



TISHREI

IT'S A THING.



tlal
RABBI TOVA



IT'S A BIG MONTH FOR US.

I'M SO GLAD WE'RE SHARING THIS TOGETHER.



LET'S DIVE IN



THE MONTHLY THING

This month's "Monthly Thing" is going to look a little different. Here's why: Tishrei is A LOT to handle and if I was guiding you through this piece by piece, you'd probably close out this PDF and think "Okay, this is a lot to tackle... I'll try again later." Then, it would be Tishrei in a year and the same thing. So, instead... I've broken this down into 13 little parts (over the course of the month). Here's part one: an explanation of why this month is, as I mentioned, "A LOT."

"I JUST HAVE A LOT GOING ON RIGHT NOW."

*— Tishrei, at drinks with friends, probably
(maybe fasting... definitely praying)*

Tishrei is the busiest month on our calendar. Think busy like... being on the subway in Times Square during rush hour or on the 405 at 5pm on a Friday. The difference, however, is that the entire part of this busyness is to feel something (anything!) and to do so as ourselves in fullness.

The questions and imagery that are tied into each and every part of this month with the holidays that fill it. Forgive the brevity of this explanation... we cannot do any of them full justice in short few pages. This will instead give you the essential spark to illuminate reflection within you. This month is one of those experiential months when doing is better than thinking...

YOU'RE DOIN' GREAT



JUST TISHREI THINGS...

Our ancestors believed that each of these holidays are cosmic openings where the light can shine in and we can feel *Divine* in a visceral way. I invite us to dance in some way- whatever is your way: through prayer, through journaling, through cooking, through dancing, through nature, through external processing, through silence, and to let that spark in.

There is meaning in one month containing all the things. There is the significance that this is the beginning of our year! We are invited to start off our year with...

inner-work, self-forgiveness, the forgiveness of others, returning to the root of our souls, gathering in the community, staying vulnerable outside in a hut (more on that later), finding joy through dancing and celebrating the Torah: our origin story and our legends.

In the Jewish month of Tishrei, we are tasked to wake up to ourselves and experience sweetness with moral reckoning. It's a... joyful-gatherings-celebrations-of-our-people-of-the-book kind of thing.. it is ALL the things.

It's Judaism in a month.

MORE TISHREI THINGS...

Tishrei means beginning.

It's the container for the most significant time in our year all while marking the start of a new year. Tishrei begins with the Rosh Chodesh of Chodeshes: the queen herself, Rosh Hashanah! In this, we celebrate a new year and the creation of the world itself. If you needed a musical moment for this concept, might I suggest singing...

"Celebrate good times, come on!"

- From here, we move into ten days of deep introspection: Aseret Yemi Tshuvah. You may have heard this time referred to as the "Ten Days of Awe" or "Yamim Noraim." These days are meant to do the inner work we have been warming up with Elul (see Elul's Monthly Thing).
- Yom Kippur is a day many have felt is synonymous with "you better show up to shul" day. That may work for some but not be the case for all. Yom Kippur grants us the opportunity to reflect, atone, and connect more deeply to their Judaism.
- From there, we move into Sukkot, the one with the outdoor huts (yay!) and the invitation for vulnerable joy!
- From there, we move to Simchat Torah, ANOTHER celebration where we dance and rejoice to mark the ending and the beginning of our Torah... again!

Phew! I'm tired already. That's why I've broken up these steps into daily tidbits for bite-size moments of reflection and mindfulness. Here's how...

WHAT'S NEXT?

YOU'RE GOING TO HEAR FROM ME A FEW MORE TIMES

Over the next 10 days (and then some) I'll be sharing the remainder of the 13 elements I've created space for honoring these days with you.* Each will include a chance for reflection, meaning, and helpful ways for you to connect and engage with these themes.

Treat these daily check-ins as just that: a moment in your day to spiritually check in with yourself through the lens of our shared Jewish calendar.

**These daily notes are part of my paid Substack membership. [You can sign up for that here!](#) Doing so supports this work, deepens our relationship, and more importantly... provides you with a sacred space to dive into your own spiritual voice.*

TALK SOON,

Rabbi Tova

LET'S TALK!

I want to hear what you thought of this guide! Please write back to me on [Substack](#). You can e-mail me at rabbitovalde@gmail.com to schedule a meeting to create personalized rituals or work with me. If you are sharing this online please tag me [@rabbi_tova!](#)

