The Wellspring of My Courage

by Diana Halprin Goodman Z"L

When Rabbi Buchwald asked me to write this article, I really didn't know where to begin. I have been through a great deal recently, and I have a lot to say. I chose to emphasize the point which I make in this article because I believe that it is relevant not only to my immediate situation, but has wider relevance to a variety of circumstances and people.

I am a breast cancer survivor, who is still engaged in an active battle against the disease. I was first diagnosed a little over two years ago and started out by going through the standard treatments of surgery, chemotherapy and radiation. But when those therapies failed me, I chose an unbeaten path which led me through much more uncharted waters than the paths chosen by most other people. This path has ultimately led me to a wonderful therapy called Hyperthermia that is given most effectively in Germany. But until I found this therapy, my husband and I had to do a great deal of research and try other therapies that were not so successful. It has been a difficult path, and required a level of strength and dedication I didn't know I had.

I have been commended as being "courageous" by many of those who have learned about my story, and I know that what I'm doing does require a special kind of mindset. But from my own perspective, I would not say that I feel particularly courageous - at least not as I used to understand courage. Fear still comes to me sometimes, and

still have to fight occasional depression. I used to think that courage exempted the courageous from those feelings, but it has not been that way for me. Yet, even so, I have been able to banish these toxic mental states pretty quickly when they come upon me, and I believe that it is my basic mindset that gives me the ability to do so. It is this same mindset that has enabled me to follow my path to successful therapy and stay alive.

The mindset which I believe is sustaining me evolved because of the way my inner world had developed. While this inner world does include many people important to me, it is a world even more infused with my acknowledgment of the spiritual realm and my vibrant, ongoing relationship with G-d.

There are, of course, many ramifications to this way of being. But what is most important to my battle against cancer, is that by placing my primary relationship with G-d, I have been able to think for myself in a way that is more independent than if my primary relationships were with other people. Of course I listen to advice. But I seek the answers from G-d...and they come to me. Naturally I have had to withstand pressure from people who were afraid for me to follow the lesser beaten path to the world of alternative medicine. But I asked G-d what to do, and not only did the answers come to me, but I was guided to handle potential conflict with grace.

My relationship with G-d has given me something else that I believe is critically important in my fight against cancer. I have learned to know myself and to accept the truth of what it is I really

feel and want. When I speak to G-d I don't have to worry about what He will think of me, the way I have often done with those around me when I function in the every day world. I don't have to worry about reprimands for my genuine needs. I don't have to fake my personality. By being in this state of mind, I have learned to dislodge a lot of the mental toxicity that lived in me, replacing it with a deeper health that lives in deeper places. My relationship with G-d has given me the ability to nurture my strengths, accept my deepest self, and dream my dreams apart from the judgments of others. Ultimately, the truthfulness I developed because of this dynamic has extended itself to the relationships I have with people, and these relationships have deepened in their truthfulness as well.

Keeping in touch with G-d also gives me something else that helps me greatly. Every time I thank G-d for a blessing bestowed or a prayer answered for myself and others, I focus on the positive, thereby strengthening a state of mind which is known to be a very health-promoting one.

So even though I'm considered to be in danger from my condition, I continue to consider myself to be very lucky. Not only do I have my enduring-to-the-end (whenever that may be) relationship with G-d. I have a wonderful, loving and joyous relationship with my husband. When I first met Joe, I knew that by being with him. I felt more in touch with G-d and the whole realm of spiritual existence. My reaction was immediate, but in the long run was ultimately proven to be correct. Its validity has only increased in the years since our first meeting. Now, in many more ways, Joe has become a very big factor in my survival. I am indeed blessed to have him in my life.

My relationships with the people I love, who care deeply about me, are

also very sustaining. Dr. Carl Simonton, the founder of the Simonton Cancer Center, believes that the mind plays a powerful part in the dynamics of illness and health. He says that love is one of the most healthful emotions a person can feel. I am very lucky to feel this emotion a lot. But, still, the most important part of my mental development has been the independence and security I developed as a result of my very personal relationship with G-d. My trials have taught me that "courage" doesn't necessarily mean having a lack of fear. As I experience it, courage is the ability to know what is right and stand by it, with action independent of the judgments of others, even in the face of one's own fears. It is my close inner relationship with G-d, that has given me this wonderful ability

The above article was written in early January 1999 by Diana Halprin Goodman, a virtuoso violinist, and one of the earliest students of the Joseph Shapiro Institute. A woman of great intellect and compassion, Diana passed away in Munich, Germany on July 29, 1999. Sincere condolences to her husband Joseph. May her memory be a blessing for all.



CONGRATULATIONS AND MAZAL TOV

ENGAGEMENTS

Dr. Evelyn Slade and Steven Levy Dany Steinhauser and Mark Shandler Elizabeth Fried and Dr. Baruch Silverstein

MARRIAGES

Janegail Orringer and Dr. Jim Kahn Jacqueline Feldman and Avraham Lieb Kriemiansky Carol Markovici and Alex Kotlyar Jamie Saslow and David Mitchell Lisa Solomon and Gabriel Pivawei

BIRTHS

Eve Goldberg and Andrew Berman, on the birth of a girl

Jessica Ruth
Gail and Richard Dukas, on the birth of a girl
Jessica Ruth
Gail and Richard Dukas, on the birth of a girl, Serach Nechama
Annie and Michael Elias, on the birth of a girl, Serach Nechama
Vardi and Dr. Leonard Jacober, on the birth of a girl,
Channa Rivka (3/99)

Sharon and Joseph Janovic, on the birth of a boy, Rabia and Oliver Mitchell, on the birth of a girl, Rachel Miriam Chaya and Joshua Sheinberg, on the birth of a boy, David Benjamin Meir

