

Foreword

This guide has been created to accompany the second season of Legends Among Us, a deeply moving series where widows share their personal stories of loss during the war and on October 7th.

As with season one, we encourage you to experience each story in its entirety. The emotional depth of these testimonies calls for attentive listening and reflection. You will find links to the full conversations in both video and audio formats, as well as short clips that can be shared for focused discussions within your group or community.

To help guide your engagement with these powerful stories, the guide includes discussion questions and activities designed to inspire deeper reflection. There are countless ways to approach these materials—feel free to make it your own.

As you journey through these personal stories, we hope that you are moved by the strength and courage of the women featured. If you are inspired to create an activity, project, or send messages of support to the families featured in the podcast, we would love to hear from you. Please reach out to us via email at hello@rabbibenji.com.

Thank you for honoring these incredible women and the memories of their loved ones. Their stories are a testament to the resilience of the human spirit and the power of shared experience.

October 7

On October 7 2024, as Jews worldwide celebrated Simchat Torah, Hamas launched an unprecedented coordinated terror attack on the people of Israel. Terrorists breached the border with vehicles and parasails, rockets and infantry. They targeted civilians at home and large gatherings, took hostages, and committed brutal acts. Over 1,200 Israelis were murdered, more than 240 hostages were captured and antisemitism grew the globe.

Each person experienced this differently and it is our duty to reflect on the recent past as we consider how it alters our longterm future.



What does October 7 mean to you?

Consider. Reflect. Discuss.

Senai Guedalia

In honor of Yosef Guedalia Z"L

On October 7, 2023, Senai Guedalia's husband, Yosef Malachi Guedalia, was killed in combat during the Gaza war. Yosef, 22, served in the IDF's Duvdevan special forces unit. He and Senai had been married for just one year. Senai continues to honor his memory while navigating life without him.

- Watch the **full** conversation by clicking <u>here</u>
- Listen to the **full** conversation by clicking <u>here</u>
- Watch Senai speak on Yosef's lasting impact <u>here</u>
 Watch Senai speak about remembrance through Yosef's powerful words <u>here</u>



- 1. Senai described the moment she heard Yosef was gone—what layers of shock, love, and disbelief might collide in such a moment?
- 2. Senai spoke about moments when memories unexpectedly hit her—how do sudden recollections shape our ongoing experience of loss?
- 3. Senai holds onto small daily rituals they shared—how can routine become both an anchor and a reminder of loss?
- 4.A song or scent would suddenly bring Yosef back to her—have you ever been caught off guard by memory, and what did it teach you?
- 5. People tried to support her, but not all words landed—what makes comfort feel real rather than performative?
- 6.She described how Yosef's presence still guides her—how can someone's absence continue to shape our choices?
- 7.She found strength she didn't know she had—how can profound pain awaken parts of ourselves we never expected to meet?
- 8. Senai shares her story despite the weight—what does it mean to carry grief not just privately, but with purpose?





- 1. Create a small poster about Yosef's legacy using words or images from the interview.
- 2.Choose a powerful quote from the interview and add it to a class quote wall with your name.
- 3. Write a note to someone you appreciate, inspired by how Senai spoke about Yosef.

Chava Landau Zenilman

In Honor of Ari Zenilman Z"L

On October 7, 2023, Chava Landau Zenilman's husband, Ari, was called up for reserve duty in response to the attack on Israel. He left to defend the country, and two months later, he was killed in combat in Gaza. Chava now raises their three children alone, honoring Ari's memory and his sacrifice.

- Watch the **full** conversation by clicking <u>here</u>
- Listen to the **full** conversation by clicking <u>here</u>
- Watch Chava reflect on our generation's spirit <u>here</u>
 Watch Chava navigate grief and responsibility <u>here</u>



- 1.Chava described the moment she learned her life had changed forever—what emotions do you think overwhelmed her in that instant?
- 2.She spoke about the suddenness of the event—how does unexpected trauma challenge our sense of control and safety?
- 3. Chava mentioned the support of her community—how can communal strength aid in personal healing?
- 4. She reflected on the importance of memory—why might preserving memories be crucial in the grieving process?
- 5. Chava discussed finding meaning in tragedy—how can individuals find purpose amidst pain?
- 6.She emphasized the role of faith—how can spirituality provide comfort during times of loss?
- 7. Chava highlighted the significance of resilience—how does inner strength manifest in the face of adversity?
- 8. She shared her journey of healing—what steps can one take to move forward after a life-altering event?





- 1. Reflect on how the interview impacted your understanding of grief and resilience. Write down one lesson you'll apply to your life.
- 2. Think about how you would support someone who is grieving. Write down one way you can offer comfort and understanding to someone in need.
- 3. Ari's family created bookmarks with quotes that he always said. Create a bookmark with a quote you would want to be known for.

