



A Guide to  
**LEGENDS  
AMONG US**  
with  
Rabbi *Benji*

# Foreword

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This guide is designed to facilitate meaningful discussions about the powerful stories shared in the *Legends Amongst Us* podcast and video series. Each legend's section includes a brief overview of their story, along with links to the full conversation in both video and audio formats. Ideally, these conversations should be experienced from start to finish and thoughtfully processed. Additionally, short clips are available to share with your group for focused discussions.

The guide also includes discussion questions and activities, which serve as a starting point—feel free to adapt or expand them to suit your needs.

If using this resource in a larger group setting, participants can be divided into pairs or smaller groups, with each group focusing on a different legend and presenting their insights to the broader group. However, there are many ways to engage with this material—get creative and make it your own!

If you develop an activity or project inspired by these stories, we'd love to hear about it. Additionally, if you'd like to send messages of support to the families featured in the podcast, please reach out. You can share both via email at [hello@rabbibenji.com](mailto:hello@rabbibenji.com).

Thank you for honoring these stories and those who shared them.



# October 7

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On October 7 2024, as Jews worldwide celebrated Simchat Torah, Hamas launched an unprecedented coordinated terror attack on the people of Israel. Militants 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 killed, 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.





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# What does October 7 mean to you?

Consider. Reflect. Discuss.



# Rabbi Doron Perez

In Honor of Daniel Perez Z'L

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On October 7 2023 Rabbi Doron Perez blessed his two sons before they ran to help on the Gaza border. Yonatan was shot and Daniel was kidnapped. 10 days later, Yonatan got married with the status of Daniel unknown. Months later Daniel was declared dead and we continue to pray for the return of his body.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short where Rabbi Doron Perez shares how he coped [here](#)



# Questions

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1. How would you respond if you received news of a tragedy in your family?
2. How do you cope with uncertainty?
3. How does Rabbi Perez deal with loss on a day-to-day basis and what can we learn from this?
4. How do you find happiness during hard times?
5. Rabbi Perez said *"It's possible to feel immense joy and sadness at the same time"*, What do you think he means and how can we implement that in our own lives?
6. What is antifragility? What are some examples in your life where you see antifragility?
7. How do you make a decision and stick with it, without doubt, like Rabbi Perez did with Aliya?
8. What can you learn from Daniel's resilience?
9. What lessons can we take from tragedy?
10. What does Rabbi Perez mean when he says *"honor the pain?"*





# Activities

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1. Imagine you're a parent and write a message to your children expressing what's important to you that you wish for them to bring into their lives.
2. Create a memory box to honor and remember loved ones that you have lost. (This box can include photos, letters, mementos, and other items that hold significance for you.)
3. Write letters of gratitude to someone you love, focusing on happy memories and the positive impact those individuals have had on your life.

