



Positivity on Day 286

By Pam Morris, Early Learning Center director

Everyday when I put on my necklace supporting the return of the hostages, it becomes harder and harder to stay positive. I challenge myself to find that silver lining, the beauty in the world, the belief that people are inherently good. Today, Thursday, July 18, 2024, it has been 286 days since the Simchat Torah Massacre. Try staying positive after that realization.

So when I come across something that fills my heart with joy, I embrace and share as much as possible.

I turn to Leah Garber, once again, from the Jewish Community Center Association. Her articles are always about Israel, and since the Simchat Torah massacre and hostage taking that occurred on Oct. 7, often her focus is on the hostages, the bravery of the IDF, the world's reaction and often the incorrect assumptions that are shared about Israel. However, a recent article was about food. And how can you go wrong with food?

Leah writes, "Since the beginning of the war, [Asif: Culinary Institute of Israel](#), has directed most of its resources to support the home front by cooking tens of thousands of hot meals that are sent to displaced families, hospitals, the housebound, Holocaust survivors, and anyone affected by the war."

She goes on, "In addition, Asif documented victims' stories and favorite recipes with the help of their family and friends. Through [Asif's social media channels](#), they offer an intimate look at the people behind the names.

The "[Taste of Memory](#)" project, another beautiful example of this type of positivity, uniquely commemorates the memories of the fallen soldiers and terror victims through cooking, recipes, and the stories behind them. This year, the project also commemorates the victims of the [October 7](#) massacre by preserving the victims most loved recipes."



We all have food memories. The way Saba made his brisket or how Bubbe rolled her Rugelach all connect us to our past. I have a cookbook that contains recipes from people killed in the Holocaust. These connections to our ancestors were shared by survivors throughout the world.

So many memories. Connections that need to be honored. Traditions that must carry on. And what better way than the use of food?

So today, I am embracing these organizations who honor the memories of the survivors and the fallen and those who continue to be held hostage. I will keep smiling while I remind myself that goodness and beauty do exist. We sometimes just need to do a little extra searching.

Shabbat Shalom.