

YOM KIPPUR CHEAT SHEET

Yom Kippur is when we get to atone for the mistakes we made during the past year and think about who we want to be in the coming year. Whether you're at services, at home or in the office, fasting or not, or just happy you'll get to wear your skinny jeans tomorrow, use these readings to help you focus on the important stuff – so you don't "cheat" yourself out of all the holiday has to offer. We wish you a meaningful Yom Kippur.

Love,

team jewbelong

HEENAYNEE RABBI RAMI M. SHAPIRO

Here I am.

A little bit nervous, a bit self-conscious.

After all, who am I talking to?

And what have I done?

Am I a sinner in search of grace or
a saint seeking salvation?

Am I so evil

or so good

as to warrant this season of introspection?

And yet here it is, and here I am:

this time of change and correction,

this heart of confusion and contrition.

Oh, if I could change!

If I could be so sure of myself

that I no longer had to imagine the slights of others;

to be so loving of myself

that I no longer had to ration my loving of others;

to be so bold with myself

that I no longer had to fear the bravery of others.

Oh, if I could change

there is so much I would change.

Maybe I will, but it scares me so.

Maybe I won't and that should scare me more.

But it doesn't.

So let me pray just this:

Let no one be put to shame because of me.

Wouldn't that make this a wonderful year?

Heenaynee – Here I am!

Apologizing
does not always mean
that you're wrong
and the other person
is right. It just means that
you value your relationship
more than your ego.

RABBI DOVID WINIARZ



FOR THE SIN WE COMMITTED

RABBI DOV PERETZ ELKINS

For the sin we committed

By not reading enough.

By reading too much and not acting on our reading.

By not serving our community.

By serving our community and neglecting ourselves and our families.

By having a narrow point of view and not listening to those who disagree.

By listening to others always and not having convictions of our own.

By chasing after material possessions.

By thinking we are unworthy of owning nice things.

By neglecting our dearest friends.

By chasing friends and running away from ourselves.

By saving the world and ignoring our own people.

By saving Jews and ignoring the rest of the world.

By disobeying our parents.

By obeying our parents and not listening to our own mind.

By ignoring our children.

By indulging our children.

By letting our anger control us.

By suppressing our rage and not playing enough.

By being selfish.

By not loving ourselves and not caring enough for ourselves.

By ignoring God.

By relying on God instead of ourselves.

By ignoring the past.

By living only in the past.

By saying "We don't make a difference."

By pretending we can save the world.

Forgiveness does not mean you have to accept the person back into your life or that you are condoning what they did, but rather forgiveness is giving up the hope that the past could have been any different.

OPRAH WINFREY



YOU HAVE A RIGHT TO BE ANGRY

LORI DESCHENE

You have a right to be angry. It's not negative or wrong. You don't have to condone someone's actions or pretend you're okay with them in order to be a good or spiritual person. Just know that you have the power to move beyond your pain, when you're ready. You have the power to find lessons in your heartache, gains in your losses, and reasons to forgive. It might take time, and it might not be easy, but it is possible to heal and move on.

The day the child realizes that all adults are imperfect, he becomes an adolescent. The day he forgives them, he becomes an adult.

The day he forgives himself, he becomes wise.

AIDAN NOWLAN

THE WORLD DOESN'T NEED MORE PEOPLE BEATING THEMSELVES UP INSIDE

CRISTEN RODGERS

The world doesn't need more people beating themselves up inside, making a bloody mess of their broken hearts and tattered shreds of their minds. There's quite enough of that and all it brings is more pain. The world needs more beautiful souls like yours who choose to see the beauty in their scars, who dare to forgive, to take their great big hearts and turn them inside out and give themselves the same kind of compassion that they give to others.

If I have harmed anyone in any way either knowingly or unknowingly through my own confusions, I ask their forgiveness. If anyone has harmed me in any way either knowingly or unknowingly through their own confusions, I forgive them. And if there is a situation I am not yet ready to forgive, I forgive myself for that. For all the ways that I harm myself, negate, doubt, belittle myself, judge or be unkind to myself through my own confusions, I forgive myself.

