

Thoughts on Belonging

You shall not oppress a stranger, for you know the soul of the stranger, having yourselves been strangers in the land of Egypt.
-Exodus 23:9

"Belonging is the desire to *be long*."
-Elizabeth Freeman

"To be an ally means that you won't get in the way, and, if you are able to, you'll try to help. To become an accomplice, though, means that you've risked something, sacrificed something and put yourself on the hook as well. We need more allies, in all the work we do. Allies can open doors and help us feel a lot less alone. But finding an accomplice that's an extraordinary leap forward." -Seth Godin

Our goal is for all Jews, their friends and life partners, and people exploring Judaism to feel welcome to participate in Jewish living and learning experiences regardless of race, gender identity, sexual orientation, or ability.
-LiNK Jewish Buffalo Belonging Vision Statement

"A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."
-Brené Brown

"Not belonging is a terrible feeling, it feels awkward, and it hurts, as if wearing someone else's shoes"
-Pheobe Stone

"No one belongs here more than you"
-Brené Brown

Belonging is realized fully when included groups have more than a voice — they are actually able to reshape the institution together with existing stakeholders.
-John Powell and Stephen Menedian

"Nothing about us without us"
- Michael Masutha and William Rowland

"Every time we use stock phrases like "the Jewish Community", we make a mistake because we fail to acknowledge the complexity of the Jewish communities"
- Rabbi Mike Uram

If you can't see it, you can't do it
-Anonymous

"The felt experience of belonging changes the way we show up. It stimulates loyalty, compassion, and joy, and diminishes anxiety, loneliness, and fear. When we feel at home, we invite others in. Belonging opens hearts."
-Sacred Design Lab