

**“Teach Us to Count Our Days, Then Shall We Acquire a Heart of Wisdom”
(Psalms 90:12)**

One of the great non-biblical quotes of wisdom of all time: Rabbi Joseph Telushkin quotes his mother as saying “The only people I know that are perfectly happy ----- are people I don’t know very well!” And it’s true; once you get to know someone on more than a superficial level, you discover that they, just like you, have some very serious problems in their life.

I was recently asked to explain the recent increase in spirituality and spiritual studies. My response is that that great demographic bulge in the US population, the baby boomers, are well into their 50s and 60s and finding out that we are not immortal. Many of us have lost one or both parents. We hear of deaths and strange diseases not only in people of our parents’ generation, but in ours. We have aches and pains and take pills that we never dreamed would be part of our lives. We, who remember when our watchword was “never trust anyone over 30,” now have children who will soon be 30! We baby boomers are going to the funerals of friends and contemporaries as well as parents and grandparents.

What does our tradition say to us? The 90th psalm in its 12th verse teaches “Teach us to count our days, then we shall acquire a heart of wisdom.” We do not have all the time in the world on this earth. There is urgency to the work that we have to do. Life is precious because it is finite. You know the brother, sister, cousin, or friend with whom you fought so long ago? You know the one! You think that someday you’ll call him or you’ll wait for her to call you first. Today is the day to call. Think of all those people you love. You tell yourself “they know I love them, I don’t have to keep saying it!” Someday, it will be too late to say it! How you will long for one more chance to touch, to hug, to kiss, to say what you feel! Today is that day! Don’t let it go by!

B’ Shalom ---- Michael Lotker