

Fill Your Own Cup 5786 ***High Holiday Series – Session Two – The Healing Power of Repentance***

1) Shana Tova ~ Marcia Falk

<https://jewelsofelul.com/shana-tova-marcia-falk/>

**Like awakening after a long illness
to find your health stole back in while you slept,
your sorrow, in its time, will retreat,
and the knowledge you carried all along
will re-emerge, whole and cleansed.**

One day you will not thrash in the too-bright light,
looking for a corner in which to close your eyes.

One morning the weight will not be there
beneath your eyelids, the first thing you wake to;
it will not settle on your tongue like a lump of salt.

And because you have stayed this long
unrelenting, in the unrelenting world,
you know that time, though imperfect,
is diligent, and wrestles down grief,
and that all things are born small
and grow large –
except grief, which is born large
and grows small.

Marcia Falk is a poet, liturgist, painter, and translator who has written several books of poetry and prayer www.marciafalk.com

2) Babylonian Talmud Tractate Yomah 86a

Rabbi Hama bar Hanina said: Great is repentance, as it brings healing to the world, as it is stated: “I will heal their backsliding, I will love them freely” (Hosea 14:5).

תלמוד בבלי יומא פו.

אמר רבי חמא (בר) חנינא: גדולה תשובה שמביאה רפאות לעולם, שנאמר: “אֶרְפָּא מְשׁוּבָתָם אוֹהֲבָם נִדְבָה”.

3) Hoshea 14:2-6

Return, O Israel, to the ETERNAL your God, for you have fallen because of your sin.

Take words with you and return to GOD. Say: “Forgive all guilt and accept what is good; Instead of bulls we will pay [The offering of] our lips.

Assyria shall not save us, no more will we ride on steeds; Nor ever again will we call our handiwork our god, since in You alone orphans find pity!”

I will heal their backsliding, I will love them freely; For My anger has turned away from them (lit. him).

I will be to Israel like dew; He shall blossom like the lily, He shall strike root like a Lebanon tree.

הושע פרק יד:ב-ו

יְשׁוּבָה יִשְׂרָאֵל עַד יְהוָה אֱלֹהֶיךָ כִּי כָשַׁלְתָּ בְּעֹנֶךָ:

קָחוּ עִמָּכֶם דְּבָרִים וְשׁוּבוּ אֶל־יְהוָה אֱמָרוּ אֵלָיו כָּל־תַּשָּׁא עֹוֹן וְקַח־טוֹב וְנִשְׁלָמָה פְּרִים שְׁפָתֵינוּ:

אֲשׁוּר׃ לֹא יוֹשִׁיעֵנוּ עַל־סוֹס לֹא נִרְכָּב וְלֹא־נֹאמַר עוֹד אֱלֹהֵינוּ לַמַּעֲשֶׂה נִדְּגֵנוּ אֲשֶׁר־בָּךְ יִרְתֵּם יְתוֹם:

אֶרְפָּא מְשׁוּבָתָם אוֹהֲבָם נִדְבָה כִּי שָׁב אַפִּי מִמֶּנּוּ:

אֶהְיֶה כְּטֶל לְיִשְׂרָאֵל יִפְרַח כַּשׁוֹשַׁנָּה וְיִגַּד שְׁרָשׁוֹ כְּלִבְנוֹן:

4) Babylonian Talmud Tractate Yomah 86b

It was taught in a *baraita* that Rabbi Meir would say: Great is repentance because the entire world is forgiven on account of one individual who repents, as it is stated: “I will heal their backsliding, I will love them freely; for My anger has turned away from him” (Hosea 14:5). It does not say: From them, i.e., from the sinners, but “from him,” i.e., from that individual.

תלמוד בבלי מסכת יומא פו:

תניא, הוה רבי מאיר אומר: גדולה תשובה, ששבביל יחיד נשעשה תשובה — מוחלין לכל העולם כולו, שנאמר: “אֶרְפָּא מְשׁוּבָתָם אוֹהֶבֶם נִדְבָה כִּי יָשׁב אָפִי מִמֶּנּוּ.” “מִהֶם” לֹא נֶאֱמַר, אֱלָא “מִמֶּנּוּ”.

5) Dr. Erica Brown, Return; Daily Inspiration for the Days of Awe, Epilogue; The Day After

In the last chapter of the Talmudic tractate Yoma, our sages of old debated the merits of repentance and its limitations. What can teshuva change and what can it not change? In one particularly moving passage, different rabbis put forward noble statements about why teshuva is an incredible gift, usually based on a close reading of a biblical verse.

Rabbi Hama bar Hanina began the great debate, held in Socratic style. “Great is repentance,” he believed, “for it brings healing to the world, as it is said: ‘I will heal their backsliding. I will love them freely’ (Hosea 14:5).” Through the act of teshuva, God is able to hold us up to our own best standard. When we find ourselves sliding back into a place we never wanted to go, we remind ourselves that we can change and that the change will bring inner healing to ourselves and the world. **God loves us freely and unconditionally, but it is harder to feel that love when there is too much distance. Close the gap.**