

Spiritual Care Resources for Religious Holidays

(Passover, Easter, and Ramadan)

during the

COVID-19 Pandemic

Traditional religious practices during high holy days in the Jewish, Christian, and Islamic traditions as well as resources for those who are spiritual but not religious

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CHAPLAINCY
Innovation Lab

Introduction

In these challenging times, as in difficult times in the past, it is our instinct to gather and share rituals as a way of facing a shared crisis. Unfortunately, social distancing and orders to stay at home make coming together not only impossible but inadvisable. But, finding ways to share the celebration of our spiritual holy days becomes more important than ever.

The Chaplaincy Innovation Lab, with the expert leadership of Dr. Shelly Rambo and Ylisse Cheney Bess, has pulled together this resource guide with ideas for celebrating the holy days of Easter, Passover and Ramadan even when coming together in person isn't possible. It also contains resources and ideas for those who are spiritual but not religious.

We view this as a living document and [it will reside on our website](#), where it can be downloaded at any time. We know that there are other innovative ways that chaplains and other spiritual leaders are finding to celebrate together and we welcome the submission of ideas for inclusion as other resources; send them to CILResources1@gmail.com.

We hope you find this ebook useful and we thank you for all that you are doing to care for the spiritual needs and well-being of others. Please take care of yourself and know that we are here to support you.

In community and with gratitude,

Wendy Cadge

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COVID-19 Resources for Religious Communities

1. [Guidance for Religious Traditions](#)
Corona Guidance: Religious Norms for Navigating the COVID-19 Pandemic
2. [Ceremonies to Celebrate Together From Afar: A Resource for Challenging Times](#)

Jewish/Passover Resources

Liturgy for Passover

1. [Organize Virtual Seder](#)
This resource is filled with a lot of resources including texts, playlists, haggadot (plural for haggadah). It is also very user friendly. OneTable has launched Seder2020.org, a platform for everyone (families, friend groups, synagogues, JCCs, etc.) to post and organize their Seders all in one place. We're happy to provide this digital assistance for folks gathering virtually or just with the people in their own homes.
2. [The Jewish Federation of North America](#)
Here you can find a printable/downloadable basic haggadah.
3. ["Hadar"](#) is a website which offers many resources for the holiday.
4. [The Passover Haggadah Guide to the Seder](#)
 - a. Contents
 - i. This Haggadah (Passover guide) is designed to be a simple and easy-to-print reference for non-Hebrew speakers. It contains the basic information needed to conduct a Passover Seder. It is not intended to be a full Haggadah, which would contain a complete

text of the traditional Seder, and would usually have interesting artwork, commentaries, and additional information and history.

5. [Observing Passover in an Age of Pandemic](#) (Poetry and Liturgy by Rabbi Brant Rosen)

6. **From Norman Lipson.- Rabbi Emeritus at Temple Dor Dorim**

Pesach, Matzah, Maror:

This Passover, occurring within two weeks, will be the strangest and atypical Passover holiday in our memory.

Sedarim will have a Fifth Question added to the standard Four: “Why is this year’s Passover preparation different from all other preparations? In previous years we invited families, friends and strangers to our Seder. Why, this year, are we by ourselves.”

Our celebratory Seder meal of freedom from Egyptian slavery will be simpler, more restrained and definitely much shorter. It won’t include the frenzied energy of timing ceremonial rituals so that the matzah ball soup can be served hot and the gefillte fish, cold. It won’t have a great many responsive readings (maybe a good thing?), nor arguing about too much or too little Hebrew/English/skipping/not skipping, and searching for the afikoman will probably be forgone if no little children are present.

Dayeinu! Enough kvetching about how different this Seder will be from past ones!

Dayeinu! Enough ruminating over what was and what isn’t!

One short verse in the Haggadah, read at every Seder, yet, in the midst of the array of holiday foods, conversations and singing, is often not given much thought:

“Rabban Gamliel said: Whoever has not explained the following three things on Pesach has not fulfilled the Seder: Pesach, Matzah, Maror.”

To use a mixed metaphor, they are: “The reasons for the season.”

