We have not forgotten you. You come from a long line of survivors. All you have to do is live your lives and keep dancing. We are all with you. Be proud of who you are. You are the children of Israel. Am Yisrael Chai!

On this very special Shabbat, I wish you and your loved ones peace, tranquility, warmth, and strength. May all your worries be put to rest, even if just for a moment, as you light the candles, sing the blessings, and sit down for a lovely Shabbat meal with friends and family. At this time, being a Jewish university student is difficult and can often be scary as well but I hope you know that you are not alone and that there is a strong, vibrant community behind you that supports you and wishes the very best for you. Keep being proud of who you are and never be ashamed to be unapologetically Jewish.

Shabbat Shalom! I hope this message finds you at peace, full of love, and hope. In times of emotional distress, it’s so important for us to take time for ourselves, to reflect on how to make ourselves content, and for me personally, connect to whatever piece of Judaism that feels natural. I hope this Shabbat you find all the peace and love that I am sending through this message.

We stand together with you all. Am Yisrael Chai!! Stay strong, things will start to get better for all of us. Keep the Faith!!

Wear your Judaism badge with pride and honor. Am Israel Chai

In olden days, there was a person in every town who would light the street-lamps with a light he carried at the end of a long pole. Easily accessible lamps were on street corners. But there were also lamps in hard-to-see places, in deserts, or at sea. We know that a mitzvah is a candle, and the Torah is our light. As Jews, our job is to be the lamplighters, bringing light to where it’s most needed. Sometimes that task is easy. Sometimes it is hard.

You are living through one of those hard times right now. Thank you for being part of Hillel, for living a Jewish life, and for bringing light to the world. You are appreciated. You are loved. Shabbat Shalom.

Please know that you are not in a vacuum. The whole world sees what is going on in the campuses of the “halls of learning.” Learn what you can from your studies, from your own readings and experience, and from the world around you. Remember that there is beauty around us. Carry gratitude in your heart. Stay close to your friends, nurture the warmth of friendship and the love of your family within you. Finally, feel free to change your campus environment to one where sanity prevails and civilized values rule, if the “powers that be” there don’t get the difference between right and wrong, or if you feel too alone. Though, remember, you are never truly alone -- you are wrapped in the history of your people and you are a torch of the light of our experience, ethics, and wisdom.

STAND TALL and know that there are millions who stand behind you. Am Yisrael Chai!!!