

Spiritual Care Corner



with Chaplain
Hazzan Rob Menes

The Need to Laugh

“Laughter is the sun that drives winter from the human face.” Victor Hugo

Throughout the pandemic, here at the Snider Campus we manage to maintain our composure and continue to respect and care for each other. With the restrictions in place, it is difficult to feel connected to others. But, there are two powerful tools that we use every day: music, and laughter! Jokes, like songs, can go right to the heart and open up the emotions that we try to put away in this difficult time. As John Cleese said, *“Laughter connects you with people. It’s almost impossible to maintain any kind of distance or any sense of social hierarchy when you’re just howling with laughter. Laughter is a force for democracy.”*

So, here are a few laughs for today:

Finland just closed its borders. You know what that means. No one will be crossing the finish line.

I ran out of toilet paper and had to start using old newspapers. Times are rough.

So many coronavirus jokes out there, it’s a pundemic.

What is an astronaut’s favourite part on a computer? The space bar.

I’ll be here all day...

Chaplain Rob Menes

