



Creating Sacred Space and Spiritual Support even in the midst of social distancing & staying at home

We are living into uncharted territory each day. This is always true to a certain extent, however, life during a pandemic has a much greater degree of uncertainty and, for most, that means heightened worry and stress. Please be kind with yourselves, patient with those around you, and draw on the strength of the community you have created for yourself by joining Sukkat Shalom and the other ways in which you connect (even in these times of virtual connection).

Over the weekend, we met together on Zoom several times to create sacred space - adult learning (including our 70 and 80+ members working with new technology easily to be there!), Havdalah, and a board meeting all unfolded with grace and joy. The opportunities for growth and creativity are the blessings that will begin to manifest as we navigate the challenges and sadnesses of this pandemic. I am enjoying the opportunities to be with many of you even more often than usual because of the opportunity to come to a class or service from the comfort of our homes. We can even wear our pajamas! Another silver lining is the abundant offerings online for learning and enjoying the creative arts at congregations around the country. Please keep an eye on the Sukkat Shalom Facebook page where I and others will post about Judaic opportunities to learn from or sing with folks from all over the country and the world!

Our Sukkat Shalom board and I will be reaching out by phone to check in with our members during the pandemic. Those who are members of Sukkat Shalom have heard from board chair, Debra Seltzer, directly since our virtual board meeting on Sunday morning. Emia also encourages you to arrange a virtual coffee break or tea party or water cooler conversation using your Sukkat Shalom membership directory. If you can't locate your membership directory, contact info@sukkatshalomcolumbus.com.

I am available, virtually, to provide classes that have been scheduled, tutoring for b'nei mitzvah students, and pastoral support as needed. I can meet with you virtually on Zoom or FaceTime or, of course, by phone. Please call or text me (614-592-9593) if you would like to schedule an appointment and we can make appropriate arrangements.

So that we maintain a spiritual support system during the weeks to come, I will be opening my Zoom Room to create a Virtual Sacred Sukkat Shalom Space at least once a week, and others in our kehilah will be doing the same. For now, we are getting together every week for Havdalah - here is the link: <https://zoom.us/j/578979590>

Please note that the service we had scheduled for this FRIDAY night as First Community Church has been **cancelled** but we will have a Shabbat morning service and Shabbat afternoon learning in concert with virtual services around the country as part of HIAS' National Refugee Shabbat bringing awareness to the plight of refugees.

With Abundant Blessings for Wellbeing and Health,
Rabbi Jessica



Shabbat Morning Gathering with Rabbi Jessica

10:30 am - Interested in some Morning Blessings and a Bit of Torah? Join Rabbi Jessica with your morning coffee or beverage of choice. We will pray a bit, stretch a bit, share a *shtikel* (a wee bit) of Torah for Shabbat haChodesh (the Shabbat just before we enter the month of Nisan). This week we end the book of Exodus with a double Torah portion (**Vayakhel-Pikudei**). Our own Norah B. is beginning to study this portion for her 2021/5781 Bat Mitzvah!! Enter this sacred virtual space on Shabbat morning at <https://zoom.us/j/206053163>

Shabbat Afternoon Learning on March 21st

Youth Programming:

4pm - Virtual Makhela and Teva Travelers' Story Time. Please join and visit the facebook group to get the details on where this will occur (details available by Friday). Also posted on the facebook group site will be some links for Hebrew fun and learning kids can all be doing at home

Adult Programming:

4pm - Virtual and Communal Meditation. Adults looking for some serenity, join Beaker for a meditation session in **Rabbi Jessica's Zoom Room**
 5pm - Virtual learning and sharing with Rabbi Jessica. Rabbi Jessica will offer time to for members to check-in with each other, as well as reflect on the theme of this weekend's HIAS National Refugee Shabbat and the needs of immigrants in light COVID-19.

Programming for everyone:

7:30pm - Virtual Communal Havdalah. See Rabbi's message above for details.

Other Youth Activities:

The Purim bag secret exchange got a little waylaid by the virus. So please, each of you take a picture of your child holding up the Purim bag that they have prepared for their secret KSS friend. Post it on the FB page with who it is for comments section. Be sure to show us anything that was included in the bag. We won't be able to touch it, but we will be able to share virtually! Ready....go!

Suggested links from Sukkat Shalom Members who work in Public Health:



- [Ohio Department of Health](#) offers guidance on staying healthy, explanations on current closings and links for other valuable health sites.
- The [CDC's COVID-19 site](#).
- The podcast of Dr. Abdul El-Sayed, former city health commissioner, updates listeners on what you need to know about COVID-19, what led us to this crisis in the first place, and what policies can lead us out. New episodes of [America Dissected: Coronavirus](#) are released every Tuesday & Friday.
- And, to keep you healthy, we recommend a few meditation and yoga links to calm Corona-nerves!
<https://www.thefyi.org/toolkits/coronavirus/>
<https://www.tenpercent.com/coronavirussanityguide>
<https://www.giveyoga.com/book/#week>
- Finally, for those of us trying to keep work and families going at the same time, here are some great activities to do with the kids and some [good nutrition links](#)



Keep Calm and Purim On!

Learn more about our kehilah/community, including how to support our work or become a member by visiting our website: sukkatshalomcolumbus.org

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