

Coping With Tragedy
Fighting Terror With Kindness

By Shmuel Greenbaum
info@TraditionOfKindness.org

Kindness has been my personal response to terror. My wife, Shoshana, was murdered by a suicide bomber. She was one of over 100 victims that were killed or injured on August 9, 2001 at the Sbarro restaurant in Jerusalem.

Sometimes I wonder whether telling my story can really help others. Since, the way I am coping with tragedy is so different than the norm, would anyone else understand it?

Many of the rabbis that came to visit me told me a story about a carpet. "Sometimes you only see the knots on the back," they said; "Only later do you see the beautiful design on the front." I thanked them for coming and explained that I see the beautiful design now. I see the "big picture."

I have always been interested in the "big picture" – in how to make the world better. Since I was a kid, I always liked to tackle these big problems by assembling a group of experts to solve them. As a teenager I designed a system to tap hydroelectric power from the wastewater of apartment buildings. I contacted a local engineering school and assembled a team of academicians to prepare the plan for the US Department of Energy.

After my wife's violent murder, I began a project to teach people how to be kinder. The project has just started to take off. At the moment, we have more than 40,000 subscribers on six continents to our "Daily Dose of Kindness" e-mail. Everyone who signs up for this e-mail list is also automatically signed up as an advisor. As I said before, I like having many advisors. Right now, I have over 40,000 "Kindness advisors".

Last week, one of my Kindness advisors sent me an e-mail link to an article in the New York Times about how medical researches have found that acts of kindness stimulate the brain in the same place that physical pleasures do. So now medical researchers have shown that doing kindness causes enjoyment. From this you can see one way that I cope with tragedy – I receive tremendous pleasure by promoting kindness.

My favorite author on kindness is Zelig Pliskin. In his book Kindness, he presents eighty-five techniques to find new opportunities to do kindness by improving yourself and improving the world around you. In one chapter he explains how you



can feel the thrill of an international sports victory every day if you visualize 100,000 people applauding for you and cheering you on when you do an act of kindness. Studies have shown that our hormonal system has actual biochemical responses even though the victory is totally a figment of our imagination.

Shortly after my wife's death, I prayed with great intensity to G-d to help me to make the world better. From the feedback I am getting from my kindness projects, it is clear that my prayers are being answered and that I am helping to make the world a little kinder – one person at a time. This feeling of Divine assistance combined with the biochemical responses to my imagined victory has given me tremendous emotional strength.

Join Us!
Be a "Partner In Kindness."
Visit our websites:

English:

<http://www.TraditionOfKindness.org> (Daily Jewish e-mail)

<http://www.PartnersInKindness.org> (Weekly Non-Sectarian e-mail)

French:

http://groups.yahoo.com/group/Potentiel_de_Bonte (Weekly e-mail)

Spanish:

<http://espanol.groups.yahoo.com/group/LapracticadelaBondad/> (Weekly e-mail)

Portuguese:

<http://br.groups.yahoo.com/group/ParceirosNaBondade/> (Weekly e-mail)

I imagine that I am the only terror victim that does not focus on anger and hatred. I give a completely positive talk through a series of stories. I love telling stories and playing up the emotions to the crowd and my audiences love it as well. Most of the participants come away feeling very positive and excited about doing something great.

It is only human to compare your life to the lives of others. When I speak, many of the participants put themselves in my position and wonder how I can be so positive. We usually discuss it in the questions that they ask afterwards. My positive outlook in the face of tragedy and the discussions afterward are the most important part.

Everyone has tragedies in their lives at one time or another. Some of these include: the breakup of relationships, the loss of loved ones, illness, poverty, and loneliness. The goal of my talk is to teach the audience how to transform the negativity of tragedies into something tremendously positive.

The feeling of terror is paralyzing. People ! around the world and in Israel feel helpless and alone. We got a small glimpse of this after 9-11.

I discuss the way that I have transformed the horrible feelings brought about by terrorism into something beautiful by creating programs to teach kindness.

I talk about the effects our kindness e-mails have on Jews living in Israel. Thousands of our subscribers in Israel are using the e-mails to not only cope with the fear of Terror, but to become more sensitive and caring. The e-mails are helping them to make the world better.

I get e-mails all the time from people in Israel telling me that they had lost hope in humanity and were paralyzed.

When I spoke in Florida a few months ago, a major Israel activist told the audience that h! e finds it very difficult to read news about Israel (he reads several hours of it every day). He explained that! our e-mails help him to cope with the sad new. They totally change his attitude from fear and hopelessness to happiness and the desire to do great things.

The Daily Dose of Kindness e-mails are helping people around the world to not only cope with difficult circumstances, but to grow in their connection to the Jewish people and in their ability to help others.

