

## BETWEEN YOU AND ME

One of America's favorite pastimes is making New Year's resolutions. Usually those changes relate to our personal habits. We resolve to exercise more, read more, or spend less. Resolutions of these kinds, however, rarely address the major moral issues in our lives. Consider the New Year 2016 as a time for "ethical resolutions."



Rabbi Greenstein

Over two hundred years ago, Rabbi Nachman of Breslov offered this challenge to his followers:

"If you are not going to be better tomorrow than you were today, then what need do you have for tomorrow?" His point is profound. If you don't grow in some way tomorrow or over the following days and weeks, then your soul begins to atrophy, just like your muscles do when you don't use them. In Jewish terms, how meaningful can your life be if your goodness is not expanding, if you are no better tomorrow, or this New Year, than you were today?

So what exactly are some possible options for ethical resolutions? One is a promise to abstain periodically from complaining. When we declare a "complaining fast," complaining ceases to be an option, and appreciation is much easier and faster to find, both for the people we live with and for the good things that enhance and enrich our lives. If we replace negative encounters and complaints in the year ahead with positive statements of love and appreciation, it certainly will be a better year ahead!

Another ethical resolution I owe to my teacher, Reb Zalman Schachter-Shalomi. It's called "ambulance awareness." Most of us are annoyed when our work, leisure, or drive is interrupted by the loud blaring siren of a passing ambulance or fire truck. Reb Zalman taught, "Whenever you hear an ambulance, offer a prayer that the ambulance arrives in time for the person in need. Make a similar prayer whenever you hear the blaring siren of a fire truck or police car."

Whether we resolve to periodically refrain from complaining or to create ambulance awareness or anything else we choose, our lives will be infinitely fuller than they ever were before. Even when it's the secular year and not Rosh Hashanah, in Jewish terms, making ethical resolutions is the pathway to a more purposeful and meaningful life.

L'Shalom,

Rabbi Micah Greenstein

## LOYALTY REBATE PROGRAM

Thanks so much to all of our congregants who have helped Temple Israel earn Community Rewards points by linking your Kroger Plus cards to the Community Rewards program for Temple.



If you have not done so already, please follow these steps to link your Kroger Plus card to Temple. You will continue to receive Kroger fuel discounts, and, by registering your card online, you also can receive special Kroger offers and coupons.

### TO LINK YOUR KROGER PLUS CARD FOR THE FIRST TIME, FOLLOW THESE STEPS:

1. Go to [krogercommunityrewards.com](http://krogercommunityrewards.com) and create an account. Then sign in to your new account. Scroll down and choose the Delta area link. Select "Enroll Now." Provide your address information and "Save changes."
2. Your personalized homepage will appear. Click "My Account" at the top of your screen and then select "Account Settings"; then scroll down and select "Community Rewards." Click "Edit Community Rewards Program Information."
3. Follow the prompts and enter Temple Israel as the organization receiving Kroger Community Rewards and then "Save changes."

***Also, Kroger requires that our congregants re-link their Kroger Plus cards to Temple one time each year beginning in January or anytime throughout the year in order for Temple to continue to benefit every time they shop at Kroger.***

### IF YOU HAVE LINKED YOUR CARD PREVIOUSLY, FOLLOW THESE STEPS TO RE-LINK IT:

1. Go to [krogercommunityrewards.com](http://krogercommunityrewards.com)
2. Select "Sign-In."
3. Enter your e-mail and password and then select "Sign-In."
4. Select "My Account" and then "Account Settings" from the drop-down menu.
5. Click "Edit" under Community Rewards. If prompted, enter your personal information.
6. Under "Find Your Organization," enter Temple's NPO number, which is 80033, or Temple Israel's name and then select "Search."
7. Under "Select Your Organization," select the box next to Temple Israel.
8. Select "Save changes."

Then you will be ready to use your Kroger Plus card each time you shop, and Temple Israel will benefit automatically.