



My גמילות חסדים Commitments

גמילות חסדים (*gemilut hasadim*) are the small moments of kindness between people.

Over the next weeks, I commit to the following acts of גמילות חסדים
in places expected and unexpected.

Offering to run an errand for someone	Holding the door open for someone	Sharing when I see someone who could use something I have
Inviting someone to join me at lunch	Sitting next to someone sitting alone (on the bus or school)	Attending a <i>shiva minyan</i>
Stopping in on a neighbor to check in and say hello	Introducing myself to someone new	Re-introducing myself to someone whose name I have forgotten
Sending someone a card or small gift to let them know I am thinking of them	Bringing a meal to someone who could use some extra support but whom I don't know personally	Writing a condolence note to a community member whose family member recently died
Giving a hug to someone who seems sad or lonely	Listening with empathy	Asking someone how they are doing and <i>really</i> listening
Bringing a meal to a family who recently had a baby	Giving the benefit of the doubt when someone does something that bothers me	Giving <i>tzedakah</i> with intention and compassion
Asking a homeless person if s/he wants food and if so, buying what s/he requests	Looking a person in the eye as they walk past	Inviting someone to go in front of me in line
Picking up garbage so someone else doesn't have to do it	Being kind to someone who irritates me	Complimenting someone on something good that I saw them do
Connecting with a friend whom I haven't talked to in a while	Writing a thank you note to someone who has made an impact in my life	Saying "please" and "thank you" more often
Acknowledging to a family member when they have been kind to me	Telling a friend about something I admire about them	Asking: "How can I help?" when I see someone who might need assistance
Writing a card to someone who has suffered a loss	Helping two friends settle an argument	Supporting someone who is saying <i>kaddish</i>
Welcoming a new person	Inviting a new friend for Shabbat	Making or buying treats to give to someone "just because"

"One should always be like a helmsman, on the lookout to do a *mitzvah*." — Leviticus Rabbah 21:5