

President's Message March 2022

Don't sweat the small stuff

Everyone at some point in their lives runs into a time when many things seem to go wrong all at once. When this happens, it is easy to get dejected and look at the negative things that are happening. I try to look at the bigger picture and try to realize that life isn't perfect, things will go wrong, and the only thing that you really control is your attitude.

I also try to compartmentalize what is going wrong. Is it a mechanical failure of an object that I immediately need to fix or replace (and if I need to replace it, can I afford to do that), is it something that can wait or is it something that I even need. Once you figure that out, you can prioritize which of the things that broke you take care of first.

These to me are the easy issues. The harder issues are when it is your health or the health of your family and friends is involved. Once you get into the health related issues, things become more critical and you deal with those more urgently than when objects are not working.

But even with health related issues, you still have control of your attitude. I have watched people with minor illnesses complain bitterly about their health issues. And I have seen many people who knew they were dying complain either very little or not at all. I go back to my friend Mike Weiner, who when diagnosed with inoperable brain cancer, had the most optimistic outlook on life. He said "I don't take any day for granted. Maybe this is a lot to ask, but here's what I look for every day: I look for meaning, I look for joy and I look for beauty: and I welcome any interaction with people that helps to support that."

Mike was a natural teacher, from the day I met him until the day he died, I learned something of how to live my life from Mike. And if Mike could be optimistic in the face of a terminal illness, how can I be anything other than optimistic with whatever life deals me.

My family has been through many health crises over the years, and when I have watched Iris in the past, face the issues that she has dealt with and the dignity that she has shown in the face of illness, I consider myself a very lucky man to have married someone with as much strength as Iris.

Let's all hope that in the near future, we can get back to a more normal existence and pray, celebrate and console our temple family in person.

LET'S PRAY FOR PEACE!!!

Shalom,
Howie