

Healthy Northern Kennebec REFLECTION FOR WEDNESDAY, MARCH 25, 2020:

This is disorienting. Perhaps it can be reorienting, as Rabbi Yosef Kanefsky suggested on the Facebook page of his Los Angeles congregation, B'nai David-Judea.

“The very last thing we need right now is a mindset of mutual distancing,” the rabbi wrote.

“We actually need to be thinking in the exact opposite way. Every hand that we don't shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another must become a thought as to how we might help that other, should the need arise.”

He concluded by saying: “Let's stay safe. And let's draw one another closer in a way that we've never done before.”