

## TORAH THOUGHTS – RESILIENCE

One way to build resilience is to face our fears and to consider our hopes. I learned this exercise from my colleague Rabbi Tsafi Lev, which he learned from the Penn Resiliency Project of Positive Psychology.

For each category of your life (friends, family, work, personal health, etc.) do the following:

1. List three things you are most afraid will happen in the coming year.
2. List three things you deeply hope will happen in the coming year.
3. List three things that are most likely to happen in the coming year.

Now list steps to take:

1. For each fear, list three simple steps to take to prevent the worst from happening.
2. For each thing you hope will happen, list three simple steps that would help to make them happen.

Rabi Lev wrote that, "... to be honest about our hopes and fears and creating realistic steps about how to prevent or to coax them along has a tremendous empowering effect on our spiritual preparation for the New Year. It leads to greater ... optimism."

We will explore the notion of resilience this holiday season.

## FOOD FOR THOUGHT

1. Tuesday is September 11. While it was a horrific day 17 years ago, there was heroism and examples of resilience as well. We will briefly pause during the service, to quietly reflect on the tragedy.
2. I look forward to greeting you at 'Back to Shul Night' this evening! BBQ at 6:00 pm, service at 6:45. Come and meet Cantor Michelle Teplitz – she's wonderful!
3. I'm so excited for Sunday night, Monday and Tuesday – see you in shul and at the Chai Building on Tuesday!
4. Our new prayer book, *Mahzor Lev Shalem*, will add new spiritual insight to your experience - enjoy it for Rosh Hashanah! In preparation for Yom Kippur we will examine it more deeply on Shabbat morning, September 15 and again on Sunday evening, September 16. See the announcements for details.

Shabbat shalom,

Rabbi Pont