

From: The Rabbis at Chicago Torah Network . Number of pages: 3

To:

Chicago Torah Network Jewish Literacy Seminars Presents:



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"God is for me nothing more than the ... product of human weaknesses, the Bible a collection of honorable, but still primitive legends which are nevertheless pretty childish. And the Jewish people to whom I gladly belong ... have no different quality for me than all other people" -- Yours, A. Einstein

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You may have heard about this letter from Albert Einstein that recently sold for \$400,000.

... You don't need a lecture where some Rabbi will express outrage at what Einstein said. Or a class to "prove" how wrong he is.

Instead? Be part of an evening that will leave you uplifted and inspired.

Join Rabbi Moshe Katz and explore a fascinating "Bible legend". The kind Einstein claimed is primitive and childish.

And decide for yourself what the Torah can teach us.

... About G-d. About ourselves. And even about the Big Bang!

**'EINSTEIN, TORAH AND THE BIG BANG'**

**Tuesday July 15, 7:30 pm at The CTN Center, 2832 W. Touhy**

Register: [www.torahnetwork.org/register.htm](http://www.torahnetwork.org/register.htm)

Info: [info@torahnetwork.org](mailto:info@torahnetwork.org) 773.761.0400 x201

*There is no charge for this program and refreshments will be served.*



Home for the  
**Wondering Jew.™**

# THE CHICAGO TORAH NETWORK SHABBAT FAX<sup>©</sup>

A WEEKLY PRESENTATION OF JEWISH THOUGHT PUBLISHED IN MEMORY OF RAE DANIEL

VOLUME 15, ISSUE 34 FRIDAY, JULY 4, 2008 / 1 TAMUZ 5768 CANDLE LIGHTING: 8:08 P.M. SHABBAT ENDS: 9:18 (CHICAGO)

*Hang in there - Shabbos is coming!*

## TORAH PORTION: CHUKKAS (NUMBERS 19:1 - 22:1)

*This week's CTN Shabbat Fax is sponsored by CTN wishing Mazel Tov to Jerry & Iyala Lob on Doni's Bar Mitzvah. May you continue to have great nachas from all your wonderful children!*

### **1. The People spoke against G-d and Moses ... 'Why did you bring us up from Egypt to die in this desert, for there is no bread ... and our souls are disgusted with ... the Manna. (21:5)**

*Torah. It means 'instruction'.*

*And that's how we're supposed to study it. And its stories.*

*Not to learn about how people lived thousands of years ago.*

*But to learn about ourselves. And our lives. Today.*

... One of the stories takes place after the Exodus. When the Jews are in the desert.

And they complain.

Which might sound reasonable. (And pretty Jewish!)

After all, it's a desert. Where just surviving is a struggle.

*... Except that wasn't the case at all.*

In fact, the Torah tells us that G-d took care of their needs.

They received *Manna* from heaven.

A miraculous food that somehow sustained them physically as well as spiritually.

They received the *Manna* day in and day out.

... There was no shortage of food.

And yet they complain: *'There is no bread. And we're sick of the manna.'*

... It sounds pretty hard to imagine.

G-d took them out of Egypt. Chose them to be His People. And took care of their needs in a miraculous way.

### ***How can they complain when they are so blessed?***

*It sounds crazy.*

... Except that it's the kind of thing we can find ourselves doing as well.

*... We can have all the blessings in the world.*

*But if we focus on what we don't have, instead of what we do, we really have nothing.*

*... It's something we all know.*

But as obvious as it is, we need to remind ourselves about it again and again.

*A man complained to his friend about the lousy night's sleep he had.*

*"I was tossing and turning all night. Just couldn't fall asleep."*

*And the friend says: "Really?"*

*Yesterday I went to visit a critically ill patient in the hospital.*

*And every two hours, an orderly had to come in and turn him from side to side. So he wouldn't get bedsores.*

*And you were able to do it yourself!*

*What are you complaining about?"*

... The good news? Jewish tradition has a wonderful tool for happiness. To help us appreciate our blessings.

It's called 'Modeh Ani'.

A one-line thank you that is said each morning as soon as we wake up.

*Nothing else first.*

*Just an immediate 'Thank G-d I am alive'.*

... It's pretty amazing.

A few seconds to focus on our blessings, can help put so many of our 'problems' in context.

Below is the *Modeh Ani* text.

And if you don't say it yet, try it for the next week.

*... It will change your life.*

*Guaranteed.*

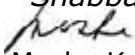
*"I thank You Living and Eternal King, for You have returned to me my soul, with compassion, great is Your faithfulness."*

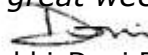
מודה אני לפניך מלך חי וקיים  
שהחזרת בי נשמתו בחמלה  
רבה אמונתך.

*"Modeh ani lefanecha , Melech chai v'kayam,  
shehechezarta bi nishmati b'chemla, rabbah  
emunatecha."*



*Shabbat Shalom and have a great week!*

  
Rabbi Moshe Katz

  
Rabbi Doni Deutsch

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