

Mishloach Manot of The Spirit

Purim is a time of joy and laughter, but this year it feels hard to celebrate, given the loss, suffering, worry, and bereavement which hang over us all. Despite this, we seek to draw strength from the events of our calendar, from the values, stories, and tastes which remind us where we come from and where we would like to go from here.

We are happy to present these mishloach manot of the spirit, which each person can send to their fellow, adding personal sentiments or any sort of treat—connecting us, together, to the strength and the values hidden in the holiday of Purim. You can print out the well-wishes or send them digitally via WhatsApp.

May we soon merit days when everything transforms “from grief and mourning to festive joy”
(Esther 9:22)

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מִשְׁלוּחַ מַּנּוֹת הַטְּקָסִים

We will live, I will live, I will live and love this life.
I will love this life with all its ugliness, its illnesses, its terror – and I will not lose my mind.
I want to live, and to live so much. I want to live the life of a person permitted to breathe.
I want to live in the light, in the light of the days yet to come.

–Leah Goldberg, Israeli poet



These are mishloach manot of light, of hope for life and love—of hope that the pain will become comfort and “grief and mourning will become festive joy” (Esther 9:22).

Happy Purim!



מִשְׁלוּחַ מַּנּוֹת הַטְּקָסִים

Jews are the people who refused to be comforted because they never gave up hope. Jacob did eventually see Joseph again. Rachel’s children did return to the land. Jerusalem is once again the Jewish home. All the evidence may suggest otherwise... Jews never believed the evidence because they had something else to set against it – a faith, a trust, an unbreakable hope that proved stronger than historical inevitability. It is not too much to say that Jewish survival was sustained in that hope.

–Rabbi Jonathan Sacks, "Refusing Comfort, Keeping Hope"



These mishloach manot contain a thread of hope to grab onto, with which to lift yourself up. May the words of Jeremiah come to pass: “There is hope for your future, saith the Lord, when the children will return to their country” (Jeremiah 31:17).

Happy Purim!



מִשְׁלוּחַ מַּנּוֹת הַטְּקָסִים

This is Purim, for the main thing is peace... This is the idea behind mishloach manot and giving gifts to the poor, which is one way of increasing peace greatly, for each person sends food to their fellows, increasing peace. So too giving gifts to the poor, for increasing charity increases peace.

–Rabbi Natan of Nemirov, Likkutei Halakhot, Yoreh Deah, Laws of Shaving and Tattoos 3:11.



Amidst a year of war, let us send hope for peace and wholeness.

Happy Purim!

