Spirituality in a Time of Crisis:
Responding to the Coronavirus from the Jewish Tradition

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Coping with Crisis

1. **Rabbi Twerski’s Response to Stress** - This is a very short video by Rabbi Avraham Twersky zt"l on one way to respond to stress. Take a look.

2. **Suggested Psalms to be Recited During this Time**: Chapters 20, 27 and 130

3. **Study Together** - Find a partner or a group of people who might want to study together. Here is a sign-up sheet if you are interested in learning about the Meaning of Symbols this coming Sunday, March 29th at 2 PM.

Building and inspiring fellowship and community in a time of crisis

1. **Bava Kama 60b** - On why one should not leave their home

2. **Chulin 10a** - Endangering self and community takes precedence

3. **Rav Kook** - On abundant caution

It is not enough to “be careful” while trying to achieve a goal, but one needs to avoid danger altogether.
4. **Shabbat 32a**

A person should never stand in a place of danger saying that they on High will perform a miracle for him, lest in the end they do not perform a miracle for him. (...) Similarly, the Gemara relates that Rabbi Zeira would not go out and walk among the palm trees on a day when there was a southern wind blowing due to the fear that the trees might fall on him.

**Reflecting on gratitude and faith in a time of crisis**

1. **Songs**

**Tov Lehodot L’Hashem**

| Tov l'hodot la'hashem, Ulzamer l'shimcha elyon l'hagid baboker chasdecha V'emunatcha baleylot. | It is good to thank God And to sing out to the Universe. To tell over of Your kindness in the morning and Your faith in the nights. |

**Esa Einai - אשה עניי**

| Esa einai el heharim, me'ayin me'ayin yavo ezri Ezri me'im Hashem, Oseh shamayim va'aretz Ezri me'im Hashem, Oseh shamayim va'aretz | I will lift up my eyes to the mountains. From where does my help come? My help comes from the Lord, who made heaven and earth. |


“The most practical thing is not to weep but to act and to have faith in God’s assistance and grace in our trying to do His will.”

(From: [https://voicesofdemocracy.umd.edu/heschel-religion-and-race-speech-text/](https://voicesofdemocracy.umd.edu/heschel-religion-and-race-speech-text/))