

Spiritual Care Corner



with Chaplain
Hazzan Rob Menes

Making a Difference

A fundamental idea in Judaism is the importance of differentiating between people, places, and times. It is not only important to rest on Shabbat, it is also important to name it, to separate it from the rest of the week. It is different because we do different things and we remember it by calling it something new.

When our activities are more limited, such as in this difficult time of the pandemic, it may be more challenging to differentiate what we do. For some who are working at home, it may seem like one day simply flows into another. It is therefore that much more important to separate Shabbat from the rest of the week. It is an act of reclaiming our time. It is an act of defiance to say, "This is Shabbat, and on Shabbat I rest and I change what I do." Let's challenge ourselves to consciously rejuvenate, even within the constraints of isolation, and take back our week!

Chaplain Rob Menes