The e-mails allow people to put their lives in prospective. They show people that

there are people all over the world who have less than they do and who know less than they do but who give of themselves more.

Everyone wants to know how to understand "the situation" in Israel and what they can do to help. Our e-mails are helping. They do not cost a penny and take almost no time from any of the participants.

In my travels around the world, I can see that the e-mails are making Jewish leaders around the world stronger and capable of accomplishing much greater things with their new positive attitude towards the world.

To get an idea of the impact of my talk, here are some comments from students in a New York public High school. I also provided comments from our readers around the world. The most important part of my talk is actually not my talk, but the questions that the audience asks. As you can see below people are very moved by it.

I like to speak from 20 – 35 minutes (depending on how much time the audience has) and take questions for at least 10 minutes (I have taken questions for 45 minutes when the time was available).

If you would like to do a very easy, but powerful act of kindness, forward the e-mail below to friends and relatives. If you know of any groups that are interested in having me speak, I don't charge a fee, other than travel from New York (if I am not already in your area).

Wishing you blessings for all good things,

-Shmuel Greenbaum

Comments from High School Students

I enjoy speaking to audiences of all ages here are some comments from high school students:

You came to my high school, Wauwatosa West (Wisconsin) on Friday (May 20th), and I just wanted to say thanks for being inspiring! I was amazed at your personal strength in dealing with tragedy by having a positive impact, and I signed up for the weekly emails so I can (hopefully) go through life constructively, and spread kindness. I was also interested in what you were saying about television- I think it's an idiotic way to ignore life. Are you really writing a book about it, or were you just joking?

Thanks again for coming!

Most Influential Speaker

Thirteen months ago, my mother was involved in a hit and run while crossing the street. Fortunately, my mom suffered only a bruise on her right leg. The first few minutes when I received the news, however, I was uncertain of the outcome. Therefore, I cursed God and the man who hit my mother, with enough rage to kill him if I received the chance. Today, I could say that if a member of my family or if a close friend were to be murdered, I would seek revenge through violence or at least, displaced anger. I cannot fathom anyone else would think differently. A few days ago, Shmuel Greenbaum proved me wrong.

Mr. Greenbaum was a guest speaker whose wife was murdered by a suicide bomber a year ago. Instead of anger, he responded with kindness. In fact, he was so full of kindness that he proposed an idea to the MTA for posters encouraging kindness to be put in trains and buses. Mr. Greenbaum even started a program called Partners in Kindness. His story truly produces astonishment for anyone who hears it.

Mr. Greenbaum didn't influence me in that he convinced me kindness was the perfect way to combat hatred. His session in the lecture hall made me realize that if the students are the future, then we will be nothing more than a few hundred stubborn faces in the ranks of power, with ignorance impeding their usefulness. –
Stuyvesant High School, New York, New York

Response to Guest Speaker

I admire the goals that Mr. Greenbaum seems to want to achieve. I do believe that in the ideal model of society people would be willing to respond to each other with kindness instead of mistrust, fear, and hatred. Yet I am skeptical, as I'm sure most people are, of the likelihood that such a change will take place in the foreseeable future. It is optimistic, perhaps even naïve, to expect people who have lived in the world as we know it today to set aside their reservations and embrace a "good

deed" policy.

My principle criticism is that most people just do not have the luxury of "rising above" their fears. In so many parts of the world there are people who are perpetual victims of injustice, tyranny, and oppression. There are those who live a hand-to-mouth existence. There are those who are subject to torture at their captor's whims. There are those who suffer from institutionalized prejudice. How can we convince these people to respond with kindness to their situations? Isn't it unfair of us to ask so much of them? Are we abusing the luxury of being in a privileged society?

There is also another consideration, perhaps one that is even more problematic. While kindness certainly is infectious, we cannot forget that hate is too. In fact, part of the reason it feels good to perform an act of kindness is because it is a singular act, an island of resistance against the paradigm of hatred that characterizes our society. Simply put, most of the time people act in hateful ways to one another. It does not even have to be the type of hate that we typically associate with violence or racism. It is a more pervasive type of hate, a subtler one. It is selfishness, greed, cruelty, indifference, malice, prejudice, envy, and various other vices. These sentiments are diverse but all share a common motivation—that of self-interest. Kindness, almost by definition, requires that one sets aside their own self-interest and performs an act of good will. And although these acts receive much attention, it is also understood that these acts are far and few between.

