



To Prevent Another Life from Being Lost

⚠️ !! An Urgent Call to Action !! ⚠️

A Tragic Suicide... 💔

The news of the suicide of **Tomas Adzgauskas (27)** from Ashdod shook us deeply this weekend. With his death, the full tragedy of October 7 becomes painfully present once again. Tomas, an officer and sniper commander in the Givati Brigade, fought that day with extraordinary courage near the Gaza border — and saved lives. But what he witnessed and endured left deep, invisible wounds. He survived the attack physically, yet could not find his way back to life.



In his farewell letter he wrote:

“Thomas has been dead for a long time, I am only a soul searching for peace... 7.10 destroyed my life and everything I was. I can’t go on.”

He is the **62nd soldier** to take his own life since October 7.

There is Help — the Rimon Therapy Farms! 🤝 🌱

Nir Amitai and his team work tirelessly to expand their programs and capacities to help exactly these internally wounded individuals find a path back to life — and they are achieving remarkable success.



From his recent update:

“Every week, **230 people** participate in our post-trauma programs at Lahav Farm, including soldiers from the Yahalom Unit. We have expanded our family-therapy program, held a religious–secular learning session, organized a dance evening, and visited the Gaza Envelope to deepen our mission. We are also building new collaborations in the Western Negev. I am especially proud that our new program directors come from a community deeply affected on 7.10 — no one is more meaningful for rebuilding this region.

There is still much work ahead. But with united forces, we will overcome every challenge. We are deeply grateful for every form of support.”

Our Contribution? It is Crucial — Right Now. 🤝 🙏

The Rimon Farms accept **everyone** who seeks help. But accommodation,

therapy, and long-term care can only be funded by people who understand, who empathize — and who act.

Those who donate are **truly saving lives**. Please help!

Ways to donate:

♥ Directly to the Rimon Therapy Farms: <https://www.rimon-farm.org.il/en/donate>

♥ Via our organization Arc to Israel: [arc-to-israel/donate](https://arc-to-israel.org/en/donate)

Please specify “Rimon” as the purpose of the donation.

We have already transferred a larger donation and forward **every euro without deductions**. Donation receipts will be issued at the beginning of next year.

Thank you for your open hearts — and for helping make life livable again.

Brigitte Chaya & Harald



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