

# with Nechama Goldman Barash

Wednesday, September 11

## **Hope In Times of Uncertainty**

This Resource is for Those Educators Seeking Chizzuk

### **Group Discussion Questions:**

- Over this past year, who or what has given you a sense of hope?
- In a previous time in your life when you have been afraid or disconsolate, what was it, if anything, that gave you hope?
- Do you think that hope should be a focus now, a year after October 7? Why or why not?









#### תהילים פרק כ"ז

לְדָוִד

יְהֹוֶה אוֹרִי וְיִשְּׁעִי מִמִּי אִירָא יְהֹוֶה מָעוֹז־חַיַּי ממִי אַפּחַד:

בָּקְרֹב עָלַי מְרֵעִים לֶאֱכֹל אֶת־בְּשָׂרִי צָרַי ואֹיבי לי המה כשלוּ ונפלוּ:

אָם־תַּחֲנֶה עָלַי מַחֲנֶה לֹא־יִירָא לְבִּי אם־תַּקוּם עַלִי מַלְחַמַה בָּזֹאת אַנִי בּוֹטָחַ:

אַחַת שָׁאַלְתִּי מֵאֵת־יְהֹוֶה אוֹתָהּ אֲבַקֵּשׁ שָׁבָתִּי בָּבֵית־יִהֹוָה כָּל־יִמֵי חַיַּי לַחַזוֹת

ַבְּבָּעִם־יִהֹוָה וּלְבַקֵּר בְּהֵיכָלוֹ: בָּנֹעַם־יִהוָה וּלְבַקֵּר בְּהֵיכָלוֹ:

כִּי יִצְפְּנֵנִי בְּסֻכֹּה בִּיוֹם רָעָה יַסְתִּרֵנִי בְּסֵתֶר אָהֵלוֹ בָּצוּר יִרוֹמְמֵנִי:

> ְוְעַתָּה יָרוּם רֹאשָׁי עַל אֹיְבַי סְבִיבוֹתַי וְאֶזְבְּחָה בְאָהֱלוֹ זִבְחֵי תְרוּעָה אָשִׁירָה ואזמרה ליהוה:

שְׁמַע־יְהֹוָה קּוֹלִי אֶקְרָא וְחָנֵּנִי וַעֲנֵנִי: לְךָ אָמַר לִבִּי בַּקְשׁוּ פָנָי אֶת־פָּנֶיךְ יְהֹוָה עַרִבּיִּוִייִּ

אַל־תַּסְתֵּר פָּנֶיךָ מִמֶּנִּי אַל תַּט־בְּאַף עַבְדֶּךְ עֶזְרָתִי הָיִיתָ אַל־תִּטְשֵׁנִי וְאַל־תַּעַזְבֵנִי אֱלֹהֵי .......

> כִּי־אָבִי וְאִמִּי עֲזָבוּנִי וַיהֹוָה וַאַסְפֵנִי: הוֹרֵנִי יְהֹוָה דַּרְכֶּךְ וּנְחֵנִי בְּאֹרֵח מִישׁוֹר

ָלְמַעַן שׁוֹרְרָי:

אַל־תִּתְנֵנִי בְּנֶפֶשׁ צָרָי כִּי קָמוּ־בִי עֵדֵי־שֶׁקֶר ויפח חמס:

לוּלֵא הָאֱמַנְתִּי לִרְאוֹת בְּטוּב־יְהֹוָה בְּאֶרֶץ חיים:

> קַוּה אֶל־יְהֹוָה חֲזַק וְיַאֲמֵץ לִבֶּּךְ וְקַוֵּה אֵל־יִהֹוָה:

#### **Psalms chapter 27**

Of David.

The LORD is my light and my help;

whom should I fear?

The LORD is the stronghold of my life,

whom should I dread?

When evil men assail me to devour my flesh

it is they, my foes and my enemies,

who stumble and fall.

Should an army besiege me,my heart would have no fear:

should war beset me, still would I be confident.

One thing I ask of the LORD, only that do I seek: to

live in the house of the LORD

all the days of my life, to gaze upon the beauty of the LORD, to frequent His temple.

He will shelter me in His pavilion on an evil day, grant me the protection of His tent,

raise me high upon a rock.

Now is my head high over my enemies round about;I sacrifice in His tent with shouts of joy,

singing and chanting a hymn to the LORD.

Hear, O LORD, when I cry aloud; have mercy on me, answer me.

You! my heart says: "Seek My face!"

O LORD, I seek Your face.

Do not hide Your face from me; do not thrust aside

Your servant in anger;

You have ever been my help.

Do not forsake me, do not abandon me,

O God, my deliverer.

