



A KINDNESS A DAY MAY 2020

THEME:
Unity & Community
Achdut & Kehillah



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 You can't spell community without unity! Take the time to get a list of your synagogue's congregants and try to get to know those you do not yet know.	2 Sponsor a kiddush in your synagogue for the whole community to enjoy.
3 Donate to any Jewish organization of your choice.	4 Invite your whole community to an upcoming simcha.	5 Support the Israeli economy by purchasing Israeli products online.	6 Welcome a new neighbor with a friendly smile and some fresh cookies!	7 Today, don't turn away any Jew who needs help.	8 Research the story of someone who perished in the Holocaust and share his or her story with friends, in person and on social media.	9 Say "Hello" to a neighbor and get to know that person better.
10 Visit someone you don't know who is sitting shiva.	11 Ask your synagogue for a list of people who need healing, and be sure to keep them in your mind and prayers.	12 Be mindful today to accept all Jews with different practices.	13 Raise money for an organization that helps Jewish people with funeral expenses.	14 Support victims of terror in Israel by donating to a fund or writing to a terror victim to show you care.	15 Bring dinner or groceries to an elderly neighbor who cannot get out much.	16 Visit someone in your community who just had a baby and bring a baby gift.
17 Send flowers with a note to a woman who has no children, telling her all the things you admire about her.	18 Host an outdoor potluck Shabbat lunch with friends, and even with people you are not as friendly with.	19 Share your story with friends and neighbors.	20 Make a suggestion to someone who is looking for a job or a marriage partner.	21 Give or organize a lecture for your community on the Holocaust, or any topic in Jewish history.	22 Plant a tree in Israel in honor of someone. Planting trees in Israel connects you to the land, celebrates joy and brings unity to the Jewish people!	23 Set aside a time today to spend with your family.
24 Do an errand for a friend or neighbor.	25 Share positive news about Israel or about the Jewish community by writing to the local paper or posting on social media.	26 Share your wisdom and teach a new skill to someone.	27 Visit a local Jewish museum to learn about Jewish history and your heritage.	28 Partner with a refugee resettlement group in your town.	29 Get to know someone who comes from a different background than you.	30 Invite someone who does not have family or friends in the community for Yom Tov/Shabbat lunch.
31 Go out of your way today to make a recent convert feel comfortable and accepted into your community.						