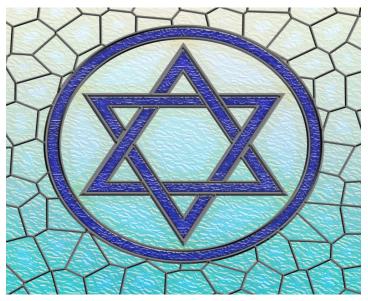
# A Day in the Life of a Jew







# **Guidelines to Live by:**

Mitzvah: Do good deeds.

Tikkun Olam: We are caretakers of the Earth. Do good in the world.

# **Mantra:**

Shema Prayer: "Hear, Israel, the Lord is our God, the Lord is One..."

Pursue the path Adonai has destined for you.

# Jewish Practice

## A Day in the Life ...

## **Daily Practice:**

A) Morning:

Morning Prayers: Give thanks for the day.

Modim Prayer: Prayers of thanks to Adonai

B) Throughout the day:

Celebrate the daily miracle of life.

Prayer before meals

Keep a Kosher Diet

Practice acts of Kindness/Charity

C) Evening:

#### Attend the Hillel Seder Meal

Seder dinner takes place the first two nights of Passover.

Each item on the plate has a purpose.

Unleavened bread: Israelites did not have time for bread to rise in escaping Egypt.

Prayer before bed

D) Weekly: Sabbath (Sundown Friday – Sundown Saturday):

Enjoy a day of rest.

Attend Shabbat Services (Friday Night and Saturday Morning).

Torah Reading / Study: Reflect on teachings.

#### **Advice to Participants:**

Be true with yourself and your intentions.

### **Hope for Participants:**

Realize that being Jewish is much more than a religious practice.

Appreciate Jewish life and history and reflect on the history of Judaism and the life of Jews.

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