

# Exile

Rabbi Hanoch of Alexander believed,  
“The real exile of Israel in Egypt was that they learned to endure it.”  
There are situations which must be accepted  
There are things over which we have no control.

But there are conditions that we should not meet with resignation  
To live enslaved, resolved to a life of despair  
To endure a life of subservience, a surrender to the tyrannical  
Such a life is to kiss the chains, embrace the manacles  
and kneel before the caprice of the master  
Such a life is to pledge myself to another’s wish, whim and way.

The body may be forced to bend and crawl but the heart must not grovel  
The body may be made to bow down but the spirit cannot be made to kneel.

I rise up and praise God, Who releases the bound  
Who raises up those who are bowed down  
Who girds me in strength  
Who gives heart to the weary  
I will not endure the exile  
And therein is the beginning of my emancipation.

