



TEEYUL THROUGH ELUL 5781

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Elul 12 - FORGIVE ***** What gives you strength?</p>	<p>2</p> <p>Elul 13 - Remember ***** Count your blessings: Make a list of 10 kind things people have done for you this past year.</p>	<p>3</p> <p>Elul 14 - LEARN ***** Take a walk and gather small rocks to use for Tashlich.</p>	<p>4</p> <p>Elul 15 - CHANGE ***** Make a playlist of songs that inspire you.</p>	<p>5</p> <p>Elul 16 - PRAY ***** Make a donation to the St. Francis Food Pantry or another charity that provides food for the needy.</p>
<p>6</p> <p>Elul 17 - AWAKEN ***** Call Interfaith Health and Support Services at 609-978-3839 to see how you can volunteer or make a donation.</p>	<p>7 Labor Day</p> <p>Elul 18 - ASK ***** Count your blessings: List 10 kind things you have done for people in the last year.</p>	<p>8</p> <p>Elul 19 - JUDGE ***** Call Ocean County Federation, 732-363-0530, and find out if there is a specific program you would like to donate to.</p>	<p>9</p> <p>Elul 20 - DARE ***** Help make Israel more green, Purchase trees from JNF.es</p>	<p>10</p> <p>Elul 21 - LOVE ***** Create a gratitude jar and add to it each week. starting during Sukkot, pull out one of your gratitude moments each Shabbat to share and reflect.</p>	<p>11</p> <p>Elul 22 - END ***** Indulge in a treat or some other activity that will bring sweetness to your day.</p>	<p>12</p> <p>Elul 23 - BEGIN ***** Find an item that represents each month of the past year (5780), with its joys and challenges, and make a collage.</p>
<p>13</p> <p>Elul 24 - HOPE ***** Make and share a favorite holiday recipe; tell someone or post a story about that food.</p>	<p>14</p> <p>Elul 25 - INTEND ***** What has given you and your family joy during this time? Make a list of the first 5 things that come to mind and share them.</p>	<p>15</p> <p>Elul 26 - CREATE ***** Paint rocks or signs with messages of hope/blessing and place them around your neighborhood .</p>	<p>16</p> <p>Elul 27 - BLESS ***** Create a list of at least 5 things that you are proud of from last year(5780).</p>	<p>17</p> <p>Elul 28 - GIVE ***** Support your synagogue community with a donation in honor of someone you love.</p>	<p>18</p> <p>Elul 29 - RETURN ***** Choose something to wear, somewhere to sit, or something to look at that will make your Rosh Hashanah at home feel special.</p>	
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>