



Summer Institute 2016
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#ElulGram

Finding and Capturing Moments of Holiness While Preparing for the New Year

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בשערי ראש השנה

B'Shaarei Rosh HaShanah: At the Threshold of the New Year

Elul is the month that precedes the High Holy Days and is traditionally a time for introspection, personal reflection and preparation as we plan for the new year. Throughout the year, we use various social media channels to communicate with others and express ourselves. How can our use of social media be combined with our spiritual practice? As we welcome 5777, let's take some time to stop, find the holy in the ordinary, and think about how we can add some *kavanah* (intention) to our lives and posts... (see reverse for a #TBT to December Institute 5776)

הנני <i>Hin'ni: Here I Am</i> Self Awareness

אומץ לב <i>Ometz Lev</i> Courage

מלכות <i>Malchut</i> Wonder

בינה <i>Binah</i> Understanding

כתר <i>Keter</i> Majesty

תפארת <i>Tiferet</i> Balance & Inner Beauty



For the past few years, Rabbi Phyllis Somer (<http://imabima.blogspot.com>) has created and hosted #BlogElul and #ElulGram on Twitter and Instagram. If you'd like to add your voice/images to this growing online community, use those hashtags when you post and join the conversation and communal introspection!