



## Hosting a Mekimi Event

Thank you for your interest in organizing a Mekimi event. Your commitment to remembering, honoring, and supporting those affected by the October 7th attacks is deeply appreciated. This guide is designed to help you create meaningful, impactful events that embody the spirit of Mekimi—"We will raise you up."

The events you organize play a crucial role in our collective healing process, providing spaces for commemoration, education, support, and action. Whether you're planning a solemn vigil, an educational workshop, a youth group summit, or a community-wide day of action, your efforts contribute to Mekimi's larger mission: to uplift our communities in the face of tragedy and work towards a future of peace and understanding.

Here, you'll find a variety of event types, each designed to address different aspects of our shared journey of remembrance and renewal. These event ideas are simply some ideas for you to feed off, and the suggested frameworks are simply that—suggestions; please adapt to your specific community needs, resources, and cultural contexts. And feel free to combine elements from different event types to create unique experiences that resonate with your local community.



## Commemoration & Remembrance

Vigil: A Solemn Gathering to Honor Victims and Show Solidarity

Purpose: To provide a space for communal mourning, remembrance, and support.

Key Elements:

- Moment of silence
- Candle lighting ceremony
- Reading of victims' names
- Shared testimonials or reflections
- Prayers or readings from various faith traditions

Guidelines:

- Choose a quiet, respectful location
- Limit speeches and focus on collective experience
- Provide support resources for attendees who may be emotionally affected
- Consider timing (e.g. sunset or early evening for candle lighting)

Example: "Lights of Remembrance" - An interfaith candlelight vigil. See an example of how to prepare for such an event [here](#).

### Storytelling Events

Purpose: To highlight stories of strength, recovery, and hope in the aftermath of October 7th.

Key Elements:

- Live or video storytelling by survivors, first responders, or community leaders
- Professional storytellers to help craft and present narratives
- Music or art interludes between stories
- Interactive elements where audience members can share their own experiences



Example: "Voices of Strength" - an event featuring carefully curated stories of resilience, courage, and community support following the attacks.

## Education & Awareness

### Educational Sessions

Purpose: To educate the community about the October 7th attacks, their context, and their ongoing impact.

#### Key Elements:

- Expert speakers or panels
- Q&A sessions
- Interactive workshops
- Display of educational materials
- Multimedia presentations

#### Guidelines:

- Ensure information is accurate and fact-checked
- Provide balanced perspectives when appropriate
- Include personal stories to connect with the audience
- Offer resources for further learning

Example: "Understanding October 7th" - A series of lectures and workshops featuring historians, survivors, and policy experts.



## Community Support & Healing

### "Rise Together" Community Support Groups

Purpose: To create ongoing support networks that embody the "raising up" principle of Mekimi.

#### Key Elements:

- Regular meetings (weekly or monthly)
- Facilitated discussions on healing and resilience
- Skill-sharing sessions (e.g., coping strategies, mindfulness techniques)
- Collaborative projects to support victims' families or survivors

Example: "Mekimi Circles" - Small, intimate groups that meet regularly to share experiences, offer mutual support, and engage in activities that promote healing and growth.

## Arts & Expression

### "Lift Every Voice" Concert Series

Purpose: To use the power of music to uplift spirits and unite communities.

#### Key Elements:

- Performances by diverse choirs and vocal groups
- Commissioned pieces that reflect on themes of hope and resilience
- Audience participation in select songs
- Collaboration with music therapists to discuss healing through music

Example: "Harmony for Hope" - A commemorative concert featuring choirs from various communities, performing songs of peace, unity, and strength.



## "Elevating Voices" Art and Poetry Festivals

Purpose: To encourage expression and healing through creative arts.

Key Elements:

- Poetry readings and spoken word performances
- Art exhibitions featuring work by survivors and community members
- Interactive art installations that allow public participation
- Workshops on expressive arts therapy

Example: "Words and Images of Hope" - A weekend festival showcasing visual art, poetry, and performances that explore themes of resilience, community, and hope in the face of tragedy.

## Community Choir Project

Purpose: To bring diverse community members together through the shared experience of music. The creative process of making the event helps people deepen their understanding and connection to what happened and to one another.

Key Elements:

- Formation of an inclusive, multi-generational community choir
- Weekly rehearsals focusing on songs of hope, peace, and togetherness
- Opportunities for members to share personal stories and experiences
- Collaboration with local music educators and therapists

Example: "Voices of Hope" - A series of public performances showcasing the choir's journey and the power of music to unite people from all walks of life.



## “Threads of Community” Collaborative Art Installation

Purpose: To visually represent community bonds and shared experiences.

