

England's senior Reform rabbi, Laura Janner-Klausner, is stepping down

([JTA](#)) – England's senior Reform movement rabbi, Laura Janner-Klausner, has led the movement in supporting refugees, fighting anti-Semitism, working for LGBT rights and making the progressive case for Israel.

Now Janner-Klausner, who has led Reform Judaism since 2012, is leaving that post. She will step down on Oct. 1, the movement announced.

Reform Chair Geoffrey Marx said she “has made Britain better.”

Janner-Klausner will begin working on a doctorate in digital theology at Durham University at the start of the coming academic year, according to a statement posted on Reform Judaism's website.

She said her research “will be looking at the experience of Jewish young adults who are involved in online communities and seeing how this impacts on their perception and participation in our in-person community activities. I am also going to be training leaders in resilience, especially in times of crisis.”

The statement said “Reform Judaism will now take a period of time to review and consult before announcing its intentions.”

Applicants to nursing courses in England up 16% as NHS employs record number of nurses and midwives

A record number of nurses and midwives are employed in the NHS, as the Nursing and Midwifery's Council reports its largest ever annual increase of registered nursing and midwifery professionals.

Around 18,370 more nurses, midwives and nursing associates are now on the Nursing and Midwifery Council's permanent register to work in the UK compared to a year ago, bringing the total number to 716,607 by 31 March 2020. The number of people trained in the UK leaving the register has also fallen to a five-year low.

The number of nursing and midwifery applicants to English universities has also risen for the second year running as the Government works towards delivering 50,000 more nurses by the end of Parliament.

The latest UCAS stats show that applicant numbers for nursing and midwifery courses are up 16% year-on-year, reaching 47,320 by the end of June.

This is the second year in a row that applicant numbers have risen. In 2019 there was a 6.4% increase in people accepted onto nursing and midwifery courses in England compared to 2018.

Prime Minister Boris Johnson said:

I'm delighted to see record numbers of nurses and midwives now working in our NHS as we work towards delivering 50,000

more nurses in this parliament.

As we continue our battle with this deadly disease, our world leading healthcare system has never been more important. We will continue to give it the support it needs today, as well as protecting it for generations to come.

Nurses have saved countless lives during the pandemic, and the NHS simply couldn't function without them.

Health and Social Care Secretary Matt Hancock said:

This pandemic demonstrated just how talented and valued our brilliant nurses and midwives are, and it is fantastic to see an explosion of applications for nursing and midwifery courses.

As well as a hugely rewarding career in one of the world's best healthcare systems, degree students will benefit from at least £5,000 a year from the Government in free additional support during their studies.

With over 12,000 more fully qualified nurses working in our NHS compared to last year, we are well on our way to delivering 50,000 more by the end of this Parliament.

The number of new applicants between January and June was 68% higher than the same period last year (11,360 in 2020, compared to 6,750 in 2019).

Nearly two thirds of nursing and midwifery applicants living in England are mature students aged 21 or over, a 24% increase on last year.

New applicants or those without an offer can still seek a place at university via the clearing process which runs from the 6th July to 20th October.

Student nurses and midwives starting courses from September will benefit from new guaranteed, additional support of at least £5,000 a year to help with their living costs, which they won't have to pay back.

Get Into Bed With Harry Styles: How The Popstar Is Helping You Get A Good Night's Sleep

International popstar and arguably one of the most famous faces on the planet, Harry Styles, is about to give you the best night's sleep of your life.

The ex-One Direction heartthrob who holds a cool 28.7 million followers on Instagram has announced his latest collaboration with an unlikely partner, the sleep app, [Calm](#).

During lockdown Harry swapped singing and dressing like your nan (if you've seen the memes, you'll know) for narrating a 30-minute sleep story titled *Dream with Me*. We're pretty sure a legion of fans have already dreamt about bedding Harry, but this news makes it more of a reality than they ever thought possible.

Fantasies aside, Harry has always been a champion of speaking out about mental health, publicly opening up about his personal experience seeking therapy and the impact it's had on his wellbeing.

The partnership with the app isn't his first foray into the

digital sphere, the singer invested in Calm's Series A back in June 2018 and the brand has gone on to become the number one app for mental fitness, designed to help you manage stress, sleep better and generally live a happier, healthier life.

Calm are well aware of the power of Harry and have been teasing the launch since Sunday with tweets that show watermelon emojis – a reference to Harry's recent hit song, *Watermelon Sugar*, with the cryptic words, "This Wednesday."

Dream With Me will, we're sure, lull fans and the some 16million suffering insomniacs here in the UK into a gentle slumber with Harry's dreamy Redditch tones. The northern boy will join the seriously A-list line-up of other Calm contributors, that include everyone from LeBron James to Laura Dern, Matthew McConaughey to Kelly Rowland, Lucy Liu and more.



Dream With Me

Fall asleep and fall in love with the dreamy voice of Harry Styles

NARRATOR

Harry Styles

AUTHOR

Steve Cleverley



0:20

30:40

Battling Stereotypes of the Jewish Mother



The Jewish Mother. A stereotype so familiar that the words conjure up a universal caricature: a middle-aged woman with a nasal New York accent and ample bosom, who either sweats over a steaming pot of matzah balls while screaming at her kids from across the house. Or, in an updated version, she sits poolside in Florida, jangling her diamonds and guilt-tripping her grown children into calling her more often. The Jewish mother wants her daughter to marry a Jewish doctor and her son to love her best of all. She is sacrificing yet demanding, manipulative and tyrannical, devoted and ever-present. She loves her children fiercely, but man, does she nag.

