

A Journey to Peace 5779

The days between Rosh Hashanah and Yom Kippur are imbued with a special light that gives us the chance to make changes in our lives that seemed out of our reach during the rest of the year.

Day 1 Rosh Hashanah - Asking the Big Questions

Looking Within: Renewal of our Relationships

How am I doing with friends, family, community, and work?

Do I owe anyone an apology?

Do I need to return a borrowed item?

Can I mend a broken connection?

Have I left a promise undone?

Make a list.

Day 2 - More Looking: Self Care

Am I taking care of my physical body?

Have I had doctor and dental check-ups?

Have I listened to my body's needs?

Am I getting enough rest and quiet time?

Am I caring for my changing challenges?

Do I pay attention to my diet?

How can I do better?

Day 3 - Much More Looking Within

What am I doing to grow spiritually?

What new activity have I tried or re-introduced into my routine?

Is there a comforting routine in my daily, weekly, or monthly schedule?

Do I have someone in my circle to guide me? (If not, seek advice.)

Day 4 - Am I Angry?

Is there someone in my life that has hurt me? Have I retaliated?

What is MY part?

Can I forgive or start to forgive?

Can I ask for forgiveness?

Do I need help with this?

Day 5 - Am I Afraid?

What/who frightens me?

Why am I fearful?

Are they real or imagined fears?

Are there things I do in my life to reduce those fears?

Are my attempts to reduce those fears healthy?

Yes, I am human; we all have fears.

Day 6 – Am I Honest?

Do I practice honesty with myself and with others?

Do I justify “exceptions from the truth” to justify a perceived positive result?

Am I more concerned with seeking approval than being truthful?

Do I avoid making changes when I am not being honest with how I feel about a relationship, decision, or lifestyle?

Day 7 – Balance: Where is the Joy, Love, and Play in my Life?

Does my life have real fun space?

Is it enough?

Do I actively seek enriching experiences, entertainment, and generosity?

Can I turn off my social media and electronic devices for a part of my day or week?

Do I honor and spend time in nature?

Do I listen?

Can I say, “Not now”?

Day 8 – Patience: Tell me Yes, Tell me No, But Please Don’t Tell me to Wait.

Is time always a commodity, or can I slow down?

Does my agenda supersede all others?

Can I stay in the moment, or do I live in the past and future?

How can I do better?

Day 9 – Hope and Gratitude: Every Day is a New Beginning.

We can start over any time.

Prayer and meditation can take us to a place of unselfish and focused spiritual growth.

Even something very, very small makes a difference.

Am I willing to add just one tiny, new practice to my daily routine or more?

Do I need help with this?

Day 10 – Service: Giving Without Reward - the Greatest Gift of All.

The path to peace and joy lies in the ability to do for others, when our motives are not self-serving.

Even the smallest token or act of kindness is enough each day.

Taking Action:

Smile

“Thank you.”

An anonymous gift or gesture

A kind word to a stranger

Comforting the sick

Supporting the grieving

Sharing a talent

Protecting the natural world
