

# BRINGING SEDER to CHAOS



## Freedom in Quarantine

### DAY 13 - V'HI SHE'AMDA

HELLO! If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

- Picking up shopping       Posting mail  
 A friendly phone call       Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness

At times of difficulty, we often find comfort and hope standing in solidarity with each other. We pray together, sing together, and cry together. Perhaps what might be the most difficult component of our current challenge is precisely our inability to physically come together to give each other hope and comfort. When we think of responding to our traditional challenges, the paragraph of the seder that comes to mind is v'hi she'amda.

וְהִיא שְׁעִמְדָה לְאַבוֹתֵינוּ וְלָנוּ. שְׁלֹא אֶחָד בְּלִבָּד, עָמַד עֲלֵינוּ לְכַלּוֹתֵנוּ. אֲלֵא שְׁבָכָל דּוֹר וָדוֹר, עוֹמְדִים עֲלֵינוּ לְכַלּוֹתֵנוּ. וְהַקְדוֹשׁ בְּרוּךְ הוּא מִצִּילֵנוּ מִיָּדָם  
And this (Hashem's blessings and the Torah) is what kept

*our fathers and what keeps us surviving. For, not only one arose and tried to destroy us, rather in every generation they try to destroy us, and Hashem saves us from their hands. (translation from Chabad.org)*

We highlight all our enemies who sought to destroy us, beginning with Pharaoh in Egypt, and throughout the generations since then as well. Throughout the ages, we have been forced to bounce back against all odds and against the wishes of our oppressors. On a face value, the single secret to our success is *v'hi She'amda*, that Hashem has saved us throughout each of these difficult times; allowing us to survive darkness after darkness.

The Sfas Emes has a unique way of reading this Seder paragraph, however, which gives us another insight into our survival throughout the ages. He reads "שְׁלֹא אֶחָד בְּלִבָּד, עָמַד עֲלֵינוּ לְכַלּוֹתֵנוּ" as referring not only to the external enemies we have throughout history, but the internal ones as well. When we are not "אֶחָד" or unified together as a Jewish people, we stand to lose everything. In other words, our ability to survive relies on a double edged sword, relying on Hashem and unifying together.

It may feel like our second measure against moments of collective difficulty has been removed from our toolbox because we are all in solitude right now. But this is anything but true!

**Solitude is not the opposite of solidarity. Both can coexist.** We can stand together (virtually and emotionally) more so now, than ever before. We have the capacity to unify as a people well beyond physically coming together. Call a friend. Facetime with grandparents. Daven for Jews you have never met before. Give tzedakah. Share Torah or a positive message with an online audience. **Let us take this opportunity to unite our minds and hearts and ensure that we are truly "אֶחָד."**

Join the Conversation

**What have you done to show solidarity in solitude?**

**Submit Your Answers**

Email: [sedertochaos@ncsy.org](mailto:sedertochaos@ncsy.org) | Twitter/ FB: #sedertochaos

[Click here to join the WhatsApp Group \(2\)!](#)