



MITZVAH OPPORTUNITIES

DO A MITZVAH...

DONATE LEFTOVER FOOD TO HUNGRY AND HOMELESS

If you have leftover food and/or paper products and you would like to donate for immediate use by our hungry or homeless neighbors, please consider the Bristol Lodge Soup Kitchen in Waltham.

About the Bristol Lodge Soup Kitchen

Every night, rain or shine, workday or holiday, between 60 and 110 people come to the kitchen for a hot, nutritious meal prepared and served by volunteers. Over 30,000 meals are served each year. In addition to hot meals, 18,000 sandwiches are prepared annually for the homeless.

Guests allowed in daily at 3:30 pm; coffee and snacks are provided; meal is served at 5:00 pm.

The kitchen relies heavily on volunteers, donated food and paper products from local businesses, religious groups, schools and individual residents of the surrounding communities.

The Bristol Lodge Soup Kitchen is a 501(c)(3) private non-profit organization.

To Donate to Bristol Lodge Soup Kitchen

Bristol Lodge will accept all leftovers including cakes, breads, salads, meats, and snacks.

Deliver any leftover food or paper products to Bristol Lodge. If you wish to call before delivering, the number is 781-894-1611 or 781-883-2050.

Please do not remove food from the synagogue during Shabbat. You may store leftover food in the synagogue refrigerator until the end of Shabbat. Please let the office know your plans.

To arrange for **pick-up** of a substantial amount of food that you are unable to deliver, please contact Dick Rogers, Program Director at 781-883-2050. Leave him a detailed message including food to be picked up at Temple Aliyah and your number for a return call.

Bristol Lodge Soup Kitchen is located at 545 Moody Street in Waltham. It is located in the Immanuel United Methodist Church. Enter from Cherry Street to basement.

For more information, visit www.mhsainc.org/soupkitchen.

Memorialize Your Special Occasion on our

TREE OF LIFE

Provide a meaningful and lasting gift. Your Bar/Bat Mitzvah, wedding, anniversary, special birthday, or other *simcha*, is a part of the history of our synagogue. Consider a group gift for someone's special *simcha* or ask classmates, family, or friends to make a donation to the Tree of Life in lieu of a present. **Engraved leaves are \$118 each.**



Leaf text. Please type or print.

Date: _____

Your Name(s): _____

Email _____ Phone _____

Please make check payable to **Temple Aliyah**.

ISRAEL BONDS

FOR BAR AND BAT MITZVAHS



**eMITZVAH
BOND***
\$36 MINIMUM

**MAZEL TOV
BOND**
\$100 MINIMUM

GIVE THE GIFT OF ISRAEL

Invest in Israel Bonds • israelbonds.com



Development Corporation for Israel/Israel Bonds
888.764.2631 • ncc@israelbonds.com

*Available online only

WHEN CELEBRATING OR ATTENDING A BAR OR BAT MITZVAH GIVE A GIFT OF ISRAEL BONDS

- Gift bonds starting at \$36*
- Buy online and print gift cards
- Connect new generations to Israel
- Provides competitive interest rates
- Encourages financial planning
- Supports Israel as a strong, innovative nation

eMITZVAH BOND*
\$36 and increments of \$18

MAZEL TOV BOND
\$100 and increments of \$10

Appropriate for class gifts and matching programs at congregations, day schools, Sunday schools and yeshivas.

To learn more about eMITZVAH and MAZEL TOV bonds, visit israelbonds.com or call 888.764.2631.



Development Corporation for Israel/Israel Bonds
888.764.2631 • ncc@israelbonds.com



*Available online only

Issues subject to availability. This is not an offering, which can be made only by prospectus. Read the prospectus carefully before investing to fully evaluate the risks associated with investing in Israel bonds. Member FINRA

BENEATH

the surface

A PROGRAM FOR BAT MITZVAH
GIRLS AND THEIR MOTHERS

Explore...

the special moments and rituals that bind you together as individuals and families

Learn...

about Jewish rituals that help give special meaning to your life

Share...

your hopes and dreams for each other and for your relationship

Create...

your own personal ritual to celebrate this important moment together as mother and daughter



Beneath the Surface provides an opportunity to enhance families' Bat Mitzvah experience by enabling mothers and daughters to engage with one another in a nurturing and safe environment with opportunities for intimate, creative expression.



Mayyim Hayyim

LIVING WATERS COMMUNITY MIKVEH
PAULA BRODY & FAMILY EDUCATION CENTER

"I loved this program because I really got to interact with my mom and do stuff with her that was special and 'our thing'."

BECCA, BAT MITZVAH GIRL

"This class was an opportunity to step back and think about the importance of my daughter's Bat Mitzvah and what it means for her, me and our relationship. It was amazing to *create a ritual together* and to have the space to share my feelings about this milestone with her in a more private way. I think we bonded in a new way and I am grateful that the class provided structure to do that."

SUSAN, MOM

"I met so many girls and moms who really wanted to *enrich their Bat Mitzvah experience*. I learned so much about myself that I never really thought about before."

CAROLINE, BAT MITZVAH GIRL

www.mayyimhayyim.org

education@mayyimhayyim.org
617.244.4836 x203
1838 Washington Street
Newton, MA 02456



Loans that change lives



Thao, in Vietnam, used a Kiva loan to improve her rice farm's yield, providing more income for her family.



Shawn, owner of TART! Bakery in Oakland, used a Kiva loan to hire additional staff, creating employment in his community.

Why Kiva?

Kiva is an international nonprofit, founded in 2005 and based in San Francisco, that celebrates and supports people looking to create a better future for themselves, their families and their communities.

By lending as little as \$25 on Kiva, anyone can help a borrower start or grow a business, go to school or realize their potential. And since it's a loan, not a donation, you can recycle the same funds over and over to multiply your impact.

Through Kiva, each of us has the power to create opportunity and help others work towards their dreams— whether it's a loan to a farmer in rural Kenya or a rooftop farmer in Detroit.

How Kiva works:

- 1 Choose a borrower.** Browse categories of borrowers — people looking to grow businesses, go to school, switch to clean energy and more.
- 2 Make a loan.** Help fund a loan with as little as \$25.
- 3 Get repaid.** Kiva borrowers have a 97% repayment rate.
- 4 Repeat!** Recycle your funds to support another borrower or withdraw them.

Our vision:

We envision a world where all people hold the power to create opportunity for themselves and others.

We believe lending alongside thousands of others is one of the most powerful and sustainable ways to create economic and social good.

Visit us at [Kiva.org](https://www.kiva.org)

MITZVAH PROJECTS

Becoming a Bar/Bat Mitzvah means that you are taking an important step toward adulthood. To be a Jewish adult means making a difference in the world, and being changed by your connection to something bigger than yourself. The Mitzvah Project is a reminder that there are many ways to be Jewish and feel those connections.

As you enter Jewish adulthood, we encourage all our Bar/Bat Mitzvah students to undertake a Mitzvah Project. The Talmud tells us that the world rests on three things: Torah, *avodah*, and *gemilut chasidim*: Torah, work, and acts of lovingkindness. So does a good mitzvah project.

There are many reasons to do a Mitzvah Project:

- Making the world a better place is a core Jewish value.
- Helping others makes you appreciate all that you do have.
- Taking action makes you believe in yourself, that you have the spirit to make things better.
- It is a great way to meet some new friends.
- We are all part of one world, so working together we can make it better.

The Mitzvah Project can be an enjoyable and rewarding experience. When choosing a Mitzvah Project, we recommend that you look for something about which you are passionate. Follow your heart. Any Mitzvah Project you do with love is a good deed. Imagine the impact you can make in your community and the world, for your Bar/Bat Mitzvah celebration ... and your life.

Brainstorming as a family can help you find a meaningful choice for your project. It can also allow your family to embark upon the project together, adding more meaning to the Bar/Bat Mitzvah process.

This project can take on many forms; it is just one step along your path of adult Jewish Life. The following pages represent ideas and examples of both ritual *mitzvot* and ethical *mitzvot*; Acts of Loving Kindness, Sacred Giving, The Study of Torah, Honoring the Elderly, Honoring the Sabbath.

We are happy to help you to promote your project and to think of other ways that can enhance your *simcha*! Please reach out with your thoughts, ideas, questions, or concerns to Alisa Levine (alisa@templealiyah.com), the Rabbi or Cantor.

SAMPLE MITZVAH PROJECTS

More Than Words

I'm collecting books/CDs/DVDs for a program called "More Than Words" which raises money to support youth who are in the foster care system, who are court involved, homeless or enrolled in out of school programs. The donations are sold in their retail store and online to support the program. If you'd like to make a donation there's a collection bin with a flyer with information about this program outside the office. Thanks so much for making my bar mitzvah project a success.

Coping with Type I Diabetes

I was diagnosed with Type 1 Diabetes when I was three years old. For my Bar Mitzvah project, I am meeting with people who are newly diagnosed with diabetes and helping them learn to cope with it. If you know of anyone who is newly diagnosed and would like to meet with me, please be in touch. Thank you.

Save The Children

I will be doing a sponsored 30-mile bike ride on the East Bay Bike Path in Providence, Rhode Island on Sunday October 21st, to raise funds for Save the Children as my Bar Mitzvah project. Save the Children is a nonprofit organization that raises money for kids in need of anything from a place to stay to being reconnected with their families.

Pitch in for Baseball

My mitzvah project is for kids around the world who play baseball and softball and need equipment to be able to play. I am going to accomplish this by donating baseball and softball equipment to Pitch in for Baseball. I am trying to get and donate baseball equipment from friends, family, and hopefully you. If you have equipment you would like to donate, I will come by and pick it up. I could also give you information of how you can get it to me. Thank you, and play ball!

Cancer Care and Research

I have created a Go Fund Me Page to raise money for the Jimmy Fund, a charity that raises money to support adult and pediatric cancer care and research at Dana-Farber Cancer Institute in Boston. I will also be growing out my hair over the course of the year and donating it to Locks of Love, a non-profit that provides hairpieces to financially disadvantaged children suffering from long-term medical hair loss. To make a donation in any amount, please go my Go Fund Me page.

Examples of Mitzvah Projects That You Can Do On Your Own or With Family and Friends

The Aging

- Visit seniors at local nursing homes and engage them in an activity, such as reading, playing an instrument, bingo, craft, sing-a-long
- Enhance nursing home on Shabbat/holidays
- Take seniors to lunch or on an outing
- Bring a pet to visit a nursing home
- Help with shopping / doctor visits
- Visit or phone the elderly
- Teach email, surfing the web, and document creation to the elderly.

