

Rosh Chodesh, the New Month of Elul:

Elul is the month that precedes the High Holidays. To help us prepare spiritually and emotionally for the High Holidays, throughout the month I will be sharing with you thoughts and meditations from "Jewels of Elul", a collection distributed by Craig Taubman.

Teshuvah - the reconciliation that takes place during this month of Elul - has to reach in every direction... upward between each individual and her or his God... but also outward between us and other people... After all, if we hasten to ask for reconciliation, we must also hasten to grant it. Elul comes to remind us that to be ready for Rosh Hashanah, we have to be ready to forgive.

Excerpted and adapted from "Nothing Left Unsaid" by Rabbi Micah D. Greenstein in Jewels of Elul