THIS WEEK IS THE 17TH TAMMUZ – THE START OF THE THREE WEEK PERIOD WHEN WE MOURN THE LOSS OF THE BEIT HAMIKDASH. LET ME GET THIS STRAIGHT, THE BEIT HAMIKDASH WAS DESTROYED BECAUSE OF SINAT CHINAM - HATRED FOR NO REASON. BUT I DON'T KNOW ANYONE WHO HATES FOR NOTHING! THEY HATE SOMEONE FOR A REASON! HE WAS MEAN TO ME - I HATE HIM, SHE FORGOT MY BIRTHDAY - I HATE HER. THAT'S NOT HATRED FOR NO REASON!

OFTEN OUR FEELINGS OF HATRED OR UPSET TOWARDS ANOTHER PERSON DON'T MAKE SENSE, WHEN WE ARE FULL OF ANGER AND CAUGHT UP IN THE HEAT OF THE

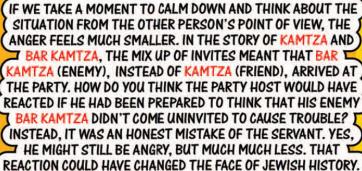
MOMENT. THINK ABOUT YOUR 'ANGEROMETER'.



AN EXAGGERATED, SUPER ANGRY RESPONSE IS SINAT CHINAM – HATRED FOR NO REASON, WHEN WE REACT WITH A LEVEL 10 TO SOMETHING THAT WAS REALLY A 1 OR 2, WE ARE ALLOWING OUR ANGER TO BECOME SINAT CHINAM.



WHEN WE MAKE SURE THAT OUR RESPONSES ARE APPROPRIATE, AND TAKE OTHER PEOPLE'S FEELINGS INTO ACCOUNT, WE ARE DOING OUR BIT TO REMOVE SINAT CHINAM FROM THE WORLD AND REPLACE IT WITH AHAVAT CHINAM, SHOWING LOVE FOR NO REASON I INSTEAD. AND IF WE CAN GET OUR PERSONAL 1 ANGEROMETER DOWN LOW, WE'LL END UP FEELING BETTER TOO!







Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.