

Choices: I set before you blessings and curses

A core belief of Judaism is that human beings are born with freewill. This is an awesome responsibility; one fraught with many challenges. We live in a society that practices denial and encourages distractions. Against a backdrop of global issues, we can feel quite powerless. In our daily interactions, we are often consumed by rapid fire reactions. Frequently, we are inundated with meaningless information which dulls us to what is really important. In all this commotion, it is sometimes difficult to perceive the choices we have in our lives. Then thankfully the Days of Awe arrive, a sacred pause to ponder what we are doing. At this season we examine the choices we've made and the choices that lie ahead of us. With the strength of the community, the richness of our tradition, and the potential for *teshuvah*, we face this task. This year's High Holy Day sermons will focus on how our choices shape our lives. In 5771, may we be blessed with insight to make wise choices, compassion for when we don't and flexibility to adapt along the way.

Shannah tovah,

Rabbi Leah Cohen

Erev Rosh HaShannah – Drawing from The Well

Rosh HaShannah Day One-Hineini

Rosh HaShannah Day Two-The Dilemma

Kol Nidre-Re-member

Yom Kippur- So You Think You Can Tell