Olga and Andy Teirstein, on the birth of a boy, Maxim Elijah

BAR/BAT MITZVAH

Emily Belfer Mazal Tov to parents Dr. Michelle Friedman and

Benjamin Belfer David Aryeh Gindis

Mazal Toy to parents Tamar and Alec Gindis

Mazal Toy to parents Simeon and Hannah Gordon

Ephraim Gredon

Mazal Tov to parents Drs. Marjorie and Charles Gregor Asher Dov Krueger

Mazal Tov to parents Elyse and Rabbi Reuven Kruger Shalom Zvi Keller

Mazal Tov to parents Laurie and Rabbi Dr. Chaim Keller

CONDOLENCES

Nina Boxer, on the loss of her mother, Kay Naham The family of Mrs.Martha Cohn

The family of Mrs. Martha Cohn
Dr. Steven Eskin, on the loss of his father, Rabbi Herbert S. Eskin
Beverly Goldman, on the loss of her father,
David Michael Goodman
Joseph Goodman, on the loss of his wife, Diana Halprin Goodman
Dr. Rosa Brenner Helfgot and Reuven Helfgot, on the loss of
husband and father Salomon Helfgot
The family of Elizabeth (Shuchat) Schwartz
Myriam Assouline Stevens, on the loss of her father,
Yaakov Assouline
Babbi Simpla Welphern, on the loss of his father.

Rabbi Simcha Weinberg, on the loss of his father Rabbi Yaakov Weinberg

TZEITCHEM L'SHALOM (To live and/or study in Israel)

Marna Schwarz, and Dr. Fred Carroll

CONGRATULATIONS

Steven Brodsky on receiving his PhD and license in Clinical Psychology

Elise and Edward Epstein upon celebrating their 50th
Wedding Anniversary
To Chaim (Edward) Keller on receiving Rabbinic Ordination in Israel (2 years ago)

REFUAH SH'LEIMAH (SPEEDY RECOVERY)

Rabbi Herschel Cohen Les Nelkin Warren Rich

HIGH HOLIDAY SERVICES Rosh Hashana

Fri Sept 10th 7:00 pm Sat and Sun Sept. 11th and 12th 9:00 am Sat Sept. 11th 6:50 pm

Yom Kippur Sun Sept. 19th 6:45 pm Mon Sept 20th 9:00 am

ELIZABETH (SHUCHAT) SCHWARTZ

Elizabeth (Schuchat) Schwartz (41 years old) was the daughter of a noted rabbinic family in Montreal. She attended the Beginners Services because she always

A vivacious personality and a gracious host, she welcomed and nurtured many beginners, even before she became the beloved Rebbitzen of Rabbi Yaacov Yehuda Schwartz, and mother of Ayala Sara Bracha. May her memory be a blessing for all.

SCHEDULE OF SERVICES

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Shabbat October 30, - 20th of Cheshvan Vayera 7:45, 9:00 & 9:45 AM Morning services 7:45, 9:00 & 9:45 AM Talmud & Bible class 4:35 PM Mincha 5:35 PM Shabbat Ends 6:38 PM REMEMBER to set your clocks backwards 6:38 PM Daily Mincha & Mearity 4:40 PM ES**
Tuesday November 2, -23rd of Cheshvan ELECTION DAY Morning Services
Friday November 5, -28th of Cheshvan 7:10 & 7:50 AM Morning Services 7:10 & 7:50 AM Candle Lighting 4:30 PM Mincha 4:35 PM
Shabbat November 6, - 27th of Cheshvan Chayei Sara 7:45, 9:00 & 9:45 AM Morning services 7:45, 9:00 & 9:45 AM Taimud & Bibbit class 3:40 PM Mincha 4:25 PM Shabbat Erios 5:30 PM Dally Mincha & Meariv 4:30 PM Monday November 8, - 29th of Cheshvan VETERANS DAY Morning Services 7:10 & 7:50 AM
Tuesday November 9, -30th of Cheshvan ROSH CHODESH Morning Services 7:00 & 7:40 AM
Wednesay November 10, -1st of Kislev ROSH CHODESH Morning Services 7:00 & 7:40 AM
Friday November 12, - 3rd of Kistev 7:10 & 7:50 AM Morning Services 7:10 & 7:50 AM Candle Lighting 4:23 PM Mincha 4:30 PM
Shabbat November 13, - 4th of Kislev Toldot 7:45, 9:00 & 8:45 AM Morning services 7:45, 9:00 & 8:45 AM Talmud & Bible class 3:36 PM Mincha 4:20 PM Shabbat Ends 5:23 PM Daily Mincha & Maariv 4:25 PM
Friday November 19, - 10th of Kislev 7:10 & 7:50 AM Morning Services 7:10 & 7:50 AM Candle Lighting 4:17 PM Mincha 4:20 PM
Shabbat November 20, - 11th of Kislev Vayetzel Morning services
Thursday November 25, - 16th of Kislev THANKSGIVING Morning Services
Friday November 26, - 17th of Kisley 7:10 & 7:50 AM Morning Services 7:10 & 7:50 AM Candle Lighting 4:13 PM Mincha 4:20 PM
Shabbat November 27, - 18th of Kislev Vayishlach Morning services. 7:45, 9:00 & 9:45 AM Talmud & Bible class 3:25 PW Mincha 4:10 PW Shabbat Ends 5:13 PW Dally Mincha & Meariv 4:15 PM
Friday December 3, -24th of Kislev 4:11 PM Chanukah Candles before 4:11 PM Candle Lighting 4:11 PM Mincha 4:16 PM