



Temple B'nai Israel

A Note From Our Spiritual Leader

Are New Year's resolutions Jewish? One could argue that indeed they are, as in our tradition, we look for many opportunities for honest self-reflection in order to determine what needs to be tweaked so we can do better.

Doing *t'shuvah*, taking stock of our lives and committing to positive change, is not reserved for the High Holy Days; it is embedded in our daily, weekly and monthly spiritual practice.

The daily practice of *t'shuvah* occurs every night with *kri'at sh'ma al ha-mitah* (the bedtime *sh'ma*), where we commit to not repeating our sins and to forgiving those who made us angry or acted against us, accidentally or intentionally, by speech, by deed or by thought.

There is also a pre-Shabbat practice of *cheshbon hanefesh*, of taking account of how well we did during the week. This type of self-reflection can be done anytime between Thursday evening and Kabbalat Shabbat. There is a similar practice on the day before *Rosh Chodesh* (the first day of the Hebrew month) which is called *Yom Kippur Katan* (little *Yom Kippur*), where we examine how well we fared during the month.

We can deepen all of these practices by opening to our yearnings for finding true meaning and expressing love in this world. What is calling us to "do something?" We can experience that calling as God, community or global concern. The labels are not important. According to Rabbi Zalman Schachter-Shalomi z"l, when we open to the experience of being pulled toward truth, toward recalibrating ourselves, we can say to ourselves:

*I affirm that pull,
I'm not resisting it,
I'm not repressing it,
I'm not diverting myself from it,
I'm feeling that pull and
I am in agreement with it.*

Such an affirmation plants the seed of positive action and is an action in itself.

May the GPS of our souls steer us toward our true calling and best expression of ourselves in 2023!

Peace, love and blessings,

Hazzan Gabrielle

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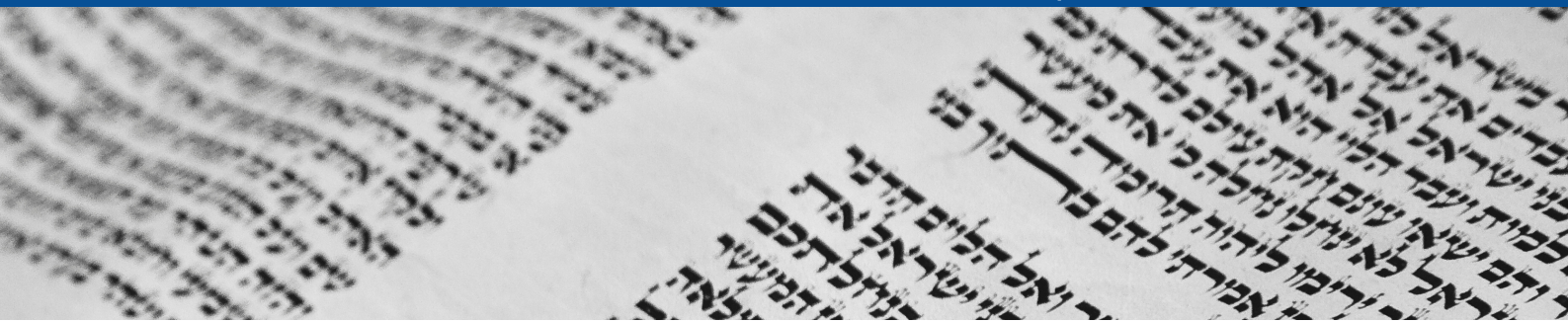
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Hanukkah Party Photos



EVENTS

- **January 5th** - 5:30pm - Americans and the Holocaust Exhibit Opening Reception @ Petoskey District Library
- **January 7th** - 6:30pm Family Havdalah Service and Games Night! (bring games & snacks!)
- **January 8th** - 10am Sunday School
- **January 9th** - 7pm TBI Board Meeting (Zoom)
- **January 20th** 7:30pm Shabbat Services
- **January 21st** 10am Torah Study with Gabrielle
- **January 22nd** 10am Sunday School

L'Dor v'Dor

To see what the Consortium does, which congregations it serves, and who is on the Leadership Team, please check out our website at **ldvd.net**. The website also provides a calendar of all six congregations' schedules.

For more information, contact Carol Ellstein at 517-881-0668 or cgeilstein@gmail.com

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Tree Of Life Fund (\$100 per leaf)
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Name: _____

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 PO Box 2416
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Temple B'nai Israel

PO Box 2416

Petoskey, MI 49770

All Temple events are open to the public, including Sunday School sponsored programs!

For questions about programs, please contact:

Tot Shabbat: Lindsey - kaufmanlb@gmail.com

Shabbat and other events: Emily - efreedland@hotmail.com

January 2023

Tevet/Shevat 5783

Su

M

Tu

W

Th

F

Sa

1	2	3	4	5 5:30pm Americans & the Holocaust Exhibit Reception	6 Candle: 4:54pm	7 Parsha: Vayechi 6:30pm Family Havdalah and Games Night
8 10am Sunday School	9 7pm TBI Board Meeting	10	11	12	13 Candle: 5:02pm	14 Parsha: Shemot
15	16	17	18	19	20 Candle: 5:12pm 7:30pm Kabbalat Shabbat	21 Parsha: Va'eira 10am Study w/ Gabrielle
22 10am Sunday School	23 Rosh Chodesh	24	25	26	27 Candle: 5:21pm	28 Parsha: Bo
29	30	31				