

# Ushpizin

A Sukkot Practice

by Rabbi Shefa Gold

תִּיבוּ תִיבוּ אוֹשְׁפִיזִין עֲלֵאֵין,  
תִּיבוּ תִיבוּ אוֹשְׁפִיזִין קַדִּישִׁין

Tivu Tivu Ushpizin ila-eeen, Tivu Tivu Ushpizin Kadishin

Sit down, sit down, Exalted guests; Sit down sit down holy guests!

At the beginning of the High Holy Days, the Days of Awe and T'shuva, I do a practice of asking myself, "Who Don't you want in your Sukkah?" Who have you thrown out of your heart? Who would you rather avoid? For whom do you hold a grudge?.... Then I know what my work will be for those days of Forgiving. By the time Sukkot comes, I want to be able to invite the whole world into my Sukkah, and into my heart.

It is the custom on Sukkot that besides inviting our neighbors and friends, we invite our ancestors and the archetypes they represent, into our Sukkah, and into our hearts. With this chant I extend that invitation and open to the energies of my ancestors, who come to sit beside "all my relations," who have been re-united by our loving and persistent spiritual work.

