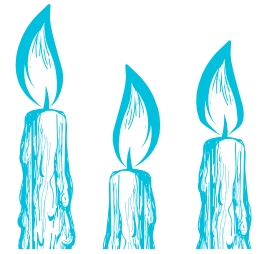




**Jewish
Federations**
of North America



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.

Two years into the Ukraine crisis, many Jews live without light and heat, enduring rolling blackouts and the 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, portable generators, food, medicine, and fuel for warmth.

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

<p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת</p>	<p><i>Baruch Atah Adonai Eloheinu Melech haolam Asher kid'shanu b'mitzvotav v'zivanu l'hadlik ner shel Shabbat</i></p>
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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

Roman S., 88, JDC client in Odesa

I was only four when the Second World War first touched my life. For some two months, my family joined an evacuation line with

thousands of other people. We tried to get to safety, but when we saw the Nazi tanks, we were forced back to our hometown of Bershad — and into the ghetto where we lived.

Eight decades later, on February 24th, 2022, history seemed to repeat itself, and those echos have continued for the last two years.

Recently, Odesa faced heavy shelling. My wife and I rushed down to the basement in our building, even though it was filled with rubbish and leaking pipes. But when we went outside — in the bitter December cold — we saw the yard was covered with glass and dirt. Two big explosions had rocked our neighborhood. All of our windows were shattered, and our apartment was full of glass and debris.

In this dark and brutal time, JDC has been our light. This winter, they've given us everything we need to survive the freezing cold: warm clothing, lanterns, comforters, candles, help with utility bills, and more.

During the worst of times, like the darkest days of my childhood, all us Jews had was one another. We saved each other. We were each other's light. Today, it's no different: The Jewish community — JDC, Jewish Federations, and the Claims Conference — saves me.

ACTION ITEM

The Third Candle

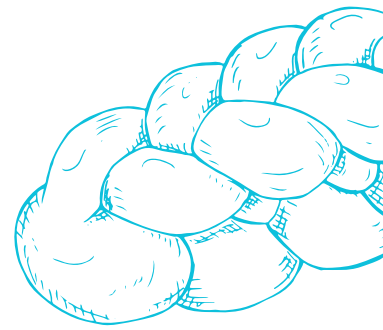
Tonight, we light three candles instead of two. We reserve this extra candle for Jews in Ukraine — those without light and fuel, for whom rolling blackouts have darkened their cities and towns. As we light this candle, we commit to taking action for these Jews — delivering them the life-saving help and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

Learn More about Roman's Story

www.JDC.org/voice/this-international-holocaust-remembrance-day-one-survivor-looks-back-and-forward



Jewish Federations
of North America



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.

בָּרוּךְ אַתָּה ה' *Baruch atah Adonai*
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם *Eloheinu melech haolam*
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ *hamotzi lechem min haaretz*

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



VOICE FROM UKRAINE

Liza S.,

Director of the JDC-supported Hesed Haim social welfare center in Sumy

We understand that, despite air alarms and blackouts, we keep living and breathing. We understand that, even as it seems like everything has changed, our clients still live in the same apartments, and life-saving assistance like homecare is just as important as it ever was.

Sumy was one of the first places to face the Ukraine crisis, and at 2 p.m. on Feb. 24, 2022, there were tanks rolling through our city. Even as people were very scared, our whole team was in constant contact with our clients.

In those early days, our volunteers braved the streets in their own vehicles to bring groceries to my home, where we worked with our youth club to pack food sets for clients.

And then we called our seniors, asking them what they needed to survive. I remember being so moved by their responses: “I still have a little buckwheat.” “You know, there’s still some rice.” “Better to give the food to someone who really needs it.”

Hanging up the phone, I sat and cried — not because I didn’t know where to bring the food, but because I was amazed at the soulfulness and spirituality of our Jewish community.

The history of the Jewish people is long and full of highs and lows. I draw strength from that. We will sustain each other and make it through.

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?

Hear Liza S. sing the Yiddish song “Oyfn Pripetchik”:

www.JDC.org/video/oyfn-pripetchik-liza-s-sumy-ukraine



**Jewish
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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 has never been more urgent. Amidst shellings, air-raid sirens,

and constant uncertainty, these Jews struggle to stay safe and maintain Jewish life. For many, their “angel” is their JDC homemaker worker, who brings them food, medicine, and other vital aid, or their trauma support counselor, who helps them process difficult emotions.

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 מַלְאָכֵי הַשָּׁרֵת
מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ מַלְכֵי
הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

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

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי
הַשְׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ
מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ
בְּרוּךְ הוּא

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

בְּרַכּוּנֵי לְשָׁלוֹם מַלְאָכֵי
הַשְׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ
מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ
בְּרוּךְ הוּא

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

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי
הַשְׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ
מַלְכֵי הַמַּלְאָכִים 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

Svetlana L.,

JDC Case Manager in Poltava

On February 24th, 2022, a rocket flew over our house. At that moment, we knew the conflict had begun. My husband and I ran for our two daughters. We shepherded the children to the bathtub, covered them with a duvet, and fell to the floor. In the bathroom, we counted the minutes between rocket launch and strike. Every Kharkiv resident now knows that timeline like the back of their hand.

We lived on the fourth floor, and any hit would destroy the building like a house of cards — so I started looking for places to shelter.

We headed for Poltava. I'm a psychologist and a ballroom dance coach — those were my two jobs back in Kharkiv. I knew I could be useful. I went to the JDC-supported Hesed Nefesh social welfare

center and told my fellow psychologists I was ready: If they needed me, I could help ... at one of JDC's trauma support centers for Ukraine's Jews.

The Hesed director and I decided that the elderly Jews needed assistance, since many of them were depressed. From my years of experience, I knew it was better to first address their physical problems. Soon, I organized a kind of physical therapy session for them.

Then, after treating their bodies, I treated their souls. Now I organize psychological sessions online. It's like a family circle where they open up and share their feelings and experiences.

The people who come to Hesed understand that they have a guardian angel who stands behind them, protecting them. The JDC staff and volunteers are those angels.

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?

Hear Directly from Svetlana L.

www.JDC.org/disasters/ukraine-response/#to-protect-human-life-caring-for-idps-in-ukraine

Scenes from the Crisis

