

Spiritual Care Corner



with Chaplain
Hazzan Rob Menes

Taking Each Other Seriously

It's good to find ways to maintain a positive attitude and hope in our future. Humor, laughing at ourselves and our situation is one way to do that. Throughout the coronavirus epidemic, our response to uncertainty is often laughter. Each person takes a guess at what awaits in the unknown, and we may laugh at what they imagine. It may be easy to dismiss the source of others' fears.

But the fears are real. The emotions that come up, the anxiety and emotional pain, is real. Each person has emotions which must be taken seriously. Caring means respecting, acknowledging, and addressing those fears regardless of whether the source is reasonable or not. At the Snider Campus, we care for each other by recognizing that our emotions are real and we help to deal with them. Perhaps we can change them, perhaps we can transcend them, We may not be able to laugh at them, but we can understand them.

Let's care for each other with compassion and respect for the emotions that the unknown creates.

Chaplain Rob Menes