Despite the best intentions of a few good Samaritans, I believe that any movement towards kindness has no real chance for success. Hatred is systematically entrenched into societies because it keeps people under the control of elites. The current Middle East conflict between the Israelis and Palestinians is a case in point. Thousands of people have died in the shuffle, yet the leaders of both sides persist in their impossible demands. It is the best interests of both sides that a peaceful resolution be reached quickly but both leaders are unwilling to do so. They know that a major concession will ruin the career of whoever is forced to cave in first. They know that there are extremists on both sides that profit from the conflict. They know that the best way for them to retain their power and still convince their people to live in terrible conditions is to infuse them with a hatred for the opposition. This pattern is repeated in various forms around the world. In the end, the true reason that kindness will fail is that those in power will always push hatred into our intentions. Even if a conscious policy of kindness somehow managed to take hold of a large amount of people the ultimate political implications of that movement would always fail.

It is sad to look around and understand that so much of our world is defined by hate. As an idealist who has faith in the common person, this observation is especially affecting. But it is inspirational, if nothing else, to see that ever so often there are people who try and fight this dreary system that we are born into. A

movement such as the one Mr. Greenbaum advocates serves a reminder that we are at least capable, if unwilling, to do kindness.

I walked into Lecture Hall A today, expecting to attend the lecture given by Shmuel Greenbaum for one period. I ended up staying for four. What I saw today was stirring for a number of reasons, and was a great example of the type of intellectual discussion that our school can boast. I also found our guest speaker, Shmuel Greenbaum, to be captivating for several reasons.

Shmuel Greenbaum is an extraordinary human being. The tragedy that he was forced to endure is something that none of us should ever have to be exposed to. And to have to deal with the horrors of September the 11th, a mere 32 days later? Now that defines tragedy in a person's life. I don't think that many people exist who could respond to an experience like that with anything but hatred and rage. Greenbaum reacted, instead, with kindness. It is an act, that is equally beautiful as it is hopeful for the future. Listening to that man speak, your heart lifts. Hearing of all the good that he has put into the world, in the wake of such a horrible catastrophe, you cannot help but adore him. If only more people could live their days out like this man, you think to yourself, if only everyone else could practice kindness in the way that Shmuel Greenbaum has, the world would truly be a better place. It is for this reason, that I deeply admire Mr. Greenbaum, and strongly feel that he is the most commendable person that we have observed thus far in this class.

When it comes down to it, there is no denying the fact that Shmuel Greenbaum is an amazing individual, who is truly dedicating his life to making the world a better place. It is so uplifting, so enlightening, so refreshing to hear someone like him talk - to simply bubble over with excitement at the thought of doing good in the world. He is in his way, a role model to us all.

Let me say this. When his compassion campaign hits the New York Subways, I will be one of its most enthusiastic fans - Stuyvesant High School, New York, New York.

Comments from College Students

In the very first class, our guest speaker was Mr. Shmuel Greenbaum. His story was about his wife, who was tragically killed in the Sbarro attacks in Jerusalem some 30 days before 9-11 happened. His wife was also pregnant with their first child.

This particular guest speaker was the one I have found to be moving and also very interesting by far. As he was talking, I felt as if I could relate to him. This past summer of 2005, I had a family emergency as well. My cousin, who was only 23 years old and one of my best friends, was murdered in Israel. It was very hard for me because I was close to him and I have not seen him for four years when this

happened. He was a very young guy, a very beautiful person, inside and out.

After the tragedy, I found myself not being the same any! more. I did not want to go out with friends or do anything. I found myself being more distant with people because I thought that I could not trust anyone after wh! at happened to my cousin. I kept thinking about how people could be so cruel and selfish and just so inhuman and often wondered if there are many, if any, nice and wonderful people left in this world.

After listening to Mr. Greenbaum, I, first of all, was much moved and second of all, his story about kindness and his project about kindness and teaching it to others restored my thoughts. Thank you very much for having him come in. he was absolutely great. Def! initely have him come back next semester for the group if possible. -Loyola University, Chicago, Illinois

NYC Transit Employees Responses

Barbara Orlando, Editor, At Your Service, the NYC Transit employee newsletter 718 694-3411 9. She has spoken with quite a few employees about their response to my kindness proposal written 1 in At Your Service

Daniels, Touré Kai, 718 694-4922, Marketing Information, Should be able to provide you with a copy of the Partners In Kindness poster they created.

In the article in our employee newsletter, I encouraged employees, their families, and friends to send their comments. Here are some of the responses:

I really like your idea, especially about using our advertising resources to reach the public. One idea might be to encourage people to give their seats to others who need it more, like someone with a lot of bags, a disabled person, elderly person, or pregnant woman. After spending a lot of time in Europe, I'm always so su! rprised to find the lack of courtesy that people give one another. However, when you offer your se! at to someone, they are usually very appreciative.

I'd say you're off to a promising start. The comments I've heard around me cover 1) how sad, touching and inspiring your tragedy and your response to it are and 2) general agreement with your thinking that Kindness could well have a place in the agency's outreach efforts.