The Hungry and the Homeless

- Volunteer at a local soup kitchen to help prepare and serve meals or decorate for a holiday
- Make sandwiches or bake cookies for soup kitchens and homeless shelters
- Pack holiday baskets for families in need
- Collect/distribute furniture/housewares
- Donate leftover food from your *simcha*
- Clothing Drive: Sort and organize donated items (especially winter clothing)
- Knit for the homeless
- Collect school supplies and donate them to a classroom in need.
- Conduct a 'read-a-thon' in your school. Challenge the students to read an hour each day after school. The winning student will log the most reading hours.
- Help a backpack drive in your local community. These usually take place towards the end of the summer to prepare for the start of school.

Disabled and Visiting the Sick

- Organize and present a party for children at a children's hospital (or other organization for poor and homeless families)
- Cook and deliver meals for families of sick children
- Make audio recordings for the blind
- Transport the physically disabled
- Visit with the residents of a group home for an activity, such as crafts and cooking
- Tutor a disabled student
- Toy or Book Drive: sort and organize books and toys for needy children
- Make welcome or holiday baskets for sick children in hospitals
- Assist special needs children in recreational activities

The Arts

- Organize an art show using original student artwork and donate the proceeds to a cause.
- Brighten up a homeless shelter with children's artwork created through an original art contest.
- Organize a photography show with original student photographs.
- Become the historian for a community organization and take pictures at their events.
- Collect the photos and organize them into scrapbooks.
- Invite friends to a pottery store to decorate vases (or purchase paintable vases at an art store). Fill the vases with flowers and bring them to a rehabilitation center to brighten the patients' rooms.
- If you are handy with woodwork, build doghouses and contact an animal rescue shelter to donate your creations.
- Coordinate painting a mural at a shelter.
- Collect old dance shoes and leotards to donate to kids who can't afford them.

Books and Literacy

- Help a library purchase new materials by organizing your own used book sale.
- Collect books from friends and family and donate them to an inner-city school without a library or a domestic abuse safe house for families.
- Offer to read to young children at a tutoring center or preschool.
- Write a book about a topic which interests you.
- Write a poem about a topic of concern.
- Write letters to politicians about your cause or political views.
- Record and write the life story of an elderly friend or family member, for example, a Holocaust survivor!
- Design & create a recipe book that can be sold through your synagogue's sisterhood or at a school event in which the proceeds benefit a charity of your choice.

Other

- Organize a collection for an animal shelter
- Find an animal rescue facility or contact your local ASPCA to see how you may help. Try painting or making over an adoption room, cleaning the facility, or making pet toys. Many shelters and rescues have volunteer age restrictions or require you to help with a parent. Inquire within.
- Want to save an endangered species? Adopt an endangered species of your choosing! Or start a petition on Change.org and get your friends and family to sign it.
- Find a therapeutic horseback riding facility near you to help in the barn, brush the horses and give a hand to the riders.
- ORNITHOLOGY – Become a birder and educate the public about birds. Learn more by volunteering at a local zoo.
- Make or decorate birdhouses.



Kulanu
-ALL OF US-

Kulanu, Inc
Mitzvah Project Program
www.kulanu.org/mitzvah-projects

Kulanu ("All of Us" in Hebrew), founded in 1994, is a non-profit organization which supports isolated and emerging Jewish communities around the world – in Africa, Asia, Latin America, and the United States. Many of these groups have long been disconnected from the worldwide Jewish community; some claim to be descended from the “lost tribes” of Israel, while others are Jews by choice. Often our communities do not have access to things like synagogues, matzoh, or even their own Torah; most are minority groups living in impoverished areas, and may face obstacles such as hostility from neighboring communities, or a lack of food to feed their families.

Kulanu engages our network of dedicated volunteers and other activists – as well as the community members themselves – to raise awareness about, and find funding and other resources for these emerging communities; we accomplish this through research, visits, and publications about their histories and traditions. We provide Jewish education and other materials to these communities, and help cultivate their connections with the wider Jewish world. These connections help “all of us” enrich our Jewish lives as we learn from each other.

Interested in being part of this Jewish global outreach and community development work? Check out our list of ideas for fun ways you can educate your peers about, and raise needed funds for, these inspiring Jewish communities around the world. Then visit www.kulanu.org or kulanu.org/mitzvah-projects to find out how to get started on your own Bar/Bat Mitzvah Project or class *tzedekeh* activity with Kulanu, Inc!

Mitzvah Project Ideas

The following list includes just some of the many ways you can lead your classmates or students, friends & family, and youth group or synagogue/JCC in projects and events that expand their awareness of the diversity of the global Jewish experience. These ideas can be made into individual projects, as well as group or class activities; they can be organized by teachers or by students, and can be as big or as small as you wish!

Personal Fundraising Pages (PFPs): Use this fun and easy webpage creation program to raise money for Kulanu through team or individual events, such as the Mezuzah-thon, Merutz Meshuga, Walk-A-Thon, or other fundraiser you organize! It's great for Bar/Bat Mitzvah projects, too – one of the most effective things a bar or bat mitzvah student can do is tell their friends and family why Kulanu's work with these communities is so important to you, and to Jewish people everywhere. Put a letter like this in your party invites, direct people to your PFP, and see how easily YOU can make a difference in the lives of Jews around the world!

Mezuzah-thon: Decorate blank wooden *mezuzot*, or make your own from clay to send to Jewish communities in Africa, Asia or Latin America. Create a Personal Fundraising Page (above) to make it easy for friends and family to sponsor the “Mezuzah-thon” and help with the cost of kosher scrolls and shipping, and/or to raise money for the community that will receive your mezuzot. (See above for information about how to raise funds easily online!)

“Around the Jewish World” Party: Celebrate the many unique Jewish communities of the world with different stations at your bar or bat mitzvah party, in your classroom, or another public space – each representing a different Jewish community. Have fun exhibiting the food, music, culture and history of the diverse communities Kulanu supports! (Visit www.kulanu.org/communities to start discovering unique traditions and fascinating backgrounds.)

“Where in the World is Judaism?” (for educators): Every week, devote a segment of the class to a short lesson on the history and culture of a Jewish community that Kulanu supports. Put a push pin in a world

map on display in the classroom for each country/community you cover. Older children can write reports or make presentations on the communities.

Photo Slideshow: Show a multimedia slideshow from Kulanu's Smugmug website to demonstrate a "slice of life" in a Jewish community abroad. You can have one play on loop at your party, or set up a time in class to introduce these "other" ways of being a Jew. Check out our albums at www.kulanu.smugmug.com!

Walk-A-Thon: Set up a track with markers to show the distances that children in the Abayudaya community walk to go to school ("Isaac, 12, walks 8km to school every day"). Have friends and family sponsor you and your class for a distance you choose to walk along this track. Alternately, map out a path from a set location back to school or your home, then have your whole group follow it together, to simulate how far Ugandan children walk to school.

Coins for Communities: Ask classmates to check under the cushions of couches in their homes or to look for dropped coins each day, and collect what they find to donate to Kulanu, or a specific community of your choice. You'll be surprised at how fast spare change can add up, and it's a great way to use money that would otherwise go to waste!

Tzedakah Boxes: Decorate *tzedakah* boxes to look like a synagogue in Uganda or El Salvador; use construction paper, raffia, magic markers, or even modeling clay. You could tie this in with Coins for Communities by putting spare change or a portion of their allowance money into the boxes.

Vocabulary Flashcards: Create Hebrew/English flashcards (or Hebrew/Spanish, or Hebrew/French) with colorful illustrations to help children in other places learn Hebrew. Be sure to laminate!

Merutz Meshuga (Crazy Race): Instead of the usual charity relay race, create teams to run a fund-raising relay race where at each station, participants have to do something silly before running to the next station. Pie-eating contests, human pyramids, performing a silly dance, and water-balloon toss are just a few fun station ideas! Utilize the Personal Fundraising Pages (PFPs – see above) for relay sponsors.

Thank you for reading our suggested activities to raise awareness about and support for Jews across the globe. We welcome your creativity in planning your Mitzvah Project, and would love to hear your own project ideas, too!

Contact Kulanu to get started on your own Mitzvah Project with "all of us" **now**:
<https://kulanu.org/contact>

We look forward to hearing from you soon!



SUPPORTING ISOLATED, EMERGING, & RETURNING JEWISH
COMMUNITIES AROUND THE GLOBE

www.kulanu.org ♦ 212.877.8082 ♦ mitzvahprojects@kulanu.org
165 West End Ave #3R ♦ New York, New York 10023 ♦ USA

Bar/Bat Mitzvah Project Ideas

Here are some ideas
to get those creative
juices flowing

ADVOCACY project ideas

Spread awareness.
Demand change.
Educate your community.
Join forces with group efforts.

Reach out to your school's newspaper and ask them to write an article about the prevalence of hunger and what your peers can do to address the issue.

Film a video about the prevalence of hunger and share it with your family and friends.

Create a "Walk to End Hunger" event and ask your friends and family to support you by participating. MAZON has materials to help!

Before or on the day of your Bar/Bat Mitzvah, have your friends and family write messages on paper plates explaining why we should fight hunger. You can send these plates to your local, state, or federal political leaders as a plea to take action.

Create a story about hunger and those who struggle with food insecurity. Your characters can portray real people and the problems they face. Lead a conversation with your religious school class and share the story with younger students to begin their education as well.

Host a MAZON Hunger Seder for Passover

Encourage your guests to donate to MAZON in lieu of presents. Include information about MAZON in your invitation or on the tables at your party!

Start an awareness campaign! Choose a specific topic about hunger (e.g. nutritional obstacles hungry people face) and raise money from your family and friends to support MAZON's advocacy work. We have everything you need to manage your campaign online!

Organize a "Hunger Awareness Day" with your religious school class to raise money for MAZON and teach other classes about hunger at an all school assembly.

TZEDAKAH project ideas

Fundraise for a cause.
Volunteer your time.

Visit mazon.org to find one of our grantee partners near you, then put in some time helping out.

Many families also donate a percentage of the cost of their celebration to MAZON. Talk to your parents about being a part of this special legacy!



A Jewish Response
To Hunger

Inspired by Jewish values and ideals, MAZON is a national advocacy organization working to end hunger among people of all faiths and backgrounds in the United States and Israel. Our work involves educating the Jewish community about the reality of hunger and how we can get involved in trying to end it, especially by advocating for policy changes that will improve our nation's safety net.

