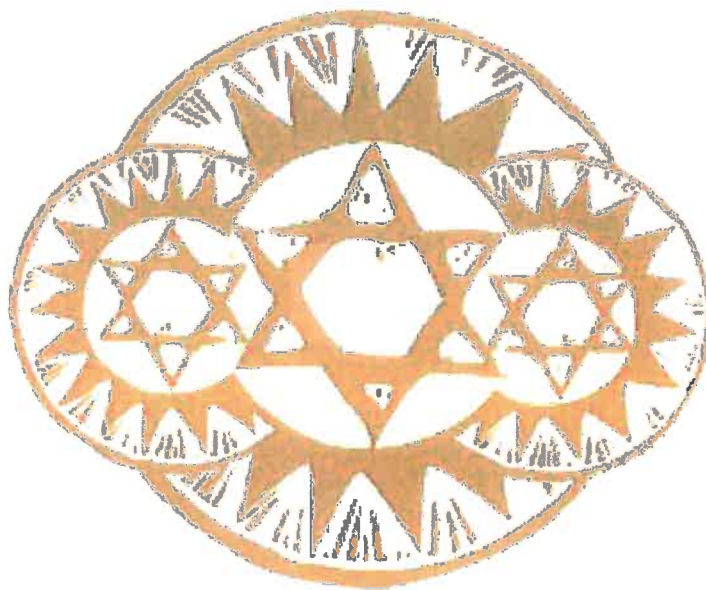


MITZVAH PROJECT MANUAL

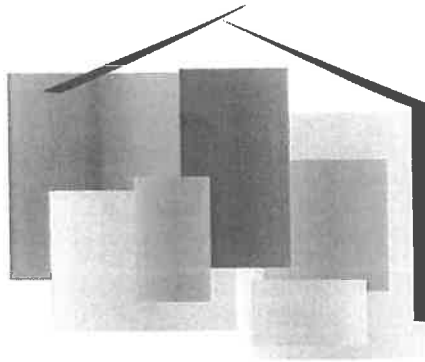


Temple Emanuel
Newton, Massachusetts

שמעון בנו אומר... ולא המדרש הוא העקר אלא המעשה

Pirke Avot 1:17

**Shimon (the son of Rabban Gamliel) says: It is not what one says,
but rather what one does, that makes all the difference in the world.**



SEVEN GATES
into Temple Emanuel

MITZVAH PROJECT MANUAL

Temple Emanuel
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Newton, MA 02459
617.558.8100
www.templemanuel.com

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Temple Emanuel

MITZVAH PROJECT MANUAL

Preparing for a Bat/Bar Mitzvah is an exciting time for you and your family.

In addition to learning new ritual skills, writing *d'verei torah*, and the other preparations that go into your day of *simcha*, B'nai Mitzvah opens up a whole new world of privilege and responsibility for you as a Jewish adult. This Mitzvah Project Manual provides a brief list of *gemilut chasidim* (acts of loving-kindness) opportunities that we encourage you to participate in as you prepare to step into Jewish adulthood.

As you reach the age of B'nai Mitzvah you are old enough to take on the responsibilities of a Jewish adult. As a Jewish community we value participating in *gemilut chasidim*, *tzedakah*, and *tikkun olam* (repairing our world). Now it is your turn to step up and lend a caring hand. You can make a difference by either helping with one of these ongoing projects, or creating/finding your own project that is important to you.

This booklet is a work in progress and more opportunities may become available as the year goes on. In that case, updates will be brought to your attention. If you would like assistance getting involved with any of these projects or if you have additional suggestions, please feel free to email or call Wayne Goldstein, Harry Kraft Director of Informal Youth Education at wgoldstein@templemanuel.com, or 617-558-8121.

Temple Emanuel is here to help you with these projects! Please let us know if there is anything we can do as you embark on your Mitzvah project. Best of luck!

Section 1:

GEMILUT HASADIM & TZEDAKAH

(Acts of loving-kindness and acts of giving to others)

This section lists different organizations (listed alphabetically) with which you can become involved in. You may choose to take on a project that speaks to a particular interest of yours. The organizations listed may give a brief summary of how you can help their cause. To find out more about any of these organizations, please use the contact information provided.

