

# Spiritual Care Corner



with Chaplain  
Hazzan Rob Menes

## Resting in the Marathon

The restrictions that have been put in place at the Snider Campus will, we hope, keep us safe from the coronavirus. Unfortunately, there is no absolute timeline for our concern. What we do know is that this is more like running a marathon than a sprint; we need to prepare for the long journey. In some ways, it is very much like wandering in the desert.

How do you rest in the midst of running a marathon? When you get weary, exhausted, and start to lose focus? You slow down and change your pace. You replenish your fluids and reconsider the broader picture. You check your health and remember the inspiration that started you on your journey. You create a small oasis in time to rejuvenate. And that is what Shabbat can be for us. Shabbat is a day which is different, in which you consider loftier thoughts and a grander purpose. Shabbat can be our rest within the marathon.

*“The Jewish contribution to the idea of love is the conception of love of the Sabbath, the love of a day, of spirit in the form of time.” – Abraham Joshua Heschel, The Sabbath*

**Chaplain Rob Menes**