As Jews we share a sacred duty to accept responsibility for the vulnerable people in our midst. MAZON seeks to uphold that obligation by embodying two fundamental Jewish ideals:



mazon.org (800) 813-0557



MAZON has many materials that you can include at your celebration to help you raise awareness about your commitment to ending hunger - take a look, then let us know what you need!

MAZON Centerpiece Cards

You can put these on display at your oneg, luncheon, or party to remind your guests of your commitment to those who are struggling with hunger.



MAZON Placecards

Placecards can be used for any part of your celebration: when your guests check in for your event, at tables, or even in your thank you cards!

MAZON Tzedakah Boxes

Include these as part of your fundraising! Ask your religious school teacher or rabbi to distribute these around your synagogue for people to see and contribute to.



We also have activities you can run with your classmates and friends; advocacy postcards, petitions and flyers you can share, and so much more!



Belia Mzukani milks the family cow with her baby Esnat Mzukani in Malawi.

Heifer International grew from that thought, not a cup but a cow. For more than 70 years we have remained true to this idea. Our work, which provides livestock and environmentally friendly agricultural training, is the spark families need to lift themselves out of poverty.

When you choose Heifer for your mitzvah project, you're fulfilling the commandment to do good and also helping our dream of ending hunger and poverty become a reality.

You can CHANGE THE WORLD

Zakai Stone wanted something that would have a lasting impact. He decided on Heifer for his bar mitzvah because the impact of the donation is multiplied many times over. "A big part of a bar mitzvah is the people who show up and support you," he said. "This is very similar to Heifer's Passing on the Gift ceremony. The whole community shows up, and even if they don't receive anything, they are still there to show support to the people who are receiving gifts."



For his entire life, **Sam Fine** has had a strong affinity for animals and nature, and that led him to become a beekeeper and care for horses, sheep, rabbits and other animals. These experiences have given him a chance to do something he loves, and now he hopes to give people across the world the same chance. "I have been donating to Heifer for many years," he said. "These efforts build self-reliance. For my bar mitzvah, my goal is to raise awareness and encourage others to give, too."



LEAVE YOUR MARK

A GUIDE TO CHOOSING HEIFER INTERNATIONAL AS YOUR MITZVAH PROJECT



FULFILLING Your Mitzvah TO HELP OTHERS

Becoming a bar or bat mitzvah is significant, and Heifer International wants to be a part of your celebration. At the heart of Heifer's work is a notion similar to *tzedakah*: that it is our duty to help those in genuine need.

Our founder, Dan West, felt the same call to do what he could for others. As a farmer from Indiana, he spent time as a relief worker during the Spanish Civil War. He soon discovered that a meager cup of milk rationed once a day to weary refugees was not enough.

**AND THEN HE HAD A THOUGHT:
What if they were given cows?**



Dan West with a cow.

HEIFER INTERNATIONAL
1 WORLD AVENUE, LITTLE ROCK, AR 72202, USA
888.5HUNGER (888.548.6437) | WWW.HEIFER.ORG/FAITH

IMPORTANCE OF VALUES

MANY OF HEIFER'S CORE PRINCIPLES, KNOWN AS THE 12 CORNERSTONES, MIRROR JEWISH VALUES.

V'AHAVTA L'REYECHA C'MOCHA Love your Neighbor as Yourself

Heifer provides training and education to farmers and their families to provide the skills to build a sustainable life for themselves and their neighbors. It takes full participation from the community to be successful and end hunger and poverty.



Training and Education



Full Participation

SHMIRAT HA' ADAMAH Caring for the Earth

Heifer International helps farmers learn how to keep their animals safe, healthy and productive. The goal is to improve animal management, while at the same time improving the environment.



Improved Animal Management



Improving the Environment

TIKKUN OLAM Repair the World

Poverty is often a result of discrimination. Heifer projects seek justice through empowering those who are deprived of rights and privileges based on their ethnicity, gender or social status. We train and educate participants in order to build sustainable and self-reliant communities.



Sustainability and Self-reliance



Genuine Need and Justice

NEDIVUT Generosity

At some time, everyone needs a helping hand. Your participation in Heifer projects supports a positive change by helping others as you have been helped. Heifer farmers and their families enjoy improved nutrition and income. They receive joy by Passing on the Gift® to their neighbors.



Passing on the Gift



Nutrition and Income

PE'AH Helping the Poor

The world's problems can be solved if everyone commits to sharing resources and caring for others. In addition, Heifer projects focus on building gender equity so that men and women work side by side to build stronger families and communities.



Sharing and Caring



Gender and Family Focus

TIKKUN MIDDOT Measures of Character

Heifer supports and encourages the importance of spirituality, as defined by a family or community, as well as a sense of connectedness to the Earth. Heifer also promotes shared responsibility for caring for the world and holding each other accountable for making the world a better place.



Accountability



Spirituality

Starting YOUR MITZVAH PROJECT

What you raise for Heifer International is multiplied as recipients pass on the gift of generosity to other families in their community. Once you've determined your project focus:

- 1 Research Heifer at www.heifer.org**
- 2 Create your fundraising page at www.heifer.org/fundraise**
- 3 Set your fundraising goal**
- 4 Customize your page with photos/videos and your reason for selecting Heifer International**
- 5 Invite friends and family to support your mitzvah project via Facebook, Twitter or Email**
- 6 Plan opportunities to talk about your mitzvah project**
 - Host a gathering in your home
 - Speak to your class
 - Plan a presentation or event with your congregation

ADDITIONAL Ideas

Organize a Heifer display at a local farmer's market and talk to visitors about Heifer's sustainable work in the field.

Coordinate an educational activity in your school or synagogue using Heifer programs like Read to Feed or Get It! Free materials are available at www.heifer.org/schools.

Childcare for Change: Start a babysitting service and donate your proceeds to Heifer.

Chores for Change: Assist your elderly neighbors with raking leaves or walking pets. Donate your chore money to Heifer.

To start a conversation, serve food from countries where Heifer works. In the spirit of feeding the hungry, donate the excess food after your bar or bat mitzvah celebration to a local shelter. For any other Heifer-themed products for decoration ideas, be sure to check www.heifer.org/shop.

THE POSSIBILITIES ARE LIMITLESS,
AND WE'RE HERE TO SUPPORT
YOU ALONG THE WAY. EMAIL
fundraise@heifer.org
FOR ADDITIONAL INFORMATION
AND FUNDRAISING IDEAS.



ISRAEL'S LEADING CENTER

for Equine Therapy Supporting Children and Adults with Various Disabilities.

INTRA is located in an idyllic setting on Moshav Bnei Zion, where we welcome riders both from Israel and abroad, who can benefit from equine therapy. Riders receive individualized, hands-on training from a team of dedicated and highly skilled staff. In addition, **INTRA** provides vocational training and is engaged in research and development on the uses and benefits of equine therapy.

Within weeks of starting **INTRA's** sessions, most riders show dramatic improvement in their ability to face the challenges of their disability. **INTRA's** therapy is generally recognized as a special holistic therapeutic force now used worldwide by many health professionals, practitioners, psychologists and medical institutions.

INTRA's program has the support of the Ministry of Defense, the Ministry of Education & Sport, the Israel Equestrian Federation, and other local institutions.

OUR ADDRESS

PO Box 370, Bnei Zion 609-1000, Israel

Email: intra@012.n3t.il

Telephone: 972-9-866-6305

The Israel National Therapeutic Riding Association (**INTRA**) is a non-profit organization committed to teaching equine skills and horseback riding to mentally and physically challenged adults and children, injured soldiers, and their families and friends.

THERAPEUTIC RIDING

Therapeutic riding is a human/horse experience that provides and facilitates a treatment modality in a variety of ways that encourage physical, cognitive, and behavioural improvement. These include increased strength and flexibility, improved motor skills, promotion of speech and cognitive reasoning, as well as building relationships and social skills.

INTRA's therapeutic riding benefits two main groups of riders:

- Children & adults with physical and mental disabilities
- Soldiers suffering from post-traumatic stress disorder (PTSD)
- At-risk youth.



INSTRUCTOR TRAINING

INTRA provides and facilitates special courses that include:

- Diploma courses (one year+) for Therapeutic Riding Instructors with certification from the Equine Science Studies
- Diploma course for Western Riding Instructor with certification from the Equine Science Studies
- Hippo therapy workshops and therapeutic riding clinics
- The Path International Accreditation, USA.

WORKSHOPS AND CLINICS

INTRA also offers workshops and clinics for those not seeking instructor training. These include:

- Equine studies, offering school learners new career opportunities and 5 points in their National School Matriculation
- Vocational training for youth & adults
- Israel Equestrian Federation SHERI Program for horsemanship
- Summer camps to improve riding capabilities
- Special educational programs for learners from other educational institutions.

OTHER ACTIVITIES

- **Sports Riding:** Sports Riding consists of motivating horseback riding activities, whose goals are to develop riding skills and good general health. These activities offered through varied programs in an outdoor classroom are designed to develop equine and cognitive skills for all challenged equestrians, improving concentration, communication and cooperation.
- **Social Awareness Activities including:**— Volunteer programs for overseas students — Volunteer programs for the challenged — Social club for the traumatically injured — Educational center and club house — Volunteer social life, summer barbecues and other events.

Fulfilling a Tremendous Need

There are few things in life more feared than loss of vision and there is no known mobility aid for a blind person that is better than a guide dog. The urgency of the need and the promise that it offered toward restoring the self respect, independence and mobility of blind people in Israel led to the establishment of the Israel Guide Dog Center for the Blind, a non-profit organization dedicated to providing "another pair of eyes" for blind Israelis and assisting those who already have guide dogs.



Students Give the Gift of Sight to Israeli Blind

As Bar and Bat Mitzvah students from coast to coast prepare for one of the most momentous occasions in their Jewish lives, they are encouraged to take on a Jewish community service project to supplement their studies. As Puppy Sponsors, students learn about the vital relationship between a guide dog and a blind Israeli. Everything from companionship to the new-found active and independent lifestyle made possible through the pairing. Then, at the end of their Bar and Bat Mitzvah studies, the student sponsors share their project experiences with their congregation, explaining how they have grown through this process and what they have learned about assisting the Jewish community.

To Learn More, Please Contact Us!



968 Easton Rd. • Suite H • Warrington, PA 18976
Tel: 215-343-9100 • Email: info@israelguidedog.org

www.israelguidedog.org

Make
IsraelGuideDog
CENTER FOR THE BLIND
YOUR
MITZVAH
PROJECT





How Does it Happen?