No matter
how much you
revisit the past,
there's nothing
new to see.

ROBERT TEW



HURT PEOPLE HURT PEOPLE

YEHUDA BERG

Hurt people hurt people. That's how pain patterns get passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.

Today
I decided
to forgive you.
Not because you
apologized, or because
you acknowledged the pain
that you caused me,
but because
my soul deserves
peace.

NAJWA ZEBIAN

GET UP!

RABBI ALLEN MALLER

O Lord, sometimes I feel sad, useless. So aware of the times I have failed. Last Rosh Hashanah's resolutions soon faded away. My bad habits remain unbroken. My good intentions remain unrealized. I can make no new vows, I can make no new efforts, so I give up.

And then, during the Kol Nidre, I heard your plea, "Get up! I only commanded one day for afflicting your soul. I gave you ten days for repentance, for turning over a new leaf in the Book of Life. Now you will have 50 weeks... to be renewed. Even if you don't have faith in yourself, I have faith in you. Get up off the floor and get up quickly. Falling isn't the worst sin. Staying on the floor is."

FORGIVE YOURSELF DR. MAYA ANGELOU

I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes. It is inevitable. But once you do and you see the mistake, then you forgive yourself and say, "Well, if I'd known better I'd have done better," that's all. So you say to yourself, "I'm sorry."

If we all hold onto the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror. We can't see what we're capable of being. You can ask forgiveness of others, but in the end the real forgiveness is in one's own self. The real difficulty is to overcome how you think about yourself. If we don't have that we never grow, we never learn, and sure as hell, we should never teach.

A PRAYER FOR THE JEWISH NEW YEAR RABBI JOHN L. RO SOVE

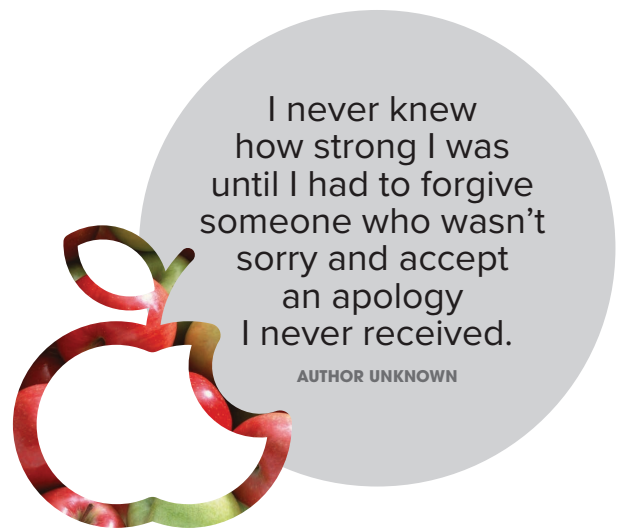
May we hold lovingly in our thoughts
those who suffer from tyranny, subjection, cruelty, and injustice,
and work every day towards the alleviation of their suffering.

May we recognize our solidarity
with the stranger, outcast, downtrodden, abused, and deprived,
that no human being be treated as "other,"
that our common humanity weaves us together
in one fabric of mutuality,
one garment of destiny.

May we pursue the Biblical prophet's vision of peace,
that we might live harmoniously with each other
and side by side,
respecting differences,
cherishing diversity,
with no one exploiting the weak,
each living without fear of the other,
each revering Divinity in every human soul.

May we struggle against institutional injustice,
free those from oppression and contempt,
act with purity of heart and mind,
despising none, defrauding none, hating none,
cherishing all, honoring every child of God, every creature of the earth.

May the Jewish people, the state of Israel, and all peoples
know peace in this New Year,
and may we nurture kindness and love everywhere.



I never knew
how strong I was
until I had to forgive
someone who wasn't
sorry and accept
an apology
I never received.

AUTHOR UNKNOWN