

## The Teachings and Blessings of Sukkot

Brenda Shoshanna

During Sukkhot we are instructed to leave our homes, comforts and possessions and move into a small thatched hut, which we build, and through which we can see the sky. Simple branches make up the roof. We eat and sleep in the sukkot for a week, study, receive guests and most of all remember, that like the simple hut we live in that can blow away in the wind, our lives and bodies, too, are fragile and temporary.

As we live in the hut, we are to pray, sing, and give thanks for the great gifts G-d gives us. We remember where our good truly comes from, and also, what our good truly is. We stop identifying with our possessions and focus on accumulating more. We stop believing that the comfort of material goods is truly comfort. Instead, we see how attachment to our home and possessions can numb us to the great comfort of sky, friends, prayer, song and all kinds of delicious food. Sukkhot is intended to turn our lives upside down, until finally it is right side up.

Particularly during this time of turmoil in the markets of the world, it is crucial to stop and deeply learn the simple and ancient message the Sukkhot holds in its hands. Instead of falling into depression, anxiety, and anger, let us all realize that our entire lives are a simple hut, our job is to look through the thatched roof at the sky, receive guests, offer love, warmth food and companionship. And finally, if we are fortunate, our job is to be aware of the deepest teaching Sukkot brings – that each guest we welcome is truly an angel in disguise, coming to bring and receive blessings. Our job is to bless and be blessed. That's all. And it's easier to do this when we are driven out of our homes,

detached from our belongings and open to the fact that God provides abundantly and God guides the world.

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