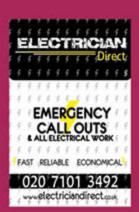
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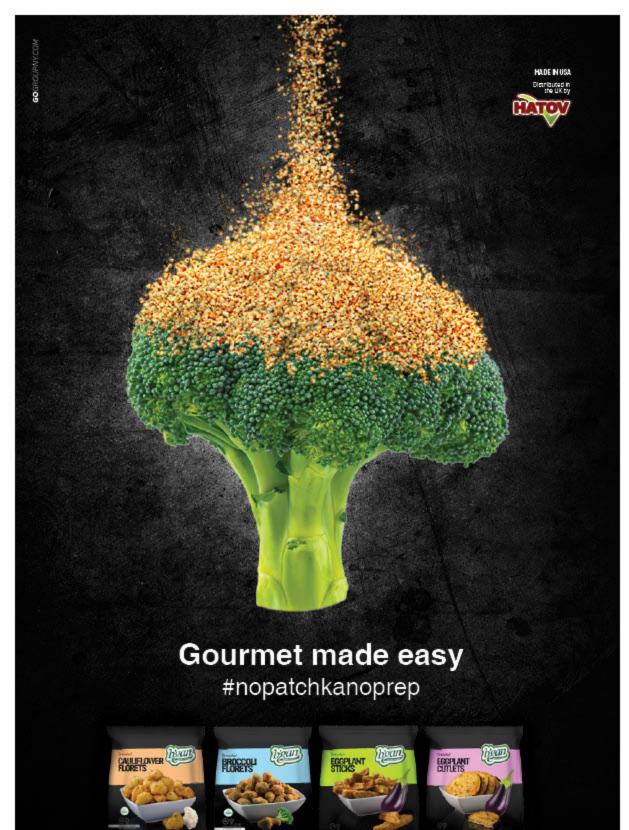
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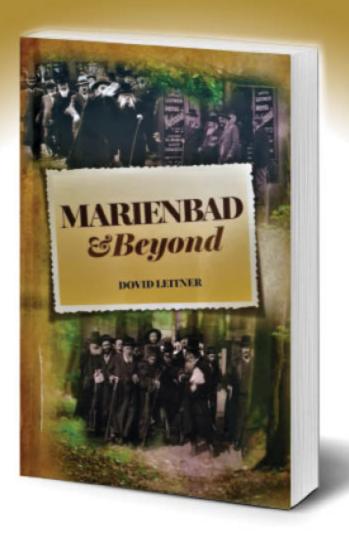
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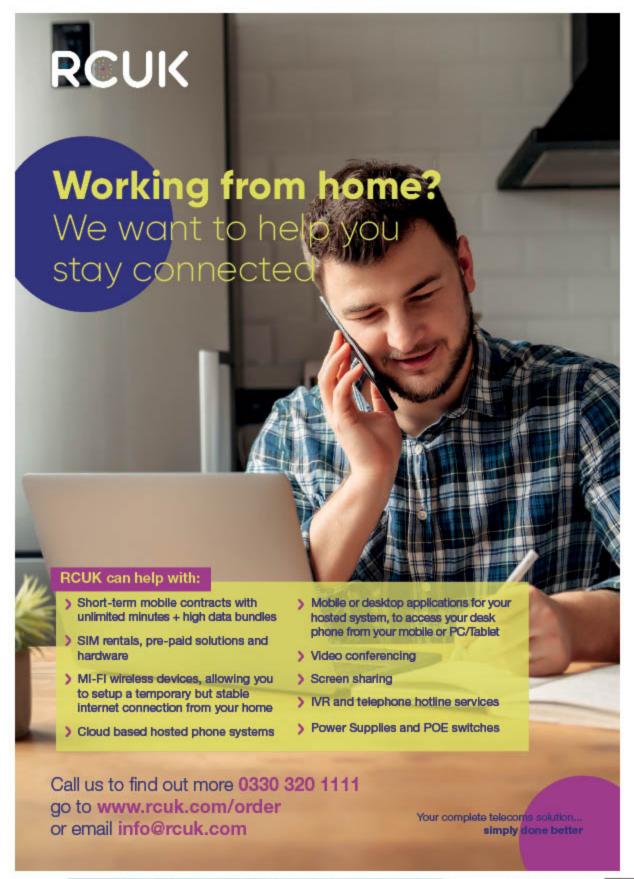
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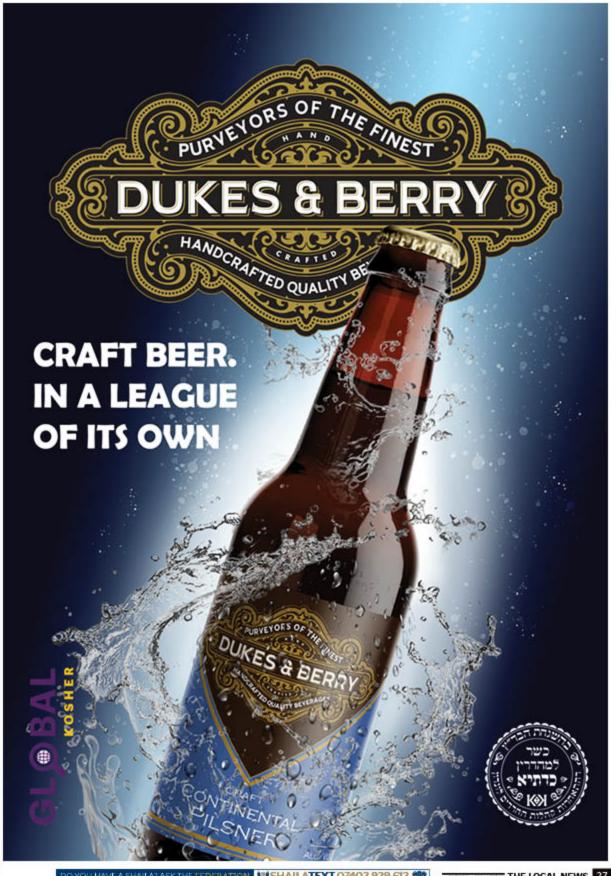
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If I feel very anxious will calling the helpline be helpful or will I require therapy? Is it even possible to be helped with one phone call or a one off therapy session?

