In the Aftermath of Trauma

Not only did the Jewish people experience the protective power of God in the year-long series of ever intensifying plagues unleashed upon Egypt. They also experienced it from the moment they left Egypt, led by the unmistakably present pillars of fire and cloud which guided and protected them in the menacing and intimidating wilderness beyond the border of Egypt.

Shemot Ch. 13	**פרק י״ג**
GOD went before them in a pillar of cloud by day, to guide them along the way, and in a pillar of fire by night, to give them light, so that they might travel day and night. The pillar of cloud by day and the pillar of fire by night did not depart from before the people.	וַיהוָ֗ה הֹלֵךְ֙ לִפְנֵיהֶ֔ם יוֹמָ֗ם בְּעַמּ֤וּד עָנָן֙ לַנְחֹתָ֣ם הַדָּ֔רֶךְ וְלַ֥יְלָה בְּעַמּ֖וּד אֵ֑שׁ לְהָאִ֥יר לָהֶ֖ם לָלֶ֥כֶת יוֹמָ֖ם וָלָֽיְלָה׃ לֹא־יָמִ֥ישׁ עַמּ֛וּד הֶעָנָ֖ן יוֹמָ֑ם וְעַמּ֣וּד הָאֵ֔שׁ לָ֖יְלָה לִפְנֵ֥י הָעָֽם׃ (פ)

In every miracle, there is potential for trauma. The two go hand in hand. Enumerate each of the many miracles in this scene. Divide this chapter into scenes. Record for each scene the miracle and your feeling as an Israelite living through that moment.

Shemot Ch. 14	**פרק י״ד**
GOD said to Moses:	וַיְדַבֵּ֥ר יְהוָ֖ה אֶל־מֹשֶׁ֥ה לֵאמֹֽר׃
Tell the Israelites to turn back and encamp before Pi-hahiroth, between Migdol and the sea, before Baal-zephon; you shall encamp facing it, by the sea.	דַּבֵּ֤ר׀ אֶל־בְּנֵ֣י יִשְׂרָאֵל֮ וְיָשֻׁ֣בוּ֒ וְיַחֲנ֗וּ לִפְנֵי֙ פִּ֣י הַחִירֹ֔ת בֵּ֥ין מִגְדֹּ֖ל וּבֵ֣ין הַיָּ֑ם לִפְנֵי֙ בַּ֣עַל צְפֹ֔ן נִכְח֥וֹ תַחֲנ֖וּ עַל־הַיָּֽם׃
Pharaoh will say of the Israelites, “They are astray in the land; the wilderness has closed in on them.”	וְאָמַ֤ר פַּרְעֹה֙ לִבְנֵ֣י יִשְׂרָאֵ֔ל נְבֻכִ֥ים הֵ֖ם בָּאָ֑רֶץ סָגַ֥ר עֲלֵיהֶ֖ם הַמִּדְבָּֽר׃
Then I will stiffen Pharaoh’s heart and he will pursue them, that I may gain glory through Pharaoh and all his host; and the Egyptians shall know that I am GOD. And they did so.	וְחִזַּקְתִּ֞י אֶת־לֵ֣ב־פַּרְעֹ֗ה וְרָדַף֙ אַחֲרֵיהֶ֔ם וְאִכָּבְדָ֖ה בְּפַרְעֹ֣ה וּבְכָל־חֵיל֑וֹ וְיָדְע֣וּ מִצְרַ֔יִם כִּֽי־אֲנִ֣י יְהוָ֔ה וַיַּעֲשׂ֖וּ־כֵֽן׃
When the king of Egypt was told that the people had fled, Pharaoh and his courtiers had a change of heart about the people and said, “What is this we have done, releasing Israel from our service?”	וַיֻּגַּ֣ד לְמֶ֣לֶךְ מִצְרַ֔יִם כִּ֥י בָרַ֖ח הָעָ֑ם וַיֵּהָפֵ֨ךְ֙ לְבַ֣ב פַּרְעֹ֔ה וַעֲבָדָ֖יו אֶל־הָעָ֑ם וַיֹּאמְר֗וּ מַה־זֹּ֤את עָשִׂ֙ינוּ֙ כִּֽי־שִׁלַּ֣חְנוּ אֶת־יִשְׂרָאֵ֔ל מֵעָבְדֵֽנוּ׃
He ordered his chariot and took his men with him;	וַיֶּאְסֹ֖ר אֶת־רִכְבּ֑וֹ וְאֶת־עַמּ֖וֹ לָקַ֥ח עִמּֽוֹ׃

