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Baby Be Kind



BABY BE KIND

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It is written in the Talmud that “Torah begins with kindness and ends with kindness.” Chesed (loving-kindness) is primary to Jewish ethics, and even the littlest among us can take part. Traditional acts of kindness, or gemilut chesed, include visiting the sick, giving charity to the poor, and offering hospitality. You may notice that kindness often happens in relation to someone else – a friend, a family member or neighbor – but you can also be kind to an animal, or even the earth. Gemilut chesed is central to tikkun olam – repairing the world. Even small acts, like helping a friend who has fallen or snuggling up when someone’s cold, can make the world a kinder place.