Where did this Jewish mother come from, and how did she become such a cultural fixture, shorthand for all that is excessive and smothering in familial love? Her predecessor, the *Yiddishe Mama*, carried little of the negative cultural weight of the Jewish mother and was celebrated in the shtetls of Eastern Europe and the American immigrant neighborhoods at the turn of the 20th century. The *Yiddishe Mama* was a *balabusta*, a sentimentalized figure, a good mother and homemaker, known for her strength and creativity, entrepreneurialism and hard work, domestic miracles and moral force. If the *Yiddishe Mama* was anxious, this was to be expected—after all, who could blame her? Centuries of anti-Semitism plus the challenges of immigrant life justified her intense mothering style and lionized her willful ways. The *Yiddishe Mama* reminded Jews of the Old World and was synonymous with nostalgia and longing.

But while the *Yiddishe Mama* and her selfless child-rearing contributed to the success and upward mobility of the American Jewish family, the Jewish mother stereotype didn't fare so well in this cultural shift. As she rose into the middle class, the Jewish mother's anxiety level seemed excessive and out of sync with the new suburban reality. Adopting middle class domestic norms, she gave up her own work outside of the home and increasingly, even desperately, sought status and fulfillment through her children. With some modicum of newfound wealth, she was now represented as entitled and overbearing, showy and loud. She became the scapegoat for Jewish ambivalence and anxiety about assimilation, simultaneously representing those Jewish traits that seemed to resist acculturation and held responsible for the materialism that came with success. By mid-century, the Jewish mother was primarily identified by negative characteristics, tinged with Jewish self-hatred and misogyny.

Though it's been generations since she first appeared on the scene, the Jewish mother stereotype still finds its way into popular culture year after year, ranging from the viral YouTube series, "[Sh*t Jewish Mothers Say](#)," to Caren Chesler's June 2013 *New York Times* column about [Jewish motherhood via IVF](#). And there's more. Barbra Streisand played the intrusive, nagging New Jersey Jewish mother character Joyce

Brewster in the 2012 Seth Rogen comedy *Guilt Trip*, and we all suffered while watching the coiffed and coutured real-life Jewish moms on Bravo's reality program, *The Princesses of Long Island*. And let's not forget Mrs. Wolowitz, Howard's Jewish mother on the hit CBS show *The Big Bang Theory*. Though she never appears on screen, her obnoxious and demanding voice makes her presence clear. Literature, film, television, comedy—the Jewish Mother is there. She even has her own [Wikipedia entry](#).

Although the details may differ, the stereotype, in all of its various fashions, is not pretty. What's clearest about the Jewish mother is that she's way over-determined and not someone most of us set out to emulate. And yet... there she is, whether we like it or not. Like Woody Allen's hovering Jewish mother in the sky in the short film *Oedipus Wrecks*, the stereotype is annoyingly ubiquitous, elbowing her way into conversation—or our own psyches—just when we least expect it.

Maybe that's because every mother, Jewish or not, can relate to aspects of that mother. We've all loved our children to the point of smothering them, been overly anxious, and wrapped ourselves in the mantle of martyrdom from time to time. And so it follows that over the course of the 20th century, the Jewish mother has come to stand in for all mothers, combining the worst of both Jews and women into a toxic mix. Today, "we are all Jewish mothers," as Joyce Antler put it in *You Never Call! You Never Write!: A History of the Jewish Mother*—which means we are all guilty of the kind of over-involvement and hysteria once attributed to Jewish mothers in particular.

The latest headlines, sound bites, and cultural trends seem to suggest that motherhood is in a state of crisis. We're either "leaning in" and abandoning our kids to nannies, or we're "opting out" to stay at home and steam sweet potatoes. We're obsessing over whether we can have it all (we can't), whether breast is best (depends), and whether dads matter (they do). We're "Helicopter Moms," "Tiger Moms," "Attachment Moms," and "Lazy Moms." We have inspected, dissected, discussed, and critiqued these various forms of mothering. And yet, the stereotype of the "Jewish Mother" sits, untouched, unexamined, unquestioned. To date, no one has turned their critical focus to the enduring

caricature and how its lingering presence impacts actual Jewish mothers today.

This oversight means that scores of Jewish mothers find themselves with no recognizable public role model, no realistic figure with whom to identify. The borscht belt Bubbe who appears on TV may be familiar, but she doesn't describe or speak to our modern realities. The distance between that character and our own lives is vast—and our impulse may be to emphasize that distance, rather than try to bridge it.

And yet, there is a need to identify, to honor that which we love, to feel pride in our heritage, and to be articulate about its strengths. So what's a modern Jewish mother to do? How can we define ourselves in a way that is authentic, empowering, and relevant? How can we hold fast to this privileged title, but reinterpret it in a way that's inclusive, updated, realistic, and meaningful?

Jewish mothers in the 21st century are embracing traditional practices and rituals, walking away from those that don't make sense to us, and creating new ones along the way. We are always seeking and questioning the best way to parent, trying to balance our life decisions with shifting social norms, sometimes bucking conventions, sometimes adhering to them, always trying to do what is right for our children and for ourselves. Through it all, we are struggling with what it means to be a contemporary mother AND to be a Jewish mother today—complicating an already complex dynamic by examining the very notion of what it means to be Jewish, in all of the 21st century permutations.

Yet we remain Jewish mothers, in ways explicit or unarticulated, confident or ambivalent. We hang in there because we find great meaning in our shared history, in a tradition that has sustained individuals and families through centuries of persecution and survival. We find joy in welcoming our children and celebrating holidays, comfort in enjoying the foods and music of our childhoods and communities, and healing in our times of grief. Or maybe we just stick with it because our mothers did—or because they didn't. Whatever

the reason, our journeys through motherhood and Judaism can be exciting and empowering; connecting to our past and our values (even if sometimes we find more questions than answers) can help ground us in an age of seemingly endless possibilities for shaping a life and raising children.

myjewishlearning.com

Surgical Menopause – getting into your Menopause too early

Four months ago I had my ovaries removed. It was a shock. One minute I was fine, the next I was doubled up in pain, certain that my appendix was rupturing. A quick trip to hospital and an ultrasound showed a large tumour on my ovary. I asked if it was cancerous. The Emergency Department Consultant could not tell me. The only specialist who was not on holiday could not see me for 10 days. Why do all specialists go on holiday at the same time? It was the same when my sons needed grommets. They were all away. Shouldn't doctors have to stagger their holidays like any other professional?

