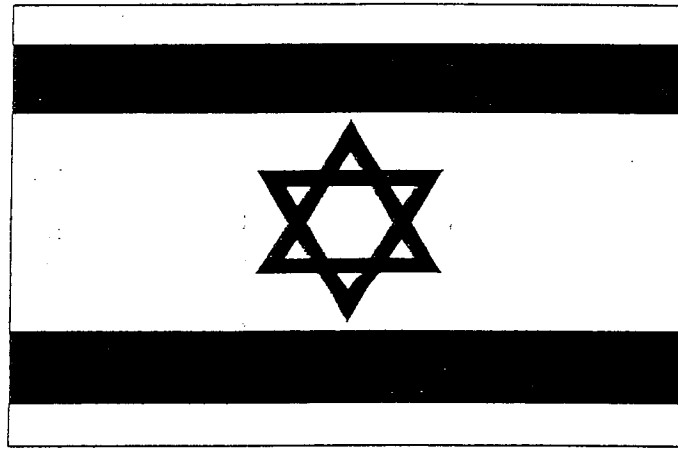


# Your Mitzvah Project



Part of becoming a bar/bat mitzvah is doing a mitzvah project. The idea is that the “mitzvot” should fulfill a Jewish commandment combined with some sort of social action. It can be overwhelming deciding what to do for your mitzvah project as there are so many choices and opportunities for giving. What ever you choose to do you should enjoy and it should be something that combines your interests. When your project is completed you should feel good about how many lives you have changed or enhanced because of your work.

Actually, putting this material together is one of the mitzvah projects I choose to do for the temple. I hope you find the information helpful. One of the greatest sources of information and a good beginning is the UJA and the following is just a sample of some of their ideas.

Zack, who loves computers...

- donated laptops to the pediatric unit of a hospital and
- taught some of the kids there how to play his favorite computer games

Zoe, who loves to swim...

- helped restore a pool and bought uniforms for a swim team of underprivileged children and
- hosted a pizza party for the swimmers after a big tournament

Matthew, who loves to read...

- bought new books for a library for inner-city children and
- brought a group of his friends to read to children living in a shelter

Rebecca, who adores dogs...

- donated her gifts to help the elderly care for their pets and
- brought her collie, Sugar, for weekly visits at a Jewish nursing home

Hannah, whose passion is fashion...

- helped less fortunate people buy nice clothing for special events in their lives and
- Helped sort donated clothing for people at a local shelter

Jake, an avid athlete...

- donated sports equipment to a treatment center for kids with emotional issues and
- played volleyball and soccer with the kids at the center

The following are examples of a few of the websites out there that can give you great ideas for your mitzvah project

<http://www.dosomething.org>

This is a very interesting website that gives great volunteering ideas, project ideas and events to participate in, even in our own backyard of Long Island.

<http://www.usy.org>

This is the United Synagogue Youth website and it gives great mitzvah ideas that are Jewish related.

<http://www.ujafedny.org>

I told you about this site already but it is a real worthwhile and a fun website to explore. I spoke to a women named Rebecca Singer and she was very helpful for one of the other projects I did.

<http://www.mitzvahchic.com>

This is an all around good website for your whole bar mitzvah in general.

<http://www.charitynavigator.org>

Is there a particular charity you care about? Has someone in your family passed away because of a particular disease? Is there a cause you feel very strong about? This is the site to find all the information on how you can help and do something good for that charity.

<http://rac.org>

This is the reform movement website and here too, you can find good ideas.

Most of all I hope you can really relate to what ever you choose and I hope you have fun with it and feel good about it. If you have questions or need advice email me at:

[harir15@optonline.net](mailto:harir15@optonline.net)

Thanks, Max Harir

# North Country Reform Temple ~ Ner Tamid

## Bar And Bat Mitzvah Students Project Suggestions

1. Organized drives for the following items:
  - a. Non-perishable food.
  - b. New and used toys.
  - c. New and used books.
  - d. New and used sporting equipment.
  - e. Clothing including coats, shoes, gloves, hats and eyeglasses.
  - f. Household items including sheets blankets and personal hygiene products.
2. Raise money through various means for clowns, magicians and other entertainers to visit needy children at hospitals and shelters.
3. Musical performances at hospitals and senior citizen centers, shelters and nursing homes.
4. Organize and participate in arts and crafts programs for children at appropriate facilities.
5. Pen pal program with children at hospitals and shelters and with senior citizens, and delivery of cards and art projects to elderly or sickly adults.
6. Visit Senior Citizen Centers.
7. Tutoring in the following areas:
  - Computer instruction
  - English as a second language
  - Literacy
  - Hebrew instruction
  - Secular subjects
8. Organized drives as listed above in which guests of the bar and bat mitzvah will participate. Donation of centerpieces made of non-perishables (i.e. toys) to needy children and families.

