

# Spiritual Care Corner



with Chaplain  
Hazzan Rob Menes

## Finding our Focus

For months, the coronavirus has dominated the news and, for most of us, our thoughts and conversation. The threat of an outbreak has changed the way we carry out our lives. However, if we consider the activities that we do, most of us spend only a small portion of our time actively dealing with the virus. We still have to eat, sleep, and find enjoyment in life. Every once in a while, we have to refocus our thoughts and look beyond the immediate concerns. That is what Shabbat is about.

Shabbat causes us to pause and go back to our first principles, and recommit to what is most important. We may not be aware of the anxiety which is distracting us. We may feel an urgency which would not normally be present. So, on Shabbat we take time, focus on peace, return to the books we value, and try to connect with something bigger than us to remind us that the unknown can be a miraculous and wonderful place. As Shabbat begins this evening, let us be thankful for the opportunity to reclaim peace and joy.

**Chaplain Rob Menes**

