



ADL X REPAIR THE WORLD X ONETABLE

# **TOGETHER AT THE TABLE**

*in partnership with Be'chol Lashon and Keshet*

**A sanctuary is a sacred space that is separated from the rest of the world. Similarly, *Shabbat* is a sanctuary of time separated from the rest of the week.**

“The Sabbath creates both time and space for us to stand apart from what is behind us and ahead of us, and allows us a moment to just “be” in both a spiritual and intellectual sense. Shabbat, in its most simplistic form, is a sanctuary in time that allows us to breathe more deeply, think more clearly and talk more truthfully – to one another and ourselves.”

— Sandy Cardin

*President of the Charles and Lynn Schusterman Family Foundation, 1994-2019*

**This *Shabbat*, let’s discuss how we can create our own sanctuaries in time and space to reflect, heal, and grow as we connect and navigate these challenging times together.**

---

## **LEARNING FROM OUR NEIGHBOR**

Moments before the shooting in Poway, San Diego, Rabbi Yisroel Goldstein, Rabbi and founding director of Chabad of Poway, was outside of the sanctuary washing his hands in preparation for the next section of the prayer services. Handwashing is also an important ritual for many on *Shabbat* before eating.

Through the ritual of handwashing, let’s take a moment to check in with ourselves. Feel free to literally wash your hands or to do it metaphorically by focusing on them. ***As you wash your hands, take a few deep breaths and reflect on the following questions. If you feel comfortable, close your eyes.***

- How are you feeling in your body in this moment? Any aches, pains, or tensions? Slowly scan yourself starting with your hands, and then move from your head to your toes.
- How have you been taking care or not taking care of yourself?

If you feel comfortable, turn to the person next to you and share one point that came up for you from this reflection.

We all process differently and need different things to heal and grow. Tonight, show an abundance of empathy for everyone engaging in this discussion and for yourself.

As we remember the lives lost due to hatred, anti-semitism, racism, and the other griefs we hold, we turn again to Mr. Roger’s words from “The World According to Mister Rogers.”

*“Confronting our feelings and giving them appropriate expression always takes strength, not weakness. It takes strength to acknowledge our anger, and sometimes more strength yet to curb the aggressive urges anger may bring and to channel them into nonviolent outlets. It takes strength to face our sadness and to grieve and to let our grief and our anger flow in tears when they need to. It takes strength to talk about our feelings and to reach out for help and comfort when we need it.”*

# PATHWAYS TO HEALING

## INSTRUCTIONS

Find a *havruta* (a partner) and read the following text together. Discuss the guiding questions and share any takeaways with the group.

### A NOTE ABOUT HAVRUTA LEARNING:

*Havruta literally means "friendship" or "companionship." It is the traditional rabbinic approach to Talmudic study in which a pair of students analyze, discuss, and debate a shared text. Unlike a teacher-student relationship, partnered learning puts each student in the position of analyzing the text, organizing their thoughts into logical arguments, explaining their reasoning to their partner, hearing out their partner's reasoning, and sharpening each other's ideas, often arriving at new insights into the meaning of the text.*

## Crime Victims Recover From Trauma<sup>1</sup>

*The opening text "Crime Victims Recover from Trauma" comes from the January 2014 edition of N'shei Chabad (literal translation: Women of Chabad), a newsletter for women, established in 1972. In this excerpt, Dr. Deb Hirschhorn outlines three approaches to "moving past trauma."*

Emotional scars can take time to heal. I spoke to Dr. Deb Hirschhorn, marriage and family therapist, about how to move past the trauma of being a crime victim... Dr. Deb divided the recovery process in three steps.

1. When something throws you for a loop, it's important to **get grounded**, to remember what we know to be true.

"We don't operate in a world of chaos, it only feels that way after trauma," Dr. Deb explains. "We can't allow upsetting, even traumatic, events to cause us to lose a sense of how the world works." We may not see it immediately, but in the end justice reigns...It is helpful to remember that our own reaction to events beyond our control *is* within our control, and that it matters: "The role we've played," says Dr. Deb, "will be important..."

2. Each person has the ability to **tap into a time** when they overcame adversity. Even if you were a child the last time you drew on those resources, you have the ability to overcome this recent trauma, too. The knowledge that you've done this before can help you, the victim, face leaving the house again. Dr. Deb celebrates when her clients do what they "say they couldn't do."

3. Distract yourself. Dr. Deb says, "**Do meaningful stuff** to occupy your mind." Dealing with grief and trauma is important. Reliving it is natural. But then, there is a time and place for actively taking your mind off of what happened in healthy ways.

## GUIDING QUESTIONS FOR HAVRUTA:

- How does this text approach healing in a time of mourning? Which step resonates most strongly with you?
- In the wake of the recent attacks, what are you mourning/working to heal from?
- How do you approach mourning and healing? Are there specific coping mechanisms that you use?
- What are the ways that you can bring comfort to others who are in need of healing?