# Michal Santhouse


In honor of Moshe and Eliad Z'L

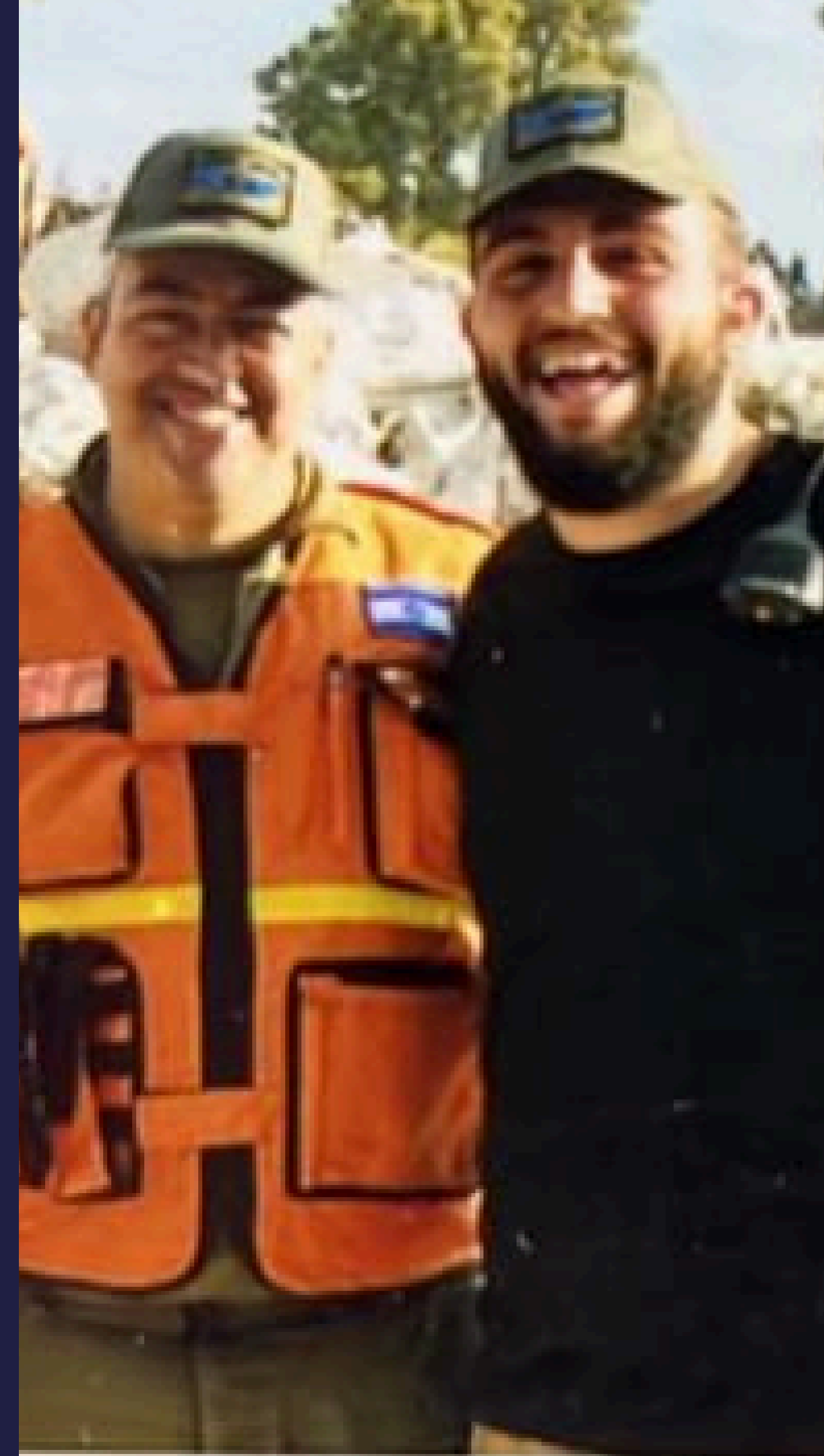
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Moshe and his son Eliad were running to the municipality to open bomb shelters, in an attempt to protect anyone they could, when they were outnumbered by terrorists. Rabbi Benji sat down with their sister and aunt, Michal Santhouse, to discuss the legacy of these heroes who saved hundreds of people.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short of Michal recalling learning of her family's murder [here](#)  
Watch a short of Michal sharing good her nephew brought to the world [here](#)





# Questions

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1. If you learned that terrorists were in your community, how would you react?
2. If you weren't in school and were instead volunteering, what kind of work would you choose to do?
3. What can we learn from Eliad, who encouraged officials in the pilot army unit to teach about the importance of equality and treating everyone the same?
4. Just as Michal and her family shared Eliad's happiness, what emotions can you share with your friends and family to support each other?
5. Since not everyone can serve in the army, how can you contribute to helping the Jewish people, as Moshe did?
6. Why is it important to treat people with fewer opportunities than you fairly, while still encouraging them to work for what they earn?
7. What can we learn about respect from Moshe, whether he was helping the poor or the elderly?
8. What is something you have in common with your enemies?
9. How are you making the most of each day?
10. How can you show leadership in your community, even if you're not in a formal position of authority?

