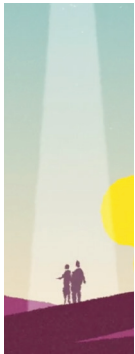


# BREAK YOUR FAST WITH JUSTICE

*The High Holy Days are Judaism's most universal moment. The moment when Judaism and Jewish tradition takes a step back from our particular concerns and asks human questions. At the heart of those human questions is the need to survive, the need to live — and at the heart of that is having enough food to eat. — Rabbi Joel Pitkowsky*

This High Holy Day season, we have a small gift for you and your community, and it comes in the package of an animated short. We hope the reflections contained herein draw welcome connections between the deeply personal experience of the High Holy Days and the communal responsibility to pursue justice, or *tzedek*.

We invite you to watch the video — on your own, with your loved ones, or as part of a High Holy Day service or learning session — and then reflect on the following questions:



## NEW YEAR, NEW COMMITMENT

“What does that mean, to really believe each human being is made in the image of God?”

How is that challenged in a country where tens of millions of people are food insecure?

## ASPIRATIONS, JUSTICE, CAPACITY

How will you wield *tefillah*, *tzedakah* and *tshuvah* to make a better tomorrow for everyone?

## BREAK YOUR FAST, BREAK THEIR FAST

What will you take out of your fast and into this new world? How do we — and if we means everyone — emerge better from this season?



**Want to share your reflections?** Check out our [social media image bank](#) to post and encourage others to participate. As your observance allows, we invite you to explore the many resources at [mazon.org](#) to learn more about hunger, and what you can do to take action.

*Shana Tovah U'metukah + G'mar Chatima Tovah,  
from our family to yours.*

**MAZON** | A Jewish Response  
To Hunger

[mazon.org/high-holy-days](#) | [#HereFor](#) [#HereForJustice](#)



MAZON: A Jewish Response to Hunger is pleased to partner with OneTable, bringing people together in new and meaningful observances for the High Holy Days. Inspired by Jewish values and ideals, MAZON is a national advocacy organization working to end hunger among people of all faiths and backgrounds in the United States and Israel.

# PURSUING JUSTICE WITH MAZON

Build a more just and compassionate community with us.



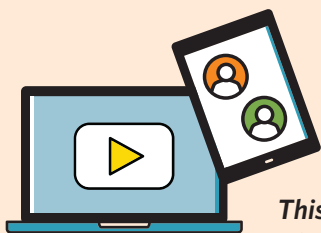
## GET EDUCATED

Learn the real story of hunger in America — who experiences it and how we can solve it as a community and a nation. Education is an essential and on-going part of engaging with MAZON, and the first building block of changing policy down the road.



## GET LOUD

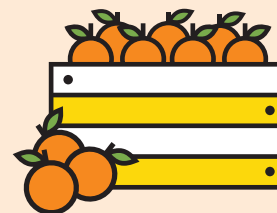
While charity is an important part of making sure people get food on the table, we need to work to change the system that allows people to be hungry. Advocacy moves us towards a future marked by justice.



## GET INVOLVED

*This Is Hunger* challenges you to question who struggles with hunger in America, and why. This powerful, immersive experience is now available digitally.

Our new **Anti-Hunger Synagogue Resolutions** provide a unique platform to commit your congregation to fighting hunger, structurally and with intention.



Join the **Hunger is Stressful** campaign, and help reduce stigma around hunger and food insecurity — starting at your local Farmer's Market.

Visit [MAZON.org](https://mazon.org) for details on these resources and more, or contact [outreach@mazon.org](mailto:outreach@mazon.org) to ask questions or get started.

Ask us  
about our  
virtual  
programs!

**MAZON** | A Jewish Response  
To Hunger