Though my father and mother abandon me,

the LORD will take me in.

Show me Your way, O LORD, and lead me on a level

path because of my watchful foes.

Do not subject me to the will of my foes,

for false witnesses and unjust accusers

have appeared against me.

Had I not the assurance that I would enjoy the

goodness of the LORD

in the land of the living...

Hope in the LORD;

be strong and of good courage!

O Hope in the LORD!

#### תלמוד בבלי ברכות לב:

אָמַר רַבִּי חָמָא בְּרַבִּי חֲנִינָא: אִם רָאָה אָדָם שֶׁהִתְפַּלֵּל וְלֹא נַעֲנָה — יַחְזוֹר וְיִתְפַּלֵּל. שֶׁנָּאֱמַר: ״קְוּה אֶל ה׳ חֲזַק וִיַאָמֵץ לִבָּךְ וִקְוָּה אֵל ה״.

#### **Babylonian Talmud Brachot 32b**

On a similar note, Rabbi Ḥama, son of Rabbi Ḥanina, said: A person who prayed and saw that he was not answered, should pray again, as it is stated: "Hope in the LORD; be strong and of good courage! and hope in the LORD!" (Psalms 27:14).

What do you think of Rabbi Ḥama ben Ḥanina's idea? Do you stand behind his assertion? Why or why not?

#### ספר העקרים, מאמר ד מ״ט

וראוי שישאל שואל ויאמר כי התקוה והתוחלת אינו דבר נאות לטבע האדם, כי הם יטרידו המחשבה ויתישו הכח ויחליאו הנפש חולי גדול עד אשר ישימוה סכלה, וזה כי בסבת התקוה והתוחלת לדבר מה תהיה הנפש טרודה לחשוב מחשבות להשיג הדבר ההוא המקווה, ולא תחדל מלחשוב תמיד בזה עד אשר יכבה אור השכל מעליה ותשאר הנפש עמומה, על זה אמר הכתוב תוחלת ממושכה מחלה לב, ועל כן ראוי לכל חכם לב להסיר מנפשו התקוה והתוחלת, וזה כי כשתחדל הנפש מלקוות דבר קשה ההשגה ותסתפק במה שתשיג, לא תהיה הנפש טרודה בדבר ותחשוב בדברי מדע והשכל וענינים מרבים אור השכל ומזהירים אותו, ואם כן איך נאמר כי התקוה והתוחלת אל המאמין טוב, עד שנמצא הנביא מזהיר על התקוה יותר מכל הדברים כלם, אמר ואתה באלהיך תשוב חסד ומשפט שמור וקוה אל אלהיך תמיד, שיראה שהתקוה דבר הכרחי אל המאמין כשמירת חסד ומשפט או יותר.

והתשובה בזה, כי התקוה לדבר שהמקוה מסופק בו אם יגיע אם לאו תטריד הנפש לחשוב מחשבות כדי להשיגו, אבל התקוה לדבר שהאדם מובטח בו שיבא, כמו שיקוה לאור הבקר, לא יטריד הנפש אבל ישמחנה, בהיותה משערת הטוב ההוא המבוקש והיותה בוטחת שיגיע, ועל זה הדרך ראוי שתהיה התקוה לשם כשיהיה בוטח בו בטחון שלם שישלים תקותו בלי ספק, אחר שיש יכולת בידו ואין מי שיעכב על ידו, לא כמי שמקוה דבר שמסופק בו אם יגיע אם לא יגיע, והתקוה הזאת תחזק הלב ותשמחהו, אמר הכתוב חזקו ויאמץ לבבכם כל המיחלים לה׳, כי התקוה אליו לא די שלא תחליש הלב אלא שתחזק אותו, כי המקוה אל השם יתברך בהיות לבו סמוך ונשען על ה' קדוש ישראל באמת שימלא שאלתו יוסיף אומץ ויתחזק כחו, הוא שאמר הכתוב וייעפו נערים וגו׳, וקוי ה׳ יחליפו כח, רוצה לומר אפילו הנערים שאין מדרכם ליעף וליגע והבחורים שדרכם להחליף כח כלם כשול יכשלו וייעפו וייגעו, ואולם קוי ה׳ יחליפו כח וירבו עצמה, ומצד שירבו עצמה יוכל לקוות, ומצד היות התקוה אל השם יתברך שהוא דבר