he took six hundred of his picked chariots, and the rest of the chariots of Egypt, with officers in all of them.	וַיִּקַּח שֵׁשׁ־מֵאוֹת רֶכֶב בָּחוּר וְכֹל רֶכֶב מִצְרָיִם וְשָׁלִשִׁם עַל־כֻּלּוֹ׃
GOD stiffened the heart of Pharaoh king of Egypt, and he gave chase to the Israelites. As the Israelites were departing defiantly,	וַיְחַזֵּק יְהוָה אֶת־לֵב פַּרְעֹה מֶלֶךְ מִצְרַיִם וַיִּרְדֹּף אַחֲרֵי בְּנֵי יִשְׂרָאֵל וּבְנֵי יִשְׂרָאֵל יֹצְאִים בְּיָד רָמָה׃
the Egyptians gave chase to them, and all the chariot horses of Pharaoh, his horsemen, and his warriors overtook them encamped by the sea, near Pi-hahiroth, before Baal-zephon.	וַיִּרְדְּפוּ מִצְרַיִם אַחֲרֵיהֶם וַיַּשִּׂיגוּ אוֹתָם חֹנִים עַל־הַיָּם כָּל־סוּס רֶכֶב פַּרְעֹה וּפָרָשָׁיו וְחֵילוֹ עַל־פִּי הַחִירֹת לִפְנֵי בַּעַל צְפֹן׃
As Pharaoh drew near, the Israelites caught sight of the Egyptians advancing upon them. Greatly frightened, the Israelites cried out to GOD.	וּפַרְעֹה הִקְרִיב וַיִּשְׂאוּ בְנֵי־יִשְׂרָאֵל אֶת־עֵינֵיהֶם וְהִנֵּה מִצְרַיִם ׀ נֹסֵעַ אַחֲרֵיהֶם וַיִּירְאוּ מְאֹד וַיִּצְעֲקוּ בְּנֵי־יִשְׂרָאֵל אֶל־יְהוָה׃
And they said to Moses, “Was it for want of graves in Egypt that you brought us to die in the wilderness? What have you done to us, taking us out of Egypt?	וַיֹּאמְרוּ אֶל־מֹשֶׁה הֲמִבְּלִי אֵין־קְבָרִים בְּמִצְרַיִם לְקַחְתָּנוּ לָמוּת בַּמִּדְבָּר מַה־זֹּאת עָשִׂיתָ לָּנוּ לְהוֹצִיאֵנוּ מִמִּצְרָיִם׃
Is this not the very thing we told you in Egypt, saying, ‘Let us be, and we will serve the Egyptians, for it is better for us to serve the Egyptians than to die in the wilderness’?”	הֲלֹא־זֶה הַדָּבָר אֲשֶׁר ׀ דִּבַּרְנוּ אֵלֶיךָ בְמִצְרַיִם לֵאמֹר חֲדַל מִמֶּנּוּ וְנַעַבְדָה אֶת־מִצְרַיִם כִּי טוֹב לָנוּ עֲבֹד אֶת־מִצְרַיִם מִמֻּתֵנוּ בַּמִּדְבָּר׃