Adopt-a-Student

The North American Association for Ethiopian Jews (NACOEJ) works to help Ethiopian Jewry in a variety of ways. For example, NACOEJ matches American students with Ethiopian students and encourages communication between the two in pen-pal format. Additionally, they are able to provide hot lunches for the children in Ethiopia for \$53 per child per year. NACOEJ also sells beautiful embroidered challah and pillow covers made by Ethiopian Jews in Ethiopia that benefit the community.

Contact: NACOEJ at 212-233-5200, <http://www.nacoej.org>

- **AIDS/HIV Programs**

There are many ways to help with this world-wide issue that is a Mitzvah and a very educational experience. Some ideas include: Reach out to people with aids, write letters to government officials to ensure equal rights for those infected with the AIDS virus, or donate time or money to the prevention and spread of AIDS.

Contact: Sara Crane (United Synagogue of Conservative Judaism Commission on Social Action and Public Policy), 212-533-7800 x2614

- **Alzheimer's Association**

Contact: 312-335-8700, www.alz.org, 800-272-3900

- **ALYN**

The ALYN Woldenberg Orthopedic Hospital and Rehabilitation Center for physically handicapped children in Israel treats patients up to 18 years of age, offering physiotherapy, occupational therapy and treatment to disabled children. ALYN services 100 in-patients and 20-day patients, and has a lengthy waiting list. In the past, our funds have been used for special trips, the outpatient clinic, music therapy programs and new orthopedic alliances.

Contact: www.alyn.org

- **American Council for the Blind**

Contact: 202-467-5081

- **American Jewish World Service**

Inspired by Judaism's commitment to justice, American Jewish World Service (AJWS) works to realize human rights and end poverty in the developing world. With your support we fund hundreds of grassroots organizations working to promote health, education, economic development, disaster relief, and social and political change in countries such as Cambodia, Nicaragua and Uganda. AJWS also offers service programs, providing unique travel, work and learning opportunities for both individuals and groups. Here in the U.S., we advocate to help find peaceful and just resolutions to the world's worst conflicts and to provide support to rebuild societies devastated by crisis. There are many ways to get involved, do a wonderful b'nai mitzvah project, and help achieve human rights for all with AJWS - contact us for more information!

Contact: requests@ajws.org

- **America SCORES**

The mission of America SCORES New England is to empower students in urban communities using soccer, writing, creative expression, and service-learning. With teamwork as the unifying value, America SCORES New England inspires youth to lead healthy lifestyles, be engaged students, and become agents of change in their communities.

Contact: Christine Bolger cbolger@americascors.org 617-265-0066 x 157 www.newenglandcores.org

- **AMIT CHILDREN**

AMIT educates and nurtures Israel's youth from diverse backgrounds within a framework of academic excellence, religious values, and Zionist ideals. For more information, please visit our web site: www.amitchildren.org

Contact: Rana G Rappaport, Regional Director, AMIT New England, 7 Brady Road, Westboro, MA 01581 ph: 508.870.1571 ranar@amitchildren.org

- **Animals (Cats and Dogs)**

Did you know that 4 million cats and dogs are put to sleep in shelters each year? You can help these animals in a variety of ways: adopt from a local shelter, foster an animal to give them a temporary home, host an adoption event to help animals find their forever homes, educate your peers about spaying and neutering, help the elderly people in your community care for their pets, take your own pet to be spayed/neutered, or help raise money or supplies (blankets and toys) for shelters.

Contact: Amy.Zwanziger@gmail.com for more information

- **Bikor Cholim**

Temple Emanuel students are encouraged to visit and to volunteer at Heathwood Nursing Home. They can always use the help doing office work or spending time with the residents.

Contact: Carolyn Shapiro, 617-332-4730

- **B'nai Tzedek**

In the B'nai Tzedek program, each student contributes \$125 from his/her gift money. The money is then matched in kind by the Jewish Endowment Foundation and with \$250 from the Harold Grinspoon Foundation. With the total, a \$500 B'nai Tzedek Fund is established in the student's name. As the student grows, so will his or her Fund through interest earnings and additional donations (i.e. on special occasions). Each year for 20 years, the student chooses a local Jewish organization to donate 5% of the fund's balance to (\$25 the first year, more as the fund grows.) After 20 years, the Fund will become a permanent fund in the Jewish Endowment Foundation.