# Activities

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1. Create a list of goals you want to achieve in life, emphasizing the importance of making every day count.
2. As a class, build a gratitude bulletin board where each day, you can add a note about something you're thankful for in your life.
3. Reflect on the impact of losing loved ones, finding meaning in how their memory has shaped your perspective and personal growth.



# Ambassador Yechiel Leiter


In honor of Moshe Leiter Z'L

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Dr. Yechiel Leiter, Israel's Ambassador to the U.S., lost his son and best friend, Moshe Leiter. A father of six, Moshe was devoted to volunteer work and on track to becoming a doctor. Yechiel reflects on Moshe's dedication, values, and the lasting impact of his sacrifice on their family and the nation.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short of Yechiel, on his final moments with his son [here](#)  
Watch a short of Yechiel drawing a parallel between Moshe's sacrifice and the Maccabees [here](#)



# Questions

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1. What do you think the moment of Moshe pinching his father's cheek symbolizes?
2. What do you prioritize in your life, and what's something you wish you made more time for, like Moshe did?
3. Who are the modern-day Maccabees you admire or know of?
4. What values do you think society has overlooked or forgotten since the start of this war?
5. How can you express your Jewish pride without succumbing to fear or victimization by others?
6. Do you believe Holocaust education is sufficient in fostering Jewish pride today?
7. Do you think there will be an increase or decrease in aliyah since October 7th?
8. What can we learn from Moshe about the art of peacemaking?
9. Moshe said, "Know who you are, know where your friends are, and know where your enemies are." How can this advice be applied to your everyday life?
10. How can we better support those dealing with loss or grief, just as Moshe provided guidance in times of hardship?





# Activities

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1. Research and present stories about modern-day heroes (Maccabees) who have shown bravery and resilience.
2. Organize a community service project to emulate the Maccabees' spirit of helping others.
3. Write a letter to your parents expressing appreciation, love, and any unspoken words.



# Edna Zussman


In honor of Ben Zussman Z'L

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Edna Zussman reflects on the deep pain of losing her grandson, 22-year-old Ben Zussman, shortly after the death of her nephew, Yosef Guedalia. She shares the emotional struggle of hearing about his passing and the lasting impact it left on her. Edna also emphasizes the importance of honoring the soldiers.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short where Edna reflects on loss and sacrifice [here](#)  
Watch a short where Edna speaks on the moment she found out about the death of her grandson [here](#)





# Questions

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1. How do you think you would respond if you received a call informing you of a family member's passing?
2. Why do you think it was significant for Edna to stand with strangers at the funeral, even though she didn't know them?
3. What would you do if you found yourself in a tragic situation where you felt helpless to assist?
4. How do you make the most of each day, especially in light of life's uncertainties?
5. How often do you connect with your grandparents, and do you wish you made more time for them?
6. How has a personal loss shaped your perspective on life and relationships?
7. When faced with grief, what practices or actions help you process and find comfort?
8. How can we support others who are grieving, especially when we don't know what to say?
9. In times of loss, what can we learn about resilience and finding strength?
10. How do you remember and honor the lives of those you've lost?



# Activities

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1. Write a page about the person you're named after or a grandparent you admire, then present it to them as a tribute to their connection with you.
2. Keep a gratitude journal for a week, focusing on the appreciation you have for your parents and family.
3. Create a piece of art, poem, or song dedicated to your family, reflecting the bond you share with them.



# Sarit Zussman


In honor of Ben Zussman Z'L

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Sarit Zussman, the mother of Ben, became a symbol of strength after his death, instantly pulling her family together instead of succumbing to despair. She reflects on her deep relationship with Ben, her approach to finding real joy, and how she copes with the loss of a loved one.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short where Sarit reflects on the idea of choosing life [here](#)  
Watch a short where Sarit shares how she stays connected to her son after his loss [here](#)



# Questions

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1. How do you honor the memory of someone who has passed, whether a family member, friend, or mentor?
2. What insights can we gain about the meaning of life from contemplating death?
3. What does Sarit mean when she says, “Death is part of life”?
4. Sarit suggests that choosing happiness is simple, but when facing personal struggles, how do you maintain strength and positivity?
5. How do you ensure you're living life to the fullest, even when facing challenges or feeling defeated?
6. What is your relationship like with your parents? Are you close, and how could it be strengthened?
7. How do you connect to your Jewish roots and values in your daily life?
8. How do you show respect for others, even when you disagree or face differences?
9. When grieving, how can you support others while also taking care of your own emotional well-being?
10. How do you cope with loss and use it to deepen your understanding of life's purpose?





