



Judaism teaches that consistency is an important part of religious and moral development. Out of the command of regular sacrifices, Judaism asks that we pray every day, because we realize that even the greatest heights of *kavanah* can be rendered obsolete if they are not complemented with *keva*, consistency. We seek to study *Torah* on a regular basis so that we remain in constant dialogue with God and we are constantly aware of what God asks of us. We seek to apply the lessons of our Torah and the inspiration of our prayers to every interaction we have with others – so that our dedication to caring and compassion, to decency and honesty permeates every relationship we have in life, be it an isolated interaction with a stranger on the street or our every-day relationship with our friends, family, co-workers, customers and clients.

Just forty days after standing at Sinai, the Israelite people built the golden calf. It is a lesson that no matter how strong the dedication, no matter how significant the moment, the heights of inspiration can only endure when they are translated into consistent behavior. May we be blessed with the dedication to find for ourselves a great bounty of inspiration and fervor, and may we also be privileged to translate the heights of our *kavanah* into the consistent behaviors that reinforce and implement our dedication to the highest of spiritual and moral existence.