



Shabbat Vaera 5777 /January 27, 2017

Dear Shir Tikvah:

My favorite Psalm is the final one-Psalm 150. Kol haneshamah t'hallel Yah! Hallelujah! Every breath praises the Eternal One! Hallelujah!

Perhaps what stirs me most about this Psalm is the focus on our breath; that each breath is an act of praise. Each breath is in itself a Hallelujah. Wow!

If you're anything like me, you're running around doing a million things, rushing from meetings to carpools to grocery shopping to laundry to email to work tasks... Someone once called modern life, "the tyranny of the urgent."

I get it.

There is so much that needs to be done, it can be hard to remember and focus on the miracle of our breathing.

But each breath is a miracle-the combination of lungs and oxygen and pumping blood. Hallelujah!

As we enter Shabbat and pause from all tyranny of the urgent, we turn our attention as Rabbi Heschel taught, "from the creation of the world to the world of creation."

Place your hand over your heart. Pay attention to your breathing. The inflow of air. Exhale.

The blessing of being alive.

Hallelujah!

Shabbat Shalom,

Michael