Contact: K'vod Wieder at kvod@hgf.org, <http://www.hgf.org>

- **Bears for Life**

Originally created as a Bar Mitzvah project, Bears for Life is a way to donate money to Magen David Adom, Israel's equivalent of the Red Cross. You purchase stuffed bears from the organization and 100% of the proceeds go directly to MDA, or you can sponsor a Bears for Life project in your community or congregation.

Associated with Bears for Life is an organization called Bear Hugs which teaches families and individuals whose lives have been ripped apart by terrorism in Israel to cope with their pain, heal from their grief, and use the power hidden within tragedy to grow beyond previous limitations. This service sends personalized messages with a bear to children at the Koby Mandell Foundation, which runs this program.

Contact: 410-531-5115, www.magendavidadom.org/bearsforlife.asp

- **Birthday Wishes**
 Birthday Wishes' mission is to provide birthday parties to homeless children. Volunteers may help at a party, donate an item at a party, hold a drive for new toys/books, host a party, make cards, and help at a fundraising event.
*Contact: Rachel Freeman, Volunteer Director. Rachel@birthdaywishes.org 866-388-9474
 www.birthdaywishes.org*

- **Boston Mobilization Sub/Urban Justice**
 Sub/ Urban Justice equips youth living in and connected to the suburbs with the skills to transform their communities towards justice.
*Contact: Christopher Messinger, 617-492-5599 Christopher@bostonmobilization.org
 www.bostonmobilization.org*

- **Boston Food Bank**
 The Chelsea Community Kitchen strives to provide a weekly meal program of food and services to the needy people of the local community. We welcome volunteers to join our team, working to serve meals.
Contact: Joyce Loiselle keith_jones@bbns.org 617-800-2216

- **Camp NOAM Argentina**
 Many of the approximately 220,000 Jews in Argentina are currently living below the poverty line. Many children who used to attend Jewish Day School now attend public school for financial reasons and can also not afford minimal cost to participate in NOAM activities (equivalent of USY), and the organizations cannot afford to subsidize everyone. Our funds are being used to provide full scholarships to enable youths to attend Camp NOAM in Argentina when they would otherwise be unable to afford to attend.
Contact: www.masortiworld.org/noam, or email daniela_kuzis@hotmail.com

- **Causes International**
'Upcycling - It's a Mitzvah!' Kit: This is an innovative "green" opportunity to partner with Causes International, Inc. to add a 'double dose' of tikkun olam to your Bar or Bat Mitzvah:
 - Be a philanthropist! Help your chosen charity, for example any of the charities listed in this Mitzvah Project Manual. You will collect no longer used small and medium sized electronics from family and friends that are then made like new and resold. This raises money for your charity without having to ask anyone for money.
 - Be Green! Do Good! Help protect the environment, people and animals by keeping electronic waste and toxic materials out of landfills.
 - It's easy! Our complete Upcycling Mitzvah kit has everything you need to succeed. A complete guide including step-by-step instructions, FAQ's, letters and emails that guarantees your success!*Contact: Anne Lowenthal, anne.lowenthal@causesinternational.com; 781-444-8800.
 Check website for the complete list of devices we accept: www.causesinternational.com.*

- **Challenge Unlimited Ironstone Farm**
 Ironstone farm is home to Challenge Unlimited, Inc. and Ironstone Therapy, Inc two non-profit organizations established to provide a variety of services for people with and without disabilities, using horses and the wholesome environment of a working farm, while involving people in serving others through volunteering.
*Contact: Emily Kimball emilykimball@challengeunlimited.org 978-475-4056
 www.challengeunlimited.org*

- **Community Servings**

Community servings is dedicated to providing free home-delivered meals throughout eastern Massachusetts to people homebound with HIV/ AIDS and other acute life-threatening illnesses, who are unable to shop or cook for themselves. We welcome volunteers in our kitchen M-F 6am-8pm.

