

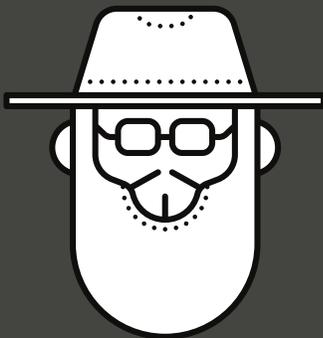
# Jewish American Heritage Month

## *In This Issue*

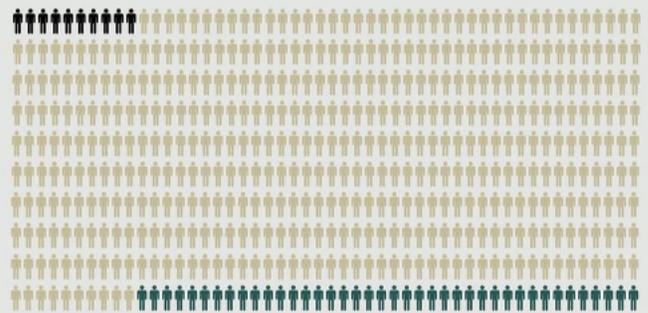
**Modern-day antisemitism**

**Jewish psychologists**

**Religious and cultural experiences of Jewish people**



**For every 500 Americans, 10 are Jewish**



**40 have never met a Jew**

Global 100 @JewishPerspective

## What does it mean to be Jewish?

Understandably, it's likely that when most people think of Jewish identity, they categorize Jews as people who share a common religion. And indeed, most people who identify as Jewish do practice Judaism as their religion. However, many who identify as Jewish do so on the basis not of their religious practices (often termed secular Jews or Jews of no religion) but because of their ethnic heritage and/or embracement of Jewish culture—the later often due to strong connections with Jewish communities during their childhood and holding these ties into adulthood. In other words, people identify as Jewish due to any combination of their religious, ethnic, and cultural bonds with other Jews.

**anti-Semitism**  
 ??? **antisemitism**  
 anti-semitism



**46%** | of Americans don't even know what these words mean.

**When we talk about antisemitism, we have a responsibility to do it right.**

@JewishPerspective

**IHRA LEAVES NO ROOM FOR INTERPRETATION. IT DEFINES 11 WAYS ANTISEMITISM MANIFESTS TODAY.**

- Calling for, aiding, or justifying the killing or harming of Jews
- Making dehumanizing or stereotypical claims about "Jewish power" — ie Jews controlling media, etc
- Accusing Jews as a people of committing real or imagined wrongdoings
- Denying the Holocaust, its mechanisms & intentionality
- Accusing Jews of inventing the Holocaust
- Accusing Jews of loyalty to Israel or other Jews above all
- Denying Jewish self-determination, like claiming that Israel is a racist endeavor
- Applying double standards to Israel
- Using symbols associated with classic antisemitism (ie blood libel) to portray Israel
- Comparing Israel to Nazis
- Holding Jews collectively responsible for Israel

Jews also differ in their ethnic identities. While a shared history and many (arguably most) rituals, cultural traditions, and values transcend across Jewish ethnicities, these characteristics also vary between Jewish ethnic identities. Ashkenazi Jews, descending from Central and Eastern Europe, are the most populous in America. The other most well known ethnic group are Sephardic Jews who descend primarily from regions that later became Spain and Portugal. Sometimes Sephardic Judaism is used as a broader category to describe all Jews of Mediterranean descent though Jews from Northern Africa and the Middle East are also often classified as Mizrahi Jews. While there are cultural and religious differences between these two groups, the distinction is perhaps (in part) muddled by the fact that Sephardic Jews largely immigrated to Northern Africa and the Middle East after being expelled from Spain and Portugal during the late 15th and early 16th centuries. Finally, there has been a large community of Ethiopian Jews for at least the last 15 centuries. Perhaps due to the prominence of Ashkenazi Jews in America, Ashkenazi characteristics may be mistakenly generalized as representative of Jews in general. However, Jews are more diverse in physical appearance, religious beliefs, and cultural traditions than many may realize.

American Jews represent 2.2% of the population (0.2% live in Alabama), yet more than 60% of religious based hate crimes are targeted towards Jewish people or Jewish institutions. Often times, people only consider the Holocaust - the systematic mass extermination of more than a third of the world's Jewish population (6 millions Jews) between 1939-1945 - when they think of Jewish hate. However, Jewish oppression and resilience began long before 1939 and continues to today.

In the article "Is It Still Safe to Be a Jew in America," a study suggested that 35% of American Jews have experienced antisemitism in the past five years and one-third have concealed their Jewish identity.

According to the Anti-Defamation League, the year 2020 represented the third-highest year for incidents against American Jews since they began tracking this data four decades earlier. Antisemitic incidents began to increase in 2016, and the year 2019 represents an all-time high of antisemitic incidents (more than 2,100 acts of assault, vandalism, and harassment).

