

Hi Precious Family, I found a 2003 RH/YK days of awe missive i sent you 16 years ago, which I'm enclosing.....As you know, the theme is one of new beginnings, order out of chaos (ha!)...and of course wishing a "sweet" year of apple dipped in honey.

I am so filled with joy and awe and happiness to be embedded in such a loving, amazing family. Thank you thank you, to each of you, to life, to the universe. Love love, poppers of and in awe....

Sept 29, 2019

Shauna sent me a request in 2003 to write a summary of the Days of Awe. I just came across it this month of preparation (Elul, 2019) for the Rosh Hashanah, Yom Kippur, and am re-sharing it 16 years later☺ love love

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To      : shaunashapiro@aol.com
Cc      : "Deane H. SHAPIRO" <dhshapir@uci.edu>
Attchmnt:
Subject : RE: Your request.....
----- Message Text -----
Erev Rosh Hashanah, 2003

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) Hi Bashers, Thanks for your loving and gracious e-mail. Also, I'm
) delighted the class was Incredible. What a lovely "new beginning" in
) that realm!
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1) Context:

- *There is a loving and compassionate universe
- *Gratefulness for the blessings in our lives;
- * Judaism believes "The soul which God gives us is pure. *"Elohai neshama shenatata be t'horah he.* This is a beautiful niggun song recognizing the essential rightness of, in Buddhist terms, our empty pure mirror Buddha nature within

2) Judgment. This time is often called the Days of Judgment. For many years, I didn't like this aspect or concept. Too harsh, too negative. And on Yom Kippur, there is a section where in some services people recite together an alphabet list of sins, while they hit their chest. Too melodramatic, I thought. But I now have a different view. I now see it, within the context of #1 above, as an opportunity for a ruthlessly honest and candid soul-searching . to see ALL the dust that that we are capable of this year in as non-defensive a way as possible. We need to honestly judge where we are---discern the dust on our mirror--not as a way to punish ourselves, but as a way to say, wow, the task is long, hard, deep, and will require constant effort!

And I now perceive and feel the listing of sins and the hand on the heart, not as a self-blaming pounding, but as a knocking, we are knocking on our hearts to open our hearts, to honestly face our shortcomings, unskillful and unwholesome habits, and asking ourselves and God to open us as deeply and honestly as possible. I inevitably cry during this section ... and I recall that there is a story that says that these tears are a way that We open our hearts and touch God.

This developing of insight into ourselves and recognizing our "dust" on the mirror, is considered the most important first step in TESHUVAH, the turning, or returning to God, or our highest, more pure soul nature. Once we recognize ways we have created dust on our mirrors, we then ...

3) CASTING OUT (Taslich) and ASKING FORGIVENESS. There is no way we can do an honest inventory and not realize that there are unskillful habits and behaviors we have engaged in the past year. I see Taslich as a ceremony where we say, I recognize those thoughts, behaviors, actions, I acknowledge them, and wipe them as dust from my pure nature I seek a

time of new beginningsThe line we say is from Michah: "God will cast our transgressions into the sea " water symbolizes kindness And the forgiveness part when we honestly see how we have acted toward people by thought, word, and deed, we want to ask their forgiveness for any hurt we have caused them, intentionally or unintentionally by our thought word or deed (this does not necessarily have to be done in person, or in writing, it can be done in your heart, depending on what you and God truly feel is most skillful).(This process also includes forgiving others for the hurts they have caused us; and forgiving ourselves for the hurts we have caused ourselves (intentional and unintentional self-created suffering).

4) NEW BEGINNINGS, JOYOUS AND LOVELY CREATION FROM CHAOS. The shofar at the start of Rosh HaShannah is designed to "wake us up" to the task we need to do There are over 100 shofar blasts during the RH/Yk ceremonies and services, each with different meaningsto wake up; fight the "evil" impulses, to gather our strength for the task, and finally, having gone through the honest judgment- of where we are, if we are given the gift of life for another year, to hear the final long shofar blast calling us forward from the chaos, confusion, struggle to a new beginning, renewed, refreshed, ready to again try once more to climb back on the path .. The shofar is a simple, plaintive sound, like a cry from the hearta call to evaluate our actions and improve our ways, as expressed in the verse: "Awake, sleepers from your sleep, slumbers, arise from your slumber--examine your deeds, return (to) your Creator. Two beautiful passages:

- "The gates between heaven and earth are opened, and things that were beyond us suddenly become possible. The deepest questions of our heart begin to find answers. our deepest fear, that gaping emptiness ahead of us and back behind us as well suddenly becomes our ally. Heaven begins to help us."
- May we each learn to build the holy sanctuary of our life calmly and courageously, with purified will, and renewed strength, on a soil which has been cleansed by your reflection, your forgiveness, of self and others, and your intentionsopen yourself once again to let the divine wisdom help you perform the task of your life in cheerfulness and gladness, rejoicing on earth in the presence of the sacred. ..

