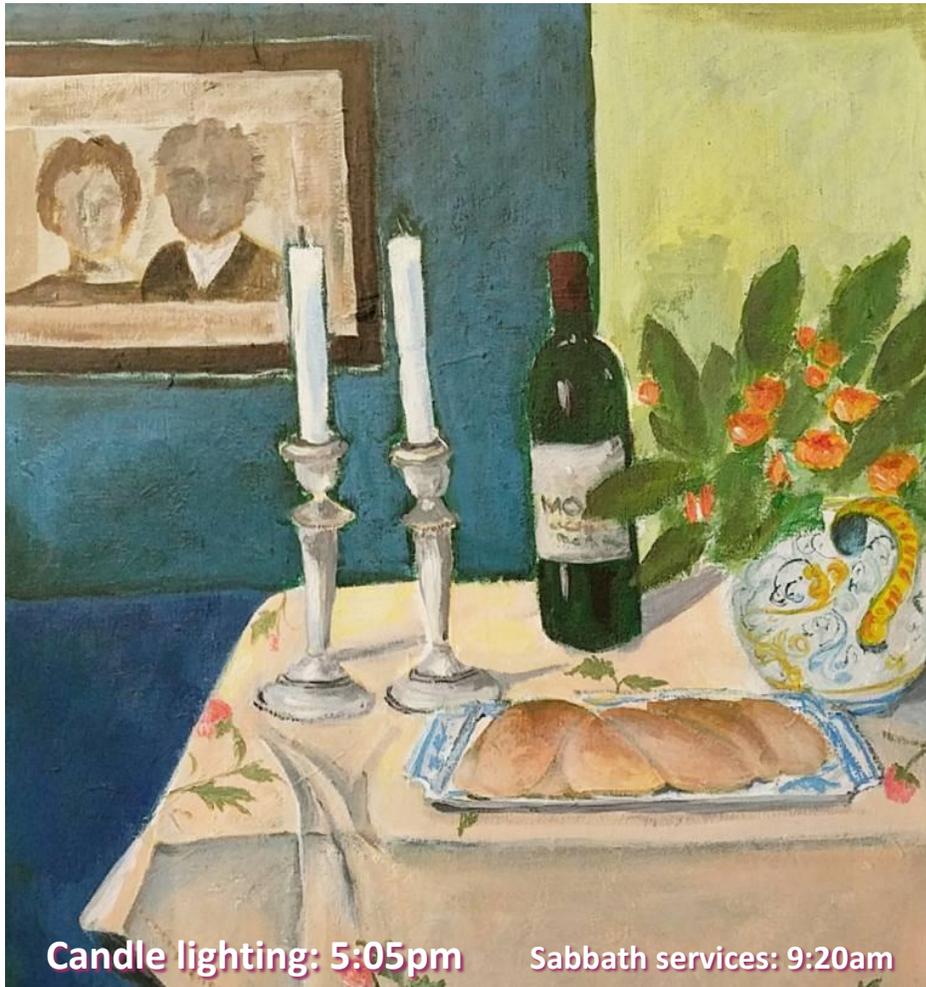




Carnegie Shul Chatter

January 17, 2018



Candle lighting: 5:05pm

Sabbath services: 9:20am

Feeling Stressed?

After a couple years in a row when people in Western Pennsylvania were scratching their heads and asking, “Whatever happened to winter?” winter has returned with a vengeance this year. Hopefully, your pipes haven’t frozen, you haven’t injured anything shoveling snow, and you have managed to keep warm. And if you think you have it bad, just be thankful you don’t live in Erie.

And because of all of the cold and snow, services had to be cancelled the last two Shabboses in a row, so you haven’t even been able to come to Shul to escape the stress.

The Best Stress-Buster

So how do you avoid stress when the temperature is near zero and the roads are icy and you are starting to get cabin fever?

Some turn to sports, but the Steelers game against Jacksonville was hardly a stress reliever, and the Pirates decision to trade Gerrit Cole and Andrew McCutchen has been a stress enhancer, not a stress reliever, if you listen to talk radio or follow Facebook.

Politics? With headlines about sh*thole nations and Dreamers, and incorrect reports about a missile attack on Hawaii, and government shutdowns in the papers and on the tube, putting your head in the sand and hiding from the outside world might seem to be a solution, but who can do that?

For those of you who attend minyan, hopefully a few hours in Shul on Saturday morning will help you to ease the stress.

And maybe, just maybe, the stress relievers in the main article will help a little bit.

If nothing else works, you might want to try a trip to Florida, but there will be flurries in the northern panhandle tonight and temps near freezing or below as far south as Fort Myers.

Oh well, maybe the groundhog will predict an early spring. Here’s hoping.

But fear not. Instead of a piece about Torah or some other Jewish concept, I present instead these stress busting facts sent to me by my cousin. And I am sure that many of them do have some roots in Torah or Talmud, so relax and enjoy.

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?'



She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm

"If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.

- 1. Accept the fact that some days you're the pigeon, and some days you're the statue!*
- 2. Always keep your words soft and sweet, just in case you have to eat them.*
- 3. Always read stuff that will make you look good if you die in the middle of it.*
- 4. Drive carefully... It's not only cars that can be recalled by their Maker.*
- 5. If you can't be kind, at least have the decency to be vague.*
- 6. If you lend someone \$20 and never see that person again, it was probably worth it.*
- 7. It may be that your sole purpose in life is simply to serve as a warning to others.*
- 8. Never buy a car you can't push.*
- 9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.*



10. *Nobody cares if you can't dance well. Just get up and dance.*
11. *Since it's the early worm that gets eaten by the bird, sleep late.*
12. *The second mouse gets the cheese.*
13. *When everything's coming your way, you're in the wrong lane.*
14. *Birthdays are good for you. The more you have, the longer you live.*
15. *Some mistakes are too much fun to make only once.*
16. *We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.*
17. *A truly happy person is one who can enjoy the scenery on a detour.*
18. *Have an awesome day and know that someone has thought about you today.*

AND MOST IMPORTANTLY...

Save the earth..... It's the only planet with chocolate!

Yahrzeit Plaques

Commemorate a loved one by dedicating a yahrzeit plaque in his or her memory at the Carnegie Shul. These beautiful plaques, mounted on the sanctuary walls, are lit on the loved one's yahrzeit, Yom Kippur, and days when Yizkor is recited. The names are also read aloud from the Bimah during services on the Sabbath of the yahrzeit and on Yom Kippur. To purchase a plaque, for only \$175, please email Mike Roteman at mrmike7777@yahoo.com.



Please consider sponsoring a Kiddush in honor or in memory of a loved one, for only \$36. Your sponsorship will be announced from the bimah and in the weekly Chatter. To sponsor a Kiddush, email mrmike7777@yahoo.com.

New JLI Class: Communication - It's Art & Soul

The series will contrast Jewish thought with scientific discovery to unearth the essence of communication, and how to utilize its powers to better ourselves, our relationships, and all of society.

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