

RETURN TO CENTER/INCREASING JOY, PEACE AND LOVE

AN INTRODUCTION TO CHESHBON HANEFESH AND TESHUVAH ON ZOOM

Over the years, I have heard many things about this time of year. At times, a general question or theme surfaces..." I hope the Rabbi will be interesting." , "I hope the tefillot/prayers are sung with inspiration". Yes, Rabbi Ron and Rabbi Light have major roles in the services. AND so does each individual congregant that is a part of our kahal kodesh, sacred community.

That preparation begins with the month of Elul which begins the evening of August 12- August 14, 2026.

One of the main concepts of the month of Elul is Cheshbon HaNefesh, Accounting of the Soul, in preparation for the process of Teshuvah asking for forgiveness and granting forgiveness.

On Thursday. August 13, 2026, at 7 p.m., please join Rabbi Ron and Fran Lande, Life-Long Learning Chair, for **Return to Center**. Explore how you can begin to take steps to take an honest look at yourself and your relationships and begin the process of not only asking for forgiveness but also learn how to give it. While it may sound somber, it truly is a process that can include tremendous joy. When one is able to repair the relationships with themselves, other people and G!d, joy, peace and love will increase in the coming year.

