

May 31, 2019 /26 Iyyar 5779

Dear chevreh,

This week we have experienced tornado-like conditions here in Bucks County as well as "stormy" conditions in Israel, where Israel called for new elections after a failure to form a government for the first time in Israel's history. Add that to the reproductive rights being taken away each day, let alone personal, physical and mental health crises or challenges many of us are experiencing...it's quite a tumultuous time. We need time to ground ourselves.

Today, Friday, is the 41st day of the Omer, Yesod sh'b Yesod, Foundation within Foundation, according to the mystics. Rabbi Yael Levy gives spiritual instructions for this day of rooting:

Here we stand, with reverence and awe

Our roots firmly planted within the Mystery.

Take time to be aware of the earth on which you walk.

Feel the ground under your feet.

Make contact with someone you haven't spoken with for a while.

Offer a prayer for the healing and well-being of the natural world.

[A Way In Jewish Mindfulness Organization]

As we enter Shabbat, let us return to the place of Shalom Bayit, peace in the home, from our busy lives. Let us invite in and embrace peace, and see the blessings in our lives, as the "curses" can yell so much louder. As we are in Parashat Bechukotai, which emphasizes blessings and curses, let us cultivate equanimity in the face of all the ups and downs on Shabbat, so that we can better face choices with clarity and integrity in our actions during the week.

I look forward to seeing many of you this Sunday whether at the Annual Grounds Cleanup starting at 9:30am and/or at the Bucks County Kehillah Jewish Festival later that day.

Also, come and receive the Torah anew next week. Please join us for Shavuot festivities next Saturday evening and Sunday morning. See the e-bulletin for details.

Gut Shabbes, Shabbat shalom,

Rabbi Diana