



*All of the service of Hashem is dependent upon the improvement of one's character traits.*

Vilna Gaon - Even Shleima, Chapter 1

## **Ahavas Chesed Module**

### **Packet 1**

June 7, 2006

Sponsored

*In Loving Memory of Dorothy Gordon, a''h, an Aishes Chayil,  
by her son Alan Gordon*

*and*

*In Loving Memory of Reuben Seagull, a''h, a Ba'al Ahavas Chesed,  
by his daughter Alice Seagull Gordon*

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### **Contact Information**

For additional information, please contact us at:

ACTT e-mail: [info@actt613.org](mailto:info@actt613.org)

ACTT web site: [www.actt613.org](http://www.actt613.org)

ACTT postal mailing address: ACTT  
48 Edgemount Road  
Edison, NJ 08817

ACTT tel#: (732) 993-5376

### **Use of Material**

The material in this *ACTT Module Packet* is intended for the use of the ACTT organization’s members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

# ACTT Ahavas Chesed Module – Packet 1

## **Midah: Ahavas Chesed**

### “Ahavas Chesed

*The nisayon of speaking lashon hara is a great one, but it does not start at the tongue. This nisayon originates in the heart, with the way one looks at people. A person whose heart is full of chesed, who enjoys doing favors and making people happy, whose heart is sensitive to the feelings of other people – such a person will have no problem with lashon hara.*

*The Chofetz Chaim wrote a sefer called Ahavas Chesed which is not as well known as his Sefer Chofetz Chaim on the laws of lashon hara. **But the midah of ahavas chesed is the key to all good midos.** If you have a neshamah that has a feeling for the sheer joy of making others happy, you would not want to hurt anyone with words which cause shame and embarrassment.*

*When exhorting his talmidim to study Sefer Ahavas Chesed, Rav Pam would say that studying the laws of lashon hara is “treating the symptoms,” while studying the laws and concepts of chesed is “treating the disease.”*

(From pages 13-14 of “Rav Pam: The life and ideals of Rabbi Avrohom Yaakov Hakohen Pam” by Rabbi Shimon Finkelman; Artscroll Mesorah; ISBN: 1-57819-384-2

## **Goal**

To develop an awareness and appreciation that grows into a love for performing acts of chesed (kindness) and doing them on a daily basis.

## **Module Duration**

*Ahavas Chesed* will be covered in several parts, where each part will last for a two month period.

## **Module Checklist**

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it
- Fill out the ACTT *Ahavas Chesed* Commitment Form, keep a copy for yourself and submit a copy to the organization
- On a daily basis:
  - Follow the “ACTT *Ahavas Chesed* Personal Learning Schedule”
  - Perform the action outlined in the “ACTT *Ahavas Chesed* Commitment Form”
  - Record chesed activity in the “ACTT *Ahavas Chesed* Module Activity Log”
- Participate in the chizuk activities, as desired:
  - ACTT module kick-off event

- ACTT module online discussion group or e-mail list
- ACTT module face-to-face discussion group
- Read inspirational material distributed by the ACTT organization
- Read inspirational material from sources recommended by the ACTT organization or by others
- At the conclusion of the module:
  - Receive a completion certificate for the module and an entry of completion in the your personal progress profile
  - Fill out a new ACTT Ahavas Chesed Commitment Form to maintain the performance of chesed activities, keep a copy for yourself and submit a copy to the organization
  - Ensure that your ACTT Personal Progress Report includes the module that you just completed and your new maintenance activities

### **Module Resources**

The following are among the resources that could be used for personal learning:

- “Chofetz Chaim: Loving Kindness - Daily lessons in the power of giving” by Rabbi Fishel Schachter and Mrs. Chana Nestlebaum; Artscroll Mesorah; ISBN: 1-57819-746-5
- “Kindness - Changing people's lives for the better” by Rabbi Zelig Pliskin; ArtScroll / Shaar Press; ISBN: 1-57819-477-6
- “Tisha B’ Av 2003: Shaping a World of Kindness” tape or CD with Rabbi Mattisyahu Salomon and Rabbi Yissocher Frand; Chofetz Chaim Heritage Foundation
- “Sefer Ahavas Chesed” tape or CD with Rabbi Fischel Schachter; Chofetz Chaim Heritage Foundation
- “A Kindness a Day Desk Calendar – 365 ways to make the world a better place” edited by Debbie Herman and Daniel Rothner - a project of Areyvut; Leviathan Press
- “A Tradition of Kindness” web site at: [www.traditionofkindness.org](http://www.traditionofkindness.org)

# **ACTT Module Packet Appendix**



## **ACTT Commitment Form - Ahavas Chesed Module**

*Remember, better to commit to less – you can always do more!*

This commitment does not constitute a vow; I am doing the following, bli neder

From \_\_\_/\_\_\_/\_\_\_ To \_\_\_/\_\_\_/\_\_\_

In memory of \_\_\_\_\_

As a zechus for:

a refuah shelaimah for \_\_\_\_\_

a shidduch for \_\_\_\_\_

parnassa for \_\_\_\_\_

other \_\_\_\_\_

- *Perform \_\_\_ act(s) of chesed daily in a 😊 mood*

(ACTT recommendation – 1-2 acts of chesed daily)

some suggestions:

giving a neighbor a car ride

helping spouse in the kitchen

helping children with homework

visiting or calling an elderly person

complimenting or giving encouragement

warmly greeting someone that you did not previously know, in shul

- *Record performed chesed activity in ACTT Daily Activity Log*

- *Learn \_\_\_ minutes a day (ACTT recommendation – 5 minutes)*

Follow ACTT Ahavas Chesed Learning schedule  
(listed in ACTT Daily Activity Log)

Artsroll - “Kindness – Changing people’s Lives for the Better” by Rabbi Zelig Pliskin

Other \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

😊 *Be happy about your ability to be on the giving end of kindness!* 😊

Please email form: [commitment@actt613.org](mailto:commitment@actt613.org) or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



## ACTT Daily Activity Log - Ahavas Chesed Module

Note: LK = Artscroll’s “Chofetz Chaim: Loving Kindness – Daily Lessons in the Power of Giving” by Rabbi Fishel Schachter and Mrs. Chana Nestlebaum

Note: Some of the ideas for acts of chesed adapted from Areyvut’s 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference" - see Areyvut’s -website (www.areyvut.org) for more information.

**Learned (√)**

**Chesed**

Date	(√)	Book	Day	(√)	Action(s)	Comments
Mon 5/15/06		LK	1			
Tue 5/16/06		LK	2			
Wed 5/17/06		LK	3			
Thu 5/18/06		LK	4			
Fri 5/19/06		LK	5			
Sat 5/20/06		LK	6			
Sun 5/21/06		LK	7			
Mon 5/22/06		LK	8			
Tue 5/23/06		LK	9			
Wed 5/24/06		LK	10			
Thu 5/25/06		LK	11			
Fri 5/26/06		LK	12			
Sat 5/27/06		LK	13			
Sun 5/28/06		LK	14			
Mon 5/29/06		LK	15			
Tue 5/30/06		LK	16			
Wed 5/31/06		LK	17			
Thu 6/1/06		LK	18			
Fri 6/2/06		LK	19			
Sat 6/3/06		LK	20			
Sun 6/4/06		LK	21			
Mon 6/5/06		LK	22			
Tue 6/6/06		LK	23			
Wed 6/7/06		LK	24			
Thu 6/8/06		LK	25			
Fri 6/9/06		LK	26			
Sat 6/10/06		LK	27			
Sun 6/11/06		LK	28			
Mon 6/12/06		LK	29			
Tue 6/13/06		LK	30			

