



## THE HEART IS STILL THERE

**CONNECTING AND REMEMBERING** 

### Talking Memory

Yom HaZikaron gatherings in private homes, attended by members of a bereaved family - remembering, singing and sharing.

#### Those who sign up

will receive the contact information needed for scheduling a gathering with friends/members of a bereaved family, as well as a suggested program for the gathering that will include some songs and recipes loved by the ones who fell.

#### Running in Their Memory

A run or walk in memory of a loved one who fell, or someone we didn't know who was killed while defending the State of Israel.

Those who sign up will receive a printable digital file containing the name of the person who fell, which can be hung or printed on a shirt.

Private individuals who wish to participate in a run should register on the following website:
<a href="https://www.memorun.org/en">https://www.memorun.org/en</a>

#### Havdalah Ceremony

# Between Yom HaZikaron and Yom HaAtzmaut

A ceremony that facilitates a community or public gathering, or one in a more intimate setting, whose aim is to make the transition from Yom HaZikaron to Yom HaAtzmaut less acute and more gradual.

Those who sign up will receive a booklet containing a suggested program for a Havdalah ceremony, which includes all the components of the ceremony and instructions on how to conduct it.

