

This is my favorite time of year: the birthday of the world! And it happens to be mine too; the perfect time for life review.

On Rosh Hashanah, we ask: What have I accomplished this year? Have I disappointed or caused hurt? What do I hope for? With time, I come to new understanding of issues or problems I faced years ago.

Some years ago, I thought about an old conflict with my parents about college loans. And I found something I had not seen before. When in college I came out they abruptly withdrew their financial and emotional support. It felt like a complete rejection. I took on the role of someone who was wronged. Then, some years ago, I re-read correspondence from that time. But it wasn't as I thought it was. I had managed to finish college on my own but with less debt than I initially believed. They had honored their commitments. It did not change the conflict but it did diminish their role.

I could take responsibility for perceiving the offense more deeply than was intended. I had created a narrative of wrongdoing and was so invested in that narrative that I could not see the facts before me. It was a revelation for me about relationship with my parents to myself and to forgiveness.

I have grown into a new understanding. I must change my narrative, old offenses and hurts.

Each year flies by, I think life just happened. But it creates subtle change in me. As I perform the tasks of daily living, my perspective and memories shift with age. The shofar's sound wakes me up and out of my daily routine. I wait a moment, listen. It calls me to attention and reminds me to soften my heart. I am able to allow new perspectives and change. With each passing year, I play a different role in my family, my work and society.

It's the time to reflect on life experiences, develop deeper understanding. I use Tashlich to let go of the things that I cannot yet change in myself and in others. My hope is, that with each call of the Shofar I am closer to becoming the person I hope to be.