

FAX OF LIFE

B"H

"A Torah Thought for the Week"

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A LIGHTHOUSE

A story is told of a huge ship that was sailing in the dark of night when suddenly the captain saw lights coming straight at him and realized that a collision was imminent. Alarmed, he quickly radioed an order demanding that the other craft change course. A response was radioed back; "You change your course".

The ship commander was incensed, "Do you realize who you are talking to? I am the master of a two hundred ton naval destroyer. Get out of my way immediately for your own safety's sake." And the response came back, "I don't care who or what you are. This is a lighthouse."

Life is full of variables but some things remain constant and stationary. Often we are in the

dark and can't distinguish between one and the other. We become so fixed on ourselves and on our fleeting and temporary success that we go full steam ahead and expect everything else to move out of our way.

We may not realize it but suddenly we find ourselves on a collision course with Torah's standards of morals and traditions; we expect them to change rather than change ourselves.

Torah and Jewish tradition are a beacon of light that give guidance and direction. Some things in life, like fashions and fads, are always changing, yet, Torah and mitzvot are constant and eternal, providing us with stability and permanence for our own good, safety and future.

HEALTHCARE

Having just recently experienced the joy and enthusiasm of the holiday of Simchat Torah, it is appropriate to consider what kind of a message the holiday carries which we can implement into our everyday lives.

We have been enjoined to "Serve G-d with joy," and we are told that "Joy breaks all boundaries." Certainly, then, in these days immediately following Simchat Torah, the conclusive lesson for us is to carry the spirit of the holiday into our observance of Judaism.

Chassidic philosophy in particular demands enthusiasm and joy in every activity connected with the performance of Mitzvot and the study of Torah.

Modern science and medical studies have, in fact, conclusively found that one's attitude can directly effect one's health. The Torah, the guidebook and blueprint for all humanity, was given to us by G-d, the ultimate healer. He certainly knows how we can best keep in the top condition, physically and spiritually.

By incorporating joy and happiness into our every aspect of our lives, we work toward attaining a healthy body and soul.

THOUGHTS THAT COUNT

And G-d created man (Gen. 1:27)

Why doesn't the Torah state after the creation of man, "and it was good," as it does after all the other things that were created?

Every other creature was created complete, with its nature and instincts ready to be applied to the world. Man, however, was created incomplete, and it is his purpose in life to perfect himself. Human beings are given free will and the responsibility for their own development and improvement. That is why it doesn't immediately state, "and it was good" - we must wait and see how man behaves before passing judgment. (*Klei Yakar*)

Calendar - Week of 28 Tishrei to 5 Cheshvan

Light candles Fri., , at 0:00p.m. Shabbos ends , at 0:00p.m.

Torah Portion: Bereishit (Genesis 1:1 - 6:8)

Blessing of the new month of Cheshvan Rosh Chodesh: October 13 and 14