



# ONE MITZVAH FOR BONDI

A **LIGHT WILL WIN** INITIATIVE, IN COLLABORATION  
WITH THE NEW SOUTH WALES GOVERNMENT

Choose one Mitzvah (or more) from the list below as a practical step to bring light and hope and healing into the world, in honour of those whose lives were taken at Bondi.



## 1. DAILY GIVING

Set aside a small amount for charity each day. Give through a trusted organisation or a dedicated charity box at home, making generosity a consistent habit.

*In honour of **Ruvien Morrison**, a man of incredible generosity.*



## 2. COMPASSIONATE CONNECTION

Visit, call or message someone who is unwell alone or elderly to offer your genuine support and presence on a weekly basis.

*In honour of **Marika Pogany**, a tireless Meals on Wheels volunteer caring for the elderly and vulnerable.*



## 3. HONOUR YOUR PARENTS

Call a parent or elder relative to check in and perform one action to make their day easier.

*In honour of **Rabbi Yaakov Levitan**, a model of devotion and respect to his parents.*

Rabbi Nochum Schapiro, President of the Rabbinical Association of Australasia, in partnership with the NSW Faith Affairs Council, identified — in consultation with the families — one mitzvah in honour of each of the fifteen victims. The NSW Faith Affairs Council has endorsed the document for distribution across their respective faith communities.



## 4. GRACIOUS HOSPITALITY

Open your home to others. Think of someone who would appreciate being welcomed into your home for a meal or simply to have a chat.

*In honour of **Sofia Gurman**, who expressed love so beautifully through hospitality.*



## 5. MINDFUL DRIVING

Practise kindness on the road by letting others merge, being patient in traffic and offering rides to those in need.

*In honour of **Boris Gurman**, who put the interests of others ahead of his own.*



## 6. PURPOSEFUL REFLECTION

Begin your day at work, school or sport with a meditative moment of silence to reflect on purpose and responsibility.

*In honour of **Rabbi Eli Schlanger**, who saw the potential in every soul he met.*

### SUGGESTED MEDITATION:

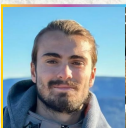
Almighty G-d, help us see the goodness in every person and guide us to live with kindness, integrity, and joy as we fulfil the unique mission each of us is given. Bless us with clarity, courage, and wisdom so that our lives may be a blessing to others.



## 7. FAMILY FIRST HOUR

Put your phone away for at least the first hour you are home. Give your undivided attention to the people you love and care about.

*In honour of **Tibor Weitzen**, who welcomed others with warmth and sweetness.*



## 8. AN ATTITUDE OF GRATITUDE

As you open your eyes in the morning, start your day with a simple sentence of thanks to G-d for the gift of life for everything that you have, and for the natural beauty in the world we live in.

*In honour of **Dan Elkayam**, who carried a deep sense of gratitude for life and for G-d's beautiful world, with a particular love for nature and for travelling to discover new places.*





## 9. PRAYER FOR HEALING

Recite a daily prayer asking for the complete material and spiritual recovery of those injured in the Bondi attack. You could pray this or a similar prayer.

*In honour of Alex Kleytman, who was killed while shielding his wife from gunfire.*

### SUGGESTED MEDITATION:

May Almighty G-d heal those who were injured at Bondi Beach on the first night of Chanukah. May He restore them to health, strengthen and revitalize them, and speedily send them a complete recovery from Heaven. A healing of body, mind and spirit.



## 10. HONEST WORK ETHIC

Work the full time you are paid for. If you take a personal call, stay late to make it up. Don't scroll on your phone while you are working.

*In honour of Peter "Marzo" Meagher, retired police officer, volunteer, and servant of the public.*



## 11. ENCOURAGE OTHERS TO GIVE

If you are an employer, give each employee a coin or bill at the end of the work week inviting them to donate it to a charity of their choice.

*In honour of Edith Brutman, an exemplary employer and a model of generosity.*



## 12. BOUNDARIES OF INTEGRITY

Protect trust and holiness in marriage by setting boundaries with people outside the relationship.

*In honour of Boris Tetleroyd, a devoted family man and gifted musician.*



## 13. KINDNESS FOR ITS OWN SAKE

Quietly perform an act of kindness to brighten someone else's day, without expectation of recognition or return.

*In honour of Adam Smyth, a true mensch—generous, kind, and always giving without expecting anything in return.*



## 14. VALUES AT BEDTIME

Read your children bedtime stories that teach positive moral lessons, encourage good behaviour, build character and inspire integrity.

