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## *From Prayer to Action: A Reading for the High Holiday Season*

The High Holidays—with their haunting melodies and repeated refrains—are meditations on repentance. As we chant the liturgy, we account for our deeds of the past year, both as individuals and as a community, and pledge to improve ourselves before our destiny is sealed for the year to come.

But beyond simply saying the words of the prayer book, the holiday liturgy urges us to change ourselves and our world. On Yom Kippur, as we slowly incant the rhythmic list of our regrets and misdeeds, let us designate our bodies as vehicles for change. Upright, alert, and physically engaged, with each gentle beat upon our breast we charge every fiber of our being to do its work to enable us to build a more just world for the year to come. We pray that...

**Our hearts will open to the suffering we see around the world**  
**Our minds will expand to learn about the causes of poverty and seek solutions**  
**Our mouths will speak out against inequity and educate others**  
**Our hands will embrace others, creating a human bond and lifting up the oppressed**  
**Our arms will labor to build community and pursue change**  
**Our feet will run to take action, refusing to remain still in the face of injustice.**

Let our prayers this High Holiday season be an accounting of our potential. Let our chanting be a catalyst for the transformation that we hope to achieve in the year to come. With each prayer we commit our bodies to *teshuvah*—a personal and global pursuit of justice.