

A Yiddish word, which is now firmly in the American lingo, is “to Schvitz,” commonly meaning “to sweat” either in anxiety or at the gym. However, to schvitz or to be a “Schvitzer” has taken on the alternate meaning to boast or be a braggart. Let me use it in a sentence: “Grandma wore her best clothes to shul; she was a real schvitzer.” Or more currently: “They tweet and schvitz about every primo moment in their vainglorious lives.”

It might be worthwhile during services to contemplate the connection between bragging and perspiring. Certainly both can create a similar aura both individually and collectively. Please consider this year how our humility and a greater concern for our collective can enhance our personal and communal fragrance.

Shana Tova u'metukah. *May it be a good and sweet year for all.*

Reflections...

By Cantor Jennie Chabon



A few weeks ago, we celebrated the bat mitzvah of a girl in our congregation who had lots of family in town from the east coast. I was excited to hear that there would be people at our service who belong to synagogues in New York and New Jersey, because this usually—though not always!—means that the room will be filled with people who know how to navigate their way through a Shabbat morning service. I can always tell from the opening Hinei Ma Tov what kind of congregation we have in the room, and luckily, this week we had many knowledgeable shul-goers with us.

I was reflecting on this as I drove home after the service, trying to determine for myself what it is exactly that feels so