

Message from the Rabbi & the Rabbanit

Dear friends, brothers and sisters in Mashiach Ben David, we hope all is well.

Please contact us for info/RSVP for our [Online Events](#) in Support of our Militaries, Veterans in the USA and in Israel experiencing PTSD and their families, throughout the month of June 2022.

As nonprofit organization based in the USA and in Italy, [Village of Hope & Justice Ministry](#) offers **FREE IN PERSON and ONLINE CONSULTATION, SUPPORT** through individual and small groups, families, children, Counseling Sessions. The nonprofit association will also distribute resources, information (in English, Italian, and Spanish) handouts and more for the entire month of June 2022 to all those militaries and veterans families applying to the **PTSD AWARENESS MONTH of June 2022 PROGRAM** at our [Counseling Center Machaseh Shel Tikvah](#) via email at contact@machasehsheltikvah.org.

The seven weeks between Passover and Shavuot is the period of the Counting of the Omer, commemorating the Jewish people's count-down from when they left Egypt to the receiving of the Torah at Mt. Sinai. ([Click here for more on the meaning and practice of this mitzvah](#) , [here for other Shavuot resources for your families](#)). More resources and events to come this month of May 5782.

Messianic Judaism considers personal growth a lifelong task for each of us, 365 days a year. Nevertheless, each year a period of time is set aside when these efforts become the focus of our attention. This reflects the spiritual significance of Sefirat HaOmer, the forty-nine-day period between Passover and Shavuot.

The Hebrew word Sefirah means "counting". Every night we count one of these forty-nine days. But Sefirah also means "shining". During these forty-nine days, we should endeavor to make our personalities shine.

According to the Jewish Traditions and Rabbinical Studies, we have seven fundamental emotional qualities. These qualities then interrelate, to create a total of forty-nine emotions. The cultivation of our spiritual personalities during the Counting of the Omer involves the refinement of our "emotions", refining our character, eliminating their coarseness and directing them towards goodness and G-dliness. As we work to upgrade our emotional potential, we prepare ourselves to relive the experience of the giving of the Torah upon Mount Sinai and the receiving of the Ruach HaChodesh (Holy Spirit) through Yeshua Ha Mashiach (Jesus the Messiah) on the upcoming holiday of [Shavuot 5782](#).

Shabbat Shalom,

Rabbi Harel & Rabbanit Gavriela Frye