

Homework Handout 1

Teshuvah (“Return”); Repairing relationships; Apologizing and asking forgiveness.

Think of a person with whom you’ve had a disagreement/conflict/argument that led to your saying or doing something that hurt his/her feelings. Your teshuvah assignment is to contact this person, apologize for hurting them and ask for their forgiveness. Before you contact them, think about what you regret about what you said or did, what you would like to do differently next time and how you want to word your apology. Notice your thoughts and feelings as you prepare to do teshuvah and *while* you are doing it. Be ready to report your experience back to your class.

Homework Handout 2

Tzedakah (“Justice”); Equality; Fairness; Good deeds; Sharing; Social justice; Giving to those in need.

Your tzedakah assignment is to do some form of social justice. Find at least one person who is truly in need of help and either *give* them something or *do* something for them. Notice your thoughts and feelings as you give tzedakah. Be ready to report your experience back to your class.

Homework Handout 3

Tefillah (“Prayer”); Daven; Pray for forgiveness; Relationship with G-d.

Your tefillah assignment is to have a personal conversation with whatever or whoever you believe G-d to be. Just like your teshuvah assignment where you talked with another person, this time you are talking with the Source of the universe, asking for forgiveness and promising to try and do your very best this coming year. Notice your thoughts and feelings as you do tefillah. Be ready to report your experience back to your class.