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DAILY SPIRITUALITY

Rabbi Elliot Skiddell

We are all spiritual seekers. The problem is that many of us think that we have to look far to find spirituality or abandon our day to day lives and go to a desert, forest or mountaintop to find it. Too many of us think that spirituality requires us to detach ourselves from life, to disconnect from everything in life and become a *luftmensch*, a wonderfully descriptive German term that means “one who lives on air” or, as I would translate it, “an airhead!” Spirituality does not require detachment. In fact, spirituality requires us to engage with the world and with the daily rhythms of life. To be truly spiritual we must be attached and connected to our fellow human beings, to a community, to someone whom we can truly love. Our daily life is filled with unlimited opportunities to experience spirituality. A good meal, especially when shared with loved ones and friends, is a deeply spiritual moment. A conversation with a child, a spouse, a partner or a co-worker can be deeply spiritual when a real, honest connection takes place. The love that two people share is probably the most spiritual activity that we can humanly know. Spirituality is devoid of meaning if it does not spur us to actions that will help us improve ourselves, our communities and our world. Spending time by the sea, contemplating the endless motion of the waves can make us feel spiritual. Sitting on the summit of a mountain can make us feel humbled at the sight of the expanse of land that we see spread out before us and spending time in the desert can remind us of the vastness of the universe and our very tiny place in it. But, what value is there to any of these contemplative acts if they do not lead to the real actions that will make the world better for all humanity? What good does it do to contemplate kindness, if we are not moved to be kind to others? What good does it do to meditate on love, if we are not moved to love another? To become truly spiritual, we must recognize the extraordinary specialness of the mundane.

Elliot Skiddell is the rabbi of Reconstructionist Congregation Beth Emeth, located at 36 Franklin Ave. in Hewlett. Friday Evening Services begin at 8:00 PM. Saturday morning services at 9:30 AM. From 4-7 PM on Tuesday, December 16 and Thursday, December 18 there will be a

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