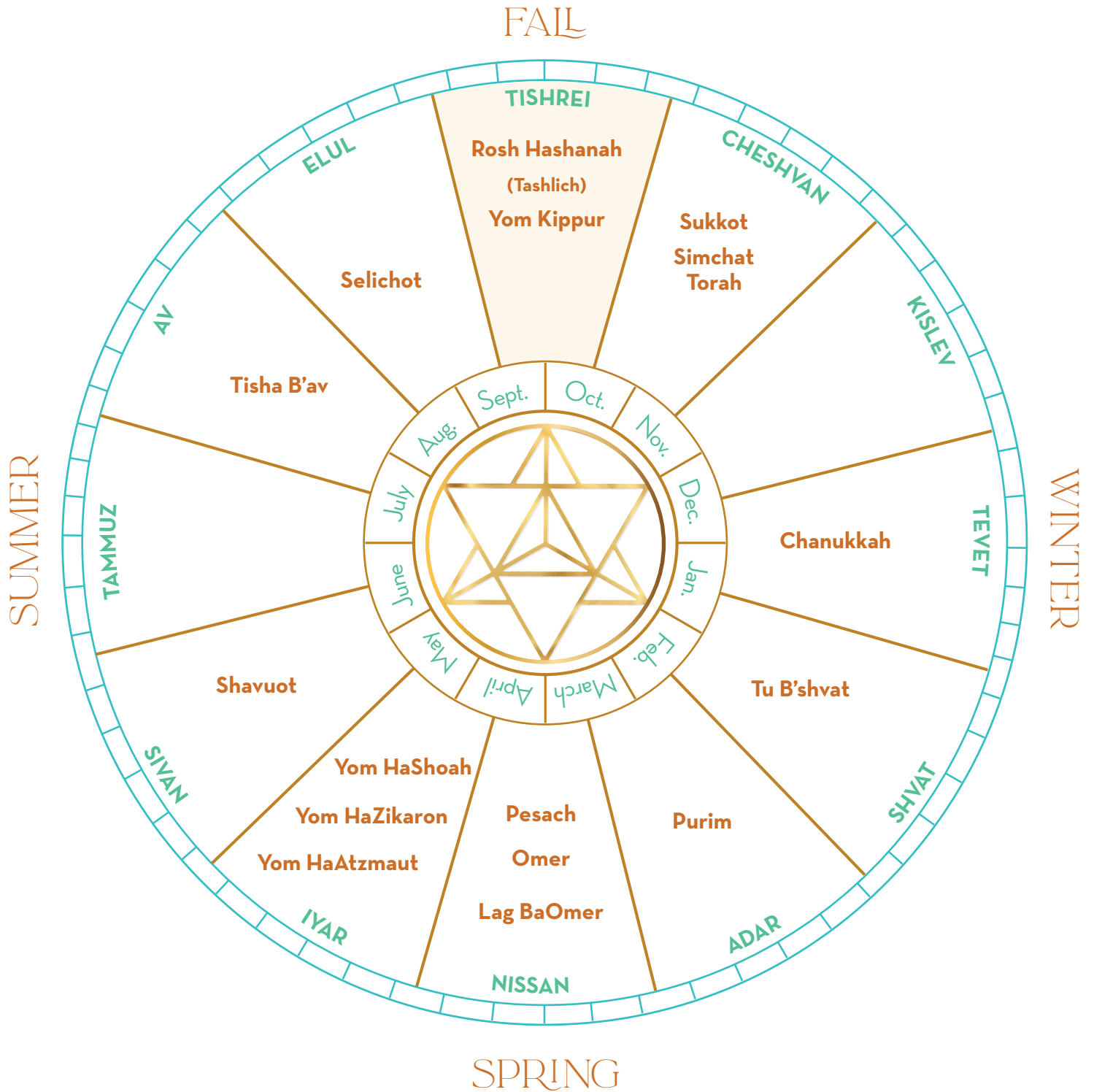
• What is your passion? Do you believe that your passion is a gift from God? How can you serve the Jewish people with this passion? _____

• How do you feel about your Judaism? What is one small thing you would like to add to your Jewish knowledge base? _____

• What have the High Holy Day’s meant to you in the past? How do you think God would have you draw nearer to understanding Him/Her? _____

• What do you think God wants for you this year? _____

JEWISH CALENDAR OF HOLY DAYS



Forgiveness

Forgiveness is a healing medicine that liberates everyone from anger, frustration and hurt. Before Rosh Hashanah, every year, we are asked to engage in this difficult task for the purpose of freeing ourselves from our personal baggage. Our prescriptive, “forgiving the ‘scenarios’ of unfairness and irritation to a Greater Mind than ours” is the hope that we can continue with our more important work of finding peace within our selves and within our relationships. I think we can agree, forgiveness is much more complicated than it appears.

TESHUVA

Teshuva, turn it around, turn it over, turn it slightly, return it,
turn inward, turn outward... but for heavens sake, show up and do it !!!!!

