



## **A Personal Reflection: Emily Fox**

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Our three-year-old recently made the exciting transition into a “big kid bed!” In preparing, a close Beth El friend suggested we use a magical clock that turns green when it’s okay to wake up. Each morning we hear the pitter patter of little feet in the hallway and she opens our door to greet us with smiles and kisses. I have come to anticipate this morning ritual as a way to begin my day with gratitude, especially at this moment.

When I taught preschool, I used the metaphor of an alarm clock for the shofar. Every morning during Elul the sound of the shofar serves as a wake-up call to help us prepare for the High Holy Days. As the transition between last year and the year to come, Elul is the window in which we begin to reflect upon our actions and awaken our soul to the possibilities of who we can be in the coming year.

Reflecting on the past year, and in truth, the past five months, brings forth a lot of emotions. Like so many others, the rollercoaster of living in a pandemic has tested me in ways like never before. My prayer for Elul this year is that the sound of the shofar inspires me to leave behind my actions driven by fear and the sense of loss, and allow myself to be motivated by the same gratitude I feel each morning when greeted by my daughter when the clock turns green.