**(Poetry**)

**Read**: Today you are invited read Jewish-American poet [Linda Pastan’s](https://poets.org/poet/linda-pastan) “Waking.”

Waking

In the first light,

in the first slippery light

we are born again,

and with the same struggle

every time. Thrown

from the hammock of sleep

onto hard ground

we like there half amphibious,

watching our dreams move

helplessly away like fading

lantern fish.

There is nothing to do

but tie ourselves

into our shoes,

for they remember the way

from bed to table,

from table to door.

Our hands slip

into our pockets

where it is still dark,

still warm.

When they emerge

we cover them with gloves,

for blood runs sluggishly

through the terminal

of tracks at our wrists,

on its way to the far flung counties

of the heart.

.

**Deepen the Experience:**

***Questions to Ponder:*** What is the relationship of waking to the work of the high holiday period? How does this quiet moment of coming to consciousness relate to our spiritual work during this particular moment in time?

***Do you like to write?*** Describe a part of your own morning ritual, including as much detail as possible. For instance, if you make coffee, describe each part of that process, or of any other aspect of your morning that you decide to write about. Don’t worry about whether or not it’s a meaningful moment. Meaning will emerge as you continue to write. What are your hopes for the dawn of the new year? What struggles might you or the world face this year? Which parts of starting a day are most vulnerable? Which contain strength and hope? What is at risk every morning? Let yourself keep writing, whatever comes next, without stopping to judge it. Welcome the surprises of where your thoughts lead you.

***Do you like to move? For Singles, Families and Households of all Ages:***  Think about one of your morning rituals. For instance, if you pour yourself some cereal, start with the first thing you do and go through that first motion. Try traveling across the floor repeating that motion. Feel free to vary it, make it bigger or smaller, for instance.

If you have another person in your household, pass that motion to that person, who can repeat it and then add in her or his own early morning motion, traveling across the room repeating that motion, and so on.

Notice the dignity you give to an ordinary motion by creating your own dance with it. If you are doing this with someone else, notice the intimacy of passing a motion of your day to that person.

How does becoming mindful of ordinary moments affect your understanding of the work of the holidays?