



Positivity

By Pam Morris, Early Learning Center director

Everyday I tell myself, this is the day I will find that bit of positivity that I have lost. I have been telling myself this since October 7. This is an ongoing internal struggle, now and I can see that it is infusing much of my thoughts and writing. Bear with me as I am embarking on this journey.

Searching for the amazing, looking for the beauty, seeking out the tiny spark of spirituality: this now is my daily routine because I need to see the good in the world. Sharing some of the goodness will hopefully put you into a better frame of mind as well.

A Great Reminder

A new friend sent me an article about keeping positivity in your life to help process all of the sadness we are feeling.

“Do not ignore or avoid other more positive news. Continual exclusive exposure to disaster-based news will distort your perception. There is a lot happening in the world of art, culture, science, technology and sports around the world that your cable news is not covering.” *A PTSD expert explains how to protect yourself and your kids from overexposure to violent, disturbing war images from Israel and Gaza*; by Arash Javanbakht, associate professor of psychiatry, Wayne State University and The Conversation / Oct 28, 2023 / 5:59 AM

Taking The Suggestion To Heart

Focusing on the good will put me in a better frame of mind to support, educate and sometimes combat the slew of propaganda that is being spread. Join me in this journey because everyone needs an uplifting message to start her day!

A Rescue

With over 200 hostages in the hands of the terrorists, everyday seems pretty discouraging. But this week, there was a little light. “Israeli ground forces freed a female Israeli soldier held hostage by Hamas in the Gaza Strip, the Israel Defense Forces said. Pvt. Ori Megidish was freed after she was kidnapped by the Hamas terrorist organization on Oct. 7.” World Israel News

A Business Stands in Solidarity

In the United With Israel reporting, it was announced that Walmart stands with Israel. “Walmart’s philanthropic arm announced Friday that it would be sending Israel’s Red Cross \$1 million in response to the “horrific and inhuman” Hamas attack on Israel October 7 that set off the ongoing war that Israel declared in order to destroy the terrorist organization.” The large donation comes in addition to a \$1 million the foundation pledged on October 18 to the U.S. Holocaust Museum in Washington, D.C. CEO Doug McMillon posted on LinkedIn that the contribution was a reaction to the “increase in antisemitic speech and hate crimes” in the United States.



Support from the Outside

Wearing an Israel pin or a chai or a hamsa or a mezuzah or a blue ribbon for the hostages are symbols that one might expect to only see on someone Jewish. And while these public displays are wonderful to see, how much more wonderful is it to see on someone that isn't Jewish? This sight of solidarity from others brought happy tears to my eyes! There is a poem from the 1930's,

And Then They Came for Me

First *they came for the socialists*, and I did not speak out—
Because I was not a *socialist*.

Then *they came for the trade unionists*, and I did not speak out—
Because I was not a *trade unionist*.

Then *they came for the Jews*, and I did not speak out—
Because I was not a *Jew*.

Then they came for me—and there was no one left to speak for me.

German Lutheran pastor *Martin Niemöller* (1892–1984)

It is so important to engage with the outside world and see who is on our side. It can be frightening to see who is not, but there are so many more that are.

Saving the Best for Last

What gave me the biggest smile this week was spending time in our younger baby room, leading music class. Singing, *6 Little Ducks*, *B.I.N.G.O.*, *Old MacDonald Had a Farm*, *Row, Row, Row Your Boat*, was such a joy. And dancing and singing along to *Adon Olam*, wow! Their smiles, their clapping, their bouncing, their giggles. Talk about a mood lifter!

Positivity

Take the time to find the goodness. It is often difficult but so worth it!

Shabbat Shalom.