### Ideas for Acts of Chesed

- Offer to run an errand for a friend
- Cheerfully greet someone
- Bake an unexpected treat for a friend
- Remember someone's birthday
- Call someone going thru a difficult time
- Leave a friendly note for a family member
- Listen patiently to others
- Clean up after dinner without being asked
- Call someone who lives alone
- Greet everyone you see with a smile
- Introduce yourself to someone
- Apologize for something you've done
- Take out the garbage without being asked
- Give someone an unexpected compliment
- Spend time with a child with a disability
- Help strangers in shul feel welcome
- Take an elderly person shopping
- Pay attention to what people are saying
- Spend quality time with family and friends
- Call or visit someone who is sick
- Cook a meal for a person in need



## ACTT Daily Activity Log (continued) - Ahavas Chesed Module

Note: LK = Artscroll's "Chofetz Chaim: Loving Kindness – Daily Lessons in the Power of Giving" by Rabbi Fishel Schachter and Mrs. Chana Nestlebaum

Note: Some of the ideas for acts of chesed adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference" - see Areyvut's -website (www.areyvut.org) for more information.

**Learned (√)**

**Chesed**

Date	(√)	Book	Day	(√)	Action(s)	Comments
Wed 6/14/06		LK	31			
Thu 6/15/06		LK	32			
Fri 6/16/06		LK	33			
Sat 6/17/06		LK	34			
Sun 6/18/06		LK	35			
Mon 6/19/06		LK	36			
Tues 6/20/06		LK	37			
Wed 6/21/06		LK	38			
Thu 6/22/06		LK	39			
Fri 6/23/06		LK	40			
Sat 6/24/06		LK	41			
Sun 6/25/06		LK	42			
Mon 6/26/06		LK	43			
Tues 6/27/06		LK	44			
Wed 6/28/06		LK	45			
Thu 6/29/06		LK	46			
Fri 6/30/06		LK	47			
Sat 7/1/06		LK	48			
Sun 7/2/06		LK	49			
Mon 7/3/06		LK	50			
Tues 7/4/06		LK	51			
Wed 7/5/06		LK	52			
Thu 7/6/06		LK	53			
Fri 7/7/06		LK	54			
Sat 7/8/06		LK	55			
Sun 7/9/06		LK	56			
Mon 7/10/06		LK	57			
Tues 7/11/06		LK	58			
Wed 7/12/06		LK	59			
Thu 7/13/06		LK	60			

### Ideas for Acts of Chesed

- Visit someone who may be lonely
- Call someone you haven't spoken to in a while
- Say thanks - no matter how small the deed
- Help a child with his / her homework
- Compliment someone who helps you
- Give someone an encouraging note
- When asked to do something, respond right away
- Drive someone to the doctor
- Help out family members even if you're busy
- Help someone find a job
- Buy a gift for a loved one for no reason
- Greet everyone with a pleasant "good morning"
- Write a letter to an elderly person
- Take a neighbor's garbage cans in from the curb
- Call someone who recently lost a loved one
- Congratulate siblings on recent accomplishments



## Glossary

<b>Ahavas Chesed</b>	.....loving kindness
<b>B'li Neder</b>	.....without making a formal commitment
<b>Bitachon</b>	.....trust in Hashem
<b>Chesed</b>	.....kindness
<b>Chizuk</b>	.....moral support
<b>Hakaras HaTov</b>	.....gratitude
<b>Kavanah</b>	.....concentration
<b>Klal Yisrael</b>	.....the Jewish people
<b>Lashon Hara</b>	.....evil tongue (speech) that denotes gossip and defamation
<b>Machsom L'fi</b>	.....guarding one's tongue
<b>Midah</b>	.....character trait
<b>Midos</b>	.....character traits
<b>Mussar</b>	.....ethical teaching
<b>Neshamah</b>	.....soul
<b>Nisayon</b>	.....a test
<b>Parnasa</b>	.....livelihood
<b>Refuah Shleimah</b>	.....a complete recovery from an illness
<b>Sefer</b>	.....a book
<b>Shidduch</b>	.....a match of two eligible and marriageable Jewish singles
<b>Shiurim</b>	.....classes
<b>Talmidim</b>	.....students
<b>Teshuva</b>	.....repentance
<b>Zechus</b>	.....merit