

10 Jewish Joy Resolutions

Meaning • Connection • Heritage • Discovery

For every Jewish community & journey:
Sephardi • Mizrahi • Ashkenazi • Beta Israel
Bene Israel • Bukharian • Persian • Kurdish
Yemenite • Syrian • Moroccan • Romaniote
Italkim • mixed heritage • Jewish-by-choice • and more

Swipe → [Pick your # \(1–10\)](#) & comment

Happy New Year  From LDVDF

#1

Shabbat Joy, Once Monthly

Host or join — make it yours.

Candles • one question • one song



#2

Build a Diaspora Playlist

Choose 10 songs that feel like home.

Add one heritage language.



#3

Cook Across Jewish Worlds

One recipe a month — from any
tradition.

Ask: “Where is this from?”



#4

Learn a Family Phrase

A blessing, proverb, or saying your
people used.

Write it • use it • pass it on



#5

Map Your Ancestral Places

Pin places your story touches — even
one is enough.

Add: “What did we carry from here?”



#6

Record One Story Monthly

A 60-second voice memo counts.

“What did Jewish life feel like at home?”



#7

Say Yes to Community

One Jewish moment a month: culture •
learning • holiday • friends.

Belonging is a joy practice.



#8

Subscribe: NewsNosh + JDays

The easiest resolution: get discovery
delivered all year.

NewsNosh (weekly) • JDays (monthly)



#9

Volunteer for Heritage Discovery

Help make Jewish records + stories
easier to find.

Small steps welcome. All skills & languages.



#10

One Joyful Mitzvah Weekly

Tzedakah • kindness • learning •
visiting • sharing stories

Pick one practice you'll keep.



Jewish Joy Bingo

Screenshot • Check off • Tag @ldorvdorf

in f @ X @ldorvdorf			
Light candles Friday	Invite someone new	Learn a Jewish song	Cook a heritage dish
Ask an elder a story question	Record a 60-sec voice memo	Map one ancestral place	Attend a Jewish culture event
Learn a new proverb/phrase	Give tzedakah (any amount)	Do a quiet kindness	Share a family photo + names
Visit a museum/talk/ webinar	Subscribe: NewsNosh	Subscribe: JDays	Volunteer 1 hour
LDVDF.org/jewishjoybingo			

Get 4 in a row → repost!

Bingo + downloads → LDVDF.org/jewishjoybingo

© 2026 L'Dor V'Dor Foundation • Please share with credit @ldorvdorf