

תּוֹנֵן CHESED

Judaism teaches us that the world stands on three things: Torah, service to God, and acts of loving kindness. Kindness (in Hebrew – *chesed*) is foundational to living Jewishly, and every time we are kind, we not only help the world be a better place, we also create joy for ourselves.



HOW CAN YOU SHOW KINDNESS

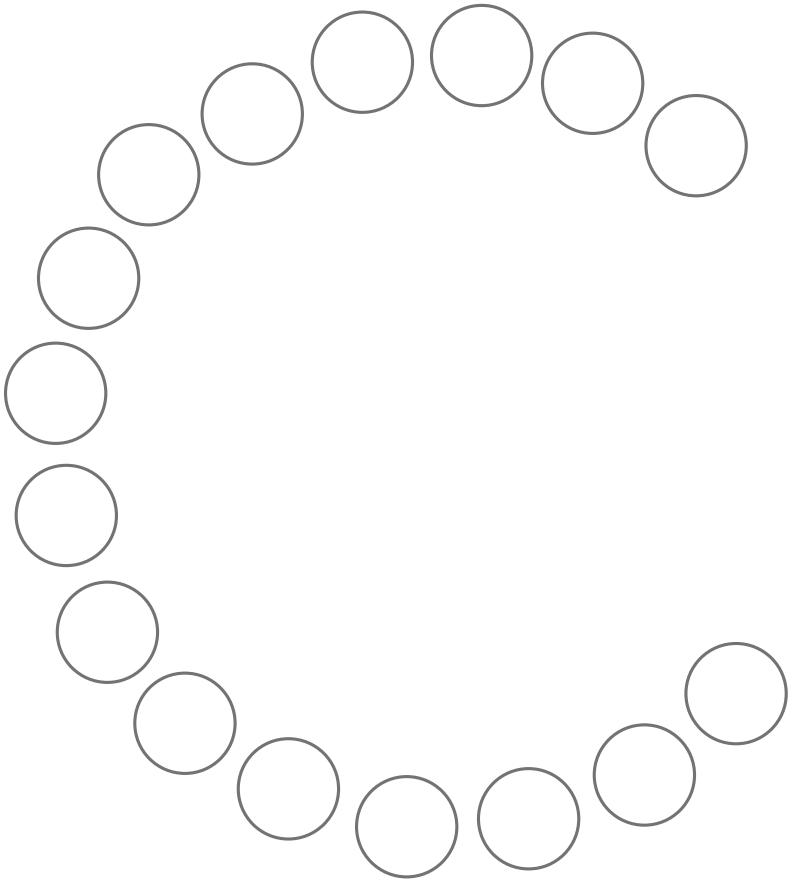
תּוֹנֵן

C H E S E D





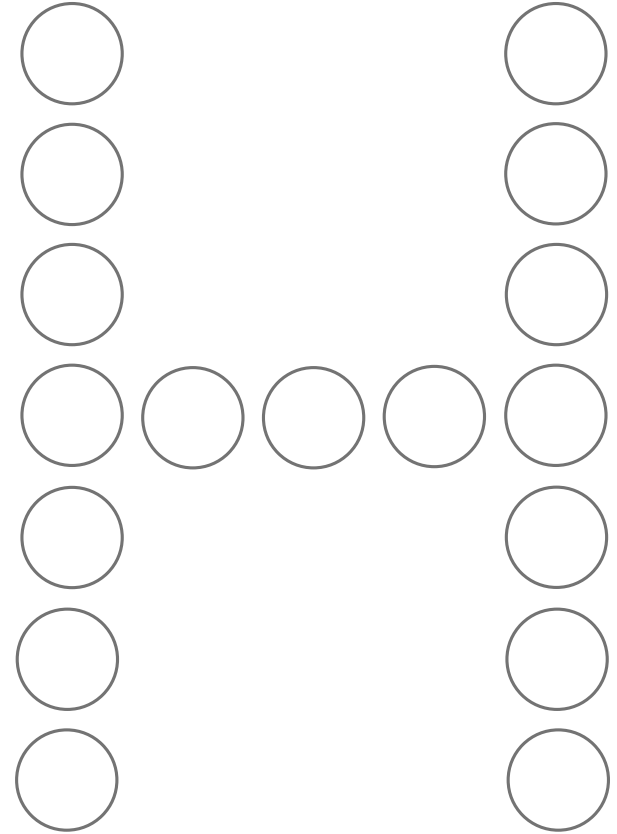
Be...



