

Cantorial Message

April 2020

Thank you, Roberta for reminding me about getting my bulletin article finished today. I've been busy trying to figure out Zoom, FaceTime, and Skype for virtual classes, tutoring, Havdalah, and trying to figure out ways to stay connected to you from a safe distance and forgot about writing an article.

I'm writing this article on March 19, from my office. As I sit here gathering my thoughts, I can't help but wonder, what will the world look like in two weeks when I read this article again. A sobering thought. How differently I've been looking at the world and coming into contact with other people. I really miss seeing everyone in person, but also want to stay healthy, so I don't bring anything home to my dad.

I've never had to ask myself if I would have enough food to get through two weeks or more if needed. I find it so easy to get caught up in the "what ifs" or the panic of whether I have enough toilet paper to get through this pandemic! I know, I won't be laughing about that one if I do! So, what do you do to calm the ever present "what if"? Well, besides washing my hands 20 times a day, one of my favorite psalms to go to in troubled times is Psalm 121, "Esa Einei". "I will lift up my eyes to the mountains—From whence comes my help? My help comes from Adonai, Who made heaven and earth", and also made my other favorite thing, music! So, me being the person that I am, immediately looks for all the musical settings I can find on YouTube. There are so many out there! First one I found was by Nefesh Mountain, a Jewish bluegrass duo which definitely lifted up my spirits, so I posted it on Facebook. That led me to "Modeh Ani," music by Elana Jagoda. "Modeh Ani" is a morning prayer thanking G*d for the soul that was returned to me in the morning when I wake up. Elana sings it beautifully. The last song was the best, "Oseh Shalom," music by Nava Tehila. By the end of that song, the "what ifs" disappeared since it is very upbeat and a spirit lifter! There is so much beautiful music out there to keep you in your happy place over this trying time. If music doesn't get rid of the "what ifs", there is always the comedy channel. Laughter is the best medicine, right Aaron? When we are older, much older, we can tell everyone that we were alive when the world ran out of toilet paper.

Stay safe, wash your hands often, and see you on Zoom, FaceTime, Skype, etc.
Virtual hugs.

Sherry