



United Jewish Federation

of Stamford, New Canaan, and Darien
Serving Greater Fairfield County



Jewish Community
Relations Council



How you can help Israel

Donate. Support the immediate needs of our brothers and sisters in Israel today. [UJF's Israel Emergency Campaign](#) sends 100% of all contributions to Israel and funds many groups providing urgent help.

Contact and express solidarity with every Israeli you know. Reach out, even to that old tour guide from your last trip there 20 years ago. And when they don't respond, send another message of love. Tell them all that is being done to try to help. Tell them they aren't alone. Such communications lift their spirits and ours.

Elevate awareness of hostages in the hands of Hamas. They're listed [here](#). Distribute [these flyers](#) wherever possible.

Amplify messages of solidarity on social media. Share information from credible sources; share emotional stories that move you; and always fact-check before sharing ([Honest Reporting](#), [CAMERA](#), [Snopes](#)). Consider following and amplifying some of these influencers:

- On Facebook: [Noa Tishby](#), [Israel on Campus Coalition](#), [Embassy of Israel to the United States](#), [Israel Ministry of Foreign Affairs](#), [Stand with Us](#)
- On X/Twitter: [Hen Mazzig](#), [Lahav Harkov](#), [Lee Kern](#), [Avi Mayer](#), [Yair Rosenberg](#), [Arsen Ostrovsky](#), [Lucy Lipner](#), [Emily Schrader](#), [Jonathan Greenblatt](#), [Ted Deutch](#), [Bari Weiss](#), [IDF](#), [Israel on Campus Coalition](#), [Zioness](#)

Write emails to your company or your children's teachers and school administrators.

Use these templates: A. [For Jewish employees](#), B. [For parents writing to schools](#)

Host informal parlor meetings. Invite non-Jewish colleagues and friends and/or other Jews who are less knowledgeable about Israel to join you in your home or office for a discussion about what is taking place. UJF can [help](#) plan it for you.

Political advocacy. Elected officials pay more attention to personal communications than to social media posts. Maintain a balance between urging action and saying "thank you." You can see a list of Members of Congress who have already spoken up in support of Israel [here](#). Find a guide on how to talk to elected officials [here](#). Take action to urge your elected officials to support a Supplemental Budget Request to support Israel [here](#). Say thank you to our Connecticut Congressional delegation [here](#).



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Show your solidarity by wearing a blue ribbon. The blue ribbon symbolizes support and solidarity for the safe return of the hostages taken by Hamas terrorists in Israel – learn more about the [blue ribbon campaign](#).

Talk to your kids.

- Check out this [resource from PJ Library](#) for tips on talking to your young kids about Israel and antisemitism
- Dr. Sivan Zakai provides [language to use in initiating dialogue](#) with children of all ages
- ADL's [Table Talk: Family Conversations about Current Events](#) offers both discussion topics and action items

Consume English-language Israeli media. Consider [Times of Israel](#), [Jerusalem Post](#), [Ynet News](#), [Ha'aretz](#), or [I24TVNews](#).

Monitor American newspapers. Tell them when they got something right, and when they got something wrong. And tell the same thing to their readers via “Letters to the Editor.” Don’t focus only on major national papers, there are still plenty of local, specialty, neighborhood, and regional publications. Do the same with your professional magazines.

Pray for the murdered, the injured, the missing, and the IDF. There are many prayers that can be said in this moment, we suggest [this primer](#) on Jewish values and prayers about war. Attend communal minyans and services, enhancing your sense of belonging to a community can be very beneficial.

Combat and report antisemitism. If you experience, witness, or hear of an antisemitic incident that has taken place in Stamford, New Canaan, or Darien, please [report it to UJF](#) immediately through the Regional CT Security Initiative.

Make a difference by volunteering in UJF’s office. We can always use the extra help, please reach out [here](#) if you’re interested. (2009 Summer Street, Ste. 302)

Finally, the single most important action for Israel, today, right now, is [donate](#).



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