



The NAASE Journal

Archives, Reprints and Extracts



We thank you for your interest in the **Journal** of the **North American Association of Synagogue Administrators**. Over the years, we have been privileged to be able to feature articles and presentations of varying lengths, offered by a panel of very knowledgeable authors and administrators. The wide range of topics covered by issues of the NAASE Journal speaks directly to the diversity of interests and experience of the Conservative synagogue Executive Director.

A catalogue of reprints from selected past issues is available on-line at www.naase.org, recently expanded to include some that are available electronically in PDF format. We are happy to send you the materials you recently requested. Your comments, inquiries and suggestions are, of course, most welcome.



NAASE is the professional arm of the Conservative Movement representing the Executive Directors of congregations affiliated with the United Synagogue, and serves as the clearinghouse and ubiquitous communication network for the cultivation of effective programming that spans the diversity of congregational needs facing our synagogues today.

The NAASE Journal Archive Program

This is a cooperative venture in which ideas and experiences are shared openly to encourage discussion and consideration for the benefit of affiliated congregations. The goal is continued exploration, thoughtful evaluation and innovative replication.



Please respect the purpose of this reprint program and the rights of the various authors and publisher by sharing these materials only in their complete and unmodified form.

~ Visit us on the Internet at www.naase.org ~

NAASE At Rapaport House 120 Broadway (Suite 1540) New York, NY 10271-0016
NAASE Long Island Office voice/fax/messaging: (631) 732-9461 e-mail: office@naase.org

The JOURNAL

NATA/NAASE

A Joint Journal of NATA/NAASE

WINTER 2016/5776

“If I am not for myself, who will be for me?”

—Hillel



בסנכרון

B'Synchron – In Harmony

Lack of Balance by Tamah Kushner

I want to speak against life balance. I want to speak for "sequencing" - for whole heartedly throwing yourself into one part of life, and then a year or a decade later trying out another scenario. For never achieving balance but instead seesawing back and forth between different strengths.

I never seem to have managed balance - everything I do I threw myself into with complete abandon and way too many hours. Biologist by training - I worked long hours at University of Pennsylvania and Harvard Med. When I had children, I spent 19 years as a mother at home. Married - 31 years. I e-mail too much. I laugh too often. I ran a marathon. I believe if you're going to do something you should do it too much.

Balance has always seemed about constraint, that you have to do things in tiny bites and it all has to come out even in the end - work, fun, shul. And real life never seems to come out that way. Just when you think you might achieve balance, something happens and rocks you to the core. Perhaps it's better to accept the natural chaos of life?

Executive directors thrive on lack of balance. We are good at remaining the calm in the middle of the storm. We accept the craziness of the High Holy Days and a very unbalanced Jewish calendar with everything dense packed at the beginning of the year. On a daily basis we see how people's lives are unbalanced by death and illness.

I find peace in the chaos. I find peace in accepting that I will never lead a balanced life, but if I'm lucky to live to 120, there will be overall a picture of harmony in the whole.