

## **'The new normal' – 19 June 2020**

We all find ourselves in a surreal world where what we had taken for granted as 'normal' no longer exists and may never be the same again.

We feel great sadness at the loss of loved ones taken by this horrid virus, with lovely friends from NLJC and our old community at Bet Tikvah affected, and they are very much in our thoughts and prayers.

Our thoughts have also turned to small positive things that we are extremely grateful for. We are blessed to live in beautiful Cromer and taking our dogs to the beach or the woods is just a short walk away. Like lots of friends, we are also spending more time in our garden, planting lots of vegetables and talking to our chickens.

Having our children Rachel and Aviv home from university when they'd usually be enjoying their busy lives in Nottingham and Lincoln is another positive thing in this rather odd world. Aviv had been just about to go onto the wards as a third-year medic but as staff are extremely busy fighting the virus there simply aren't enough doctors to supervise students. Rachel, a second-year History student, had secured a volunteering position with the British Museum in London but that is more likely to happen next year now. However, we are grateful that we are all together and sitting around the kitchen table sharing Shabbat meals, stories and jokes has been simply perfect.



*Posy and Lulu on Cromer's East Beach. (Posy is now the size of a Polar Bear).*

Our 'university lives' have become completely different. For the three of us in our house studying for degrees, we find ourselves on video conferences and doing lots of online learning. I've just gone into my third year of my nursing degree, which certainly isn't ideal for online learning, but I am enjoying seminars with my peers and lecturers. I sat a mock exam in my PJs and I'm so relieved I've passed 3 out of 4 of my second-year exams, one more coming soon. This is a medication calculations exam, or as my Henry calls it a 'moths' exam, where my puppy Posy sits loyally by my side in case I'm afraid of 'the moths' as she thinks they might have big teeth. A bit terrifying like the Hoover of hosepipe if you're a puppy!

I have always prayed but this has taken on more significance personally given the world we're living in. I am extremely grateful for the blessing that is my faith, my family, and our Jewish community, so thank you dear friends.

Shabbat Shalom,

Penny

**Norwich Liberal Jewish Community**

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