A: Zeh Lozeh's Helpline

Zeh Lozeh has a helpline that was set up in order to provide the community with a hashkafically accepted forum for the many emotional health queries that people in the community have. This line has been successfully running for over a year. During the current situation the helpline was expanded in order to support the community throughout these difficult times. A helpline is there to provide advice, guidance and emotional support as well as working together with and referring you to other organisations that may be of assistance.

One Offs

You ask if a one off is helpful. As with any query, a one off call will most likely be able to answer your questions and offer advice. When needed our callers will receive a follow up call to ensure that the help provided was useful and to see whether further assistance is required.

Therapy

One off phone calls or one off therapy sessions are not magic cures and are therefore not able to address ongoing emotional health issues. We have had our volunteers described as 'malachim' and we are very grateful to have been a safety net and support to so many of our kehilla during these incredibly challenging times. Where necessary we will provide therapy which is a great way to address numerous emotional difficulties. While some approaches such as CBT are able to take just a couple of sessions, it is highly unlikely to completely help someone 'al regel achas' - in just one session.

Our advice to you is to call the helpline where you will be able to talk to a caring and confidential counsellor. Discuss your queries or concerns and you will then be advised as to what your next best step would be. Wishing all the cho lim of Klal Yisroel a Refuah Shleimah – Refuas HaNefesh and Refuas HaGuf.

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At Zeh Lozeh we understand that many people struggle with fear, anxiety, and stress on a daily basis. Situations like these can aggravate those fears and difficulties. If you feel that your anxiety or stress is affecting your ability to properly function, it may be advisable to seek the services of a professional that can help you through this difficult period. We will b'n continue to provide our services during these times.

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech. Zeh Lozeh was set up in order to support emotional health within the community. Since its inception in 2016 Zeh Lozeh has impacted thousands of families, schools and children through raising awareness, insets and trainings, therapy and advice line. Zeh Lozeh has the Hasko mos of local and international Rabbonim as well as the endorsement of leading professionals.

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Many share their stories with him and he, in turn, shares them with the public.

A fourteen-and-a-half year old boy

told Rabbi Levy that he had bought an iPhone. with his father's permission. A few days later. his grandmother became ill. and lost consciousness:

The doctors offered little hope and told the family, in other words, to prepare for the levaya.

The boy decided that he must do something drastic, and as a reader of Rabbi Levy's column, turned to his non-kosher device. Right there, in the lobby of the hospital, he took the iPhone out of his pocket. "Hashem," he said, "I'm doing this for You - and for Bubby." Then he threw the phone to the ground, where it shattered to many pieces.

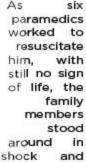
He picked up the shards, later saving them in his closet, before the disbelieving eyes of his family members.

And things took a turn for the better.

day, That very Bubby discharged, healthy and whole, as if nothing had happened.

Early one morning, a few weeks after this story was publicized, Rabbi Levy received a phone call. The man on the other end told him that he wished to repeat his story while it was still warm.