# Activities

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1. Write a letter reflecting on your life, addressed to those who love and support you.
2. Identify and write down 5 meaningful ways you embrace life and find joy, rather than just getting by.
3. Create a box filled with positive notes for yourself, to read when you're facing tough times.

# Tzvi Zussman

In honor of Ben Zussman Z'L

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Tzvi Zussman reflects on his close relationship with his son Ben, the honesty they shared, and how he copes with the deep loss. He explains how Ben's memory continues to inspire and guide him and his family through their grief.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch a short where Tzvi reflects on Ben's final letter [here](#)

Watch a short where Tzvi speaks on fighting for good against evil [here](#)





# Questions

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1. How do you honor the memory of someone who has passed?
2. What can we learn about the meaning of life from contemplating death?
3. What does Sarit mean when she says, "Death is part of life"?
4. How do you stay strong and maintain a positive outlook when you're facing personal challenges?
5. What are some ways you ensure you're living life to the fullest, even during tough times?
6. How would you describe your relationship with your parents? In what ways could it be improved?
7. How do you stay connected to your Jewish roots and values in your everyday life?
8. How do you show respect to others, even when you disagree with them?
9. When dealing with loss, how can you support others while also taking care of your own emotional well-being?
10. How can experiencing loss deepen your understanding of life's purpose and the importance of cherishing each day?





# Activities

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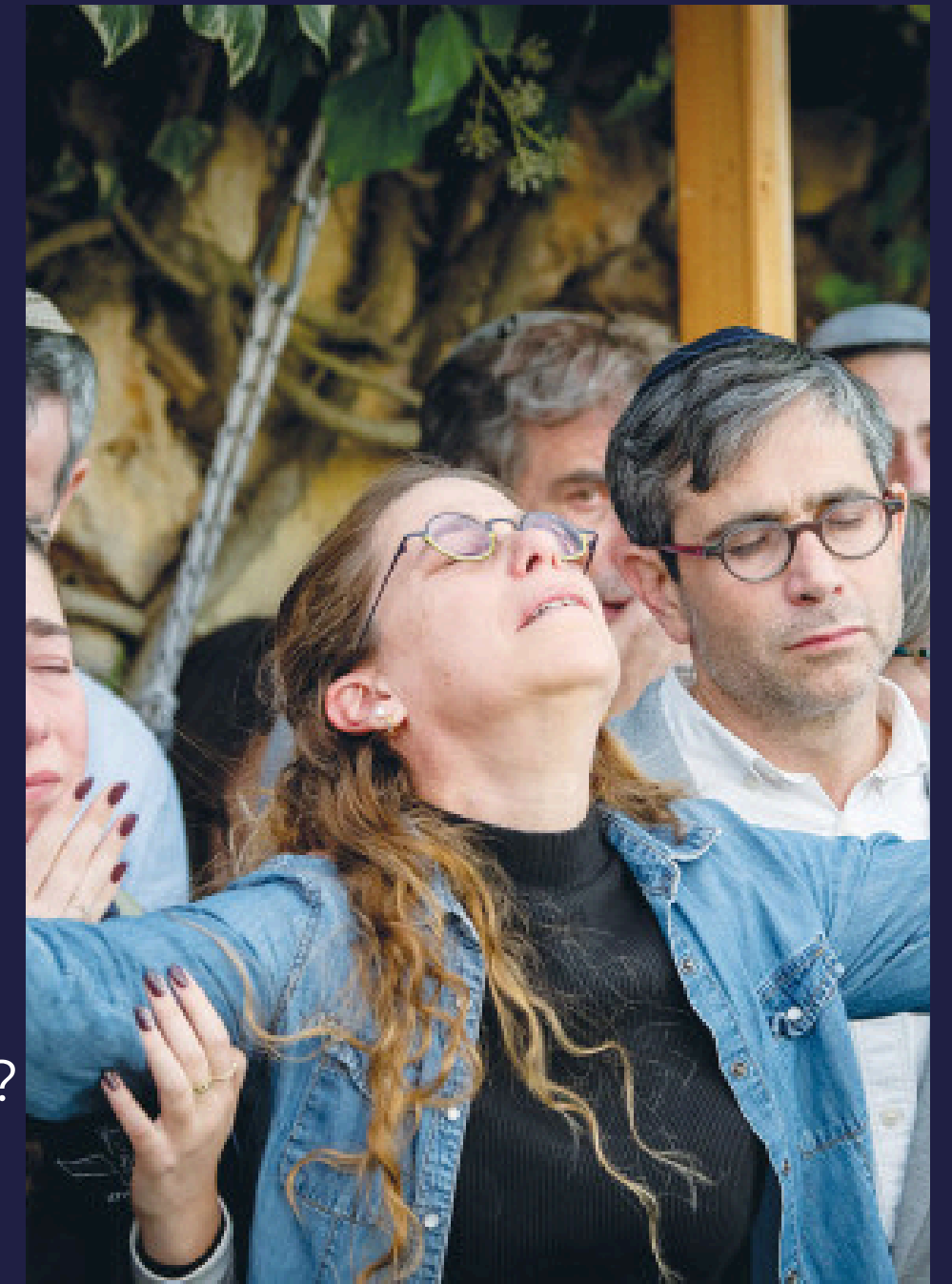
1. Write about shared experiences with your siblings or family, highlighting adventures, challenges, and lessons learned.
2. Create a scrapbook filled with photos, stories, and significant memories of your family.
3. Interview your family members about their favorite memories together, and compile their responses into a short video tribute.