Notice, he makes no reference to brisket, kugel, soup, or any of the other foods for which we wait in anticipation every year: just the Pesach offering, the Unleavened Bread of Affliction (Matzah) and Bitter Herbs (Maror). As long as these three symbols are discussed, the Seder will be complete.

Pesach offering:

The Passover sacrifice in the Temple in Jerusalem, was performed as a reminder of the lamb’s blood placed on the doorposts of our ancestors homes in Goshen, to keep the Angel of Death from their homes and today, is represented by a shank-bone, on the Seder plate.

If you left the “self-quarantine” of your home in Goshen when the Plague was making its way across Egypt, you were “fair game.”

I can only imagine what thoughts were going through the minds of ancient Israel as they sat cowering in their homes, isolated and alone, hearing screams and cries coming from outside. What kind of rumors must have been swirling around them? What “news” stories and “facts” were being circulated by neighbors who had become instantaneous “experts” in Plague matters?

The more it changes, the more it stays the same.

Matzah/Bread of Affliction:

The former slaves left Egypt so quickly that “the dough baked on their backs” as they ran fleeing Pharaoh.

Freedom doesn’t come cheap nor easily. It often requires sacrifice, struggle and yes, even deprivation- but the reward for temporary discomfort is priceless.

Today, Matzah is an everyday commodity readily found in multiple grains, flavors, and even gluten-free, on market shelves across America, and like freedom, is often taken for granted.

As we sit at our Seder, eating the Bread of Affliction, remember this: the ingredients for Matzah are the most basic to be found- flour and water. Once it is baked and not handled with care, it crumbles into broken pieces and turns into crumbs: Matzah in name only.

So too with freedom: it's basic in its concept: all people have the God given right to freedom. If not handled with care, it too crumbles into broken pieces and crumbs: Freedom in name only.

Maror/Bitter Herbs:

The lash of the whip, the bitterness of bondage and forced labor, all these are remembered when the Bitter Herbs are tasted at our Seder meal.

This year, however, upon eating the Maror, break from the habit of trying to mitigate its sharpness by rushing to drink wine or sweetening it with some Charoset. This year, really taste the sharpness, the bitterness; and realize that it's not just a reminder of what once was, but is still the ongoing reality of what too many people experience every day.

True, this year, Passover Seder will be the strangest (and perhaps) loneliest Seder for Jews around the world, but it also might prove to be one of the most spiritually uplifting and enlightening Seder as well. Isolation in our homes will provide an opportunity to speak with our children and each other, about sacrifice, real struggle and hardship, and the gift of freedom. These are the true messages and meaning of Pesach, Matzah and Maror, not just for the People of Israel, but for our world as well.

May it be a Chag Sameach- a good and happy holiday, a healthy holiday, a [beautiful and meaningful holiday for us all.](#)

Worship Services

Below find previously recorded services for Passover and find links to communities who will Livestream upcoming services.

1. [Temple Sinai of Marblehead, MA](#)
2. [Congregation Bnai Shalom, MA](#)
3. [Temple Sinai of Brookline, MA](#)
4. [Temple Isaiah of Lexington, MA](#)

Additional Jewish Resources

1. [The Open Siddur Project](#)

The Open Siddur is a volunteer-driven, non-profit, non-denominational, and non-prescriptive community project growing a libré Open Access archive of Jewish prayer, liturgy, and related works (historic and contemporary, familiar and obscure), composed in every era, region, and language Jews have ever prayed. Our goal is to provide a platform for sharing open-source resources, tools, and content for individuals and communities crafting their own prayerbook (siddur). Through this we hope to empower personal autonomy, to preserve customs, and to foster openness and vitality in religious culture.

2. [Ritualwell.org](#)

Browse thousands of Jewish rituals, watch a video, download a ritual, or build your own.

3. [Reform Movement's Prayerbook](#)

Anyone who is more observant will have likely brought their own prayer book to the hospital.

4. [Coronavirus Nixed Your Seder Plans?](#)

Passover is traditionally spent with family and friends, a celebration of the Divine gift of Jewish survival and community. But with coronavirus curtailing travel plans and social interactions, many are facing the prospect of celebrating Passover alone. In response to those asking for guidance on how to prepare for the Seder for the first time, we've prepared this list of FAQs.

