

SONGS OF HOPE



VALUE

UNITY AND MUTUAL RESPONSIBILITY

Achdut v'Areyvut

The holiday of Sukkot is a time of gathering and connection. The sukkah is a symbol of unity, an open and temporary dwelling that welcomes all. The Talmudic teaching that “all of Israel should dwell in one sukkah” presents a powerful vision, one in which the Jewish people, despite differences in geography, background, or belief, are bound together under a shared canopy of belonging.

In the wake of October 7, the call for Jewish unity and mutual responsibility takes on new urgency. Across Israel and the world, people have come together in acts of solidarity, resilience, and care. In times of crisis, when words alone are not enough, we turn to music to express what is in our hearts.

Through *Shir Tikva* (Song of Hope), Beit Avi Chai’s moving series of musical performances, we will explore how music serves as a powerful tool for fostering connection, healing, and strength. Just as the sukkah reminds us that we are interconnected, these songs remind us that we are never alone in our struggles or in our hope.



TIMELINE: 90 MIN

BEGIN WITH INTENTION | 5 MIN

LEARNING AND CONTEXT | 15 MIN

EXPERIENCE SONGS OF HOPE | 45 MIN

CREATE AND SHARE NOTES OF UNITY | 20 MIN

END WITH MEANING | 5 MIN



MATERIALS FOR THIS WORKSHOP

To play the *Shir Tikva* videos (“Because of My Brothers and Friends” & “Have No Fear”), you will need a screen large enough for participants to see and hear clearly. In a pinch, a computer screen can work for smaller groups. We recommend downloading the videos in advance rather than streaming to avoid potential Wi-Fi issues.



WHO LEADS THE SESSION

This session is designed to be interactive and participant-led. Everyone can have a role to play.

- **Designate a Host** – Since this session requires a screen for video playback, one participant should **host the gathering** in their home or another space with a large screen. The host ensures the video is set up and ready.
- **Assign Discussion Leaders** – Before starting, 2-3 participants can take on the role of reading texts and guiding brief discussions. If you’re leading a section, review the prompts in advance.
- **Invite a Song Facilitator** – One participant introduces each song, presses play, and guides a short reflection.
- **Guide the Closing Activity** – Another participant can lead the journaling and sharing exercise, ensuring that everyone has the chance to reflect and exchange insights.

The goal is shared leadership, not polished facilitation — your participation shapes the learning!



HOW TO ENSURE ENGLISH CAPTIONS ARE ON AND HEBREW SUBTITLES ARE OFF

1. **Open the Video** – Click the *Shir Tikva* YouTube link and let the video load.
2. **Turn On Captions** – Click the CC (Closed Captions) button at the bottom of the video player. Captions should appear immediately.
3. **Check the Language** – If Hebrew subtitles appear instead of English, follow these steps:
 - Click on the Settings (gear icon) in the video player.
 - Select Subtitles/CC > Choose English to switch the captions.
 - Turn Off Hebrew Subtitles – If Hebrew subtitles are still visible:
 - Go to Settings > Subtitles/CC and select Off to disable them.
 - Then, turn captions back on by selecting English from the list.
4. **Ensure Captions Are Readable** – If the text is too small, go to Settings > Subtitles/CC > Options to adjust the font size or background.

PART I

LEARNING & CONTEXT



15 MIN

Text & Discussion

The sukkah represents unity. In *Sukkah 27b*, the Talmud makes a remarkable claim regarding the holiday of Sukkot, first quoting from the Torah:

For seven days... all who belong to the people of Israel will live in sukkot (Leviticus 23:42). This teaches that it is fitting for all of Israel to sit in one sukkah.

Obviously, no sukkah is big enough to hold the entire Jewish people, so what is the meaning of this statement? In a teaching from *Likkutei Halachot*, Hasidic master Rabbi Nathan of Breslov (1780-1844) offers a response in the intention he recommends setting before entering a sukkah: “One should concentrate on being part of the entire people of Israel, with intense love and peace, until it may be considered as if all of Israel dwells together in one sukkah.”

