

Rabbi Gershon Eliezer Schaffel
Young Israel of Skokie
8746 East Prairie Rd
Skokie, IL 60076

גרשון אליעזר הכהן שעפל
מרא דאתרא
קה"ק דצעירי ישראל דסקאקי
847-338-9065

בס"ד

י"ג טבת תשפ"ה

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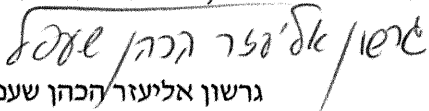
Chazal (*Yoma* 75b) offer two explanations of the *pasuk* in *Mishlei* (12:25): דאגה בלב איש ישחנה - If there is anxiety in a man's mind let him quash it. One opinion is that one should push the thoughts of his mind and the other explanation is that one who experiences anxiety should tell others his concerns. *Mefarshim* explain that both explanations are true. Initially, one should try to push the anxiety-generating thoughts of his mind. If that fails to provide relief, one should discuss his anxiety with others.

Parents of struggling children feel alone and isolated in their struggles. It is embarrassing and humiliating to admit that one has a child/ren who are struggling. Even when parents are prepared to discuss their situation with others, it is difficult to find an empathic, non-judgmental, and understanding person who can listen and speak from experience.

The Parents Line was conceived and is designed to address these concerns. Our trained volunteers honed their active and empathic listening skills. They understand what struggling parents are experiencing and feeling. Our volunteers are passionate about helping others feel understood and supported as they navigate their journey with their children.

It is a privilege of mine to contribute a small part in their sacred work and *Hashem* should bless them with listening ears, understanding hearts, and eloquent words.

בנידיות ואהבה רבה,


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