5. [Prayer for Medical Workers & Researchers on the Front Lines of the COVID-19 Coronavirus Pandemic \(2020\)](#)

6. [Organize Virtual Seder](#)

OneTable has launched Seder2020.org, a platform for everyone (families, friend groups, synagogues, JCCs, etc.) to post and organize their Seders all in one place. We're happy to provide this digital assistance for folks gathering virtually or just with the people in their own homes.

Christian/Easter Resources

Liturgy for Easter

1. [Holy Week at Home](#)

- a. Contents

- i. Palm Sunday of the Lord's Passion Liturgy
 - ii. Holy Thursday Liturgy
 - iii. Good Friday Liturgy
 - iv. Holy Saturday Liturgy
 - v. Easter Sunday Liturgy

2. [Communion for Palm Sunday](#)

This is a service for those who want to share Communion in an online community during a time of quarantine, lockdown, shelter in place.

3. [Prayers of the People](#)

Written for the Sunday following the Boston Marathon bombing - rethinking the meaning of resurrection

Worship Services

Below find previously recorded services for Passover and find links to communities who will Livestream upcoming services.

1. [City of Refuge, UCC](#), Oakland, CA
2. [Macedonia Baptist Church](#), Buffalo, NY
3. [Myrtle Baptist Church](#), Newton, MA
4. [Union Church, UMC](#), Boston, MA
5. [Double Love Experience](#), Brooklyn, NY

6. [Bethel AME Church Sanctuary](#), Boston, MA
7. [Old South Church](#), Boston, MA
8. [First Baptist Church](#), Boston, MA

Additional Christian Resources

1. [Resources for Catholics During the Covid-19 Pandemic from Jesuits USA Northeast Province](#)
March 18, 2020 - As the world continues to make sense of the COVID-19 outbreak, we have collected some resources that you can use during this tumultuous time.
 - Content:
 - Live Streaming
 - Recorded Liturgies
 - Recorded Homilies
 - [Options in Spanish can be viewed here](#)
 - A Meditation for the Anxious During Covid-19
2. [Guide to Christian Funerals During COVID19 by Massachusetts Council of Churches](#)
3. [Guidance for Ministries to the Dying, Deceased, and Bereaved during a time of Social Distancing](#)
4. [Ministry in times of Crisis from California Lutheran University](#)
Ministry in Times of Crisis: Technical and Theological Tips for Online Worship Experiences
5. [Resources to help leaders and members stay connected and resilient during COVID-19 from Evangelical Lutheran Church in America.](#)
6. [Liturgy and Music Resources from the Episcopal Diocese of Massachusetts](#)

7. [Coronavirus/COVID-19 Resources for Congregations and Members from the Presbyterian Church, USA](#)
 - a. Contents
 - i. [Livestreaming and Online Worship Resources for Congregations](#)
 - ii. [Digital Worship Services for Members – Listings and Resources](#)
 - iii. [Worship and Sacramental Celebrations](#)
 - iv. [Resources for Mid Councils](#)
 - v. [Stewardship Resources](#)
 - vi. [Documents and Helpful Information from the PC\(USA\) and the U.S. Government](#)
 - vii. [Responding to Community Needs](#)
 - viii. [Pastoral Opportunities to Stay Connected With Members and Colleagues](#)
 - ix. [Connect with God, Nature, Each Other and the Blessings that Sustain](#)
8. Prayers
 - a. Through the Thomistic Institute, you can sign up to receive a free digital copy of [*The TI Quarantine Prayer Book: Prayers in Time of Plague.*](#)
 - b. [Examen for Life during COVID-19](#) (available in multiple languages)
 - c. [Examen during Shelter-in-Place](#)
 - d. [Prayers for people affected by the new coronavirus](#)
9. Liturgies
 - a. [Church to Go](#)
 - i. How to use this packet: This packet was created with COVID-19 in mind. We want to protect the most vulnerable members of our community by refraining from having large groups of people assembled in one place. This packet is designed to be a “worship at home” experience.
 - b. [A Litany for the Coronavirus](#)
 - c. [An Ecumenical Prayer Service in Time of Crisis](#)

10. Music

- a. [Celtic Psalms – Rest in the Shelter](#)
- b. [Gospel](#)
- c. [Hymns in Times of Crisis](#)

Muslim/Ramadan Resources

Worship Services

Below find previously recorded services for Passover and find links to communities who will Livestream upcoming services.

