

Yom Kippur Companion

Family - *I pledge to bring G-d's presence into my family by:*

Bringing Him into my marriage by:

- Practicing small acts of caring
- Practicing small patience with my spouse
- Supporting my spouse's growth through _____
- Letting go of _____
- Other _____

Bringing Jewish values into my parenting by:

- Giving my children positive encouragement and avoiding criticism
- Helping my children regularly in their Judaic and general studies
- Spending regular non-phone/tv/computer time with the children

Making my home into a sacred Jewish space by:

- Purchasing, reading and sharing Jewish books
- Enjoying Jewish art and music
- Leading my family in speaking positively about others, avoiding gossip
- Celebrating Jewish times such as Shabbat and holidays in our home

Serving Others – *I commit to helping others less fortunate than I by:*

- Visiting the sick
- Serving special needs children
- Initiating a free loan program
- Giving Tzedakah generously

Outreach – *I commit to helping less knowledgeable or committed Jews enjoy Judaism by:*

- Inviting non-affiliated Jews to join me for Shabbat, Break-fast, Chanukah, etc.
- Encouraging my friends and neighbors to go to adult education classes with me
- Give or lend a Jewish book to someone who I think would be interested

Torah Study – *I commit to increasing my own knowledge and respect for Torah by:*

- Registering for a Jewish adult education class series
- Designing and beginning a home Torah study with my family
- Supporting Jewish education programs for adults and children

Prayer – *I commit to deepening and strengthening my relationship with G-d by:*

- Increasing my attendance at synagogue services
- Learning the prayers so I better understand what we're praying about
- Saying the Shema (together with my children) each night at bedtime
- Being mindful of the Source of my blessings when I eat

Mitzvot – *I commit to transforming my Jewish identity and feelings into actions by:*

- Making Friday night into Shabbat at home
- Building a Succah at my home for my family and friends
- Putting up mezuzot on my doors
- Setting up a special Tzedakah account to set aside 10% for Jewish needs
- Being careful to not speak ill of my friends, co-workers, rabbis and teachers