Key Elements:

- Large-scale weaving or quilting project open to all community members
- Workshops teaching basic textile art techniques
- Incorporation of personal mementos or written messages into the artwork
- Guided reflection sessions on themes of connection and resilience

Example: "The Tapestry of Us" - A community-wide project resulting in a large textile artwork displayed in a central location, representing the interwoven stories and strengths of the community.

## Action & Engagement

### Community Action Day: Engaging Events to Promote Healing and Unity

Purpose: To involve the community in tangible actions

Key Elements:

- Volunteer activities
- Community service projects
- Collaborative art or memorial creation
- Letter writing campaigns (e.g., to survivors or policymakers)
- Public awareness initiatives

Guidelines:

- Ensure activities are accessible to a wide range of participants
- Provide clear instructions and necessary materials
- Connect actions to Mekimi's broader goals
- Celebrate collective achievements



Example: "Mekimi Day of Action" - A city-wide event where participants engage in various service projects and awareness-raising activities.

## Outdoor Programs

### "Roots of Remembrance" Tree and Flower Planting Ceremony

Purpose: To create a living memorial that honors the victims of the October 7th attacks while symbolizing hope, renewal, and the enduring strength of our community. This event embodies the Mekimi spirit of "raising up" by transforming grief into a life-affirming action that will grow and flourish over time.

#### Key Elements:

- Plant 1,450 trees, bushes, or flowers: 1,200 representing those who lost their lives and 250 for those taken hostage
- Create a dedicated memorial garden or integrate plantings into existing community spaces
- Where possible, involve survivors, families of victims, and community members in the planting process
- Include a ceremony with readings, music, and moments of reflection
- Provide educational signage explaining the significance of the plantings

#### Where:

- Local parks or public space
- School grounds or university campuses
- Community centers or synagogue ground
- Newly designated memorial sites

#### How:

- Partner with local environmental organizations or parks departments for logistics and plant selection



- Organize volunteers into teams, each responsible for a section of the planting
- Create a map or guide showing the layout of plantings and their symbolism
- Offer opportunities for individuals or groups to "sponsor" trees or sections of the garden
- Plan for long-term care and maintenance of the plantings
- Consider creating a digital component where people can virtually "visit" and learn about specific plantings

## Physical & Mental Wellness

### Healing Mind and Body

Purpose: To provide practical tools and resources for physical and mental well-being in the context of collective trauma and healing.

#### Key Elements:

- Stress-reduction and trauma-informed yoga classes
- Mental health screenings and resources
- Nutrition workshops focused on mood-boosting foods
- Group fitness classes emphasizing community connection
- Meditation and mindfulness sessions
- Information booths from local health and wellness providers

Example: A day-long community fair held in a local park or community center, offering a variety of free classes, screenings, and resources. The event concludes with a group walk or run, symbolizing the community moving forward together.

## Interfaith & Cultural Unity

### "Unity in Diversity: Interfaith Dialogue Series"

Purpose: To foster understanding, respect, and solidarity among different faith communities in the aftermath of October 7th.



#### Key Elements:

- Panel discussions with religious leaders from various faiths
- Shared prayers or meditations from different traditions
- Cultural exchange activities (e.g., food, music, art)
- Collaborative community service project
- Creation of an interfaith statement of unity and support

Example: A monthly series where each session focuses on a different faith tradition's approach to healing and resilience. The series culminates in a joint community project, such as creating an interfaith peace garden or mural.

## Youth & Future Leaders

### "Tomorrow's Peacebuilders": Youth Leadership Summit

Purpose: To empower young people with the skills, knowledge, and network to become active agents of healing and positive change in their communities.

#### Key Elements:

- Workshops on conflict resolution and peacebuilding
- Talks by young activists and community leaders
- Team-building exercises and leadership challenges
- Mentorship pairings with established community leaders
- Development of youth-led community initiatives

Example: A weekend summit for high school and college students, featuring skill-building workshops, inspiring speakers, and the opportunity to pitch and receive funding for youth-led community projects related to healing and commemoration.

### "Rise Above" Youth Empowerment Workshops



Purpose: To equip young people with tools to process trauma, build resilience, and become community leaders.

Key Elements:

- Age-appropriate discussions about October 7th and its impact
- Skills workshops (e.g., public speaking, community organizing, peer counseling)
- Mentorship programs pairing youth with community leaders
- Youth-led community service projects

Example: "Next Generation Leaders" - A series of weekend workshops for teenagers, focusing on personal growth, community engagement, and leadership in the context of post-trauma resilience.