

Head and Heart ראש ולב Rosh v'lev

Two things come to mind for me at this time of the year and both centre around the word 'rosh'.

On the one hand there is Rosh Hashanah, or head of the year, a time where we look back over our deeds of the previous year and forward to the New Year in anticipation of what it holds.

On the other hand, I wonder how those who are experiencing emotional difficulties are coping, especially at a time when families traditionally come together to celebrate, i.e how they are dealing with things in their head.

Sometimes we tend to lose sight of the fact that, during this generally joyous time, there are those who will be experiencing a first Rosh Hashanah without a loved one; those who have had a change in financial circumstances and might be unable to afford a family get together as in the past; those whose incapacities prevent them from joining in; those who choose not to admit their difficulties.

We can say 'our hearts go out to these people' but are we proactive in our approach? Maybe this year we can look around and see who might welcome contact from us – a phone call, an offer of help, an invitation for a meal. And also think on the wider scale for those who might benefit from longer term help, which we might be unable to give. If this is the case you might consider telling them about Raphael Jewish Counselling Service, where they can receive support in the secure knowledge that, whatever their problems or financial circumstances are, they will not be turned away. A gesture from the heart to help their heads.

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