Contact: *Viral Sheth vsheth@servings.org ; 617-522-7777 x228 www.servings.org*

- **Congregation Moriah Mitzvah**

- **Bar/Bat Mitzvah Program for Special Needs Children**

Congregation Moriah in Haifa is the oldest conservative synagogue in Israel and the first and only congregation to start a program enabling children with special needs from mental retardation to autism to read Torah and celebrate their Bar/Bat Mitzvah with their families, friends, and community.

For the past 4 years, Temple Emanuel Israel Forum has supported this unique program by providing funds to hire a special education teacher, buy a computer, purchase gifts for the Bar/Bat Mitzvah children, and co-sponsor a festive community Kiddush.

Share a fraction of your Bar/Bat Mitzvah monetary gifts with a special needs child in Haifa and share in their joy.

Contact: *Denise Telio (617)527-3631, or Harold Parritz (617)720-4477 for more information on the Moriah Mitzvah or if you wish to "adopt" a special needs Bar/Bat Mitzvah child and connect with the family via e-mail, letters, and pictures.*

- **Council for Exceptional Children**

Contact: 703-620-3660, www.cec.sped.org

- **Ethiopian Jewry Project**

Approximately 80,000 Ethiopian Jews have immigrated to Israel. They are among the poorest economic groups in Israel and about 60% of them are under the age of 18. You can help these students by collecting and donating needed supplies (a specific list of needed supplies is available). Organized through the Jewish Relations Council.

Contact: *Sandra Krumholz, 617-457-8651*

- **Family Table**

Over 45 congregations, day schools, and other community organizations have helped collect food for the Family Table food pantry. Every month, Temple Emanuel members are responsible for collecting 70 boxes of cereal and 70 boxes of pasta. Your family can help solicit donations of cereal and pasta (labeled kosher please) or join the Youth Activities Department's "Cans Make Cents" project: collect soda cans and bottles and redeem them for \$0.05 each at the supermarket. Then, use the money to buy pasta and cereal for the food pantry.

Also, one afternoon a year, Temple Emanuel members are asked to help bag the groceries that have been donated by others in our community and deliver the packages to those in need.

Suggested items to collect include:

- Holiday items (Seder plates, matzah covers, graggers, matzah meal, other products, Chanukah candles, etc.)
- Accessories (mittens, hats, socks, etc.)

Contact: *Barbara Goldman, 617.964.7525*

- **The Food Project**

The Food Project's mission is to create a thoughtful and productive community of youth and adults from diverse backgrounds who work together to build a sustainable food system. This community produces healthy food for residents of the city and suburbs, provides youth leadership opportunities and inspires and supports others to create change in their own communities.

Contact: Michael Iceland, Outreach Coordinator participate@thefoodproject.org
781-259-8621 x30 www.thefoodproject.org

- **Gabi's Gift**

Gabi's Gift's mission is to create care packages for premature babies in the Neonatal Intensive Care Unit (NICU) at the Brigham and Women's Hospital in Boston. Gabi Rozowsky created this project because she was born prematurely, at 24 weeks, weighing just 1 lb., 8 oz. She spent 100 days in the NICU. Gabi's Gift includes a hand-painted tote bag, fleece baby blanket, thumb-print onesie, painted picture frame and a journal to document the baby's progress. The gifts are distributed to families prior to their baby's discharge from the hospital.

Contact: gabirozo@gmail.com, www.gabisgift.weebly.com

- **Greater Boston Jewish Coalition for Literacy**

This program aims to make a difference in the lives of children and foster a love for reading by tutoring children in grades K-3 at the William Ohrenberger School in West Roxbury. A weekly commitment of 1-2 hours is required. Training is provided. The following is a list of potential mitzvah opportunities:

Books on tape - Record a children's book on tape to help bi-lingual students develop their English reading skills. Many kids are not read to at home since their parents don't speak English. Temple Emanuel students would choose one or more books from a recommended list or from one for their favorites (1st - 3rd grade books are preferred). They'll record the book(s) on tape, and then the books, tapes and an inexpensive tape recorder would be packaged and donated to the Ohrenberger. The package would be identified as coming from the Temple Emanuel student and his/her family. The student could include a note in the package if he or she wished.