# Zussman Family

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1. What recurring themes can we identify in the way the Zussman family responded to their heartbreaking news?
2. How can we learn about strength and resilience from the Zussman family's actions and reactions?
3. What lessons about Jewish pride can we take from the Zussman family's story?
4. In what ways can we combat evil, as discussed by the Zussman family?
5. How do you define a hero, and what qualities make someone a hero in your eyes?
6. What message would you share with the Jewish world after learning about the Zussman family's experiences?
7. How did the Zussman family demonstrate unity and support in the face of tragedy?
8. What role does faith play in how the Zussmans navigated their hardships?
9. How can we apply the Zussman family's example of courage in our own lives?
10. What can we learn from the Zussmans about handling adversity with grace and dignity?



# Rabbi Leo Dee


In honor of Ben Zussman Z'L

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During Passover, Rabbi Leo Dee took a different route with his three children, while his wife and two daughters were in another car. Terrorists tragically killed his family, and Rabbi Dee continues to honor them by inspiring hope and strength in others.

 Watch the **full** conversation by clicking [here](#)

 Listen to the **full** conversation by clicking [here](#)

 Watch Rabbi Leo Dee urge action in the war effort [here](#)  
Watch Rabbi Leo Dee discuss countering misinformation and sharing the truth [here](#)

