



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 4***

עולם חסד יבנה...

...kindness builds the world

Tehillim/Psalms 89:3

Table of Contents

CONTACT INFORMATION.....	2
USE OF MATERIAL	2
ACTT <i>AHAVAS CHESED</i> MODULE – PACKET 4.....	3
SPECIFIC GOAL SUGGESTED FOR <i>AHAVAS CHESED 4</i> MODULE	3
GENERAL GOAL OF <i>AHAVAS CHESED</i> MODULE	3
MODULE DURATION	3
TO DO LIST	3
<i>AHAVAS CHESED</i> RESOURCES	4
DAY TO DAY JUDAISM: KINDNESS	4
ACTT COMMITMENT FORM – <i>AHAVAS CHESED 4</i> MODULE	8
ACTT ACTIVITY/ACTION IDEAS.....	9
ACTT DAILY ACTIVITY LOG – <i>AHAVAS CHESED 4</i> MODULE	12
GLOSSARY	20

Contact Information

For additional information, please contact us at:

ACTT e-mail: info@actt613.org

ACTT web site: 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.

Version 20090219

ACTT Ahavas Chesed Module – Packet 4

Specific Goal Suggested for *Ahavas Chesed 4* Module

To consistently talk pleasantly to the members of my family and to respond to their needs and requests in a positive, enthusiastic manner.

General Goal of *Ahavas Chesed* Module

To continue 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

This module is part 4 of the *Ahavas Chesed* series and will last for 85 days.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at www.actt613.org
- Fill out the “ACTT *Ahavas Chesed 4* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet’s Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Ahavas Chesed* activity/action in your “ACTT *Ahavas Chesed 4* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Judging Favorably, Kavanah During Davening, Hakaras HaTov, Bitachon, Anger Management for Positive Results, and Shmiras HaLashon* modules) in your “ACTT *Ahavas Chesed 4* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Ahavas Chesed 4* kickoff event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Ahavas Chesed Resources

The following are some resources for learning about *Ahavas Chesed*:

- [Kindness - Changing people's lives for the better](#) by Rabbi Zelig Pliskin; ArtScroll / Shaar Press; ISBN: 1-57819-477-6
- [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
- “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; www.areyvut.org/areyvut_in_action/a_kindness_a_day/
- “A Tradition of Kindness” web site at: www.traditionofkindness.org

Day to Day Judaism: Kindness

by Rabbi Maurice Lamm

Reproduced with Aish HaTorah’s permission

from: www.aish.com/literacy/mitzvahs/day_to_day_judaism_kindness.asp

Being Jewish is a 24-hour occupation. And dominating everyday Judaism -- the most consistent and all embracing act of faith -- is kindness.

G-d expects every Jew to be a full-time Jew, not a Jew for Sabbaths only. G-d created the Sabbath and made it holy. But He also created weekdays. On weekdays, man must make himself holy -- in his morals and his thinking and his study and in his empathy and support of others. Tuesday is also Jewish. If a person is a believer on the Sabbath, he should be one every day.

The reverse is also true. Jews do not believe in a Sabbath G-d, or a Holy-Day G-d, or a Rites-of-Passage G-d. G-d is a part of life. He is all of life. He is everywhere or He is nowhere. His majesty cannot be contained within a synagogue ark, or squeezed into the stone walls of Jerusalem, or locked tight in the 25-hours of Yom Kippur.

Torah study is every day, as surely as are food and thought and worry. Ethics are everywhere, in the kindergarten, the corporate office and the bedroom. The sacred in Judaism is not limited to the Inner Sanctum; it has battles to wage in the streets.

Now, people are not naturally mindful of the supernatural. Therefore, the Torah makes every effort at jogging the consciousness of human beings and it positions religious symbols as flashing beacons on all the pathways of life. After a while -- subtly, subliminally, suddenly -- the sense of G-d grows inside us and is everywhere. It is joy and meaning and hope and love.

There are special signals at the pivotal turns in life, at the major passages of our personal histories, and also at smaller cycles, when the wheel of time cranks its staccato rotations the turn of the week, the month, the season, the year. G-d is everywhere, all the time, urging us to make ourselves holy.

