

shine

JFI Chanukah Pack 2017

attitude of gratitude



**SHINE A
LIGHT**

8 Nights of Meaningful Ideas
and Gratitude.

happy chanukah!

Spread the Light, Illuminate the Night!
Adapted from an idea from Baruch Gartner

Our Sages tell us that Chanukah is a particularly good time to say thank you. That Chanukah means “dedicate”, and that this is a special time to recognize the gifts we’ve been given.

Also, Chanukah is also a time of “chinuch” which means to begin to educate oneself, and especially our children.

One of the most important aspects of chinuch is instilling in our children is the character and value of gratitude and honouring, and to be able to express those feelings and ideas in words to each other and to Hashem. Chanukah is the auspicious time for this.

This booklet is so that after we light and sing Maoz T'zor we take 5 minutes to thank each other and Hashem for the millions of miracles and all the goodness that He's done for us. Since the list is so vast in terms of what we could be thankful for, it is difficult to know where and how to begin so this list is divided into 8 categories for the 8 nights of Chanukah. Each family can adapt this idea to it's own style and of course age of children. For young kids it can be more like a game. For the older children it can be the beginning of learning how to open one's heart and express feeling of gratitude.

If this is an idea that speaks to you, I thought I would share what the catagories and suggestions are, and feel free to be creative with how you do this in your own home!

Chanukah Sameach!

Love, Ellie Bass
Director of The Jewish Family Institute



Night One

The Comforts of Home

The first night of Chanukah, when it's cold and dark outside, is an excellent time to thank Hashem for all of the comforts of our HOME! From the onset, let us REMEMBER what it is like to be without one of these many comforts. (water, electricity, phone)

Tonight we can thank The Almighty for:

- The shelter from the outside elements
- Comfort of one's own private place
- Beds to sleep
- Bathroom, shower and bathtub
- Kitchen: frig, oven, stove, sinks
- Running water, electricity, gas
- Air conditioner or Heater
- Variety of rooms, closets and drawers • Stereo, couch, books, phone
- Neighbors and neighborhood

What else can you think of that we can be thankful for in our home?



Night Two

Al HaNissim - Miracles

We've all had things happen to us that seem like an obvious gift! This is the night to say thank you to the Almighty for the moments, experiences, people and things in our lives that are really gifts for us:

- Good relationships
- Health
- A special experience
- A "coincidence" that turning into a life changing event
- The miracle of the return of millions of Jews to the land of Israel
- Remember to thank Hashem for all of the personal miracles that each of us experience daily. (For example; waking up each morning, having warm home and food...etc)

What is a miracle to you?



Night Three

Our Family

On the first night we thanked Hashem for all the comforts of our Home. How much more important are the people that really are the spirit of our homes and lives. Whether this is our family by blood or by friendship, each one of our family members has a special aspect, quality of goodness, that adds to the family. How fortunate are we to have a mother and father, brothers and sisters, grandparents, uncles and aunts and cousins and people we care about who care about us.

We often take for granted the luxuries of electricity and running water, and we only notice when they are absent. What would life be like without one of our family members? When we express to each other and The Almighty our gratitude for each one of our family He takes notice of our appreciation.

LET US THANK THE ALMIGHTY FOR EACH MEMBER OF OUR FAMILY, AS WELL AS POINTING OUT THEIR SPECIAL QUALITY OF GOODNESS:



Night Four

Shabbat

Shabbat is a day that is kept separate and different from other days. We learn that it is important to make a shift and mark when things are special and not the same.

On this night we can be thankful for Shabbat and/or things that allow us to celebrate our differences. We can be thankful for times when we connect more to ourselves and to others and for opportunities to see connection where sometimes there might be disconnection.

What about Shabbat makes you feel thankful?

What can we learn from differences?



Night Five

Israel, Jerusalem and The Jewish People

This is the night to speak about the Maccabees, the Israeli Soldiers, Israel, being thankful that we can go to Israel, that we have a homeland for the Jewish People, and that at we can go to the Western Wall in Jerusalem and have a place as a people where we feel at home.

What are you thankful for in relation to Israel and Jerusalem?

What does Israel mean to you?

If you have been to Israel what did you enjoy? If you haven't been to Israel what would you like to see?



Night Six

The Torah, Jewish Values and Mitzvahs

The Torah was given to us as a map and a journal for our lives. We learn the values that we as Jews live by including:

Kindness

Justice

Charity

Truth

Honour

Respect and so many more...

What are some of the Jewish Values that you are thankful for? What part of the Torah speaks to you and makes you feel thankful for being Jewish?



Night Seven

Compassion, Truth and Meaning

We are all unique and special in the eyes of Hashem. Just like all special things, we often take ourselves for granted. By focusing on the good points in ourselves we begin to shine!

