

**Month of Elul 5781
Machaseh Shel Tikvah
Comfort and Healing**



Sign up to receive daily emails of [Month of Elul Preparation Plan 5781](#) with personal reflection from your fellow Machaseh Shel Tikvah community members.

**Want to contribute?
We'd love for YOU to write an Insight!**

As we enter the Hebrew month of Elul—the month leading up to the High Holy Days — in early August, it is a time to reflect on the past year. This year, in this period of increased normalcy and reentry despite continued uncertainty, we are going to reflect on the topic of “Comfort and Healing.”

We have striven to find points of light and ways of uplifting ourselves and others through this time. Let us consider what brings comfort and healing to ourselves, our communities, and the world. What brings you comfort and healing – in this moment, in the past, or in your life in general? What moments or people or events or teachings have brought you comfort or healing? Where are comfort and healing to be found or created?

You can sign up to receive a daily email of a short reflection from members of our Machaseh shel Tikvah community; emails will begin on the first day of Elul, August 9th, and will continue for one month until Rosh Hashanah.

Signing up for “Elul Insights” emails will allow you to...

- Feel uplifted and inspired
- Learn from your fellow **Machaseh Shel Tikvah** community members
- Get to know the members of our community
- Gain a deeper understanding of the period of reflection leading up to the High Holy Days

A link to our daily “Insights” will also be included in our weekly e-bulletins.

Want to share your thoughts with the **Machaseh Shel Tikvah community? Please consider writing an Elul Insight!**

These reflections, of 300 words or fewer on the theme of “Comfort and Healing,” are requested ASAP. While they will be accepted on a rolling basis, they are requested to be submitted no later than August 8th, with “Mitzvah Points” for earlier submissions. To submit an Insight, ask a question, or to find out more, [contact us](#).

To sign up for these wonderful emails, reply to [Machaseh Shel Tikvah Admin Office](#).