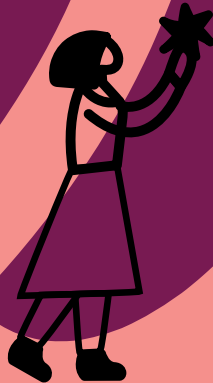


SESSION

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Collective Action & Jewish Values

July • Tisha B'Av



JOURNEY OF GROWTH
Exploring Jewish Values
and Inspiring Action

In partnership with



Ministry for Diaspora Affairs
and Combating Antisemitism

This session
was created in
collaboration with



**Repair
the World**

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.

TIMELINE: 90 MIN

BEGIN WITH INTENTION | 5 MIN

HEALING DIVISIONS THROUGH COLLECTIVE ACTION | 30 MIN

CHOOSING A COLLECTIVE ACTION PROJECT | 30 MIN

ROLES AND RESPONSIBILITIES | 15 MIN

BRING YOUR LEARNING HOME | 5 MIN

END WITH MEANING | 5 MIN

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



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.

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



MATERIALS FOR THIS WORKSHOP

- Pens and papers or notebooks for individual reflection and note-taking
- One whiteboard or flip chart and markers for capturing group project ideas



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*.
- Familiarize yourself with the adapted Repair the World toolkit so you can explain how participants might use it with their families.



VIDEO GUIDE

Want a helping hand (and heart) from Momentum Educators on how to facilitate this session? Follow this QR code to access the **training video** library:



PART I

Begin with Intention

5 MIN

Looking for ways to start your session with purpose?

Turn to p. 4 for simple, meaningful ideas to open your gathering with presence, connection, and shared energy.

PART II

Healing Divisions Through Collective Action

30 MIN

Meaningful Moments of Service

10 MIN

Ask participants:

What is a volunteer experience that has stayed with you and shaped the way you think about responsibility or care for others?

Offer an equal entry point by adding: You might also reflect on a moment when you witnessed an act of service that inspired you or moved you, even if it did not directly affect you. Sometimes what changes us most is seeing what is possible through someone else's actions.

Frame this as a way into the larger question the group is holding: why collective action matters, especially when life is already full. These stories help surface how individual acts ripple outward and point naturally toward what becomes possible when we act together.

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

Jewish tradition teaches that repairing the world is a shared responsibility, not the work of a single hero or a single moment. It is sustained through relationships, trust, and showing up alongside others over time. Through our work today, we are not only responding to a concrete need. We are practicing what it means to belong to one another, to act as a cohort, and to see ourselves as part of a wider web of responsibility within the Jewish people and the broader community.

Read Pirkei Avot 2:16 aloud:

You are not required to complete the work, but neither are you free to desist from it.

Frame the teaching:

This line offers both relief and a charge. We are not asked to fix everything, or to carry the weight of the world alone. At the same time, opting out is not an option. Our responsibility is to take a step, to contribute what we can, where we can, together. Collective action allows us to hold that tension honestly. No one has to do everything, but everyone has a place in the work.





PART II

Healing Divisions Through Collective Action

Frame the purpose before introducing the text study:

Jewish tradition often uses moments of national crisis to ask not only what went wrong, but how a community rebuilds itself afterward. As we think about taking collective action together, Tisha B'Av offers a lens for understanding how internal fractures weaken a community and what helps restore it.

Introduce the Tisha B'Av connection:

The destruction of the Temple is traditionally linked to *sinat chinam*, baseless hatred, not as a historical blame game, but as a teaching about what happens when relationships break down inside a people. The rabbis argue that a society cannot sustain itself when dignity, trust, and responsibility for one another erode.

Transition to a question for conversation:

If baseless hatred leads to destruction, then rebuilding begins with actions that strengthen human dignity, care, and connection. As we think about the collective action we want to take as a cohort, ask: What would it look like to act in ways that restore dignity and connection in our community right now?

PART III

Choosing Our Cohort's Collective Action Project



30 MIN

By the end of this section, we will identify two to three possible projects to explore further, not one final decision. Today's goal is shared direction. We will narrow the field together using clear criteria, assign outreach roles, and set a concrete follow-up plan for choosing one project to move forward as a cohort. This session prepares us for collective action. Our final project will be chosen together after outreach, informed by real needs, and shared learning.

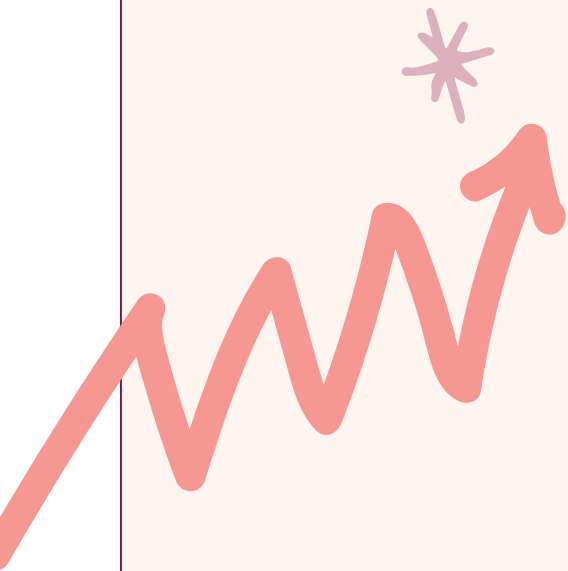
Frame the why before the how: Collective action is not about adding another obligation to already full lives. It is about choosing to be agents of hope together, responding to real needs in ways that are sustainable, relational, and grounded in Jewish values. Acting as a cohort allows small, individual capacities to add up to something meaningful, visible, and shared. This section helps the group move from inspiration to responsible action.

