

## What, Me Worry?

By Saralee Rosenberg

If worrying was an Olympic sport, I would be a gold medalist and not because I think worrying ever changes the outcome. On an average day I worry about my family, your family and people in the news who have suffered tragic losses. I worry about the country, the climate, the rise of Anti-semitism and the fall of human decency. I worry about the injury report from the Mets and the Jets and if our beloved Temple Beth Torah will stay strong and vibrant with so many financial challenges.



But since the Covid pandemic hit my worry meter has gone off the charts. I worry that my family and friends remain safe and that those who have tested positive for the virus survive it. And though the stock market remains strong I worry about the true economy failing and taking area businesses with it.

I worry about the outcome of the election. A lot.

All of this may come as a surprise to those who know me because I don't give off an anxious scent. I have a great sense of humor and unless some idiot is cutting me off on the LIE, I'm fairly chill. But it's my inner voice that makes it hard to stay positive even though I'd be the first to tell you there is a no refund policy on every second lost to fear and doubt.

So, in answer to Rabbi's question about an unexpected lesson I have learned this year... the truth is I haven't learned a damn thing. I still wake up and create a mental checklist of who to worry about that day. When I fall asleep at night, I worry that maybe I didn't worry enough because progress wasn't made.

And yet there is one thing that has changed. I have never been more grateful for my loving, supportive family, for my strong community and for all those who are sacrificing their health and safety for the greater good. I am deeply indebted to anyone who speaks up, speaks out, marches, signs petitions, donates money and makes known their intolerance for injustice. I am mostly in awe of anyone who has lost a loved one and still carries on with dignity and grace.

The real question is what can I or any of us do to tamp down the angst? I love this quote which should find a permanent place in my home and in my heart.

"If you are depressed you are living in the past.

If you are anxious you are living in the future.

If you are at peace you are living in the present." – Lao Tzu