My initial meeting with the specialist was not positive and I thought about seeing someone else, but I was not keen on a 3 month wait. I was frightened that I had cancer, so I went with the first person available.

The appointment started badly when she asked why I was there. I told her that I have a tumour on my ovary and was promptly told that "we don't call it a "tumour", it is a "mass"". I knew at that point that

it was going to be a rough road. Every other doctor from the ED Consultant through to my GP called it a tumour. There was even an arrow pointing to it on the ultrasound scan which is marked "tumour". However, I was told firmly that I was not to call it that. I don't know if this was supposed to make me feel better, or happier or reassured. Either way it achieved nothing and I spent the following week looking up ovarian cancer websites and trying to prepare myself for the worst. The specialist said she could operate a week later so I filled in all the admission paperwork and then hit the chocolate. It did nothing for my waistline but it made me feel brighter. Where there is chocolate there is hope.

I arrived at hospital the following week, petrified and with a bag full of chocolate to get me through the recovery in hospital. Green and Blacks I love you. I will buy shares. It was only your milk chocolate that got me through the following weeks. If you noticed a profits spike in April and May, that was down to me.

After waiting in reception for 2 hours I was taken to a ward full of people waiting to have gynaecological surgery. I was apparently third on the list. Why I had to be there at 6.30am when they did not intend to operate before 11am, beats me.

Once I was in a gown and tucked up in bed, the nurse looking after us all decided we all needed to have an enema. I think she was bored. I was expecting a tube up my bottom so was quite relieved when it just turned out to be a tablet. A modern enema involves a tablet being stuck up your bottom and being told to hold it as long as you can before you race to the toilet. There were 8 of us waiting for surgery. The nurse gave us all an enema within minutes of each other. There was one toilet on the ward. The outcome was predictable to everyone except the nurse administering the tablet. I learned a lot of new yoga positions as I was standing in queue outside the one toilet, trying desperately to hold on. There was no commode available. As I was wheeled off for surgery, I hoped the nurse with the smart idea was the one to have to clean up.

I woke up in my own room after the surgery. I was hungry but the nurse

told me that I had to be on clear fluids until my bowel had moved. That proved to be a long time. Why did they give me an enema in the first place? Chicken consommé does not help you have a movement. If it goes in liquid, it comes out liquid. I decided that they were just malicious. Three days of chicken consommé and lime jelly later, I was ready to strangle someone, so I lied. I told the doctor I had been to the toilet. The food ban was lifted. I ate chocolate. It was good, really good. In fact it tasted like manna from heaven. My 6 year old saw it on offer at the local supermarket. My husband and son emptied the shelves. My cupboard overflowed...There is no painkiller as effective as a large bar of Green and Blacks Organic Milk Chocolate. Just liquefy it and hook me up to a drip!

I knew that having my ovaries removed would send me into surgical menopause. What I did not know was how quickly it would happen. The various websites were quite vague about it. I knew that I would need to go on to HRT until the age that I would naturally go into the menopause (generally assumed to be around the age of 51) to replace the oestrogen that was no longer being provided.

I thought that I would be given HRT immediately. Apparently not. The specialist decided it would be good for me to experience what menopause was like before allowing me to have the oestrogen patches. The hot flushes kicked in 2 days post-surgery. I endured 5 days of hot flushes and night sweats before discharging myself against doctor's orders. Only then did she agree to give me the patches. She told me that women should be able to deal with menopause when it happens, whether or not that is down to surgery. I beg to differ.

I did wonder why I, as her patient, had to suffer because of her beliefs about HRT. It made me wonder how much else of her advice was her opinion, versus official recommendations. I went to see my GP five days later and she was brilliant. When I told her I was still suffering hot flushes and night sweats, she upped my dosage of HRT, saying that nobody needed to suffer unnecessarily. The hot flushes and night sweats stopped within 24 hours. My doctor is the best!

