

Love

These High Holy Days we have gone on a spiritual journey using the rubric of Eat, Pray, Love... inspired by the recently released film and best selling book.

***Eat** took us with Elizabeth to Italy to relearn herself and her essence through experience of joy and indulgence. Rosh HaShanah morning we searched for our own essence.*

***Pray** took us with Elizabeth to India to think about prayer. Last evening I spoke on the difference between our prayer book and prayer and invited you to journey with us, your congregation, to connect through prayer.*

***Love** takes us with Elizabeth to Indonesia to explore the nature of relationship and balance.*

She writes:

“The task in Indonesia was to search for balance, but I don’t feel like I am searching for anything anymore because the balance has somehow naturally come into place. It’s not that I am being Balinese (no more than I ever became Italian or Indian) but only this – I can feel my own peace, and I love the swing of my days between easy devotional practices and the pleasures of beautiful landscape, dear friends and good food.”

Let us explore balance and love using a Jewish rubric.

A piece of paper is on your seats on either a colored piece of paper. It contains either one of two parts of a Hasidic Saying. It is said we should keep these two sayings on two slips of paper in our pocket at all times.

The first reads:

“I am but dust and ashes”

The second reads:

“The whole world was created for me.”

The sayings are both contradictory and true. To live life in balance we must be both dust and ashes and aware that the world is created for us.

We will explore how the awareness of each these contradictory but balancing sayings effects our interaction with others? How does it change the way we love, care and understand the world?

Instructions:

Within each section group find a chevruta partner with a saying that balances your own. Eg. One person should have a dust and ashes paper. One person should have a world created for me paper.

Group 1 discusses how these sayings effect one's understanding of self. If you are but dust and ashes, what are your daily attitudes? If the whole world is created for you, what are your daily attitudes? Think of concrete examples of self to share.

Group 2 discusses how these sayings effect one's interaction with others. If you are but dust and ashes, how do you treat others? If the whole world is created for you, how do you treat others? Think of concrete examples of self to share.

Group 3 discusses how these sayings effect one's interaction with world. If you are but dust and ashes, how do you interact with the local community around you? If the whole world is created for you, how do you interact with the local community around you? Think of concrete examples of self to share.

Ask for people to share their learning, their thoughts, their discussion.