

SLOWING THE TREADMILL DOWN

Rabbi Susie Heneson Moskowitz

In yesterday's New York Times there is an article about athletes who are setting records and having their best seasons ever - The Secret of Their Success: Backyard Workouts and Lots of Sleep.

They attribute their success to channeling "the frustration of forced shutdowns into opportunity, and that they feel refreshed by increased rest, less exhaustive travel, enhanced focus on training, healed injuries, creative improvisation and a less stressful perspective about the sport."



While I'm not an elite athlete, just an elite Rabbi, I too, feel mentality sharper, and have noticed that a lot of my physical aches and pains have gone away. The lack of running around to meetings and not doing certain repetitive actions at the gym or in daily life have allowed my body and mind to heal. More time for walks and being outside and opportunities for family discussions and dinner together have contributed as well.

While it still doesn't happen often, when I wake up with an empty day on my calendar to fill any way I see fit, I feel the expansive openness of possibility for me and for the world. An unexpected gift of the pandemic.

Rabbi Susie Heneson Moskowitz and her husband Rabbi Steve Moskowitz and their 2 kids, Shira and Ari, have been a part of Temple Beth Torah for 25 years. During the pandemic Ari has cooked gourmet meals for them nightly, and Shira has selected meaningful documentaries and series for them to watch and learn from. All of them have enjoyed long walks and being together. The Rabbis are ready to go back to empty nesting and Shira and Ari are ready to go back to their adult lives as well.