

A Shabbat Prayer for Healing in the Era of Coronavirus



The **Torah** recounts that during their journey in the wilderness, the Israelites were guided by a pillar (of cloud by day and of fire by night) that represented God's presence in their midst. When the pillar moved, they moved, and when the pillar stopped, they stopped.

It occurs to me that for a good portion of their 40-year journey, that pillar must have been stopped, guiding our ancestors to stay in place. In those moments, the purpose of the journey was not in physical walking, but in active waiting.

These times of stopping were fundamental to our ancestors' journey, including allowing **time for Miriam to heal** or for the building of the Tabernacle.

These days, in the face of the coronavirus, life as normal has halted. With the exception of those on the front lines providing health care and sustenance, most of us have been ordered to stop our regular interactions and activities,

Our ancestors turned to that pillar for strength and support in their time of waiting; so too, can we turn for help in these unprecedented times.