Among the constants of Jewish religious life, acts of kindness dominate.

The Meaning of *Chesed*

What is quite clearly the most consistent and all-embracing act of faith is called *chesed*, which means kindness and implies the giving of oneself to helping another without regard to compensation.

In a sense, the goal of the whole enterprise of Judaism is to develop human beings whose principal trait is *chesed*. The rabbis of the Talmud (Yevamot 79a) considered kindness to be one of the three distinguishing marks of the Jew.

A favorite Talmudic name for G-d is *Rachmana*, "the Compassionate One." Every act of human *chesed* is an imitation of the benevolence of G-d. It appears on page after page of the Jewish Prayerbook, in chapter after chapter of the Psalms, and is implied in the legal and moral decisions on folio after folio of the Talmud.

The Torah begins with an act of *chesed* as G-d clothes Adam and Eve, and ends with it as G-d buries Moses. Jewish Law formally begins with the Torah at Mt. Sinai, but *chesed* begins with Abraham, centuries earlier. The world could not have endured so long without *chesed*; it would have imploded.

Chesed is a daily requirement -- which means it is a lifetime requirement -- and it is most succinctly manifested in the act of giving. It implies attitudes integral to the person's character, inseparable from one's inner nature, and spans the whole gamut of virtues which operate in interpersonal relationships -- charity and compassion, love and respect.

This inner sensitivity is expressed in specific formal religious acts, which are commandments that have biblical or rabbinic warrant. These *mitzvot* are not merely "nice," suggested behaviors, but duties mandated the Jew.

Maimonides catalogues the commandments which are the *chesed* principles in action. They are:

It is a positive mitzvah of the Rabbis to visit the sick, to bring comfort to the mourners, to help remove the dead from the home, to help bring the bride to her wedding, to accompany guests into your house, to participate in all aspects of burial -- to carry the casket, walk in honor before it, eulogize the dead, dig the grave and do the actual burial -- to bring joy to a bride and groom and to provide them with all their needs. These are all physical acts of kindness and there are no limits to what one must do to fill these requirements.

This inventory of virtues is only a short list derived from these specific verses. A longer list, the elements of which appear throughout the millennial Jewish literature, includes granting interest-free loans to the needy, feeding the hungry anonymously, giving shelter to the homeless, providing jobs for those in need of work, speaking kindly to the dejected, bringing enemies together in friendship, imparting hope to the depressed giving extra care to widows and orphans, and so on.

All of these Maimonides encompasses in the biblical law, "You say love your neighbor as yourself."

Kindness vs. Charity

To sharpen the focus on kindness, it is instructive to compare it with other important values. One of the great masters of the ages, Rabbi Judah Loew, known as the Maharal of Prague, contrasts acts of personal kindness, *chesed*, with acts of charity *tzedakah*.

The Talmud records the basic differences:

The Rabbis taught: In three ways is kindness greater charity. Charity is done with money; kindness can be either with one's person or one's money. Charity is for the poor; kindness can be done for either the poor or the rich. Charity is for the living; kindness can be done for the living or the dead (Sukkah 49b).

Maharal expands upon the difference: Charity is sparked by the demands of compassion. One cannot bear to see a person in pain or starving, so his sense of sympathy compels him to help that person. If there were no pitiful situation, would be no compassion necessary and no charity given.

But kindness requires a broader, more sensitive heart that entails developing a *chesed* persona -- integrating it into one's personality. In such an event, *chesed* will not be a value forthcoming only in response to sadness, but an ever-present quality which will anticipate needs, construct wholesome situations, and initiate acts of benevolence for needs undetected by others.

Thus, charity is generally judged by the recipient -- the magnitude of the pain suffered will determine the degree of assistance to relieve that pain. Kindness, on the other hand, is to be judged by the giver -- the kind of caring that person is capable of will determine the nature and degree of the remedy.

The Maharal takes this distinction further: The only way that a person can be said to reach the exalted spiritual heights of imitating G-d is by doing an act of *chesed* voluntarily and naturally as it flows from his or her innards.

