

<https://faithandleadership.com/resources-christian-leaders-during-coronavirus-disease-outbreak>
<https://blogs.timesofisrael.com/adam-after-eve-when-two-become-one/>

As COVID-19 spreads, we are asked to keep a social-distance from one another – to self isolate, as it were.

But, isolation comes in numerous forms with different names:

Isolation with an ankle bracelet is called incarceration

Isolation with a virus is a quarantine (technically, if it lasts 40 days)

Isolation with a new spouse is called a honeymoon

Isolation with a non spouse is called a tryst

Isolation on a deserted island is called marooned

Isolation due to lack of self awareness is called senility

Isolation with a partner is called a working opportunity

Isolation while studying for a test is called cramming

Isolation with a bottle is called bingeing

Isolation on the back porch with a good book is called retirement

Isolation on the upper deck of a large cruise ship is called a *mechayeh*

Isolation at home with a phone and friends to dial up is called ...

an attempt to make the most of isolation!

Go for it.

Rabbi Ray Zwerin

Friends, these are scary times. I know that we are all feeling vulnerable and helpless in the face of so much uncertainty. I am no medical expert, but I do have some suggestions to help us emotionally through this crisis (beyond washing our hands and social distancing).

1. Let's avoid the extremes: extreme panic and extreme complacency. Hoarding toilet paper and masks will not protect you from this pandemic and will only raise your already heightened level of anxiety. But being cavalier about spreading germs (especially if you're young and generally healthy) could be really dangerous for someone with a compromised immune system (like me). Listen to the scientists, be smart, be vigilant, be especially careful and caring about those you come in contact with, but don't work yourself into a tizzy. Try to find a balance of calm and consideration.

2. When we think about stocking up on groceries in case we are quarantined, let's remember that not everyone can afford to stock up. So if you can, buy a few extra boxes of pasta or cans of beans and bring them to a local food pantry. Doing something kind for someone else will go a long way toward helping your own state of mind.

3. As people are spending more time in their homes, levels of loneliness and depression will rise, especially for those who live alone. What a great time to make use of technology. Text them. FaceTime with them. Or even do that old fashioned thing called "calling" them. People who are older are not only the most vulnerable to this virus, but they also tend to be the folks who are most isolated in their homes. So reach out to them via technology so they're not exposed to anything, but they're also not feeling abandoned.

Again, I don't claim to know anything about medicine. But I am so sure that helping one another will make us all feel better at a time when we're feeling troubled and defenseless, that I encourage everyone to do something kind for someone else.

Stay well, stay calm and stay considerate. We're all in this together.

No Boat off the Island
Rabbi Gregory Marx

My colleague Paul Yedwab tells of his friend who lived on the Greek Islands. His father, a successful executive happened to be flying up to Athens on business, and he decided to take a rare weekend off to visit his son. They had a nice time together, but at the appointed time for his dad to catch the boat back, there was some sort of disturbance out in the Aegean Sea. So there they were waiting at the dock, but there was no boat.

The father made furious phone calls, but in the end, no boat. The next day, they came down to the pier, but once again, there was no boat.

Since it seemed that no means of transportation would be on the horizon, father and son sat out on the porch overlooking the sea, and they talked in a way that they rarely done.

My friend remembers that day as the best time he had ever spent with his father.

And it was all because there was no boat.

At times, moments of intimacy happen. It's often because there is no boat.

This time of quarantining, is a "no boat," moment. We can't get off the island, so to speak. We are at home with few distractions. So make the best of it.

Being without a boat, means that we can create moments of love, intimacy and connection in a world that is too busy going from place to place, with the illusion that we are in complete control.

While some are complaining that they are bored, feel penned in, this could be an opportunity to get closer while still keeping our distance. Why not have a Facebook, or a FaceTime dinner party? Why not sit down and play a board game with those in your home? Why not slow down and savor this "shabbat," of the spirit? There is no boat anyway.