

Pesach 2011

As you sit around your Seder table with family and friends, the youngest person present will ask 'Why is this night different from all other nights?' and continue 'Because on all other nights ...

I wonder if you've ever thought of the response in a wider context, as there may be people whose answer has nothing to do with the way they sit or what they eat. They may be trying to cope with personal trauma or emotional problems. In such circumstances, their alternative responses might be '... I don't have my loved ones with me'; or '... I am really depressed and don't know what to do, even tonight'.

What can these people do?

Raphael, the Jewish Counselling service, is always there to help. The skilled professional counsellors at Raphael provide a safe, confidential, non-judgemental space in which thoughts and feelings can be discussed.

As a charity, Raphael's services have been available to all Jews, both individuals and couples, for over 30 years; clients pay according to their means and no-one is turned away for financial reasons.

So if you, or someone you know, might benefit from Raphael's services, phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours. Alternatively send an email to info@raphaeljewishcounseling.org or make contact via the website www.raphaeljewishcounseling.org.

Maybe next year when the question is asked 'Why is this night different from all other nights?' the answer will be 'Because I took the first step'.