Tutor at After-School Program - Volunteer at the Ohrenberger after-school program once a week, once a month, or on occasional basis. Students could help with homework, read to the children, play games, etc. Contact Tom Regan, director of the after-school program at 617-635-5183.

Table Centerpieces - Use books as centerpieces and donate them to the Ohrenberger library or to a particular grade for distribution to the students in that grade. The JCRC provides bookplates that indicate the donor of the book. If the books are donated to the library, they are set aside in a special area and are identified as being donated by the student and his/her family.

Contact: Joan Beer, 617-969-4137, beerj@erols.com

- **Hazon**

Hazon is a Jewish environmental group that creates and supports Jewish projects such as environmental bike rides. Formed in 1999, Hazon sponsors a cross-country 3000-mile bike ride, in addition to a New York environmental bike ride and others. The "riders'" goals are: to raise environmental awareness in the Jewish community; to raise money for Jewish environmental projects; to be positive role models to others, especially young people; and to provide a point of access to the Jewish community for those who are unaffiliated or uninvolved.

Contact: www.hazon.org

- **Hebrew Senior Life – Hebrew Rehabilitation Center**
 Hebrew Rehabilitation Center is committed to helping provide the highest quality of care and life for frail elderly residents. Volunteers help meet the residents' physical, emotional and spiritual needs.
Contact: Volunteer Services Department: 617-363-8459 www.hebrewseniorlife.org
- **Heifer International**
 The mission of Heifer International is to work with communities to end hunger and poverty and care for the earth. Heifer provides livestock and training in animal husbandry and organized farming to help people around the world improve their nutrition and provide a sustainable source of additional income. We have various volunteer opportunities.
Contact: Rachel Brown rbrown@stoneconsult.com 508-359-9600 www.heifer.org
- **Horizons for Homeless Children**
 Horizons for Homeless Children works with community groups that want to help improve the lives of homeless children and families. Designed for ages 10-13, we will guide volunteers through a series of activities that include educational sessions and service projects. Participants learn to foster a greater sense of community action, leadership and learning.
Contact: Scot Keay; 617-553-5422, skeay@horizonsforhomelesschildren.org
- **Israel National Therapeutic Riding Association**
 The former Therapeutic Riding Club was established in 1986. Its purpose is to promote the recovery of disabled individuals through horseback riding, to support related medical research, and to train and certify therapeutic riding instructors. Therapeutic riding helps improve muscle tone, balance, posture, coordination, motor development, and emotional and physical well-being. The club recently reorganized as INTRA and moved to a new location.
Contact: www.intra.org.il
- **Jewish Community Center – Youth Literacy Corps**
 Work alongside other community organizations to teach and mentor young children through reading! A collaboration of the JCC Greater Boston and the Jewish Community Relations Council TELEM Teen Initiative, the JCC Youth Literacy Corps partners with a local school or youth center, where we read aloud with young children one day a week after school. Discussion and reflection sessions give us a chance to learn about the root causes of certain social issues and find ways to make a difference.
Contact: Liana Mitman, 617-558-6512 teens@jccgb.org
- **Jewish National Fund**
 JNF works to help keep Israel's environment clean by planting trees, purifying water supplies, restoring agricultural areas and much more. You can participate by planting trees in Israel in honor or memory of those you love.
Contact: 888-JNF-0099, www.jnf.org
- **Jewish Family & Children's Service**
 We serve delicate populations by offering direct services to individuals with disabilities, couples looking to adopt a child, and people with mental health needs. JF&CS strives to provide services for people with disabilities and their families that reflect the values of individual autonomy, community inclusion, and care continuity.
Contact: Doreen Cummings dcummings@jfcscboston.org 781-647-5327 www.jfcscboston.org

- **Kippot**

If you are buying special kippot for the day of the Bar/Bat Mitzvah, consider buying them from programs that specifically employ elderly or less fortunate people.

Contact: *Myriam's Dream*, www.myriamsdream.org; *Lifeline for the Old*, www.lifeline.org.il; *Maya Works*, www.mayaworks.org

- **Learning Disabilities Association of America**

Contact: 412-341-1515, www.ldaamerica.us

- **Literacy Book Drives**

Do you have a favorite book from your childhood? Many children in the Boston area do not have access to books and we can help! Organize a new book drive, give books to a school library that suffers from lack of resources (centerpieces of books replace flowers at receptions and can later be donated), and donate books for children to take to their homes. Organized by the Greater Boston Coalition for Literacy.

