

EAT

We begin with a series of Postcards alternatively from the book and the movie *Eat Pray Love*.

Elizabeth Gilbert finds herself in Italy.

Eating her way back into experiencing pleasure.

Learning Italian just because it is beautiful.

Sitting at a dinner table with friends she has made in Rome enjoying a birthday/Thanksgiving dinner.

The discussion turns around to being able to define cities and peoples in a one word essence.

In the book, this conversation is one between Elizabeth Gilbert and her friend's husband Gulio. He says:

"Don't you know that the secret to understanding a city and its people is to learn – what is the word of the street?" He went on to explain... that every city has a single word that defines it, that identifies most people who live there. If you could read people's thoughts as they were passing you on the street of any given place, you would discover most of them are thinking the same thought. Whatever the majority thought might be – that is the words of the city.

Rome, is identified by the word SEX.

The Vatican's word is POWER. (Elizabeth argues perhaps it is FAITH, but he counters, no, 'tis POWER)

Elizabeth decides when asked that the word for New York City is ACHIEVE.

Los Angeles SUCCEED.

Stockholm CONFORM.

Naples, suggests Gulio is FIGHT.

Then he asks what was the word of Elizabeth's family. She struggles to find a word which means FRUGAL and IRREVERENT.

And then when Gulio asks what Elizabeth's word might be?

In the film, there is a sharing of people's essence word.

Giovanni's word is one that I cannot say from the Bima. (Ask me later)

Luca Spaghetti's word is "surrender"

Elizabeth however struggles for her word.

In the middle of the book, after her journey through India and Indonesia she discovers it is ... *antevisin* – a Sanskrit word for one who lives on the border.

EXERCISE

Small group of people whom you know or do not know:

Share words that might describe Loudoun County.

Share words that might define this congregation.

Share with the group what you believe to be your essence word.

Share why...

Large Group – a quick report whip around the room.

Words that define Loudoun County.

Words that define this congregation.

Invite you as you leave sanctuary write that word that defines you down on strips of paper. Put in glass bowl. We will be offering our essence words as part of our prayer on Kol Nidre.

Rosh HaShanah is the beginning of the time of change. To change, we must first really deep down reach to know ourselves. Only once we understand our inner nature and nurture; are we ready to pray and bond with the One beyond (which we will explore on Kol Nidre) and Love and find Balance (which we will explore on Yom Kippur Morning).