

Israeli Poems to Get Us Through Times of Fear and Isolation



By now the English word “quarantine” has unfortunately spiked the usage charts across the media. From Italian, meaning “40 days,” the word is scary in an impersonal, aseptic way.

Compare it to the modern Hebrew word for the same response to an infectious disease, *biddud*, from the three-letter root that can mean “being alone.” The word *biddud* perhaps carries more psychological fear of being isolated during this health crisis.

Whatever the word, we are fortunate to live in a time when connectedness can be achieved across time and space – and that’s what will get us through.

from the Hebrew poetry books in my office library. In response to this *biddud*, I've reconnected with what's available online in order to make connections for