CARING



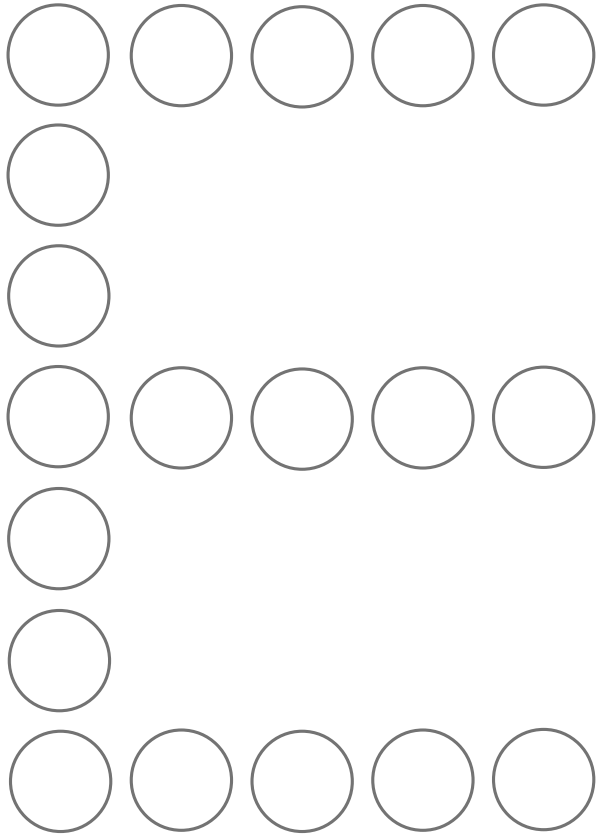
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HELPFUL



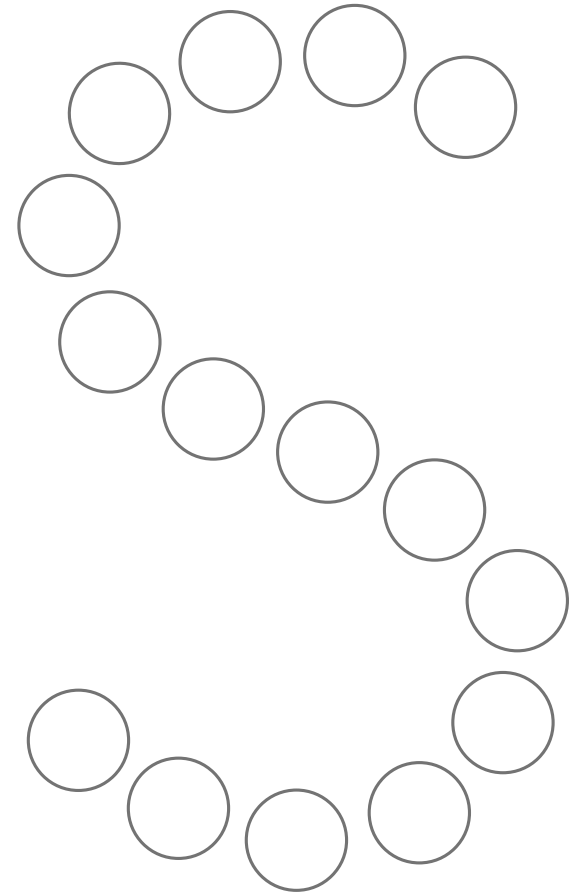
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EMPATHETIC



