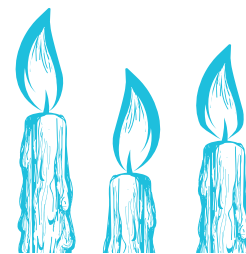


# Shabbat for Ukrainian Jews



## BLESSING OVER THE SHABBAT CANDLES

### A Candle for Ukrainian Jews

On Shabbat, we light two candles. We pass our hands in front of our eyes, taking in the light and warmth of the flames.

A year into the Ukraine crisis, many Jews live without light and heat, and must endure rolling blackouts and bitter cold. In even the best of times, JDC delivers winter relief to poor and elderly Jews in Ukraine and the former Soviet Union. But without electricity and heat, winter relief has turned into winter survival: That's why JDC and Jewish Federations have increased their efforts, opening warming centers where people can gather and escape the cold, while also delivering radiators, food, medicine, and fuel for warmth.

As we say the blessing over the candles, let us remember those Jews trapped in darkness, in need of light, warmth, and hope.

ברוך אתה יי  
אלהינו מלך העולם  
אשר קדשנו במצותיו  
וצונו להדליק נר  
של שבת  
*Baruch Atah Adonai  
Eloheinu Melech haolam  
Asher kid'shanu b'mitzvotav  
v'zivanu l'hadlik ner  
shel Shabbat*

Blessed are You Adonai our God Ruler of the Universe You hallow us with Your mitzvot and command us to kindle the lights of Shabbat.



## VOICE FROM UKRAINE

**Stella B.,**  
JDC Volunteer in Odesa

If I wasn't volunteering, I'd go crazy.

When the crisis began, everything changed. We had to do everything all at once, do whatever was needed: We packed boxes of food. We answered calls from people asking for help, for evacuation assistance, for supplies — even diapers and baby formula. There were hundreds or thousands of those calls during the first part of the conflict. But as difficult as it was, it taught us to work quickly, to communicate fast and efficiently. And we did — we worked fast and non-stop.

Our elderly people have faced this situation before, and us volunteers were important to them; they needed us to distract them from the crisis, if only online, over Zoom. That's why I held virtual Shabbats, as well as an online Rosh Hashanah and Passover seder: Each Friday, the elderly could enjoy Jewish life and ignore the world outside their window.

JDC is my support, especially now. They are vital at this time, and I feel so much gratitude for what they've done. They're part of our big Jewish community. And when I light Shabbat candles, I thank God, that we are alive, and that everything feels all right. I noticed recently that every Shabbat, the air-raid sirens never go off. Never.

## ACTION ITEM

### The Third Candle

Tonight, we light three candles instead of two. We reserve this extra candle for Jews in Ukraine — those without light and fuel, for whom rolling blackouts have darkened their cities and towns. As we light this candle, we commit to taking action for these Jews — delivering them the life-saving help and support they need to endure these difficult times.

**Be a Light for Jews Caught in the Ukraine Crisis: Give Today**

[www.JDC.org/ukraine](http://www.JDC.org/ukraine)

# Shabbat for Ukrainian Jews



## A SONG FOR PEACE

### Shalom Aleichem

The title of the near-universal Shabbat song, *Shalom Aleichem*, translates from Hebrew to English as “Peace be upon you.” The poem’s four stanzas welcome angels into the home — greeting them in peace, wishing them peace, and singing them a peaceful departure. As we sing *Shalom Aleichem*, we wish for peace — for our loved ones, for all Jews, and for all people.

For Jews in Ukraine, the call for peace is now more urgent than ever. Amidst shellings, air-raid sirens, and constant uncertainty, these Jews struggle to

stay safe and maintain Jewish life. And for many elderly Jews, many of whom endured the horrors of World War II, this crisis resonates with a particular bitterness. For many of them, their “angel” is their JDC homemaker worker — a person who cares for them, and brings them food, medicine, and other crucial aid.

As we sing *Shalom Aleichem*, let’s sing for the peaceful end to the conflict in Ukraine, and for the angels working to secure a better world for Jews caught in the crisis.

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת  
מַלְאֲכֵי עֲלִיּוֹן מִמֶּלֶךְ מַלְכֵי  
הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Shalom aleichem mal'achei hasharet  
mal'achei elyon. Mimelech mal'achei  
ham'lachim Hakadosh baruch Hu.*

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי  
הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמֶּלֶךְ  
מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא

*Bo'achem leshalom mal'achei  
hashalom mal'achei elyon. Mimelech  
mal'achei ham'lachim Hakadosh  
baruch Hu.*

בְּרַכּוֹנִי לְשָׁלוֹם מַלְאֲכֵי  
הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמֶּלֶךְ  
מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא

*Bar'chuni leshalom mal'achei  
hashalom mal'achei elyon. Mimelech  
mal'achei ham'lachim Hakadosh  
baruch Hu.*

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי  
הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמֶּלֶךְ  
מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ  
בְּרוּךְ הוּא

*Tzetchem leshalom mal'achei  
hashalom mal'achei elyon. Mimelech  
mal'achei ham'lachim Hakadosh  
baruch Hu.*

Peace be with you ministering angels messengers of the Most High.  
Messengers of the King of Kings the Holy One, Blessed be He.

