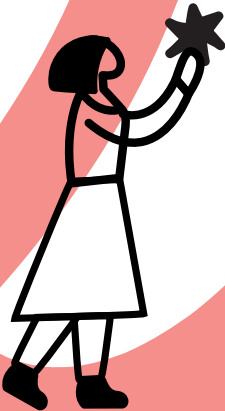


COLLECTIVE ACTION & JEWISH VALUES



VALUE

HUMAN DIGNITY

Kavod Habriyot

This session empowers participants to engage in meaningful collective service, rooted in the Jewish value of **human dignity**, *kavod habriyot*. As a cohort, you will explore how **volunteering together strengthens your bonds with each other and your wider community**. Inspired by the themes of **Tisha B'Av**, you will take the first step toward planning a group action project, reinforcing the idea that service is a powerful response to division and disconnection.

To continue this work beyond the session, you will find at the end of this session an adapted version of **Repair the World's Nurturing a Lifetime of Volunteering** toolkit to bring home. This resource is designed to help inspire and guide your family to take meaningful action together, making service an ongoing part of your lives.



For those looking to deepen their leadership and impact, the **Momentum Fellowship** provides an opportunity to cultivate skills in community-building and Jewish values-driven action.



TIMELINE: 90 MIN

BEGIN WITH INTENTION | 5 MIN

HEALING DIVISIONS THROUGH COLLECTIVE ACTION | 30 MIN

CHOOSING A COLLECTIVE ACTION PROJECT | 35 MIN

ROLES AND RESPONSIBILITIES | 15 MIN

END WITH MEANING | 5 MIN



WHO LEADS THE SESSION

This session is interactive and participant led. As the Community Leader, your role is to guide the structure, but participants take ownership of different elements.

- 2-3 participants lead small group discussions on baseless hatred (*sinat chinam*) and the Jewish value of human dignity (*kavod habriyot*).
- 2-3 participants help coordinate logistics and follow up after the session.
- Choose one participant to lead the final reflection and commitment exercise.

Encouraging shared leadership deepens engagement and models the idea that leaders create leaders.



TOGETHER, YOU WILL:

- Reflect on the impact of group service in strengthening relationships and healing divisions
- Explore Repair the World's resources for meaningful service
- Identify a volunteer project that we will commit to doing as a group in the coming weeks
- Leave with a clear plan and a shared commitment



FACILITATOR PREPARATION

- Review the session in full. Be familiar with the flow, timing, and transitions.
- Preview the Jewish text study connected to Tisha B'Av and *kavod habriyot*. Practice offering a short explanation or framing if participants need support.
- Familiarize yourself with the adapted Repair the World toolkit so you can explain how participants might use it with their families.
- Have collective action ideas ready to help spark discussion if needed.



MATERIALS FOR THIS WORKSHOP

- Pens and paper or journals for individual reflection and note-taking
- Sticky notes or index cards for participants to brainstorm project ideas
- Large sheets of paper or whiteboard + markers for group idea sharing and clustering
- Sticker dots or colored markers for the dot voting activity

PART I

HEALING DIVISIONS THROUGH COLLECTIVE ACTION



30 MIN

Meaningful Moments of Service

10 MIN

Ask: **What is a volunteer experience that had a lasting impact on you?** If a past experience doesn't easily surface, reflect instead on a time when someone else's act of service made a difference in their life.

Share in pairs, then discuss as a full group:

What made these experiences meaningful? What do they teach us about the power of collective action?

Jewish Learning & Discussion: From Division to Connection

20 MIN

Explore the text study on page 24. Invite a group member to read or describe the background about the Tisha B'Av connection. Then explore the text in small groups or all together.

PART II

CHOOSING OUR COHORT'S COLLECTIVE ACTION PROJECT



35 MIN

Ask & Reflect

5 MIN

What are the pressing needs in our local Jewish community, in Israel, and beyond? Here are some ideas for inspiration:

- **Supporting food security:** Volunteering at a kosher food pantry, organizing a community Shabbat meal for families in need, or preparing meals for a local Jewish senior center.
- **Strengthening Jewish-Israel connections:** Partnering with an Israeli organization to send care packages to IDF soldiers, writing letters of support to Israeli families affected by recent events, or organizing a local event to educate the community about Israel.
- **Supporting Jewish seniors:** Visiting residents in a Jewish nursing home, organizing a holiday celebration at a Jewish assisted living facility, or delivering Shabbat candles and challah to homebound elders.
- **Elevating Jewish joy and pride:** Organizing a festive community Havdalah, or a "Jewish Culture Day" event showcasing music, food, and traditions to strengthen identity and combat antisemitism.
- **Helping refugees and newcomers:** Assisting with resettlement efforts for Ukrainian or other Jewish refugees, mentoring new Jewish immigrants, or helping a local Jewish Family Services program provide support for those in transition.
- **Environmental action in a Jewish context:** Leading a synagogue garden project or helping clean and restore an old Jewish cemetery in need of care.

