



## **Kavanah commemorating Oct. 7, 2023 on Oct. 5, 2024**

**By Steve Brown**

We know that Oct 7. will be a day of deep pain. We know there are many in our midst with close personal connections to the individuals and families most tragically affected.

We know there are those in our community who have suffered repeated traumas over the course of the year.

We know there are those who have had serious mental health deterioration as a direct result of the events.

We know there are people among us whose families have been torn apart by deep differences; we know there are those whose various communities have been torn apart.

We know there are many among us who are in fear for our safety, our children's safety, and our children's children's safety - in our homes, schools and places of worship; our playgrounds, civic spaces and secular community spaces

We know there are people who have felt unheard, unseen, unfelt, misunderstood, hated.

We know there are those who have wanted to reach out to others in sympathy – to reach out to us in sympathy - but have withheld their sympathy because of fear, because of not knowing what to say, not knowing how to show support for some without antagonizing others, and this hurts, too.

Let us hold each other with compassion, kindness and love. And let us strive to create peace in our lives, wherever possible.