On the other hand, observing a specific commandment only because G-d mandated it, laudatory and essential as that is, is not considered "walking in the ways of G-d," because it is actually responding to an external voice -- even though it is G-d's --rather than an internal one. Thus, also, one who acts out of a sense of pity is performing a wonderful mitzvah, but that, too, is not considered "walking in the ways of G-d," because it is reacting to an external need rather than acting upon a truly visceral, internalized impetus.

Maharal makes a still more penetrating insight. Only kindness, *chesed*, as opposed to charity or Torah study or keeping the commandments, is unique to the *character* of the human being. And it is uniquely *chesed* which relates to the *chesed* attribute of G-d himself; unlike lawfulness, for example, which does not reflect the character of G-d that is to be imitated by man.

This is the sense of one the Talmud's most astonishing statements:

Rav Huna said: "One who busies himself with Torah exclusively is equivalent to one who has no G-d." (Avodah Zarah 17b).

Maharal explains that this refers to Torah as an exercise in reason only, not a commitment to *mitzvot*. Therefore, when such a person is not studying Torah, he has no spirituality -- and so he is equated with one who has no G-d.

But one who practices *chesed* is not like that -- because kindness is to be practiced every hour of every day, even without the needy demanding it, and it is directed to everybody in the world.

It is an unlimited obligation, perpetual and pervasive and, because there can never be a respite from this mitzvah, one who does *chesed* "exclusively" can never be equated with one who has no G-d.

ACTT Module Packet Appendix



ACTT Commitment Form – Ahavas Chesed 4 Module

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

Please PRINT all information

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 _____

- ___ *Ahavas Chesed act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
 - ___ *Judging Favorably act(s)* *daily or* *weekly*
 - ___ *Kavanah During Davening act(s)* *daily or* *weekly*
 - ___ *Hakaras HaTov act(s)* *daily or* *weekly*
 - ___ *Bitachon act(s)* *daily or* *weekly*
 - ___ *Anger Management for Positive Results act(s)* *daily or* *weekly*
 - ___ *Shmiras HaLashon for Positive Results act(s)* *daily or* *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Ahavas Chesed 4* Learning Schedule Book (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

☺ *Be happy with your ability to Improve Yourself and Grow!* ☺

Please email form: commitment@actt613.org or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some Ideas for Acts of Chesed were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 2) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 3) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) Some of the ideas for Bitachon were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush
- 5) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

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 & friends Call or visit someone who is sick Cook a meal for a person in need 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 in a cheerful and willing manner 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

IDEAS FOR JUDGING FAVORABLY	
Don't jump to conclusions Judge your neighbor's actions favorably "Judge your fellow man fairly" (Leviticus 19:15) Look for a possible explanation in another's behavior Give your friend the benefit of the doubt Look for the good in others "Judge all people to the side of merit" (Ethics of the Fathers 1:6) Think about "Love your neighbor like yourself", and apply it to others. We all find excuses for ourselves.	Realize that your friend did not see you carrying packages when he/she passed by Remember, it could be a miscommunication... Are we missing any facts? Look for people's strengths Remember, things are not always what they seem! Try to explain... not complain about other people's actions Focus on solutions - not recriminations Remember the excuses one makes for oneself - apply these excuses to the one who wronged you



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING KAVANAH DURING DAVENING

Meditate for 5 minutes before davening
 Write translations to difficult words in your siddur
 Think about all Hashem has given you
 Say the words, “I am standing before Hashem” out loud
 Remember that Kavanah During Davening is a Halachik requirement of prayer
 Pronounce each word slowly and clearly
 Use a siddur, even for Tefillos you know by heart
 Establish a specific place for davening
 Concentrate for 3 seconds on each word of a specific tefillah

Learn the meanings of words you do not know
 Select one prayer a week to say with more kavanah
 Write down your favorite phrases from davening and focus on them when you daven
 Arrive before the minyan begins to daven and be ready when they start
 When davening at home, remove distractions from around you
 Select one word a day to say with more kavanah
 Select one phrase a day to say with more kavanah
 Before you start to daven, review what Hashem has given you in the last 24 hours