#### Sefer Halkkarim, Maamar 4 49

And it is worthy that the one who asks will ask and say that hope and expectation are not good for man, because they disturb the power of thought, weaken one's strength and make the mind sick and stupid. For as a result of hoping and expecting a thing, the mind is busy thinking of obtaining the thing hoped for, and this continual preoccupation with the object desired quenches at length the light of the intellect and the mind remains dimmed, as we read: "Hope deferred maketh the heart sick." Hence every intelligent person should remove from his mind hope and expectation. If one ceases to hope for something that is hard to get and contents himself with what he can get, his mind is not preoccupied with the thing and he can think of things of knowledge and understanding and of subjects which develop the intellect and illumine it. How then can we say that hope and expectation are good for a believer so much so that the prophet urges hope above all things? Thus we read: "Therefore turn thou to thy God; keep mercy and justice, and wait for thy God continually," from which it seems that hope is as essential to a believer as mercy and justice or even more so.

The answer to the question is this: Hope for something about which one is in doubt whether it will come or not, does disturb the soul, preoccupying it with thoughts of how to obtain it, but hope for a thing which one is sure will come as, for example, the hope for the light of the morning, does not disturb the soul but makes it glad, because it conceives the good which is sought and is confident that it will come. This is the kind of hope one must have in God. One must trust implicitly that God will fulfil one's hope without doubt, since He has the power and there is no one to prevent Him. But one must not have the kind of hope in which one doubts whether the thing will come or not. Such hope as we have described strengthens the heart and makes it glad, as we read: "Be strong, and let your heart take courage, all ye that wait for the Lord." Hope in God, far from weakening the heart, strengthens it, for if one hopes in God and his heart truly relies upon the Holy One of Israel, trusting that He will grant his request, he gets stronger and more courageous, as we read: "Even the youths shall faint and be weary, ... But they that wait for the Lord shall renew their strength." That is, even the youths, who do not usually become faint and weary, and the young men, who usually renew their strength, will all stumble and faint and be weary, but those that wait for the Lord shall renew their strength, and the more strength they have the more they will be able to hope, and the hope in turn which has God for its object, who is a permanent

קיים יתחזק יותר, עד שהדברים הללו הם כמתגמלים, התקוה סבת החוזק והחוזק סבת התקוה.

ואל זה רמז המשורר באסרו קוה אל ה׳ חזק ויאמץ לבך וגו׳, הנה באר שהתקוה סבת החוזק והחוזק סבה לקוות יותר, ועל התקוה הזאת היה מזהיר הנביא באמרו חסד ומשפט שמור וקוה אל אלהיך תמיד, כי התקוה והתוחלת אל השם יתברך הוא דבר יותר מעולה מכל התהלות שאפשר שישבח האדם להשם יתברך, אמר המשורר ואני תמיד איחל והוספתי על כל תהלתך. being, will further increase their strength, the two mutually reacting upon each other, hope causing strength and strength in turn causing hope.

The Psalmist alludes to this when he says: "Hope in the Lord; be strong, and let thy heart take courage; yea, hope in the Lord." This shows that hope is the cause of strength, and that strength in turn is a cause for more hope. The prophet had this hope in mind in his admonition: "Therefore turn thou to thy God; keep mercy and justice, and wait for thy God continually." For hope and waiting for God are better than all the praises that one can give Him, as the Psalmist says: "But as for me, I will hope continually, and will add to all Thy praises."

Does this source hearten or dishearten you? Say more.

## Hope at a Time of Lamentation

#### איכה ג:יז-לב

וַתִּזְנַח מִשַּׁלוֹם נַפִּשִׁי נַשִּׁיתִי טוֹבַה:

וָאמַר אָבַד נִצְחִי וְתוֹחַלְתִּי מֵיהוָה:

זַכָר־עַנִיי ומָרודִי לַעֲנָה וַראש:

זַכוֹר תִּזְכּוֹר (ותשיח) [וְתַשּוֹחַ] עַלַי נַפְשִׁי:

זאת אַשִּׁיב אֱל־לָבִי עַל־כֵּן **אוֹחִיל**:

חַסְדֵי יִהוַה כִּי לֹא־תַמִנוּ כִּי לֹא־כַלוּ רַחֲמַיוּ:

חַדַשִּים לַבָּקַרִים רַבָּה אֱמוּנַתֶּך:

ָחֶלְקִי יָהֹוָה אָמָרָה נַפְשִׁי עַל־כֵּן **אוֹחִיל** לוֹ:

טוֹב יָהוָה **לִקוַו** לְנֵפֵשׁ תִּדְרְשֵׁנּוּ:

טוב וַיַחִיל וִדוּמַם לְתִשוּעַת יִהוַה:

טוֹב לַגֶּבֶר כִּי־יִשָּא על בִּנְעוּרַיו:

ישב בַדַד ויִדם כִּי נַטַל עַלַיו:

יַתֶן בַעַפַר פִּיהוּ אוּלַי יֵשׁ תִקוַה:

יָתֵן לְמַכֶּהוּ לֵחִי יִשְׂבַּע בַּחֵרְפָּה:

כִי לֹא יִזְנַח לְעוֹלָם אֲדֹנָי:

כִּי אָם־הוֹגַה וְרָחַם כָּרֹב חֵסַדֵיו:

#### **Lamentations 3:17-32**

My life was bereft of peace,

I forgot what happiness was.

