

Sfirat Haomer Hessed, Kindness and Connection Chart

by Yacov Fruchter

From the second day of Passover we count 49 days, known as the Sefirat Haomer, until the holiday of Shavuot when we mark receiving of the Torah and thank God for all the abundance in our lives. At this time of physical isolation, we need more than ever, spiritual connection and a commitment to care and kindness. We have created this Hessed chart as a way of adding acts of care, and moments of reflection and gratitude to this ancient practice.

We hope you will join us on this journey. #BTSfiraHessedChart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
					Day 1 April 10 Let someone know that you are proud of them	Day 2 April 11 Share a nice story about something you are thankful for
Day 3 April 12 Write a facebook post about a charity you love	Day 4 April 13 Share a photo with an old friend	Day 5 April 14 Send someone a thank you note	Day 6 April 15 Read the Song of the Sea (Exodus 14 &15)	Day 7 April 16 Take some time to remember and pay tribute to a deceased loved one	Day 8 April 17 Do something to honour a health professional	Day 9 April 18 Do something nice for someone else's children

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<p>Day 10 April 19</p> <p>Write words of encouragement and place it on your window</p>	<p>Day 11 April 20</p> <p>Give someone a compliment that will make her or him smile</p>	<p>Day 12 April 21</p> <p>Honour a Holocaust survivor and light a candle in memory of a victim</p>	<p>Day 13 April 22</p> <p>Share a favourite recipe</p>	<p>Day 14 April 23</p> <p>Call someone you care about and haven't spoken to in a while</p>	<p>Day 15 April 24</p> <p>Call a former teacher and say thank you</p>	<p>Day 16 April 25</p> <p>Pray for healing for someone you are concerned about</p>
<p>Day 17 April 26</p> <p>Post a link to a song that makes you happy</p>	<p>Day 18 April 27</p> <p>Write down 5 things you love about yourself</p>	<p>Day 19 April 28</p> <p>Participate in a Yom Hazikaron ceremony and make a donation to an Israeli charity</p>	<p>Day 20 April 29</p> <p>Wear blue and white and check in on a friend in Israel</p>	<p>Day 21 April 30</p> <p>Learn something new and share your knowledge</p>	<p>Day 22 May 1</p> <p>Light candles with someone on Zoom</p>	<p>Day 23 May 2</p> <p>Share a joke with two friends</p>
<p>Day 24 May 3</p> <p>Check in on a neighbour</p>	<p>Day 25 May 4</p> <p>Go for a run or walk</p>	<p>Day 26 May 5</p> <p>Tell someone why you love them</p>	<p>Day 27 May 6</p> <p>Start an impromptu dance party with friends or colleagues</p>	<p>Day 28 May 7</p> <p>Give tzedaka/charity to a new organization</p>	<p>Day 29 May 8</p> <p>Eat something delicious</p>	<p>Day 30 May 9</p> <p>Make it possible for someone else to take a nap</p>

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<p>Day 31 May 10</p> <p>Do something to honour mothers</p>	<p>Day 32 May 11</p> <p>Share a photo with an old friend</p>	<p>Day 33 May 12</p> <p>Have a BBQ</p>	<p>Day 34 May 13</p> <p>Read the Song of the Sea (Exodus 14 &15)</p>	<p>Day 35 May 14</p> <p>Share an article with someone that will uplift them</p>	<p>Day 36 May 15</p> <p>Learn something new and share your knowledge</p>	<p>Day 37 May 16</p> <p>Do something nice for someone else's children</p>
<p>Day 38 May 17</p> <p>Write a facebook post about a charity you love</p>	<p>Day 39 May 18</p> <p>Give someone a compliment that will make her or him smile</p>	<p>Day 40 May 19</p> <p>Surprise someone</p>	<p>Day 41 May 20</p> <p>Share a favourite recipe</p>	<p>Day 42 May 21</p> <p>Call someone you care about and haven't spoken to in a while</p>	<p>Day 43 May 22</p> <p>Call a former teacher and say thank you</p>	<p>Day 44 May 23</p> <p>Pray for healing for someone you are concerned about</p>
<p>Day 45 May 24</p> <p>Facetime with a relative</p>	<p>Day 46 May 25</p> <p>Write down 5 things you love about yourself</p>	<p>Day 47 May 26</p> <p>Share an article with someone that will uplift them</p>	<p>Day 48 May 27</p> <p>Write words of encouragement and place it on your window</p>	<p>Day 49 May 28</p> <p>Shavuot begins in the evening- Read the 10 commandments</p>		