



Table Talk



Volume 1 Issue 23

Newsletter Date
10th July 2009

Birthdays



- Robert Berman
- Alexander Dover
- Rachel Duffy
- Daniel Matzliach
- Ria McGoldrick
- Oliver Chesses
- Ruby Glaskie
- Eladi Starr
- Alexander Nadler
- Adam Prais
- Zoe Slotwiner
- Michelle Waknine
- Melissa Kay
- Jacob Adshead
- Carly Fryer
- Sophie Mechlowitz
- Aviva Caller

A Bite of Inspiration

Parashat Pinchas

Simcha reigns supreme

This Parsha is almost always read during the Three Weeks between the 17th of Tammuz and the 9th of Av, a period of mourning to commemorate the destruction of both Temples in Jerusalem and the expulsion from our homeland. This Parsha contains the service for all Festivals. Therefore, said Rabbi Tzvi Elimelech, it is read during the period of mourning so that we do not get swept away by the various mourning rituals practiced during this three-week period. We are reminded that the period of grief will pass, and we will once again rejoice. Few people are so fortunate as to have a live without episodes of sadness. Some people react to unpleasant occurrences with depression so severe that it renders them unable to function. This may give rise to a self-reinforcing cycle, and the activity resulting from the depression may become a curse of further depression. The counter to this is to always remember that there is joy in the future. It is told that King Solomon was consulted by a person who had severe mood swings, episodes of unrealistic elation alternating with periods of paralyzing depression. King Solomon had the royal goldsmith fashion a ring with the inscription, "this too shall pass." At time of euphoria, this would remind him of the transitory nature of this phase and at times of severe dejection it would remind him that relief was ahead. Our

own personal history should be a source of strength to us -- each of us has had a time when we felt extremely discouraged and couldn't see the light at the end of the tunnel. Yet, we emerged from these episodes and again experienced joy in life. We must remember these episodes and, if difficult days come again, ask ourselves: "why should this be any different?" Granted that we may be in serious distress at this particular moment, but we should remember that we have faced serious challenges in the past and that "this too shall pass." In the Festival services, we refer to them as "Festivals for joy," rather than "Festivals of joy". This means that the occasions of the joyous celebrations of the Festivals should provide us with a sense of joy that should extend into the rest of the year, even into periods when sadness may prevail. Similarly, we should carry other moments of joy in our lives with us, particularly for those times when we are required to face difficulties.

After Dinner Joke

A friend of mine was part of a psychological experiment. He was given this pill that was supposed to radically increase his IQ. It worked on rats. They could run a maze with one eye closed. Anyway this friend of mine was given this pill, took it for a couple of years. It was amazing. He went to college, got his Ph.D. in astrophysics in two years, really amazing!

Then he found out he had been part of the control group. They had given him a placebo. Dumb as a post, and here he was stuck with a Ph.D. in astrophysics, what a waste, really sad.



שבת
שלום

Side Dish

Extended Sports Day Review

Well Done to:

60m

David Matzliach
Leo Yaffe
Zoe Gibson
Elyse Mendell

200m

Avi Chinn
Josh Hays
Lauren Lee
Bianca Marks

400m

Jason Hamburger
Lee Davies
Saphia Wyse
Leo English

800m

Sam Innerfield
Sam Hatton
Lily Glaskie
Ruby Glaskie

1500m

Noah Levy
Reece Miller
Katie Adelstone
Charlotte Quinn

Shot

Robbie Blackman
Alex Zvikler
Hannah Jackson
Orli Lewis

Javelin

Noah Levy
Rafi Dines
Danielle Davy
Georgia Davy

"It's the taking part that counts, so well done to ALL who took part."