I thought my strength and  $\mathbf{hope}$ 

Had perished before the LORD.

To recall my distress and my misery

Was wormwood and poison;

Whenever I thought of them,

I was bowed low.

But this do I call to mind,

Therefore I have **hope**:

The kindness of the LORD has not ended,

His mercies are not spent.

They are renewed every morning—

Ample is Your grace!

"The LORD is my portion," I say with full heart;

Therefore will I **hope** in Him.

The LORD is good to those who **trust** in Him,

To the one who seeks Him;

It is good to wait patiently

Till rescue comes from the LORD.

It is good for a man, when young,

To bear a yoke;

Let him sit alone and be patient,

When He has laid it upon him.

#### Let him put his mouth to the dust— There may yet be hope.

Let him offer his cheek to the smiter;

Let him be surfeited with mockery.

For the Lord does not

Reject forever,

But first afflicts, then pardons In His abundant kindness.

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#### תלמוד בבלי חגיגה ד:

ַרַבִּי אַמֵּי כִּי מָטֵי לְהַאִי קְרָא, בָּכֵי: ״ִּיְתֵּן בֶּעָפָר פִּיהוּ אוּלַי יֵשׁ תִּקְןָה״, אָמַר: כּוּלֵּי הַאִי וְ״אוּלִי״?! רַבִּי אַמֵּי כִּי מָטֵי לְהַאִי קְרָא, בָּכֵי: ״בַּקְשׁוּ צֶדֶק בַּקְשׁוּ עֲנָוָה אוּלַי תִּסְתְרוּ בְּיוֹם אַף ה״, אָמַר: כּוּלֵּי הַאִי וְ״אוּלֵי״?! רַבִּי אַסִּי כִּי מָטֵי לְהַאִי קְרָא, בָּכֵי: ״שִׂנְאוּ רָע וְאֶהֶבוּ טוֹב וְהַצִּיגוּ בַשַּעַר מִשְׁפָּט אוּלַי יֶחֱנַן ה׳ [אֱלֹהֵי] צְבָאוֹת״, כּוּלֵּי הַאי וּ״אוּלוי״?!

#### **Babylonian Talmud Chagigah 4b**

When Rabbi Ami reached this verse, he cried: "Let him put his mouth in the dust, perhaps there may be hope" (Lamentations 3:29). He said: A sinner suffers through all this punishment and only perhaps there may be hope? When Rabbi Ami reached this verse, he cried: "Seek righteousness, seek humility; perhaps you shall be hidden on the day of the Lord's anger"(Zephaniah 2:3). He said: All of this is expected of each individual, and only perhaps God's anger may be hidden? Likewise, when Rabbi Asi reached this verse, he cried: "Hate the evil, and love the good, and establish justice in the gate; perhaps the Lord, the God of hosts, will be gracious" (Amos 5:15). He said: All of this, and only perhaps?

Do you think it's good to have hope even if the chances are very low of a positive outcome?

