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These weeks leading up to Passover have been so consumed with responding to the crisis that I've almost been able to put off thinking about how different this year's seders will be. Almost.

To varying degrees, we're feeling the oppression of grief, illness, distance, isolation, and anxiety weighing on us as we prepare to celebrate the holiday that marks our freedom from darkness and bondage.

Coping mechanisms, insights, and perspective are all welcome. Recently, Talia Levanon, who is the co-founder and executive director of the Israel Trauma Coalition (ITC), provided just that.

Talia's organization was created and funded by UJA-Federation in 2002, during the height of the intifada, to help Israelis treat trauma and strengthen their resilience. Since then, UJA has continued to fund ITC as it's grown into an internationally recognized expert in the field of psychotrauma, offering critical psychological support in the aftermath of terror attacks and natural disasters. And now, for the first time, global pandemics.

Talia shared four questions that we should ask ourselves every day we're dealing with this new normal, and especially to supplement the traditional four we ask on Passover.

#### **The Four Questions in the Time of Coronavirus:**

1. What am I grateful for today?
2. Who am I checking on today?
3. What expectation of normalcy am I letting go of today, and making peace with?
4. What is one nice thing I did for myself today?

#### **And as I write this, less than a week before Passover, here are my answers:**

1. I'm grateful to have my immediate family safely home or nearby with me. And I'm grateful for UJA's nonprofit partners who are caring for the most vulnerable among us, pivoting in remarkable ways to make sure that elderly, people with disabilities, and other at-risk groups get the care they need.
2. I'm checking up on my parents and my in-laws. For many of us, one of the hardest parts of this year's Passover is the separation from our extended family. This will be the very first seder in over 30 years that my wife and I will not be with my in-laws.
3. Breakfast, lunch, and dinner have turned into a series of day-long snacks. I'm very much looking forward to the seder meal.
4. I had a zoom call today with about 250 members of UJA's staff. Admittedly, it's work, but it lifts me up to connect with them face to face (or screen to screen), knowing that so many have been working tirelessly to get indispensable aid out into the community.

I hope that as you answer these four questions yourselves, you'll find that there are, even now, many reasons to feel gratitude and peace.

And with the ban on international travel our current reality, I will end my seder in New York saying, "Next year in Jerusalem," with an ever greater appreciation of how special that wish truly is.