

Sinat Chinam, Ahavat Chinam
Tisha B'Av Peulat Eidah
Magshimim 2010

1. Song: Im Eshkachech Yerushalayim
 - a. Counselors teach Im Eshkachech Yerushalayim to the eidah

2. Small Group Discussions: Sinat Chinam, Ahavat Chinam
 - a. Split into pre-arranged groups
 - b. Introduce the idea of sinat chinam
 - i. The Talmud explains that the First Temple was destroyed due to three sins: idol worship, sexual immorality, and murder. The Second Temple is said to be destroyed due to sinat chinam. Sinat chinam means baseless hatred: hatred that exists for no real reason, 'just because'.
 - ii. The First Temple was rebuilt after , while the Second Temple has not yet been rebuilt after . Do you think that sinat chinam is a more serious sin than the sins that the First Temple was destroyed on account of?
 - iii. Have you ever personally witnessed sinat chinam? At school, at camp, between strangers?
 - iv. How can you prevent sinat chinam?
 - c. Introduce the idea of ahavat chinam
 - i. Now, let's talk about the opposite: ahavat chinam, baseless love. Showing kindness and caring toward other people, 'just because'.
 - ii. Have you ever witnessed ahavat chinam? At school, at camp, in your family or community, between strangers?
 - iii. What can you do to spread ahavat chinam?

3. Project: Ahavat Chinam Cards
 - a. Explain that everyone is going to randomly get the name of a person in the eidah. Your task is to make a nice card for that person. Write something nice to them: a joke, a compliment, a picture, etc. (Do not trade names: the point is that it is random.)
 - b. Pass out paper, markers, and names

4. [If there is time/attention span...] Song: Veahavta Lereyacha
 - a. Bring all the groups back together. Play song: Veahavta Lereyacha by Yeshiva Boys
 - i. Briefly explain the message: Rabbi Akiba said, "You shall love your neighbor as yourself. This is an important rule in the Torah." Out of all the commandments and ideas in the Torah, this is the one Rabbi Akiba chose to emphasize. It is not "love your friends as yourself", but your "neighbor", all the people around you. [Feel-good ending optional:] We hope that as you move into second session, you remember to treat all of your eidah-mates with kindness, respect, and ahavat chinam.