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#### איכה רבה פרשה ג

- "זאת אשיב אל לבי על כן אוחיל" ַרְבִּי אַבַּא בַּר כַּהֵנָא בָּשֶׁם רַבִּי יוֹחַנָן אַמַר מַשָּׁל לְמַה הַדַּבַר דּוֹמֶה, לְמֵלֶךְ שֵׁנַשָּׂא מַטְרוֹנַה וְכַתַב לַהּ כִּתְבַּה ַמְרָבָּה, וָאַמַר לַהּ כַּךְ וִכַּךְ חָפּוֹת אֲנִי עוֹשֵׂה לִיךְ, כַּךְ וְכַךְ אַרְגְּוָנוֹת טוֹבוֹת אֲנִי נוֹתֵן לִיךְ. הִנִּיחָהּ הַמֶּלֶךְ וְהָלַךְ לוֹ לְמִדִינַת הַיַם וְאֶחֶר לְשָם. נָכָנָסוּ שְׁכֵנוֹתֵיהַ אֱצְלַה וְהַיוּ מַקנִיטוֹת אוֹתַהּ וָאוֹמְרוֹת לַהּ הָנִיחֵךְ הַמֶּלֵךְ וְהַלַּךְ לוֹ ּלְמִדִינַת הַיַּם, וְשׁוּב אֵינוֹ חוֹזֵר עַלַיְךְ, וְהַיִּתַה בּוֹכַה וּמְתָאַנַחַת, וְכֵיוַן שֵׁנְכָנָסָה לְתוֹךְ בֵּיתַה פּוֹתַחַת וּמוֹצִיאַה כִּתְבַּתַה וִקוֹרֵאת, וַרוֹאַה בִּכְתַבַּתַה כַּךְ וְכַךְ ָחָפּוֹת אַנִי עוֹשֶׂה, כַּךְ וִכַךְ אַרְגָּוַנוֹת טוֹבוֹת אַנִי נוֹתֶן לִיךְ, ַמַיַד הַיָּתָה מִתְנַחֶמֶת. לָיַמִים בַּא הַמֶּלֵךְ, אַמַר לַהּ בַּתִּי אַנִי תַּמֵהַ אֵיךְ הָמְתַּנָתִּ לִי כַּל אוֹתַן הַשַּׁנִים, אַמְרָה לוֹ אַדוֹנִי הַמֵּלֶךְ אָלְמַלֶא כִּתְבָּה מִרְבַּה שֶׁכַּתַבְתַּ וְנַתַתַּ לִי כָּבַר אָבָּדוּנִי שָׁכֶנוֹתַי. כַּךְ עוֹבָדֵי כּוֹכַבִים מוֹנִין אֶת יִשׂרָאֵל וָאוֹמָרִין לַהֶּם, אֱלֹהֵיכֶם הָסְתִּיר פַּנַיו מִכֶּם וְסְלֵק שָׁכִינַתוֹ מִכֶּם, עוֹד אֵינוֹ חוֹזֵר עֲלֵיכֶם, וְהֵן בּוֹכִין וּמָתָאַנָחִין, וְכֵיוַן שֵׁנָּכְנַסִין לְבַתֵּי כְנֵסִיּוֹת וּלְבַתֵּי מִדְרַשׁוֹת וקורין בתורה ומוצאין שכתוב (ויקרא כו, ט): ופניתי אַלֵיכֶם וָהָפָרֵיתִי אֵתְכֶם וְנַתַתִּי מִשְׁכַּנִי בִּתוֹכְכֵם וָהְתָהַלַּכְתִּי בָּתוֹכְכֶם, וְהֵן מִתְנַחַמִין. לְמַחַר כְּשֵׁיַבוֹא קֵץ הַגָּאַלַה אוֹמֶר לַהֶּם הַקַּדוֹשׁ בַּרוֹךְ הוֹא לִישִּׁרָאֵל בַּנַי אַנִי ַתַּמֵהַ מִכֶּם הֵיאַךְ הִמְתַּנָתֵם לִי כַּל אוֹתַן הַשַּׁנִים, וְהֵן אוֹמְרִים לְפַנַיו רָבּוֹנוֹ שֶׁל עוֹלַם אָלוֹלֵי תוֹרַתְרְ שֶׁנַתַתַּ לַנוּ ָּכָבַר אָבָּדונוּ הַאָּמוֹת. לְכַךְ נָאֱמַר: זאת אַשִּיב אֱל לְבִּי, ּוְאֵין זֹאת אֶלָּא תּוֹרָה, שֶׁנֶּאֱמַר (דברים ד, מד): וְזֹאת הַתוֹרָה. וְכֶן דַּוִד אֲמַר (תהלים קיט, צב): לוֹלֵי תוֹרַתְרְ שַׁעֲשָׁעַי אַז אַבַדִּתִּי בעַנִיִי. עַל כֵּן אוֹחִיל לוֹ, וֹמְיַחֵדִים שָׁמוֹ שָׁתֵּי פָּעַמִים בַּיוֹם, וְאוֹמְרִים (דברים ו, ד): שְׁמַע ִיִשְׂרַאֵל ה' אֱלֹהֵינוּ ה' אֱחַד.

#### Eichah Rabbah Parsha 3

not going to return to you.'

"This I will reply to my heart; therefore I have hope" (Lamentations 3:21).

Rabbi Abba bar Kahana said in the name of Rabbi Yoḥanan: To what is this matter analogous? To a king who married a noblewoman and wrote for her a very substantial marriage contract, saying to her: 'I will prepare for you such and such number of wedding canopies, and I am giving you such and such number of gowns of purple wool.' The king left her and went to a country overseas, and he was delayed there. Her neighbors came to her and were teasing her and saying to her: 'The

king left you, went to a country overseas, and he is

She was crying and sighing. When she would enter her house, she would take her marriage contract and read it. She would see in her marriage contract: I will prepare such and such number of wedding canopies, and I am giving you such and such number of gowns of purple wool, and she would be immediately comforted.