IDEAS FOR HAKARAS HA TOV

Recognize the good that you possess
 Appreciate what you do have rather than what you do not have
 Acknowledge that what you possess is a gift, not something you deserve
 Develop the habit of saying thank you for everything you receive, both big and small
 Realize that everything comes from Hashem and is for your good, then thank Him
 Always see the glass as being half full and be thankful
 Focus on developing an attitude of gratitude
 Appreciate the good that a family member does for you and say thank you
 Appreciate the good that a friend does for you and say thank you
 Appreciate the good that a colleague does for you and say thank you
 Appreciate the good that strangers do for you and say thank you

Write a thank you note to express your appreciation
 Make a telephone call to express your appreciation
 Give a gift to express your appreciation
 Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper
 Thank the school bus driver
 Thank your teacher, thank your child’s teacher
 Thank the mail carrier for delivering the mail
 Say *Modeh Ani* each morning with great feeling
 Reflect on *Modim Anachnu Lach* in *Shmoneh Esrei*
 Thank Hashem for every breath that you take

IDEAS FOR BITACHON

Trust that whatever Hashem does is for your good
 Believe that if Hashem wants, He can solve your problem this very minute
 Realize that Hashem forgets no one and that He loves each of His creations
 Ask Hashem to help you pray, to teach you how to pray, to open your mouth in prayer
 Internalize that success is from Hashem and if you turn to Him sincerely, He will certainly help you succeed if it is in your best interest
 Acknowledge that Hashem knows what is best for you, more than you yourself know

Believe that there is no one but Hashem and that no one can do you harm against Hashem’s will
 Acknowledge that just as Hashem has helped you many times in the past, He will help you again now
 Trust that whatever happened is what Hashem wanted to happen and that it is in your best interest
 Accept that the amount of money that you will make has been decreed by Hashem and have peace of mind that you will get exactly what you are supposed to get



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT	
<p>In the past, when you have been able to overcome anger quickly, how did you do it? Learn from people who are able to remain calm in situations that get you angry Learn from people who are able to let go of their anger easily Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc. When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly When you are about to get angry because of something that someone did to you, focus on some good quality of that person</p>	<p>Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc. Meditate on: "Ein od milvado - There is nothing else besides G-d" When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it When you are about to get angry, ask yourself, "How important is this in my life?"</p>
IDEAS FOR SHMIRAS HALASHON	
<p>Think before speaking Pause to think about what to say and how to say it before responding to someone Give each person the benefit of the doubt Train yourself to avoid judging others Think positive thoughts and avoid negative thoughts Stay calm and avoid getting angry Avoid joking around that could lead to making fun of others Develop a character of humility - avoid arrogance</p>	<p>Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day Never give up hope of one's ability to guard one's tongue Accept the idea that it is possible to speak without gossiping Train yourself to avoid complaining about others Learn the laws of Shmiras HaLashon Walk away from a group that is speaking Lashon Hara If someone starts speaking Lashon Hara to you, respectfully ask them to stop Realize and say to yourself: "It's Not That Important"</p>



ACTT Daily Activity Log – Ahavas Chesed 4 Module

Abbreviations: 1) Kindness = Kindness - Changing people's lives for the better by Rabbi Zelig Pliskin; 2) AC = *Ahavas Chesed*; 3) JF = *Judging Favorably*; 4) KDD = *Kavanah During Davening*; 5) HT = *Hakaras HaTov*; 6) B = *Bitachon*; 7) AM = *Anger Management*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions					
Day	m/d/08	√	Kindness	x	√
					AC: Helped someone find a job; and/or JF: Did not jump to conclusions; and/or KDD: Meditated for 5 minutes
					before davening; and/or HT: thanked a friend for their thoughtfulness; and/or B: Trusted that whatever Hashem does
					is for my good; and/or AM: Took a brisk walk to release anger; and/or SL: Paused to think before speaking
Note: Below is the suggested reading from the <i>Ahavas Chesed</i> module’s new source book, <u>Kindness – Changing people’s lives for the better</u>					
Sun	02/22/09		Kindness	1	
Mon	02/23/09		Kindness	2	
Tue	02/24/09		Kindness	3	
Wed	02/25/09		Kindness	4	
Thu	02/26/09		Kindness	5	
Fri	02/27/09		Kindness	6	
Sat	02/28/09		Kindness	7	
Sun	03/01/09		Kindness	8	



