



about a chaplain who visited a jail to deliver a sermon to the inmates. While ascending the podium to speak, he tripped and fell flat on his face. The room erupted in laughter. He picked himself up and went over to the podium and said, "I have just concluded my sermon; the moral is that even when a person falls flat on his face, he can rise up again. The important thing is to never give up hope."

As we prepare for the High Holy Days, we are reminded of this very same principle: never to lose hope. Especially during these trying times, this age-old message is vitally relevant to us. The start of the new year is a reminder that we can always start fresh. This

We are capable of far more than we believe. Too often, we give up before we even try. But the Torah reminds us that G!d is always waiting for us to return to our truest selves - the parts of us that are still capable of faith and hope, despite the cynicism and hurt that the year may have brought us. Maybe we believe ourselves to be unable to do what we used to do, even as Moses began his most important speech with words of self-doubt.

Sometimes our biggest obstacle is ourselves. We fail to believe in ourselves. We fail to believe in those around us. We fail to believe in G!d. The message of the High Holy Days is that we need to remember to believe in ourselves, even when it feels like