

We cast away pessimism and cynicism, and we lift up the belief that we can be, we are, the change we have been waiting for.

*What else would you like to cast away, either individually or communally, this year?*

As we shed the negative habits we would like to let go of, we make space for new and enriching ideas and behaviors. *What qualities, values, or actions would you like to draw close to you this year, to help you become the person you want to be?*

Today is Forever

I stroll often in my nearby park—  
Old trees wildly overgrown,  
Bushes and flowers blooming all four seasons,  
A creek babbling childishly over pebbles,  
A small bridge with rough-hewn railings -  
This is my little park.

It's mild and gentle  
In the breath-song of the park  
And good to catch some gossip  
From the flutters and flyers.

Leaning on the railing of the bridge,  
Seeing myself in the clear water,  
I ask, *Little stream,*  
*Will you tumble and flow here forever?*

The creek babbles back, laughing.  
*Today is forever.*  
*Forever is right now.*

-By Malka Heifetz Tussman, 1893-1987,  
translated from Yiddish by Marcia Falk



If I am not for myself, who will be for me?  
If I am only for myself, what am I?  
And if not now, when?  
- Rabbi Hillel