A Good Start

The guide dog process begins with a new litter of puppies who stay with their mother for 2 months and are then placed in the homes of puppy-raising families where they learn socialization and other skills. The goal of these foster families is to lavish love and teach the puppies how to learn. They romp and play and sleep by the bed. They learn right from left and right from wrong. No begging at the table, no sleeping on couches and no chasing cats. These dogs must learn discipline, but they also lead happy, active lives. It involves hundreds of miles of walking, a lot of perseverance, a ton of patience, a dose of fear and even a few tears, but the puppy-raisers say it's all worth it.

The puppies then return to the guide dog center for assessment and instruction if we feel that the puppy has the qualifications to become a guide dog. If qualified, the puppy then begins 5 months of intensive training. We usually use Labrador Retriever and Golden Retriever dogs and occasionally German Shepherds.

Human Training is Next

After the dog completes the training period, the blind people come to the guide dog center to receive instruction with their new guide dog for a three week period. After the course, they return to their home with their dog and receive another week of home training where they practice going to work, to the veterinarian, to the super market, to the bank and to the post office and any other place that they would normally visit. Once the dog has done each experience once, it remembers for the next time. In addition, they practice bus travel so that the blind person feels comfortable traveling with his new companion.

How is it Meaningful?

An Outstanding Impact

The Israel Guide Dog Center is making an extraordinary difference in the lives of visually impaired Israelis. To give a little insight into how much of a difference, here is a story of one of our graduates. Gadi Yarkoni was a young Israeli soldier when he was blinded in Lebanon. A terrorist bullet ricocheted and severed his optic nerves. All efforts to restore his sight failed and a year later, he received his instruction with Waldo, a Black Labrador Retriever and is now able to travel independently wherever he chooses to go. He has completed a four year course in physical therapy at Tel Aviv University and is now working in his field.



Gadi Yarkoni and his second guide dog, Neptune.

No Charge to the Visually Impaired

The Israel Guide Dog Center gives these highly-trained "miracles" to individuals who need them free of charge. It is through donations from generous individuals and organizations that is possible.



Our mission is to help blind Israelis to regain their lives by providing independence, mobility and self-confidence through the use of guide dogs.



Do you:

Love dogs?

Want to help the blind?

Want to aid people in Israel?

Want a special mitzvah project?

What Can I Do?

Spread the Word

You have a great opportunity to inform your fellow classmates as well as the congregation during your remarks at your Bar/Bat Mitzvah about the special work of the guide dog center.

Sponsor a Puppy

Why not sponsor a puppy – the cost of a sponsorship is \$1,000 and it includes all the costs of raising the pup during its first year. The funds could be raised by yard sales, baby-sitting, gifts from friends and relatives who may be invited to your Bar/Bat Mitzvah or other creative ways.



"This guide dog gave me the feeling today — as I walked in town — that I am not blind anymore. My dog, George, gave me the sensation of seeing again. I walked with confidence, maneuvered around people and obstacles while thinking to myself that this is a miracle."

MAKE A DIFFERENCE BY CHOOSING AFISCD AS YOUR MITZVAH PROJECT!

When you participate in the AFISCD Mitzvah Project, YOU will have a significant and personal experience of giving, while at the same time undertaking new social responsibilities. Over 100 children have already shared their bar/bat mitzvahs with children and adults of the Israel Sport Center for the Disabled.

MEET ARTHUR HASSIN



At 13 years of age, Arthur Hassin became one of the Center's youngest wheelchair basketball stars. He was a member of the National Junior Wheelchair Basketball team, and became the youngest athlete to play in the EuroLeague.

Arthur's smile and vibrant spirit gives no hint of the long and difficult road he has traveled since a tragic domestic accident at the age of two, when the young child fell seven stories from a window. After miraculously surviving the fall, Arthur embarked upon the long journey of rehabilitation at the Center. The hard work of his coaches and the entire ISCD has paid off for Arthur.

OUR MISSION



The American Friends of ISCD is committed to providing ongoing financial support to the Center, empowering children and adults with physical disabilities from all backgrounds to participate in physical and psychological rehabilitation through sports, to attain the goal of leading productive and successful lives in Israeli society.

For more information, contact:

info@afiscd.org

Lori Komisar
National Board President

Jennifer Flink
National Executive Director

Lisa Tenzer
Director of Operations

Visit us at: www.afiscd.org

One Northfield Plaza, Suite 300
Northfield, IL 60093

847-441-2652

AFISCD is a 501(c)(3) nonprofit organization
EIN 27-5126671



AMERICAN FRIENDS OF
ISRAEL SPORT CENTER
FOR THE DISABLED



Mitzvah Project

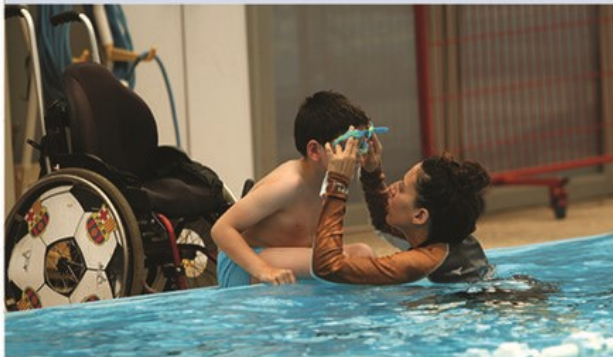
**"Once you choose hope,
anything is possible..."**
-Christopher Reeve

Q: WHO ARE THE PEOPLE I WILL BE HELPING?



A: We all know how much fun we have playing sports. Well, so do many children and adults with physical disabilities. With your support, 2,500 people at the Israel Sport Center for the Disabled will be able to enjoy 20 different sports just as much as you do! The only difference is they need all different kinds of wheelchairs to participate.

Q: WHAT ARE SOME OF THE SPORTS AT THE ISRAEL SPORT CENTER FOR THE DISABLED?



A: Aquatics, track and field, wheelchair tennis, wheelchair basketball, table tennis, para-cycling and many more.

Q: WHERE DO ALL THESE ACTIVITIES TAKE PLACE?



A: The following programs are offered at the Center:

PRE-SCHOOL

Most of the children are affected by devastating injuries. Others are born with conditions like cerebral palsy, which causes developmental learning difficulties.

YOUTH PROGRAMS

The 4-times-a-week afternoon program is comprised of sport and recreation activities that include aquatics, track and field events, wheelchair basketball, wheelchair tennis, table tennis, para-cycling and more.

COMPETITIVE SPORT AND PARALYMPIC TRACK

This program has young athletes with Paralympic (Olympics for people with physical disabilities) aspirations. We provide them with professional guidance, social support, transportation services, equipment, medical services and all of their other needs so that they can focus on one thing alone - achieving their goal of representing Israel and the Center in the Paralympic Games.

Q: WHY SHOULD I CHOOSE AFISCD AS MY MITZVAH PROJECT?



A: To help thousands of kids and adults with disabilities live productive and fulfilling lives. The spirit and motivation of sport helps them gain confidence, increase moral and self-image, as well as prolong life expectancy.

Q: HOW DO I GET MY MITZVAH PROJECT STARTED?



A: Send an email to info@afiscd.org with a few paragraphs about yourself and why you are choosing AFISCD as your mitzvah project. Make sure to attach a picture of yourself. We'll add your story and picture to AFISCD's website, and your friends and family will be able to post messages to you and donate directly from there.



Empowering Children Through Sports & Education

ISRAEL TENNIS CENTERS FOUNDATION



Looking for a Mitzvah Project?

Consider “Children to Children”: A Mitzvah Project that will make a real difference in the lives of underprivileged children in Israel.

The Israel Tennis Centers Foundation works to improve and enrich the lives of more than 20,000 Israeli children each year. During this very special Bar/Bat Mitzvah year, you and your family can design a unique Mitzvah program. Together, we can plan a project suited to your family’s individual needs and interests that will help improve the lives of Israel’s children.

Here are a few opportunities to become involved:

Mitzvah Projects

- Help the ITC Foundation arrange a tennis exhibition in your community to raise awareness and funds for disadvantaged children to attend the Israel Tennis Centers’ specially designed programs, which use tennis as a tool to improve their quality of life.
- Donate a portion of your bar or bat mitzvah gifts to support an underprivileged child or one of our sports for social impact programs. The donation will be earmarked for your specific project.
- Organize a tennis tournament in your community and donate the players’ entry fees to ITC.
- Request that donations be made in your honor to Israel Tennis Centers Foundation in lieu of gifts. Donations are tax deductible.
- Sponsor “goody” bags with new tennis items for children in need at the Israel Tennis Centers who are also celebrating their Bar/Bat Mitzvah, while developing an overseas pen pal relationship.
- Sponsor a Teen: Give underprivileged teenagers a career for life by providing them with a scholarship to enroll in a tennis coaches’ training course.
- Sponsor a child in a program for children at risk or special needs.
- Sponsor a twinned kindergarten or other co-existence program.

