



<p>בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  <i>Barukh atah Adonai, Elohaynu, melekh ha-olam,</i>                  Blessed are You, Lord, our God, Sovereign of the Universe,</p>
<p>אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  <i>asher kid'shanu b'mitzvotav, v'tzivanu</i>                  who sanctifies us with his commandments, and commands us</p>
<p>לְהַדְלִיק נֵר שֶׁל־שַׁבָּת (אָמֵן)  <i>l'had'lik neir shel shabbat (Amein)</i>                  to light the candles of Shabbat (Amen)</p>

I. Mitzvot in the home/family? (Shabbat, kashrut, mezuzot, honoring each other, etc)

Already part of our practice	Curious to Try	Not feeling it

II. Mitzvot in/with our CBS community (minyan, bikkur cholim (visiting sick), learning, etc)

Already part of our practice	Curious to Try	Not feeling it

III. Mitzvot in the broader community (tzedakah, pursuing justice, environment, service...)

Already part of our practice	Curious to Try	Not feeling it

# GEMILUT CHASADIM: ACTS OF LOVING-KINDNESS

(non-financial)

- *Nichum Aveilim* – comforting mourners
- *Bikkor cholim* – visiting the sick
- Volunteering at a hospital / animal shelter / soup kitchen / food pantry
- Advocacy (letter to editor, meet with elected official, etc)
- What else?
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## *Other Mitzvot ....*

- ❖ Talmud Torah – Learning
- ❖ Hidur Penei Zakein – Honoring the Elderly
- ❖ Zicharon – Memory
- ❖ Shabbat – Honoring and Remembering
- ❖ Kedushat Ha-aretz – Sanctifying our Relationship to the Land of Israel
- ❖ Kedushat Halashon – Sanctifying our Speech
- ❖ Kedushat Hazeman – Holiness of Festivals and Seasons
- ❖ Tzar Ba'alei Chayim – Avoiding Cruelty to Animals
- ❖ Tikkun Hanefesh – Self-Care
- ❖ Darchei Shalom – Ways of Peace

*Why do mitzvot anyway?*

*Adapted from Rabbi Jeffrey Salkin*