

Freud's central caution to his fellow analysts, the main obstacle to psychological progress, was impatience. If there was any potential for the "talking cure," it would not be a quick fix. No less than a marathon, both doctor and client would have to trust in the twists and turns of the long run.

In addition to all of its more explicit teachings about freedom and faith, Chanukah can also be a wonderful lesson in patience. Night after night children and parents need to moderate their gift-giving and receiving and wait 8 nights for their menorahs to reach full glow. All ages need a subtle reminder of incremental progress over time in our lives.

The Joseph Story, which often coincides with Chanukah, is perhaps the longest and slowest drama in the Torah. Joseph's growth from boyhood dreams and trauma to grown-up sovereignty and understanding spans multiple chapters in Genesis, almost as long as Abraham, Isaac, and Jacob put together. There's quite a bit to analyze of family dynamics and Joseph's internal struggle that make

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## ***Reflections...***

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I love it when Hanukkah falls at the end of December. Not because it gives me extra time to prepare or because my kids are on vacation then, but because it feels like Hanukkah is supposed to be celebrated on the darkest nights of the year.

Of course, when it falls close to Thanksgiving, we still light candles once it's dark outside, but somehow, it feels darker and more appropriate when those very same candles are lighting up our nights once we have officially crossed over into winter. This year, winter solstice falls on December 22<sup>nd</sup>, the third night of Hanukkah. On the