



WHAT ARE MY SOURCES OF STRENGTH?

WORDS OF WISDOM: Jewish wisdom has been captured in texts spanning from the ancient Bible and Talmud to the modern State of Israel and Hollywood. Review the following texts and consider how they can serve as a mantra as you navigate this challenging reality.

Ethics of the Fathers 1:14

"If I am not for myself, who will be for me? But if I am only for myself, what am I? And if not now, when?"

Talmud Taanit 21a

"Gam zu l'tova. This too is for the good."

The Bible (Micah 6:8)

"He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"

Golda Meir

"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."

Elie Wiesel

"The opposite of love is not hate, it's indifference. The opposite of beauty is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference."

Rabbi Abraham Joshua Heschel

"Prayer is meaningless unless it is subversive, unless it seeks to overthrow and to ruin the pyramids of callousness, hatred, opportunism, falsehoods."

Anne Frank

"I still believe, in spite of everything, that people are truly good at heart."

Yehuda Amichai

"Don't stop after beating the swords into plowshares, don't stop! Go on beating and make musical instruments out of them."

Rabbi Menachem Mendel of Kotzk

"It is not as a result of miracles that I believe in God; it is as a result of what I see in the world."