



WORDS

Aren't words fascinating? We no sooner seem to choose a new word to describe a place or a situation so that the place or situation is perceived to be more acceptable, than it seems as if the place or situation rejects our efforts, and we are once more on the trail of a new word. For example, having designated the word 'home' to those places once referred to as institutions, we now experience the cry that the last place I would want to send my parent to is 'a home'. And consider another word which seems to crop up every day of late, 'appeal'. What image does it conjure up in our minds? Someone, somewhere, with a good cause wants our money... And 'counselling', what does that bring to mind? Many will see it as a last resort for someone unable to come to terms with a problem in what we consider as the normal way. As to 'Belief' that is so often for others rather than ourselves. Although perhaps, there just may be something in it, we ponder, as we join our fellow Jews in synagogues that have suddenly become too small.

And 'New Year'? Yes, it is another New Year, but is it likely to be a happier one, a more peaceful one, a more meaningful one, than all those other New Years? Is prayer likely to help? We realise that it won't win us the lottery unless we buy a ticket, and if we do, we are most probably going to be disappointed. So where can someone go if they are depressed, feel unable to cope, seek a more fulsome life, come to terms with themselves and their potential, need reassurance, realise their present and enjoy, yes enjoy being? 'Being what?' you may ask. One answer may be 'Being one's full self', and words being fascinating one might wish to explore the concept of 'full'.

Raphael Jewish Counselling Service may be able to assist you in coming to terms with the real you. Maybe, despite watering restrictions, everything in your garden is blooming and well. But perhaps you know of someone who would find comfort and solace and new hope were they to make contact. Named after Raphael, whose efforts in fending off the Demons, are well recorded, the service (now more than 25 years old) is available to anyone who would like to consider counselling by a Jewish Counsellor. So back to that word 'appeal'. This is not an appeal for money, although contributions are always welcome. No, this is an appeal to you to help make us better known in the community. A message left on the answer phone will be responded to by an experienced Intake Counsellor very quickly. The call and all that follows will be completely confidential. If a decision is made to have counselling, all payments will be agreed according to one's means. Raphael Jewish Counselling Service is a registered charity. Its Patrons, in order of their appointment, are Chief Rabbi Sir Jonathan Sacks, Rabbi Tony Bayfield, and Rabbi Dr Abraham Levy. We have rabbinic consultants from Orthodox, Liberal, Reform and Masorti synagogues. As you can appreciate, we could be called a 'Broad Church' but perhaps a better word would be more appropriate in the circumstances.

Words are indeed fascinating. One of the wonders, as our High Holy Days approach, is that as we pray in our own synagogues, we realise that Jews the world over are praying in their chosen congregations. All of their words, in whatever language, and even the Hebrew may differ in some congregations, are routed to the same Source. Is it possible, that in some very tiny way, and for just a very few fellow Jews, Raphael Jewish Counselling Service may be privileged to play its part in making this New Year a turning point in some troubled lives?

Could your words make such a dream a reality? Now that would be a Mitzvah!

**Jack Lynes
Chairman**

RAPHAEL JEWISH COUNSELLING SERVICE, Tel: 0870 787 5056, email info@raphaeljewishcounselling.org serves the Jewish Community in and around the Greater London Area. Our Clinical Director, Ruth Barnett welcomes your enquiries and would be pleased to speak to groups and communities.

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