

## Temple Emanu-El religious school (TERS) – October 2023 (5784)

Happy Fall, Y'all!

It's official. It is fall—my favorite time of year. We are beginning the new year, and as I reflect upon the year behind me, I am reminded that time is fleeting. We must celebrate all the sweet moments as we continue to reflect upon how we can be better versions of ourselves. Such is my plan with our students as our weekly routine falls into a rhythm. To teach them how to savor the happy times and give careful consideration to the times that maybe didn't offer us the results we were looking for.

How will we accomplish this goal? Well, beyond the values that we teach every day in the classroom, I will begin visiting with your children two at a time for 'Cocoa with Eliza.' These will be the topics of discussion: what is something they can improve upon going forward, and what are some of the best memories they have made. How do they enjoy and celebrate these wonderful memories? Life can be hard. It is indeed important to reflect upon our challenges, but it is also never too early to learn how to enjoy and remember the sweet moments in life.

So as this year progresses, check in with your little ones to see if they have had the opportunity to visit with me for cocoa. If they have, ask them probing questions about what we discussed. I bet they will amaze you with how much they are internalizing their faith and Jewish values, and you might just gain a little insight as to what makes them happy on the inside, too.

Shalom,  
Eliza Miriam (Lisa Marcus)