



# Yom Kippur 5782

## Alternative Michah Service

Description: Explore the themes of transformation and change through reflection in music, writing, and art with Elli.

What you need to bring:

- A pencil or pen
- Paper to write on and/or draw on
- Additional colors for creating art, in whatever form speaks to you
  - This could be colored pencils, markers, paint, etc.
- An open heart and mind

### **I am Willing (Holly Near)**

Chorus: I am open and I am willing  
For to be hopeless would seem so strange  
It dishonors those who go before us  
So lift me up to the light of change

There is hurting in my family  
There is sorrow in my town  
There is panic in the nation  
There is wailing the whole world round

Chorus

May the children see more clearly  
May the elders be more wise  
May the winds of change caress us  
Even though it burns our eyes

Chorus

Give me a mighty oak to hold my confusion  
Give me a desert to hold my fears  
Give me a sunset to hold my wonder  
Give me an ocean to hold my tears

Chorus

## On Spiritual Writing (Merle Feld)\*

A few suggestions about spiritual writing ...

Find a quiet place where you won't be disturbed ...

Choose just one prompt at a sitting, and then, when you are sitting with the prompt, listen carefully. This writing is all about listening – listening to yourself.

Often the first response that comes to mind is the most fruitful. Just relax and go with it even if you think it is odd.

As you write, capture as clearly and precisely as you can what is true for you – no artifice, no disguises.

Be specific, concrete; better to tell one story and go deep with it than to generalize or to skim over multiple examples.

Be on the lookout for strong images that come up, meaningful details. Be curious; follow the image and explore it even if you don't quite understand why it's important or where it is going.

Write in your first language; that is the best way to make a heart-connection through words.

Once you are done writing, take a breath, read what you have written. Do not criticize or judge – these are words from your heart that need to be valued, cherished and respected.

You may want to write down any questions that the writing has sparked for you. You can return to those questions at another time for reflection and/or for continued writing.

In some way, acknowledge to yourself the courage and openness you have brought to this work.

\*Merle Feld, "Spiritual Writing in Preparation for the High Holidays," *Derekh: pathways to the heart and jewish tradition*, May 18, 2021, <https://www.derekh.org/elul>.