

# Spiritual Care Corner



with Chaplain  
Hazzan Rob Menes

## Shabbat Hazon

The Shabbat prior to Tisha B'av is called "Shabbat Hazon" in Judaism, because the haftarah portion (from the Prophets in the Bible) begins with "Hazon Yishiyahu", the Vision of Isaiah. For those who read the haftarah publicly, it is the most difficult one of the year - not because the words are hard, or because it is particularly long, but rather because it requires transitioning from one melody to another at least three times. The transitions signify the passage from the deep anguish of the destruction of the Temple to the positive messages of hope for the future.

It is often easier to accept a painful situation and habituate ourselves to it, learn how to live with it, and adapt to it rather than transition to a new state of being. Change is difficult because it forces us to confront the unknown with only the promise of a brighter day. Yet, that is what we face today. Here at Louis Brier we have learned how to deal with the coronavirus. It has not been easy, but we know what to do. Now, we must change once again and transition to a new way of doing things that promises to improve the quality of life of all of our residents and families. The transition won't be easy, but like learning a new melody, it will give us a fresh song we can sing together. Let's learn this new song and sing out in harmony!

Shabbat shalom

**Chaplain Rob Menes**

