

Henry Ramek, z"l, Memorial Essay Contest 2019

6th Grade – Honorable Mention: Essay by Lucy B.

Prompt: Explain spiritual resistance in your own words by examining Anne Frank's faith during her years in hiding. What specific words, excerpts, or lessons from her diary inspire you and how can it be applied when facing adversities in your world today?

Always Keep the Hope

During the Holocaust, the days in the concentration camps and the fear of the Nazis made hope impossible. People were starved and struggling to survive. Many Jews, like the Franks, went to hiding, lived in terror and worried every moment. Some Jews, like Anne Frank, used spiritual resistance to keep their hope alive even at the darkest time. Anne uses spiritual resistance to make her life meaningful and maintain her sense of self and hope. The purpose of spiritual resistance is that physical survival is not enough for people, you need to have hope in your mind.

In Anne Frank's Diary, When the Franks first arrived at their hiding place, " the annex", everyone is worried about different things. But Anne skips around the room calling it an "adventure. " Unlike Anne, her mother, Mrs. Frank, is always worried about her family, believing that the war is never going to end and wanting to give up. For Mrs. Frank, physical living is not enough, but she doesn't use spiritual resistance.

Another Anne's action that shows spiritual resistance is she always writes her thoughts in her diary, "You can write, you can put all your thoughts, all your feelings, down on paper..."(32) and this helped her to keep her hope. It also reminds her father that it is important to use spiritual resistance and he focused on reading his books to keep himself positive.

Spiritual resistance relates to me because when I first arrived in America, it was scary to be in a new place, new school, and speak a new language. I was worried about my English and my school work. I tried to keep positive by focusing on my drawings and reading books. This reminds me of Anne, who keeps positive by focusing on writing her diary.

In conclusion, Anne's story reminds us it is important to keep positive and have hope alive in your mind even during the dark time like the Holocaust.