Contact: *Cathy Schumer*, schumer@comcast.net

- **The Lone Soldier Center in Memory of Michael Levin**

The Lone Soldier Center in Memory of Michael Levin was founded in 2009 by a group of former lone soldiers aware and concerned with the needs and struggles of the more than 5,000 lone soldiers serving in the IDF. The Lone Soldier Center is the first and only organization solely dedicated to meeting all of the physical and social needs of lone soldiers. Each year, thousands of young immigrants and volunteers arrive in Israel alone, to join the Israel Defense Forces and do their part protecting Israel and the Jewish people. Lone Soldiers" serve in the IDF while their parents and loved ones remain at home, thousands of miles away. Drafting for and serving in the IDF can be a difficult task at times, and many lone soldiers are in dire need of guidance, support and community. The Lone Soldier Center steps in by providing lone soldiers with a network of lone soldiers, advisors, adopted families and more. Our volunteer staff members have served as lone soldiers themselves and therefore possess a unique understanding of what lone soldiers truly want and need before, during and following their army service. Our intrinsic connection to the lone soldier community has enabled us to develop personal relationships with thousands of lone soldiers to date.

Contact: <http://lonesoldiercenter.com/>

- **Match-Up Interfaith Volunteers**

The mission of MATCH-UP Interfaith Volunteers, Inc. is to reduce social isolation, enhance the quality of life, and preserve dignity of older and disabled adults in the greater Boston area.

Contact: *Lois Lord Waller*, Program Director jgallagher@matchelder.org 617-482-1510
www.matchelder.org

- **Mazon, A Jewish Response to Hunger**

Mazon asks that people donate 3% of the cost of an event where food is served. The money is then used to help food pantries and soup kitchens all over the United States.

Contact: www.mazon.org, 310-442-0020, mazonmail@mazon.org

Send donations to: Mazon 1990 S. Bundy Drive, Suite 260 Los Angeles, CA 90025

- **Mitzvah Basket Program**

For a donation of \$180, families celebrating a simcha receive a basket or centerpiece to display on the bimah in the synagogue. Your donation is used to help bar/bat mitzvah families who cannot afford to pay for a celebration of their own.

Contact: *Sharon Levinson*, 617-614-1910

- **National Association of the Deaf**
Contact: 301-587-1788, www.nad.org

- **National Multiple Sclerosis Society**
The mission of National Multiple Sclerosis Society and the Central New England Chapter is to end the devastating effects of multiple sclerosis.
*Contact: Brenda Barbour Brenda.barbour@mam.nmss.org 781-890-6097 x135
www.msnewengland.org*

- **National Tay-Sachs and Allied Diseases Association – Adopt-a-Sheep**
As one of the country’s premier genetics organization, NTSAD gives help and hope to individuals and families who are affected by Tay-Sachs, Caravan and related genetic diseases, all over the world. Recently it has been reported that Tay-Sachs has been identified in a breed called Jacob sheep, penguins and flamingos. Researchers are using sheep to find a treatment and cure for the disease. Raising and maintaining the sheep, and the gene therapy research itself, is costly. You can help fund this research by participating in NTSAD’s “Adopt-a-Sheep” program.
*Contact: National Tay-Sachs & Allied Diseases Association, 617-277-4463;
www.NTSAD.org; info@ntsad.org*

- **Neve Hanna Children’s Home**
This residential facility in Kiryat Gat cares for 50 children, most of who come from broken homes and other problematic situations. Our funds provide Chanukah presents for the residents and support their regular programs.
Contact: Rabbi Benjamin Kreitman, 212-533-7800, www.nevehanna.org

- **Newton Food Pantry**
The pantry is open from 1:30-3:30 pm on the 1st, 2nd and 4th Thursdays of the month. Volunteers are needed to help sort and shelve donations, assist clients when the pantry is open, and maintain the facility. This project is great to take on during school vacation days.
Contact: Jackie Colbey, 617-527-2394

- **Newton- Wellesley Hospital**
The mission of the Newton- Wellesley Hospital is to provide exemplary patient care. Our volunteers provide service to patients or their families in an inpatient setting or outpatient clinic, assist in a clerical or greeter role, and volunteer in one of the hospital support areas.
Contact: llele@partners.org, 617-243-6048 www.nwh.org

- **Ohrenberger School**
Make a cash contribution to the school fund which could be designated either for the purchase of literary materials or for the principal’s discretionary fund. Among the uses for the principal’s discretionary fund are providing scholarships to students who cannot afford to participate in certain school activities and providing transportation for school trips.
The school is happy to work with any family that has any other ideas for involvement. For example, this past summer, one Temple family conducted chess lessons for the students in the school summer program.
Students who wish to contribute to the Ohrenberger School are encouraged to visit the school and to take the opportunity to read to a group of students. The literacy coordinator at the school is very welcoming and enthusiastic about involving Temple students. The school is located off of Washington Street near the Dedham line.
Contact: Joan Beer, 617-969-4137

- **One Family Fund**

One Family, organized by the Israel Emergency Solidarity Fund, provides direct financial, legal and emotional assistance to the survivors of terrorism in Israel. They are looking for meaningful contributions that will help Israeli families move on in their lives after tragedy.

Contact: Michelle Napell, 646-289-8600 x203. michelle@onefamilyfund.org.
www.onefamilyfund.org

- **Operation Mazel Tov**

Operation Mazel Tov, sponsored by the Masorti Foundation for Conservative Judaism and the Cantors Assembly, provides an opportunity for B'nai Mitzvah in the United States to twin with teens with special needs who attend public schools in Israel. Help students with disabilities experience the joy of B'nai Mitzvah.

Contact: Masorti Foundation, www.masorti.com, 1-877-287-7414

- **Parent-Child Home Program in Newton**

Run art material drives or pre-school book drives and contribute the items to the Newton Community Service Center PCHP. The program is an early education program for culturally diverse families living in Newton, Waltham, Needham and other nearby towns.

Contact: Claire Kushuck, 617-969-5906 x20, ckushuck@ncscweb.org.
PCHPNewton@comcast.net; <http://www.ncscweb.org>

- **Project Ezra**

Project Ezra is the effort of the Jewish community to provide service on Christmas and to enable employees at various service organizations to spend time with their own families. Opportunities include preparing and serving meals at local shelters or churches, visiting nursing homes and preparing and delivering meals to those whom cannot leave their homes. Most tasks involve a commitment of a half-day.

Contact: Joan Katz, 617-332-3564

- **Projects That Would Benefit Poor People**

PROJECT	CONTACT
Donating leftovers from community events or university cafeterias	Ari Newman, 401-861-3474
Leftovers from Jewish Day school lunches	Victoria Ginsberg, 212-421-1000
Leftovers from public schools	David Levitt, 813-398-1766, celebrate9@aol.com
Community-wide pick-up service for food donations	Food Chain; Christina Martin, 816-842-6006, www.foodchain.org
Leftovers from professional sports stadium	Steve Chaikin, 301-983-0816
Leftovers from restaurants	Operation Food Share; Bruce Feldman, 937-496-2314
Leftovers from rock concerts	Syd Mandelbaum, 800-791-4064, ruler@delphi.com
Hotel soup and shampoo drive	Elana Erdstein, 810-541-6997
New shoes to donate	Ranya Kelly, 303-431-0904
Truckloads of potatoes	Ken Horne, 800-333-4597, sosausa@mindspring.com
Subsidizing Bar/Bat Mitzvah simchas for those who cannot afford them	Vicki Lyon, 617-224-5004
Gathering sports equipment at Bar/Bat Mitzvah to donate	Mark Guterman, 973-379-2274

- **Pups for Peace**

Pups for Peace is a humanitarian organization dedicated to reducing death and injury in Israel with the help of our four-legged-friends. Dogs are trained to sniff for explosives and are then used to stop terror attacks before they start. It is a program being developed for a previously nonexistent problem: the wide-scale use of bombing attacks against a civilian population.