Show up where you are!

The magic antidote to change!

Wake up and show up to a fantastic High Holy Days experience.

It is your responsibility and your choice.

Teshuva is defined biblically as repent but literally means to turn. At Rosh Hashanah, the Shofar has sounded and there is an urgency in the air. The only way that things will change is to move in “Good Orderly Direction.” The true power of faith is found in the “baby steps” we take holding God’s hand. Sometimes it is a leap of faith like Nachshon. Trust me, you have seen me take them. Teshuvah is the Jewish answer for freedom from your human condition of disappointment, complaints, disillusionment. Roll back your sleeves and do something different this year. Wake up and show up.

Experience the magic antidote for change!

Ayeh?

“Where are you” in relation to Forgiveness?

With yourself?

Who do you need to forgive?

Who do you need to ask for forgiveness from?

The month of Elul harkens each soul with the blast of the Shofar to work on their relationship with others and themselves; How? Through the doorway of forgiveness. Interesting that our first evening service, the Saturday night before Erev Rosh Hashanah is called Selichot—forgiveness. Additionally, every night there is a bedtime blessing we are asked to recite called Ribbono shel Olam...which says, “Please forgive me, God, if I have harmed anyone, and please let me forgive anyone who has harmed me.”

Why are we so preoccupied with forgiveness? What is the magic element of forgiveness that is so healing and necessary for us that we created a worship service about it as a prelude to the High Holidays?

The act of Forgiveness is serious business, and is not easily understood. Many of you may be aware that at 16 years old my father was murdered and because of this experience, I have spent a great deal of my life understanding the difficulty and essential nature of granting forgiveness in order to move forward freely in my life. I know I am an extreme example. With that being said, this applies to forgiveness in the case of any encounter where you are left angry, hurt, hopeless and resentful. Can we forgive abuse? Untimely death? What about less severe examples? Getting fired? Spouses who cheated? Abandonment? Being robbed? Suicide? Drug addiction? We are all justified in our feelings and the first step towards healing is to identify, name each of them. Just writing them down begins the magic. The exercise on the next page is to identify them.

The healing medicine of our people

Redefine forgiveness as a for-giving-away to God to heal because you cannot.

- Write a list of 7 people that you are willing to forgive this year.
- Write a list of 7 people that you would like to receive forgiveness from.
- Write down 7 things that you would like to forgive yourself for.

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____

Forgiveness IS NOT letting the person off the hook!

Forgiveness is for “You.” It is for-giving the incident to God to help you.

It can be surprising how many dormant issues begin to surface. While doing this process, please keep in mind that like the Torah portion *Ki Tavo* reminds, we must “walk in the ways of God.” Like God, we must ensue self discovery with compassion and kindness as we realize that anger and resentments are wounds; sometimes “real” and sometimes “imagined.” At closer examination consider whether the issues are “old personal issues,” or “intentional hurt” from the other person. When is confrontation best? Remember, this is the month of Elul, the time of personal accounting and spiritual preparation, which lends itself to being uncomfortable.

The 4 “to do’s” of forgiveness

All things considered, we are human and as I said before the process of forgiveness is complicated. To help us, the great medieval commentator and physician, Maimonides teaches that there are 4 “to do’s” of forgiveness. I have adapted his suggestions into a user-friendly guide.

1. Name the person place or thing. _____

2. What is your part of the story? How were you hurt? Stay on your side.

3. Apologize for your part. How did you allow this to occur? How can you avoid this in the future?

4. Finally, pray that you are released from the discomfort confrontation has presented to you.

This person is “for-giving to the Ultimate Judge, Adonai.”

Teshuvah Tefilah Tzedakah

To Return

תשובה
Teshuvah

What quality do you wish to return to?
What do you need to change in yourself to bring you closer to your goal?
Who do you need to forgive in order to get there? What resentments or fears are in your way?

Teshuvah
Tefilah
Tzedakah

These three words,
our Liturgy for Rosh
Hashanah tells us
will improve the
quality of our lives.
Are you willing to try
one of these a day?

What do you value and want
for yourself in the coming year?

*The beauty of a life "framed" in a new Jewish perspective...
Continue to be inspired this new year.*

NACHSHON
minyan

To Pray
תפילה
Tefilah

What is your prayer about achieving this value?
Can you write it in the form of "Dear God?"
Can you find a prayer or a song that will remind you of your valued goal?
Can you do this each night and feel grateful for striving to be better?

To Give

צדקה
Tzedakah

Tzedakah by definition is giving charity; being generous with time, patience, money
Who do you need to be patient and compassionate with?
How do you feel when you are generous?
Can you be generous with yourself first and then follow it with giving to another?
Who is in need that you love? Can you call them and tell them you love them?
What cause do you support financially? How does this help you achieve your goal?

