

| This Tisha B'Av, I am sad about |
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| This Tisha B'Av, I will try to increase <i>Ahavat Chinam</i> by doing |
| This Tisha B'Av, I commit to decreasing <i>Sinat Chinam</i> by |
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| The Lookstein Center Bar-Ilan University This Tisha B'Av, I am sad about |
| Lookstein Center Bar-Ilan University |