I am deeply moved by what has happened to your wife. May she rest in peace. Furthermore, I think your kindness program is a wonderful thing. My mother and I always try to promote a kinder and gentler community. It would be a pleasure to get involved with your program, and I will visit yo! ur website tonight at home.

You have my deepest sympathies on the loss of you lovely wife. ! I just read your article on TENS (The NYC Transit intranet site) and think your "acts of kindness"

idea is a perfect way to honor your wife's memory and improve the world. I've always believed that doing random acts of kindness gives as much to the doer as the receiver. I believe we were put on this earth to help one another whenever and where-ever we can. The world today is a scary place, we need this type of thing now more than ever. I'm with you 100 percent, please let me know what I can do to help.

I read your article in At Your Service and was greatly inspired. You are doing a tremendous thing to reveal G-dliness in the world. I wish you much success in your endeavors.

I heard in a speech last week that gratitude is very important. It is one of the strongest motivators, since we feel an obligation. Consequently, kindness can breed more kindness in an endless cycle.

I enjoyed your great article. You wrote what Psalms says "The world is built on kindness."

I once heard a scholar explain this: that in order to provide bread for children each morning there has to be so many acts of kindness. A farmer has to plant the seeds, then G-d has to make it rain, then someone has to cut the grain, then the miller has to grind the wheat, then the baker has to bake the bread, then the trucker has to deliver the bread, then storekeeper has to stock the bread, then the father has to work to make money, then the mother has to buy the bread. Only through all these acts of kindness can the world survive.

I just wanted to let you know how moved I was when reading your story about the death of your wife, Shoshana, and your efforts in bringing kindness to New York. Kindness or acts of service to others is the only way the world can be made better. Thank you for taking the first step and leading the way.

i enjoyed reading your article in the At Your Service NYCT Newsletter. i would like to see a Kindness program at NYCT. i hope you get alot of responses for it.

i have one idea. i'm sure it's not so original, and i'm not sure if it's even possible to implement it. i believe the Kindness initiative should start with the token booth clerks and bus operators & train conductors. they're the first ones in contact with the public. a simple "good morning" by them might be enough to get the Kindness project off to a good start.

i know that every morning when i get on the bus, i say good morning to the bus operator, and say have a nice day when i get off from the front door. i always get a positive response from the driver. it's also a pleasure when riding the train when i hear the conductor making announcements. i'm talking about saying things like "thank you for riding with NYC Transit", or "please remember to take all your possessions with you", etc. etc.

i'm not saying that these announcements should be made at every station, but occasionally it would be nice, even hearing something over the automated announcements would be nice (but make sure the p.a. system is clear first!) anyway, i could go on & on, but let me stop here (for now)

Steve, after calling, I decided to e-mail. I wanted you to know that I'm certainly on board with your proposal and, time permitting, will help in Kindness communications in any way I can.

Steve, This is a wonderful idea, I really appreciate it. I hope it goes around the world.

I work at the NYCTA's Travel Information Center. Great Idea!

Reader Responses

A Reader in Dublin, Ireland sent this story:

My father is generally considered to be a bit of a miser... He's quite successful and hoards his pennies, or so they think.

I know that every year he goes to his local house of worship and asks them to find needy older people who could use a bit of help. They might need eyeglasses or operations, or food money. He gives a substantial amount of money to these people on the condition that his gift remains anonymous.

The author of the story sent us this e-mail the day after we printed the story:

I was surprised and pleased to see my little story coming back to me in your email. If mine was fit to print I can't help wondering if you are not getting enough submissions. Hopefully that's not the case. I found your site via a link on some weblog (I don't know where) and it struck a chord with me. As an engineer (and as a person without religious beliefs) I tend to see things in a somewhat clinical way: within a clear cost / benefit matrix. Your site reminded me of the importance of more ephemeral qualities, and it made me think of my father.

It can be especially difficult to maintain a clear moral compass if you don't subscribe to any religious framework. Every position needs to be considered in a vacuum and this makes it easy to accept your first thought as being the correct one.

Thank you for your site, it has made me think. I needed it.

Dear Mr. Greenbaum:

Just a note to let you know how much I am enjoying (your e-mails). I think that enjoying is really not the right word to use as these messages really touch my heart and spirit. In spite of doctrinal differences (I am Roman Catholic) I feel like a kindred spirit, so to speak, to my Jewish counterparts who demonstrate the love of God to others through acts of kindness. It is a real testimony to the saying that actions speak louder than words. ! It is truly faith in action. We often say that G-d is in the details. These daily messages illustrate, at least to me, just how true this is - how He speaks to us through what we would consider the most minute of actions. And yet, they are such important actions, especially to the recipient. Sometimes I wonder how long it has been since another individual received a compliment or a smile.

These messages are a real ministry to me and a wonderful way to begin the day.

Thank you again for putting your very deep personal pain to good use for the benefit of others.