Pesi Gordon

In honor of Naftali Gordon Z"L

On October 7, 2023, Pesi Gordon's husband, Naftali Yonah Gordon, was killed in combat during the Gaza war. Naftali, a master sergeant in the IDF's 53rd Battalion, left behind Pesi and their two young daughters. Pesi continues to raise their children while honoring his memory and sacrifice.

- Watch the **full** conversation by clicking <u>here</u>
- Listen to the **full** conversation by clicking <u>here</u>
- Watch Pesi speak on young widowhood <u>here</u>
 Watch Pesi speak on sacrifice for peace <u>here</u>





- 1. Pesi described the moment she learned of Naftali's death—what emotions do you think overwhelmed her in that instant?
- 2.She spoke about the suddenness of the event—how does unexpected trauma challenge our sense of control and safety?
- 3. Pesi mentioned the support of her community—how can communal strength aid in personal healing?
- 4. She reflected on the importance of memory—why might preserving memories be crucial in the grieving process?
- 5. Pesi discussed finding meaning in tragedy—how can individuals find purpose amidst pain?
- 6.She emphasized the role of faith—how can spirituality provide comfort during times of loss?
- 7. Pesi highlighted the significance of resilience—how does inner strength manifest in the face of adversity?
- 8. She shared her journey of healing—what steps can one take to move forward after a life-altering event?



- 1. Write a short, heartfelt message to someone experiencing loss, using what you learned from Pesi's story.
- 2. Write a message to your future self about how you want to approach difficult situations based on what you learned from the interview.
- 3. Write down three things you're grateful for. Reflect on how gratitude can help in tough times.

Naomi Shaya

In honor of Nir Binyamin Z"L

On October 7, 2023, Naomi Shaya's partner, Nir Binyamin, was called up for reserve duty in response to the attack on Israel. Nir, a 29-year-old reserve officer, was killed in combat while defending the country. Naomi now honors his memory and continues to carry his legacy forward.

- Watch the **full** conversation by clicking <u>here</u>
- Listen to the **full** conversation by clicking <u>here</u>
- Watch Naomi speak on love and sacrifice <u>here</u>
 Watch Naomi speak on honoring Nir's wishes <u>here</u>



- 1. How did Naomi describe the moment she found out Nir was killed? What emotions do you think she felt?
- 2. Naomi preferred solitude while grieving. How do you think being alone or with others affects healing?
- 3. Naomi struggled with seeing Nir's belongings. How do physical objects impact grief?
- 4. Naomi mentioned moments when she wished Nir was still here. Have you ever felt a loved one's absence unexpectedly?
- 5. Naomi shared how others treated her during her grief. What's the best way to support someone grieving?
- 6. Naomi emphasized the importance of telling Nir's story—how does sharing loss help both the mourner and the listener?
- 7. Naomi wants to spread a message of unity. Why is this important to her? How can we build unity in our communities?
- 8. Naomi's grief was shaped by Nir's loss. How can loss change a person's perspective on life?





- 1. Design a simple tribute (e.g., a drawing, poem, or letter) to honor Nir, based on the stories Naomi shared about him.
- 2. Write about one way you can practice unity or support others in your life.
- 3. Share a meaningful memory or story of someone you've lost.

Talia Haber

In honor of Zechariah Haber Z"L

On January 17, 2024, Talia Haber's husband, Zechariah Pesach Haber, was killed in combat in Gaza. Zechariah, 32, leaves behind Talia and their three young children. Talia now faces the unimaginable challenge of raising their children alone, holding onto his memory and the love they shared.

- Watch the **full** conversation by clicking <u>here</u>
- Listen to the **full** conversation by clicking <u>here</u>
- Watch Talia speak on unexpected heartbreak <u>here</u>
 Watch Talia speak on her husbands journey through the army <u>here</u>



- 1. How does Talia's shared history with Zechariah continue to shape her identity today?
- 2. What does her choice to focus on Zechariah's life rather than his death reveal about healing?
- 3. How does publishing his work reflect the role of creativity in processing grief?
- 4.In what ways has turning grief into public memorial projects helped transform her pain?
- 5. How might raising children alone become a source of resilience and strength for Talia?
- 6. What does her balance between personal healing and public leadership teach about grief?
- 7. How does celebrating Zechariah's passions help her hold onto hope?
- 8. What can her efforts to preserve his legacy teach us about grief as a force for continuity?





- 1.In small groups, discuss who your personal role models are and what qualities they share with Zechariah.
- 2.As a class, write things you're thankful for on leaves and build a gratitude tree on the wall.
- 3. Sit in a circle and have each person share one thing that helps them get through hard times, inspired by Talia's story.

Thank you for engaging with Legends Among Us. We hope this guide has provided meaningful insights and inspired thoughtful conversations.

Stories have the power to connect us, teach us, and encourage growth. By exploring these legends, we invite learners to reflect on important values and experiences that shape our world.

Whether you are an educator, mentor, or facilitator, your role in sharing these stories helps keep their legacies alive and relevant.

We wish you continued success in your work and hope these lessons continue to inspire and empower those you guide.