



Two Steps Forward in the Time of Corona

So the conversation usually starts like this: “Hi it’s rabbi, just calling to say hi. How are you getting along?” “I am feeling pretty depressed...” And it goes on from there. Yep. We are all feeling a bit down right now. It feels like we are taking two steps backwards for every step forward. There is good reason we feel this way of course. Rarely have we seen such a confluence of events in such a short amount of time. And not just any events, but events that happen maybe once in a lifetime. The impeachment of a President, an economic recession, demonstrations in the streets throughout the country protesting racism within law enforcement and other places in our society and how can forget “the Pandemic”. If we weren’t asked to stay at home, we would all want to *stay* at home just to avoid all that is going on.

It is without a doubt, one of the most challenging times any generation has ever faced. And with utmost certainty we can say that it is the “uncertainty” that is causing so many of us to feel ill at ease, disoriented and distraught.

When I continue the conversation it usually goes like this, “I can’t see my friends. I can’t go to the movies. I can’t go to my favorite restaurant...” In other words, despite the fact that we are in phase two, many are too afraid to venture out. And so the entire experience is summed up by what “can’t be done”. On the other hand, there are those who are venturing out. Those who have simply had enough, and are behaving as if the pandemic is over. Times up. Its been four months. Time to reopen, get moving, return to normal. No doubt we have to take steps towards reopening the economy. People die of other things besides the corona virus. Social isolation and economic stress are incredibly serious issues. But I hope that people will continue what we started. Wear masks. Keep socially distant. Be almost obsessive in keeping hands clean. And if you are in a population that is defined as being “at risk” please do not venture out more than is necessary. We have come this far. It is time for our second wind; to re-motivate ourselves to do what we can to help each other and our community.

A final thought...remember all of those things you were going to do during this time? The books you were going to read, the closets you were going to clean, the people you were going to call, the hobbies you were going to learn? Other than binge watch your favorite TV shows and movies, how many of those goals have you accomplished? If you have accomplished a lot you are heroes. {And you probably aren’t too depressed either.} But if you are like the rest of us (me included), we have procrastinated on many of the virtues we sought to embrace. *Let’s bring order and certainty to that which is within our control. Resist the pull to fall backwards.* Let’s recommit now. We will all take *two steps forward* for every step backwards. That’s the spirit. Always forward.