

Dr. Isma H. Chaudhry: L'Shana Tova Tikateivu



My dear friends,

May the Blessings of the High Holy Days, bring content within our hearts and peace around us. In the Jewish and Muslim traditions, celebrations are interwoven with humanity, humility, and G-d consciousness.

Indeed, these are trying times for humanity. We are living in the era of a pandemic, and as a nation, we are submerged in the quagmire of hatred and discord. There is an increase in anti-Semitism, Xenophobia, Islamophobia, and heart-wrenching racial conflicts.

The Holy Quran guides us of the to be each other's keepers Al-Quran 49:13 "O mankind We created you from a single pair of male and female and made you into nations and tribes; that you may know each other, not that you may despise each other. Verily the most honored of you in the sight of God is the one who is the most righteous of you and surely God is all Knowing and all Aware". The ideals of equality, freedom, unity and aspiring towards common good are weaved in the fabric of all religious traditions.

Teach me Torah while standing on one foot was the challenging question asked

from the great sage from the Jewish tradition Rabbi Hillel. His wise response was ... The main idea of the Torah is 'Love your neighbor as yourself.' Everything else is commentary. The transformative wisdom of this message is to reassess and to reprioritize our life with compassion, morals, ethics, and humanity.

The magnificence of the Blessed Holidays of Rosh Hashanah and Yom Kippur reminds us to believe in miracles, and miracles inspire hope, and hope makes us believe in love and benevolence. As you pray, I wish my prayers of goodwill are added to yours. May we continue to get inspired by the common good, aspire to stand shoulder to shoulder, and move forward together to dispel and eradicate hate and racism, foster support and love within our diverse communities and our country.

I wish you Blessed Holidays to enjoy with your families and friends. May peace and happiness cover and protect you.

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Isma H. Chaudhry, MD., MPH.

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