



Themes for 5769 / 2008-2009

Issue date	Theme	Definition
Tishrei October	הַתְּחַדְּשׁוּת	<i>Hithadshut</i> , renewal Renewal produces positive growth and takes place on many levels: individual, group, and national.
Heshvan November	חֶסֶד	<i>Hesed</i> , kindness <u>Hesed is pure kindness, offered unconditionally.</u>
Kislev December	גְּבוּרָה	<i>Gevurah</i> , heroism Jewish tradition demands that we stand up to authority when the pursuit of justice requires it.
Tevet January	שְׁמִירַת הַגּוּף	<i>Shmirat haguf</i> , taking care of your body We are created in the image of God; therefore, our bodies should be treated with care and respect.
Shevat February	לְעִבְדָּהּ וּלְשָׁמְרָהּ	<i>L'avdah u'leshamrah</i> , protecting the environment God not only gave humans dominion over the environment, but also commanded us to protect and care for it.
Adar March	תְּפִלָּה	<i>Tefillah</i> , prayer Prayer increases awareness of God in our lives and expresses our hopes, wishes, needs, and thanks.
Nisan April	חֵירוּת	<i>Herut</i> , freedom The Jewish idea of freedom is linked to a higher purpose in life; therefore it includes physical freedom, spiritual liberty, and the responsibility to perform God's commandments.
Iyar May	הַתְּמַדָּה	<i>Hatmadah</i> , perseverance Perseverance is anchored in hope and having a purpose (vision) in life.

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