

Ultimate Parsha continued...

Vicki Zakrewski of The Greater Good Science Center at the University of California defines gratitude as "affirming that there are good things in the world--gifts and benefits that we've received--and recognizing that these sources of goodness come from outside ourselves." This definition ties in directly with the feelings the Jews should have been experiencing--gratefulness to Hashem for taking them from Egypt! Instead, because the Jews did not at the time recognize Hashem's role, they were bitter--causing their experiences to be perceived bitterly as well.

In a recent issue of "Education Update" by the Association for Supervision and Curriculum Development, the research of Giacomo Bono of California State University is cited. This research shows a direct link between students being grateful and having a higher GPA, more positive emotions, and ultimately more meaningful lives. This research affirms our intuitive belief that our lives are directly affected by our attitudes.

May we all enter this and every Shabbat with a feeling of gratitude for Hashem for the many gifts in our lives.

Shabbat Shalom,

Paul S. Oberman

