

The “TEN SUGGESTIONS” for Transforming Ourselves and Our Community in the New Year
from Rabbi Moshe T. Heyn’s Rosh Hashanah a.m. sermon – Temple Israel of Greater Miami 2013 / 5774

- 1) **Be inspired.** Make time to be inspired. Read something from the ‘Resources & Inspiration’ page on our website (below.) Or if you find something elsewhere, share it with us. We can inspire one another.
- 2) **Learn.** This is a core value of our tradition and the reason for our survival since antiquity. No matter how religious (or not-religious) you are, Jewish learning is an exciting journey that never ends.
- 3) **Bless/sanctify.** Eating is such an important part of our daily lives. Find some way to be more ‘mindful’ about it. Making ever-more-conscious choices when eating can also make it into a ‘sacred’ activity.
- 4) **Pursue justice.** If you are already doing this on a daily basis, let’s consider working on a project together. There are a few causes for which we could use your support, such as immigration reform, reducing human trafficking and gun violence, and advocating for equality at the *kotel* (the Western Wall). If you are involved in other social justice causes, share them with us. As Helen Keller said, “Alone we can do so little; together we can do so much.”
- 5) **Do something to support Israel.** Become an advocate. Support the peace process. Talk with your friends and family about Israel to raise awareness. And join me and my wife, Alexandra, in planning and preparing for our congregational trip to Israel in 2014.
- 6) **Do something to support Temple Israel.** Call me and we can come up with some ideas of ways you can help. It could be offering your time or expertise in letting people know what a treasure we have here. Or it could mean coming to a class or a service and bringing a friend.
- 7) **Give tzedakah.** “Charity” is a nice thing to give. *Tzedakah* means doing what is just and right on a daily basis. There are many worthy recipients who justly deserve our support, including Temple Israel.
- 8) **Let the children in your life see you doing something Jewish.** It could be lighting candles, building a *sukkah*, or cooking *matzah* balls; anything that reinforces your Jewish identity and theirs.
- 9) **Say the *Shema* before you go to sleep.** It’s only six words, yet it’s a wonderful and timeless way to reaffirm your Jewish values, your faith in God and humanity, and your role in shaping our future.
- 10) **Set aside one day of the week to “unplug.”** We call that *Shabbat*, a day for “being” instead of “doing;” a day to dream, to stretch, and to rest. Come to Temple Israel on Friday nights and Saturday mornings to see how we support one another in doing that joyfully as a community.

With wishes for a “transformative” New Year - Temple Israel of Greater Miami - www.templeisrael.net