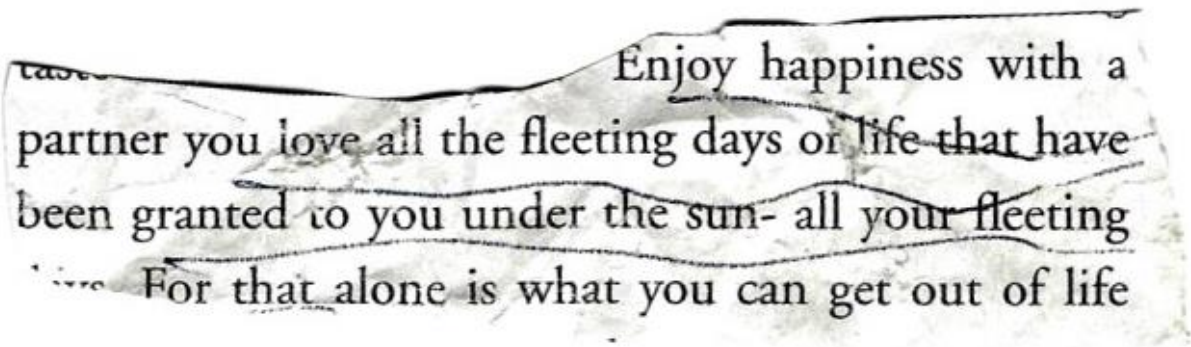
Wishing you each a sweet year, of joy, happiness, health and love

PS mom's cheerleading comments from 2003

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Date: Thu, 25 Sep 2003 16:25:50 -0700
From: Johanna F. SHAPIRO <JFSHAPIR@uci.edu>
To: 'Deane H. SHAPIRO ' <dhshapir@uci.edu>
Subject: RE: Your request.....
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Deane, I thought this was absolutely fantastic! Your summary of RH/YK is the best I've ever seen the elements are so pure, so logically connected .

PS addition: From Ecclesiastes



Enjoy happiness with a partner you love all the fleeting days of life that have been granted to you under the sun- all your fleeting days. For that alone is what you can get out of life

the theme is one of new beginnings, order out of chaos (ha!)...and of course wishing a "sweet" year of apple dipped in honey.

Mama J response: Sept 30, 2019 Dad's thoughts about Days of Awe are always uplifting and inspiring. They keep me connected with the big picture of life! I was so struck by the idea that "beating" your breast during the vidui is not self-punishment, but rather knocking on your heart to encourage it to open in love, compassion, and total self-honesty.

SHAUNA response: Good morning, I love you!

poppers thank you for the wonderful words of wisdom. Here is the ritual i've created for my women's dinner tomorrow evening for Rosh Hashana.

Love love

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1. Meditation: Reflect on what you want to let go of, what you want to forgive in others and yourself: Cleansing in Holy Water
2. Meditation: Reflect on your deepest prayer and intention for this new year
3. Celebration: Wish yourself and each other a sweet year -- apples and honey

Earlier 2000

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RH

Attchmnt:
Subject : order from chaos? cosmic birthday.....
----- Message Text -----

Next FRiday is the first day of Rosh HaShannah, literally the "New Year" in the Jewish calendar. Symbolically, one meaning is the "birthday of the beginning of the world"....a time when from the darkness and chaos came light, order, new beginnings.

One way to reflect on this time is to look honestly at our own lives, and acknowledge where there may be "chaos" and disorder. Personally, interpersonally, spiritually. It might make it easier to look at those areas if we understand that often chaos and disorder, rather than being a problem, is the creative soil from which new beginnings can occur. That is one reason the holiday is often referred to as the days of "awe." There is an awesome potential within us to create new beginnings.

The holiday is also often called the "Day of Judgment." Part of me used to (and to an extent still does) feel a kind of negativity about the word judgment. Aren't we supposed to be "accepting", gentle, non-judgmental? The way I understand this now is that within a spiritual loving, context, judgment (or accurate discrimination) is necessary if we are to take an honest look at ourselves, to see where we can change and improve. To see where we have hurt others, intentionally or unintentionally, by our thoughts, words, or deeds. Seeing our "imperfections" and judging them may cause us to feel "out of control"---some "chaos"---but, ah, that leads us back to the possibility of change, and, in ten days, at Yom Kippur, asking for forgiveness.

The ten days between Rosh HaShannah and Yom Kippur can be a wonderful time to reflect, read poetry, listen to spiritual music, honor the chaos that may exist, and trust in the process of healing and the possibility of new, creative, and exciting beginnings.

Love, poppers Deane

Date: Fri, 22 Sep 2000 14:00:21 -0700
From: Johanna F. SHAPIRO (JFSHAPIR@uci.edu)
To: 'Deane H. SHAPIRO' (dhshapir@uci.edu)
Subject: RE: order from chaos? cosmic birthday.....

Oh beyootiful! I'm so glad you decided to do this. It really makes a positive shift in my day. I especially liked what you said about reframing chaos and judgment. I tend to be scared of the one and defensive toward the other, but I will try to keep your wise thoughts in mind. You're the best! I love you, see you tonight at 5:00 J.