

ADJUSTING OUR CLOCKS

AN ACCOUNTABILITY PRACTICE FOR YOM KIPPUR

Jonah Canner

“...morally speaking, there is no limit to the concern one must feel for the suffering of human beings, that indifference to evil is worse than evil itself, that in a free society, some are guilty, but all are responsible.”

— Abraham Joshua Heschel

“You cannot change any society unless you take responsibility for it, unless you see yourself as belonging to it and responsible for changing it.”

— Grace Lee Boggs

PETITIONARY BLESSINGS FOR COLLECTIVE LIBERATION

Rabbi Abraham Joshua Heschel [wrote](#) that “Judaism is a religion of time, aiming at the sanctity of time”. The activist and philosopher Grace Lee Boggs asked the [question](#), “what time is it on the clock of the world?” As we prepare ourselves for the holidays of Rosh Hashanah and Yom Kippur, during which we are asked to confess to both our individual and our collective sins, we might be called to set aside some time to sit with the change that this season calls us towards.

A Journey Towards Our Better Selves (*Reflective Practice Instructions*)

Grounding yourself in the moment

Light a candle

Sit and breathe for three minutes

Take out a journal to sit with and write on the following sets of questions

Reflecting on the stories you tell yourself about yourself

How have those stories served you in your life up to this point?

How might those stories be limiting as you turn towards the next season of your life?

What elements of those stories are you ready to shed?

Reflecting on the past year

What has this last year asked of you?

In what ways have you been pushed and stretched?

In what ways have you experienced growth?

Stepping into your better self

What is the better self you are aspiring towards?

What are the big internal questions you are wrestling with?

What is this season of life asking of you?

A Journey Towards A Better World (*Reflective Practice Instructions*)

Grounding yourself in the moment

Light a candle

Sit and breathe for three minutes

Take out a journal to sit with and write on the following sets of questions

Reflecting on the clock of the world

As best you can, walk yourself through the local, national & global events of the last year

What moments stand out to you?

What issues were you most attuned to?

What issues or events did you find yourself shying away from?

Calling yourself to action

Of all the issues we are facing, which are you most committed to?

In what ways are you able to respond to the demands of that (those) issue(s)?

Who, in your community, can you take action with?

What will you need to do to prioritize this in your life?

What structures can you put in place to remind you of and hold yourself accountable to this commitment?

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