

Message from the Rabbi & The Rebbetzin



Dear Family in Moshiach, has it ever happened that your wellspring of energy just dried up?

When the Jewish people traveled through the desert, Hashem (G-d) provided them with water through the "Well of Miriam." This well was actually a rock, from which water would spring forth whenever they camped. When Miriam passed away, this miracle, which happened in her merit, stopped. In order to get the water flowing again, Hashem (G-d) tells Moshe "speak to the rock"... so that it will give forth its water. Moshe struck the rock and the water began to flow.

Just as we need to quench the thirst of our body, so too do we need to give our soul to drink. When we are disconnected from that spiritual energy we will soon feel a thirst and eventually wither. So what are we to do when that feeling of spiritual connectedness fades? What do we do when something is blocking that life-giving energy from flowing through us? Hashem (G-d) tells us to "speak to the rock." Gently ask yourself "what is going on that I'm not feeling that connection?" and "What could I do to bring it back?"

We may be tempted to hit ourselves, to beat ourselves up for falling short. It may even work for a time and seem like a success; indeed Moshe hit the rock and water came forth. However we must always remember that the path that Hashem (G-d) wants of us is one of kind, gentle and honest internal work. We have to look deep within ourselves to overcome and elevate the challenges we face and uncover that spark that lives within. Only then can we, every part of who we are, be truly connected to Hashem (G-d), the source of all life.

Shabbat Shalom,

Rabbi Harel & Rebbetzin Gavriela Frye

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Blessings in Hashem, Beshem Yeshua, Amen
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