

## Mitzvah - Good Deed

A Mitzvah - good deed - has intense spiritual energy. Just one good deed has profound effects and brings abundant blessings to those in need.

Here are a few ideas of good deeds you can do:



### Chesed - Kindness

The Talmud teaches, "Charity saves from death". When we show kindness to others, we awaken G-d's kindness. Traditionally, charity is given in multiples of 18, the numerical value of the Hebrew word Chai (life). A good idea is to place a charity box by the patients bedside so spare change can be dropped in. Kindness can be shown in many ways, and we can show this through simple deeds such as greeting others and offering our help and support.



### Tefillin - Kindness

Tefillin, the black leather boxes with portions of the Torah inside, are an important Mitzvah for every Jewish male over 13 years old. Consult your Rabbi if you have any questions or require assistance.



### Torah

The Torah is the vastness of Jewish thought. You may be on bed rest, but you can still exercise your mind and soul. There is a wide array of Jewish literature you can use to learn new Torah thoughts. For more resources, visit [www.jewishhouse.org.au/hospital](http://www.jewishhouse.org.au/hospital)



## Hospital Chaplaincy

- On-call to hospitals across NSW 24/7
- Pastoral and spiritual support to patients, their families and health care staff.
- Coordination of referrals to other agencies, linking people back into the community
- Advice on end-of-life planning

## Crisis Services

- 24/7 Crisis call line
- Mediation
- Pastoral Care
- Counselling
- Case Management
- Accommodation
- Groups & workshops
- Pastoral care & Chaplaincy
- JH Kids
- Psychology
- Employment support
- Addiction support
- NDIS accredited

## Kosher Food

Kosher food is available at most hospitals. Upon admission and at any time you should be able to request kosher food. If there is any problem please contact us at Jewish House.



**Jewish House**  
People helping people

**Contact us:**

02 9386 0770  
[rception@jewishhouse.org.au](mailto:rception@jewishhouse.org.au)  
[www.jewishhouse.org.au](http://www.jewishhouse.org.au)

**24/7 Crisis Line: 1300 544 357**



Dear Friend,

Your wellbeing and health are important to us.  
We visit to bring comfort, goodwill and friendship.

Please know that throughout your stay, we at Jewish House are here for you and your family.  
This booklet provides select prayers you may find meaningful and suggestions of specific Mitzvot - good deeds you can do. We hope you find it useful.

This extract from Rabbi M Schneerson may help you each day:  
*'You cannot add more minutes to the day, but you can utilise each one to the fullest.'*

On behalf of everyone at Jewish House, we wish you a *Refuah Shlema* (speedy recovery) and hopefully we will meet soon at a Simcha or other happy occasion.

Please visit [www.jewishhouse.org.au/hospital](http://www.jewishhouse.org.au/hospital) for more hospital visitation information.

Warm Regards,



**Rabbi Mendel Kastel OAM**  
CEO, Jewish House

*P.S: Sorry if we missed you.  
Please accept our best wishes.*

# PRAYERS

## The Shema

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד:

בְּרוּךְ, שֵׁם כְּבוֹד מַלְכוּתוֹ, לְעוֹלָם וָעֶד.

וְאֶהְבֶּתְ אֶת יְהוָה אֱלֹהֶיךָ. בְּכָל לִבְּךָ וּבְכָל נַפְשְׁךָ וּבְכָל  
מַאֲדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצֻוֶּה הַיּוֹם עַל  
לִבְּךָ: וְשָׁנַנְתָּם לְבִנְיָךְ וּדְבַרְתָּ בָּם. בְּשַׁבְּתְךָ בְּבֵיתְךָ  
וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקִשְׁרָתָם לְאוֹת עַל יָדְךָ.  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכִתְבָתָם עַל מַזְזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ

### Transliteration

Sh'ma Yisroal, ado-nai Elo-hinu, Ado-nai Echod.  
Ba-ruch sheim k'vod mal-chu-to l'o-lam va-ed.  
V'a-hav-ta eit A-do-nai E-lo-he-cha, B'chawl l'va-v'cha,  
uv'chawl naf-sh'cha, u-v'chawl m'o-de-cha.  
V'ha-yu ha-d'va-rim ha-ei-leh,  
A-sheer a-no-chi m'tsa-v'cha ha-yom, al l'va-ve-cha.  
V'shi-nan-tam l'va-ne-cha, v'dibar-ta bam  
b'shiv-t'cha b'vei-te-cha, uv-lech-t'cha va-derech,  
u-v'shawch-b'cha uv-ku-me-cha.  
Uk-shar-tam l'ot al ya-de-cha,  
v'ha-yu l'to-ta-fot bein ei-ne-cha.  
Uch-tav-tam, al m'zu-zot bei-te-cha, uvee-she- orecho.

