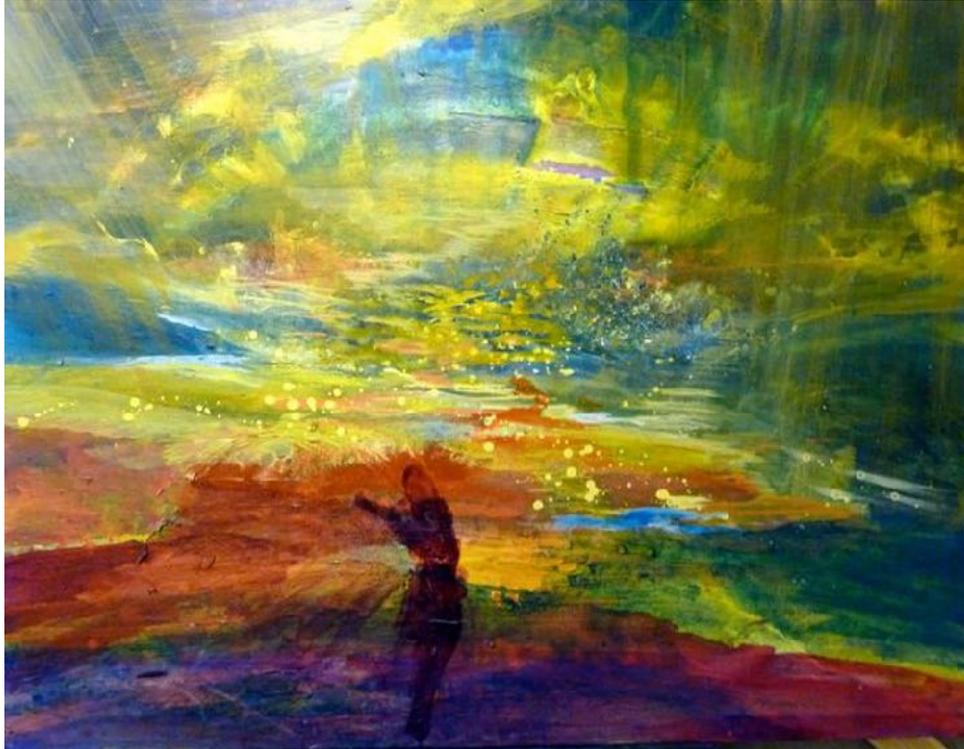


Thoughts for Bein Ha'Mitzarim The Three Weeks

Three ways are open to a person who is in sorrow. One who stands on a normal rung weeps, one who stands higher is silent, but one who stands on the topmost rung converts sorrow into song.¹



How happy are those who live in your house;
they never cease to praise you! (Selah)
How happy the man whose strength is in you,
in whose heart are highways.
Passing through the valley of Baka (valley of weeping),
they make it a place of springs,
and the early rain clothes it with Berahot (blessings).
They go from strength to strength
and appear before G-d in Tziyon.³

The following quotes are all taken from Sherri Mandell's book, *The Road To Resilience*.

¹ Rabbi Menachem Mendel of Kotzk

² Yoram Raanan, *Dancer*

³ Psalm 84:4-7

WEEK TWO

Day 8 - There are different ways of creating from pain. When a precious vase shatters, there are those who throw out the pieces in despair. There are some who try to glue the fragments back together, even though they can never recreate the quality of the original vase. And then are those who create something new and unique from the shattered pieces.

Day 9 - Sadness must be given shape. When we feel that part of us is missing, that the world has lost its wholeness, that we suffer from a dissonance that cannot be reconciled, creating can help restore a sense of integrity. When we create, we enter our disturbance in order to search for meaning, harmony, and wholeness. We struggle to discern order hidden in our own personal chaos, the coherence that waits to be revealed in our suffering. Through we begin in pain, the creative process is one of intense life.

Day 10 - Art is a means...to express and contain and transform the longing and suffering that threaten[s] to overwhelm.

Day 11- In the face of adversity, the recreation of self may be our most creative act.

Day 12 -The way we remember can obscure the past and paralyze us - or it can protect us and motivate us so that we become more caring, ethical people.

Day 13 - Our pain - and others' - is what allows us to internalize ethical behavior, not just intellectually, but with our entire beings, to embody such behavior, and not just admire it.

Day 14 - A person can live on when we choose to embody them in their loving ways. We are not bound by the constraints of time. When we leap over the limits of time and create a living memorial, we touch eternity...Our choice to integrate our loved one's kindness and good qualities into our lives allow us to become living memorials.

