

Bar/Bat “Mitzvah”

There are many opportunities for a student preparing to become a bar/bat mitzvah to help others in the community by performing a *mitzvah*, a good deed, an act of kindness.

COLLECT ITEMS ~ Organize a “mini-drive” among family, friends, or in your school.

- ✓ **BOOKS** ~ New or gently used children’s books to be distributed by *Project Cicero* for use in under-resourced NYC public schools. Contact *Children for Children* www.childrenforchildren.org or (212) 708-0200 more information.
- ✓ **EYEGLASSES** ~ www.neweyesfortheneedy.org
- ✓ **TOYS** ~ New toys for Holiday Toy Drive. ~ www.childrensaidsociety.org/donate or (212) 949-4684
- ✓ **PET SUPPLIES** ~ Towels and blankets are urgently needed for animals in shelters. See www.nycacc.org/wishlist.htm for a full list of needed items and locations of shelters.
- ✓ **FOOD** ~ Donations of non-perishable foods. ~ www.ycp.org or www.foodbanknyc.org

VOLUNTEER AT THE TEMPLE ~ Participate in programs at Emanu-El open to Temple members.

- ✓ **SUNDAY LUNCH PROGRAM** ~ Prepare meals in the Wise Hall kitchen for the homeless each Sunday morning; pre-registration is required.
- ✓ **SANDWICHES ON SUNDAYS/COOKIES AND MILK** ~ Join volunteers of all ages to make sandwiches and bake cookies to be delivered to soup kitchens and shelters in NYC.
- ✓ **STITCH’N TIME** ~ Knit or crochet squares to make blankets for children in residential treatment centers or small baby items for Beth Israel Maternal Childcare Health Division.
- ✓ **Check the Temple Bulletin or call (212) 744-1400, ext. 452 for additional information on mitzvah programs offered through Tikkun Olam.**

VOLUNTEER YOUR TIME, GIVE A RECITAL, MAKE A FRIEND

- ✓ **Lenox Hill Senior Center** ~ www.lenoxhill.org or (212) 744-5022, ext. 1238
- ✓ **Jewish Home and Hospital** ~ www.jewishhome.org or (212) 870-4940
- ✓ **Carter Burden Center** ~ www.burdencenter.org/volunteer or (212) 879-7400
- ✓ **Ronald McDonald House** ~ Bake cookies, brownies and cupcakes at home for the residents in conjunction with the Temple’s monthly dinner at the house on East 73rd Street. Call (212) 744-1400, ext 452 and leave a message.

CONSIDER THESE ORGANIZATIONS WHEN LOOKING FOR A PROJECT

- ✓ **Baby Buggy** ~ www.babybuggy.org or (212) 736-1777
- ✓ **UJA Federation** ~ www.uja.org
- ✓ **Jewish National Fund** ~ Plant trees in Israel; aquifers; support infrastructure. ~ www.jnf.org
- ✓ **Locks of Love** ~ Donate your long hair to help children suffering from illnesses that cause hair loss and help to restore their self-esteem. ~ www.locksoflove.org
- ✓ **DOROT** ~ DOROT offers many child/family friendly volunteer opportunities through their intergenerational programs. ~ www.dorotusa.org or (212) 769-2850

GREAT RESOURCES

- ✓ **Mitzvah Magic: What Kids Can Do to Change the World** by Danny Siegal (Kar-Ben publishing)
- ✓ **Doing Mitzvot: Mitzvah Projects for Bar/Bat Mitzvah** by Ronald H. Isaacs and Rabbi Kerry M. Olitzky (KTAV publishing)

~ **CONGREGATION EMANU-EL** ~ One East 65th Street, New York, NY 10065 ~ (212) 744-1400 ~