

finding joy

on Purim and
in Jewish life

At a time when it may be hard to find joy, the Hebrew month of Adar is when we are called to increase our happiness, as we build up to the celebration of Purim. What if we could weave a part of the Purim celebration into the whole year?

Moving Traditions offers you a family check-in built around a famous verse from the scroll of Esther. We hope that in your hands, and adapted to your unique household, this can give you a chance to turn angst about the coming week into an opportunity for empathic listening, gratitude, and intention-setting.

The joy and light of Purim didn't come easy. It came with Esther's risk-taking and with her being supported by the adult mentor in her life, Mordechai, who helped her face her challenge—who offered advice and then stepped aside to let her wrestle with how she was going to respond.

Similarly, you can use this weekly ritual on the back of this card to guide your family. It can be used as part of a *havdalah* ceremony (which is where it comes from) or at any time that makes sense for your household to gather to start your week. We hope it brings more joy into your routine and provides a little more of the Jewish foundation of pride and hope we all need right now.





Moving Traditions

Connect. Challenge. Change.

finding joy

a weekly Jewish
ritual

Together with your family as you start your week, recite this verse in Hebrew, English, or both:

לְיְהוּדִים הָיְתָה אוֹרָה וְשִׂמְחָה וְיָקָר וְיִקָּר:

La-yehudim hayta ora v'simcha, sasson v'yikar

The Jews had light and joy, gladness and honor.

— Esther 8:16

Take turns saying one way you plan to experience light, joy, or honor in the week ahead. Listen to each other with full attention.

When everyone has shared, close this short ritual by saying:

Ken tehiyeh lanu.

So may it be for us.

כֵּן תְּהִיָּה לָנוּ:

Some people choose to add:

u'lechol yoshvei teivel

and for all who dwell on earth.

וּלְכֹל יוֹשְׁבֵי תֵבֵל: