



**JEW'S UNITED
FOR JUSTICE**

original art by Liora Ostroff

10 PLAGUES OF NOT HAVING TIME TO CARE

During the Israelites' journey to freedom, God brought ten plagues upon the Egyptian people, which we recite together at our seders while we pour out our wine in remembrance of the suffering they caused. Today, we read ten modern plagues we face without the Time to Care.

As each plague is named, pour a small amount from your cup onto your plate. You may also dip your pinky and shake off a drop for each plague.

Recite Together:

1. **Fear:** having to choose between earning a paycheck or caring for an ailing family member, newborn baby, ill child, or yourself.
2. **Lost Wages:** The financial inability to take unpaid time off from work.
3. **Relapse:** Not healing properly because of returning to work too soon.
4. **Contagion:** In the wake of the spread of COVID-19 (the coronavirus), not having PFML is a public health liability.
5. **Stress:** Right now, schools are closing with no notice because of a possible pandemic and parents are left with no time to seek alternative child care.
6. **Frenzy:** Soldiers can be deployed at a moment's notice, leaving a single parent home alone to deal with childcare and household responsibilities.
7. **Vulnerability:** Knowing that you will not be able to care for your child, parent, or spouse while at their most vulnerable, or that your child, partner, or parent will not be able to care for you when you are at your most vulnerable.
8. **Resentment:** Difficulty investing in an employer who is not vested in our ability to care for ourselves and our families.
9. **Fragility:** All security can be lost in the unexpected instance of serious and prolonged illness.
10. **Detachment:** The inability to bond with a newborn because of the inability to afford 12 weeks away from work.