



Message From Cantor Joshua Shron

New Year's Eve? That was SO three months ago...

But here we go again. Time to usher in yet another opportunity for new beginnings. What are your resolutions for 2016? According to *Time* Magazine, these are our most commonly-broken resolutions:

- Lose Weight and Get Fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time with Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

Clearly, the whole resolution thing isn't working out so well.

Wait! I can help! Before you give up on your goals, your synagogue can make it easier to keep your resolutions! Here are a few ways Judaism can help make 2016 your best year yet.

Spend more time with family. Piece of cake. Welcome to Shabbat! Get off of the phone, turn off the TV, step away from the computer and enjoy the simple things that life has to offer. It's the perfect time to relax, unwind and enjoy long, leisurely family conversations over Shabbat dinner and lunch. Last Friday night in the Shron home, we finished dinner and spent the next couple of hours playing a spirited board game with the kids. It was great! With technology out of the way, you'll be amazed how easy it is to connect with the people you love. Oh, and by the way, if you refrain from driving on Shabbat, you may find yourself walking a bit more than usual, crossing another resolution off your "to do" list.

Be Less Stressed. Yup, we can help. Prayer tends to be therapeutic that way. Having a tough week? Take a seat in the sanctuary and discuss it with God. Worried about particular aspects of your life? Pray your stress away - either with the words of the *siddur* or in your own words. Spirited singing during the service can work wonders, too. Concerned about world events...or even personal events? It's amazing how much better you feel after a 15 minute chat with fellow members of the community. Try it! (Of course, Shabbat also works wonders after a stressful week!)

Learn Something New. If you're not taking advantage of the many educational opportunities offered by your synagogue, you're really missing out! From Israeli dancing to Torah study...from current events discussions to learning more about our heritage...you'll find it all at Congregation L'Dor V'Dor. And if there's something you'd like to learn that we're not offering, don't hesitate to ask!

Volunteer. Can you think of a cause more worthy of your time and talents? There are so many opportunities for leadership, community service, programming, office help, fundraising and more! Tell us about your interests, and we'll find a way to put your strengths to good use. This New Year, join a committee and make a difference!

Lose Weight. We're Jews. Not a chance.

Wishing you and your family a Happy 2016!



Teen Conversations with The Cantor at L'Dor V'Dor

**Tuesdays, 1/5 & 1/19
At 8:00 p.m.**