Most people I know lead hectic lives. We juggle the manifold demands of our families, careers and communities. There is precious little time to stop and ponder some very important question: How do we fill the hours of each day? What choices do we make in balancing our responsibilities to family, career and community?

The festival of Rosh Hashanah invites us to ask ourselves difficult questions. This is the season of heshbon ha-nefesh, soul examination and self-analysis. During these days of repentance we are summoned to scrutinize our thoughts, words and deeds of the year that has passed. We try to recall what we have done the past twelve months. How did we pass all that time? What did we do that made a difference to our families, our friends, and to the world around us? Did we manage our days wisely, or squander the precious gift of time?

Rosh Hashanah is, in effect, a holiday devoted to time appreciation. Rosh Hashanah is a marvelous opportunity to stay still, to take stock of our lives, to ask ourselves how we manage our time. Can we find an hour each day to spend with our families? Can we set aside an hour each week to study Torah? Can we allocate an hour each month to do a mitzvah in our community?

There is a charming story told of the incomparable Pablo Casals. When the great musician celebrated his ninety-fifth birthday a young reporter asked him: “Mr. Casals, you are ninety-five and you are the greatest cellist that ever lived. Why do you still practice several hours a day?” Casals replied: “Because I think I’m making progress.”

Making progress is what the Days of Awe are all about-making progress in spending more time with our loved ones; making progress in setting aside time to help repair our world; making progress in finding time to appreciate the abundant gifts God bestowed upon us.

May God grant us a year of progress in using our time wisely.

May this be a year in which we do our share to bring kindness and compassion to our fractured world.

L'Shana Tova Tikatevu!

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