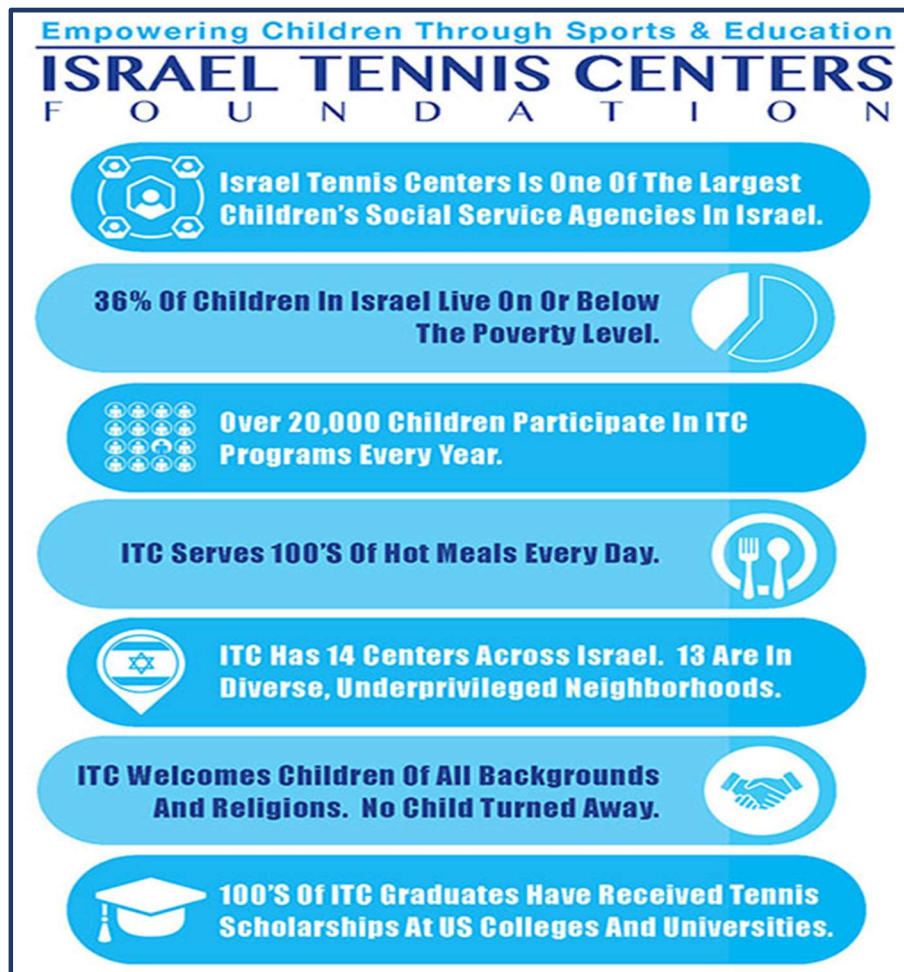
What We Do

As one of the largest social service organizations for children in Israel, the ITC serves over 20,000 Israeli children every year. The ITC has 14 centers throughout Israel, many of them in underprivileged neighborhoods, providing disadvantaged children with a safe, structured and nurturing environment.

The ITC offers uniquely designed programs to meet the specific needs of its children:

- Assisting youth at risk, those with special needs such as Down Syndrome & autism and children of new immigrants from Russia & Ethiopia through our Social Impact programs.
- Bringing together Israeli Jews, Arabs, Bedouins & Druze through our Coexistence program.
- Training Israeli children to excel as tennis players through our High Performance program.

All of these programs are open to all children living in Israel, regardless of background, religious affiliation or economic circumstance. No child is ever turned away.



FOR MORE INFORMATION:

ISRAEL TENNIS CENTERS FOUNDATION
National Office - USA - New York
57 W. 38th St, Suite 605
New York, New York 10018

(212) 784-9200 (main)
(212)-784-9207 (fax)
usa@israeltenniscenters.org

www.israeltenniscenters.org/get-involved/barbat-mitzvah-projects/



... your parents couldn't afford to pay for your schoolbooks and supplies?

... you had to go to school on an empty stomach because you had no breakfast?

... you had no one to help you with your homework?

These are some of the challenges Ethiopian children in Israel face every day.

Over 70% of Ethiopian-Israeli children live below the poverty line. And only about 35% perform at the elementary school grade level.

Your NACOEJ Mitzvah Project can help Ethiopian-Israeli children get the education they need — and go on to realize their dreams.



To Get Started:

- Visit: www.nacoej.org/mitzvahprojecttools.html
- Call: 212-233-5200 x230
- E-mail: mitzvah@nacoej.org



North American Conference on Ethiopian Jewry
(NACOEJ)

255 West 36th Street, Ste. 701

New York, NY 10018

T: 212-233-5200

F: 212-233-5243

www.nacoej.org

NACOEJ is a grass-roots, 501(c)(3) non-profit organization founded in 1982, and is the only major American organization committed exclusively to the welfare of Ethiopian Jews.

For many Ethiopian-Israeli children today, success is just out of reach

Your
NACOEJ
Mitzvah Project
can help them
achieve their
dreams!



North American Conference on Ethiopian Jewry
www.nacoej.org



For centuries, Ethiopian-Jews longed to settle in the land of Israel. Finally, in recent times, the Israeli government and Jewish organizations, including NACOEJ, helped them escape from Ethiopia and reach Israel. Today, the Ethiopian-Jewish community is an important part of Israeli society.

However, their struggles are not yet over. Many Ethiopian-Israeli families suffer from poverty and cannot give their children the tools they need to succeed.

You Can Help! Start A NACOEJ Mitzvah Project

It's as Easy as 1-2-3

1. LEARN more about this ancient and unique Jewish community.

- Visit www.nacoej.org for resources such as videos, photographs, stories, and maps that teach about the rich history and culture of Ethiopian Jewry.
- Discover the amazing story of how Ethiopian Jews were rescued and airlifted from Ethiopia in the middle of a civil war.
- Share what you learned with your family and friends.
- Learn about the current situation for Ethiopian-Israeli children.

2. TAKE ACTION to help Ethiopian-Israeli children succeed.

Your Mitzvah Project will provide Ethiopian-Israeli children with after-school learning, nutritious school lunches, school supplies, and more in the NACOEJ *Limudiah* Program.

The NACOEJ *Limudiah* Intensive After-School Education Program was founded in the early 1990s to help Ethiopian-Israeli children in elementary school keep up with their studies. The program, with its small classes and dedicated teachers, gives the students extra assistance in all subjects. Hot lunches, important for children from poverty-stricken immigrant families, give them the energy they need to concentrate on their schoolwork.

WHAT YOU CAN DO:

- Go to the NACOEJ website for ideas and resources for your project.
- Plan an event or sell a product to raise funds for your cause.
- Create a personal fundraising web page for your project on the NACOEJ website and track your progress.

You will receive a special certificate for your efforts!

3. CELEBRATE your Mitzvah Project at your own special event.

- Make your Mitzvah Project a part of your Bar or Bat Mitzvah or another special event.
- Teach your guests about your cause and feature your project in your invitations, centerpieces, and more.
- Ask your friends and family to donate to your cause.
- Celebrate your efforts to help Ethiopian Jewry.



TWINNING

In the 1960s-1980s, it was common for a bar mitzvah / bat mitzvah to "twin" with a Jewish child in the Soviet Union who, because of religious oppression, was not able to become bar mitzvah at his own service. Today, the distress of Jews in Russia is somewhat eased, but many children there still don't have the benefit of religious education.

There are now also new opportunities to twin with children in Israel, including recent Ethiopian emigrants, or with a Righteous Gentile who helped to rescue Jews during the Holocaust. There are even a few programs of "Holocaust Twinning" where the student shares his experience with the memory of a child who perished in the Holocaust before reaching the bar mitzvah milestone.

For additional information, please contact Rabbi Perkins (rabbiperkins@templealiyah.com).

Action for Post-Soviet Jewry

*Assisting Jews in the former
Soviet Union since 1975*

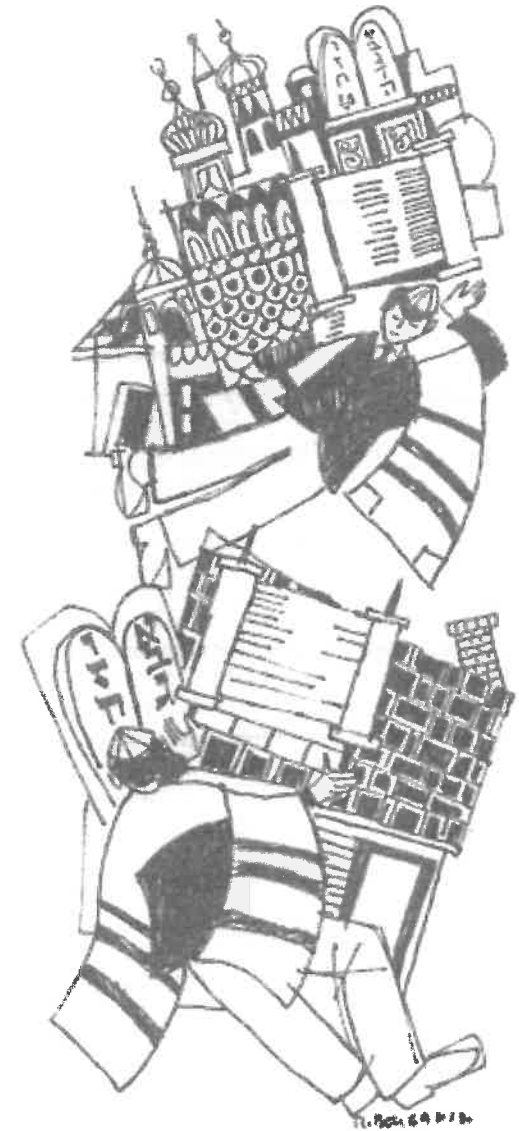
*APSJ is affiliated with CJP
of Greater Boston and
the Union of Councils for Jews
in the former Soviet Union, our
national organization, with
bureaus in Washington, DC,
and the former Soviet Union.*

*The line drawings in this brochure
are by the late Raphael Bouganim*

Action for Post-Soviet Jewry

24 Crescent Street, Suite 306
Waltham, MA 02453-4389

Phone: 781-893-2331 Fax: 781-647-9474
Email: ActionPSJ@aol.com
Web Site: ActionPSJ.org



BAR & BAT MITZVAH TWINNING

Action for Post-Soviet Jewry

Why is it important for you to "twin" your Bar or Bat Mitzvah?

The Bar and Bat Mitzvah twinning experience is a unique opportunity designed to carry on the tradition of uniting Jews around the world.

American B'nai and B'not Mitzvah are paired with their peers in Ukraine.

Information about background, interests and family is exchanged in letters and photos you send to your "twin."

Many youngsters in Ukraine are now free to study their Jewish heritage. In fact, your "twin" will probably be a student in an orthodox Jewish Day School. Your contact with them is the best indication that you care about their future.



Brief guidelines for your "twinning"

1. Discuss your plans for "twinning" with your rabbi. The basis for each service will be unique, fitting the needs of your family and your synagogue.
2. Action for Post-Soviet Jewry will supply you with material on your "twin" and suggestions of approaches you may wish to use. You may also receive a Bar or Bat Mitzvah certificate to commemorate your "twinning."
3. You can indicate on your invitation that you are sharing your Bar or Bat Mitzvah with a youngster in Ukraine. You can also send an invitation to your "twin."
4. Your donation to Action for Post-Soviet Jewry is tax-deductible as allowed by law and enables us to continue our work to help Jews who still remain in the FSU.