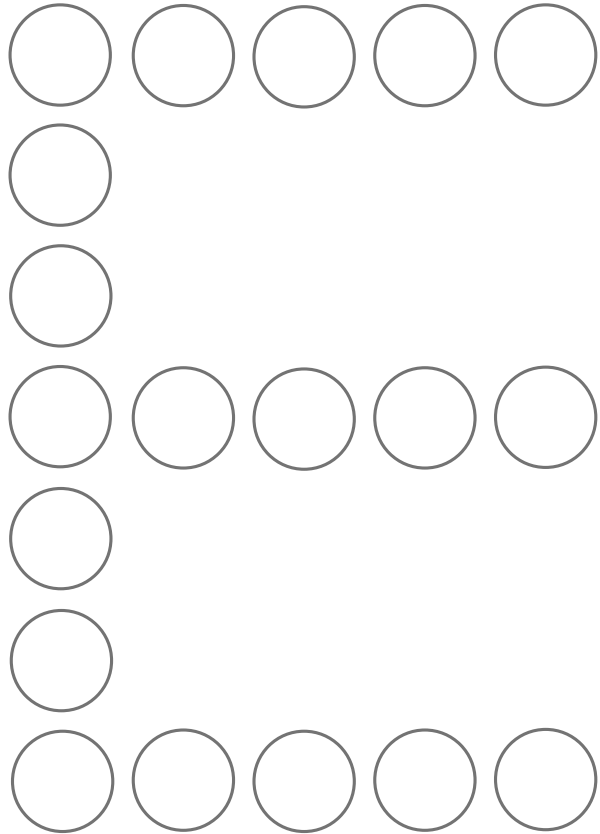
Be...



SINCERE



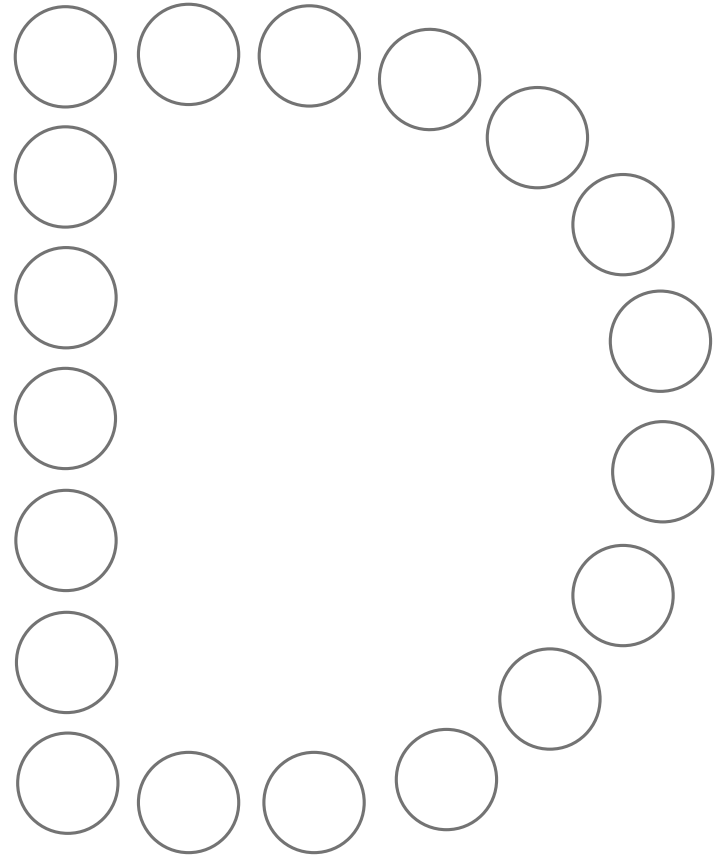
Be...



ENCOURAGING



Be...



DELIGHTFUL