

## WELLNESS

# Dayenu for a pandemic

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Source:

Dayenu means “it would have been enough.” The idea is to be grateful for what one has; to count our blessings.

Let us name the things we’re grateful for in this pandemic quarantine and sing *Dayenu!*

If we had a roof over our heads. *Dayenu!*

If we were healthy. *Dayenu!*

If we had delicious food to eat. *Dayenu!*

etc.