

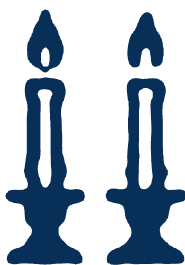


25 DAYS OF MITZVOT

ONE MITZVAH A DAY • AUG 18 - SEPT 11



To commemorate the 25th anniversary of September 11, 25 Days of Mitzvot begins on August 18. Complete one mitzvah, or good deed, a day to honor the lives lost and carry their memory forward.

1  AUG 18 CHAI / CHOOSE LIFE Chai means life. Its Hebrew letters add up to 18. Give \$18—or what you can—to a cause that helps others.	2  AUG 19 PRACTICE HAKARAT HATOV Hakarat hatov means recognizing the good. Thank someone who made a difference in your life.	3  AUG 20 CHECK ON SOMEONE Call, visit or write to someone who may be lonely.	4  AUG 21 HELP FOR SHABBAT Offer to help someone shop, cook, set the table or handle an errand before Shabbat.	5  AUG 22 BE PRESENT Put away distractions and give someone your full attention.
6  AUG 23 HELP FILL A PANTRY Donate to a food pantry or buy an extra grocery item for a family in need.	7  AUG 24 THANK A TEACHER Tell a teacher or mentor how their influence mattered.	8  AUG 25 SUPPORT LOCAL Support a local business, nonprofit or community organization.	9  AUG 26 GIFT OF LIFE If eligible, make an appointment to donate blood—or encourage someone who is eligible.	10  AUG 27 CARE FOR COMMUNITY Pick up litter, return a cart or leave a shared space better than you found it.
11  AUG 28 GIVE TZEDAKAH A Jewish obligation: help someone in need. Donate money before Shabbat.	12  AUG 29 HACHNASAT ORCHIM Practice hospitality. Invite someone in, share a meal or welcome a newcomer.	13  AUG 30 HELP A NEIGHBOR Do something helpful without being asked.	14  AUG 31 THANK A VOLUNTEER Thank someone who quietly gives their time to help others.	15  SEPT 1 HEALTHCARE WORKERS Thank someone who cares for others.
16  SEPT 2 FIREFIIGHTERS Thank a firefighter for answering the call.	17  SEPT 3 POLICE OFFICERS Thank an officer who serves the community.	18  SEPT 4 DOUBLE CHAI - PROTECT Day 18 and August 18 make a double chai—two 18s. Honor it with an act that protects or improves a life.	19  SEPT 5 PIKUACH NEFESH Learn about pikuach nefesh, the Jewish obligation to save a life.	20  SEPT 6 FIRST RESPONDERS Show up for those who show up. Bring a card, snack or thanks to a local first-responder team.
21  SEPT 7 LABOR DAY GRATITUDE Thank someone working to keep the community running on Labor Day.	22  SEPT 8 LEARN A NAME Learn about one of the nearly 3,000 people murdered on September 11.	23  SEPT 9 TEACH Teach someone younger about what happened on September 11.	24  SEPT 10 RAN TOWARD DANGER Write or share a message honoring the courage and sacrifice of those who ran toward danger on September 11.	25  SEPT 11 REMEMBER. HONOR. ACT. Perform one mitzvah in memory of a life taken on September 11.

Choose life. Add goodness to the world.



Share your mitzvot with us:
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