

# The Comfort List

Happy Solar New Year (us Jews following the lunar calendar, we like to clarify). ☐

We hope everyone had a safe and yummy New Year's Eve.

The end of one year and the beginning of another always makes me think of things I'm grateful for; those warm and cozy things/places/events/people/memories that make a person happy. A lot of people work that 'gratitude' list. You know, that Oprah-fueled list that's one part mushy and one part Diabetes-inducing sweet. I applaud those people who actually keep a physical gratitude list. I personally can't be bothered to pick up a pen and paper before bed every night and write 5 things I'm grateful for--not because I can't think of 5 things I'm grateful for but because I'm that lazy. And also, one of the things I'm grateful for is my big comfy bed and I like to be present and in that bed when I'm finally there so no amount of writing anything down is going to take that away (I'm very serious about my bed).

So rather than a gratitude list, we at Jewhungry wrote our own Comfort list. The Comfort List is part expected item (i.e. partner, baby, etc.) and one part indulgent (i.e. sweet, sweet, Panther coffee) because we all can't be Oprah, right?

P.S. We stuck with 5. We coulda gone on forever with the lists but 5 seems like a nice round number.

Jeremy's List:

1. Sally Field, my dog
2. My husband
3. Chocolate covered matzah
4. Hillary Clinton

5. Hot baths



Sally Field, the Dog



Jeremy and Andy

## Whitney's List:

1. Siona and Yonz
2. Macaroni and Cheese (am I that obvious?)
3. Chocolate chip cookies
4. Coffee (starting at about 7PM every night I start getting excited about the next day's coffee. I gotta work on that 'being present' thing)
5. My bestie, Jackie



Freshly baked



Those little girl things that are so sweet.



No surprise here.



We are so similar it's a bit frightening and totally meant to be.



Yonz davens every morning. I find comfort  
in him, his blessings and his rituals

**What's on your comfort list?**