

Responding to the Israel-Hamas War

1. **Can you go? Respond by 6:30 pm tonight!** Rally to Support Israel on Tuesday, November 14 on the National Mall in Washington DC. The Minneapolis Jewish Federation is working swiftly to organize a chartered flight to DC for a fly-in/fly-out experience so we can have a strong Minnesotan community presence at the rally. The flight will depart MSP early in the morning and return to MSP in the evening. The cost for the flight, MetroCard, and 1 meal is \$600 per person. *This cost will be non-refundable once purchased.* If you would like to reserve a spot and commit to the \$600 fee, please click here to fill out the [commitment form](#). A minimum of 100 confirmed participants is needed by 6:30pm today (November 6) for this to happen. Registration will follow, once we hit the minimum number of required participants.
2. **Parenting during this time** (focus on teenagers) Wednesday, November 8, 6:00 pm
In person at Mount Zion with Alisha Sawyer and Kara Rosenwald, Director of Global Experiences and Events at Minneapolis Jewish Federation.
3. [Community-Wide Havdalah of Heartbreak & Hope](#) - This Saturday, November 11, 6:15 pm at Adath

Giving

Our community's [Emergency Campaign for Israel](#) is through the St. Paul Jewish Federation. Please [click on the link](#) to see where the funds are going. Our local goal just went from \$500K to \$2 million. **Please give generously.** It helps our family.

Palestinians in Gaza are suffering the consequences of Hamas' actions. It is beyond comprehension. There are many in the world contributing to support. One place to donate vetted by [ROPES](#) -- *an organization whose leaders have spoken at Mount Zion and is working to leverage the Abraham Accords to introduce trilateral partnerships (Israeli-Palestinian-regional) in areas such as education and the environment, and to rebuild long-term momentum toward a conflict-ending Middle East agreement* -- is [Oxfam](#). Please reflect on your giving philosophy and contribute generously. Giving helps our humanity and our values.

Library Books: We have a wide selection of books on Israel for all ages in the Mount Zion library. Please stop by.

Parents: Yesterday, Rabbi Spilker spoke with a group of parents. Here are some resources:

- [Managing the trauma for yourselves and your family](#)
- [How to talk to your kids about the war.](#)
- [Is anyone prepared for these questions?](#)

Here are some questions to start a conversation with your children:

1. *Have you heard about Israel in the news recently? I'd like to talk about what has been going on there this week.*
2. *Sometimes scary things happen in our world. These events are not happening in America, but I want you to hear about this because it is something I am thinking about right now...*
3. *I know you are hearing us worry about Israel and I want to talk about some of what the children in Israel are experiencing...*
4. *You know Israel is so important to our family and right now there are some special things we can do to help Israel. Let's talk about what is going on and how we can help.*

Talking with coworkers, friends, neighbors: It is important to stay in relationship with friends and co-workers even when you disagree, or when you hear statements that may even be antisemitic. We need more people to understand Jewish points of view:

1. Listen to understand.
2. Don't hold people to the first thing they say.
3. Ask questions of curiosity.
4. Affirm what is true within what they shared (their truth vs capital t Truth)
5. Share how you're feeling (if able)
6. Agitational ask - can you appreciate my truth?

Finally as we state in our Derech (new congregational path): "Focus on gratitude and seek joy even in a time of great upheaval." May this be possible for you.