

Nourishment for the Neshama

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Friday, December 13, 2013

10th of Teves - Yerushalayim and Creating a Place of Mercy in this world

Electrical outages in Yerushalayim due to heavy snowstorm
40 year old fetus calcified in the abdominal cavity is removed from 82 year old woman

As we see two natural occurrences on the 10th of Teves, a huge snowstorm in Yerushalayim leaving many stranded and without heat or power over Shabbos and an 82 year old woman who finds she had an abdominal cavity ectopic pregnancy that calcified for 40 years, we can choose to go deeper in taking the opportunity of this fast day to relate lovingly to Him, valuing the opportunity to bring His attributes of mercy into time and space.

Every Shemona Esra, we are given a moment to add to our personal prayer (from Artscroll Siddur) in Shemona Esra as follows:

Please O Hashem I have erred, been iniquitous and willfully sinned before You, from the day I have existed on earth until this very day (and especially with the sin of) Please, Hashem, act for the sake of Your Great Name and grant me atonement for my iniquities, my errors, and my willful sins through which I have erred, been iniquitous and willfully sinned before You, from my youth until this day, and make whole all the Names that I have blemished in Your Great Name.