



## Fresh Perspective

**By Pam Morris, Early Learning Center director**

“*She-he-chee-ya-nu v'ki-yi-ma-nu vi-hi-gi-ya-nu liz-man ha-zeh.*” Blessed are You, L-rd our G-d, King of the Universe, who has granted us life, sustained us and enabled us to reach this occasion.

*“The shehecheyanu blessing is recited, in addition to the regular blessing, whenever doing something for the first time that year, like doing a mitzvah, such as the first night of lighting the Chanukah candles, reading the Megillah on Purim, and taking the lulav and etrog on Sukkot. In addition, the first time each year one eats a fruit or vegetable which is seasonal, i.e., one which grows only at a certain time of the year, the fruit is considered a “new fruit” and this special blessing is recited.”*

- Chabad.org

Imagine being able to view experiences with fresh ideas and a fresh take on a yearly basis. While you are allowed to keep your memories and the nuances you have learned in navigating the experience, you also can tweak your approach and view it in a whole new light.

This week, I celebrate my 26th wedding anniversary. When I think back to when we first met, well, I see much younger people to begin with. There were no wrinkles, more hair for some of us and less gray for both. And everything was new. Our first Shabbat dinner as a married couple. Our first vacation as husband and wife. Our first fight. Some firsts were better than others but all needed to happen to get us to where we are now.

“*She-he-chee-ya-nu v'ki-yi-ma-nu vi-hi-gi-ya-nu liz-man ha-zeh.*” A wedding anniversary isn't an occasion to use this b'racha, but I still take the concept and try to apply it in different ways. Each year the anniversaries are celebrated and we start all over again but with a sense of the familiar that helps smooth out the fear or the anxiety that sometimes comes with the brand new.



I love the idea of having that ability to take a fresh perspective on the known; coming from a position of strength gives me safety and security. And with this emotional stability, I can branch out and try something new. I can approach a problem from a different angle and have a different outcome.

So, let's take that idea of a disagreement. Each person enters a discussion with their own lens. Who they are, what they believe, what experiences they have had in the past and the results of those experiences. I have my lenses that adjust in each situation. They color my responses, my thoughts and my feelings. My lens isn't the same as my husband's, even though we have been together for more than 26 years. He came into my life with different perspectives. While there are many things we can agree on, there are some we don't.

What if I had the ability to have a "do-over"? Especially when we have a disagreement, this would be nice. I want to come to the table, so to speak, with the experience of this disagreement and then adapt my responses so that the argument doesn't happen. If only it were that simple.

It doesn't have to be an argument. Maybe it is a conversation with the boss or a job interview. If only I could try it one more time and get a different result. And then while I am supposing, while I am wishing and hoping, what if it was just going back in time? Again, not necessarily to erase what was done but maybe to fix the problem or enjoy the experience one more time. Because who wouldn't give just a little extra to relive a moment in time with a loved one who isn't here anymore?

The *she-he-chee-ya-nu*, as the bracha is called, doesn't have that power. However, it does focus me on this moment to appreciate what I am doing **now**. And maybe, if we all did that, "do-overs" wouldn't be as necessary. I would have that fresh perspective that is needed in all situations.



I wonder if Hamas had that “in-the-moment” lens, with the knowledge of what is happening now, would they take the “do-over”? Would they fix the problem? Would they change how they proceeded? And then, we wouldn’t have to go to bed each night, praying that the hostages are released; that they are unharmed. And the families wouldn’t miss even one precious minute, together.

Shabbat Shalom.