But Moses said to the people, “Have no fear! Stand by, and witness the deliverance which GOD will work for you today; for the Egyptians whom you see today you will never see again.	וַיֹּאמֶר מֹשֶׁה אֶל־הָעָם אַל־תִּירָאוּ הִתְיַצְּבוּ וּרְאוּ אֶת־יְשׁוּעַת יְהוָה אֲשֶׁר־יַעֲשֶׂה לָכֶם הַיּוֹם כִּי אֲשֶׁר רְאִיתֶם אֶת־מִצְרַיִם הַיּוֹם לֹא תֹסִיפוּ לִרְאֹתָם עוֹד עַד־עוֹלָם׃
GOD will battle for you; you hold your peace!”	יְהוָה יִלָּחֶם לָכֶם וְאַתֶּם תַּחֲרִישׁוּן׃ (פ)
Then GOD said to Moses, “Why do you cry out to Me? Tell the Israelites to go forward.	וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה מַה־תִּצְעַק אֵלָי דַּבֵּר אֶל־בְּנֵי־יִשְׂרָאֵל וְיִסָּעוּ׃
And you lift up your rod and hold out your arm over the sea and split it, so that the Israelites may march into the sea on dry ground.	וְאַתָּה הָרֵם אֶת־מַטְּךָ וּנְטֵה אֶת־יָדְךָ עַל־הַיָּם וּבְקָעֵהוּ וְיָבְאוּ בְנֵי־יִשְׂרָאֵל בְּתוֹךְ הַיָּם בַּיַּבָּשָׁה׃
And I will stiffen the hearts of the Egyptians so that they go in after them; and I will gain glory through Pharaoh and all his warriors, his chariots and his horsemen.	וַאֲנִי הִנְנִי מְחַזֵּק אֶת־לֵב מִצְרַיִם וְיָבְאוּ אַחֲרֵיהֶם וְאִכָּבְדָה בְּפַרְעֹה וּבְכָל־חֵילוֹ בְּרִכְבּוֹ וּבְפָרָשָׁיו׃
Let the Egyptians know that I am GOD, when I gain glory through Pharaoh, his chariots, and his horsemen.”	וְיָדְעוּ מִצְרַיִם כִּי־אֲנִי יְהוָה בְּהִכָּבְדִי בְּפַרְעֹה בְּרִכְבּוֹ וּבְפָרָשָׁיו׃
The angel of God, who had been going ahead of the Israelite army, now moved and followed	

