

# REPLAY THE VIDEO TAPE

*by Rabbi Raymond Beyda*

The wizardry of modern technology has given sports fans an opportunity to view a great play or a disputed call by the referee. The videotape reply is an instant review of the play on the field from several different angles and at variable speeds and even a freeze frame look at the game.

Although this new-fangled advance has given fans an opportunity to analyze and clarify what has happened at high speeds with deliberate clarity one should notice the difference between one's first look and the replay. While engrossed in the excitement of the game one's heart beats with anticipation of success and trepidation of defeat. On the other hand, when one views a replay the cool, analytic self takes over. The reason is that once one knows the result one can calmly view in retrospect what one might have missed in the heat of battle. The "unknown" has been eliminated and so low blood pressure is maintained.

The history of mankind has been written by G-d many millenniums ago. We are merely watching the videotape of life as the story plays out from creation to ultimate salvation. If one totally trusts that G-d is in charge and all that he does is good then one can better cope with the vicissitudes of life.

Today should one of the dips on the time line of life occur -- stop!

Don't panic. The scene you are watching is just the replay. The producer director has written a happy ending. It only takes a minute to put things in perspective and get one back on a calm track

## **DID YOU KNOW THAT**

If a person has some doubt as to whether or not he or she has said a blessing correctly one does not say the blessing again [except in the case of Bircat Ha Mazon - which is biblical in nature and must be repeated].

If someone has a doubt as to whether or not he or she has fulfilled a Misvah D'Oraita -a commandment mandated in the Torah-one must repeat the performance of the Misvah, however, even if the Misvah is accompanied by a berakha-blessing-the blessing is not said when the Misvah is repeated.

If a person doesn't remember if he or she has said the correct blessing on a food, one may continue eating but is forbidden to recite the blessing in order to be "safe".

[Source, Bircat Hashem, Chap 2, 1,2]

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