

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.

Contributors: Alana Mittleman, Megan Eslamboly, Annie Citrine, Bella Davis, Gabriel Olivares