

Even in the Darkness

by Rabbi Shefa Gold

זָרַח בַּחֹשֶׁךְ אֹר לַיֹּשְׁרִים חֲנוּן וְרַחוּם וְצַדִּיק

Zarach BaChoshech Or LaY'sharim, Chanun v'Rachum v'Tzadik
(Psalm 112:4)

Even in the darkness a light shines for the upright,
gracious, compassionate and just.

The light that we shine sustains us through the Darkness, through difficult times. That light awakens in us (and in others) the qualities of Grace, Compassion and a Passion for Justice. This 3 part-round is a practice of affirming and strengthening that shining inner light, as we face hard challenges, and scary times.