Come in peace messengers of peace messengers of the Most High.  
Messengers of the King of Kings the Holy One, Blessed be He.

Bless me with peace messengers of peace messengers of the Most High.  
Messengers of the King of Kings the Holy One, Blessed be He.

Go in peace messengers of peace messengers of the Most High.  
Messengers of the King of Kings the Holy One, Blessed be He.



#### VOICE FROM UKRAINE

### Galina S., JDC Client, Kharkiv, Ukraine

When the rocket fell next to us, it was already dark. Our building shook and everything turned a glowing red: All I could see were fragments flying everywhere. And I was screaming, screaming for my son, Dima.

Earlier in the year, when the crisis began, I simply couldn't believe it. And later on, when the bombings started, it was horrible. It's horror, that's all. We're living in horror.

But for as long as I can remember, JDC, with the support of Jewish Federations, has helped us — they have always helped with everything. I got sick about 20 years ago, and they provided me with food, medicine, and moral support.

It's impossible to list everything that JDC does. They're always next to me. Always. And for

everything I need, I call them. Where else can I turn for help?

Now everything is especially difficult. And it's so horrifying. But when you know that someone cares for you, that's everything. And when my JDC homecare worker arrives, and the day somehow begins, all I feel is relief.

That's how it is with JDC: We go hand in hand together.

Without them, I don't know what would have happened to my family. My son Dima is ill and has disabilities — he needs extra support.

So, if you asked me about angels, I would say it at once — it's JDC. They're all heroes. And there are lots of them.

They help us even when there's shelling, they run to us and bring us aid.

#### ACTION ITEM

### Everyday Angels

Angels come in many forms: Who is an angel in your own life? This could be anyone — a teacher, family member, colleague, someone famous, a fictional character, or whoever comes to mind. What has this person given you? How have they changed your life?

***Be an Angel for Jews in Ukraine: Support Our Efforts Today***

[www.JDC.org/ukraine](http://www.JDC.org/ukraine)

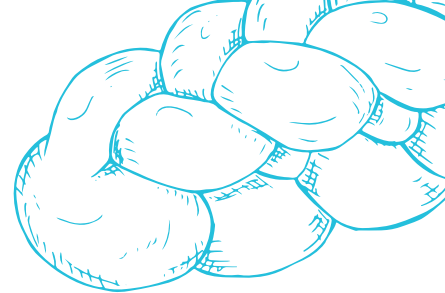
## Scenes from the Crisis



Images from left to right: An elderly Ukrainian Jew with complex medical needs is evacuated from Odesa. JDC evacuated more than 12,900 refugees from Ukraine in the first six months of the crisis alone. A family of Ukrainian refugees receives a Passover food package at their temporary housing in Bucharest, Romania.



# Shabbat for Ukrainian Jews



## BLESSING OVER THE BREAD

### Hamotzi

The bread we eat is a timeless source of sustenance — that which gives us life and nourishes our spirit. On Shabbat, many Jews around the world eat challah, the braided bread made with two or more plaits.

All of us need food. And since the Ukraine crisis began, many Jews across the region have lived in fear and struggled with, not knowing where their next meal will come from. That's why JDC, with the support of Jewish Federations, has partnered with local Jewish communities throughout the country to deliver food and other essentials to poor and elderly Jews. Many have even received challah on Shabbat.

As we say the *hamotzi*, let us remember those Jews without bread, in need of sustenance.

ברוך אתה יי  
אלהינו מלך העולם  
המוציא לחם מן הארץ *Baruch atah Adonai  
Eloheinu melech haolam  
hamotzi lechem min haaretz*

Blessed are You Adonai our God Ruler of the  
Universe who brings forth bread from the earth



## VOICE FROM UKRAINE

**Galina Z.,**  
Coordinator of JDC Food Security  
Initiative in Sumy, Ukraine

We started our project on Feb. 1, 2022, and a few weeks later, the crisis began. We work to meet the needs of people who live in poverty — some have disabilities and live on tiny pensions, and they can't even cook for themselves. We work to deliver food sets and hot meals to vulnerable Jews in Sumy, and now to internally displaced people, too.

But there's another component to our work, too — baking challahs for Shabbat. I knead the dough with my daughter, and I think about community and about how the different generations must support each other. We teach our children to do good, and we carry forward our traditions. It's amazing.

I think Jews help each other because we understand that a human life is the most valuable possible thing. What unites us is kindness, trust, love, and some power from above that empowers us to act, even in these difficult times. During the crisis, I've realized that my main talent is to love — to love people, to love my country, and to love my Jewish community. That's my source of energy, and it's what ensures that I don't give up.

And when I see elderly people receiving one of our challahs with tears in their eyes, I understand that our work is critically important.

## ACTION ITEM

### What Sustains You?

Food isn't the only thing that sustains us. Go around and talk about what gets you through life's highs and lows. This could be an activity, a place, a memory, a person, a book, or anything else. Why does this activity/person/thing make you feel alive? After going around, did you learn about something you'd like to start doing in your own life?

**Help Sustain Those Jews Still Caught in the Crisis: Support Our Work Today**  
[www.JDC.org/ukraine](http://www.JDC.org/ukraine)