

**Friday Evening Message – 22 May 2020**



*An ancient woodland where you can see along the paths for miles.  
Wayland Wood, Watton, Norfolk.*

Over lockdown even when it's been a struggle to stand up & go outside, dog walking – solitary - in the weather - the air on skin, sunshine in eyes, dog full of beans, tail up and

ready to go I'm immediately more relaxed. It's a good time to meditate and think; to be more balanced.

Albert Einstein said 'In the middle of every difficulty lies opportunity'; necessity is the mother of invention & so it is. We've learned & relearned important things. Many have faced tragedies. There have been & will be more & challenges. But we've been adapting; behaviours and thinking have changed. People are resilient. So many initiatives and mitzvot we hear of testify to it.

If we all do a bit more of what we can even if it is small it will make a big positive difference. Don't think what you did isn't good enough – every little bit helps. Even if you don't have a lot of space - move, change position, meditate, do something to help your thinking to be as balanced as possible.

Different people in different situations have been affected in different ways for many reasons. Very many people are not in such a lucky position as most of us are in Norfolk. One way I feel better is to do something for someone else.

Even if we cannot physically help – many can do something. Donate what you can to one charity of your choice maybe a smaller local one. Not just once now, but regularly. You can give to the Norfolk Community Foundation, in effect you'll donate to several charities. The charities need your help, desperately now. Make a phone call, send a card, text a video. Decide to do something new once this is all over.

We've had a change of behaviour now. We need change it and our mind set; not just now but for the longer term. We will need to be careful & mindful for some time to come even when lockdown eases. The New normal. We'll need to remember for a long time to come. This is what I'm telling myself.

Shabbat shalom,

Sarah

**Norwich Liberal Jewish Community**

[norwichljc.org.uk](http://norwichljc.org.uk)

