



The Twilight Zone in the Time of Corona

As a child I used to love watching “The Twilight Zone”. Rod Serling’s voice would come on the television announcing, *"You're travelling through another dimension, a dimension not only of sight and sound but of mind; a journey into a wondrous land whose boundaries are that of imagination. That's the signpost up ahead - your next stop, the Twilight Zone!"*

For the past few weeks, I have felt a bit like I am in “The Twilight Zone”. Things that seem familiar are off a bit. Like having a social gathering at friends’ homes. Or going out to lunch for a business meeting. Even seeing actual Congregants at services. It all seems a bit, unreal, like I am in well, “The Twilight Zone”.

It is only human to want to be safe. When we are little, we learn by trial and error. By gently and sometimes boldly going into new places and taking chances. That’s how we would learn about our world, and grow. Gradually we would learn to accept the world as a safe place.

This past year was anything but that. The virus and/or the fear of the virus entered into every aspect of our lives. Simchas postponed. Funerals with limited attendance. Hospitals in which loved ones were refused entrance in their attempt to visit a patient. And children unable to attend school in person. All this we know. All this we experienced. We all entered into The Twilight Zone because we wanted to protect ourselves and our families.

But how do we leave this zone? How do find ourselves in a place where life feels normal again? Having been vaccinated, how do we move forward in life?

For one thing, we need to be patient. We have all been through an experience that has been traumatic. And to unwind that is going to take time, and it will take place at a bit different pace for each person. Each time we experience something that we used to take for granted and it feels a bit “strange”, trust that this feeling will gradually disappear. Human beings are resilient. And sadly, human history has had events more devastating than this and somehow people found a way out of the darkness and regained their lives.

We have all lost our sense of innocence. We can not compound it by losing our sense of trust in the world or in the people we love. It is a bit of a cliché to say that we now appreciate things that we have long taken for granted. Perhaps we need to move beyond the cliché, and really and truly appreciate those people and activities that we were denied and now slowly are re-entering our lives. Perhaps, what is a bit strange is that we are feeling a bit “guilty” for lack of a better word, for enjoying our lives when so much suffering has occurred. There is no need for guilt. There is a need to reclaim what was taken. And a need to build upon those emotions which empower us to take steps forward into life. These are the steps which will allow us to leave The Twilight Zone stronger and wiser and more resilient than before.

The sign post lies up just ahead. It is time to exit The Twilight Zone and re-enter our lives.