

Shabbat Shalom everyone!

I'm so excited to be back here, in Toronto in a place that suddenly feels a bit like home. 4 days ago I returned from a visit to Israel, my home, a visit that was full of many emotions. Joy, excitement, with smiles, confusion and a little sadness, but most of all, fresh air in all the madness.

In the first days in Israel I felt disconnected, everything seemed familiar and known but the feeling was not like that. And suddenly when I had to go back to Canada things felt like home. I got to the house and jumped on the bed, took my pajamas from the drawer and went upstairs to eat an omelet.

The visit to Israel gave many insights, and one of them was related to a song that I really like. Today I wanted to share a song that has accompanied me a lot recently, it's called "Take your time". In the song they say: "Take your time, this pain will pass quickly, I promise, it's only time and we'll forget." And this has been with me a lot lately, because I'm in a period of changes in my life, whether it's moving from Israel to Canada or processes with myself.

I suddenly realize how important it is to give myself time. Time to re-adapt, to be enthusiastic and happy and also to know how to deal with the less positive emotions. Another sentence in the song is "and everything is confusing and foggy, painful".

When I arrived in Israel everything was really confusing. The country I left in August is not the same country. It is a sad country that is mourning for the hostages and for the soldiers. And she is still Israel, but not exactly my Israel that I left.

I feel the change in many different things, not just the country but also in my life. Even my friends are no longer the same. They are in the army and not at home all week, while I go out to cafes in my spare time they fight.

The conversations are not exactly the same conversations, and of course there are those where everything is the same but there are also suddenly friends which is not natural. And because this vacation was filled with so many different emotions, I keep coming back to the song. And I remind myself to "take time", to relax, adjust, love and grow. And that's what I wish for all of us for the new year, to learn to take time, and not to rush everything to happen, just be in the moment.

Thank you!