

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](#)).



Bingo Card → LDVDF.org/jewishjoybingo • @ldorvdorf



#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](#).

