

WORDS OF INSPIRATION

Dealing with Fear

Fear is perhaps our greatest enemy. Not because it is loud and aggressive, but because it is invisible. Is there a person alive that does not suffer from some fear, known or (even worse) unknown?

Though our fears today have obvious and valid roots (fear of the virus, fear of death), yet we see that there are individuals – as has always been the case in history – that do not get paralyzed by fear and have the ability to grow through it. What is their secret?

We just celebrated the Holiday of Passover, when we commemorated our exodus from Egypt. When Moses was instructed by G-d to visit Pharaoh - the ruler of Egypt, G-d said to Moses: "Come to Pharaoh...". Moses needed that encouragement and push from G-d because Moses was afraid to go. Commentaries ask on this, "Why would Moses be afraid suddenly at this point?" And, why did G-d say – "Come to Pharaoh"? It seemingly should have said, "Go to Pharaoh."

And here we see the true nature of fear. Fear's true power is in the loneliness that it imposes upon us. We feel we are alone in our predicament. We feel that no one can understand our pain and suffering. And even if someone can empathize, we still feel that they are not with us, not one with us and therefore ultimately we remain isolated. This is what Moses suffered from, not wanting to encounter the evil and ugly of the world alone, and this is what each and every one of us is going through, as an individual as well as a general whole. Therefore, G-d told Moses - "Come to Pharaoh" - I go with you. When we are entering a challenging time in our life, and encounter obstacles, (obstacles to our faith, obstacles to living our normal life) - G-d is right there with us. The only answer to the invisible power of fear – the fear of being alone – is to recognize that you are not alone.

The last few weeks have shown us the devastation coronavirus can cause. To all those that have lost loved ones, or have relatives in critical condition, we send our love and support, and continue our prayers for a complete recovery for all those that need it. But we have also seen incredible unity, bravery, and self-sacrifice from so many people. From all the frontline care workers, the dedicated doctors, nurses and medical staff, to the local restaurants catering thousands of meals free of charge to those in need. We, as a nation, have come together towards a common goal. Even from quarantine, we are not alone. We have each other, and we have G-d. Let us use this time wisely, to create a better and more united future for all of us. We hope to see the day soon that we will experience only revealed good, with health, peace, and prosperity for all mankind.

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"The only thing we have to fear is fear itself". - F.D.R. March 1933

"Now that I have cleared your schedule, let's talk". - God, March 2020

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