

# 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



### #1 Shabbat Joy, Once Monthly

**Host or join — make it yours.**

**Why it matters:** Shabbat is a built-in practice of rest, connection, gratitude, and joy—even once a month.

**Make it easy:** Pick one date now. Keep it simple: candles (or a pause/intention), a cozy meal, and one great question: “Where did you feel supported lately?”

**Joy move:** Add one song each month—build a “Shabbat playlist” over the year.

**Try this resource:** Get Shabbat hosting support with [One Table](#).



### #2 Build a Diaspora Playlist

**Why it's meaningful:** Music lands straight in memory and identity.

**Make it easy:** Choose 10 songs across Jewish worlds—add one heritage language. Text one person: “What’s a Jewish song that feels like home to you?”

**Joy move:** Play one song weekly and share it with someone.

**Try this resource:** Explore [Jewish music collections](#).



### #3 Cook Across Jewish Worlds

**Why it's ancestral discovery:** Food is a time machine—and a bridge across communities.

**Make it easy:** One recipe a month from any tradition. While you cook, ask: “Where is this from?”

**Meaning add-on:** Save one note: who taught it, where it’s from, what it evokes.

**Try this resource:** Find a [heritage recipe](#).



### #4 Learn a Family Phrase

**Why it deepens identity:** A blessing/proverb/saying can carry a whole world.

**Make it easy:** Ask for a phrase your family used (or one you want to reclaim). Write it down, record a 10-second pronunciation, and use it once this week.

**Pass it on:** Send it to one cousin/friend with a one-line story.

**Try this resource:** Browse wisdom + sayings ([Pirkei Avot](#)).



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## #5 Map Your Ancestral Places

**Why it's powerful:** A map turns abstract ancestry into something real.

**Make it easy:** Pin places your story touches—even one is enough. Add one note per place: “What did we carry from here?”

**Next step:** Make a 3-question “research later” list and stop there.

**Try this resource:** Find towns in [JewishGen Gazetteer](#) and [FamilySearch Research Places](#).



## #6 Record One Story Monthly

**Why it matters:** Oral history is fragile and priceless.

**Make it easy:** A 60-second voice memo counts. Prompt: “What did Jewish life feel like at home?”

**Bonus:** Name files simply: Name\_Date\_Topic.

**Try this resource:** [Use StoryCorps Great Questions](#).



## #7 Say Yes to Community

**Why it's joy:** Belonging is a happiness multiplier.

**Make it easy:** One Jewish moment a month—culture, learning, holiday, friends.

**Meaning add-on:** Afterward, write one sentence: “What part of me felt more at home?”

**Try this resource:** Find events on [JDays](#).



## #8 Subscribe: NewsNosh + JDays

**Why it works:** The easiest resolution is the one you automate.

**Make it easy:** Subscribe once, skim when you can, save one thing a month that sparks curiosity.

**Try this resource:** [Subscribe](#) (NewsNosh (weekly) + JDays monthly).



## #9 Volunteer for Heritage Discovery

**Why it's meaningful:** Helping make Jewish records and stories easier to find expands discovery for everyone.

**Make it easy:** Start with one hour. All skills & languages welcome.

**Try this resource:** [Volunteer](#) with LDVDF.



## #10 One Joyful Mitzvah Weekly

**Why it sticks:** A weekly rhythm builds a year of meaning without overwhelm.

**Make it easy:** Pick one practice—tzedakah, kindness, learning, visiting, sharing stories—and keep the “minimum” tiny. Consistency > intensity.

**Try this resource:** Ideas from MyJewishLearning [acts of lovingkindness](#) and [tzedakah 101](#).



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