behind them; and the pillar of cloud shifted from in front of them and took up a place behind them,	וַיִּסַּע מַלְאַךְ הָאֱלֹהִים הַהֹלֵךְ לִפְנֵי מַחֲנֵה יִשְׂרָאֵל וַיֵּלֶךְ מֵאַחֲרֵיהֶם וַיִּסַּע עַמּוּד הֶעָנָן מִפְּנֵיהֶם וַיַּעֲמֹד מֵאַחֲרֵיהֶם:
and it came between the army of the Egyptians and the army of Israel. Thus there was the cloud with the darkness, and it cast a spell upon the night, so that the one could not come near the other all through the night.	וַיָּבֹא בֵּין	מַחֲנֵה מִצְרַיִם וּבֵין מַחֲנֵה יִשְׂרָאֵל וַיְהִי הֶעָנָן וְהַחֹשֶׁךְ וַיָּאֶר אֶת־הַלָּיְלָה וְלֹא־קָרַב זֶה אֶל־זֶה כָּל־הַלָּיְלָה:
Then Moses held out his arm over the sea and GOD drove back the sea with a strong east wind all that night, and turned the sea into dry ground. The waters were split,	וַיֵּט מֹשֶׁה אֶת־יָדוֹ עַל־הַיָּם וַיּוֹלֶךְ יְהוָה	אֶת־הַיָּם בְּרוּחַ קָדִים עַזָּה כָּל־הַלַּיְלָה וַיָּשֶׂם אֶת־הַיָּם לֶחָרָבָה וַיִּבָּקְעוּ הַמָּיִם:
and the Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left.	וַיָּבֹאוּ בְנֵי־יִשְׂרָאֵל בְּתוֹךְ הַיָּם בַּיַּבָּשָׁה וְהַמַּיִם לָהֶם חֹמָה מִימִינָם וּמִשְּׂמֹאלָם:
The Egyptians came in pursuit after them into the sea, all of Pharaoh's horses, chariots, and horsemen.	וַיִּרְדְּפוּ מִצְרַיִם וַיָּבֹאוּ אַחֲרֵיהֶם כָּל סוּס פַּרְעֹה רִכְבּוֹ וּפָרָשָׁיו אֶל־תּוֹךְ הַיָּם:
At the morning watch, GOD looked down upon the Egyptian army from a pillar of fire and cloud, and threw the Egyptian army into panic.	וַיְהִי בְּאַשְׁמֹרֶת הַבֹּקֶר וַיַּשְׁקֵף יְהוָה אֶל־מַחֲנֵה מִצְרַיִם בְּעַמּוּד אֵשׁ וְעָנָן וַיָּהָם אֶת מַחֲנֵה מִצְרָיִם:
He locked the wheels of their chariots so that they moved forward with difficulty. And the Egyptians said, "Let us flee from the Israelites, for GOD is fighting for them against Egypt."	וַיָּסַר אֶת אֹפַן מַרְכְּבֹתָיו וַיְנַהֲגֵהוּ בִּכְבֵדֻת וַיֹּאמֶר מִצְרַיִם אָנוּסָה מִפְּנֵי יִשְׂרָאֵל כִּי יְהוָה נִלָּחֶם לָהֶם בְּמִצְרָיִם: (פ)
Then GOD said to Moses, "Hold out your arm over the sea, that the waters may come back upon the Egyptians and upon their chariots and upon their horsemen."	וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה נְטֵה אֶת־יָדְךָ עַל־הַיָּם וְיָשֻׁבוּ הַמַּיִם עַל־מִצְרַיִם עַל־רִכְבּוֹ וְעַל־פָּרָשָׁיו:
Moses held out his arm over the sea, and at daybreak the sea returned to its normal state, and the Egyptians fled at its approach. But GOD hurled the Egyptians into the sea.	וַיֵּט מֹשֶׁה אֶת־יָדוֹ עַל־הַיָּם וַיָּשָׁב הַיָּם לִפְנוֹת בֹּקֶר לְאֵיתָנוֹ וּמִצְרַיִם נָסִים לִקְרָאתוֹ וַיְנַעֵר יְהוָה אֶת־מִצְרַיִם בְּתוֹךְ הַיָּם:
The waters turned back and covered the chariots and the horsemen—Pharaoh's entire army that followed them into the sea; not one of them remained.	וַיָּשֻׁבוּ הַמַּיִם וַיְכַסּוּ אֶת־הָרֶכֶב וְאֶת־הַפָּרָשִׁים לְכֹל חֵיל פַּרְעֹה הַבָּאִים אַחֲרֵיהֶם בַּיָּם לֹא־נִשְׁאַר בָּהֶם עַד־אֶחָד:
But the Israelites had marched through the sea on dry ground, the waters forming a wall for them on their right and on their left.	וּבְנֵי יִשְׂרָאֵל הָלְכוּ בַיַּבָּשָׁה בְּתוֹךְ הַיָּם וְהַמַּיִם לָהֶם חֹמָה מִימִינָם וּמִשְּׂמֹאלָם:
Thus GOD delivered Israel that day from the Egyptians. Israel saw the Egyptians dead on the shore of the sea.	וַיּוֹשַׁע יְהוָה בַּיּוֹם הַהוּא אֶת־יִשְׂרָאֵל מִיַּד מִצְרָיִם וַיַּרְא יִשְׂרָאֵל אֶת־מִצְרַיִם מֵת עַל־שְׂפַת הַיָּם:

