

# Torah in the Time of Corona

Hi, family!

I know things feel a little crazy right now. There is a lot going on, information all over the place, and a general sense of unease and uncertainty about this pandemic. We don't want to add any more stress than is necessary, but we did have something very important to say in our d'var Torah this week,

We're here.

That's it. No caveats, no exceptions. We are family here, and that means that we are available to talk, to listen, to learn, to teach, and to pray. Over the next few days and weeks, we anticipate that we'll be sending out a lot of messages with lots of information, updates, and implementations, but for now, we want to take this opportunity to do what Jews do and share a little Torah together as a family.

In this week's How-to Torah, Rabbi Starr and I lay out some of our favorite sources for when things feel a little crazy. We also invite you to share some sources of your own, and to take full advantage of our digital community so that we can continue growing in Torah and community even when there is some physical distance between us.

So check out the video (you'll have to turn the volume up, apologies!), and when you're done, head over to our CSZ Facebook group, called [Torah Maps: Support for Navigating a Meaningful Jewish Life](#) where we will continue the conversation and provide consistent updates, resources, and check-in's so that we can stay close and continue to take care of one another.

As Shabbat approaches, may we support each other, learn with one another, and uplift our hearts and our spirits. May those who are in need of healing find it quickly and fully, and may the peace of Shabbat provide all of us with comfort, with joy, and with the unshakeable truth of our Achdut, our togetherness, as a family, as a community, and as a people.

Meredith and Elior join me in wishing you, your loved ones, and all of us a *Shabbat shalom u'mevorach*, a blessed and peaceful Shabbat!

Rabbi Yonatan Dahlen

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