Chesed and Deeds of Kindness

 “Give of yourself…you can always give something, even if it is only kindness”

Anne Frank

Anne Frank wrote these words with the innocence and hopefulness of a teenager. Despite the difficult circumstances she and her family were in, she thought that simple words and deeds of kindness would help them survive their time in the attic.

In today’s world, where hatred still exists, wouldn’t it be wonderful if we could follow Anne’s example and tap into our inner teenager in order to get some of that innocence and optimism back. This will only happen if instead of being distracted by what is going on in the world, we can focus on our Jewish values as a way of guiding us. In particular, one value, *Chesed* - that kind word or good deed that will help to counteract that negativity.

Despite the negativity and Anti-Semitism around us, we can still visit the sick, participate in Shiva minyans, bring food to the needy, take someone shopping or to a doctor’s visit, or give encouragement when needed.

We should never lose sight of the fact that performing acts of *Chesed* help not just the recipient, but each of us as well by knowing we have done God’s work.

 Questions/Topics for Discussion:

* How can we take the innocence of Anne’s message and translate it to today’s world, where everything and everyone is not always kind?
* How can we help someone who is not used to asking for help?

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