Please fill out the form and mail with your donation to:

Action for Post-Soviet Jewry

**Action for Post-Soviet Jewry
24 Crescent Street, Suite 306
Waltham, MA 02453-4389**

I wish to "twin" my ☐ Bar ☐ Bat Mitzvah.
Date of Bar/Bat Mitzvah _____

Name _____

Address _____

City _____ State ____ Zip Code _____

Phone _____

E-Mail _____

Synagogue _____

Parent's Name _____

☐ Enclosed is my tax-deductible check as allowed by law, payable to Action for Post-Soviet Jewry

☐ \$500 ☐ \$100 ☐ \$50 ☐ \$36

Other _____

Please charge my donation to:

☐ American Express ☐ Visa ☐ MasterCard

☐ Discover

Account # _____

Expiration Date _____

Signature _____

Bar and Bat Mitzvah Twinning Program

WHEN YOU PARTICIPATE:

You will receive:

A photo, brief bio, and mailing address for your twin.

An embroidery hand-stitched by Ethiopian Jews awaiting to go to Israel.

DVD about the Ethiopian Jewish Community.

A special certificate in honor of your twinning (your Rabbi will present this to you!).

A Bar/Bat Mitzvah Kit (see below for more information)

The chance to make a lifelong friendship.

Your Ethiopian Israeli twin will receive:

A Kiddush cup or Shabbat candle holder in honor of their Bar or Bat Mitzvah.

Donation to his or her classroom in Israel to buy educational supplies.



plies.



Many NACOEJ Twins have been able to meet each other during trips to Israel!

THE NACOEJ Bar and Bat Mitzvah Twinning Program is a way for American Jewish teens to learn about their Ethiopian Israeli peers.

By participating in the program, American Jews give important assistance to Ethiopian students in Israel while simultaneously have the chance to develop lifelong friendships with their Twins.

To become a twin just fill out the application and return it with your donation of \$280.00.

You can also find more information and an application online at www.nacoej.org.

NACOEJ BAR and BAT MITZVAH KITS

YOUR DONATION:

Buys a present for your twin.

Is a gift to your Twin's class in Israel. These gifts will help not just your Twin but many other Ethiopian Israeli students.

Will buy essential educational materials, as well as pay for Ethiopian youngsters to go on school trips that they would otherwise be unable to afford.

Sponsor a group Bar/Bat Mitzvah celebration.

Many of our American "twins" decide to take on a Mitzvah Project as an element of this important milestone.

NACOEJ can help you plan a meaningful tzedakah project.

NACOEJ Bar and Bat Mitzvah Kits also include many other ways to support NACOEJ during your Bar or Bat Mitzvah.

IDEAS INCLUDE:

- Million Quarter Project
- School Supply Drive
- Ethiopian Craft Fair
- School-Wide Speaker Events
- NACOEJ Thank You Cards
- Ethiopian decorations for your celebration



One of the many Ethiopian Hand Embroideries

North American Conference On Ethiopian Jewry (NACOEJ), established in 1982, is a non-profit 501(c)(3) organization.

For more information about NACOEJ's programs and other ways you can help the Ethiopian Jewish Community please visit our website at www.nacoej.org.



Remember Us

The Holocaust Bnai Mitzvah Project

An Invitation for Bnai Mitzvah Students and Families

The Remember Us project invites every child preparing for Bar/Bat Mitzvah to remember a child who was lost in the Holocaust. By this simple act children lost in the Shoah are now remembered, one child at a time. To date more than 18,000 children in over 750 congregations worldwide have chosen to participate. We hope that you will join them.



To request a name, please go online to www.remember-us.org. Click on the box “**To request or register a name**” and complete the online form.

The name that you will receive from Remember Us is given only to one bar/bat mitzvah.

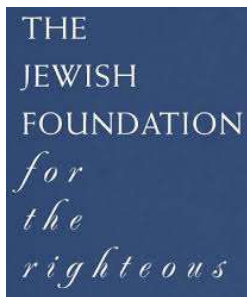
Some important things to know about participation in Remember Us:

- Each bar/bat mitzvah participant can remember their child in a way that is meaningful to them personally. The Remember Us website has ideas and suggestions.
- The program does not require any additional time commitment
- There is no cost to families or synagogues to participate. The program is supported by voluntary donations from families such as yours, as well as contributions from individuals, synagogues and foundations.

The Remember Us website has program material and information that will add to your participation in the project, including

- Student information, including how to research information about a child, and suggestions for ways to honor and remember their child
- Parent resources, including order forms for personalized participation certificates and pamphlets
- Newsletters, articles and information about Remember Us
- Online donation form

If you have questions, please contact us - info@remember-us.org



Bar/Bat Mitzvah Program

ABOUT THE PROGRAM

Every participant in the Bar/Bat Mitzvah program will have the opportunity to twin with a Righteous Gentile who saved Jews during the Holocaust. The Bar or Bat Mitzvah chooses a rescuer with whom to be twinned. The minimum donation for the Twinning Program is \$180.

Each participant in the Bar/Bat Mitzvah program will receive a certificate with the name of his or her chosen rescuer, and if your rabbi permits, it can be presented during the service.

TWINNING

LEARNING ABOUT COURAGE,
MAKING A DIFFERENCE THROUGH TZEDAKAH

The Twinning program is a way to make a significant impact – both in the daily life of a rescuer and for the Bar/Bat Mitzvah. The stories of rescue are very powerful, and the educational component of the program is strong. At the same time, the program teaches about the importance of tzedakah, hakarat hatov (the recognition and searching out of goodness), and tikkun olam (repairing the world).

The first step is to select a rescuer with whom to be twinned. For stories of rescue, please click [here](#). The Bar or Bat Mitzvah will receive a twinning certificate that can be presented during the service.

The minimum donation for this program is \$180.

GOING ABOVE AND BEYOND

In addition to offering families a Twinning opportunity, we encourage participants to think creatively about how they can incorporate the JFR into their Bar/Bat Mitzvah. In the past, we have had participants ask their guests to donate to the JFR in lieu of giving them a gift. Participants have also organized walk-a-thons, bake sales, swim meets, and garage sales as fundraisers for the JFR. Recently, one participant sold blue wristbands that said, “Never Forget,” to his guests and donated the proceeds to the JFR. If you are interested in creating your own Mitzvah project in support of rescuers, JFR staff is available to help you design a project and provide you with informational materials about the work of the JFR.

If you have questions or need additional information, please call Stanlee Stahl at 1.212.727.9955 or send an e-mail to sstahl@jfr.org.

Read more at: <https://jfr.org/bar-mitzvah-program>

Choosing a Mitzvah

Deciding on a Mitzvah Project can be quite overwhelming; however, Areyvut has created an easy five step process for finding a Mitzvah Project that is appropriate for you. This process helps you narrow in on your passion, find an organization, choose a specific project, make a goal, and give ideas on how to spread the word.

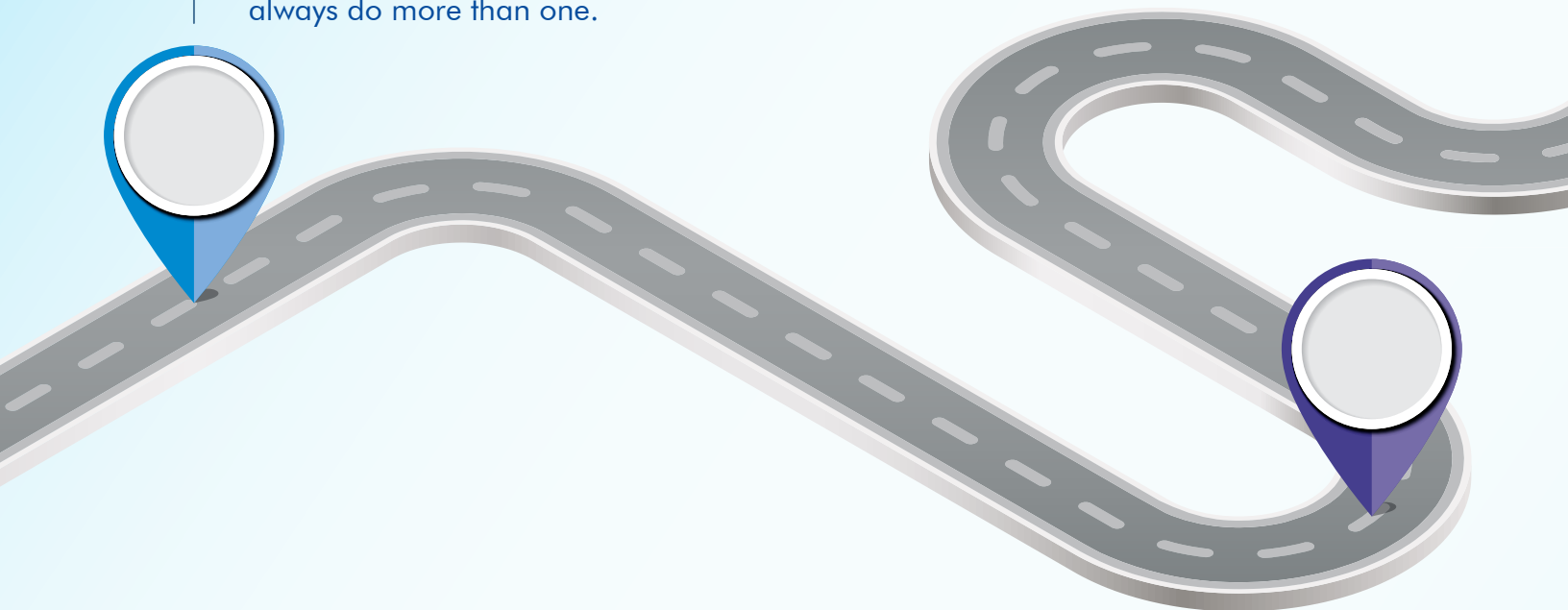


Step 1: What's your passion?

When deciding on a mitzvah project, you should choose something that means something to you— something that you feel a connection to. (If you're not sure which theme to choose, take a look into your Parsha, and you may find a different theme that speaks to you.) Here is a list of twenty-one different themes.

- | | | | |
|-----------------------|----------------------|------------------------------|-----------------------|
| 1. Animals | 7. Environment | 13. Literacy | 17. Soldiers |
| 2. Arts/Music/Theatre | 8. Health/Medicine | 14. Lifecycle | 18. Sports |
| 3. Children | 9. Hunger | 15. People with Disabilities | 19. Teen Philanthropy |
| 4. Clothing | 10. Israel | 16. Poverty/ Homelessness | 20. Tolerance |
| 5. Education | 11. Jewish Education | | 21. Victims of Terror |
| 6. Elderly | 12. Kiruv (Outreach) | | |

If you feel passionate about more than one, that is OK.
The best part about a Mitzvah Project is that you can always do more than one.



