



Shagririm Balev
Everyone Can Make a Match
ALEEZA BEN SHALOM | Jewish Matchmaking


Shagririm Balev
Friends set up friends

Finding Renewal in the Holidays, Even When Your Heart Feels Heavy

When the Holidays Bring Pain Instead of Joy-And How to Shift

לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Anonymous asks:

Aleeza, I'm writing to you with a broken heart. I'm in my late 30s and the holidays are approaching. Instead of feeling renewal and joy, I feel anxious and stressed. Every year at the holiday table, someone says to me, "Next year you'll surely be a bride." And every year, I'm left with the same grief and disappointment when it doesn't happen. I feel like it's my fault that I haven't found my person yet. Why am I put in this corner? How can I truly feel the renewal of the holidays

and find joy in my portion?

Aleeza answers:

My dear friend, I hear your pain so deeply. The holidays, which should be a time of comfort and celebration, can become the sharpest reminder of what feels missing. The comments even when meant with love can feel like salt on an open wound. What is meant to bring comfort instead brings pain.

The first thing to remember: it is *not your fault you are single*. This is how Hashem created the world, each soul has a unique journey, and the timing of marriage is written in heaven. We don't always understand why one person marries at twenty and another at 43,

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but we know that it's in Hashem's hands. And yet we still play a role in our soulmate story.

So how can you face the holidays differently? One way is to gently shift from comparison to compassion. Instead of focusing only on what others have, ask yourself: *What can I give at this table? What light, what humor, what warmth is uniquely mine to contribute?* You are not a guest in your family's life - you are an essential part of it. Another step is to prepare yourself emotionally. If you know the comments are coming, plan a response that protects your heart. It can be as simple as a smile and, "Thank you, with Hashem's help, in the right time." This allows you to acknowledge their hope without letting it pierce you. Every prayer is answered, but remember we don't always get a yes. Sometimes Hashem says not now. And while that was previously your answer there's always an opportunity for the next answer to be NOW is the moment, yes!

Renewal, a new year means your soul is being given fresh strength, new faith, and the courage to keep moving toward your future.

May this holiday season bring you not only comfort, but also quiet joy. May you feel Hashem holding your hand at the table, reminding you that you are precious, loved, and never forgotten. And may the year ahead surprise you with blessings beyond what you can imagine.

Aleeza ■

Founded in Israel in 2019 and led by Rav Rimon, **Shagririm Balev** - a social online matchmaking initiative - has taken the dating scene by storm. With over 10,000 candidates and 3,000 Ambassadors, in Israel and the US, Shagririm Balev is averaging a Wedding every 2 days!



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