

I suspect that some of you, like me are finding this third lockdown particularly hard. There is rarely very much sun in the sky and the days are often wet and cold. And at times it's hard to see the light at the end of the tunnel.

I found myself weeping my way through a very sensitive Holocaust Memorial Service on Wednesday despite the fact that two big positives happened that day:

Jo, my daughter secures a senior job with the Trussell Trust Foundation –those people that organise the food banks. As I'm sure you can imagine, the organisation has grown hugely during the pandemic to meet the demand.

Adam, on a day exactly eight months after he came out of hospital, has recovered from Long Covid and can start running again.

These two events lifted me out of a rather bleak headspace and made me reflect on all the things I have to be thankful for.



Adam and Jo

- A lovely home and garden on the friendliest street I know.
- A wonderful dog and cat. Jasper and Bella welcome me home when I've been out and keep me company in the evenings.
- I'm loving doing my music therapy – still working at almost seventy against the odds. But it keeps me in touch and on top of the game.
- My wonderful friends and family who look out for me.
- I'm lucky to live in the developed world and as a health care professional, should be getting my vaccine next week.
- And lastly, I'm lucky to belong to the Norwich Liberal Jewish Community. We have all been looking out for one another in probably the most difficult time in living memory. I don't always love zooming – but it keeps us all connected and does help to save the planet. And people that couldn't always get to shul can now join us on the screen.
- As it says in the siddur: "May we all find here community and friendship" – never has this been more important.

We need to be thankful for the small mercies and when I'm in whinge mode, I pull myself up short and remind myself that I'm one of the lucky ones.

Shabbat shalom,

Annie Henriques

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