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Allyship Development Program Newsletter

Office of Inclusive Excellence

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9-2021

## Allyship Development Program Newsletter

Georgia Southern University, Allyship Development Program

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# ALLYSHIP DEVELOPMENT PROGRAM

September 2021



YOM KIPPUR

HISPNIC HERITAGE MONTH

SELF AWARENESS MONTH

## PRIDE AND HERITAGE

Office of Inclusive Excellence

In the September edition, we'll be highlighting the different Jewish holidays and traditions. Not only is September the month of Jewish holidays, but also Self Care Awareness Month and Hispanic Heritage Month. We'll also be taking a dive into Native American Day, Ethiopian New Year, and Ganesh Chaturthi. Read more to receive some tips from one of our Eagles on how to take better care of yourself and to learn more about pride and heritage. Next month is Breast Cancer Awareness Month and Down Syndrome Awareness Month, if you'd like to contribute, please reach out to [oiie@georgiasouthern.edu](mailto:oiie@georgiasouthern.edu)

### IN THIS NEWSLETTER

- Eagle Advice (Self Care Awareness Month)
- Articles and Readings
- Book Recommendations
- Featured
- Links and More

Disclaimer: This newsletter and the external references and sources do not represent the opinions or views of Georgia Southern University and are rather intended as learning material to hear from a variety of underrepresented opinions and perspectives. We do not endorse the authors or sources; rather, we hope that readers will critically consume media and use it for reflection and learning in pursuit of inclusion, openness, and cultural enrichment. Some sources may contain mature language or triggering topics, so please read with caution.

"How do I maintain self-care?" by undergraduate Shaniah R. Sheffield

To maintain self-care, I ensure that, despite a busy schedule, I take at least one day a week for time to myself and only myself. I turn my phone on "Do Not Disturb" and spend the day journaling, exercising, meditating, eating healthy, and cleaning/organizing my living space. Taking time away from my phone helps me to remove the biggest distraction of all. Such a small device can be a huge and constant distraction. As a college student, it can be a hassle to find the right time to focus only on myself, but staying organized helps me to do so! I carry a planner around to write and jot things down as the day goes by; this helps me keep up with due dates and deadlines, which keeps me focused and less worried about what I did or did not forget. The more worry you can take out of your life, the better off you will be!

There are several different methods and techniques to take better care of yourself. The first step is to find a weakness of yours and cultivate that weakness! My weakness was having a busy schedule, which delayed the amount of time I was able to spend with myself. However, I found techniques to find the perfect timing in my day to be alone and unbothered! Whatever your weakness is, find a solution, and that's the key to taking better care of yourself.

"If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?"

- Rabbi Hillel



## ARTICLES AND READINGS

### ROSH HASHANAH IS USUALLY WHEN JEWS GATHER IN SYNAGOGUE. THIS YEAR, THEY'RE MOSTLY ONLINE — OR MASKED AND SPREAD OUT.

By Michelle Boorstein

This article discusses the effects that Covid-19 has had on the Jewish community. The coronavirus pandemic has changed their traditional way of celebration and worship. There are now shorter services, outside services, online services, and sometimes no services at all. In the Jewish culture they celebrate High Holidays, which are the holidays of Yom Kippur and Rosh Hashanah. The article explains how Rosh Hashanah is the holiday that was modified due to the pandemic. Although, Yom Kippur is considered the most important holiday of the year, Rosh Hashanah occurs ten days before. Rosh Hashanah is the day where your fate is supposed to be determined and within those ten days you can change the fate before it is sealed on Yom Kippur. On Rosh Hashanah Jews usually meet inside the synagogue to have festive meals, listen to the shofar horn, and light candles. The initial joy and happiness that was expressed on Rosh Hashanah, with hugs, laughter, and close sitting, has been altered. Yet, Jews have managed to find methods to continue their traditions. Read more about these changes and modifications by referring to the article above!

