



#1 Avodah/Service

“Body-Busting” Exercises

to help

Achieve Self-Mastery

and

Release the Voice of the Neshama

- Daven for one other person’s well-being.
- Set your alarm 5 minutes earlier than normal.
- Find one person a day and serve one of their needs without being asked.
- Recite appropriate blessings after eating (see ArtScroll siddur page 200).
- When saying Grace After Meals, use a siddur or bentcher instead of reciting it by heart.
- If you don’t own tefillin, buy a pair or start saving towards one.
- If you own tefillin but don’t know how to don them, contact Rabbi Feldman or Rabbi Freundlich for a private lesson.
- If you know how to wear tefillin but don’t regularly, do so every day for a week.
- If you don’t attend minyan during the week, do so once in the next week.
- If you are a regular minyan attendee, take 3 days and don’t miss a single minyan (morning, afternoon and evening).
- If you are a regular at all 3 services, don’t be a minute late for 3 days in a row.
- Study one chapter a week of Mesillat Yesharim - Path of the Just - by Rabbi M.C. Luzatto (English translation available at www.shechem.org/torah/mesyesh/1.htm). Then, participate in Rabbi Feldman’s weekly half-hour conference call, Thursdays at 9:30 pm, to discuss the content of the weekly chapter and apply it to your life. Introduction will be covered this week. Call 270-400-1500 and use access code: 289260.

Notice your body,

Notice your soul,

Listen for who rules at any given moment