Ultimately, the king came. He said to her: 'My daughter, I am astonished, how did you wait for me all those years?' She said to him: 'My lord, the king, were it not for the substantial marriage contract that you wrote and gave to me, my neighbors would have caused my demise.'

So too, idolaters provoke Israel and say to them: Your God has concealed His face from You and caused His Divine Presence to depart from you. He will never return to you.' They cry and sigh. When they enter the synagogues and study halls, read the Torah, and find that it is written: "I will turn to you, and make you fruitful.... I will place My Sanctuary in your midst.... I will walk in your midst" (Leviticus 26:9, 11–12), they are comforted.

Tomorrow, when the end of the redemption comes, the Holy One blessed be He will say to Israel:

'My children, I am astonished over you, how did you wait for Me all those years?' They will say before Him: 'Master of the universe, were it not for Your Torah that

gave us, the nations would have caused our demise.' That is why it is stated: "This (zot) I will reply to my heart," and zot is nothing other than Torah, as it is stated: "And this [vezot] is the Torah" (Deuteronomy 4:44). Likewise, David said: "Had Your Torah not been my delight, I would have perished in my affliction" (Psalms 119:92). "Therefore I have hope" in Him, and we proclaim the unity of His name twice daily and say: "Hear Israel, the Lord is our God, the Lord is one" (Deuteronomy 6:4).

What has given you hope over this very difficult past year?

7

# Rabbi Jonathan Sacks, Celebrating Life, pg 175; The Dignity of Difference p. 206

"One of the most important distinctions I have learned in the course of reflection on Jewish history is the difference between optimism and hope. Optimism is the belief that things will get better. Hope is the belief that, together, we can make things better. Optimism is a passive virtue, hope an active one. It takes no courage to be an optimist, but it takes a great deal of courage to have hope. Knowing what we do of our past, no Jew can be an optimist. But Jews have never – despite a history of sometimes awesome suffering – given up hope"

To be a Jew is to be an agent of hope in a world serially threatened by despair. Every ritual, every mitzvah, every syllable of the Jewish story, every element of Jewish law, is a protest against escapism, resignation or the blind acceptance of fate. Judaism is a sustained struggle, the greatest ever known, against the world that is, in the name of the world that could be, should be, but is not yet. There is no more challenging vocation. Throughout history, when human beings have sought hope they have found it in the Jewish story. Judaism is the religion, and Israel is the home, of hope."

What do you agree or disagree with in this text? Does this text help you envision the future more clearly?

8

#### Natan Sharansky, Fear No Evil, pages 370-371

During these years I have met people who have been weakened from constant disappointments. They continually create new hopes for themselves, and as a result they betray themselves. Others live in the world of illusions, hastily and incessantly building and rebuilding their world in order to prevent real life from ultimately destroying it. What, then, is the solution? The only answer is to find the meaning of your current life. It's best if you are left with only one hope – the hope of remaining yourself no matter what happens. Don't fear, don't believe, and don't hope. Don't believe words from the outside; believe in your own heart. Believe in that meaning which was revealed to you in this life, and hope that you will succeed in guarding it.

#### **Elie Wiesel**

"One must wager on the future. I believe it is possible, in spite of everything, to believe in friendship in a world without friendship, and even to believe in God in a world where there has been an eclipse of God's face...we must not give in to cynicism. To save the life of a single child, no effort is too much. To make a tired old man smile is to perform an essential task. To defeat injustice and misfortune, if only for one instant, for a single victim, is to invent a new reason to hope."

What do you agree or disagree with in this text? Does this text help you envision the future more clearly?

#### Anne Frank, Diary of a Young Girl

10

"In spite of everything I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery, and death. I see the world gradually being turned into a wilderness, I hear the ever approaching thunder, which will destroy us too, I can feel the sufferings of millions and yet, if I look up into the heavens, I think that it will all come right, that this cruelty too will end, and that peace and tranquility will return again."

What do you agree or disagree with in this text? Does this text help you envision the future more clearly?

11

# The Possibility of Disappointment by Rabbi Aaron Potek (Senior Executive Rabbi, Direct of Jewish Life at Sixth and I in Washington D.C.)

God offers no silver linings here. This isn't a "there is no promised land" or "the promised land was inside of you all along" Lifetime movie moment. There are no second tablets at the top of this mountain. Instead, God says: "Yes, there's a promised land. You can even see it. And you won't get there." On the surface, it feels almost cruel.

