# Hope into Practice

<table>
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<tr>
<th>Time Phase</th>
<th>What can you do…</th>
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<td>1 Hour</td>
<td>Suggested websites to read (found on my website: <a href="http://pennyrosenwasser.com/resources/">http://pennyrosenwasser.com/resources/</a>)</td>
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| 1 Day      | My book ends with a 36-page Action-Oriented Reader’s Guide, which is full of experiential exercises and suggested actions to be done in conjunction with reading the book chapters, such as:  
* Share in a group with 1-2 others:  
  - What role has anti-Semitism played in your life/how does it affect you today?  
  - What would you like to never hear or read again, as a Jew?  
  - What examples do you notice of the misuse of the term anti-Semitism, where sincere critiques of unjust Israeli policies are dismissed as anti-Jewish?  
* Use music, poetry, art, or movement to share the story of your racial identity.  
* Consider going as a group to an event about Jewish multiculturalism or one that focuses on Jews who are Mizrahi, Sephardic, Jews of color, and/or from Africa or Asia. |
| 1 Month    | * For the next week or more, go easy on yourself. Give yourself room to mess up—and still be feel good about who you are.  
* Organize a cultural event that includes representation by several different Jewish ethnicities.  
* Organize a group potluck, and ask everyone to bring an ally who is not Jewish. At the potluck, make time for everyone to share what you appreciate about your ally and why you invited this person. |
| 1 Year     | * Consider supporting/getting involved with an organization led by Mizrahi or Sephardic Jews, Jews of color, Jews whose heritage is from Africa or Asia.  
Suggested organizations to join (found on my website: http://pennyrosenwasser.com/resources/) |

**One Main Take Away!**

* That we have the courage to face our fears, but not act on them: that our fears are real, rooted in history, but we must choose justice despite our fears.  
* The importance of uprooting our internalized oppression—because the better we feel about ourselves, the better we will treat other people, the more full of possibilities our lives will have, and the more effective our activism will be towards a just and generous world.  
* That "hurt people hurt people"—so for any people who have been traumatized, if we don't work through and heal that, we can end up projecting it onto another people we have been taught to hate and fear. But that "the chain of pain can be broken, we don't have to pass on to others what was done to us.”  
* That we move towards a Jewish future that is informed but not defined by the Nazi Holocaust.  
* That we use the memory of Jewish suffering to link us to the plight of anyone who is oppressed.