Blessings,

* Wow! If everyone dealt with tragedy in a similar manner, this world would truly be a better place. ! I am so privileged to know you. Thank you for sharing your story. I have forwarded your message to lists here in my country, the Philippines. I love your message — creating a kinder world one person at a time. It is beautiful.

The Record and The Herald News (North Jersey)

<http://www.northjersey.com/page.php?qstr=eXJpcnk3ZjcxN2Y3dnFlZUVFeXkzJmZnYmVsN2Y3dnFlZUVFeXk2Mzk3MDAx>

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What is Kind Words?

Kind Words is a free weekly e-mail which contains inspiring stories along with successful techniques and exercises to improve your ability to do kindness.

Several authors and publishing companies have given Partners in Kindness permission to include excerpts from their works in our e-mails and to allow newspapers, magazines websites, and e-mail lists to reprint these e-mails at no cost.

We encourage you to submit your own stories about an act of kindness you did or heard about. These stories may be included in future e-mails.

Samples of Kind Words E-mails:

- [Making a Difference in People's Lives](#)
- [Enter the World of the Other Person](#)

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KIND WORDS

I was a general level manager at a service company in NYC for several years. My employees, all immigrants with poor English language skills, did some pretty miserable and often dangerous work. Much of the work had to be done on ladders, scaffolds or on fire escapes.

One day one of the men stepped on a rotted fire escape stair and plunged through the step about 50 feet from the ground. Fortunately, the worker reacted fast enough to grab a railing and hung on while a co-worker pulled him up by his belt. Had he missed the railing, the man would probably have sustained mortal injuries.

The injuries he sustained were enough to keep him on disability for nearly 6 months. It became evident that the deficit in English language skills and knowledge of how the system works was hindering the man's wife from properly filing insurance claims. I helped her through the process and made sure that the company went beyond its minimum obligation in taking care of this worker and his family.

Lest one argue that my "financial decision" imposed an unapproved expense on the company's owners, I can report that the worker returned to work appreciative of the way he was treated and helped recruit additional reliable employees to a generally undesirable job situation.

While I see what I did as simply "doing my job", I know that there are many managers out there that view the legal minimum as their maximum obligation. Indeed, I have had some uncomfortable confrontations with some of them over these issues. Their view short changes the moral obligations we have to each other in terms of preserving human dignity. Profit cannot be the only compass.

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"Making a Difference in People's lives"

From: *Kindness: Making a Difference in People's Lives: Formulas, stories, and insights*

By: Zelig Pliskin

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The following story was heard by the author:

I felt that I was wasting my life. My family was financially secure. We had a nice home and were considered prosperous by our community. But I didn't feel that I was living a meaningful life. A deep feeling of emptiness

gnawed at me. I analyzed my life situation and compared it with the lives of others whom I respected. What was the difference? Those I admired all made a significant contribution to the welfare of others. Each did this in a unique way. But the common denominator was that they all did things that made a difference in people's lives. I made a sincere commitment to do the same. That was over ten years ago and words are inadequate to describe the difference this has made in my life.

"What can I say or do to make a difference in this person's life?" This is the question that when asked consistently elevates one's character. There are unlimited ways to make a difference. This can be done with our time, energy, money, possessions, food, understanding, listening, advice, knowledge, and the list goes on and on.

One of the great developers of character in our generation, has frequently said that the first step to becoming a kind person is to be aware of the specific needs of each person you encounter. "What is this person missing?" is the question which must come to mind. "It might sound easy," he wrote. "But as soon as you try to do this you will see how difficult it really is." When someone tells you explicitly what's bothering him, this is a straightforward process. But often a person will not tell you. He has no reason to assume that you can or are willing to help him. Perhaps this is your first encounter.

The person is a stranger and your sensitivity to his needs will turn him into a friend. Some people are shy or proud and don't feel comfortable turning to others for things. At times a person might not even know himself what he is lacking and what he really needs to enhance his life.

Our goal is to become an expert at discovering people's needs so that we will be able to read between the lines when we listen to their dialogue. We will be able to read people's faces and hear the nuances in their tone of voice. Like all skills this takes considerable practice over a long period of time.

This book is intended as a manual on how to make a difference in the lives of other people. As you master this art, your own life will be elevated and enriched. You will know that your own life has meaning and significance. The benefits you will reap will be everlasting.

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Barry Leibowitz

From: "Kindness" <aTraditionOfKindness@atraditionofkindness.org>
To: <aDailyDose@TraditionOfKindness.org>
Sent: Thursday, May 18, 2006 1:01 PM
Subject: A Daily Dose of Kindness - Friday, May 19, 2006

A Daily Dose of Kindness Friday, May 19, 2006

* I pray in a small synagogue which is very appealing to "newcomers" to traditional services.