What does this teach us about unity in challenging times?

PART II

EXPERIENCING SONGS OF HOPE



45 MIN

The power of music has long united people across time and place, offering strength, comfort, and resilience in moments of challenge. **Just as Sukkot reminds us of the fragile yet enduring nature of our communities, music has the ability to bind us together, helping us express emotions that words alone cannot capture.**

In Beit Avi Chai’s new online series, *Shir Tikvah*, which means “Song of Hope,” Israeli composers and musicians share the songs that have become part of their personal soundtrack, providing them with inspiration during these difficult days of war and trauma.

Each episode includes an acoustic performance and an intimate conversation about the comfort and hope that music can offer. In an act of artistic humility and connection, the artists were asked to perform covers, choosing songs that were not originally their own. This choice reinforces the idea that hope is something we build together, drawing from the voices and experiences of those who came before us. Each video serves as an opportunity to reflect on our own emotions and how music can be a source of strength in times of uncertainty.

Song #1: Because of My Brothers and Friends

LISTEN TO SONG #1 (8 MIN)

DISCUSSION (10 MIN)

- What touched you about this video?
- How did Ester Rada’s performance of the song make you feel?
- Was there anything that Ester shared that surprised you?
- In what ways has your community come together since October 7th?
- What have you discovered about Jewish unity around the world and in Israel?



Song #1

PART II

EXPERIENCING SONGS OF HOPE



Song #2

Song #2: Have No Fear

BEFORE YOU WATCH (5 MIN)

- What associations does the title “Have No Fear” inspire in you?
- What fears have you faced since October 7th?

LISTEN TO SONG #2 (10 MIN)

DISCUSSION (10 MIN)

Shai says: *“Singing is my little prayer. Sometimes you sing in order to remind yourself what really matters.”*

- In what ways is singing like prayer?
- What aspects of music do you find most spiritual?

PART III

NOTES OF UNITY



20 MIN

Journaling Activity

5 MIN

If I could send a message of unity and support to a fellow Jewish mother— whether in Israel or around the world — what would I say? If, like the musicians we heard, I can be an agent of hope, what would be my way of doing it?

Share Reflections and Discuss

10 MIN

- Once participants have written their notes of unity and hope, invite them to stand up and walk around the room to find a partner.
- Exchange notes. Each person reads her message and reflects on what she heard.
- Group Reflection: Participants return to their seats and discuss: *What did it feel like to physically share a message of unity?*

Closing

5 MIN

Reflect on how you can bring the themes of *Songs of Hope* into your daily life. Who in your family, community, or social circles might benefit from hearing these songs? Consider sharing them with friends, colleagues, and using them as a tool for connection at home with your family.

CONTINUE THE JOURNEY

Join inspiring Yomm journeys to continue learning about Israel and Zionism.



Better Conversations About Israel with Ariel Halevi



Israel: Narrative and Nation with Dr. Zohar Raviv

BRINGING THE LEARNING HOME



This session offers a natural way to bring the learning into your home. After the session, consider watching the Beit Avi Chai videos again with your children or family members.

Ask them: Has you had a time that wasn't easy and music lifted your spirit? What are songs that lift your spirit. Consider opening your trip journal and learning one of the songs together as a family, or learning one of the songs in the videos.



About Our Content Collaborator

Beit Avi Chai is a vibrant cultural and educational center in Jerusalem dedicated to exploring Jewish identity, heritage, and Israeli culture. Through innovative programs, music, lectures, and digital content, they create space for meaningful dialogue across diverse Jewish communities. Their initiatives, like *Shir Tikva* (Songs of Hope), provide a platform for artists and thinkers to engage with contemporary challenges through the lens of Jewish tradition and resilience.

THANK YOU

for embarking on your Journey of Growth with Momentum! We hope these materials deepened your learning, supported a wide range of conversations, and inspired action at home and in your community.

We look forward to your feedback as we continue to revise our educational resources to best meet your needs.

Please email your thoughts to info@momentumunlimited.org with JOURNEY OF GROWTH as the subject.

Thank you!



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