



1. Daily Reflection & Gratitude Journal

The Daily Reflection & Gratitude Journal is a tool for daily introspection and gratitude in the wake of October 7th. It encourages you to start and end each day with moments of reflection on the lives impacted while fostering a sense of gratitude and proactive kindness. By engaging with this journal, you connect with the values of remembrance and empathy, finding strength in daily actions that honor the memories of those affected and support the resilience of our community.

Morning Reflection

As I rise today, I take a moment to honor those no longer with us and recognize the resilience of survivors. Embracing gratitude and focusing on the positive, I commit to lifting others through my actions and words. By starting the day with this reflection, we set a tone of remembrance and hope, grounding our daily actions in the values of compassion and unity.

Today, I am grateful for:

1. _____
2. _____
3. _____

Today, I will lift someone up by:

Evening Reflection

As this day ends, I reflect on how I have honored the memory of those lost. By acknowledging how I have supported others, I align my actions with the principle of tikkun olam, contributing to collective healing.

I have lifted others by:

Tomorrow, I will strive to:



2. Prayer for the Return of the Hostages

The Prayer for the Return of the Hostages is a heartfelt supplication for the safe return of those held captive. This prayer channels our collective hope and compassion, asking for divine intervention to protect and sustain the hostages and their families. By joining in this prayer, we express our solidarity and commitment to advocating for their freedom, reinforcing the bonds of our community through shared faith and hope.

O Source of Comfort and Strength,
We turn to You in our pain, asking for the safe return of those held captive.
Guard them from harm, sustain their hope, and give them the strength to endure.
Grant courage to their families and patience to their friends as they wait.
May our prayers be heard across borders and barriers,
Touching hearts and changing minds,
Until the day they are free.
May they return home swiftly and in peace.
And let us say, Amen.



3. Meditation for Healing

Find a quiet space and sit comfortably. Close your eyes and take a deep breath in, then slowly exhale. This meditation helps to center us, allowing the principles of tikkun olam to guide our thoughts and actions. Through mindful breathing, we align ourselves with the collective healing and hope that sustains our community.

Inhale: I am part of a strong community.

Exhale: I am not alone in my grief.

Inhale: I honor those we've lost by living fully.

Exhale: Their memory is a blessing and a call to action.

Inhale: Hope is a light within me.

Exhale: I share this light with others.

Repeat these breaths and affirmations as many times as needed, allowing peace and healing to flow through you.



4. Commitment to Action

In the spirit of tikkun olam, the sacred Jewish principle of repairing the world, we recognize that through mitzvot—acts of kindness and righteousness—we tap into the profound power that created and sustains our world. By committing to meaningful actions, we honor the memories of those affected by October 7th and contribute to the healing and unity of our community. Each mitzvah we perform is a step towards repairing the world and making it a place of hope and compassion for all.

In memory of those lost and in support of those who remain, I commit to the power of mitzvot—good deeds that reflect our values of compassion and unity. We bring healing, honor those we've lost, and strengthen our community through each mitzvah.

I commit to:

1. Perform one act of kindness (mitzvah) each day for the next week.
2. Learn about and share the story of one victim of October 7th.
3. Reach out to someone who may be struggling and offer support.
4. Attend or organize a community event in remembrance.
5. Educate myself about the ongoing impact of October 7th.

By fulfilling these mitzvot, I honor the memories of those we've lost and contribute to a future of hope and healing.

I will fulfill these commitments by: _____ (date)



5. Words of Comfort

Share these messages with those who need support and healing. These words are meant to remind us of our shared strength and the power of community in the face of grief. By offering comfort, we contribute to the collective healing that embodies the principle of tikkun olam.