Although I like to find a quiet corner where I can pray undisturbed, I always first scan the room when I enter, looking for new faces with slightly bewildered looks. If I spot such a person, I pull up a chair next to her, and use a bilingual *siddur*, prayerbook so she can see what page the congregation is up to, and join the services.

Holidays are a special challenge, even for those who are already somewhat familiar with the regular weekday and *Shabbos* services. Often, someone will start praying the silent *Amida* prayer of *Shabbos* or weekdays, instead of the Holiday prayers, or will be fumbling through the prayer book looking for the correct page. Not being able to talk during the silent prayer, I'll put my prayer book, open to the correct page, in front of her, and gesture that she should give me her prayer book in exchange.

I never knew how important this simple gesture was until a woman I helped out came to me after the services with tears in her eyes, saying how it was the first time she felt she belonged in a synagogue and wasn't just a spectator.

The Holiday of *Shavuot* is just around the corner. How many people will YOU help to feel connected to the *Torah* that is our heritage?

**Explore the Jewish Shabbos!
Try it yourself! Visit:**

<http://www.shabat.co.il/>

(This website is great, but it has periodic technical problems)

Best Wishes to all for a Shabbos of peace!

Quote of the Week:

**Rabbi Yosi taught: Respect the property
of others as if it were your own.**

(Babylonian Talmud, tractate Avot, Chapter 2, mishnah 17)

(From the free e-mail Quick Jewish Quotes selected and translated by)

5/18/2006

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Shortly after my wife's tragic death, I started two organizations in her memory, called "A Tradition Of Kindness" and "Partners In Kindness." We encourage people around the world to do an act of kindness each day.

Our first project is called A Daily Dose of Kindness. Each day people report acts of kindness to us and we report anonymously to the list what people have done. These stories give you ideas and the urge to act yourself. It is pretty contagious. Hundreds of new subscribers are joining every week.

Just send us your story about an act of kindness that you have done that you would like to share with others. It does not matter if it is something big or very small. Stories will be distributed to this list anonymously to protect everyone's privacy.

We also feature job postings. So far, the postings have been for jobs in the United States, Israel, and the Former Soviet Union.

Please pass the emails along to any of your friends and family who may also be interested!

Visit our websites:

<http://www.TraditionOfKindness.org> (Jewish)

In place of fear we must feel pride. In place of desperation we must show concern for our fellow Jews. One of the fundamental principles of Judaism is kindness; we need to teach this to our people and to the world.

Subscribe to our free "Daily Dose of Kindness" daily e-mail and our Job Postings e-mail for jobs in the US and around the world.

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Kindness is like music, art, sports or any other discipline -- it can only be mastered with practice, training, and lots and lots of encouragement.

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The archive for A Daily Dose of Kindness e-mails is located at:

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Partners in Kindness and A Tradition of Kindness are dedicated in memory of my late wife, Shoshana (Hayman) Greenbaum z"l. Shoshana was murdered by a suicide bomber. She was one of over 100 victims that were killed or injured at 2:00 P.M. on August 9, 2001 at the Sbarro restaurant in Jerusalem. Shoshana had the rare ability to serve as a role model for kindness and Godliness to thousands of people.

For more information contact Shmuel Greenbaum

Info@TraditionOfKindness.Org

All the best B~SD,
Shmuel Greenbaum

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<http://www.TraditionOfKindness.org> (Jewish)

If you would like to do a very easy, but powerful act of kindness, forward the e-mail below to friends and relatives. If you know of any groups that are interested in having me speak, I don't charge a fee, other than travel from New York (if I am not already in your area).

Wishing you blessings for all good things.

-Shmuel Greenbaum

Passaic man turns to peace after bomber kills pregnant wife
Monday, June 30, 2003

By DEENA YELLIN
STAFF WRITER

PASSAIC - When a suicide bomber plowed into Sbarro in Jerusalem, killing Steven Greenbaum's wife and unborn child, he vowed to fight back.

But he's not waging a battle with grenades or guns. Instead, the 40-year-old Passaic resident is waging a kindness crusade. An idealist by nature, Greenbaum believes that ordinary citizens can destroy terrorism through extraordinary acts of goodness.

His year-old organization, Partners in Kindness, encourages kindness through a plethora of e-mailings, lectures, posters, and contests. More than 5,000 members on six continents subscribe to Greenbaum's weekly "Kind Words" e-mails. His readers - some from as far away as Iran, Kuwait, and Japan - report their daily acts of kindness via e-mail to Greenbaum's Web site.

Repeating stories of good deeds inspires others, says Greenbaum, adding, "It's pretty contagious."

Schools, organizations, and radio programs worldwide have taken up the cause.

