



"Birth is a beginning, and death a destination; but life is a journey, a going-growing from stage to stage . . . until looking backward or ahead, we see that victory lies not at some high place along the way, but in having made the journey, stage by stage – a sacred pilgrimage." (Alvin Fine)

The High Holy Days are an opportunity to think and act on what the journey of life means for each of us. At the start of a new year, we realize that not only are we maturing physically and emotionally, but we also have the potential to develop spiritually. The next ten days provide a road map for growing along the spiritual dimension of our lives, regardless of our age. In fact, some would say that at any moment, we encompass every age we have ever been and ever will be. At birth, we contain the DNA that will shape so much of our future. In old age we recognize that our behavior is still so influenced by our childhood experiences.

During these Days of Awe, I will offer five sermons, each reflecting on lessons from a particular stage of life, guiding us towards *teshuvah* – towards returning to the person we want to be and living the life we most deeply desire. As we look ahead to 5773, we hope and pray that we will be granted another year of life. However, let us aspire to reach even higher, to a year of spiritual growth – of more awareness and wisdom, more forgiveness and love, more gratitude and compassion, more understanding and faith. May our efforts lead us on this sacred pilgrimage of life towards a better place for ourselves, our families, our community and our world.

Shanah Tovah U'Metukah,

Rabbi Leah Cohen

Erev Rosh Hashanah
Rosh Hashanah Day One
Rosh Hashanah Day Two
Kol Nidre
Yom Kippur

Birth: Before the Beginning
Childhood: What is Alive?
Adulthood: Surviving Success
Maturity: Cynicism and Faith
End of Life: Beyond the End