Seven Steps for Responsible Service

Repair the World teaches that effective service follows seven steps:

- Begin with humility,
- Learn the landscape,
- Match skills with needs,
- Reach out to organizations,
- Ground the work in Jewish learning,
- Reflect, and
- Plan next steps.

In this session, we will actively practice Steps 1–3 together and set up a clear process for Steps 4 and 5. No one is expected to complete the work alone. Each step builds toward a shared decision that will be made by the cohort after outreach is complete.



PART III

Choosing Our Cohort's Collective Action Project

Step 1: Begin with Humility

Service begins with anavah, humility. Being an agent of hope does not mean deciding what others need. It means entering existing ecosystems of care and asking how we can strengthen what is already underway. Humility keeps our action responsive rather than performative.

Step 2: Learn the Landscape

Hope is most powerful when it is informed. Before choosing a project, we take time to understand real local needs, within the Jewish community and beyond. This includes:

Researching issue areas, such as:

- What does food insecurity look like in our city?
- Who is most impacted, and why?
- How many Jewish seniors in our area live alone?
- What mental health challenges are teens facing right now?
- What pressures are local Jewish institutions navigating?

Identifying organizations already doing the work, such as:

- Local Jewish Family Service programs
- Food pantries
- Homebound elder support programs
- Organizations serving Jewish refugees
- Environmental initiatives connected to Jewish spaces or cemeteries
- Volunteer-run burial societies
- Holocaust survivor support programs

Invite participants to call out organizations they know. Capture these on the board to make visible the ecosystem of care that already exists.

Step 3: Match Skills and Passions with Needs

Collective action works when people can show up as themselves. Reflect on your cohort's skills, networks, time capacity, and passions, and place them alongside the needs you have identified. The goal is not to do everything, but to choose one place where your cohort can make a real difference together.

Step 4: Create a Shortlist and Assign Outreach Roles

As a group, narrow the ideas on the board to two or three options using the following criteria:

- The project addresses a real, articulated need.
- The cohort can realistically participate together within the next three months.
- The work strengthens dignity and connection, not just output.
- There is an existing organization open to partnership.



PART III

Choosing Our Cohort's Collective Action Project

Narrow the options to a short list. Each woman takes responsibility for one realistic possibility and reaches out to the relevant organization to ask what support is actually needed, what would be helpful, and what training or logistics are required.

Each outreach lead commits to gathering three pieces of information:

- What support is genuinely needed right now?
- What level of time, training, and commitment is required?
- How could this cohort be most helpful together?

Step 5: Set a Follow-Up Plan

Before closing this session, name the follow-up structure:

- The date and format of the next conversation (Zoom, WhatsApp, or in-person),
- How outreach responses will be shared, and
- How the final project decision will be made.

Invite someone to take on the crucial role of holding responsibility for convening the follow-up and guiding the cohort toward a final, shared commitment.

Reiterate the goal: Our purpose is not simply to act, but to act wisely and together. By choosing collective action, the cohort becomes a shared source of hope, grounded in real needs, relationships, and Jewish responsibility.



PART IV

Roles And Responsibilities



15 MIN

Go around the room. In one sentence, share why showing up for this project matters to you.

This anchors the work in purpose, not tasks. This shared sense of purpose will guide the cohort as it evaluates outreach responses and chooses one project to carry forward together.




PART V
Bring your learning home


 5 MIN

Bring the learning home by inviting your family into the same process you experienced here: pausing, reflecting on what matters most, and choosing a cause to support together. Using the Repair the World toolkit, (on p. 61-62) you can help your children connect Jewish values to real needs and take meaningful action as a family.

PART VI
End With Meaning



 5 MIN


As we close, may this moment remind us that repair begins with showing up and acting with dignity, responsibility, and care for the world we share.

Effective service integrates humility, learning, Jewish wisdom, partnership, reflection, planning, evaluation, and next steps. See this project not as a one-time event, but as the beginning of an ongoing relationship with service and with your community partners.

Head back to p. 4 for thoughtful ways to close your gathering with reflection, gratitude, and a sense of shared purpose.

PART VII
Continue the Journey



 Inspired to turn learning into action? The Momentum Action Network shares stories and inspiration from Jewish women and mothers around the world who are stepping forward in meaningful ways. Explore the [Momentum Action Network](#) to see how others are translating values into action.



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?

REPAIR THE WORLD

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



REPAIR THE WORLD



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.