

# Spiritual Care Corner



with Chaplain  
Hazzan Rob Menes

## Approaching the Unknown

The Snider Campus continues to make its way safely through the turbulent waters of the coronavirus epidemic. Surviving an epidemic isn't simply about avoiding the disease - it is about maintaining your relationship to humanity and your connection with a higher power. We are finding ways to maintain those relationships, with technology, and with music and art, and to provide outlets for spiritual connection. We are investigating ways to access religious services from various congregations over the Internet, and we continue to enable prayer on an individual basis. As Shabbat approaches, we should remember that we can choose how we approach the unknown: with appreciation and wonder rather than anxiety and fear. Let us use this time to rejuvenate, regroup, and remember the gift of life.

Shabbat Shalom.

We do not leave the shore of the known in search of adventure or suspense or because of the failure of reason to answer our questions. We sail because our mind is like a fantastic sea shell, and when applying our ears to its lips we hear a perpetual murmur from the waves beyond the shore."

– Abraham Joshua Heschel

Grant, Lord, that we may lie down in peace, rise up again to life renewed.

[http://www.hazzanmenes.com/Chaplain\\_Hashkiveinu.mp4](http://www.hazzanmenes.com/Chaplain_Hashkiveinu.mp4)

**Chaplain Rob Menes**

