



THE TRIBE SCRIBE

YOM KIPPUR: STARSTRUCK!

D'YA KNOW WHAT I MISS ABOUT OUR CAMPING TRIP? THE NIGHT SKY! THE SKY WAS SO BLACK, AND STARS TWINKLED SO BRIGHTLY - I'VE NEVER EVER SEEN SO MANY STARS BEFORE! WE LAY OUTSIDE FOR AGES, JUST STARING AT THE ZILLIONS OF SHINING STARS. WE EVEN SAW A SHOOTING STAR!

BACK HOME IN THE CITY THERE ARE HARDLY ANY STARS. WHEN I LOOK UP AT NIGHT, I CAN ONLY SEE A FEW. BUT ON HOLIDAY THERE WERE SO MANY WE COULDN'T COUNT THEM!



WHEN WE CAMPED IN THE COUNTRYSIDE, FAR AWAY FROM LIGHT POLLUTION, THE BLACKNESS ALL AROUND ENABLED US TO SEE LOADS MORE. THE STARS ARE ALWAYS THERE, BUT THE INTERFERENCE OF THE CITY LIGHTS PREVENTS US FROM SEEING THEM.



DAN, YOU DO REALISE THAT THERE ARE THE SAME NUMBER OF STARS HERE IN THE CITY AS IN THE DARK COUNTRYSIDE! IN THE CITY THERE IS SO MUCH LIGHT FROM BUILDINGS, CARS AND LAMPPOSTS THAT WE CAN'T SEE MOST OF THEM.



THAT'S RIGHT! TODAY, YOM KIPPUR, IS LIKE THE STARRY SKY. ALL YEAR LONG WE ARE BUSY WITH ORDINARY, EVERYDAY LIFE. GETTING ON WITH SCHOOL OR WORK, EATING AND DRINKING.

YOM KIPPUR CHECKLIST
PAUSED

- WORK ✓
- SCHOOL ✓
- EATING ✓
- DRINKING ✓
- DISTRACTIONS ✓



ONCE A YEAR, ON YOM KIPPUR, WE SWITCH OFF ALL THE EVERYDAY STUFF. WE PAUSE WORK AND SCHOOL; WE STOP EATING AND DRINKING. WE TAKE A DAY TO REMOVE OURSELVES FROM THE DISTRACTIONS OF ROUTINE AND THAT ALLOWS US TO SEE HOW BRIGHT WE AND THE PEOPLE AROUND US SHINE.

SWITCHING OFF THE EVERYDAY ASPECT OF OUR LIVES ENABLES US TO FOCUS ON OUR DEEPEST SELVES.



YOM KIPPUR IS ABOUT WHO YOU ARE, HOW YOU ARE, YOUR HEALTH, YOUR SPIRITUALITY, YOUR GOALS AND DREAMS, NOT JUST WHAT YOU HAD FOR LUNCH AND IF YOU MADE IT ON TO THE TEAM.

TAKE A MOMENT TODAY TO NOTICE HOW BRIGHTLY THE PEOPLE AROUND YOU SHINE. TAKE A MOMENT TODAY TO NOTICE HOW BRIGHTLY YOU SHINE. TAKE A MOMENT TODAY TO PRAY THAT YOU LIGHT UP THE YEAR AHEAD! *6MAR TOV!



*MAY YOUR GOOD YEAR AHEAD BE SEALED!



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Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.