

## **AM I AWAKE, AM I PREPARED: GETTING READY FOR THE HIGH HOLY DAYS WITH DAILY INSPIRATION AND SHOFAR BLAST**

Join Cantor Shemesh and one of our talented Shofar blowers every day at 10:30 am during the month of Elul for a short inspirational reading or a song followed by a Shofar blast.

<https://us02web.zoom.us/j/82745788300>

Each and every year, the High Holy Days arrive without fail, whether you are ready or not, and no matter what's going on in the world, pandemic or not, we, Jews, will keep our faith alive, and when we arrive at the new year, we are ready and open.

This requires a warm-up and a period of preparation. That is why the rabbis and sages of the past declared that the entire month of Elul that precedes Rosh Hashanah is meant for soul preparation and spiritual accounting. This 30-day period is designed to contemplate your life, take stock of where you are, who you are, and who you are meant to be.

Elul soul preparation is about getting back into right relationship: with other people in our lives, with ourselves, with God and with community. This season is about moving from brokenness to wholeness.

The first day of Elul this year is today, August 21st. On this first day, traditionally, the shofar begins to blow, and it blows each day for the entire month. Rabbi Moses ben Maimon (Maimonides) says the shofar calls us to wake up from our sleep. He writes in his Mishnah Torah "Search your ways and return in teshuvah...examine your souls..." (Repentance 3:4).