



HAFTORAH INSIGHTS

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YESHAYAHU 54:1-10

From Embarrassed to Embraced

אל־תִּירָאֵי כִּי־לֹא תבוֹשִׁי וְאֶל־תִּקְלָמֵי כִּי לֹא
תַחֲפִירֵי כִּי בִשֶׁת עֲלוּמִיךָ תִשְׁכַּחִי וְחֶרְפַּת אֶלְמִנּוּתֶיךָ
לֹא, תִזְכְּרִיעוּד

Fear not, you shall not be shamed; Do not be embarrassed, you shall not be disgraced. For you shall forget the embarrassment of your youth, and remember no more the shame of your widowhood.

In this week's Haftorah, the Navi foretells of a time when we will no longer suffer shame and embarrassment,

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While these terms, וְאֶל־תִּקְלָמֵי, seem to be synonymous, the Malbim aims to make a distinction between the two and provide insight into our national experience.

Shame, בוֹשָׁה, is a self-conscious emotion associated with a negative evaluation of

one's own behavior. Recognizing one's own mistakes and shortcomings in comparison to one's goals and expectations leads to feelings of low self-worth and self-punishment. One says to oneself, how could I have done such wrong? What is wrong with me, why am I so weak, so sinful? While shame is inward focused, embarrassment, כְּלִימָה, has an external or public component. One is embarrassed when perceiving - accurately or not - that one is being judged negatively by others. In order to be embarrassed, one's actions must be known to others.

How does one move past shame and embarrassment? Brene Brown, in her famous Ted Talk on Listening to Shame, states that the antidote to shame and embarrassment is empathy. Knowing that there is patience and understanding allows a person to forgive oneself and forget the past.

In the fifth Haftorah of Comfort, Yeschayahu provides this empathy for our people. He encourages the Jewish people to forgive themselves and forget their sins. He assures us that we will forget the sins of our youth. As these sins happened long ago, their memory will fade as will the sense of shame. But we've also experienced embarrassment in our old age. We are the allegorical widow who was abandoned and rejected, left to wander alone. The Navi reassures us that we will no longer remember being alone,

וְחֶרֶפֶת אֶלְמִנּוּתֵיךָ לֹא תִזְכְּרֵי עוֹד. While our youthful ways may be hard to remember and thus forgotten, our more recent experiences may be hard to forget as they are fresh in our minds. And thus, the Navi emphasizes that, לֹא תִזְכְּרֵי עוֹד, we will no longer remember. Yeshayahu's empathy will allow us to move forward in our national redemptive journey.

This pasuk is used as the inspiration and template for the stanza recited weekly as part of לכה דודי:

לֹא תְבוּשִׁי וְלֹא תִכְלְמִי. מִה תִּשְׁתוּחָחִי וּמִה תִּתְהַמְּרִי, *do not be shamed, do not be embarrassed.* Rabbi Shlomo Alkabetz, the famed author of this Tefilah expresses our collective feelings of being exiled and hope for salvation. He reassures us with the words of Yeshayahu that the גאולה, the redemption, will bring about a time when we can leave behind the shame of our personal limitations and the embarrassment of our national burdens in the hope that Hashem will redeem us. Each week we experience a taste of redemption with the weekly Shabbos experience. We hope and pray that with deep empathy we will abandon our shame and embarrassment and welcome the arrival of Moshiach. ■

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Real Life Rescues

Elderly Man Revived By Pool Staff And EMTs After Near-Drowning in Carmiel Pool

Carmiel - On Thursday afternoon, a man in his 70s lost consciousness while swimming in a public pool in Carmiel just after 2 P.M. He was pulled from the water by a lifeguard but he was unresponsive and without a pulse. The lifeguard immediately called for medical assistance and began CPR.

United Hatzalah volunteer EMT Israel Frankel was on his way to the hairdresser on his ambucycle when he received an alert on his communications device. Upon receiving the notification, Frankel flicked on his lights and sirens and raced to the country club where the emergency occurred. Arriving first at the scene in under 2 minutes, the volunteer entered the facility, where he found the lifeguard performing CPR. Frankel took out his defibrillator and attached it to the man, after which he took over administering chest compressions.

Additional first responders soon joined the efforts, allowing the joint medical team to provide assisted ventilation between the chest compression sets. The intensive care ambulance crew arrived five minutes later at the scene and began administering medication to the patient. After close to 15 minutes, the man's pulse was restored. The ambulance crew quickly transferred him to the ambulance and transported him to the hospital for further treatment.

Frankel, who is the deputy head of the Carmiel Misgav branch of United Hatzalah, reflected after the incident and said, "I missed my Shabbat eve haircut but I earned the opportunity to help save a life. I am thankful for the ability to do so, thanks to my training, my equipment, and my ambucycle which allows me to arrive at the scene quickly."

(Photo credit:
United Hatzalah)