LET US THANK THE ALMIGHTY FOR CREATING US AND INSTILLING IN US
MANY GOOD POINTS:

I have intrinsic worth

I am compassionate

I am giving

I am responsible

I am creative

I have determination

What other special traits do you have that you are thankful for?



Night Eight

Learning and Growing

On the final night of Chanukah we are taught that the flame of learning and Torah shines!

Therefore, tonight is an auspicious time to thank Hashem for the gift of the Rabbis and teachers of each generation.

Tonight we can be thankful for our teachers, leaders, role models and guides who help us learn to become better people and to make the world a better place.

Who are your teachers and guides?

Are there leaders that we are thankful for?

What makes a great leader?

grilled cheese latkes

Ingredients

2-3 large potatoes, peeled (2 cups grated)
1 egg
3 Tbsp plain bread crumbs
1 tsp salt
¼ tsp pepper
3 Tbsp butter
3 Tbsp light olive oil
5-10 slices cheddar cheese

Instructions

Line a large bowl with a kitchen towel and line a baking sheet with two layers of paper towels.

Peel and grate the potatoes and place them in the towel then squeeze out all of the liquid from the potatoes. Discard the liquid then place the dried potatoes in the bowl.

Stir in the egg, bread crumbs, salt and pepper until combined.

In a heavy saucepan, heat 1 tablespoon of butter and 1 tablespoon of olive oil over medium-low heat. To test if the oil/butter mixture is hot enough, drop a small piece of the potato mixture into the pan and if bubbles form around the edges, the oil is ready.

Carefully place two ¼ cup-sized scoops of the potato mixture in the pan and cook for two minutes, until the latkes are browning on the bottom.

Flip the latkes over carefully with a spatula and place 1-2 slices of cheddar cheese on one latke. Cook for one more minute then place the second latke on top of the cheese and press down. Cook for 30 seconds then flip over the grilled cheese latke sandwich, press down and cook for 30 more seconds.

Place the hot grilled cheese latkes on the paper towels to drain then repeat this process to make 3-4 more sandwiches.

Once the latkes have drained, it's time to eat!

If you want to take these grilled cheese latkes to the next level, you can add avocado or spinach to the cheese while cooking or switch it up with your favorite cheese.

best baked donuts

INGREDIENTS

1 cup butter or 1 cup margarine, softened
1 1/2 cups sugar
2 eggs
3 cups flour
4 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 cup milk
1/2 teaspoon cinnamon

DIRECTIONS

Blend 1/2 cup plus 2 tablespoons butter with 1 cup of sugar.

Add the eggs and mix well.

Sift together flour, baking powder, salt and nutmeg.

Add to the butter and sugar mixture.

Blend in the milk and mix together thoroughly.

Fill greased muffin tins 2/3 full.

Bake at 350 degrees for 15 to 20 minutes, or until doughnuts are golden.

Combine remaining 1/2 cup of sugar with the cinnamon.

Melt remaining 6 tablespoons of butter.

While doughnuts are still warm, roll them in melted butter; then in cinnamon sugar.



Blessings for Lighting the Menorah

First blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר חָנוּכָה

Ba-ruch A-tah Ado-nai E-lo-he-nu Me-lech ha-olam a-sher ki-de-sha-nu be-mitz-vo-tav ve-tzi-va-nu le-had-lik ner Cha-nu-kah.

Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the Chanukah light.

Second blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזֶמֶן הַזֶּה

Ba-ruch A-tah Ado-nai E-lo-he-nu Me-lech Ha-olam she-a-sa ni-sim la-avote-nu ba-ya-mim ha-hem bi-zman ha-zeh.

Blessed are You, Lord our G-d, King of the universe, who performed miracles for our forefathers in those days, at this time.

Third blessing, recited only on the first night (or the first time lighting this Chanukah):

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵיט וְקִיָּמָה וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה

Ba-ruch A-tah Ado-nai E-lo-he-nu Me-lech Ha-olam she-heche-ya-nu ve-ki-yi-ma-nu ve-higi-a-nu liz-man ha-zeh.

Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.

JEWISH FAMILY INSTITUTE

www.MyJFI.com

The Yetta Nashman Jewish Family Institute is a grassroots movement, content/program provider and resource hub that exists to enhance and improve Jewish life in your community.

We do so by collaboratively providing excellent resources, podcasts, workshops, classes, programs and meaningful events for individuals, families, schools, organizations and shuls at all ages and stages of growth. Using experts and resources from psychology and Torah, all of our programs focus on bringing people together in order to connect and grow as healthy and informed Jewish leaders and families.

Founded by the Village Shul and Nashman Family in 2003, The JFI was established to provide members of the Toronto Jewish community growth oriented learning that blended the best of modern psychology with the depth of Jewish wisdom. This year, through joining with Aish Toronto, we are running programs in a multitude of locations across and beyond the GTA and engaging the larger Jewish community with an aim to challenge us all to find common ground, conversations and positive connections that will propel us forward towards a strong, healthy and unified Jewish people.