



B'shvil HaMachar - Path to tomorrow

Facebook Post from October 2, 2020, which was posted by Ofer Shelah, a an Israeli journalist and politician:

This post was written by Ariel, a member of my son Itai's team, the 'Paz team' from the Paratroopers' Division.

During the Tzuk Eitan military operation, the team lost its commander, Paz Eliyahu, and three fighters: Lee Mat, Shachar Dover (Dauber) and Shachar Shalev, RIP. Recently, Itai and his friends participated in a journey led by B'shvil Hamachar's (Path to tomorrow).

On this Yom Kippur eve, a time which always brings back painful memories of loss to all who lived here 47 years ago, and in these trying times of division among us, I feel it's important for me to share with you the moving words of Ariel @ariel nidam

A post about trauma

It all starts when a couple of guys from our army team decide to pick up the gauntlet and see the importance of someone coming to take care of us.

For too long we have been walking around in the dark, keeping things bottled up inside and letting the wound fester from within, robbing us of our inner strength and resources.

It's time to stand up to our fears and look them straight in the eye.

What I'm talking about is unfortunately not as 'sexy and attractive' as other war-related events. It never gets enough interest or support in our war-torn country. After all, it's "only " post-trauma.

So, my team members turned to an amazing organization called "Path to Tomorrow", a non-profit organization that is all about giving and whose mission it is to genuinely help. They're amazing people who have decided to volunteer and I would even go as far as saying that they are lifesavers.

It can't be easy to be in their shoes and listen to our difficult stories, experience our pain and devote themselves completely to a group of fighters who used to be the ones who volunteered to save others' lives.

We set out on a week-long journey to "Yaar Odem" (Ruby Forest), a place that is surely as impressive as the forest in Romania to which we would have traveled had it not been for the Coronavirus



This was nothing like the previous times we'd been together – Remembrance Day ceremonies, memorials, team get-togethers and Miluim (reserve army duty) where we're used to meeting.

Every time we meet, we all go back to being the same 18-year-olds who kid around and act silly. Kids – yes, but still, we're a bunch of men. Real men and fighters. Fighters who decided to take off their 'tough' masks and look fear in the eye. .

We sat in a circle, which felt a little strange at first but very quickly that circle draws you in. The circle has powers, it has a sort of magic that allows you to let go.

And in that circle, there are emotions and there is a strength that cannot be described in words; it doesn't allow you to remain indifferent.

We told our stories, reminisced, cried, asked for forgiveness, thanked each other, laughed out loud and were there for each other.

During this week we also enjoyed ourselves. We climbed the mountains and looked at everything from the top. We walked in the relaxing and beautiful nature of the Golan Heights and jumped into the surrounding springs. We cooked various meals, made bonfires on star-filled evenings, and we changed our lives.

Amidst all the thoughts and reflections this week brought up in me, it also gave me peace and serenity. A sort of calm that made me look beyond the noise and bustle of everyday life.

This week helped me set goals for the new year - self-awareness that will enable me to hold on to that calm which I love so much.

To know that you can hold on to people who love you and to know how to reach out to them when you need to. To be able to share love and be attentive to the people around you. You have it in you to save a life or even just to make one person's day better.

Today I know that my team, and four angels, stand behind me. They're looking after me and won't let me fall. They're with me in moments of happiness and in difficult times. And with them behind me, I know I'm no longer afraid.

I want to thank "B'shvil Hamachar" for going on this journey with us. The work you do is sacred and awe-inspiring; you are indeed fighting for tomorrow for us all.

To all the fighters who have served in the military, I recommend with all my heart contacting the organization and starting the process.

Visit our website: www.bshvil.org Contact us: office@bshvil.org.il