

Gratitude and Action for a Just World

A THANKSGIVING GUIDE

REFLECTIONS FOR THE THANKSGIVING TABLE:

Thanksgiving is a time for gratitude. We are grateful for all the good that we have experienced this year, from food to family to moments of joy. We are also grateful for the strength that has enabled us to confront profound challenges in our lives, our country and around the globe.

Thanksgiving echoes the Jewish value *hakarat hatov*—“recognition of the good.”

This year, let our gratitude propel us to action as we work to build a better world.

Let's share our resources with those suffering from poverty, hunger and disasters.

Let's raise our voices to counter hate, prejudice and violence.

Let's celebrate difference and unite around shared values.

Let's welcome the stranger and open our doors to refugees.

Let's defend the civil rights and human rights that are the pillars of our nation.

Let's create a world of justice, equality and dignity for all.

BEGIN YOUR MEAL WITH A QUESTION:

- ◆ What are you grateful for this year?
- ◆ What have you done this year to live your values?
- ◆ Which social justice issues drive you to action?
- ◆ What's one way you will commit to making change?

CREATE A THANKSGIVING RITUAL:

- ◆ **Write questions about gratitude and giving** on slips of paper and place one on each plate, sparking meaningful conversation during the meal.
- ◆ **Set an empty plate at your table for all those suffering from hunger**—whether they are people in your own community or the countless around the world enduring humanitarian crises right now, from East Africa to Indonesia and beyond.
- ◆ **Open your door to welcome the stranger**—embracing the Rohingya refugees who fled genocide in Burma, and others needing refuge from persecution around the world.
- ◆ If there are children at your table, ask them to **draw a picture, write a song or put on a play** showing what makes them feel grateful.
- ◆ **Lead a discussion** about an issue close to your heart and choose a concrete way to **take action together**.

Need ideas? Visit www.ajws.org/blog or www.ajws.org/action.

