



**From Rabbi  
Nancy Wechsler**



Selichot Saturday September 1st 7:00 p.m.



What is the connection between clearing up clutter and T'shuva? Clearing up clutter brings peace of mind to our home or work spaces. T'shuva is the effort of clearing the way to return to and become our best selves.

*"The space in which we live should be for the person we are becoming now, not for the person we were in the past." Marie Kondo*

The promise of KonMari began with a Japanese woman Marie Kondo, renowned tidying expert helping people around the world to transform their cluttered homes in spaces of serenity and inspiration. The KonMari Method is inspired by a single question: Does this item spark joy? The answer points the way to a life filled only with the items we truly cherish.

In Judaism, we call this "seder," the spiritual trait of order. According to Alan Morinis in his book, *Everyday Holiness*, "Order creates inner alignment, peaceful and prepared."

This Saturday evening at 7:00 p.m. is Selichot, the Saturday evening program prior to Rosh Hashana. It is a time for focus of mind and spirit on the upcoming season of holiness.

Join me and my colleague Rabbi Oren Postrel for an evening directed to Spiritual Tidying up, both from the KonMari method as well as from the Jewish Mussar tradition. No charge for this program and light refreshments provided.

*“The question of what you want to own is actually the question of how you want to live your life.” Marie Kondo*

*“Take time, be exact, unclutter the mind.” Rabbi Simcha Zissel Ziv, the Alter of Kelm.*

*Hashiveinu Adonai Elecha v'nashuva - Chadesh yameinu k'kedem.*

הַשִּׁיבֵנוּ ה' אֵלֶיךָ וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם

Cause us to return to you Adonai and we will return

Renew us as in days of old.

Shana Tova

A handwritten signature in black ink, appearing to read "Rabbi Nancy Wechsler", written on a light-colored rectangular background.

Rabbi Nancy Wechsler