

April 1, 2020

P.A.S.S. Meeting #12

Topic:

What are your coping strategies for Pesach?
Is it easier or harder because of COVID-19?

Strategies:

1. I'm expecting challenges. I'm trying to be realistic that some of my kids who are still with me, won't be the easiest either.
2. I don't have *unrealistic* expectations. Actually, I don't have *any* expectations!
3. If my kids are not sharing Divrei Torah, I can look up Divrei Torah in a nice Haggadah on my own, and get my own spirituality out of the Seder this way.
4. I need to compartmentalize. I'm putting the sadness in a box and I have to remember that I love my son even if he's not with me.
5. We bought beautiful, fancy, disposable goods to make yomtov nicer and easier to clean up.
6. I am remembering that I'm a puppet in Hashem's hands. I invited a friend over for the meals. Hopefully, she'll be able to come.
7. It'll just be another mountain that I'll have to climb.
8. I'm at peace with my decision to give myself some space between myself and my child who continues to be very "cold" to me.
9. I have a Shlomo Carlebach Haggadah that I enjoy a lot.
10. Despite that everything that's going on around me, I remember that I'm not in a concentration camp, I have a couch, I can be at my own table, I can read whatever I want...
11. I've done it before, it wasn't easy, but I managed.
12. Last year when my son didn't show up for yomtov, I threw myself into my grandkids and put all my energy into that instead of focusing on my son who wasn't there.
13. We are living a Mitzrayim (Meitzar'im- troubles/constrictions/a narrow place) and we are working on getting ourselves out of it. Hopefully, next year, or in two years, yomtov will be beautiful with all our family members together.
14. Rebbetzin Mann from Israel recently told one of the women in our group: Hashem is your husband now! Sing and talk to Him!
15. When we are doing our Seder alone, we can cash in by telling Hashem, "I didn't ask for this but I'm doing it in your honor."
16. Join the videoconference this Sunday on the topic of being Single at the Seder.

Is it easier or harder this year?

- It's easier because I don't have to give excuses this year.
- This situation is similar to other people who are not alienated from their children but need to stay away from their kids because of the virus.
- It's easier not to have to give excuses why some of my kids are not with me.
- It's harder because I can't go anywhere.
- In a way, everyone is in the same boat so it's easier. But we can't go anywhere. And it's 3 days of being stuck in one place.