

40 Days of Teshuvah (Return) Toolkit

Isaiah 58:1

קְרָא בְּגֵרוֹן אֶל-תַּחֲשׁוּךְ כְּשׁוֹפָר הָרִם קוֹלְךָ וְהִגַּד לְעַמִּי פְשָׁעֵם וּלְבַיִת יַעֲקֹב חַטָּאתָם:

Cry from your throat. Do not hold back. Lift up your voice like the shofar, and show my people their transgression, and the house of Ya'akov their sins.

How To 40DaysofTeshvuah:

At 7:45pm each evening, gather yourself in a public square or at home with sign(s) of either racial justice demands and/or confessions of societal racist harm and transgressions. Once gathered in a circle the action can be done in three simple steps. *If you want to document your cry (step 2 only) to share with the community, be sure to identify a video-taker (cell is OK) beforehand and share using #40DaysofTeshuvah #BlackLivesMatter #DefendBlackLives #DefundPolice #SpiritualJustice*

1. **Get Grounded:** Share the specific pain or harm of systemic racism you are mourning and/or confessing to the Heavens
 - a. Mourn: What are the pains and sufferings of systemic racism that you are mourning?
 - b. Confess: How have you been complicit in systemic racism? What harm and violence have you caused, knowingly or unknowingly?
2. **Cry Out:** Turn towards East, and lift up your voice and/or shofar in a cry to the heavens for the duration of one breath. Don't hold back!
3. **Reflect & Commit:** Create space for verbal, written or silent reflection
 - a. How are you feeling after crying out? What confessions of the heart came out? What commitment/s are you making to be actively anti-racist?

Resources

What is Teshuvah:

Teshuvah is a Hebrew word that means “return/returning” and a Jewish value articulating a process for repair and communal accountability. Through confession and repentance, we address the harm we have committed and return as a collective to our values of justice and care for the sake of repair and communal transformation. [Read more here.](#)

What is Tisha B’Av:

On Tisha B’Av (9th of Av), Jews mourn the destruction of the First and Second Temples, as well as other catastrophes and destructions in Jewish history and memory. Jews customarily read from *Eicha* (Lamentations) and observe a fast day to repent and mourn the senseless hatred that brought about these destructions. [Watch more here.](#)

How does Teshuvah and Tisha B’Av connect to our work of Racial Justice:

We know the fight for justice is both in the streets and in the heavens - that it’s both physical and spiritual. On Tisha B’Av, we repent and mourn baseless hatred and destruction. We mourn the ways in which we, as a collective, have participated in and perpetuated racism and anti-Blackness. We grieve the fact that we have abandoned Hashem - that we have abandoned our values and the true meaning of love and justice - and have practiced the idolatry of white supremacy. As we do teshuvah and mourn, we commit to our collective return.

Graphics

40 DAYS OF TESHUVAH
Crying out for spiritual deliverance from systemic racism



TISHA B'AV


GRAND ARMY PLAZA • 7:45PM • EVERY NIGHT THROUGH 7/29
BRING SIGNS WITH DEMANDS & CONFESSIONS

#40DaysOfTeshuvah. #DefundThePolice. #BlackLivesMatter
#SpiritualJustice. #DefendBlackLives



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