And when Israel saw the wondrous power which GOD had wielded against the Egyptians, the people feared GOD; they had faith in GOD and His servant Moses.	וַיַּרְא יִשְׂרָאֵל אֶת־הַיָּד הַגְּדֹלָה אֲשֶׁר עָשָׂה יְהוָה בְּמִצְרַיִם וַיִּירְאוּ הָעָם אֶת־יְהוָה וַיַּאֲמִינוּ בַּיהוָה וּבְמֹשֶׁה עַבְדּוֹ׃ (פ)

All Rescue and Evacuation Units by now have developed protocols for preventing or at least minimizing the effects of trauma experienced by rescuers and rescuees alike. In what ways might we understand the song at the sea as model for responding to trauma?

Shemot Ch. 15	**פרק ט״ו**
Then Moses and the Israelites sang this song to GOD. They said: I will sing to GOD, for He has triumphed gloriously; Horse and driver He has hurled into the sea.	אָז יָשִׁיר־מֹשֶׁה וּבְנֵי יִשְׂרָאֵל אֶת־הַשִּׁירָה הַזֹּאת לַיהוָה וַיֹּאמְרוּ לֵאמֹר אָשִׁירָה לַיהוָה כִּי־גָאֹה גָּאָה סוּס וְרֹכְבוֹ רָמָה בַיָּם׃
GOD is my strength and might; He is become my deliverance. This is my God and I will enshrine Him; The God of my father, and I will exalt Him.	עָזִּי וְזִמְרָת יָהּ וַיְהִי־לִי לִישׁוּעָה זֶה אֵלִי וְאַנְוֵהוּ אֱלֹהֵי אָבִי וַאֲרֹמְמֶנְהוּ׃
GOD, the Warrior— LORD is His name!	יְהוָה אִישׁ מִלְחָמָה יְהוָה שְׁמוֹ׃
Pharaoh's chariots and his army He has cast into the sea; And the pick of his officers Are drowned in the Sea of Reeds.	מַרְכְּבֹת פַּרְעֹה וְחֵילוֹ יָרָה בַיָּם וּמִבְחַר שָׁלִשָׁיו טֻבְּעוּ בְיַם־סוּף׃
The deeps covered them; They went down into the depths like a stone.	תְּהֹמֹת יְכַסְיֻמוּ יָרְדוּ בִמְצוֹלֹת כְּמוֹ־אָבֶן׃
Your right hand, O LORD, glorious in power, Your right hand, O LORD, shatters the foe!	יְמִינְךָ יְהוָה נֶאְדָּרִי בַכֹּחַ יְמִינְךָ יְהוָה תִּרְעַץ אוֹיֵב׃
In Your great triumph You break Your opponents; You send forth Your fury, it consumes them like straw.	וּבְרֹב גְּאוֹנְךָ תַּהֲרֹס קָמֶיךָ תְּשַׁלַּח חֲרֹנְךָ יֹאכְלֵמוֹ כַּקַּשׁ׃
At the blast of Your nostrils the waters piled up, The floods stood straight like a wall; The deeps froze in the heart of the sea.	וּבְרוּחַ אַפֶּיךָ נֶעֶרְמוּ מַיִם נִצְּבוּ כְמוֹ־נֵד נֹזְלִים קָפְאוּ תְהֹמֹת בְּלֶב־יָם׃
The foe said, "I will pursue, I will overtake, I will divide the spoil; My desire shall have its fill of them. I will bare my sword— My hand shall subdue them."	אָמַר אוֹיֵב אֶרְדֹּף אַשִּׂיג אֶחַלֵּק שָׁלָל תִּמְלָאֵמוֹ נַפְשִׁי אָרִיק חַרְבִּי תּוֹרִישֵׁמוֹ יָדִי׃
You made Your wind blow, the sea covered them; They sank like lead in the majestic waters.	נָשַׁפְתָּ בְרוּחֲךָ כִּסָּמוֹ יָם צָלְלוּ כַּעוֹפֶרֶת בְּמַיִם אַדִּירִים׃
Who is like You, O LORD, among the celestials; Who is like You, majestic in holiness, Awesome in splendor, working wonders!	

