

It is a great mitzvah  
to be  
happy

REBBE NACHMAN

*Because I remember,*

*I despair,*

*Because I remember,*

*I have the duty to reject despair.*

ELIE WIESEL

When it rains  
look for rainbows

when it's dark,  
look for stars

UNKNOWN

*We can't choose to vanish  
the dark, but we can choose  
to kindle the light*

EDITH EGER

There are two ways to live.  
You can live as if nothing  
is a miracle.  
You can live as if everything  
is a miracle.

ALBERT EINSTEIN

There are no  
problems  
only  
opportunities  
for  
growth

Rebbetzin Dena Weinberg

Look at how a  
single candle  
can both  
deprive and define  
the  
darkness.

ANNE FRANK

A little bit of  
light  
pushes away  
a lot of  
darkness

JEWISH PROVERB



*The highest form  
of wisdom is kindness*

THE TALMUD

This too  
is for  
the good

*Nachum Ish Gamzu, Talmud, Taanit, 21a*

Acts of kindness  
never die.

They linger in the  
memory,  
giving life to other  
acts in return.

When we are no longer  
able to change a

SITUATION

we are challenged to  
change

↳ OURSELVES :

VIKTOR FRANKL

*We are as great  
as the challenges  
we have the*

Rabbi Dr Lord  
Jonathan Sacks

*courage  
to undertake*