Have participants individually jot down at least one idea for a volunteer project they would be interested in doing based on a Jewish communal need they care about.

PART II

CHOOSING OUR COHORT'S COLLECTIVE ACTION PROJECT

Share Ideas

10 MIN

- Go around the room and invite each person to share one idea.
- Write all ideas on a large sheet of paper.
- As a group, cluster similar ideas together into main themes (e.g. supporting Israel, elderly care, cultivating Jewish pride, etc.).

Narrowing Down to 3-5 Ideas

10 MIN

- Read through the clustered ideas aloud.
- Ask: Which of these projects feels most exciting and doable as a group?
- Encourage participants to consider impact, feasibility, and alignment with Jewish values.

Dot Voting

5 MIN

- Give each participant two votes. They can put both on one idea or split them.
- Have them mark their top choices using sticker dots or markers.
- Circle the three ideas with the most votes.
- If there is a tie, have a brief discussion and a quick runoff vote.

Final Vote

5 MIN

Do a simple majority vote to choose one project that the group will commit to. If needed, discuss any final concerns or ways to make the chosen project more inclusive.

PART III

ROLES AND RESPONSIBILITIES



15 MIN

Create Teams

5 MIN

Create small teams based on the following roles, or roles of your own devising. Each participant should choose a role based on her interests and strengths.

- **Coordinators:** Oversee the overall planning, ensure smooth communication among participants, and keep the group on track with next steps and deadlines.
- **Logistics:** Secure necessary materials, coordinate with partner organizations or venues, and confirm all logistical details for the volunteer project.
- **Storytelling:** Document the experience through photos, videos, or written reflections, facilitate a post-project discussion or journaling exercise, and share insights on the Momentum Action Network or within the broader community to inspire future action.
- **Impact:** Lead the group in reflecting on the experience, connect the project to Jewish values, and help ensure the meaning of the work extends beyond the day of service through discussion, personal takeaways, and next steps when the group gathers again.

PART III
ROLES AND RESPONSIBILITIES

Team Check In

5 MIN

Discuss next steps for your given role and how and when you will next be in touch to move the project forward.

Confirm Responsibilities

5 MIN

Each team shares their next step with the full group. Set a check-in date for finalizing details before the project.

PART IV
CLOSING



5 MIN

Jewish tradition teaches that repairing the world is a shared responsibility. Through this project, we are not just doing good, **we are strengthening our bonds with each other and making a lasting impact in our community.**

Read Pirkei Avot 2:16 aloud: *You are not required to complete the work, but neither are you free to desist from it.*

Remind participants of next steps and logistics. Don't forget to share your action with the Momentum Action Network!

Invite each participant to use the Repair the World toolkit to adapt elements of the process we explored together, engaging their family in acts of kindness and repair to better their community and the world.

Continue the Journey

Looking for more ways to stay engaged? Join a Yomm journey and deepen your impact! Scan the QR codes below:



Voices for Action
with Debra Messing and
Montana Tucker



Lead Like a Mensch
with Michal Oshman



Unlocking Greatness
with Charlie Harary



About Our Content Collaborator

Repair the World mobilizes Jews and their communities to take action to pursue a just world, igniting a lifelong commitment to service.



TEXT STUDY

From Division to Connection

Background

Tisha b'Av is a day of mourning that marks the destruction of both the First and Second Temples in Jerusalem, two pivotal events in Jewish history.

The First Temple, built by King Solomon around 957 BCE, stood as the heart of Jewish worship until its destruction by the Babylonians in 586 BCE. This marked the beginning of the Jewish exile, scattering the people from their homeland and leaving them without a central place to worship.

When the Jewish people returned from exile in 516 BCE, the Temple was rebuilt. For nearly 600 years, the Second Temple stood as a symbol of Jewish strength and unity. But in 70 CE, the Romans destroyed it, not only demolishing the physical structure but also ending Jewish self-rule in the land of Israel and beginning a long period of dispersion.

The Talmud teaches that the destruction of the Second Temple was caused by *sinat chinam*—baseless hatred among the Jewish people. *Yoma 9b* explains: “*Why was the Second Temple destroyed? Because of sinat chinam.*” This teaching reveals that it wasn’t external forces that caused the downfall, but the internal divisions and hatred within the community. The people’s unfounded animosity toward each other fractured their unity and led to the Temple’s fall.

