

One of the powerful lessons of my Torah reading is that I'm reminded that almost every cycle has low points and high points. Just like the moon, one can feel empty and things can seem dark, but soon enough, you can feel full and illuminated again. Cycles frequently can have very defined stages, some cycles repeat and and there are even cycles that will continue forever without end.

Now, some of you are probably wondering, when is the cycle of this bar mitzvah service going to end so that we can have food. I can assure you that this service will end soon.

When you walked into the room at the start of my bar mitzvah you may have noticed there was a card on your seat. On this card, I want to invite you to reflect on and write about your own cycle as we begin the new month: I ask you to write down one thing you want to work on, one thing you want to keep the same, and one thing you are grateful for. Maybe that's what Rosh Hodesh is all about. It's a spiritual reminder to pause, to check in and see how things are going in any given cycle of our lives. Where do we need to stay on course, adjust, or begin anew? And then, we can take a step back and watch as the cycles of our lives unfold. Maybe this is something you will think of doing each moon cycle or every once in a while.

As we conclude this cycle of transition for me, I want to thank all of you spending your Sunday morning to celebrate with me, especially those who have traveled from near and far to be with me today.