THE TRADITIONAL CONFESSION OF ASHAMNU

<i>Literal Translation</i>	<i>Translations for our Time</i>	<i>Ways to correct this flaw</i>
ASHAMNU		
We have trespassed, we have been accused of guilt	Violated others' boundaries, Interrupted, Barged in, Eavesdropped, Took advantage	Honor others' space, time, and privacy
BAGADNU		
Been faithless, betrayal, deceitful	Not believed in God, Hid our Jewishness, Didn't stand up for a friend	Say the Shema, Nourish Jewish identity, Practice loyalty
GAZALNU		
Robbed, spoil	Made people wait, Borrowed w/o permission, used the company's fax/ phone/car for personal needs	Keep our word, Be clear about what's yours and what's theirs
DEBARNU DOFEY		
Spoken slander, hypocrite, found fault	Gossiped (even if it's true!) Hurt someone's reputation	Find the good and speak about it Silence
HE' EVINU		
Acted perversely	Deliberately did the wrong thing Were stubborn	Become flexible, open to God
V'HIRSHANU		
Wrought wickedness	Egged someone on in bad behavior, teased	Silence Stay out of what's not our business
ZADNU		
Been arrogant	Put someone on in bad behavior, teased	Practice humility
HAMASNU		
Done violence	Hurt someone physically, spoke vehemently, caused shock or fear, embarrassed someone	Pray Count to ten Silence
TAFALNU SHEKER		
Uttered falsehood	White lies and black ones, avoiding the truth	Speak the truth
YA'ATZNU		
Counseled evil	Gave harmful advice, even unintentionally	Be a good listener instead of giving advice

THE TRADITIONAL CONFESSION OF ASHAMNU

<i>Literal Translation</i>	<i>Translations for our Time</i>	<i>Ways to correct this flaw</i>
KIZAVNU		
Spoke falsely	Being a people-pleaser	Act with integrity
LATZNU		
Scoffed, belittled	Were sarcastic, ridiculed differentness, belittled others in your mind, belittled yourself	Accept everyone including yourself
MARADNU		
Revolted (in speech) against legit. Authority	Were extreme in criticizing gov't, rabbis, and religion. Cursed the policeman who stopped us	Speak moderately without inflaming others
NIATZNU		
Provoked Annoyed others	Caused mild anger	Leave others alone, Detach with love
SARARNU		
Rebelled (in action) against an authority	Disobeyed an employer's instructions, disobeyed doctor's orders	Admit that others sometimes know more than we do
AVINU		
Committed iniquity	Sat by while injustice was committed – underpaid farm workers, destruction of environment, cruelty to animals, decline of schools, misuse of media	Practice speaking up Have the courage to talk about unpopular causes
PASHANU		
Transgressed (a law/command)	Ran a red light, cheated on taxes, tried to get away with something in secret, knowingly disobeyed the Torah.	Accept the necessity of discipline—every role we play has its own rules a & requirements. Be willing to give it a good try
TZARARNU		
Oppressed (caused tzuris for someone)	Caused parents to worry, caused our children to be afraid of us, talked too much about depressing things	Be responsible and sensitive to other's needs
KISHINU OREF		
Were stiff-necked	Refused to listen	Practice openness

THE TRADITIONAL CONFESSION OF ASHAMNU

Literal Translation

Translations for our Time

Ways to correct this flaw

RASHANU

Done wickedly

Imitated the “rasha” in lifestyle and habits. Sought power, material things in excess. Became unconscious”

Imitate the “tzaddik”, the most admirable person. Follow what’s right even against the crowd. Walk away if necessary.

SHI-CHAT-NU

Corrupted, spoil

To change from good to bad morals, manners or actions

To return to your Jewishness

TI’AVNU

Committed abomination

Committed sexual sins, outright cruelty, disgusting behavior

Pray. Develop selfforgiveness

TAINU

Gone astray

Saw ourselves drifting and didn’t stop

Be willing to learn Torah

TITANU

Led others astray

Did any of the above publicly – others may have learned evil from us

Remember: we’re made b’tzelem elokim, in the image of God.

UPCOMING EVENTS

2023-2024

OCTOBER

- 07** Sha-Hike
- 18** Moon Sound Bath

NOVEMBER

- 04** Shabbat Service
- 08** Moon Sound Bath

DECEMBER

- 03** HeART Class – Artful Jewish Craft Making
- 06** Moon Sound Bath

JANUARY

- 09** Kabbalah for Everyday Life Series
- 16** Kabbalah for the Mind
- 23** Kabbalah for the Body
- 30** Kabbalah for the Spirit

FEBRUARY

- TBA** Speaker Forums
- Antisemitism – How to Feel Safe
- Aging Parents – How to Handle Tough Decisions

MARCH

- 13** Spiritual Check-in via Zoom
- TBA** HeART Class – Artful Jewish Craft Making
- TBA** Moon Sound Bath

APRIL

- 15** HeART Class – Artful Jewish Craft Making
- TBA** Moon Sound Bath

Call Dana to reserve your place (818) 789-7314.