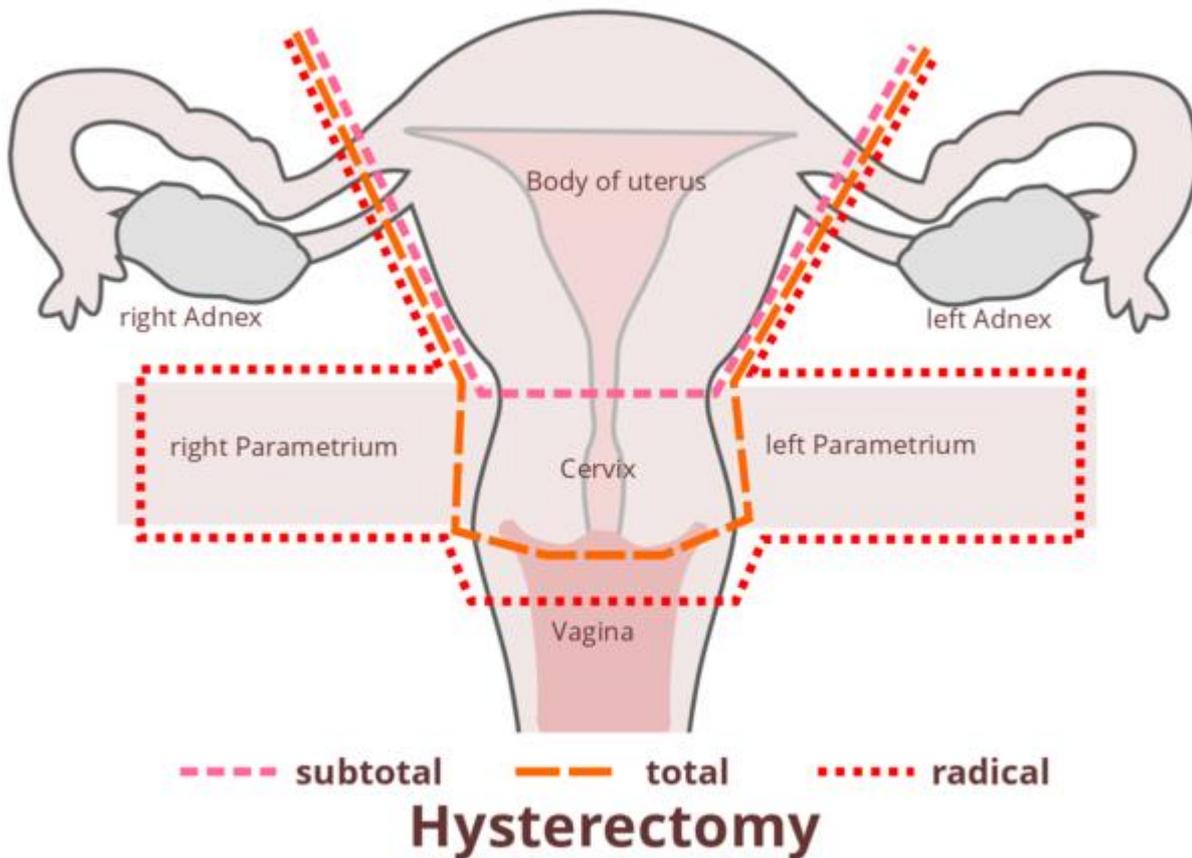
It was a long five weeks until I found out I did not have Ovarian

Cancer. The specialist forgot to email my GP with the results, so she found out from me that I was in the clear.

The HRT patches work well. I have had to put an alarm in my phone to remind me to change them twice a week, but apart from that it is all fine. My tummy is squidgier than it was and it was a few weeks before my sons were able to bounce on my lap again. However, I have recovered well and am now back to exercising and back on motherly duties again. All credit to my in-laws who moved in and looked after the children for me while I recovered. All credit to my eldest son who reminded my husband to keep resupplying the chocolate.

While this has been a long story I think the main points I wanted to make are that if you are told that there is something wrong that may be very serious, read around. Don't just read around the subject, read online reviews of the hospital and the specialist you are seeing. I wish that I had, as the same comments I have made above, had previously been made by others having similar surgery at the same hospital, with the same consultant.

Be willing to look further afield for a consultant and a hospital to have the surgery done at, if this is an option where you live. I looked within a 10 mile radius of my home, at 3 possible hospitals and I based my choice purely on opening hours, not on online reviews. If I had gone as far as 30 miles, I may have had a different experience. Finally, read up on the after effects of the surgery, any follow up medication you may need and the pros and cons of it. Use reputable websites, such as those of national or international charities specialising in your condition. Go into your doctor armed to the teeth with information, don't just take the specialist's word for it. Knowledge is power and power is confidence. If you are confident of your information when you face your specialist, you may have a lot better experience than if you accept without question, the information that specialist gives you. Finally, take to the hospital whatever it is that will make you feel good afterwards, as a quick boost every now and again, can only be a good thing for your recovery.



Lovers in lockdown: How dating services want to keep us all swiping

Social distancing has hit dating scenes around the world hard. Tinder, OkCupid and other dating platforms are nevertheless doing their best to help love find a way. Has the pandemic hit

pause on real-world dating – or just brought it online for a while?

“We don’t know who needs to hear this, but now is NOT the time to go out with your date to a bar. FaceTime, Skype, call, text, call, message on our app...all very romantic right now.”

Life has suddenly changed for us all and things are no different on the dating scene, as evidenced by numerous insights provided by digital dating app OkCupid on Twitter.

“A cool thing about our app is that you can social distance yourself AND flirt at the same time,” the company says, touting their service in spite of widespread lockdowns getting in the way of actual dates.

Countries worldwide are pushing people to keep their physical distance, but that doesn’t mean you can’t connect in other ways. That’s the word from digital dating apps that want to make sure that you keep on swiping, even if you might not be dating.

In practice, this means dating services trying to find ways to help keep apps alive indoors by shaping their services in line with the times.

Tinder is telling users that just because they are isolating physically, that doesn’t mean they have to stay home alone with their hoarded instant noodles. Instead, Tinder wants you to seek “solidarity matches” across the planet, a paid function that is now free of charge during the pandemic.

Tinder’s “passport” feature allows users to connect with anyone anywhere. “They can check in on folks in their hometown, college town, or sister city, and find those across the world who are going through similar things,” the company says.

The feature is available for free to all members in April,

Tinder said, despite usually being reserved for premium users.

OkCupid is also encouraging its users to change their preferences to “anywhere” to help them meet up with singles in their country or around the world during this social distancing period, a company representative told dpa.

Bumble, a women’s dating app developed in Berlin, meanwhile suggests users chat in the app for longer than usual, rather than linking up right away offline.

“Right now, we’re committed to powering safe & equal *virtual* connections. That means staying safe – and, as much as possible, staying home (video chat is our new best friend!),” Bumble told its users.

Dating apps have also begun to issue more health guidance, too, and Tinder told dpa that it has been asking members to follow the recommendations of the World Health Organization.

“While we want you to continue having fun, protecting yourself from the coronavirus is more important,” the site told in-app users, according to a report in TMZ, a digital news site. Tinder users should practice social distancing, carry hand sanitiser and wash their hands frequently, Tinder says.

The dating app providers say their efforts are working. “In this challenging time, we see Tinder members finding new ways to connect. As an area becomes more affected by physically-isolating measures, we see new conversations happening there and those conversations last longer,” the company said in a statement.