- You are not alone in your grief. Our community stands with you.
 - Your pain is valid, and your feelings matter.
 - Healing takes time—be patient with yourself.
 - We remember together, and together, we will find strength.
 - Even in the darkest times, we are the light for one another.
 - Your loved one's memory lives on through your actions and kindness.
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6. Candle Lighting Ceremony Guide

Lighting a candle has long been a symbol of remembrance and hope in Jewish tradition. This candle-lighting ceremony offers a sacred moment to honor those lost, reflect on those still suffering, and commit to building a future of healing and peace. Through the simple act of lighting a candle, we bring light into the darkness, creating a shared space for memory, reflection, and unity. As we gather in this ritual, we are reminded that even in the darkest times, our collective strength and hope can shine through.

As we light this candle, we remember:

(Light the candle)

- The lives lost on October 7th, each a world entire.
(Moment of silence)
- Those who still bear the physical and emotional wounds of that day.
(Moment of silence)
- The hostages still waiting to return home.
(Moment of silence)
- Our commitment to build a world of peace and understanding.
(Moment of silence)

May this light remind us to be a source of hope and strength for one another.

And let us say, Amen.



7. Daily Reflection Pages

The Daily Reflection Pages are designed to guide you through personal reflection and action. They provide a space to express gratitude, acknowledge emotions, and set meaningful goals. By reflecting on the events of October 7th and their impact, you connect with both your inner journey and the collective experience of our community. Each day, take time to write down your thoughts, recognize the progress you've made, and commit to small actions that honor the memory of those affected while contributing to healing and hope.

Today, I've been reflecting on:

Today, I am grateful for:

1.

2.

3.

Today, I've been feeling:

Today's mitzvah:

What I hope for tomorrow:



8. Affirmations

In times of darkness, affirmations can serve as a guiding light, aligning our actions with the principles of tikkun olam and collective healing.

- “During darkness, we find our light by lifting others.”
- “We honor those lost not by mourning alone, but by living in a way that reflects their memory.”
- “Grief is not the end—it is the place where healing begins, together.”
- “The strongest community is one that rises together, even in the face of tragedy.”
- “In unity, we heal. In remembrance, we find hope.”
- “We remember, we reflect, we rise.”



9. Mitzvah in Dedication

In dedicating a specific mitzvah to a hostage, IDF soldier, survivor, or those who lost their lives on October 7th, we embrace the Jewish principle of tikkun olam or the repair of the world. Through our mitzvot, we connect with the divine force that initially brought the world into being, channeling that primal energy into acts of compassion and solidarity. This personal dedication transforms our grief into a powerful force for good, honoring their memory and fostering a more just and loving world.

Commit to performing a specific mitzvah—a good deed rooted in compassion, unity, and healing in honor of a hostage, IDF soldier, survivor, or someone who lost their life on October 7th.

Through this act, you dedicate yourself to keeping their spirit alive.

I commit to:

Name of Individual I'm Dedicating This Mitzvah To: _____

Mitzvah I Will Perform in Their Honor:

Date I Will Fulfill This Mitzvah By: _____

May this mitzvah bring light to their memory and strength to our community, reminding us that our actions can create ripples of hope and resilience even in times of tragedy.



10. Weekly Reflection Pages

The Weekly Reflection Pages are designed to help you process your emotions and actions in the wake of October 7th. This resource offers a structured way to reflect on your experiences, express gratitude, and commit to meaningful actions. By dedicating time each week to these reflections, you honor the memories of those affected, stay connected to your personal journey, and contribute to the healing process within your community.

This Week, I Am Reflecting On:

Gratitude for This Week:

1. _____
2. _____
3. _____

In Honor of Those We've Lost, I've Taken the Following Actions This Week:

1. _____
2. _____
3. _____

Next Week, I Will Focus On:

1. _____
2. _____
3. _____

Instructions:

- **Gratitude for This Week:** Reflect on positive moments or aspects of your life this week. Acknowledge the small and significant things that have brought you comfort or joy.
- **In Honor of Those We've Lost:** Document the actions you've taken to honor the memories of those affected by October 7th. This could include acts of kindness, community involvement, or personal reflections.
- **Next Week's Focus:** Set intentions for the upcoming week, identifying specific goals or actions to help you continue your journey of remembrance and healing.

Use these pages to track your progress and stay committed to making a difference through your reflections and actions.