Now that you have found your passion, finding an organization is a bit easier. You have a few options. You can search online for organizations that work in that area, or you could go to www.areyvut.org/opportunities/ and search for your passion in the "theme" drop-bar menu. You can also go to your local synagogue and ask your rabbi or rabbis if they know of something that would be a good fit for you.

Step 2: Finding an Organization

Step 3: Choosing a Project

Once you have your passion chosen and your organization selected, what can you do to help? Do you want to volunteer, fundraise or both?

Volunteering

If you plan on becoming a volunteer, you must first speak to your organization about their policies. Keep in mind that some organizations have a minimum age for volunteers or a minimum number of hours you must volunteer. Volunteering may involve stacking canned foods at a food bank, teaching underprivileged kids to play a sport or playing chess with the elderly. Volunteering is a great way for you to use your passion to change the world!

Fundraising

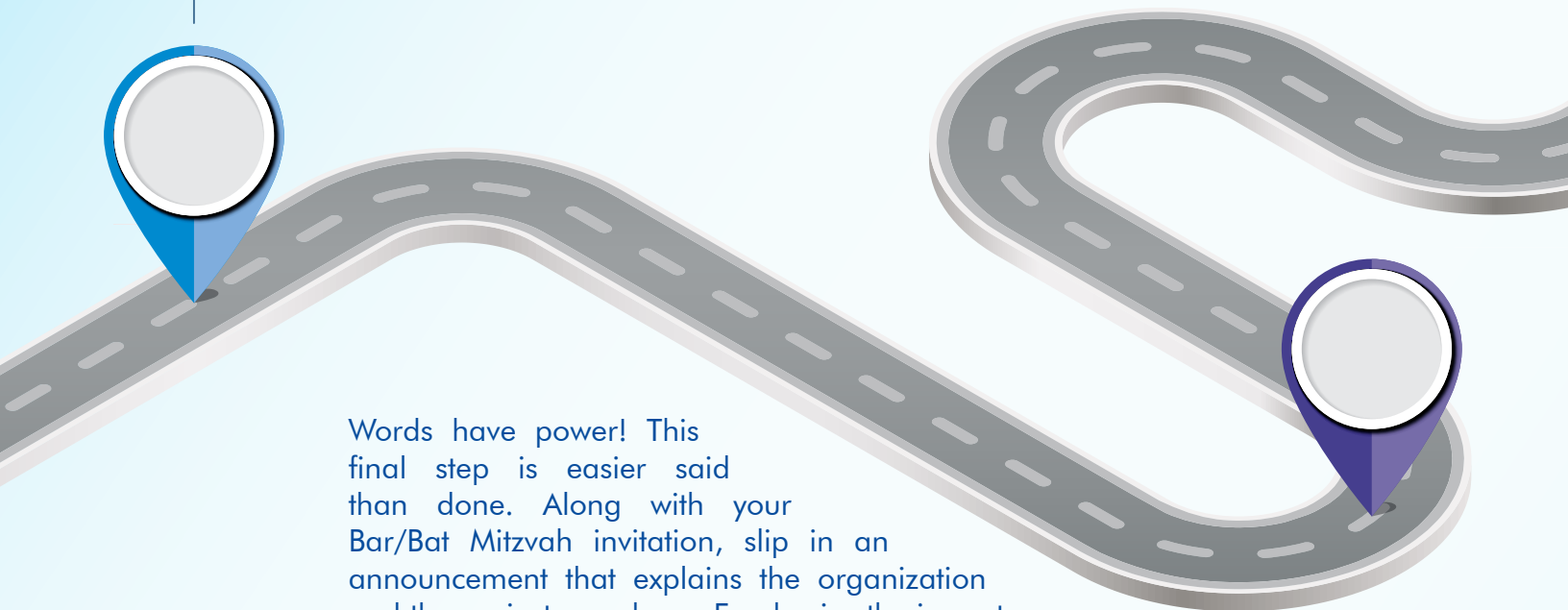
If you plan on fundraising, you must decide what you are collecting. Fundraising does not necessarily mean raising money. If your passion is working on how to eliminate hunger, you can collect canned food. If your passion is helping underprivileged children, you can collect school supplies for those who cannot afford them.

Both

Sometimes you can have it all! If you want to plan a cleaning day at a public park, but you also want to collect teddy bears for the hospital, you can! There is no one stopping you from performing more than one mitzvah! Both volunteering and fundraising involves your family, your friends and you. Remember, everything you do makes a difference.

Step 4: Establishing a Goal

Setting a goal for yourself is ALWAYS a good plan. If you choose to volunteer for your project, set a goal of how many hours you want to devote, or how many people you would like to participate in your volunteer event. Be realistic when setting your goal. When volunteering, you must choose a number you can promise, a number that is doable. You can always exceed your goal. You cannot, however, promise hours and then fall short. If you choose fundraising, you can make a goal of how much you would like to raise or collect. Do not set the number to an outrageous amount, select something that is achievable. Remember, talk to your organization before setting anything in stone. They can help with organizing your goal and giving you alternate suggestions.



Words have power! This final step is easier said than done. Along with your Bar/Bat Mitzvah invitation, slip in an announcement that explains the organization and the project you chose. Emphasize the importance of your guests' involvement. Ask your Synagogue to put your Mitzvah Project in their newsletter. Talk to your rabbi or principal. Your rabbi may even allow you to make an appeal from the bimah. When people ask about your Bar or Bat Mitzvah, make certain to mention your Mitzvah Project! Keep reminding people how important this project is to you and how much of a difference it will make. You never know what you can do until you try.

Step 5: Spreading the Word

Creating a Mitzvah Project

Below is a list of some project ideas for each given passion. The following projects are not specific to one passion, so if you want to mix and match, go right ahead! Once again, this is your Mitzvah Project.



<i>Passion</i>	<i>Mitzvah Projects Ideas</i>
Animals	<ul style="list-style-type: none"> • Foster or adopt a pet from the shelter • Collect animal toys and donate them to an animal agency • Volunteer at an animal shelter • Assist in therapeutic horse-back riding sessions
Arts/Music/Theatre	<ul style="list-style-type: none"> • Make bead jewelry and hand them out • Perform a play or a choir concert at a senior citizens home or hospital • Create a dance-a-thon for children to support exercise • Create a carnival for your community to raise money for an organization
Children	<ul style="list-style-type: none"> • Collect children's toys for lower income families • Decorate pillow cases with children at hospitals
Clothing	<ul style="list-style-type: none"> • Have a clothing drive. Collect and donate the clothes to an organization that gives them directly to those in need • Decorate T-shirts with happy messages and give to kids in hospitals or shelters
Elderly	<ul style="list-style-type: none"> • Write letters of any kind and give them out to a senior citizen center • Host your own Bingo/Chess/Movie Night/Arts and Crafts event • Adopt a friend from a senior citizen center with friends and family • Volunteer at a senior center
Education	<ul style="list-style-type: none"> • Make and donate bookmarks • Collect school supplies • Volunteer to tutor at a local elementary, junior high school, or high school • Volunteer for after-school homework help • Help people who are learning English to improve their English
Environment	<ul style="list-style-type: none"> • Plant a communal garden at your synagogue • Sponsor an environmental fair to explain the importance of recycling and do a project with recycled bottles, paper or cardboard • Volunteer to have a clean-up day at a local park, beach, or playground and invite your friends and family to join
Health/Medicine	<ul style="list-style-type: none"> • Write notes of encouragement to those with health issues • Make "Fun Bags" that have toys, games, coloring books and stickers for kids in the children's wing of a hospital • Make teddy bears and donate them
Hunger	<ul style="list-style-type: none"> • Collect food for a food bank or soup kitchen • Give out pre-made Shabbat boxes to food banks or shelters • Volunteer for the food counter at a shelter • Sponsor a Hunger Benefit and donate the money and/or extra food
Israel	<ul style="list-style-type: none"> • Plant trees in the honor of someone who has made an impact on you • Raise money and donate it to Israeli organizations • Create an Israel fair to inform everyone about Israeli organizations and what they do
Jewish Education	<ul style="list-style-type: none"> • Help the younger students to prepare for their bar/bat mitzvah. • Decorate havdalah candles and give them out at your synagogue • Create a Shabbat book or a bracha book that contains all the blessings and hand them out at your synagogue • Help kids who don't go to Jewish day schools with their Hebrew

<i>Passion</i>	<i>Mitzvah Projects Ideas</i>
Kiruv (Outreach)	<ul style="list-style-type: none"> • Connect your friends and family with individuals or communities all over the globe and raise money for their communities • Create a pen pal system with Jewish kids all around the globe
Literacy	<ul style="list-style-type: none"> • Collect books and hand out the books with to children • Sponsor a reading day. Give out books and have group book readings • Write and decorate books then hand them out
Lifecycle	<ul style="list-style-type: none"> • Create birthday-party boxes for children in need who don't get to celebrate birthdays • Get updates on those who recently had a baby, had a Bnai Mitzvah, got married, have an anniversary, etc. and hand out Mazal Tov cards • Volunteer at a burial association, cleaning and renovating
People With Disabilities	<ul style="list-style-type: none"> • Plan a "make a friend" day and invite children from a special needs school and your friends to spend a fun day together • Host a fair explaining different disabilities • Volunteer at a special needs school
Poverty/ Homelessness	<ul style="list-style-type: none"> • Collect tooth brushes, toothpaste, soap and hand them out to the homeless • Volunteer at different shelters • Collect different stories and write about it on a blog
Soldiers	<ul style="list-style-type: none"> • Make care boxes for lone soldiers in Israel • Create a pen pal system with Israeli soldiers • Donate clothes, food, or hygiene products to soldiers
Sports	<ul style="list-style-type: none"> • Create a sports day/tournament and invite everyone in the neighborhood to participate • Teach your favorite sport to children in a lower income area • Collect sports equipment and give them to schools with limited supplies
Teen Philanthropy	<ul style="list-style-type: none"> • Start a project in your school for something you are passionate about • Create campaigns to raise awareness for social injustice
Tolerance	<ul style="list-style-type: none"> • Reach out to someone you don't agree with socially or religiously • Send a letter to a governmental figure about an issue you are passionate about • With your friends or family, create a monument with a message of peace or hope and place it at your school or synagogue • Create and decorate a Friendship bench in your school playground or community park to encourage people to be inclusive to all and even make new friends
Victims of Terror	<ul style="list-style-type: none"> • Host a school or community event with a guest speaker who has been victimized to raise awareness • Raise money for a victim of a recent terror attack to rebuild what they've lost • Reach out to a family who has suffered from terror and ask what you can do to help

Parsha Themes

As you read your Parsha, remember there are many themes you can use on which to base your project. Below is a table of the Parshiot and some of the themes that might help you decide what you would like to use for your Mitzvah Project.