“This epidemic is also changing the tenor of connection in the hardest hit places. More people are using Tinder bios to show their concern for others (‘how is everyone’) instead of their life motto,” Tinder added.

OkCupid’s chief executive Ariel Charytan said the company had

noticed that activity had increased enormously using the app as people still wanted to meet and exchange, even if they couldn't do so in person.

The platform is now sharing ideas for digital dating with its users, suggesting they meet for virtual drinks and dinners, play games or chat online.

And Maria Sullivan, vice president of Dating.com, found that 82% of the site's singles turned to online dating during the coronavirus outbreak, according to a story in Bustle, a web site for women.

Other stories on its site advised users on how to hook up during Zoom meetings, for example, or the ins and outs of a digital one-night stand.

Has the virus taken love online at least for the time being? The hashtag #quarantineandchill trending on Twitter suggests it has, as users post songs, selfies and images of what they are doing.

For those with a free moment as they isolate and chill, here's a question posted by OkCupid: "We need a new term for a long distance relationship that's actually just someone quarantined in another apartment. Any ideas?"

Tal Rimon, a videographer based in Berlin, says in some ways, quarantine is helping dating.

"People are lonely right now. Everybody's online," she told dpa. "And people are talking for longer, it's like 15 years ago, they are taking the time to get to know each other."

In the past, she said, people used to just swipe out of boredom while they were doing other things, but now they are able to connect and find out more about each other before meeting up. "It's not just about looks anymore."

Other lovers are forging their own paths through the new

landscape, combining digital connections with creative measures to meet.

“My friend is going on a first date tonight with a girl he’s been talking to on Tinder,” Dave Horwitz, an LA-based writer, shared on Twitter late in March.

“They’re going to park next to each other at McDonald’s and talk with the windows cracked while eating their own individual orders of fries. How’s that for romance and longing, Jane Austin?” – dpa

Spring is coming – Build up your abs

Spring is here, or nearly here, however you chose to see things.

Myself I have decided to ditch the winter clothes, and venture out in my white jeans and pretty brightly coloured tops. I must say it is still a tad cold, so I invested in a lilac fur trimmed faux leather biker jacket, keeping warm but still with the element of spring.

So I rejoined the gym and enlisted the help of a trainer, for advice mainly (trainers can be very pricey, just try to get the basics and go it alone, or with a friend) he showed me the decline sit ups, where your head is further down the elevated work bench, and you sit up to be upright, with or without a weight plate (the weight plate really boosted my workout)

I have found these to be the most effective of techniques I have ever tried.

Being a mum, many of us share this same problem area, and the singer Kelly Clarkson, I really felt for recently had came under the dreaded Katie Hopkins wrath, for her weight gain

after pregnancy.

Hopkins made (fat jibes) at the new mum on Twitter, in very poor taste I think.

When woman attacking one another for responding differently to pregnancy absolutely disgusts me. If Hopkins had of found her weight an issue she would never of poked fun at others, completely showing her lack of intelligence.

I mean come on, it's like poking fun at a blonde because you're a brunette! Absolutely pointless and pathetic, just like her.

She pokes fun at "talentless" people trying to gain fame, when she herself gets attention from bullying others! Madness she is even given air time.

Well that will be the only time I will give her any attention. Any of you embarking on a new fitness plan for this summer, I salute you, and wish you all the luck. And remember, a good clean healthy diet is 80% of the battle.

Kisses Holly

What the Jewish Passover and the Christian Easter have in common

Not Christmas, but Easter is the highest festival of Christianity. But how is the date of Easter actually calculated? Why do the Jewish Passover and Easter take place very rarely – as they last did in 2019 – but always at the same time? And why exactly then does Orthodox Christendom always leave a common date for Easter? A stroll through the intricate history of the Easter calendar.

As "Christmas Christianity" the Munich Protestant theologian

and journalist Matthias Morgenroth has aptly described how in Germany and other western secular countries “the current shape of the Christian religion is revealed”. But that for Protestants in truth Good Friday and for Catholics Easter Sunday is the highest church holiday – this rumour persists to this day. It is true that the Easter cycle beginning with Maundy Thursday is the real high point in the Christian festive circle.

Whether Danish (Påske), Turkish (Paskalya), French (Pâques), Italian (Pasqua), Dutch (Pasen) or Finnish (Pääsiäinen) – most European languages still carry the memory of the Jewish Passover or Passover celebration within them. The German “Easter” we probably have to owe to missionary Iro-Scottish monks. As in the English “Easter”, the word contains either an old Germanic word for dawn (which could be related to Eos, the Greek goddess) or the name of an Anglo-Saxon goddess of light (“Ostara”).

Light symbolism, then, but nothing certain is known – just as it is not certain why Maundy Thursday is called what it is called. That its “green” is supposed to come from the Grienen or Greinen der Büsser is not very plausible, since the day had already been a day of church joy since the 4th century, on which the previously excommunicated were admitted to Communion again after repentance and forgiveness.

Crucifixion on a holiday?

If the roots of Easter lie in the feast of Passover – why do Christians and Jews rarely celebrate at the same time? Rarely is it the case that – as was last seen in 2019 – the eve of Passover (the 14th Nisan or Erew Passover) coincides with Good Friday – just as the evangelist John describes it.

Pesach reminds of the Exodus from Egypt, the liberation of Israel from Egyptian slavery. After the biblical institution (Exodus 12, 1-27), the feast is celebrated in the Jewish

spring month of Nisan, which in biblical times was considered the first month of the year. Today, the Jewish year begins in autumn with the Tishri (always 163 days after the first day of the Passover feast), because this is the month in which mankind was created, according to Jewish understanding: Almost parallel to Easter 2020, Jews celebrate the Passover in the year 5780 after the creation of the world. On April 8th (14th Nisan) the feast days begin with the “Erev Pessach”, the eve of the Pessach, and the traditional Seder meal, which is celebrated in the family.

