

Exposure

Exposure is a funny word, isn't it? It has both negative and positive connotations. The right kind of exposure can be good for one's career as an artist, writer, academic or musician. Being published, interviewed and receiving media attention. It seems like the way we get things done in the modern world.

Then there is the more critical aspect of exposure: 'over exposure'. When fame turns to infamy, when celebrity culture turns all-pervasive, when the public image consumes us. For those of us on social media, we can feel over exposed even without claiming celebrity status (except to our 236 Facebook friends!)

With exposure comes both

need to balance on the edge in order to feel alive. That's why some people practice extreme sports – the skydive, the bungee jump – in order to feel that rush that comes with risk, vulnerability and exposure.

Well, we Jews also practice extreme sports of a different, more sedentary type: the High Holidays. The High Holidays can after all, feel like a bit of a

marathon, especially if you are not used to sitting in synagogue for hours, being bombarded with strange words in a strange language with even stranger theological concepts. And to cap this all off, we then build these little ramshackle huts in which we eat and sometimes, sleep.

My son asked me to sleep in the Sukkah with him during Yom Tov. The weather was mild and I

thought it would be a fantastic 'mitzvah adventure'

If you want to develop yourself as a human being and fulfil your ambitions (whatever those ambitions are), then you need to be vulnerable and expose yourself to risk. That's where the growth happens.