

## CORE MIDDOT



### נושא בעל עם חברו

#### NOSEI B'OL IM CHAVEIRO SHARING A BURDEN WITH ONE'S FRIEND

The Torah includes a story of a special friendship between Ruth, who has converted to Judaism, and her mother-in-law, Naomi. The two women face many difficulties together but are able to overcome them, because they support each other. You are a part of a meaningful community. Remember that you have people you can lean on when you need support and that you can support those around you.

### אמיץ לב

#### OMETZ LEV COURAGE

The Hebrew phrase ometz lev (אמיץ לב) translates to "strength" or ometz (אמיץ) of the heart or lev (לב) and often is translated as "courage" in English. In order to express ometz lev, it is important to remember we have the inner strength to choose how we express our emotions. Engaging our inner strength allows us to pause and take control of the behavioral choices we make next.

### קהילה

#### K'HILLAH SOCIAL CONNECTEDNESS

The Hebrew word k'hillah (קהילה) means community. A community is a place where individuals find support. K'hillah reminds us who we care about and the people who care for us. We can support each other in times of joy, in challenging moments and everything in between.

### חסד

#### CHESED HOPE ATTAINED BY REACHING OUT TO ASSIST OTHERS

The Hebrew word chesed (חסד) is often translated as "kindness" or "loving kindness." When we practice chesed, we are showing love and compassion to ourselves and others in an intentional way.

### גבורה

#### G'VURAH SELF AND COMMUNAL EFFICACY

The Hebrew word g'vurah (גבורה) can be translated as "strength" or "power." It is related to the Hebrew word for hero, gibur (גיבור). Those who connect with their own g'vurah see a positive difference made both by the actions of individuals working alone and the community working together.

### סכת שלום

#### SUKKAT SHALOM A SENSE OF SAFETY

The Hebrew phrase sukkat shalom (סכת שלום) means "shelter of peace," a place that generates the feeling of safety and protection. We see this language in the Hashkiveinu blessing recited during evening services, in which we request that God spread over us a shelter of peace, u'fros aleinu sukkat sh'lomecha (ופרוש עלינו סכת שלומך).