### HOW ONE BLACK ORTHODOX JEWISH WOMAN IS OPENING MINDS IN HER BROOKLYN COMMUNITY

By Liana Satenstein

This article discusses how a Jewish Black woman, Maayan Zik, helped to shift the mindsets in her neighborhood during a passionate march. It all started with the killing of George Floyd and an anxious crowd full of Orthodox Jews. The signs held at the march stated, "If Not Now, When?" The Black community was furious about the killing of George Floyd, which soon caused havoc between the police and the Black community. Zik knew it would take a strong-minded person to guide her people in a mature light. At the march, Zik lit a menorah, a Jewish worship candle, and related the lighting of the candle to the unification that was being representing by marching together. The rally brought a sense of peace to the Brooklyn community during such a tragic time. Since then, Orthodox Jews have been viewed in a different nature. They displayed how the teachings of the Jewish culture can indeed spread peace and love through any situation. Read more about Zik in the article above!



## ARTICLES AND READINGS

### WHY YOM KIPPUR IS THE HOLIEST DAY OF THE JEWISH YEAR

By Erin Blakemore

September is filled with various Jewish holidays, including the High Holy Days. Yom Kippur is one of the most important Jewish holidays. We'll read all about it in this article! Blakemore explains the historical origin of the holidays, and he explains the current traditions. This article explains how this Yom Kippur is a time to atone for one's mistakes. Tradition has it that, the holiday originated with the prophet Moses, when he prayed for God to forgive his people for worshipping a false idol. Modern Jews pray to be forgiven on Yom Kippur; they also fast and attend service. The article even gives a brief description of how this old tradition has adapted to the COVID-19 pandemic. Read more about Yom Kippur in the article above.

### IT'S TIME TO RETHINK THE HISPANIC HERITAGE MONTH CELEBRATION

By Isaac Mizrahi

In this article, the importance of Hispanic Heritage Month is discussed. Yet, the article also describes how many of the Hispanic contributions are not accredited for. Hispanic population makes up approximately 20% of the United States, and their role in the U.S. is fundamental. Mizrahi goes into detail about how Hispanic Heritage Month should be bigger than it is. He believes that the celebration doesn't always highlight all the notions that Hispanics have brought to the United States. The U.S. began celebrating Hispanic Heritage in the 80's; yet in the 21st century Mizrahi feels there should be a new way of celebrating. Read more about this new way suggested by reading the article above!

### HOW TO CELEBRATE THE ETHIOPIAN NEW YEAR

By Serkalem Tafesse

This month is full of pride and heritage. September 11th is Ethiopian New Year and if you're going to celebrate a holiday, you're going to want to celebrate it right and respectfully. In this article, the proper way to celebrate Ethiopian New Year is explained. Not only does this article tell you how to properly celebrate the holiday, but it also tells you the history on the holiday. Ethiopian New Year started 3,000 years ago and is still sentimental in today's culture. To learn more about what the Ethiopian New Year is, how it got started, and some fun and festive things you can do to celebrate; read the article above!

## ARTICLES AND READINGS

### **8 GREAT IDEAS FOR CELEBRATING HISPANIC HERITAGE MONTH IN THE WORKPLACE**

By [Connie Du](#)

Hispanic Heritage Month starts on September 15 and ends on October 15th. Diversity and allyship is becoming more common in the world today. In this article, Du discusses some nice ways that the workplace can celebrate Hispanic Heritage Month for their employees. Being able to comfortably be yourself in the workplace is an important factor of diversity and inclusion. The article suggests that celebrating cultural holidays in the workplace can make employees feel more accepted. Read more about some fun ways you could begin to celebrate this cultural holiday in your workplace!

### **WHAT YOU NEED TO KNOW ABOUT INDIGENOUS PEOPLES' DAY**

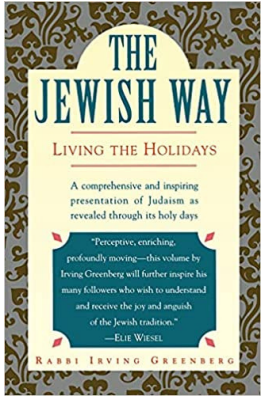
By [Grant Rinder](#)

Indigenous Peoples' Day, is celebrated on September 24th. In this article, Rinder discusses the long process of establishing Indigenous Peoples Day. The holiday was first anticipated in 1977, but wasn't officially established until September 2020. The Indigenous people have been advocating for a very long time and this article tells us more about their fight to get the respect they deserve. Not only does the article show the fight of the indigenous people, but it discusses the care and compassion that many Americans had for them. Read more about the evolution of Indigenous Peoples' Day in the article above!