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Mon	03/02/09		Kindness	9		
Tue	03/03/09		Kindness	10		
Wed	03/04/09		Kindness	11		
Thu	03/05/09		Kindness	12		
Fri	03/06/09		Kindness	13		
Sat	03/07/09		Kindness	14		
Sun	03/08/09		Kindness	15		
Mon	03/09/09		Kindness	16		
Tue	03/10/09		Kindness	17		
Wed	03/11/09		Kindness	18		
Thu	03/12/09		Kindness	19		



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)			Activity/Action	
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Fri	03/13/09		Kindness	20		
Sat	03/14/09		Kindness	21		
Sun	03/15/09		Kindness	22		
Mon	03/16/09		Kindness	23		
Tue	03/17/09		Kindness	24		
Wed	03/18/09		Kindness	25		
Thu	03/19/09		Kindness	26		
Fri	03/20/09		Kindness	27		
Sat	03/21/09		Kindness	28		
Sun	03/22/09		Kindness	29		
Mon	03/23/09		Kindness	30		



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Tue	03/24/09		Kindness	31		
Wed	03/25/09		Kindness	32		
Thu	03/26/09		Kindness	33		
Fri	03/27/09		Kindness	34		
Sat	03/28/09		Kindness	35		
Sun	03/29/09		Kindness	36		
Mon	03/30/09		Kindness	37		
Tue	03/31/09		Kindness	38		
Wed	04/01/09		Kindness	39		
Thu	04/02/09		Kindness	40		
Fri	04/03/09		Kindness	41		



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)			Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)	
Sat	04/04/09		Kindness	42			
Sun	04/05/09		Kindness	43			
Mon	04/06/09		Kindness	44			
Tue	04/07/09		Kindness	45			
Wed	04/08/09		Kindness	46			
Thu	04/09/09		Kindness	47			
Fri	04/10/09		Kindness	48			
Sat	04/11/09		Kindness	49			
Sun	04/12/09		Kindness	50			
Mon	04/13/09		Kindness	51			
Tue	04/14/09		Kindness	52			



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Wed	04/15/09		Kindness	53		
Thu	04/16/09		Kindness	54		
Fri	04/17/09		Kindness	55		
Sat	04/18/09		Kindness	56		
Sun	04/19/09		Kindness	57		
Mon	04/20/09		Kindness	58		
Tue	04/21/09		Kindness	59		
Wed	04/22/09		Kindness	60		
Thu	04/23/09		Kindness	61		
Fri	04/24/09		Kindness	62		
Sat	04/25/09		Kindness	63		



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)			Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)	
Sun	04/26/09		Kindness	64			
Mon	04/27/09		Kindness	65			
Tue	04/28/09		Kindness	66			
Wed	04/29/09		Kindness	67			
Thu	04/30/09		Kindness	68			
Fri	05/01/09		Kindness	69			
Sat	05/02/09		Kindness	70			
Sun	05/03/09		Kindness	71			
Mon	05/04/09		Kindness	72			
Tue	05/05/09		Kindness	73			
Wed	05/06/09		Kindness	74			



ACTT Daily Activity Log (continued) – Ahavas Chesed 4 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Thu	05/07/09		Kindness	75		
Fri	05/08/09		Kindness	76		
Sat	05/09/09		Kindness	77		
Sun	05/10/09		Kindness	78		
Mon	05/11/09		Kindness	79		
Tue	05/12/09		Kindness	80		
Wed	05/13/09		Kindness	81		
Thu	05/14/09		Kindness	82		
Fri	05/15/09		Kindness	83		
Sat	05/16/09		Kindness	84		
Sun	05/17/09		Kindness	85		

Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunafaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona'as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one's tongue
Siddurprayer book
Siyata D'ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit