

# Choose One Mitzvah for Bondi



## What is a Mitzvah?

In Jewish tradition, a Mitzvah is an act of kindness, compassion, and a moral responsibility. It is about taking practical action to help others, through simple, everyday acts of kindness that together create a powerful wave of goodwill. When these acts are carried out collectively, they strengthen the community and bring light in moments of darkness.

**Choose one Mitzvah from the list below as a practical step to bring light and hope and healing into the world, in honour of those whose lives were taken at Bondi.**

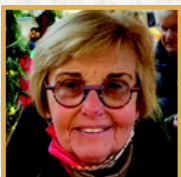


### 1. Daily Giving

Set aside a small amount for charity each day. Give through a trusted organisation or a dedicated charity box at home, making generosity a consistent habit.

In honour of **Ruvien Morrison**, a man of incredible generosity.

**Use the QR code to find out where to get a charity box.**



### 2. Compassionate Connection

Visit call or message someone who is unwell alone or elderly to offer your genuine support and presence on a weekly basis.

In honour of **Marika Pogany**, a tireless Meals on Wheels volunteer caring for the elderly and vulnerable.



### 3. Honour Your Parents

Call a parent or elder relative to check in and perform one action to make their day easier.

In honour of **Rabbi Yaakov Levitan**, a model of devotion and respect to his parents.





#### 4. Gracious Hospitality

Open your home to others. Think of someone who would appreciate being welcomed into your home for a meal or simply to have a chat.

In honour of **Sofia Gurman**, who expressed love so beautifully through hospitality.



#### 5. Mindful Driving

Practise kindness on the road by letting others merge, being patient in traffic and offering rides to those in need.

In honour of **Boris Gurman**, who put the interests of others ahead of his own.



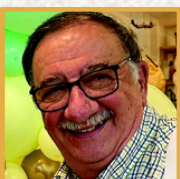
#### 6. Purposeful Reflection

Begin your day at work, school or sport with a meditative moment of silence to reflect on purpose and responsibility.

In honour of **Rabbi Eli Schlanger**, who saw the potential in every soul he met.

#### SUGGESTED MEDITATION:

Almighty G-d, help us see the goodness in every person and guide us to live with kindness, integrity, and joy as we fulfil the unique mission each of us is given. Bless us with clarity, courage, and wisdom so that our lives may be a blessing to others. **Use QR code to more meditations.**



#### 7. Family First Hour

Put your phone away for at least the first hour you are home. Give your undivided attention to the people you love and care about.

In honour of **Tiber Weitzen**, who welcomed others with warmth and sweetness.



#### 8. An Attitude of Gratitude

As you open your eyes in the morning, start your day with a simple sentence of thanks to G-d for the gift of life for everything that you have, and for the natural beauty in the world we live in

In honour of **Dan Elkayam**, who carried a deep sense of gratitude for life and for G-d's beautiful world, with a particular love for nature and for travelling to discover new places.





## 9. Prayer for Healing

Recite a daily prayer asking for the complete material and spiritual recovery of those injured in the Bondi attack. You could pray this or a similar prayer.

In honour of **Alex Kleytman**, who was killed while shielding his wife from gunfire.

### SUGGESTED PRAYER:

May Almighty G-d heal those who were injured at Bondi Beach on the first night of Chanukah. May He restore them to health, strengthen and revitalize them, and speedily send them a complete recovery from Heaven. A healing of body, mind and spirit. Amen.

**Use QR code for additional prayers.**



## 10. Honest Work Ethic

Work the full time you are paid for. If you take a personal call, stay late to make it up. Don't scroll on your phone while you are working.

In honour of **Peter "Marzo" Meagher**, retired police officer, volunteer, and servant of the public.



## 11. Encourage Others to Give

If you are an employer, give each employee a coin or bill at the end of the work week inviting them to donate it to a charity of their choice.

In honour of **Edith Brutman**, an exemplary employer and a model of generosity.



## 12. Boundaries of Integrity

Protect trust and holiness in marriage by setting boundaries with people outside the relationship.

In honour of **Boris Tetleroyd**, a devoted family man and gifted musician.



## 13. Kindness for Its Own Sake

Quietly perform an act of kindness to brighten someone else's day, without expectation of recognition or return.

In honour of **Adam Smyth**, a true mensch—generous, kind, and always giving without expecting anything in return.





## 14. Values at Bedtime

Read your children bedtime stories that teach positive moral lessons, encourage good behaviour, build character and inspire integrity.

In honour of **Tania Tretiak**, a grandmother who loved her family.

Use QR code for suggested children's books.



## 15. Legacy of Life

Choose to bring more children into the world in place of innocent lives lost to carry forward their light, or mentor and support children already in the world so that they can fulfil their potential.

In honour of **Matilda Bee Britvan** (age 10), a radiant child who brought light and joy.

## Other Mitzvah Options

Do not feel limited to the 15 good deeds listed above. Here are some other suggestions.

### Kindness to Animals

Care for your pets—feed them and tend to their needs—before sitting down to your own meal.

### Be Friendly

Greet others with a smile and a kind word.

### Favourable Judgment

When someone irritates you, say one possible positive explanation for their behaviour—quietly to yourself.

### Pause Before Anger

If you feel anger rising, pause for 30 seconds before responding.

### Guarding the Eyes

Today, intentionally scroll past or look away from an image that objectifies the human body.

### Eat with Awareness

Before eating, pause briefly and acknowledge that this food sustains life.

### Learn One Moral Teaching

Before going to sleep, read or listen to one short verse, teaching, or thought about living better.