But I'd like to think God is helping to broaden Moses's perspective. The Promised Land is only one direction. Look West, East, North and South. A life, your life, can never be reduced to or defined by the disappointments, painful as they may be. There are always wonderful moments, too.

I wish I could tell you that you will reach your promised land. Perhaps you will. But the hard truth that our Torah teaches us through the example of Moses is that not everyone does. Accepting that our dream might never be realized is painful... but it's also liberating. It allows us to hold on to a more realistic form of hope - an uncertain hope. That uncertainty makes disappointments less devastating and compels us - when the time is right - to climb back up the mountain. What waits for us there? Maybe a new set of tablets, a new opportunity. Or maybe just a broader perspective that lets us see beyond the disappointment.

#### Rebecca Solnit, Hope in the Dark

Hope locates itself in the premises that we don't know what will happen and that in the spaciousness of uncertainty is room to act. When you recognize uncertainty, you recognize that you may be able to influence the outcomes—you alone or you in concert with a few dozen or several million others. Hope is an embrace of the unknown and knowable, an alternative to the certainty of both optimists and pessimists. Optimists think it will all be fine without our involvement; pessimists take the opposite position; both excuse themselves from acting. It's the belief that what we do matters even though how and when it may matter, who and what is may impact, are not things we can know beforehand...Or perhaps studying the record more carefully leads us to expect miracles - not when and where we expect them, but to expect to be astonished, to expect that we don't know. And this is grounds to act.

What do you agree or disagree with in this text? Does this text help you envision the future more clearly?

13

#### שמות לח:ח

#### Exodus 38:8

וַיַּעשׂ אֵת הַכִּיּוֹר נְחֹשֶׁת, וְאֵת כַּנּוֹ נְחֹשֶׁת--בְּמַרְאֹת הַצֹּבָאת אֲשֶׁר צָבָאוּ פֶּתַח אֹהֶל מוֹעֵד. And he made the laver of brass, and the base thereof of brass, of the mirrors of the thronging women that did service at the door of the tent of meeting.

Continue below...

#### מדרש תנחומא פקודי ט'

אַתָּה מוֹצֵא, בְּשָׁעָה שֶׁהָיוּ יִשְׂרָאֵל בַּעֲבוֹדַת פֶּרֶךְ בְּמִצְרַיִם, גָּזַר עֲלֵיהֶם פַּרְעֹה שֶׁלֹא יְהִיוּ יְשֵׁנִים בְּבָתֵיהֶן, שֶׁלֹא יִהְיוּ מְשַׁמְשִׁין מִטוֹתֵיהֶן. אָמַר רַבִּי שִׁמְעוֹן בַּר חֲלַפְתָּא, מֶה הָיוּ בְּנוֹת יִשְׂרָאֵל עוֹשׁוֹת. הָיָה מַזְמִין לָהֶם דָּגִים קְטַנִּים בְּתוֹךְ כַּדֵּיהֶן, וְהֵן מוֹכְרוֹת וּמְבַשְׁלוֹת מֵהֵן וְלוֹקְחוֹת מֵהֶן יַיִן וְהוֹלְכוֹת עֲבֹדָה בַּשָּׂדָה (שמות א, יד). מִשֶּׁהָיוּ אוֹכְלִין וְשׁוֹתִין, עוֹטְלוֹת הַמַּרְאוֹת וּמַבְּיטוֹת בָּהֶן עִם בַּעְלֵיהֶן, זֹאת נוֹטְלוֹת הַמַּרְאוֹת וּמִבְּיִטוֹת בָּהֶן עִם בַּעְלֵיהֶן, זֹאת אוֹמֶרֶת אֲנִי נָאָה מִמְּךְ, וְזֶה אוֹמֵר אֲנִי נָאֶה מִמֵּךְ, וּמָתּוֹךְ כָּךְ הָיוּ מַרְגִּילִין עַצְמָן לִידִי תַאֲוָה וּפָּרִין וּמָתּוֹךְ כָּךְ הָיוּ מַרְגִּילִין עַצְמָן לִידִי תַאֲוָה וּפָּרִין