Unlike our solar calendar, in which the months are only a vague reminder of the lunar cycles, the Jewish calendar as a “lunisolar calendar” (or “bound lunar calendar”) follows the lunar months very precisely. At the same time, it also follows the seasons, i.e. the solar year.

Because twelve lunar months correspond on average to only 354.37 days, but a solar year lasts 365.24 days on average, the Jewish calendar must regularly insert leap months so that the seasons and the months assigned to them do not fall apart. For when spring begins depends on the sun, which on a day between March 19 and 21 shines for as long as it is night. This equinox marks the beginning of spring.

This also makes it clear that the spring full moon – and thus Passover – can fall on any day of the week. At the Council of Nicaea in the year 325, however, Christianity decided on a dispute about the date of Easter that has been going on since the time of the Original Christians, and determined that Easter is to be celebrated on a Sunday.

Graphic overview of the date of Easter in John and the Synoptics (Matthew, Mark, Luke).

Crucifixion on a major Jewish holiday? The evangelists present the date of Jesus’ crucifixion in different ways. However, the gospels agree on the weekdays of Easter: crucifixion on the day before the Sabbath (“Friday”), burial rest on the Sabbath,

resurrection on the following day (“Sunday”). How the evangelist John dates the Easter event is considered historically more likely. The 14th Nisan (or Erew Pessach) and Good Friday fell on a common date last in the year 2019.

The tradition of the Gospel writings about the exact date of Jesus’ death is contradictory. The synoptists – the evangelists Matthew, Mark and Luke – understand the Lord’s Supper as a ritual banquet on the eve of Pesach – that is, on the 14th of Nisan. The crucifixion would accordingly have taken place on the afternoon of the main Jewish holiday of Passover (15 Nisan) – which is regarded as rather improbable.

More plausible are the statements of John, who drops the Passover feast in the year of Jesus’ death on a Sabbath. Thus the last meal of Jesus with his disciples would not have been a Pessach-Sedermahl, but an execution could have taken place the day before the feast. Modern historians therefore favor the statements of John.

From Computus to Computer

Actually, since Nicaea, it seems quite simple to determine the date of Easter: It is simply the first Sunday after the first full moon after the spring equinox. However, if you want to calculate the date of Easter in advance, there are highly complex difficulties – at least without a computer. Before mathematics became a free science, in the Middle Ages it worked almost exclusively on the “Computus paschalis”, the calculation of the date of Easter. It was only in 1800 that the mathematical genius Carl Friedrich Gauss (1777-1855) succeeded in packing the problem into a complex but clear set of algebraic formulae.

Strictly speaking, these are two different sets of formulas that Gauss had to develop. For as if the matter was not already difficult enough, since the calendar reform of Pope Gregory there have been two different Easter dates in

Christendom, because the Orthodox churches (except in Finland) used the Julian calendar to calculate the date of Easter. The Orthodox churches refer to the Jewish Passover in their determination of dates – but in a negative way, as the Council of Nicaea wanted it: Easter must always take place after the Jewish Passover.

Like the Latin churches of the West, to celebrate Easter exactly when the Jews also celebrate Passover (as was the case this year) – this is therefore out of the question in the Orthodox churches. In extreme cases, therefore, it may even be that the Orthodox celebrate five weeks later than the churches of the West. Joint Easter dates like in 2017 are possible, but the exception.

A new Council that would help to establish a common date for Easter for all of Christendom is not in sight. In 2020 the Orthodox will celebrate in the week after us – when the Jewish Passover period is already over.

There's an evolutionary secret that can help you understand how to attract men and make them desire you



[Attraction](#) between the sexes, as complicated as it may seem, is pretty simple to explain in a few lines. Girls are more easily attracted to a guy who appears healthy and stress-free, has a good level of testosterone which makes him appear more manly and chiseled, and has a protective streak in him which makes him a good mate material and a father. Guys, on the other hand, are more easily attracted to girls based on their appearance or behavior. But that's not it though. To truly understand how to attract men and how a man's mind works, we need to get deeper into the concept of attraction from the male point of view.

How to attract men in a way they can't resist

A guy may like a girl for different reasons, but when it comes to physical or sexual attraction at first sight, her physical appearance and her behavior matters more than anything else. So if you want to attract a man and make him desire you, you just need to get his attention the right way. And the rest, as they say, is history! You need to keep this in mind though, love and attraction are two completely different things. A guy may find you extremely attractive, yet he may not end up falling in love with you for his own reasons. But for love to blossom in the first place, you need to build the sexual attraction before you make him fall in love with you. It's the safest way to make sure the guy falls for you and stays in love with you.

Attraction and how a man views a woman's body

As we know that physical attraction plays a very big part in attracting a guy, you need to understand what a guy's mind tells him when he sees you and sizes you up. When a guy sees a girl's physical assets, he subconsciously sees more

than just your breasts or your butt. The right curves in all the right places tells a guy that a girl is fertile and has come of age, and that she's healthy because her body can afford to waste energy on developing her curves which play the biggest role in sexual attraction. A guy may think a girl is attractive. But in his subconscious mind, he's gauging you as the woman who may carry his offspring one day.

Testosterone and a man's [sexual](#) preference

Every man produces testosterone, a sexual hormone, in his testes. And women produce a small amount of testosterone in their ovaries. The more testosterone a man produces, the more manly he looks and the more sexually virile he is. His facial features appear manlier, his jaws are wider and more chiseled and his voice is deeper. And several studies have shown that the more manly a man is, the more attracted he'd be to women who exhibit feminine traits *girlie, cute traits*. On the other hand, a small percentage of men who produce a lesser-than-normal amount of testosterone may find themselves getting more attracted to women who are less feminine and more controlling and dominant in the relationship. So if you're trying to catch the attention of a typical guy *a large percentage of men have normal or high production of testosterone even though the overall average testosterone levels have dropped significantly in American men over the last 50 years*, chances are, he'd love you if your behavior is more feminine, cute and girly!

