

HIGH HOLY DAYS OF AWE

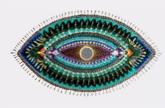
ימים נוראים | 5785 | 2024

I cast this gift to the water.
It is my past: blessing and regret.
It is my present: reflection and listening.
It is my future: intention and mystery.
It is what I did and did not; it is yes and no and silence.

~ Rabbi Jill Hammer

BE HERE: EVERPRESENCE FACE TO FACE FOREVER/NOW العانية السرية المناس ا

SOME INVITATIONS FOR TASHLICH, THE RIVER RELEASE RITUAL DURING THE JEWISH HIGH HOLY DAYS



- FREE UP SPACE: Delete at least one photo/video from your phone. Even a favorite one... Let it go.
- **DETOX:** Remove a txt chain or exit a Whatsapp group that does not bring you joy and perhaps feels toxic. Its ok.
- DELETE: At least one app no longer serves you. Bye.
- FACE TO FACE: Put down the phone. Ask: how have I harmed this year?
 Who do I need to call or text, what can we fix by saying sorry face to face?