---

<sup>1</sup> N'shei Chabad Newsletter: January 2014 <https://www.yumpu.com/en/embed/view/8leYCTxR29ELhgg0>

## Come Back Together

Once you have read the texts and discussed with your partner, come back together as a full group. Reflect on the guiding questions and share:

- What resonated with you in the text? What challenged you in the text?
- What additional narratives and stories do you want to bring into the conversation?
- How has this conversation informed your ideas of what it means to heal for you, your Jewish community, and other communities that you are a part of?

## WRAPPING UP - WHAT COMES NEXT

### Attention White Supremacists

*Rabbi Ari Hart serves as the spiritual leader of Skokie Valley Agudath Jacob, an inclusive Modern Orthodox congregation in Skokie, Illinois*

Attention White Supremacists

Your fears are justified:

We will replace you. We will absolutely, without a doubt, replace you.

We will replace every act of hate you commit with ten thousand acts of love.

We will flood every dark corner of bigotry and lies where you lurk with truth and reason that burns like the light of ten thousand suns.

We will drown your hatred with love.

A mixed, rainbow multitude of good, kind, decent people, Black and White, Jewish and Christian, Muslim and Hindu, Buddhist and Atheist, Gay and Straight, Left and Right, will stand up to you, again and again, and again and again, and we shall overcome you.

Love,

All of Us

What comes next is building and strengthening relationships. We move forward not in isolation, but as intertwined individuals and communities. The threat of anti-Semitism is not only about defaming and attacking the Jewish community; it's a symptom of a larger issue. Those that hold ideologies of hatred against the Jewish people generally also hold ideologies of hatred against other marginalized peoples and communities. When one community is attacked, we are all threatened. **Our lives and our fates are woven together, dependent on each other to stop the rise in bias, prejudice, and hate.**

During a traditional *Shabbat* meal, it is customary to recite a blessing over bread before the start of the meal. Challah, the bread traditionally eaten on *Shabbat*, is braided together with three or more strands of dough.

Like *challah*, our communities are made up of different strands. We hold different identities, lived experiences, and practices. But we are bound together by both joy and trauma, and a shared commitment to creating a more just world. Think about the people who reached out to you, supported you, and sent you their love over the past week. Think about the people you showed up for, texted, messaged, or hugged. Depending on your *Shabbat* practice and who you are with tonight, reach out to one (or two or five!) of those people. **Or reach out to someone you did not have the chance to connect with. Thank them for being there for you.** Check in on how they are holding up. Make plans to take action.

## Next Steps: Learn, Act, Reflect. Then Repeat.

In defiance of these horrific acts of hate, keep welcoming people to your community and finding opportunities to create sanctuaries (or dedicate spaces) together. Engage in a continuous cycle of learning, action, and reflection to create social change, building relationships between communities and led by people directly impacted by the issues.

Below are some next steps to start or continue your work after tonight. Or brainstorm your own!

### Learn:

- Anti-Defamation League
  - [What is Anti-Semitism?](#)
  - [Audit of Anti-Semitic Incidents in 2018](#)
- [Understanding Anti-Semitism: An Offering to Our Movement](#), Jews for Racial and Economic Justice
- [Notes From the Field: After a Shul Shooting, Keeping Our Multiracial Jewish Community Safe](#), Ilana Kaufman
- [The Poway Shooting Didn't Just Target Jews](#), Elad Nehorai
- [Once We Were Free](#), Carly Pildis
- [Towards the Next Jewish Rebellion](#), Yotam Marom
- [Serving as an Educator at a Time of Loss, Pain and Grief](#), Shuki Taylor
- [Jewish Resources for Coping with Acts of Terror](#), Union for Reform Judaism
- [After Pittsburgh, Why "They" Won't Win](#), Marcell White Campbell
- [What It Was Like To Grow Up Multiracial and Orthodox in a Hasidic Enclave](#), Isaiah Rothstein

### Act:

- Considering [Hosting with OneTable](#), [Volunteering with Repair the World](#), taking action with the [Anti Defamation League \(ADL\)](#), or [participating with Moishe House](#)
- Vote! Vote! Vote!
- Learn about the positions of [your elected officials](#) and advocate for them to stand up against anti-semitism and racism.
- Serve in your local community.
- Donate to organizations fighting hate and who stand to uphold the longstanding principles of American Democracy.
- Participate in multifaith and intergroup events in your community.
- Encourage your elected officials to hold hearings on the increase in hate crimes and rise of extremist groups, and to improve their procedures for responding to and [reporting hate crimes](#).

### Reflect:

- Find someone to discuss these resources with, hold you accountable to taking meaningful action in partnership, and reflect afterwards.

### A Word of Thanks

Thank you to all who have shown up and responded to the needs of the victims, their families, and everyone affected by the hateful acts on our communities. To the first responders and officers who arrived on scene, to our leaders, friends, and allies who have shown support in times of pain, to those who have given their time, resources, and energy towards healing our fractured world and towards those affected by these hateful acts, we thank you and appreciate you.