The perfect woman for a real man – She's cute and sexy

A regular man who isn't suffering from low testosterone would always find a feminine woman more attractive than a woman who thinks femininity is overrated and displays traits that are traditionally considered manly. While a girl's physical appearance is the biggest sign of femininity, at times, it helps if you can display more femininity in your behavior. No, I'm not saying pink frills and scented paper. But there are always other ways to appear cuter and get a guy to take a second and third look at you.

Why do guys like cute girls?

Men have always been the more aggressive sex in the human species. They're usually the ones who spread their legs wider, stand tall and swell their chest up while trying to appear threatening all the time, more so when they're in an

argument or when they meet someone they see as a threat in any manner. But cute changes everything. When a girl behaves in a cute and feminine manner, it brings out the protective instincts of a man. Instead of feeling threatened by a feminine girl, he feels protective about her. That makes him feel more masculine, and that's something every guy loves to feel! When a girl reveals her vulnerable side to a guy, it's very hard for any guy to ignore her or avoid noticing her vulnerability. And the instant his mind connects with her vulnerability, it eliminates any thoughts of a threat and his protective side creates a bond of protection and attachment with her. He feels the need to be around her, and his subconscious mind tries very hard to make her feel protected, comfortable and loved around him. He loses his aggressive stance, the tone of his voice softens down, and his shoulders droop down towards her instead of spreading wide. And before he even gives attraction a second thought, he'd realize that he likes the girl already!

Traits of a cute and feminine girl that draw real man

Many girls are against the idea of being feminine or behaving in a cute manner. To a typical feminist, behaving in a demure or coy manner is a sign of weakness. And they can't accept that a guy finds a cute *and dare, we say it... submissive* girl more attractive than a girl who likes to be a non-girlie girl. If you're feminine, you don't really have to be cute. But if you can pull off a perfectly cute personality, it would only add to your allure and make you more desirable among men. To understand cute behavior better, all you need is to interact with a couple of Japanese or Thai girls whose behavior isn't influenced by us Americans. They're not meek or silly, nor do they have to behave like stupid bimbos to win a guy's affection. All they have to do is flaunt what sets them apart, and that's their femininity and grace. And no testosterone laden guy can resist the allure of a sweet Asian girl when he's having a conversation with her. Everything about them makes them appear more beautiful and feminine, right from their cute heart signs with inverted hands, the way they nod their heads, the way they behave while having a conversation with you to the way they smile coyly and yet so warmly. Femininity comes naturally to some girls *not just Asian girls*, but it's an art that's worth learning. If you want to know how to attract men, all you need to do is exude your feminine side while talking to them. And once you try that, you'll know what I'm talking about. And remember, a cute girl who displays her feminine side will always have an edge over all other

girls when she's trying to catch the attention of a real man!

How to bring out your feminine side naturally

Femininity comes naturally. But cuteness can be created by the way you behave. Additionally, if you're on a date with a guy and want to come across as a girl who's in touch with her femininity, here are a couple of tips for you. #1 Dress in softer pastel colors like peach or mauve. The color will give your skin tone a healthy glow that makes you look warm and likeable instantly. #2 Smile more often. A smile can make you appear more pleasant and friendly. #3 Run your fingers through your hair delicately. Always works for any guy! #4 Tip your head slightly downwards when you're blushing or smiling, and look at him from under your eyebrow. These four tips may sound bizarre for a feminist or a cute-bashing girl, but trust me, it will do wonders for your date!

A tip to remember – Don't be yourself if you can be better

Contrary to popular belief, don't be yourself. Evolve. When someone tells you that the best way to attract someone is by being yourself, well, they're not entirely right. All of us change all the time. And not every change that we see in ourselves may be in the right direction. Who are you? How would you define yourself? We are who we are because of our socioeconomic status, the people around us, and other influences we've had in our lifetime. A lucky few may have had the opportunity to be influenced by the perfect examples, while most of us have to change to become better individuals. Or worse, we never get to become better individuals or achieve the full potential that's within us because we're convinced we're all perfect already. You don't have to change yourself just to attract men, but change yourself to become a better you. Have you ever walked into a room full of attractive women, and found yourself thinking that a few of those girls were better than you in some way? When you meet a woman and find yourself in awe of her for any reason at all, it only means you admire and want some particular trait of hers that you lack yourself. If you like a trait about a friend, be it her spontaneity, her courage, her carefree attitude, her posture, or the way she dresses up, your mind may subconsciously like that trait because you want to see that trait in yourself. A change of this kind is good, where you see something you like and want to see that in yourself. A girl who is the epitome of perfection in every way *if she does exist* won't be awed by anyone else. On the other hand, everywhere she goes, she'd be the girl that would

receive compliments, stares and awed jaws! So change often, become the dream girl you fantasize about in your head, and be the girl you really want to be. And life will turn out to be so much better for you, be it about men, work, friends or anything else. It's easy to push a thought away and assume it's wrong to be feminine or assume it's a bad thing to change. But trust me, change is good. And change is inevitable. So you're going to change whether you like it or not. And you have a choice to become a better you, or a worse you.

The last word about the science of attraction between the sexes

We're all animals, and you shouldn't forget that. We may be wearing pants or walking on two feet, but that doesn't change our primal instincts. We still chase each other and woo each other just like the animals in the wild. The male and female sexes still play games to win each other's affection. Human males still like to woo a female through their display of brute strength, dexterity or their sheer awesomeness. And a man laden with male hormones wants a woman who's graceful and feminine, because subconsciously, it makes him feel more like a man. You don't have to pretend to be dumb or weak, nor do you have to behave like the weaker sex just to attract a man. All you need to do is revel in your femininity and display your cuteness, and give the man you like a chance to bask in his manliness and show off his protectiveness!

