

A TOOLBOX FOR CARE, CLARITY, AND CONFIDENCE

Standing Strong in the Face of Antisemitism



It can be challenging to know how to feel or act in the face of rising antisemitism. Processing the reality around us can be destabilizing, overwhelming, and frightening. And yet, we have tools, both within and outside of ourselves to support us during times of uncertainty.

In an article entitled, "התנערי מעפר קומי" - "Arise, Shake off the Dust," Rabbi Haim Sabato, Israeli Rabbi and author, describes the wells of strength from which he drew as a young tankman in the Yom Kippur War and that continue to sustain him today.



"A person has to contain deep pain and sorrow with the ability to shake off the dust, and discover greatness of spirit. Not greatness arising from foolish arrogance, nor the pride of haughtiness of strength, but rather arising from the inner spirit of our nation, arising from deep faith."

"אדם צריך להכיל בתוכו כאב וצער עמוק עם יכולת התנערות מעפר, וגילוי תעצומות רוח. לא תעצומות הנובעות מיהירות מטופשת, ומגאוות שכרון כוחי ועוצם ידי, אלא הנובעות מהרוח הפנימית של עמנו. תעצומות הנובעות מאמונה עמוקה."

Rabbi Sabato describes and shows the significance of drawing on tools of strength during times of upheaval. He references liturgical texts, memories of community, and God, among other symbols and sources of pride.



This resource is designed to help learners construct a metaphorical toolbox* filled with tools to help them process and reflect on rising antisemitism.

*This resource is adapted from Facing History's "Toolbox for Care Teaching Strategy." Please see here for more detail and guidance: <https://www.facinghistory.org/resource-library/toolbox-care/#lesson-plans>



CONSTRUCTING YOUR TOOLBOX

Consider the following prompts and select five objects that represent the different “tools” that will support you while contending with antisemitism. The “tools” can be symbolic objects, texts, images, poems, quotes, memories, people, etc.

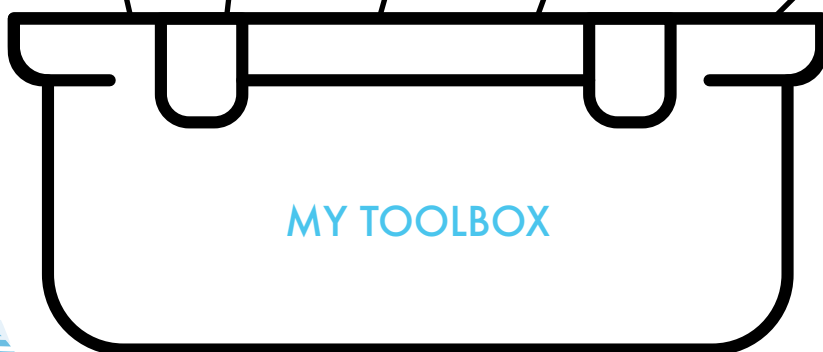
What tool will help me care for myself and others?

What tool will help me clarify my thinking?

What tool will give me strength and courage?

What tool will give me hope?

What tool will help me build connections with other people?



Does anything strike you about the five tools you selected? Did you have to leave any out?



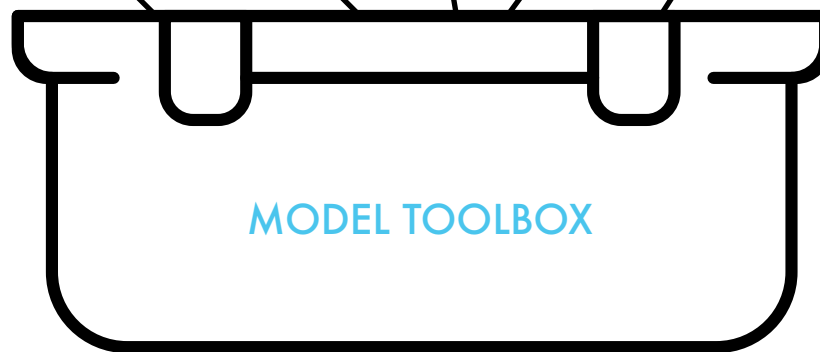
A Biblical Verse - Micah: 6:8: "You have been told, O mortal, what is good, And what GOD requires of you: Only to do justice And to love goodness, And to walk modestly with your God;

One of many posters designed by the Jewish Foundation for the Righteous that describe the acts of righteous Non-Jews who risked their lives to rescue Jews during the Holocaust

A metaphorical cigarette as homage to Hannah Arendt, a 20th century German-Jewish political theorist who took on the challenge and risks of daring to put forward a definition of evil in the face of antisemitism's horrors.

A coffee mug: To remind me that this work is exhausting.

Surveys that indicate that antisemitism can be overcome through education:



Follow Up

- ◆ Refer back to this toolbox the next time you're looking for strength around this (or another) issue
- ◆ Tools and resources are all around us and we need different ones at different times. Remember to keep your toolbox up-to-date!

