



Women's League for Conservative Judaism

Mishpachah: The Modern Jewish Family

MODERN RITUALS

A Search for New Meanings

SHABBAT MEMORY BOX

Help your child/ren learn about their family, both past and present, with a Shabbat Memory Box.

First you and your children create the Memory Box:

1. Find a sturdy cardboard box, large enough to keep growing your collection of memories
2. Decorate the outside with colored paper, wrapping paper, etc. Add yarn, ribbon, stickers, glitter, sequins, and buttons, etc.

Memorialize the memories to put in the box:

1. Use cards that fit in the box. On each card, title the memory.
2. Then, together with the kids, add photos, drawings, written anecdotes, recipes, stories, and other mementos of the event.
3. Do this for events involving the children and those of a time before them, as well as of grandparents, aunts, uncles, and cousins.
4. You can always go back and add more information or another card, to show how something has changed to accommodate the changing dynamics of the family.

On Shabbat afternoons, select a memory card and photos and together share memories of that person or event.



Even if you do not have young children to open a memory box with, you might want to put together family recipes, old photos (with everyone identified), family trees, old letters (did your mother save your letters from camp?), family history. The collection should keep growing to become a place to return to from time to time.