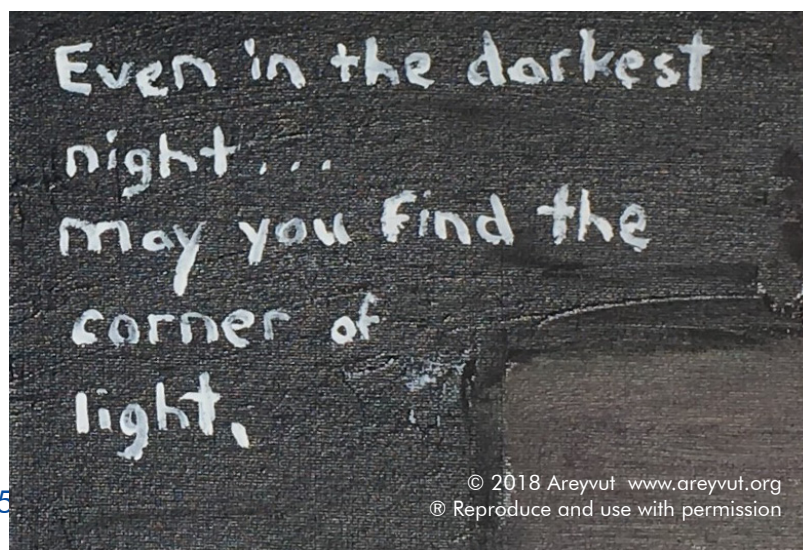
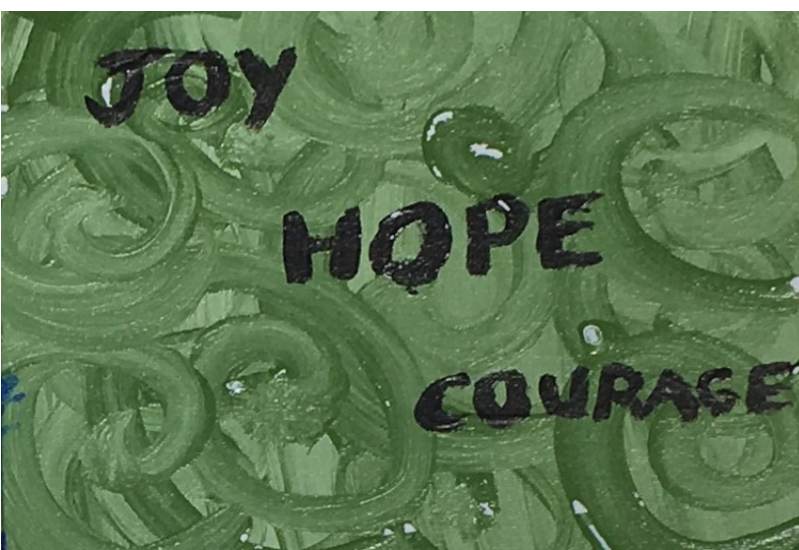
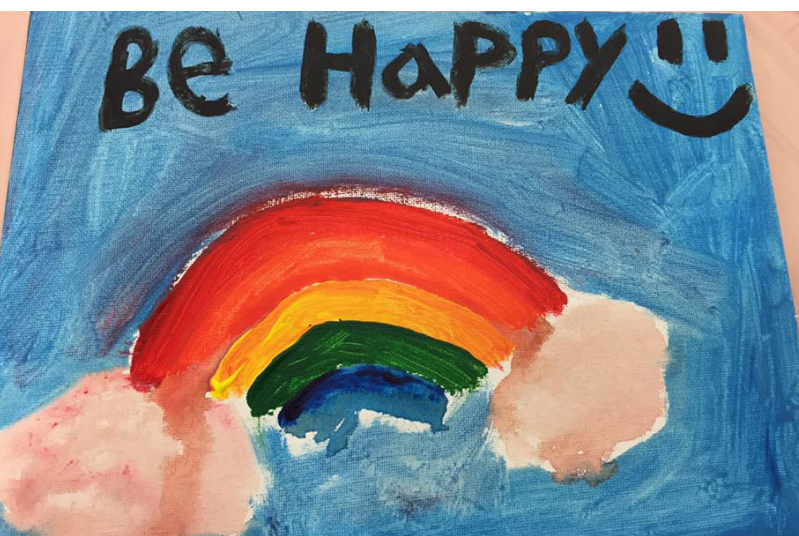


<i>Parsha</i>	<i>Themes</i>
Bereshit	New Beginnings
Noah	Faith, covenants, water
Lech-Lecha	Joys of parenthood, children
Vayera	Angels, new mothers, health
Chayei Sarah	Reconciliation, grandparents
Toledot	Family, parenting
Vayetze	Dreaming, angels, starting anew
Vayishlach	Questioning, finding home, reconciliation
Vayeshev	Mercy, understanding, dreams
Miketz	Interpretation, thinking ahead, forgiveness
Vayigash	Self-sacrifice, leaving home, reunions
Vayechi	Blessings, humility, hope, Israel
Shemot	Tolerance, courage, heroic women
Va'Era	Determination, courage, brothers
Bo	Freedom, compassion, empathy
Beshalach	The unknown, nature, being a leader
Yitro	Rules, chances, treasures, nature
Mishpatim	Humankind, laws, acceptance, empathy
Teruma	Faith, sacrifice, Jewish community, giving back, creation
Tezaveh	Similar to Teruma, Pekudei, Vayakhel
Ki Tisa	Second chances
Vayakhel	Similar to Teruma, Tezaveh, Pekudei
Pekudei	Similar to Teruma, Tezaveh, Vayakhel
Vayikra	Sacrifices, responsibility, purification, honor system, keeping faith, prayer
Tzav	Similar to Vayikra
Shmini	Following the commandments, being holy
Tazria (often read w/ Metzora)	Childbirth, caring for the ill, life and death, purification, symbolization of water
Metzora (often read with Tazria)	Similar to Tazria
Acharei-Mot (often read with Kedoshim)	Sincerity, forgiveness, understanding the "heart" of the Torah

<i>Parsha</i>	<i>Themes</i>
Kedoshim (often read with Acharei-Mot)	Similar to Acharei-Mot
Emor	Shabbat, animals, preservation of memories
Behar (often read with Bechukotai)	Balance, health, freedom, poverty, fresh start, redemption, blessings and curses
Bechukotai (often read with Behar)	Similar to Behar
Bamidbar	Strength, organization, wandering/searching, family history, understanding parenting
Naso	Blessings, dedication, equality
Beha'alotcha	Believing in yourself, asking for help, resolving conflict with siblings, communication
Shlach	Courage, having faith, worthiness
Korach	Finding paths of peace, moral understandings
Chukat	Final journey, water and the rock, rules, celebrating accomplishments, giving back
Balak	Blessings instead of curses, angels, finding your own space
Pinchas	Women's rights, peace, the new moon, Jewish festivals
Matot (often read with Masei)	Common goals, accountability, loyalty and true feelings, choosing between personal gain and divine mission
Masei (often read with Matot)	Similar to Matot
Devarim	Understanding your history and the Jewish history, saying goodbye
V'etchanan	Being just and moral, the Shema and the Ve'ahavta, being responsible for your own actions
Ekev	Befriending strangers, hardships and blessings
Re'eh	Making choices, free will, Tzedakah
Shoftim	Preserving the environment, creating a new government
Ki Tetze	Humanity, marriage, Mitzvot, traditions, kindness to animals
Ki Tavo	The first fruits, spiritual purpose, belonging to an community
Nitzavim (often read with Va'Elch)	Repentance, traditions, ensuring Judaism's longevity, future generations
Va'Elch (often read with Nitzavim)	Similar to Nitzavim
Ha'azinu	Songs of praise, Israel, power of poetry and song, children
V'zot Habracha	Blessings, heritage remembering, saying goodbye

Mitzvah Project Journey

Your Mitzvah Project will have an incredible impact to your life, as well as the lives of others. This section is a reminder of how to keep your Mitzvah Project in your mind before, during, and after your Bnai Mitzvah.



Before your Bnai Mitzvah

Hopefully by now you have a project picked out. Whether you are volunteering or fundraising, you should keep these ideas in mind:

- Inform: Send a note in your invitation of the details of your Mitzvah Project letting all your guests know how you plan to start your Jewish adulthood.
- Take pictures: Each time you donate your time to your Mitzvah Project, snap a picture. These pictures make great centerpieces for your party!
- Keep a journal: Jot things down at any event you have. They could be used in your speech!
- Reach out: Talk to as many people in the organization as possible, workers and/or receivers. Share their stories to others to show how much of an impact the organization has.
- Go viral: Create a twitter or Instagram account for your Mitzvah Project. Post pictures, give updates, share experiences and use hashtags! This is a great way to spread the word and get more people involved in your project.

During your Bnai Mitzvah

When your Bnai Mitzvah finally arrives, do not forget that your Bnai Mitzvah Project is still going on! Here are a few ways to remind your guests the importance of giving back.

- Mention your project in your Dvar Torah. Take a couple of moments to express the importance of your Mitzvah Project, and how it will make a difference.
- Remind your guests that it's never too late to get involved.
- Incorporate your project into every aspect of your Bnai Mitzvah. Use your project's theme to create centerpieces and decorations.
- Donate some of your gifts. Let everyone know that you are giving a certain percentage of your gifts to your organization.

After your Bnai Mitzvah

Now that your Bnai Mitzvah is coming to an end, your project does not have to end here too.

- Write a reflection and share it with your organization or synagogue. Most organizations really like getting reflections from volunteers. They can take quotes from your reflection and use them in their newsletters, brochures, or on their website. Taking the time to reflect is also extremely beneficial on a personal level. Note whether you met your goal or whether you exceeded it. Express how this project impacted you. Assess how you can improve for next time.
- Send "Thank You" cards to the organization for allowing you to work with them and to your guests for participating with you. When you send a "Thank You" note to your guests for donating to your cause, whether it was time or money, it reminds them of how important it is to give back. Don't forget to include in your note what you achieved, i.e. how much time and/or how much money you donated.
- Keep volunteering! With some projects, you can make annual events with the help of your community. Anything you do to give back is always welcomed, no matter the organization. Go the extra mile. Make an impact!