

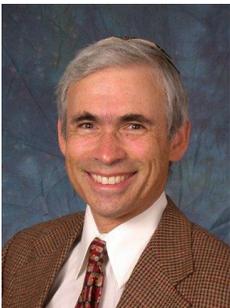
## For the Sake of Heaven...Jewish Insights for Healthy Communication

September 20<sup>th</sup>

[Kehillat Israel](#)

The Jewish faith is in the midst of preparing for **Rosh Hashanah** which arrives on October 2<sup>nd</sup> at sunset. Thus the congregation at Kehillat Israel are focusing on repentance and forgiveness. **Rosh Hashanah** commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, also known as the Day of Atonement. **Rosh Hashanah** and Yom Kippur are the two “High Holy Days” in the Jewish religion.

Rabbi Michael Zimmerman explained the concept of **Shmirat ha’Lashon** (or guarding the tongue) and also **Lashon hara** (the evil tongue) or speaking ill of another. He emphasized that **Lashon hara** in Jewish teachings is a very serious transgression. The Rabbi provided many examples of **Lashon hara** and invited those attending the talk to imagine what a different world it would be if everyone avoided speaking ill of others. He gave those in attendance much to ponder.



### **Rabbi Michael Zimmerman**

Rabbi Michael Zimmerman joined the KI community as its spiritual leader in 2003, after serving as its student rabbi. He is a graduate of the Reconstructionist Rabbinical College in Philadelphia, where his studies and his heart were set on congregational work from the outset. A Chicago native, he brings to his rabbinic career a diverse background in consulting, human development, and education, especially with adult learners and the elderly. Rabbi Zimmerman also serves as a member of the Chaplaincy Advisory Council for the State of Michigan's Department of Corrections, a hospice chaplain, and a spokesman for the Michigan Interfaith Climate Energy Campaign. After living in various locations in the United States and abroad, he now lives in a farmhouse outside of Lansing with his wife Elischa, daughter Lili, two rabbits, and a cat.