Contact: www.pupsforpeace.org

- **Sunday's Bread**

This is a wonderful community service initiative appropriate for individuals or families with teenage (15+) children. The program serves a mid-day meal on Sundays to homeless people in Boston and Temple Emanuel participates approximately every six weeks. The meal is served at the Church of All Nations in Chinatown. Volunteers help set up the dining room, prepare/serve the meal and clean up afterwards. You may participate on a one-time or on-going basis.

Contact: *Abby Flam, 617-244-0796*

- **'Upcycling - It's a Mitzvah!' Kit**

Innovative "green" opportunity to partner with Causes International, Inc. to add a 'double dose' of tikkun olam to your Bar or Bat Mitzvah:

- Be a philanthropist! Help your chosen charity, for example any of the charities listed in this Mitzvah Project Manual. You will collect no longer used small and medium sized electronics from family and friends that are then made like new and resold. This raises money for your charity without having to ask anyone for money.
- Be Green! Do Good! Help protect the environment, people and animals by keeping electronic waste and toxic materials out of landfills.
- It's easy! Our complete Upcycling Mitzvah kit has everything you need to succeed. A complete guide including step-by-step instructions, FAQ's, letters and emails that guarantees your success!

Contact: *Anne Lowenthal, anne.lowenthal@causesinternational.com or call 781-444-8800.*

For a complete list of devices we accept, please check out our website: www.causesinternational.com.

- **Walk for Hunger**

Recruit sponsors and join Temple Emanuel on the annual Project Bread Walk for Hunger in the spring of 2006. We start on the steps of Temple Emanuel with a d'var torah and contextual overview from the Rabbi and then walk together, along with thousands of other Bostonians, to the Boston Commons. The money we raise will help provide resources for many of the Boston area food distribution programs.

Contact: *Howard Zaharoff, 617-332-2895*

- **Yad Benjamin**

A project for over 300 high school boys in Israel, including recent immigrants, the school provides agricultural training, technical training and a health center. They also provide a Yeshiva program for boys who for various reasons have not been accepted to establish Yeshiva high schools. Children from neighboring settlements in the Nahal Sorek District receive vocational training near their homes.

Contact: <http://www.ihf.net/projects> and click on Education.

- **Yad Sarah**

A voluntary organization in Israel, with centers throughout the country, Yad Sarah provides medical equipment on a loan to all who require it, asking only a nominal fully refundable deposit. Yad Sarah centers are open round the clock to provide for emergencies.

Contact: www.yadsarah.org.il/english

- **Ziv Tzedakah**

A non-profit organization that collects donations for the "Mitzvah Heroes" who provide assistance for many causes in Israel and the USA.

Contact: www.ziv.org, 973-763-9396

- **Zoo New England Franklin Park Zoo**

Zoo New England's mission is to inspire people to protect and sustain the natural world for future generations by creating fun and engaging experiences that integrate wildlife and conservation programs, research, and education.

Contact: [Alix Marcoux amaroux@zoonewengland.com](mailto:Alix_Marcoux@zoonewengland.com) 617-989-3746
www.franklinparkzoo.org



Section 2:

TEMPLE EMANUEL COMMITTEES

This section lists committees at Temple Emanuel which participate in Mitzvah work. Please feel free to reach out to members of our Temple on the following committees to inquire what opportunities there are to create a mitzvah project within the Temple Emanuel community.

Israel Action Forum

Robert Kann, 617-244-2005

David Rozenson, 617-332-6550

Social Action Committee

Abby Flam, 617-699-8458

Sam Silverman, 617-965-4178

Howard Zaharoff, 617-335-2895

Stars of David Committee

Group for adults with disabilities

Sheryl and Steve Dropkin, 617-244-5641



Section 3:

WEBSITES FOR TIKKUN OLAM

This section lists websites that may be useful to you. Many of these websites have a variety of projects and different ways to get involved. Check them out there is always a new project to be found!

Jewish Community Relations Council

Jewish Social Action

Chai Kids Bar Bat Mitzvah Projects

The Hunger Site

Do One Nice Thing

www.jcrcboston.org

www.socialaction.com

www.chaiisrael.org

www.thehungersite.com

www.doonenicething.com

