

## RABBI PELTZ - THURSDAY, NOVEMBER 17

This Shabbat we read about the passing of our matriarch Sarah. She and Abraham were the founding parents of the Jewish people, and so our tradition looks to how they lived their lives to guide our own. Sarah's life had many blessings, but it contained many hardships as well. When Sarah was young she was uprooted from her home and wandered from town to town with Abraham. In Egypt she was separated from her husband and taken by the King. She had trouble conceiving a child and, after she finally had Isaac, Abraham took him away to sacrifice him without even telling her. Sarah certainly had her share of *tzuris*.

Still, the great 11th century commentary Rashi looks back on Sarah's life, he writes *kulan shavin l'tovah* – all of Sarah's 127 years were equally good. What could Rashi mean by this? Perhaps what Rashi is saying is that, though not everything that happened in Sarah's life was good, she did what she could to make it good. In other words, no matter what challenge, tragedy or injustice she faced, she did her best to overcome it, to move forward, and chose to make the best out of it. The great Hasidic teacher the Sfat Emet calls this *hishtavut hanefesh* – stability of mind and soul. He goes on to explain that this quality of *hishtavut hanefesh* enabled Sarah to endure both the good and difficult times in her life because she was able to maintain her values and her character.

This quality of *hishtavut hanefesh* is an important one for us to cultivate today. In our age of a constant flow in information, it can be hard to tell what is important and what is hype. *Hishtavut hanefesh* seems even more important than ever before. Like Sarah, we seek to remain firm in our confidence of what matters most. The more we can do this, the more we will ensure that all of our years will also be equally good.

Shabbat Shalom.