1. [The Islamic Society of Boston Cultural Center](#), Boston, MA

Resources

1. [CAIR \(Council on American-Islamic Relations\) Publishes New Online ‘Health Care Providers’ Guide to Islamic Religious Practices’ in Response to COVID-19 Pandemic](#)
 - a. [Health care Providers’ Guide To Islamic Religious Practices](#)
2. [Prayer and Funeral Issues Pertaining to COVID-19 - The Fiqh Council of North America](#)
3. [The British Board of Scholars and Imams – Community Briefing for Imams, Mosques, Madrasas for the Coravirum Pandemic](#)
4. [“It Was a Memorable Day” – How the Black Death United the Population of Medieval Damascus – by Yoonus Y. Mirza](#)
Maydan is an online publication of Ali Vural Ak Center for Global Islamic Studies at George Mason University
5. [National Black Muslim Covid Coalition](#)
6. [Muslimmatters.org](#)
This is an online magazine which began in 2007 as a collaboration between various bloggers and Shuyukh in order to bring attention to issues faced by Muslims, especially in the West.
 - a. [“Neglected Blessings and Unique Opportunities of the Coronavirus, “Imam Omar Suleiman](#)
 - b. [“The Supplication Series: Distress, Sadness and Anxiety” – Amatullah](#)

Spiritual/Non-religious Resources

Resources

1. Pausing at the Time of a Patient's Death (for losses during COVID-19 Pandemic)
 - a. Please Gather Healthcare Team (and Family if Applicable or On Speakerphone)
 - b. Acknowledge the Death and read the following prayer
 - c. We stand and pause in the midst of a pandemic to honor the life of _____. Our hearts are heavy with the tragic loss of life around the world. _____ you are not a statistic. You are a dearly loved person, whom we miss and mourn. May your memory be a blessing and may we carry within us the gifts you lived and shared in your life.
 - d. We pause to honor the efforts of the team who cared for you, the decision-makers who accompanied you, for those who are here now, and the family and friends who cannot be by your side.
 - e. We take this pause to honor you. May you have peace. May we find healing.
 - f. Amen.
 - g. Honor a Moment of Silence.
 - h. Close with "Thank You"

2. "All Shall Be Well in Baltimore" (By Rev. Michele Ward)

(Swap out the city name for whatever city someone loves.)

"All shall be well, all shall be well, all manner of things shall be well." Julian of Norwich

All shall be well in the row homes

All shall be well on the corners

All shall be well in the stores

All shall be well in the factories

All shall be well for the journalist writing alone

All shall be well for the soldier

All shall be well for the nurses in the ICU

All shall be well for the dying
All shall be well for the prophetic speech
All shall be well for the elevators
All shall be well for the houseless beloveds
All shall be well for the dancer
All shall be well for the reporters in facemasks
All shall be well for a bottle of sanitizer
All shall be well for oxygen tanks
All shall be well for the two romancers in the empty flat
All shall be well for the night sky that shudders with sirens
All shall be well for the start
All shall be well for the finish
All shall be well for the ultimate choice
All shall be well for conviction
All shall be well in my heart

3. [A Night Prayer](#) (from [A New Zealand Prayer Book](#))

Lord, it is night.

The night is for stillness.

Let us be still in the presence of God.

It is night after a long day.

What has been done has been done;
what has not been done has not been done;
let it be.

The night is dark.

Let our fears of the darkness of the world and of
our own lives rest in you.

The night is quiet.

Let the quietness of your peace enfold us,
all dear to us,
and all who have no peace.

The night heralds the dawn.

Let us look expectantly to a new day,

new joys,
new possibilities.
In your name we pray. Amen.

Worship Services

1. [Arlington Street Church, UU](#), Boston, MA
2. [The Sanctuary Boston](#), Boston, MA

Music

1. [Goodness playlist](#)

Wellness/Mindfulness Apps

1. [Ritual: Wellbeing](#)
2. [Calm](#)
3. [Headspace](#)
4. [InsightTimer](#)



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