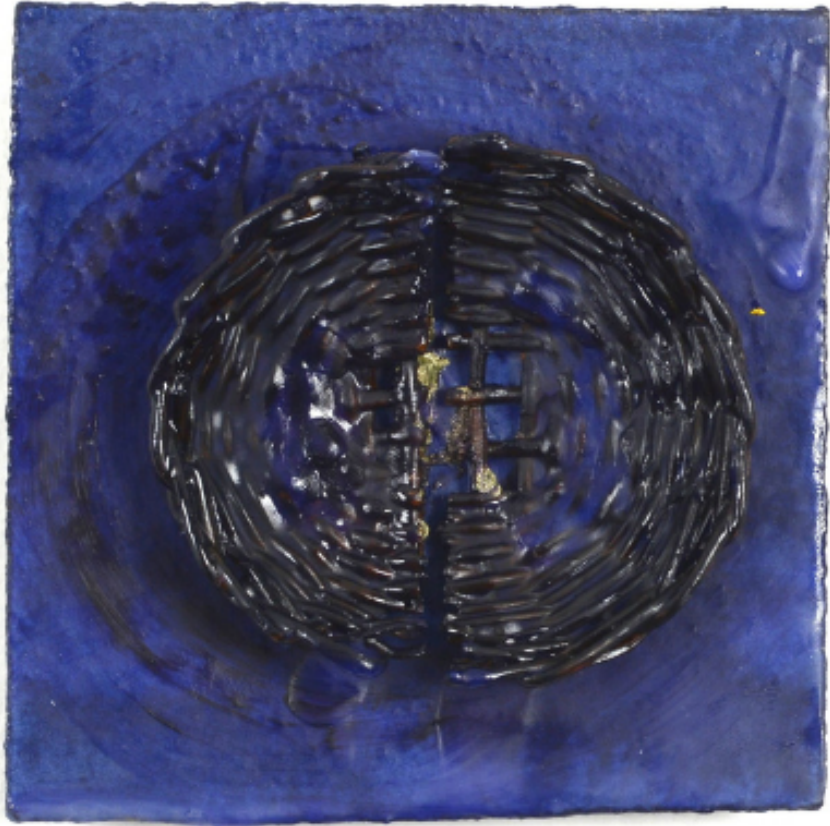


OMER 2019

WEEK 1: HESED (LOVINGKINDNESS)



DAY 1: CHESED OF CHESED

The way to begin: wrap love in love, rest head in Palm, cradle body, flow from above unhindered. Father-mother yourself like a new people. Melt at the scent of the Beloved. Remember your names.
- Rabbi Tamara Cohen



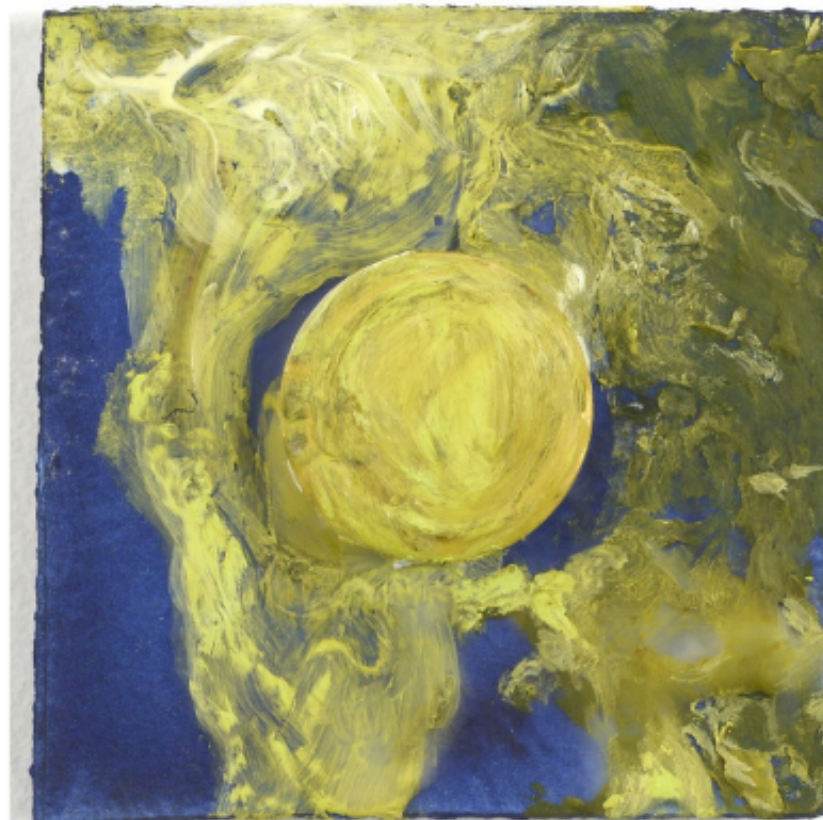
DAY 2: GEVURAH OF HESED

An open heart has its own strength, its own borders. Kindness fits within the space, just so, so sweetly, like flowers in a field, a riot of colors and glory.
- Stacey Zisook Robinson



DAY 3: TIFERET OF HESED

The beautiful splendor of a simple act of kindness is most pronounced when it is done with a loving heart. Act for love and you will find beauty.
- Rabbi Elyse Wechterman



DAY 4: NETZACH OF HESED

Blessed One-ness, When I have a choice, I choose to survive. When I have a choice, I choose to listen. When I have a choice, I choose to be kind. When I don't have a choice, I choose to pray.
- Trisha Arlin



DAY 5: HOD OF HESED

Profound love has prolific power to produce a peace that permeates the heart and spirit. Its power can heal past pain, create a purposeful present filled with forgiveness, and inspire hope for the future.
- Dr. Tarece Johnson



DAY 6: YESOD OF HESED

There is no such thing as too much caring, too much love, too much thoughtfulness. The practice of kindness to self and others can uplift and reshape the texture of our lives; it is a key to authentic Jewish living.
- Rabbi David Teutsch



DAY 7: MALCHUT OF HESED

In entering exile with Am Israel, the Shekhinah embodies Malchut b'HeSED—sovereignty in Lovingkindness. In giving up her throne to suffer alongside her people, the Shekhinah teaches us both grace and empathy.
- Sivan Butler-Rotholz

ART BY DIVORAH HORN