

SESSION

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Song of Hope

October • Sukkot



JOURNEY OF GROWTH
Exploring Jewish Values
and Inspiring Action

In partnership with



Ministry for Diaspora Affairs
and Combating Antisemitism

This session was created in
collaboration with



Shir Tikva - Song of Hope is a project of Beit Avi Chai

VALUE

Unity & Mutual Responsibility

Achdut v'Areyvut

Sukkot is a time of gathering and connection. The sukkah, open and temporary, is a powerful symbol of unity.

In the wake of October 7 and the long months that followed, the call to elevate the value of Unity & Mutual Responsibility shaped our response. As we moved through a fragile ceasefire and the return of hostages, new questions arose: How do we hold grief and gratitude at once? How do we sustain solidarity as the intensity of crisis fades, even while healing and rebuilding are still underway?

Through *Shir Tikva* (Song of Hope), Beit Avi Chai's series of musical performances, we will explore how music helps us feel, connect, and find strength to begin again. Just as the sukkah reminds us of our shared vulnerability and interconnection, 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 | 40 MIN

NOTES OF UNITY | 20 MIN

BRING YOUR LEARNING HOME | 5 MIN

END WITH MEANING | 5 MIN

MATERIALS FOR THIS WORKSHOP

To play the *Shir Tikva* videos, 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. You can download the videos in advance rather than stream to avoid potential Wi-Fi issues.

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.
- 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.
 - 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.

VIDEO GUIDE

Want a helping hand (and heart) from Momentum Educators on how to facilitate this session? Follow this QR code to access the [training video](#) library:






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, a participant can host in a space with a large screen. The host ensures the video is ready.
- **Assign Discussion Leaders** - Before starting, 2-3 participants can take on the role of reading texts and prompts for guiding brief discussions.
- **Invite a Song Facilitator** - One participant introduces each song, 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 exchange insights.

The goal is shared leadership and mutual responsibility, not polished facilitation!

<p>PART I Begin with Intention</p> <p> 5 MIN</p>	<p>Looking for ways to start your session with purpose?</p> <p>Turn to p. 4 for simple, meaningful ideas to open your gathering with presence, connection, and shared energy.</p>
<p>PART II Learning & Context</p> <p> 15 MIN</p>	<p>Text & Discussion</p> <p>The sukkah represents unity. In <i>Sukkah 27b</i>, the Talmud makes a remarkable claim regarding the holiday of Sukkot, first quoting from the Torah:</p> <p><i>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.</i></p> <p>Obviously, no sukkah is big enough to hold the entire Jewish people, so what is the meaning of this statement? In a teaching from <i>Likkutei Halachot</i>, Hasidic master Rabbi Nathan of Breslov (1780-1844) offers a response in the intention he recommends setting before entering a sukkah: <i>“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.”</i></p> <p>What does it mean to dwell “together in one sukkah” when we are no longer navigating the immediate crisis of October 7 but still living with the echoes of it?</p>
<p>PART III Experiencing Songs of Hope</p> <p> 40 MIN</p>	<p>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.</p> <p>In Beit Avi Chai’s new online series, <i>Shir Tikva</i>, 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. Originally created during the war, these performances remind us not only of resilience in darkness but of the ongoing need to find harmony as we navigate recovery, uncertainty, and the long road of healing.</p> <p>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. 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.</p>

PART III

Experiencing Songs of Hope



Song #1



Song #2

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 #2: *Have No Fear*

BEFORE YOU WATCH (5 MIN)

- What associations does the title “Have No Fear” inspire in you?
- How has your relationship to fear or hope changed since those first weeks after October 7?

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.”*

- What helps you keep hope alive now, when the urgency has quieted but the wounds remain?
- In what ways is singing like prayer?
- What aspects of music do you find most spiritual?

PART IV

Notes of Unity



20 MIN

Write a Note of Unity and Hope







10 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?*

<p>PART IV Notes of Unity</p> 	<p>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. Sukkot teaches us that temporary structures can hold lasting truths. As we emerge from crisis, the music of hope calls us not back to what was, but forward toward what we might yet be as a people who have known fragility yet chosen faith. As we end, may we carry this reminder with us: hope is not passive. We become agents of hope when we lift our voices, stand with one another, and choose connection even in uncertain times.</p>
<p>PART V Bring your Learning Home</p>  <p>5 MIN</p>	<p>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.</p> <p>Ask them: Have you experienced 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.</p>
<p>PART VI End with meaning</p>  <p>5 MIN</p>	<p>As we close, may we remember that hope is an active choice, something we create together when we lift our voices, stay connected, and refuse to let despair have the final word.</p> <p>Head back to p. 4 for thoughtful ways to close your gathering with reflection, gratitude, and a sense of shared purpose.</p>
<p>PART VII Continue the Journey</p>	<p> For deeper reflection, we recommend reading <u>The Art and Practice of Living Wondrously</u>.</p> <p> Unpacked: Zionism Revisited: Explore clear, accessible resources that revisit the roots, values, and evolving ideas of Zionism to help ground contemporary conversations in context and nuance.</p> <p> Unpacked: Big Jewish Questions: Dive into short, engaging explorations of core Jewish questions and ideas that invite reflection, curiosity, and meaningful discussion.</p>



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* (Song of Hope), provide a platform for artists and thinkers to engage with contemporary challenges through the lens of Jewish tradition and resilience. To learn more visit www.bac.org.il/en

