



THE TRIBE SCRIBE

YOM KIPPUR: TESHUVA - AN ACE SERVICE!

REMEMBER MY FIRST TENNIS LESSON? THE COACH GAVE SO MANY INSTRUCTIONS I DIDN'T KNOW WHAT TO DO FIRST!

GRIP THE RACQUET LIKE THIS, STAND STRAIGHT, FACE THAT WAY, SERVE LIKE THIS...

I TRIED REALLY HARD TO REMEMBER ALL THE INSTRUCTIONS, BUT IT WAS JUST TOO CONFUSING! THEN I DISCOVERED THAT IF I WATCHED OTHER PEOPLE PLAY TENNIS, ESPECIALLY EXPERTS, I COULD COPY THEIR MOVEMENTS AND TECHNIQUES AND THAT GREATLY IMPROVED MY OWN GAME.

NOW YOU MIGHT BE WONDERING WHAT TENNIS HAS TO DO WITH TESHUVA? YOM KIPPUR IS A TIME FOR TESHUVA. TESHUVA MEANS RETURN; RETURN TO THE PERSON YOU COULD HAVE BEEN.

AND JUST LIKE WATCHING EXPERTS HELPED DINA PERFECT HER TENNIS, WE CAN USE THE EXPERTISE OF THE PEOPLE AROUND US TO IMPROVE IN ANY AREA OF OUR LIFE. YOU JUST HAVE TO BE LOOKING OUT FOR IT. NOW THAT'S A GREAT PATH TO TESHUVA!

THE RAMBAM - MAIMONIDES (12TH CENTURY, SPAIN) GIVES US SOME IDEAS TO HELP US ACHIEVE TESHUVA. VISUALISE YOUR IDEAL SELF, THINK ABOUT THE PERSON YOU WOULD LIKE TO BE, AND THAT WILL HELP YOU MAKE A PLAN TO GET THERE.

HERE ARE SOME THINGS WE'VE NOTICED FROM OUR FRIENDS...

FROM MY FRIEND RACHEL I LEARNED HOW TO BE SENSITIVE TO OTHER PEOPLE'S FEELINGS.

FROM MY FRIEND JOSH I LEARNED HOW TO SHARE GENEROUSLY.

FROM THE POSTMAN I LEARNED TO GREET EVERYONE WITH A SMILE AND SAY HELLO!

FROM MY AUNTY LIZ I LEARNED TO THINK OF OTHER PEOPLE'S NEEDS AND TRY AND PROVIDE FOR THEM.

FROM MY FRIEND TARA I LEARNED THAT YOU CAN TAKE A DEEP BREATH WHEN YOU GET ANGRY AND NOT SHOUT AT PEOPLE.

KEEP YOUR EYES OPEN, SEE WHAT YOU CAN LEARN FROM THE PEOPLE AROUND YOU!

GMAR CHATIMA TOVA!

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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.