

TON

HESSED

Family Schmooze # 4

This week we expanded the idea of *hesed* as bringing hope to the world. While our examples for children had to do with “simple actions” – reaching out to a person you know is lonely, helping a friend with homework, throwing a ball to the family dog extra times, or stepping up to set the dinner table when a parent has a lot to do (we hope some of you might end up being surprised by the latter!) – we used the iconic images of Rabbi Abraham Joshua Heschel walking with Dr. Martin Luther King, Jr in Selma, Alabama to make our point. After the march, Heschel was asked if he took time to pray. His response was that he prayed with his feet (or legs – there are two versions of this quote).



We do *hesed* with our feet and our hands, our heads and our hearts. Heschel would say that *hesed* is a form of prayer. And both *hesed* and prayer bring hope to those doing these acts, as well as to the world. We hope you find ways to continue this conversation at home.