You put out Your right hand, The earth swallowed them. In Your love You lead the people You redeemed; In Your strength You guide them to Your holy abode. The peoples hear, they tremble; Agony grips the dwellers in Philistia. Now are the clans of Edom dismayed; The tribes of Moab—trembling grips them; All the dwellers in Canaan are aghast. Terror and dread descend upon them; Through the might of Your arm they are still as stone— Till Your people cross over, O LORD, Till Your people cross whom You have ransomed. You will bring them and plant them in Your own mountain, The place You made to dwell in, O LORD, The sanctuary, O LORD, which Your hands established. GOD will reign forever and ever! For the horses of Pharaoh, with his chariots and horsemen, went into the sea; and GOD turned back on them the waters of the sea; but the Israelites marched on dry ground in the midst of the sea. Then Miriam the prophetess, Aaron's sister, took a timbrel in her hand, and all the women went out after her in dance with timbrels. And Miriam chanted for them: Sing to GOD, for He has triumphed gloriously; Horse and driver He has hurled into the sea.	מִי־כָמֹכָה בָּאֵלִם יְהוָה מִי כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ נוֹרָא תְהִלֹּת עֹשֵׂה פֶלֶא: נָטִיתָ יְמִינְךָ תִּבְלָעֵמוֹ אָרֶץ: נָחִיתָ בְחַסְדְּךָ עַם־זוּ גָּאָלְתָּ נֵהַלְתָּ בְעֻזְּךָ אֶל־נְוֵה קָדְשֶׁךָ: שָׁמְעוּ עַמִּים יִרְגָּזוּן חִיל אָחַז יֹשְׁבֵי פְלָשֶׁת: אָז נִבְהֲלוּ אַלּוּפֵי אֱדוֹם אֵילֵי מוֹאָב יֹאחֲזֵמוֹ רָעַד נָמֹגוּ כָּל יֹשְׁבֵי כְנָעַן: תִּפֹּל עֲלֵיהֶם אֵימָתָה וָפַחַד בִּגְדֹל זְרוֹעֲךָ יִדְמּוּ כָּאָבֶן עַד־יַעֲבָר עַמְּךָ יְהוָה עַד־יַעֲבָר עַם־זוּ קָנִיתָ: תְּבִאֵמוֹ וְתִטָּעֵמוֹ בְּהַר נַחֲלָתְךָ מָכוֹן לְשִׁבְתְּךָ פָּעַלְתָּ יְהוָה מִקְדָּשׁ אֲדֹנָי כּוֹנְנוּ יָדֶיךָ: יְהוָה ׀ יִמְלֹךְ לְעֹלָם וָעֶד: כִּי בָא סוּס פַּרְעֹה בְּרִכְבּוֹ וּבְפָרָשָׁיו בַּיָּם וַיָּשֶׁב יְהוָה עֲלֵהֶם אֶת־מֵי הַיָּם וּבְנֵי יִשְׂרָאֵל הָלְכוּ בַיַּבָּשָׁה בְּתוֹךְ הַיָּם: (פ) וַתִּקַּח מִרְיָם הַנְּבִיאָה אֲחוֹת אַהֲרֹן אֶת־הַתֹּף בְּיָדָהּ וַתֵּצֶאןָ כָּל־הַנָּשִׁים אַחֲרֶיהָ בְּתֻפִּים וּבִמְחֹלֹת: וַתַּעַן לָהֶם מִרְיָם שִׁירוּ לַיהוָה כִּי־גָאֹה גָּאָה סוּס וְרֹכְבוֹ רָמָה בַיָּם: (ס)

Teacher Bio

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