

OKC MITZVAH/TESHUVA FAMILY CHALLENGE!

Set the tone for 5782; perform one mitzvah and/or an act of Teshuvah each day between Rosh Hashanah and Yom Kippur. Track your activities and keep the list visible all year. It will serve as a reminder to perform these sacred deeds and think about your personal behavior year-round. If for some reason you miss a day, no sweat. Just try not to miss two days in a row. The OKC learning theme for the year is "Hineini" or "Here I am". Keep this in mind when thinking of Mitzvot and your personal transformation for 5782. Suggestions are below but be creative and do what resonates with you! Email your completed form to gmzimet@gmail.com along with any photos showing your actions!

All of you who take up the challenge will be invited to an ice cream social with Rabbi Helfand and celebrated in the Bulletin!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ideas

- Give Tzedakah
- Visit or call the sick.
- Ask someone for forgiveness
- Welcome a new member of the Shul
- Honor a parent by helping with chores
- Show three mindful manners at dinner
- Prepare for the High Holidays by learning a new prayer
- Respect the environment by picking up trash or recycling
- Take a concrete step to be more fully attentive to a person
- Decide on one family mitzvah project you can all engage in.
- Find the three times in the Torah when Abraham said Hineini
- Call an older friend or relative to wish them a good new year
- Create high holiday greetings and send them to a family or friend
- Sign up to feed the hungry through the OKC Initiative at the Coffield Center
- As a family agree on one change in behavior each family member will make