JCCSF

REFLECT & RENEW

A JOURNAL FOR POSITIVE CHANGE
OPPORTUNITIES FOR REFLECTION & GROWTH

Jewish tradition offers us tools for self-improvement that have become central to the Jewish New Year experience including Heshbon Ha’Nefesh – An Accounting of the Spirit. In these times of social unrest and COVID-19, the need for heightened awareness and practicing wellness is more crucial than ever.

During the High Holiday season – from the Hebrew month of Elul through Yom Kippur – we are invited to take stock of our strengths, shore up our vulnerabilities and turn our hearts towards becoming the best versions of ourselves we can be.

Embryo to baby to infant to child to adolescent to adult to elder, life by nature is a transitory experience. How do we navigate our way through these shifts? What can we learn about being true, flexible, resilient and gracefully accommodating through introspection? How have our stories unfolded up to this point, and what might await us in the future? To guide the way, here’s a journal and some questions that we offer as a gift for reflection and renewal.

Shanah Tovah! May you have a meaningful entry to the New Year!

MAGGID JHOS SINGER
GET COOKIN’
IRVING’S SAVORY CHALLAH FRENCH TOAST

INGREDIENTS
1 challah, sliced  Salt and pepper to taste
2 eggs  Optional toppings: avocado,
2 garlic cloves  cheese or a fried egg
1 tbs olive oil

DIRECTIONS
1. Cut the challah into slices between ½ and 1 inch.

   Irving’s Pro Tip: While fresh challah is great to use, stale challah works best for French toast.

2. Mince the garlic.

3. Crack one egg for every two slices of challah. Beat the eggs with the garlic, pinch of pepper, and salt to taste, until blended.

   Irving’s Pro Tip: Go light on the salt, as the garlic adds a lot of flavor. Feel free to add other seasonings and herbs or anything you fancy.

4. Coat the challah slices with the egg mixture, turning over, making sure all sides of the bread are adequately covered.

5. Heat a skillet with the olive oil over medium heat. Once oil is hot, place challah slice in the skillet and cook undisturbed, 2 – 3 minutes on both sides.

   Irving’s Pro Tip: You can judge by the color of the French toast whether it is finished cooking or not.

Recipe provided by Irving of Irving’s Premium Challah.
HOW HAS MY SHELTER-IN-PLACE ROUTINE IMPROVED MY SELF-CARE?
WHAT CHALLENGES IN MY CURRENT LIFESTYLE DO I WANT TO OVERCOME?
HOW DO I MAINTAIN MY MENTAL HEALTH?
It only takes one minute to change your day. Try these steps to break up your daily routine and leave you feeling refreshed:

Close your eyes

Put your arms on your lap or on a chair’s armrest

Breathe slowly

Focus on your breathing

If your mind slips away to work on a problem, gently direct it back to your breathing

Count each breath to help keep your mind from wandering away

After a minute of mindfulness, jump back into work with a refreshed set of eyes
HOW HAS THE PANDEMIC CHANGED MY WORK-LIFE BALANCE?

WRITER’S BLOCK?
Am I working too much? Am I not able to work enough?
HOW DO I CARE FOR MYSELF AND MINIMIZE RISK TO MY PHYSICAL AND MENTAL WELL-BEING DURING THE PANDEMIC?
WHAT NEW SKILLS HAVE I GAINED THIS YEAR?

WRITER’S BLOCK?
Has the pandemic inspired me to learn new things?
THE BEST THINGS IN LIFE ARE FREE

FIVE THINGS TO DO IN THE CITY:

1. VIEW MURALS AT CLARION ALLEY
2. TAKE IN THE VIEWS AT COIT TOWER
3. EXPLORE THE HISTORIC SUTRO BATHS
4. WALK OR BIKE ACROSS THE GOLDEN GATE BRIDGE
5. WATCH THE BISON AT GOLDEN GATE PARK
HOW AM I HANDLING MANAGING MY TIME, ENERGY AND MONEY RIGHT NOW?

WRITER’S BLOCK?
Am I able to contribute? Am I comfortable with receiving?
WHAT ARE THREE COMMITMENTS I CAN MAKE IN THE YEAR AHEAD TOWARD CREATING A MORE JUST SOCIETY?
WHAT DOES A “HAPPY FAMILY” LOOK LIKE TO YOU? DRAW IT ABOVE!
WHAT RITUALS HAVE MY FAMILY RELIED ON OR CREATED IN THE PAST YEAR?

WRITER’S BLOCK?
Has ritual played a role in increasing our family’s connection?
HOW CAN I MAINTAIN CONNECTIONS WITH FAMILY THAT I CANNOT BE WITH IN PERSON?

WRITER’S BLOCK?
For the big family moments coming up this year, what are some ways I can still make these occasions special even if they look very different?
FAMILY MEMBERS AND FRIENDS GROW APART. IS THERE A CHANCE THIS YEAR TO COME BACK TOGETHER?
IT TAKES TWO
FIND A FRIEND & PLAY
Tic Tac Toe, Dots, Hangman – all games that need a buddy
WHAT ROLE DO FRIENDS PLAY IN MY LIFE?

WRITER’S BLOCK?
Who are two people I want to spend more time with?
WHAT NEW COMMUNITIES HAVE I FOUND MYSELF IN THIS YEAR?
HOW CAN I STAY CONNECTED TO OR EXPAND MY COMMUNITY WHILE WE ARE PHYSICALLY APART?
JOY

LIVE COLORFULLY

Color in the mandala below to create your own masterpiece
WHAT ARE FIVE THINGS THAT BROUGHT ME JOY PRE-PANDEMIC AND WHAT ARE FIVE THINGS THAT ARE BRINGING ME JOY NOW?

WRITER’S BLOCK?
How are these different? How are these similar?

Are there things I am currently grateful for that I want to continue in my “post-pandemic” life?
AM I GIVING THE THINGS THAT I LOVE OR FIND BEAUTIFUL ENOUGH TIME IN MY DAILY LIFE?
SPIRITUALITY

TAKE A DEEP BREATH

With your finger, slowly trace the path of the labyrinth, and allow your mind to clear, until you reach the center.
WHAT ARE THE TOP THREE BLESSINGS IN MY LIFE?
WHAT UNSUPPORTIVE THOUGHTS WOULD I LIKE TO RELEASE FROM MY MIND?
Is there one spiritual practice you’d like to take on in the next three months? What would it be?
“I LOVE YOU”
No matter how you communicate, you should let others know you care. Here are a few ways:

**ARABIC**
Ana bahebak

**AMERICAN SIGN LANGUAGE**

**FRENCH**
Je t’aime

**ITALIAN**
Ti amo

**GERMAN**
Ich liebe dich

**HAWAIIAN**
Aloha au ia ’oe

**HEBREW**
Ani ohev otach

**JAPANESE**
Aishiteru

**MANDARIN**
Wo ai ni

**RUSSIAN**
Ya lyublyu tebya

**SPANISH**
Te amo
HOW EASY IS IT FOR ME TO BE LOVED? HOW EASY IS IT FOR ME TO LOVE OTHERS?

WRITER’S BLOCK?
What are different ways I can show my love to others?
WHAT ARE FIVE THINGS I LOVE ABOUT MYSELF THAT I WANT TO HOLD ON TO IN THE YEAR AHEAD?