The Holocaust teaches us to "Never Forget." However, a recent study found that almost two-thirds of Americans aged 18-39 years did not know six million Jews died in the Holocaust and 20% incorrectly believed Jews caused the Holocaust. This information is terrifying and essential to know given the remaining survivors of the Holocaust are dying due to age. Holocaust denial and distortion is a form of antisemitism.

**Antisemitism is hatred towards Jewish people and it still exists today.**

# Jewish holidays

## Yom Kippur (יום כיפור)

- What is it? The Day of Atonement
- Common Traditions: For 26 hours, we fast from food and drink and spend the day focusing on introspection, prayer, and asking for forgiveness. Prayers address topics of repentance, forgiveness for our sins, a memorial for those recently deceased, and health and happiness in the next year.
- Yom Kippur ends with the hearing of the shofar and breaking our fast (with breakfast).

## Shabbat (שבת)

- What is it? From sunset on Friday to sundown on Saturday, Shabbat represents a time to “rest” and reconnect.
- Common Traditions: Lighting of the candles, blessing over the wine (kiddush), breaking of bread (or eating of challah), and a family dinner.
- Shabbat ends with the Havdalah ceremony and the welcoming of a new and good week (“Shavua Tov”).



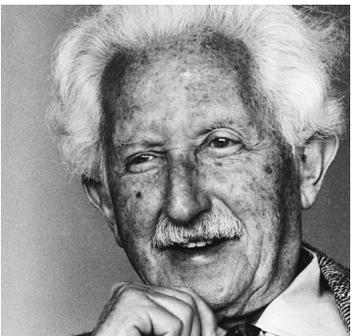
## Passover (פסח - Pesach)

- What is it? Celebration of the story of Exodus when Israelites were freed from slavery in Egypt. The name reflects the miracle of when God “passed over” Israelites’ homes during the tenth plague (death).
- Common Traditions: The holiday focuses on themes of springtime, family, remembrance of Jewish history, the importance of a Jewish homeland, and social justice/freedom (in the past and today). Passover lasts eight days, when we do not eat any leavened bread and instead eat “matzah.” The first two days there is a “seder,” when families come together to read the “haggadah” (the story of passover) and eat different foods that are symbolic of the holiday.
- Check out: The Prince of Egypt, The Ten Commandments, and “A Rugrats Passover”

## Rosh Hashanah (ראש השנה)

- What is it? The Jewish New Year
- Common Traditions: Eating a round challah (representing the cyclical nature of life), apples and honey (a sweet new year), and pomegranates (the 613 seeds represent 613 mitzvot, or commandments, in the torah). We also engage different mitzvot such as
- Listening to the sounds of the “Shofar” - a ram’s horn that sounds like a trumpet
- “Tzedakah” - giving charity to those in need
- What you can say: “Shanah Tova u’metukah” (a good and sweet new year)

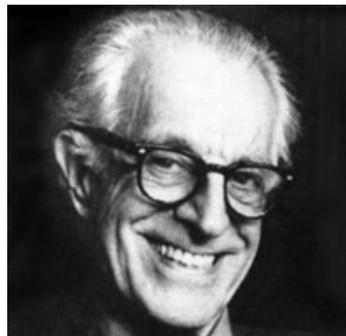
## Jewish American Psychologists



Erikson



Loftus



Ellis



Lichstein



Silverman



Maslow



Beck



Brodsky



# RECIPES TO TRY!



Click the name of the recipe for the details

**Black & White Cookies:** <https://www.instagram.com/reel/CL-ntx4h2Bc/>

**Matzo Ball Soup:** <https://cooking.nytimes.com/recipes/12348-joan-nathans-matzo-ball-soup>

**Challah:** <https://toriavey.com/how-to/challah-bread-part-1-the-blessing-and-the-dough/>

**Bagels lox and schmear:** <https://whatjewishwannaeat.com/bagels-lox-and-schmear/>

**Noodle Kugel:** <https://smittenkitchen.com/2008/10/my-familys-noodle-kugel/>

**Shakshukah:** <https://toriavey.com/toris-kitchen/shakshuka/>

**Chocolate Rugelach:** <https://www.justataste.com/chocolate-rugelach/>

**Israeli Salad:** <https://toriavey.com/toris-kitchen/israeli-salad-week/>



## YIDDISH TRANSLATIONS

- Bupkis: Nothing
- Mensch: Honorable person
- Kvell: Bursting with pride
- Mazel Tov: Congratulations
- Mishegas: Chaos
- Mishpocheh: Family
- Nosh: Snack
- Oy Vey: Frustration
- Schlep: To move slowly
- Schvitzing: Sweating

## Organizations/people to follow

- Anti-Defamation League @ADL
- The African-American rabbi discusses persistent racism in the Jewish community and challenges stereotypes @MaNishtana
- A novelist and former opinion editor at the Forward, Samuel has an eye for catching some of the most interesting Jewish stories @SigalSamuel
- Modern takes on Jewish recipes @jakecohen

Oy vey. This past year has been mishegash, and I have been noshing non-stop! But I kvell over the fact that we will reunite with our academic mishpocheh soon, even though it will definitely be a schlep and a schvitz.