### Translation

Hear, O Israel, the L-rd is our G-d, the L-rd is One.  
Blessed be the name of the glory of His kingdom forever  
and ever.  
You shall love the L-rd your G-d with all your heart,  
with all your soul, and with all your might.  
And these words which I command you today shall be upon  
your heart.  
You shall teach them thoroughly to your children, and  
you shall speak of them when you sit in your house and  
when you walk on the road, when you lie down and when  
you rise.  
You shall bind them as a sign upon your hand, and they shall  
be for a reminder between your eyes.  
And you shall write them upon the doorposts of your house  
and upon your gates.

## Psalms 23

מִזְמוֹר לְדָוִד ה' רֹעִי לֹא אֶחָסֵר: בְּנֹאוֹת דָּשָׁא יִרְבִּיצֵנִי,  
עַל-מֵי מִנְחֹת יִנְהַלֵּנִי: נִפְשִׁי יִשׁוּבָב, יִנְחֵנִי בַּמַּעְגָּלִי-צֶדֶק  
לְמַעַן שְׁמוֹ: גַּם כִּי-אֶלֶךְ בְּגִיא צַלְמוֹת לֹא-אִירָא רָע כִּי-אַתָּה  
עֲמָדִי, שִׁבְטְךָ וּמִשְׁעֲנֹתֶךָ הֵמָּה יִנְחֲמֵנִי: תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן  
נֶגְדַּ צָרָרִי, דִּשְׁנֶנָּת בִּשְׁמֹן רֹאשִׁי כוֹסֵי רוּיָה: אֵךְ, טוֹב וַחֲסֹד  
יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי, וְשַׁבְתִּי בְּבֵית-ה' לְאָרֶךְ יָמִים

### Translation

A song of David. The L-rd is my shepherd; I shall not want.  
He causes me to lie down in green pastures;  
He leads me beside still waters. He restores my soul;  
He leads me in paths of righteousness for His name's sake.  
Even as I walk in the valley of the shadow of death,  
I will fear no evil for You are with me;  
Your rod and Your staff, they comfort me.  
You set a table before me in the presence of my adversaries;  
You anointed my head with oil; my cup overflows.  
May only goodness and kindness pursue me all the days of my  
life, and I will dwell in the house of the L-rd for length of days.

## Healing Prayer

Hear my prayer, O Lord: and let my cry come before you.  
Do not hide your face from me on the day of my distress;  
incline your ear to me; answer me speedily.  
O Lord, healer of all flesh, have pity on me:  
sustain me by your great lovingkindness on my sick-bed,  
for I am weary.  
Send me relief and healing, with all who are sick among your  
children.  
Give the doctors and nurses wisdom so that my healing may  
come quickly.  
Hear my prayer, prolong my life; let me complete my years in  
happiness, that I may be enabled to serve you and keep  
your commandments wholeheartedly.  
May this be your will.  
Amen.

## Personal Prayer

While we have selected a number of prayers you can say  
your own prayers.

## Shabbat Candles

Shabbat candles are the beautiful way Jewish women and girls  
usher in the light of Shabbat.  
We provide battery candles which can safely be lit in hospitals.  
For candle lighting times, refer to our website.



בְּרוּךְ אַתָּה אֲדֹנָיִי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוָתוֹ וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת קֹדֶשׁ

### Transliteration

Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam  
A-sheer Kide-sha-nu Be-mitz-vo-tav Ve-tzi-va-nu  
Le-had-lik Ner Shel Sha-bbat Ko-desh.

### Translation

Blessed are You, Lord our G-d, King of the universe,  
who has sanctified us with His commandments,  
and commanded us to kindle the light of the holy Shabbat.