

JWA SHABBAT READING 2025

This weekend across the country, Jewish communities are marking JWA Shabbat. It is a moment, to pause and reflect on something that can be hard to speak about: domestic abuse.

Abuse can happen in any family, in any community – even in ours. One in three women will experience abuse in their lifetime. For most women, it takes them almost four years to come forward and ask for help. For Jewish women, we know it can be far longer - sometimes double that!

Silence, fear, stigma and shame, allow abuse to thrive. But when we talk about it, when we refuse to look away, we start to break that silence.

The theme of this year's JWA Shabbat is **"Stop the Ripple."**

We know that domestic abuse ripples far beyond the individual it impacts. We know that each of us can play our part to spot the ripple. Every action we take, or don't take, sends a ripple through our community.

A poster in a shul.

A small act of noticing someone.

A quiet word of concern.

A willingness to listen without judgment.

These small acts can make a world of difference to someone living in fear at home. Jewish Women's Aid is there for every Jewish woman who needs help, providing practical and emotional support. They are there to listen without judgement.

They also work across our Jewish community – in schools, youth movements, synagogues and organisations – helping young people and adults to understand what a healthy relationship looks like, to recognise the signs of abuse and to know where to turn for help.

Jewish values teach us, *"Kol Yisrael arevim ze la ze"* – all Israel is responsible for one another. This means each of us has a part to play in building a community where everyone feels safe. A place where kindness and respect thrive.

Where we refuse to stay silent when someone is in pain.

Abuse grows in silence.

But compassion, awareness, and courage can break the cycle.

Take a moment to look at the leaflets provided and discuss how each character can help support a Jewish woman who is affected by abuse. Together, as a community, we can make a difference; we can all do something to help **stop the ripple**.