

My Teshuvah Note

For centuries, we Jews have placed notes in the Western Wall in Jerusalem symbolizing our hearts' highest yearnings.

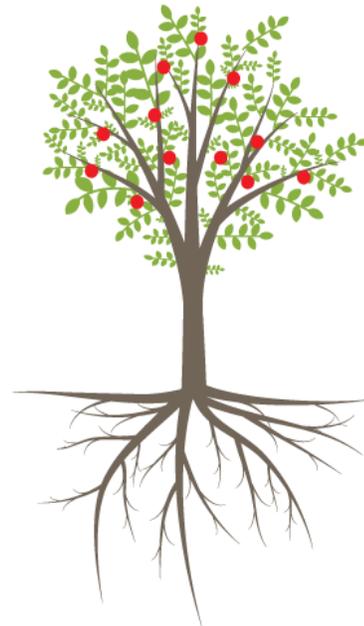
Consider your hopes and aspirations...

What do you request from God?
What do you ask of yourself?

Now it's your turn to write your special note, a Teshuvah Note.

After you have written your note, bring it with you to Temple Beth-El during the Days of Awe-- from Rosh HaShanah to Simchat Torah.

At designated moments before and after our services, your Teshuvah Note may be left in the folds of the Nevelson Ark in the main sanctuary or in a collection container at the entrance. No one will see it but you. They will be collected and then, come the spring, we will plant a tree on the TBE grounds and bury these prayers at the roots of our newly planted sapling.



Maimonides teaches that if we are to make *teshuvah*, to fully repent and to find healing, transformation and spiritual balance in the new year, we must begin by articulating, to ourselves, our own spiritual flaws. Then we should try, during these sacred weeks, behaviors that embrace the opposite path.

For example, if we are often impatient, we should lean into patience. If we are tight-fisted, we should strive, in these days, to give generously. If we tend to speak too little, we should practice speaking out. If we speak too much, we should challenge ourselves to listen with greater care. If we are overly self-sacrificing, we would try to advocate for ourselves. If we tend towards pessimism, we should strive to express optimism.

In this way, teaches Maimonides, we can find balance and continue on that sacred path for the rest of our lives.
Chapter 2, Mishneh Torah

May 5782 be -for all of us- a year of blossoming, renewal and growth.

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