Understanding how to attract men is really simple. Enjoy your femininity and let the world see it. The men will come, yes, they'll come in droves!

Lovepanky

What do men really find attractive in women? – Tim

and his honest answer to this question

Here we go, another article with a male writer talking about how inner beauty is more important than outer beauty. "Men want a good personality over a good pair of lady lumps!"

Sorry to disappoint you ladies, but not today. I only do honesty.

You want to attract a man, you have to be attractive! It's simple logic. By definition, attraction in it's simplest form is a first impression; instinctual and purely a physical judgment. If you're shopping for bananas, do you take the ripe banana or the brown bruised banana?... Now before you react, I'm not calling, or insinuating, that anyone is a undesirable bruised banana simply based on how someone looks. Everyone has something to offer and that is what makes us 'DESIRABLE'... but let's not joke each other and pretend the world is perfect. Popular culture will have you believe that 'attraction' and 'desire' are the same thing... but they are not even close... If you are standing next to a Victoria's secret model, then congratulations, you are now invisible. You're now a superhero, go you!

I know it's hard, and yes, you can't change your genetics. You can't change the past and you can't change plain-old bad luck. Attraction for men, biologically, is based on your physical appearance, and although that may vary for personal preference, the general consensus of beauty is fairly universal. You either have it, or you don't. If you aren't sure if you're pretty or not, then you already know the answer. This is harsh but this is the truth.

HOWEVER... all hope is not lost! Do not despair or give up! This

is why you 'Ask Tim' and this is why I get paid the big bucks. Physical appearance means NOTHING when it comes to REAL, NORMAL, EVERYDAY people! Life is nothing like the movies or Television! Popular culture needs you to believe that *celebrities, actors, musicians* and the like, are better version of real people. That they are more beautiful or more importantly, living an 'easier' life. If you compare yourself to others, and doubt your desirability, then you have already lost the competitive edge; and therefore by simple logic, are less attractive than your 'competitor'. The dating game is nothing more than a animalistic primal dance of bright colors and loud screams. Attraction will get you noticed first, but just because the early bird gets the worm, doesn't mean that every other bird is starving!

So... the top three things that a man will find most desirable. Starting with the most important!

1. Can you have a conversation?!

Approaching a girl is hard. It takes a lot of confidence, practice and sheer optimism. If a guy approaches you, *that you like*, then make an effort to have a conversation! Even if the guy is a dud, it's still good to practice until you find the right guy. There is nothing worse than when I've approached someone, and after asking,

Tim: Hey, how's your night going?

Girl: Oh Hey, yeah, good thanks, you?

Tim: I'm great, had a few beers and feel relaxed after a long day. Do you come here often?

Girl: Yeah... a bit... you?

Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Yeah, a few, what about you?

Tim: Just a few guys from work. Not sure where the night will take me yet. Keeping my options open.

Girl: Oh nice. Nice. Yeah. um. *Sips drink*

Tim: Cool... Cool... *long awkward silence* Talk later then...

No matter what you look like, that example right there will kill any guys mojo. It's done. It's over. He's not coming back. Pack your backs and call an Uber... Of course you may be nervous too and even too shy to ask him meaningful questions but just the act of trying will make you ten times more desirable. Even if you feel like you are making a fool of yourself, it's better than not offering anything to the conversation.

A boy will like you for how you look; a man will love you for how you make him feel.

2. Common interests and related humour

Let's try again.

Tim: Hey, How's it going, I'm Tim.

Girl: *Notices funny Game of thrones T-Shirt* Ahh excuse me, I'm Daenerys, Mother of Dragons, please address me by my formal title. *with playful smile*

Tim: My apologies Queen, let me buy you another mug of ale.

****Fast forward****

Girl: Do you have protection?

It's important to understand that men are just as vulnerable to social expectations and they too suffer from the feeling of inadequacy. If you have realistic expectations about the man you want to meet, then that man is just as nervous about being perceived as 'attractive' as you are. He hasn't nor will rarely approach the most attractive girl at the bar. Every guy knows that that is a suicide mission because she will reject you... and reject you hard... He is approaching you, because A) you seem approachable, meaning yes, in truth, in what he believes is his 'social range' but more importantly B) the

most attractive girl within his range... Simply by approaching you, he has acknowledged that he finds you ATTRACTIVE! You didn't have to do anything!!!

3. Know what you want before the night even begins!

The majority of men hate wasting time. When I ask, what do you want for dinner and you reply... "ahhh, I don't know, what do you want?", I am dying inside from frustration. Men are simple creatures with unnecessarily complex brains. We are capable of great things, but most of the time, just want to eat, (work), play and sleep. For that, you need to know what you want before you go out. If you are just looking for a no-strings hook up, then act like you want a no strings hook up. If you are looking to find a future, meaningful relationship, then act like you are looking for a meaningful relationship. Social expectation dictates that a man approaches, or makes the first move, but there is nothing sexier than a woman who knows what she wants. That doesn't mean you tell a guy what to do and when to do it. It means you act with conviction and congruence in your words and actions. If you want a real connection, ask questions that are both socially appropriate and meaningful.

Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Me too, I really like Jazz. Especially the saxophone. Something about the sound is just so smooth and calming. Oh and my friend is just at the bar.

Tim: Haha, there is my friend, at the bar also. I know what you mean. It has such a soulful rhythm. Easy to move to. Do you play any instruments yourself?

Girl: Haha I tried the piano but I'm not very good.

fast forward

Tim: Maybe I can get your number, and we could check out a Jazz Gig sometime?

The last words...

Attraction is important, that's undeniable, but it will only get you so far. If the only reason you are with someone is 'attraction', then that relationship will never last. Be desirable because you show genuine interest in the other person. Make them feel wanted and the rest will fall into place.