*In honour of **Tania Tretiak**, a grandmother who loved her family.*



## 15. LEGACY OF LIFE

Choose to bring more children into the world in place of innocent lives lost to carry forward their light, or mentor and support children already in the world so that they can fulfil their potential.

*In honour of **Matilda Bee Britvan** (age 10), a radiant child who brought light and joy.*

# OTHER MITZVAH OPTIONS

Do not feel limited to the 15 good deeds listed above. Here are some other suggestions.

### KINDNESS TO ANIMALS

Care for your pets—feed them and tend to their needs—before sitting down to your own meal.

### BE FRIENDLY

Greet others with a smile and a kind word.

### FAVOURABLE JUDGEMENT

When someone irritates you, say one possible positive explanation for their behaviour—quietly to yourself.

### PAUSE BEFORE ANGER

If you feel anger rising, pause for 30 seconds before responding.

### GUARDING THE EYES

Today, intentionally scroll past or look away from an image that objectifies the human body.

### EAT WITH AWARENESS

Before eating, pause briefly and acknowledge that this food sustains life.

### LEARN ONE MORAL TEACHING

Before going to sleep, read or listen to one short verse, teaching, or thought about living better.



# MEDITATIONS

The following are additional meditations written by Rabbi Tzvi Freeman and suggested for this campaign by Rabbi Nochum Schapiro, President of the Rabbinical Association of Australasia

---

## 1. THE PURPOSE OF CREATION

The mandate of all Creation is stated almost immediately: "Let there be light."  
More precisely, it means: "It should be light."  
That even the darkness itself should become a source of illumination and wisdom.  
And that sacred task was placed in our hands.

## 2. UNCOVERING HIDDEN LIGHT

All the world's problems stem from light being withheld.  
Our role is to restore it.  
Wherever light is found, we must remove its coverings,  
expose it to the world,  
and let it shine to the furthest reaches of darkness—  
beginning with the light you carry within yourself.

## 3. LIGHT IS GIVEN FOR THE DARK

G-d does not give light to be displayed in the middle of the day.  
Light is given in order to accomplish something—  
to enter places that are difficult, unfamiliar, or resistant.  
Take your light into the dark places  
and transform them until they, too, begin to shine.

## 4. NO PLACE IS OUTSIDE OF G-D

When you arrive at a place that seems outside G-d's domain—  
too coarse, too distant, too dark—  
and you feel the urge to flee,  
know this: there is no place devoid of Him.  
Not even here.  
Rejoice in the privilege of uncovering His presence in that place.

## 5. OUR MISSION IS LIGHT

Fighting evil can be necessary, and at times noble.  
But it is not our life's mission.  
Our mission is simpler—and far greater:  
to bring in more light.

## **6. THE PLACE WAITING FOR YOU**

For centuries—perhaps since the beginning of Creation—  
a specific part of the world has been waiting for your soul  
to refine it and restore it.

And your soul, from the moment it was first conceived,  
waited to descend into this world to fulfill that task.

Your steps were guided to that place.

And now, you are there.

## **7. DESPAIR IS A DENIAL OF REALITY**

Despair stands in direct opposition to everything we believe.

It is, in essence, a denial of reality—

a denial that there is a G-d who directs His creation,

who watches over every individual,

and who assists each person in fulfilling their purpose.

## **8. CONFRONTING SADNESS AND DESPAIR**

Sadness is not a crime.

But it can pull a person into a deeper abyss

than many crimes ever could.

Despair is a strategy of the self-destructive forces within us.

Once a person is depressed, anything becomes possible.

Treat despair as a sworn enemy.

Run from it as you would from danger itself.

## **9. ACTING YOUR WAY TO JOY**

You may ask, "How can I be joyful if I don't feel joy?"

While you cannot always control your emotions,

you can control your thoughts, your words, and your actions.

Think good thoughts.

Speak positive words.

Act as a joyful person acts—even if the feeling has not yet arrived.

In time, the inner joy of the soul will break through.

## **10. FROM SELF TO SERVICE**

If you focus on yourself all day,

depression is almost inevitable.

Set aside time each day to think about those who need you.

Not about what you need—

but about who needs you.

## **11. A LIFE THAT MAKES AN IMPACT**

A passive life breeds anxiety.

A healthy life is an active one—

a life that makes a difference,

uplifts others,

and continually brings more light into the world.





