The Power of Positive Thinking

Gloria Schoenfeld

I am new to Temple Beth Torah and already you have me thinking.

Thinking is a good thing. It can lead to self awareness, innovation, creativity and an inner joy. However, the reverse is true as well. It can lead to self recrimination, the resurrection of old angers and grievances and time spent mourning losses and opportunities missed.

Fortunately, the power of positive thinking is a skill available to us all. I’ve told my children and now my grandchildren the lifelong value of such thinking. Choose forgiveness over brooding, learn from past mistakes and move forward, choose action over inaction and most of all treat others as you would wish to be treated.

Long after I am gone, I would want to be remembered as someone who chose to live her life in this way and tried her hardest to impart these values to those she loved.

Gloria Schoenfeld and her husband Herb are new members to the TBT family, but have been members of Reform congregations for over 40 years. They are the parents of three sons, three daughters-in-law and the grandparents of ten beautiful grandchildren.
letter, a story or a collections of sayings. Include the "gifts" you would like to leave to your family focusing on the values and character traits which you feel are most important. Send it in its entirety or send a section of it to: ravsusie@gmail.com. If you missed any of the previous Elul Stories you can go to www.tbttny.org (media galleries/elul stories).