It has also caught on at New York City Transit, where Greenbaum works as a computer specialist. Thanks to his efforts, New York City Transit recently started a kindness public awareness campaign among employees. Greenbaum is now trying to push a "Heroes of Kindness" poster program in which posters depicting New York City Transit employees and passengers performing inspiring acts of kindness would be plastered throughout the system.

"What better place is there to have the undivided attention of millions of New Yorkers?" asks Greenbaum. "It's a great opportunity to inspire them with stories that motivate them to do acts of kindness."

Paul Fleuranges, vice president of public affairs at New York City Transit, says Greenbaum has made a dramatic impact on the organization. "We've featured him in our newsletter and have posters up throughout the building promoting his Web site and message of kindness. We are encouraging others here to follow in his footsteps," Fleuranges says.

Greenbaum, who works on the voluntary project in his spare time, says it keeps him going. "It's therapeutic," he says. "I come home from work and I go straight to the computer. My readers give me tremendous feedback, saying how it inspires them."

One user, Lin Marelic of Mission Viejo, Calif., says that the Kindness e-mails are "an important part of my life. With all the horror in the world, they inspire me with a positive message."

Fayge Young, a homemaker from Oak Park, Mich., calls the e-mailings "my daily booster shot to keep me upbeat. If someone in his [Greenbaum's] situation can have the energy to do something like this, I can draw on the same kind of power."

Though Greenbaum cannot attest to the veracity of every story submitted, he ensures that the person writing and sending the e-mail saw the act of kindness firsthand.

He quotes a New York Times article about medical research that found that acts of kindness stimulate the brain in the same place that physical pleasures do. "Medical research has shown that doing kindness causes enjoyment," Greenbaum says joyfully. "This is just one more benefit."

If the research is to be believed, then Greenbaum should be a very happy man. He has regularly performed acts of kindness, having served as a "Big Brother" for children from broken homes, provided computer training for the unemployed in his community, and visited nursing homes on a regular basis.

At his Manhattan office each day, he makes an effort to greet everyone he encounters jubilantly. When they inquire why he's so happy, he replies, "Because it makes you live longer." This usually provokes them to smile, too," he says. "After a while, they start greeting me

first, even though they don't even know my name. It's terrific. That means it's working."

Greenbaum insists that his is not a courtesy campaign. "Courtesy is very different from kindness," Greenbaum says. "You can be very courteous but hateful. My objective is to teach people to care about each other."

He avoids listening to news about suicide bombings in Israel because he finds it too upsetting. But even in the throes of violence, he sees a mission for himself.

"Many of the people on my list live in Israel, and they tell me all the time that my e-mails are very comforting," he says.

Much like music or art, kindness requires practice, he points out. Greenbaum wants people to become experts. His crusade is an apt tribute to Shoshana, his wife of 15 months. "Kindness was what she was all about," says Greenbaum. At the Long Beach, N.Y., elementary school where she taught, "She always greeted her students with a big smile that made them feel how much she cared for them," he recalls. "She tried to connect with every student."

She even gave her students her phone number, urging them to call her whenever they needed advice or help. And to everyone she encountered, he says, "She filled the world with a smile that radiated her love."

What impressed him most about his wife, Greenbaum recalls, was her keen intelligence and desire to do good. "That's what we had in common was our desire to help people and bring love into the world," he says. "And that's what these programs are doing."

The 311-year-old teacher was five months pregnant when she was invited to an all-expenses paid summer program in Israel as part of her master's degree program in education. Shoshana was elated, Greenbaum recalls. "She loved Israel. She wasn't afraid at all."

Greenbaum stayed with her for several weeks in Israel and then returned home to his job. On Aug. 9, four days after Greenbaum's departure, Shoshana went to Sbarro for lunch and never came out.

A terrorist detonated a bomb in the restaurant, killing 15 people, including Shoshana, an only child.

Greenbaum, who married late in life because he wanted to make sure he found the right person, felt his life had been shattered. He cried. He grieved. He questioned God. But he refused to get angry.

"I knew that God was sending me a message, but I didn't know what it was," he says.

Greenbaum prayed that God would help him make the world better, and to prevent such tragedies from happening again.

Today he feels his prayers were answered.

Although he thinks of Shoshana every day, he is able to live through his pain because of his quest. "From the response I'm getting, I see that it's having a profound effect on people all over the world of all religions. I am fighting hatred with kindness, one person at a time," he says. "That's giving me tremendous strength."

