

BOOKING LINK: https://tinyurl.com/MALunch22

We wish them and their families Chayim Aruchim

David Kass

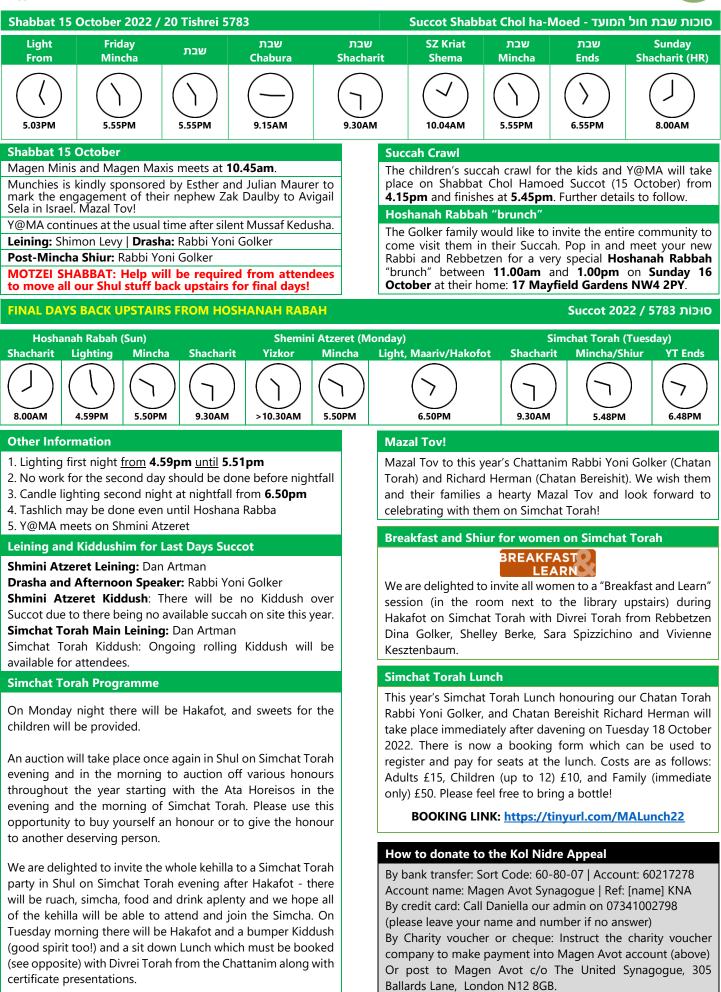
25 Tishri 5783

20/10/2022

We would like to take this opportunity to thank Family Morris for sponsoring the children's Yom Kippur lunch.

Son





Building Resilience Through Succot by Rebbetzen Dina Golker - Graduate of the Chief Rabbi's Ma'Ayan Programme 2022



Who would have thought that environmental low-grade stress can actually have positive effects on our lives and continue through to the next generation?

One epigenetic study suggests this might indeed be the case. In that study, mild non harmful stress to the retinas of mice rendered them more resilient to disease, but, intriguingly, that resilience was passed on to their next generation.

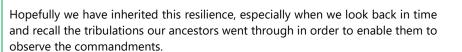
But what does all this have to do with the Festival of Succot? Well, on Succot we are commanded to live in a temporary dwelling, but it is also the halacha that someone who will feel physical discomfort sitting in the Succah is exempt. Surely these two aspects are contradictory for, clearly, if you move to a temporary abode it is highly unlikely to be as comfortable as your own home.

The Rema explains that a person is not exempt if they find it uncomfortable due to an inherent aspect of the Succah itself e.g., if it is cramped. Rav Shlomo Zalman Auerbach explains that one is only exempt if it would be stressful for him due to other extraneous factors. The Succah experience itself is not intended to be free of discomfort.

We are supposed to remember, when gazing upwards, Who is looking after us, that everything we possess is from God and, moreover, that not everything in our permanent home is essential. In reality, we only need our loved ones around as that creates a stronger and closer bond between us. We may, however, simultaneously feel somewhat more vulnerable and should thus feel closer to God as a resultand this feeling should have an enduring positive effect upon us and our children.

The concept of Zechut Avot - receiving Divine B'rachot in the merit of our forefathers- illustrates this idea wonderfully. We ask God in the Amidah, thrice daily, to grant us peace and deal kindly with us in the merit of our ancestors. But why indeed should we obtain merit on their account?

Rav Dessler citing R Chaim of Volozhin, explains that because the Avot (Patriarchs) and Imahot (Matriarchs) were so outstanding and exemplary in their middot of kindness, spiritual strength and balance, these traits became so deeply entrenched within them that they have been passed on to us and, to employ modern scientific terminology, become part of our DNA.





The Golker family would like to invite the entire community to come visit them in their Succah. Pop in and meet your new Rabbi and Rebbetzen for a very special **Hoshanah Rabbah** "brunch":-

BRUNCH

BETWEEN 11.00AM AND 1.00PM

ON SUNDAY 16 OCTOBER

AT 17 MAYFIELD GARDENS NW4 2PY