

**From the Rabbi:**

Today is the first official day of total lockdown for the State of Colorado.

It is also Rosh Chodesh Nissan which means that Pesach is just two weeks away. To many people, it seems that Pesach is coming at the wrong time. There are discussions on the internet calling for adopting Pesach Sheni, the "make-up" Pesach described in Numbers 9, this year. Others are asking that this year be deemed a leap year, so we would have another month before Pesach comes and another month to hopefully emerge from all the corona craziness. Others are calling for relaxing the second day requirements due to the unusual and unprecedented circumstances in which we find ourselves.

I admit that I myself was intrigued by the various discussions and suggestions to delay Pesach. It certainly seemed to me that this NISAN would be filled with NISAYON, hebrew for test or trial, and spelled with the same hebrew letters as the word NISAN. With all that is going on do we really need to worry about Pesach now, too?!

Upon reflection, though, I came to the conclusion that Pesach is coming at just the right time. The Gemara tells us, "In Nisan we WERE redeemed, and in Nisan we WILL BE REDEEMED once again." It's hard to recall a time in recent memory when all of us, and all the world, were so in need of redemption as we are today. TGIN...thank God it's Nisan!

Nothing seems simple. Shopping is an ordeal. Unboxing a package from Amazon practically requires special tools and a sterile laboratory. Life has gotten truly complicated, and we are all anxious and perplexed. We are not in control, anymore!

But you know what does not need to be complicated? You know what might actually provide a respite from the craziness? You know what we can control? Pesach! Yes, Pesach.

We all know Pesach is the most legislated holiday on the Jewish calendar. And over time, IMHO, have gotten out of hand, with stringency upon stringency foisted on us. But the truth is, Pesach does not need to be as complicated as we make it out to be. This is not the year for over-the-top stringencies. This is not the year for unbridled shopping. With respect to the manufacturers, does anyone really need a Kosher for Passover TACO shell? This is not the year for elaborate recipes. This is the year to downsize, simplify, and focus instead on the spiritual messages of the holiday. It doesn't take a fancy seder table, a five-course meal and a house full of guests to make Pesach. Sure. That would be nice. God-willing we'll do that next year. But for this year we are presented with an opportunity - and some would say a responsibility - to connect to other, more spiritual elements of Pesach.

May the NISAYON of this month of NISAN, ultimately be transformed by NISIM - miracles and help from God Above. May we all connect to, and be elevated by, the deep and abiding spiritual messages of Pesach. May we, and the whole world, experience true redemption, bimheira b'yameinu - sooner rather than later.

Keep the faith!

*Rabbi Chaitovsky*

## WATCH FOR OUR PRE-SHABBAT EBLAST WITH INFORMATION ABOUT OUR UPCOMING CLASSES AND SERVICES ONLINE!

## TODAY'S LAUGH

### TODAY'S INFORMATION AND INSPIRATION

**If it Takes You More Than a Day to Clean for Pesach, You are Doing Spring Cleaning, Not Pesach Preparations**, Rabbi Efrem Goldberg, Boca Raton Synagogue [Click Here](#)

**The Minimalist's Guide to Passover and Seder**, from Anshe Sholom Congregation in Lakeview, Illinois. For those who may never have made Pesach, or have not done so in a very long time, especially if you are solo this year. From shopping to kashering to doing a seder. [Click Here](#)

**Can Something Good Come of This? Some Prominent Americans Answer**, Gerald F. Seib, The Wall Street Journal [Click Here](#)

**Who Knows? Jewish Leadership in Times of Uncertainty**, Erica Brown, Lehrhaus [Click Here](#)

**Will coronavirus intimacy lead to a baby boom? Or a divorce tsunami?** Petula Dvorak, The Washington Post [Click Here](#)

A video from Israel with English subtitles for you to enjoy!

[Click Here](#)



## SPECIAL CEREMONY FOR A YAHRTZEIT AND FOR THOSE IN MOURNING

We value the memory of our loved ones and want to respect the tradition of saying kaddish for them. When one is unable to recite the kaddish in memory of a loved one due to exigent circumstances, our tradition has allowed for other, equally potent, ways to pay our respects. It is traditional to learn Mishna in honor of the soul of the one being remembered. Notice that the word Mishna מִשְׁנָה contains the same letters as נִשְׁמָה, the soul. Learning Mishna is powerful.

On Monday, and going through Friday, you will be able to join me online and hear me read the names of the those being remembered on their yahrzeit for that day. I will then teach a Mishna in their memory.

You can find me on "Facebook Live", each evening at 5:50 PM. Just click on the following link [here](#) and you will be able to join for the memorial ceremony.

*Please stay tuned for a schedule of upcoming on line classes and experiences to help us stay connected, create community and learn Torah, together while staying at home.*

## Upcoming online learning and services - mark your calendars!

### **Friday 3/27**

Pre school Shabbat Party [Click Here](#)

Kabbalat Shabbat with Cantor Goldstein

[Click Here](#)

### **Sunday 3/29**

Kabbalistic Insights into Passover Cantor

Goldstein 11 AM (You will need zoom)

[Click Here](#) Meeting ID: 897 850 0184

### **Sat Night 3/28**

Havdala with Rabbi Chai FaceBook Live at

8:30 PM [Click Here](#)

More information at [www.BMH-BJ.org](http://www.BMH-BJ.org)