




The High Holidays remind us of our job to live a life in responsible service to others.



What does it mean to you to live a life in responsible service to others?

What changes do you want to make in this new year to live more responsibly?





Rosh Hashanah is considered the day on which the world was created.


On this “birthday of the world,” what are “birthday presents” you can give to the world?

What gifts are you able to give the world on your own? What requires the assistance of others?





Every year during the High Holidays, we are asked to reflect on how we can improve. The assumption is that being human means this work is never completed.




Everybody experiences difficult times. Do you know people who, despite personally hard times, seem to find ways to live in positive connection with others?

What do you learn from them?





During the High Holidays, we are expected to ask forgiveness from those we have harmed.



Who do you need to ask
forgiveness from this year?

When and why is it hard for you
to ask forgiveness from people
you have wronged?





During the High Holidays we are expected to forgive those who sincerely apologize to us.


Whose apology do you need to accept this year?

When and why is it hard for you to accept requests for forgiveness from those who have wronged you?





It is traditional to eat sweet foods on Rosh Hashanah as a symbol of our hope for a sweet new year.



What does a sweet year mean for you? Your loved ones? The world?

How can you help others experience sweetness in the new year?

