

A moment for grief

Contributed by [Ariel Kates](#)

Source:

As we sit down to this Seder it's impossible to ignore that this is our *second annual* Zoom Seder. In the time between last Seder and this Seder, our beloved planet has lost more than two and a half million people to a virus which has laid bare so many of the difficulties, discriminatory structures, and pressure points in our world and its economies and varied governments. Even with movements for justice around the world continuing and taking on even more and new missions during this time, our grief cannot be ignored.

It is difficult to embark on an ultimately celebratory holiday ritual without recognizing this. We cannot ever be asked or ask each other to leave our grief at the door. If anything has become clear over the last year it's that our grief accompanies us wherever we go -- and if we've only learned this in the last year let us reflect on how even that is a sign of privilege.

Like anything, grief can be a powerful tool, a (terrible) lesson in empathy, perhaps even a call to action.

And so this year it feels appropriate to set aside some time for our grief. Whether we need to name it and set it aside or use it as a guide through this evening's ritual, or something completely else -- grief is nothing if not individualized and mysterious -- let us give it the respect it deserves.

The Mourners' Kaddish has been said for centuries by the living on behalf of the dead in which the dead and death are not mentioned even once. It is a prayer for divinity and for peace.

While many only say the Mourner's Kaddish when they are ritually and personally in mourning, the ritual has been claimed by many to recognize the ways that grief lives in our everyday lives, so if you are moved to, please feel free. Let's take a moment to collect, quietly and individually, the things that we are mourning. Feel free to type these things into the chat.

וַיִּתְבַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא. [קהל: אמן]
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וַיִּמְלִיךָ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעָגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן: [קהל: אמן]
קַהֲל וְאָבֵל: יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵינָא
[אָבֵל: יִתְבַּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְדְקָדְשָׁא. בְּרִיךְ הוּא. [קהל: בְּרִיךְ הוּא
[לְעֵלְמָא מִן כָּל בְּרַכְתָּא בְּעֵשִׂי"ת: לְעֵלְמָא לְעֵלְמָא מְכַל וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחְמָתָא דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן: [קהל: אמן]
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵינָא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן: [קהל: אמן]
[עוֹשֵׂה שְׁלוֹם בְּעֵשִׂי"ת: הַשְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן: [קהל: אמן]

Translation (by Lab/Shul):

May our lives reflect the greatness of divine mystery everywhere, sparks within the process of creation

May the world be ruled by our highest aspirations, soon, in our lifetimes, and so we say: Amen

May the divine be known as a fountain of blessings: praised, honored, beautified, elevated, and exalted beyond any song or description that has ever been honored, and so we say: Amen

May an all-embracing peace shower down from the heavens refreshing the lives of all beings on earth.

May the source of peace inspire us to find and create peace for ourselves and for our community and for all beings on earth, and so we say: Amen