The night before, his father had fallen and fainted. The father, a 63year-old man, was a well-known tzedakah. who had smartphone for work purposes.



fear. "Suddenly," the caller said, "I remembered reading about that grandson who broke his iPhone for grandmother's refuah. announced that we would break our father's phone as a zechus for him, too."

At that very moment, the Hatzolah members found a heartbeat and color began to return to the father's face. They took him to the hospital where he was further stabilized. And in the midst of his care, the man asked his son to take care of a certain family's grocery bill for the upcoming Shabbos.

"We saw that he was fully aware, and we saw the connection."

If you would like to hear more stories, thoughts and chizuk on this topic, for men, call 0330 350 3060 - for women, call 020 3769 1000

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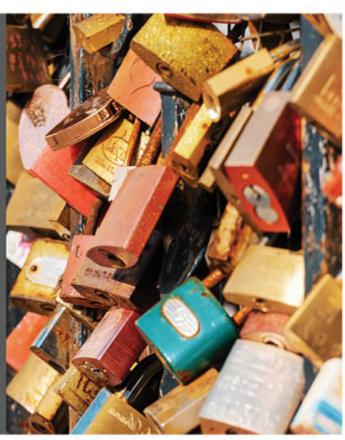
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DARK **LAPESTRY**

by Ruthie Pearlman

CHAPTER TWENTY-NINE

But devilishly clever, too. He had to be to have escaped detection so far, to always be one step ahead of the chase.

Don decided that to plead his innocence was a waste of time. He tried another tack.

"Gabriel, please. Ilana is falling to pieces. If you don't care about me, for whatever reason, think about her. She hasn't done anything to you. She's an innocent party in all this. She only has the one child."

Another maniacal laugh. "I know. That's what made it all so perfect. It's not nearly as much fun if there are loads of kids. But to take the only kid. now that is seeeeeeeeeerious fun! Hahahahaha!" "Gabriel, at least tell me. Is my son okay?"

"That's for me to know and for you to find out! Hahahahaha! It was good talking to you. I really enjoyed this little talk! 'Bye!"

And Gabriel hung up.

Don dialed 1471 immediately, which would provide him caller ID if the caller hadn't blocked

Which, of course, he had.

Don phoned Colin next. The detective, who had been sitting miserably at his desk chewing a pencil and wondering what his next move might be, was shocked at what he heard.

"Gabriel who?"

"Gabriel Feiner. The bane of my whole life, so it seems. Did I say I wanted to confront my ghosts? Well, I just have, and my ghosts seem to be alive, kicking, and still intent on haunting me into an early grave."

"Gabriel Feiner. George Foley. The man plays mind games. Whatever name he chooses he has a dozen variations on it. If it's Shakespeare, he uses Bill Venice, Bill Valence..."

"Shakespeare, did you say?"

"Yes."

"Gabriel was a real classics fanatic. He used all kinds of weird quotes to prove his points. Particularly Shakespeare."

"Yeah, that's how he seemed to me, too. And how he signed his e-mails." Don didn't pick up on the fact that Gabriel was a part of Colin's past, too. He was far too troubled by the recent event. "If he calls again, try to keep him talking as long as you can. I'll get someone to set a tap on your line. And if Gabriel Feiner is his real name, I can have the Iowa PD do some checks on him locally."

"At least we have a motive," Don said, mostly to himself. "Twisted as it may be, to him it makes sense."

"His father was had up for fraud you say?"

"Not had up, if you mean arrested. My father found out, and the guy fled the country before the police could get to him. Apparently he committed suicide four years ago, so Gabriel just told me. He blames me for the whole thing. I was a kid, for heaven's sake. How can I have even known about the embezzlement, never mind done anything about it? All I wanted him to do was stop messing with my head because I was Orthodox."

Colin realized, by Don's use of the word orthodox that he didn't know yet.

"Mr. Hardman, there's something you should know. Everyone else does by now. I am Jewish and was very frum once, but went off."

"Gee," Don exhaled. "Wow."

"And when I said about how Gabriel had shown his classics side to me, too, I meant that I, too, had my head screwed around with by him in my youth. Only in my case his technique worked. He managed to plant just enough seeds of doubt in my admittedly fertile soil of a messed-up brain to grow into a complete turnoff from religion."

"I find this hard to take in," Don said.

"I never even knew his name," Colin went on. "To me he was just Shake. I told him he reminded



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me of Shakespeare, and he laughed and told me I could call him Shake. Did he ever call himself Shake to you?"

"No. I only ever knew him as Gabriel. Hey, does Leora Jakober know you're Jewish?"

"Yup."

"What'd she say?"

"She didn't say much actually. She knew already. Women's intuition or something."

The two men were silent for a while.

