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Dear Friends,

The world is a noisy place. Daily, it calls us to immerse ourselves in tasks that run the gamut from important to mundane, often without discrimination. The din of requests becomes an indecipherable call for us to do as quickly as we can. We are so busy acting upon the requests that we forget why we take certain actions, and we seldom consider if our actions are placing us on a journey that includes tikkun olam, healing the world.

The Days of Awe are fast approaching. They cry out to us with a request – *give yourself the gift of reflection by embarking on a journey of self-discovery.* During the High Holy Days, our tradition commands us to stop, to assess our lives and our actions, and to find ways to improve ourselves in order to heal our families, our communities, and our world. Do you hear the cry, or is it lost in the din?

This year, we ask you to hear the call and to reflect upon these questions as you prepare for the High Holy Days:

- How can we find beauty in a world filled with anger and despair?
- How can we help the stranger?
- How can we lead the way in creating a healthier world?
- How can we stop and be present for those we love?

We look forward to praying and reflecting with you this High Holy Day season.

L'shanah Tovah,

Rabbi Jon Hanish

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