Texts

Rav Kook taught: If we were destroyed, and the world with us, due to baseless hatred (*sinat chinam*), we shall rebuild ourselves, and the world with us, through unconditional love (*ahavat chinam*).

Rav Noah Weinberg taught: Baseless hatred is when you hate someone because their mistakes are different than yours. The opposite is not unconditional love (*ahavat chinam*) but love with a purpose (*ahava b’kavana*) — which means the ability to see what we can love about each person, despite our differences.

Reflect

- The texts suggest rebuilding relationships and communities through purposeful love and the ability to appreciate others despite differences. Share an example of a time when focusing on what you valued in someone helped you strengthen a connection or overcome a disagreement. How does this approach resonate with Rav Kook’s and Rav Weinberg’s teachings?
- In what ways can acts of kindness, service, and dignity counteract baseless hatred and help heal division in our families and communities?

BRING THE LEARNING HOME

Toolkit



This guide¹ adapts the Repair the World “Nurturing a Lifetime of Volunteering” toolkit for families with children of all ages, including young adults. It emphasizes the transformative power of volunteering through Jewish values, reflective practices, and meaningful engagement with service.

Introduction: Why Volunteer as a Family?

Volunteering offers families a powerful way to model compassion, engage with community needs, and live out Jewish values. It fosters empathy, strengthens family bonds, and nurtures a lifelong commitment to service. Judaism repeatedly emphasizes the importance of caring for others, rooted in values like *chesed v'tzedakah* (generosity), *kavod habriyot* (human dignity), and *hakarat hatov* (gratitude).

Step 1: Identify Your Family’s Values and Motivation for Service

REFLECT AS A FAMILY

- Discuss: What does volunteering mean to us? Why is it important for our family to serve together?
- Share with your children your past experiences with service and its impact on your values.

INCORPORATE JEWISH VALUES

Read and reflect on one or more of the following texts. Explore how this teaching can inspire your commitment to upholding human dignity.

- Love your fellow as yourself. - Leviticus 19:18
- Learn to do good; seek justice. - Isaiah 1:17
- Do not judge your fellow until you are in their place. - Pirkei Avot 2:4
- Create a Family Covenant
- Draft a simple statement outlining your family’s commitment to volunteering and the values that guide it. Display this as a reminder of your shared purpose.

Step 2: Choose a Volunteer Opportunity

EXPLORE LOCAL NEEDS

- Brainstorm community issues that resonate with your family.
- With support from your Community Leader and online resources like volunteermatch.org, identify opportunities that are:
 - Established: Run by a reputable host organization.
 - Direct: Provide face-to-face interaction with those served.
 - Ongoing: Offer consistent, sustained engagement.

COLLABORATE

- Involve your children in researching and selecting a volunteer site to ensure their investment in the project.

¹ Adapted by Jessica Berkowitz

BRING THE LEARNING HOME

Toolkit



CONSIDER AGE-APPROPRIATE ROLES

- **Younger children:** Activities like packing food or creating care kits.
- **Teens:** Tutoring, serving meals, or environmental restoration.
- **College-aged young adults:** Mentorship programs, advocacy, or skills-based volunteering.

Step 3: Make Volunteering Meaningful

GROUND SERVICE IN REFLECTION

- **Before volunteering,** set an intention (kavana) as a family. Example: “We aim to approach this service with open hearts and a commitment to dignity.”
- **After volunteering,** reflect together using these prompts:
 - What surprised you about this experience?
 - How did it feel to help others?
 - What did you learn about yourself or your community?

For younger children, guide the reflection toward gratitude and awareness of abundance: How do you think about what you **need** versus what you **want** in life?

EMPHASIZE DIGNITY

Discuss how to honor others through respectful actions and words, ensuring that service strengthens human dignity rather than reinforcing inequities.

CELEBRATE SERVICE

Mark milestones, such as completing a project, with a family ritual or creative keepsake (e.g., a celebratory Shabbat, a photo book or written reflection).

Step 4: Continuing the Journey

DEEPEN IMPACT

- Discuss the root causes of the issues you addressed and how your family can continue to make a difference.
- Explore additional ways to contribute, such as advocacy or financial support.

COMMIT TO REGULAR SERVICE

Have a discussion with your kids and ask them: How often should we come together as a family and do this? Be ready to commit to what you as a family agree to.

SHARE YOUR STORY

Inspire others by sharing your experiences with friends, your Jewish community, and on social media.