"Well," Colin said finally, "I'm going to get a phone tap set up on your line in case he calls again. That's two phone taps. One for you, one for the official receivers. Apparently he has recently gone bankrupt."

"What should I tell Ilana?" Don asked.

"You know her state of mind better than I do," Colin told him.

"I wish I could get through to her."

"Maybe this news will help."

Don went straight home after the phone call to Colin. Work could wait; he needed to see Ilana. But when he got home, only Maria, the Filipino cleaner, was there. He found her in the kitchen, scrubbing the sink.

"Ilana, she go out with that American lady," Maria told him with a cheery smile. "She look

happy."

"American lady? You mean Leora Jakober?"

"Yes, that's the lady."

"She's back?" Don was aware that he was grinning like an idiot.

"Yes, she back, and she seem to make Ilana very

happy. I am so glad to see her smile."

"Well, that's great news!" Don exclaimed, still smiling broadly. And when the door opened soon after and a laughing pair of young women came into the house arm in arm, he felt a sense of relief that had nothing to do with his lost son, but everything to do with his lost wife.

"Leora! Shalom aleichem! It's good to see you," Don said warmly. "You seem to be the tonic my

wife needed."

"I wanted to show the world that Ilana's walks were not the actions of a meshugeneh," Leora explained, "but that of a mother with a natural maternal desire to look for her child. And I think we achieved that aim today. People stopped looking at her sideways because I was with her. With us both calling out Josh's name, it gave the whole exercise more credibility. I drew the line at walking into people's backyards, though."

Ilana blushed. "Yes, I guess that was a bit over the top. No wonder people thought I was crazy. I don't think I will do that again."

"Way I look at it, Don," said Leora, throwing herself onto the nearest sofa, "this lady here can't sit at home all day waiting for the phone to ring. She'd definitely go crazy then. So these little walks, looking for Josh, however pointless you may think them, do have a point. They give her a purpose to her day. So why deny her?'

Ilana nodded and grinned. "We didn't find Josh, of course, but we had fun. I am so glad Leora is

back."

Don worried about the "of course," as if she had come to accept Josh's disappearance.

"I have some news, as it happens," he said, and sat down to tell her about Gabriel Feiner. At the end of it, Ilana looked at him calmly, her eyes clear as pools.

"It all makes sense now. And even if it doesn't, at least we have a real person to think about."

"You don't think I caused Gabriel's father to commit suicide, do you?" Don asked. This aspect obviously was worrying him a great deal. "No. You have nothing to blame yourself for. It just makes sense from Gabriel's point of view, however warped that might be."

"You never actually met him yourself, did you?"

Leora asked Ilana.

"No. By the time I came to Iowa, Gabriel and his family had long gone. I almost feel as though I have met him, because Don talked about him so often. He obviously left his mark."

"And is still leaving it," Don said bitterly. "If that moron hurts my son even a little bit, I'll..." He

clenched his fists angrily.

"Cool it, Don. It won't help anyhow. We're almost

there now, almost at his lair."

"Almost isn't good enough," Don said. "We could be almost there and never catch him, never find Josh. He might have..." He stopped. He couldn't say the words, couldn't even allow himself to think them, not with Ilana suddenly looking so happy and hopeful again. Later, when he was alone, he would allow himself to think about the possibility that Josh was no longer alive, that he had been dead almost from the beginning. To Don it seemed almost impossible that the world still held his son alive somewhere in it and he could not reach him. The ultimate revenge Gabriel had wanted, and had taken, was to deprive the family permanently of their child and then set them on a cruel wild goose chase, giving them hope that he was still alive. These

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DIFFICULT PUZZLE

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Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner



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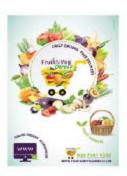
6-PIECE BEDDING SETS

BE SEEN WEEKLY











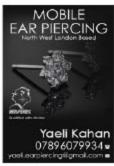




www.aquevo.co.uk

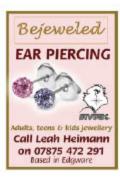






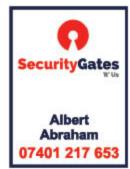














BARTENURA

PRODUCT of ITALY

CAN LA



A 250ML CAN IS EQUAL TO 1.7 GLASSES OF WINE (1 GLASS = 50Z)

> 12 X 4 PACKS 48 CANS PER CASE



ANNOUNCEMENTS **USEFUL INFO** ENTERTAINMENT



kehillanw.org

UNITING OUR KEHILLA THROUGH **NEWS, MEDICAL ADVICE, SUPPORT** AND COMMUNAL AREAS.

HELPLINE REMAINS OPEN TO HELP THOSE WHO NEED TO STAY HOME

NORTH WEST LONDON