## BOOK RECOMMENDATIONS

### THE JEWISH WAY: LIVING THE HOLIDAYS

By Irving Greenberg

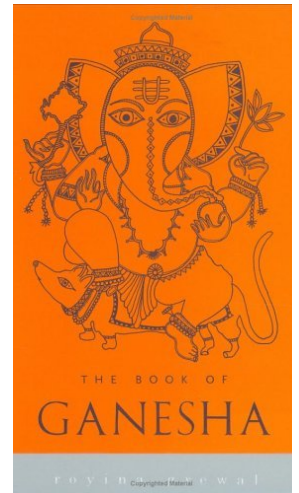


This nonfiction work provides a window into the complex origin and background of Jewish holidays and traditions. As well as their modern significance and connection to one another. This comprehensive exploration of the Jewish holy days serves as a primer for some of the most fundamental parts of Judaism. Author Rabbi Greenberg has also written many titles dealing with Judaism's place in America and the world at large. Learn more about the Jewish Way by checking out this good read!

### THE BOOK OF GANESHA

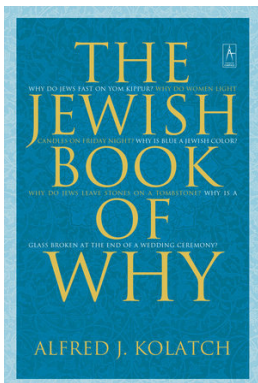
By Royina Grewal

Ganesh Chaturthi is another holiday we're celebrating on September 10th. This holiday is a ten-day festival honoring the intelligence Hindu god, Ganesha. What other way is there to learn more about Ganesh Chaturthi, other than to read "The Book of Ganesha"? This book dives deep into to understanding about the Hindu God Ganesha. In this well written narrative, Grewal tells many historical stories about Ganesha. If your curious to know more about who Ganesha is, this certainly is the book for you!



### THE JEWISH BOOK OF WHY

By Alfred J. Kolatch



We gave you the Jewish Way, now we'll give you the why. In a old tradition such as Judaism, a lot of questions can arise on how or why any part of the Jewish religion or culture works. In this book, Rabbi Kolatch offers answers for, if not all those questions, then certainly a lot of them. These explanations cover everything from traditions to symbols to misconceptions, making this an ideal place to find answers for not only those seeking knowledge about their own tradition, but also non-Jewish people who find themselves wondering.

## FEATURE OF THE MONTH

Hillel is an organization on Georgia Southern's campuses that strives to create a safe and welcoming place for Jewish students. If someone is interested in Judaism, they are welcome to join Hillel's events. There is a ton of culture and history associated with Judaism that Hillel is happy to teach and discuss with anyone interested! Hillel has events for most of the major Jewish holidays, but also more laid-back events like their late night breakfast during finals week! However, High Holiday events are most impactful, because they are the most important holidays for Jewish students. It can be difficult to be away from family and your typical Jewish community, so it's really comforting to have a way to observe them at school. Hillel has begun to work closely with the Office of Inclusive Excellence in order to ensure students from all backgrounds are seen and appreciated on campus. To help Hillel achieve their goals go to an event! If you or someone you know is Jewish or you are curious about Judaism join them for an event and spread the word! According to Hillel, allyship means that all people are respected and valued as long as they bring positivity to the world.

"When I first came to Georgia Southern I was nervous because there wasn't a very large Jewish community, but through Hillel I have met some of the most amazing people that have opened so many doors for me on campus and around Georgia Southern."

(Member of Hillel)

**Hillel**  
GEORGIA SOUTHERN



**Nominate someone for us to feature in our next newsletter!**

**Nomination Information and Link:**

[https://georgiasouthern.co1.qualtrics.com/jfe/form/SV\\_879LzXdR1O4s3gF](https://georgiasouthern.co1.qualtrics.com/jfe/form/SV_879LzXdR1O4s3gF)

**Feedback Form:**

[https://georgiasouthern.co1.qualtrics.com/jfe/form/SV\\_eQo4q73jRLRdi3H](https://georgiasouthern.co1.qualtrics.com/jfe/form/SV_eQo4q73jRLRdi3H)

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