



# Congregation Ahavath Sholom

The Creative Spirit Dwells Here

## A Message From Our Rabbi



**Rabbi Barbara Cohen**  
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Amazingly, it's Shabbat again and Labor Day weekend already. And Elul, the sixth month of the Hebrew calendar, starts on Tuesday. It is a signal to us to start thinking about what the past year has been like and what we have been like living through it. It hasn't been an easy time for most people for so many reasons, a list each of us might make to help us focus ourselves on the work of the High Holy Days to come.

Each year I encourage myself and all of you to take this time for introspection seriously. It is essential if we want to make progress...to acknowledge the positives AND the negatives...it's hard work and really worth doing. A chance to begin this process with us is next Saturday afternoon, September 7th at 4PM at Elul in the Pool at Linda Josephs' house in Great Barrington. We do a mikveh-ritual to honor the cleansing that we seek. Going in the pool is optional, dangling feet in the water is ok too...or none of the above. It's just a great chance for us to be together to recognize the beginning of this special time of year More information will follow.

So enjoy this holiday weekend, busy or not...however you like it. And take stock of the fruits of your labor...the big and the small...it all adds up to a life, doesn't it?

Hoping for love and peace for all, Barbara

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