



YOM KIPPUR WELLBEING SUPPLEMENT 5786

Nachamu

Words: Based on Isaiah 40:1-3

Music: Elana Arian

נַחֲמוּ נַחֲמוּ,
עַמִּי יֹאמַר אֱלֹהֵיכֶם,

Nachamu, nachamu,

Ami yomar Elocheichem.

Comfort us, comfort us in our wilderness

Comfort us as we struggle to take care of one another

Comfort us, comfort us in our wilderness

Comfort us as we struggle with this world.

Comfort my people, says your God.

Passages from “The Things You Can See Only When You Slow Down – How to be Calm in a Busy World” by Haemin Sunim

Love yourself despite your imperfections. Do you not feel compassion for yourself as you struggle through life? You are so eager to help your friends, but you treat yourself so poorly. Stroke your heart once in a while and tell yourself, “I love you”.

On a piece of paper, write down everything that stresses you out. List everything you ought to do, including minor things – watering plants, replying to emails. The stresses are now contained on a piece of paper, away from your mind. So, relax tonight. Tell yourself you will go through the list tomorrow, item by item, starting with the easiest.

Life teaches us through our mistakes. When you make a mistake, simply ask yourself what you were meant to learn from it. When we accept such lessons with humility and gratitude, we grow that much more.

According to the Talmud, every blade of grass has an angel who protects it. The angels whisper to each blade, “Grow! Grow!”