



# SHARSHERET

## TEAL AND PINK SHABBAT®

**Sharsheret Teal and Pink Shabbats are a national education and empowerment initiative taking place in hundreds of communities across the country. Shabbat is a time for individual and communal healing. Facilitate a Sharsheret Teal and Pink Shabbat to jump-start healing for those personally affected by cancer, other illnesses, or any difficult circumstance.**

**Q: What themes and topics should a Teal and Pink Shabbat program highlight?**

A: Sharsheret has developed resources focused on healing (talking points, prayers, and poems); these resources are relevant for people affected by cancer, other illnesses and challenging circumstances. We also provide educational materials focusing on what's Jewish about breast cancer and ovarian cancer, cancer genetics, how to best support family members, friends or community members facing cancer, or proactive healthy living.

**Q: When should we schedule the program?**

A: It could be on Shabbat - Friday night, Saturday morning or afternoon, or a havdalah (end of Shabbat) program. Alternatively, perhaps it would work better as a Shabbat preparation program on a Wednesday or Thursday evening or Friday afternoon before Shabbat.

**Q: What, specifically, could our Sharsheret Teal and Pink Shabbat include?**

A: Some suggestions are:

- A sermon during services with information about cancer in the Jewish community
- A survivor can share their personal cancer journey
- A pre-vivor can share their personal genetics experience
- Honor survivors with an aliyah or prayer
- Incorporate a misheberach (prayer) for healing or a mourner's kaddish (memorial prayer) to remember those no longer with us
- A Sharsheret staff member can speak to the community
- A local expert can address the community (p. 19)
- Offer a pink or teal-themed (the colors of breast and ovarian cancer awareness) oneg or kiddush (Shabbat social gathering)
- Drop off or organize a drive-by pick-up of pink and/or teal-themed kiddush packages before Shabbat (with Sharsheret information) for the community to enjoy
- Encourage people to wear pink or teal attire
- Add a challah or babka bake
- Display Sharsheret resources in a prime location

**Contact us to obtain the following Sharsheret resources to enhance your event:**

- Traditional prayers, songs, and poetry focused on healing
- Talking points about healing
- Resource connecting Torah portions to healing themes
- Rabbinic talking points
- Ritual Well readings for people affected by cancer or other illnesses