ּ כֵּיוַן שֵׁאַמַר לוֹ הַקַּדוֹשׁ בַּרוּךְ הוּא לִמֹשֶׁה לַעֲשׂוֹת אֶת הַמִּשְׁכַּן, עַמִדוּ כַּל יִשְׂרָאֶל וִנְתַנַדְבוּ, מִי שֶׁהֶבִיא ַכֶּסֶף וּמִי שֶׁהֶבִיא זַהָב אוֹ נָחֹשֶׁת וְאַבְנֵי שֹׁהַם וְאַבְנֵי מַלוּאִים, הֱבִיאוּ בַּזָרִיזוֹת הַכֹּל. אַמְרוּ הַנַּשִּים, מַה יַש לַנוּ לְתֵּן בָּנָדְבַת הַמִּשְׁכַּן. עַמְדוּ וְהֵבִיאוּ אֶת הַמַּרָאוֹת וָהַלְכוּ לַהֵן אֶצֶל מֹשֶה. כִּשֶׁרָאַה מֹשֶׁה אוֹתָן הַמַּרְאוֹת, זָעַף בָּהֶן. אָמַר לָהֶם לִיִשְׂרָאֵל, טְלוּ מַקָלוֹת וִשַבָּרוּ שוֹקֵיהֶן שֵל אֱלוּ. הַמַּרְאוֹת לְמַה הֶן ָצָרִיכִין. אַמַר לוֹ הַקַּדוֹשׁ בַּרוּךְ הוּא לִמֹשֶׁה, מֹשֶה, על אַלוּ אַתַה מִבַזָּה. הַמַּרְאוֹת הַאֵלוּ הֵן הֵעֲמִידוּ כָּל הַצְּבַאוֹת הַלַלוּ בִּמִצְרַיִם. טל מֵהֶן וַעֲשֶה מֶהֶן כִּיוֹר נָחשֶׁת וְכַנוֹ לַכֹּהַנִים, שֶׁמְמֵנוּ יָהִיוּ מִתְקַדְשִׁין ָהַכֹּהַנִים, שֶׁנָאֱמַר: וַיַּעֲשׂ אֶת הַכִּיוֹר נָחֹשֶׁת וְאֶת כַּנּוֹ ָנָחשֶת בָּמַרָאת הַצַּבָאת אֲשֶׁר צַבָאוּ (שמות לח, ח), בָּאוֹתַן הַמַּרָאוֹת שֶׁהֶעֲמִידוּ אֱת כַּל הַצְּבַאוֹת האלּה.

#### Midrash Tanhuma Pekudei 9

You find that when the Israelites suffered hard labor in Egypt that Pharaoh decreed that they should not sleep at home nor have relations with their wives. Said R. Simeon ben Halafta: What did the daughters of Israel do? They would go down to draw water from the river. Whereupon the Holy One Blessed be He prepared small fishes for them inside their jars. They would cook some, sell some and buy with the proceeds wine and go out into the fields and give their husbands to eat there. After they had eaten they took their mirrors and looked into them together with their husbands. She said: I am more comely than you. He said: I am more comely than you. In the course of this tete-a-tete their sexual desire was aroused and they became fruitful and multiplied, the Holy One Blessed be He forthwith remembering them (i.e. blessed them with issue)...

As soon as the Holy One Blessed be He told Moses to make the Tabernacle, all Israel came along to contribute. Some brought silver, some gold or brass, onyx and stones to be set. They readily brought everything. Whereupon the women said: What have we to contribute to the offerings of the Tabernacle? They came along and brought the mirrors and presented themselves to Moses. When Moses saw the mirrors he was furious with them. He said to Israel: Take sticks and break their thighs of those who brought them. What use are such mirrors? Said the Holy One Blessed be He to Moses: Moses! You look down on them! It was these mirrors which raised up all those hosts in Egypt! Take them and make out of them the basin and its stand for the priests in which they can purify themselves, as it is stated And he made the basin....

## **Suggested Activities**

2

The simanim - symbolic foods that some Jews eat on Rosh HaShana eve - are actually culinary manifestations of our hopes and prayers for the upcoming new year. Using *this beautiful resource* from our friends at Kol HaOt as inspiration, craft a customized Rosh HaShana seder for 5785, full of foods that symbolize your specific hopes (alongside newly crafted blessings) after such a painful 5784.

Look out for "Memory 365" a new project coming out in 5785 that will be bringing together bereaved families in Israel with schools, congregations, and other groups who want to meet and find hope together, as a people

## **Closing Intention**

# I Believe In The Sun, found on the wall of a cellar, by a Jew in the Cologne concentration camp

I believe in the sun even when it is not shining. And I believe in love, even when there's no one there. And I believe in God, even when he is silent. I believe through any trial, there is always a way. But sometimes in this suffering and hopeless despair, My heart cries for shelter, to know someone's there But a voice rises within me, saying hold on my child, I'll give you strength, I'll give you hope. Just stay a little while.

May there someday be sunshine May there someday be happiness May there someday be love May there someday be peace....

- Unknown author