

Mourning into Joy

וְהִפַּכְתִּי אֲבֵלָם לְשִׂשׂוֹן

V'hafachtí evlam l'sason (Jeremíah 31:12)

I will turn their mourning into Joy.

Hardship and heartbreak are inevitable in this life. Yet they don't need to make us hard or broken. We can use our experiences of grief and suffering to ennoble rather than embitter us. Through the fires of sorrow, we can be tempered and formed into beings of light, vision, hope and an exquisite joy. Through all of our suffering, we can be opened to the preciousness of this moment of possibility.