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Barry Leibowitz

From: "S. GREENBAUM" <sgreenbaum@yahoo.com>
To: "Barry Leibowitz" <BLEibowitz@pop.net>
Sent: Tuesday, March 21, 2006 9:48 AM
Subject: New jpost article - see link to print a nice copy

<http://www.jpost.com/servlet/Satellite?cid=1139395619008&pagename=JPost%2FJPArticle%2FShowFull>

Human Spirit: The kindness network

Barbara Sofer, THE JERUSALEM POST

Mar. 16, 2006

Shoshana Greenbaum, 31, taught elementary school in Long Beach, New York. As part of her master's program, the dark-haired, pretty teacher was offered an all-expenses-paid summer program in Israel. She and her husband, Steven Greenbaum, were delighted. Steven accompanied her to Israel for four weeks, and then returned to his job. The idyllic summer in Jerusalem brought an additional cause for joy: Shoshana and Steven were expecting their first child.

On the Thursday morning after he'd returned to their home in Passaic, New Jersey, Shoshana phoned Steven, missing him, happily anticipating their reunion. A friend invited her for lunch, but Shoshana didn't want to trouble anyone. She'd just grab a slice of pizza after classes. So she stopped at the corner of King George Avenue and Jaffa Road on the afternoon of August 9, 2001, just before a Palestinian with a guitar case packed with explosives and nails entered the Sbarro pizza restaurant. The terrorist murdered Shoshana and 14 others.

May her memory be for a blessing, we say in our Jewish tradition. But how do you make sure that memory is a blessing?

The international media had already gathered as Steven Greenbaum deplaned in Israel to bury his wife and unborn child. The 37-year-old Brooklyn-born widower had the attention of the world. What a shame it would be to use that spotlight to boil over in anger and hatred. So he spoke of the struggle between truth and falsehood in the world, and how Shoshana prized truth. The reporters turned away. They weren't interested.

IN THE overwhelming days of mourning, amidst the horror and grief, Greenbaum could find his only sparks of light in an idea that was vaguely forming at the edge of his mind. He wasn't interested in revenge. Many would call him na ve! , but he knew that Shoshana's extraordinary goodness could only be perpetuated by increasing kindness in the world.

He marked the 30th-day memorial ceremony first in Israel, and then with a second ceremony in New York. His bereaved in-laws left on September 9, and Steven returned to his job as a computer analyst for the Metropolitan Transportation Authority on September 10. On the next morning two planes crashed into the Twin Towers.

As darkness engulfed the city, he reinforced his pledge to light a spiritual candle.

Greenbaum gathered friends and acquaintances to brainstorm. They came up with a modest idea: Let's exchange stories of kindness. Everyone could use a daily dose of kindness. These wouldn't be grandiose heroic deeds like leaping into a fire to save a child or like Bill Gates donating millions of dollars to eradicate malaria, but reports of letting someone go ahead of you in a bank line, returning a lost notebook, or surprising a plumber by offering a compliment for arriving on time.

Not headline-catching enough for the media, the stories could circulate in e-mail messages. At first there were a dozen or so participants, but within the first two months the numbers grew to 300. He

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eventually set up two organizations - two organizations in Shoshana's memory - a Jewish one called "A Tradition Of Kindness" and a general one called "Partners In Kindness."

Greenbaum wanted to encourage people everywhere to do kindnesses each day.

One reader wrote about buying a beggar a small bottle of water, and another about sharing a Metrocard so that someone could get to a parade. One writer recalled the joy of filling a neighbor's refrigerator with food before they returned from vacation, and another recalled a moment from the past when he gave his socks to a cold, barefoot Vietnam War veteran.

Today Greenbaum has 40,000 subscribers, with several hundred new subscribers every week to his daily doses of kindness. His own Web site has become a springboard for other Web sites promulgating niceness. The Metropolitan Transportation Authority has started a kindness public-awareness campaign among employees. He speaks in New York City schools and to groups.

THIS WEEK, Greenbaum was delighted with a story of someone in Israel who was giving bus drivers Purim food gifts to thank them for providing transportation on a day that so many other Israelis enjoyed as a holiday.

"This is just the beginning," Greenbaum promised by phone from his New York office.

The stories, he said, remind readers of experiencing or witnessing kindness.

"When they relive that feeling, remembering kind deeds, they're infused with a sense of gratitude, which is a tremendously spiritual experience. Generating this feeling is what being Jewish means to me."

Steven Greenbaum knew he could have drawn a crowd by spewing anger and hatred. Who could have blamed him? "But that's not the way I look at our purpose in this world," he said. "We're supposed to bring light to the world, not allow ourselves to become the tools of darkness."

Purim, named for a lottery to choose a day of destruction and not Redemption, marks one of the darkest moments of Jewish history. Redemption comes not only with dramatic acts of bravery, but also with simple kindnesses, such as giving credit to the doer of a worthy act. It ends with a promise of light and joy and gladness.

If Steven Greenbaum is right, we might just get there, one kindness at a time.

Greenbaum's Web sites are: <http://www.traditionofkindness.org/> and <http://www.partnersinkindness.org>

Yahoo! Mail

Use Photomail to share photos without annoying attachments.