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## How does a mirror show what's inside you?

The Mountain Jews and the Mirror

#### Feeling Reflective

On their first day in Casablanca, Estrella and Yosef are anxious. They compare themselves to the new people they see, and they begin to doubt their own worth. They even wonder if they are still loved! Big changes can be exciting, but they can also make us feel insecure. Stability in our relationships, family, and community can help us feel okay about ourselves even as things shift around us. When we look in the mirror, we often see only one aspect of ourselves. Sometimes other people can see our qualities more clearly. Even the rabbi sees himself differently by the end of this story.

#### Meet Me in Morocco

The Atlas Mountains, the open-air market, the wishes of *mazal bueno* ("congratulations" in Ladino, the traditional language of Spanish and Portuguese Jews) — all are hints that we are in Morocco. Jews settled in Morocco soon after the destruction of the Second Temple in Jerusalem in 70 CE, and the population grew substantially after the Spanish Inquisition, when many Spanish and Portuguese Jews moved to North Africa and elsewhere. After the birth of the state of Israel in 1948, most of Morocco's 250,000 Jews immigrated to Israel, where the rich culture of the Moroccan Jewish community still thrives. To learn more, visit pjlibrary.org/mountainjews.

#### It Takes a Village (or Town, or City)

Moving from the mountains to the city is daunting, but Estrella and Yosef are held in the loving embrace of their community — not only the villagers they leave behind, but the relatives and new friends they meet in Casablanca. When a problem arises, the newlyweds turn to the rabbi, even though they've only just met him. Traditionally, rabbis have been not only spiritual leaders but also general problem-solvers. In the end, though, it is their new friends who solve the mystery at hand, and help Estrella and Yosef feel at home. The importance of *kehilla* ("community" in Hebrew) holds true wherever Jews have lived — in the country or the city, in the desert or by the sea.

### TALK IT OVER WITH YOUR KIDS

**ESTRELLA** and Yosef are from the mountains, not the city. Where is your family from?

**HAVE** you experienced any big changes like Estrella and Yosef? What made you feel brave?

**WHEN** you look in the mirror, what faces do you make to look beautiful like Estrella, handsome like Yosef, or wise like the rabbi?

#### HANDS ON!



#### **Draw Your Self-Portrait**

Estrella and Yosef have never seen themselves in a mirror, so they are surprised by what they see. You've seen yourself in a mirror many times, so maybe you've gotten used to what you see. When you take time to draw your self-portrait, you will have a chance to pay attention to your reflection more closely.

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Begin by looking closely at yourself in a mirror. What do you see? What do you want to show about yourself through your self-portrait? You can even communicate something about your family and community in your picture. For example, do you have your grandmother's curly hair? What activity will you draw yourself doing? A self-portrait is a reflection of who you are, and you are more than just the way you look.