

Bikur Cholim Takeaway

😊 Here are some things you can do for someone who is unwell:

- Make time for a phone call.
- Make and send a “get well soon” card.
- Visit them either at home or at the hospital.
- Cook and deliver a meal.
- Put together a care package with things for them to do in bed (crossword puzzles, a book/magazine, a movie, a board game, etc).
- Write your own prayer for them. Say it either at home or in services.
- Be a good listener.

😊 Here are some additional texts you can study as a family. These texts highlight how Jewish tradition describes the *mitzvah* of visiting the sick:

- “God visited the sick, as it is written, ‘And Adonai appeared to him by the terebinths of Mamre.’ So you must visit the sick” (Babylonian Talmud, Sotah, 14a).
- “Whoever visits the sick takes away one-sixtieth (1/60) of his/her distress” (Babylonian Talmud, Nedarim, 39a).
- Visiting the sick is considered a religious duty without limit (*Shabbat* 127a, Talmud).

😊 Here are some other ideas and suggested videos:

- Volunteer time at Cedar Village. Call them and ask how you can be helpful.
- Make cheerful cards and deliver them Cincinnati Children’s Hospital for patients.
- Donate tzedakah to Jewish Family Services (JFS). JFS visits and helps sick and lonely people all around Cincinnati.
- Grow out your hair and donate it to Locks of Love or Pantene Beautiful Lengths.
- Collect books and donate them to a hospital.
- Sign-up and walk in a walkathon that raises money for a cause you care about.
- Videos:
 - The Best Medicine: Bikur Cholim - An everyday Jewish Idea for Kids
 - Bikur Cholim (Visiting the Sick) A Parenting Idea for Jewish families