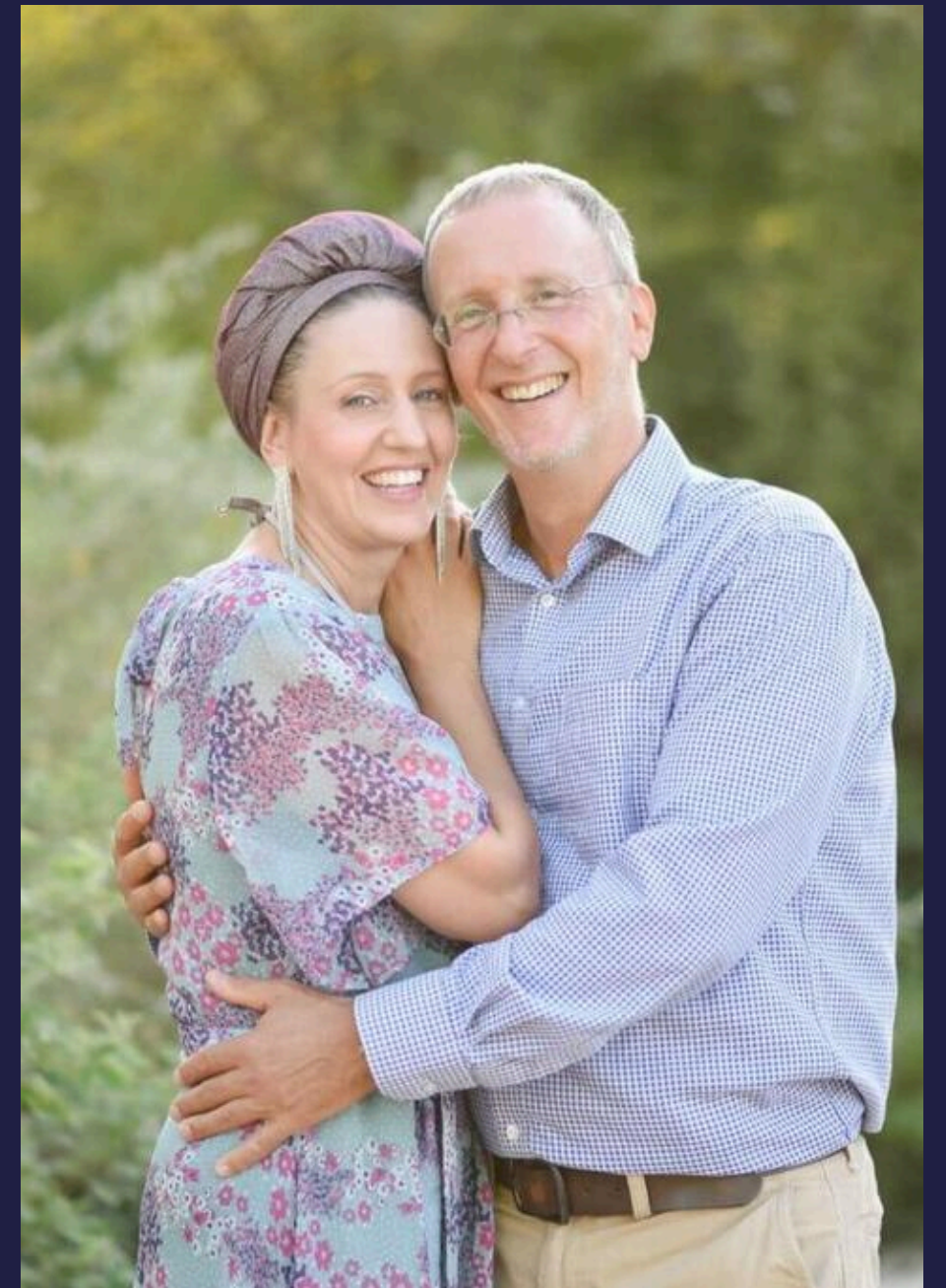




# Questions

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1. If you received news that a loved one was in an accident, who would you reach out to first for support?
2. How did Rabbi Leo Dee cope with his grief and find ways to heal after his loss?
3. Rabbi Dee talks about blood libels—can you think of any historical examples of blood libels you've learned about?
4. Why do you think Rabbi Dee didn't cry "as much as people might expect" in response to his loss?
5. What are some different ways people cope with grief, and what might these methods say about their personality or values?
6. If you had the power to start a global movement, what would your slogan be and what message would it carry?
7. How can we honor those who have been victims of terror or violence?
8. How can shared grief unite people and create a sense of collective support?
9. What role does mourning play in the healing process, and why is it important?
10. How can we transform our grief into motivation for positive change in the world?





# Activities

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1. Write a heartfelt message of strength and support to someone grieving the loss of a loved one.
2. Create an uplifting video that offers words of encouragement for those serving or going through difficult times.
3. Reflect on a challenging experience you've faced and write about the healing methods that helped you through it.



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**United**

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Affairs and Combating  
Antisemitism**