



Bar/Bat “Mitzvah”

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

COLLECT ITEMS

BOOKS — New or gently used children’s books to be distributed by Project Cicero for use in under-resourced NYC public schools. (www.childrenforchildren.org).

EYEGASSES — Eyeglasses/sunglasses in good condition. (www.new-eyes.org)

TOILETRIES — Travel-sized shampoo, soap, toothpaste, mouthwash. Drop items at Temple Emanu-El for distribution to various organizations that serve the homeless.

PET SUPPLIES — See www.nycacc.org/wishlist.htm for a list of needed items and shelters.

FOOD — Donations of nonperishable foods. Contact New York Common Pantry (nycommonpantry.org) or Food Bank for New York City (www.foodbanknyc.org).

VOLUNTEER AT THE TEMPLE (www.emanuelnyc.org/volunteering.php)

SUNDAY LUNCH PROGRAM — Prepare meals in the Wise Hall kitchen for the homeless each Sunday morning; preregistration is required.

HELP FEED THE HUNGRY — Join volunteers of all ages to make sandwiches and bake cookies to be delivered to soup kitchens and shelters in New York City.

RONALD McDONALD HOUSE — Bake cookies, brownies and cupcakes at home for the residents in conjunction with the temple’s monthly dinner. Call the Women’s Auxiliary at (212) 744-1400, ext. 235 for dates and details. (www.emanuelnyc.org/womaux)

STITCH’N TIME — Knit or crochet items for various organizations in need.

MITZVAH DAY — Participate in a variety of hands-on projects to benefit others in the community. Held in November each year.

THANKSGIVING DINNER — Serve Thanksgiving dinner at the temple to senior citizens, and women and children from NYC homeless and domestic-violence shelters.

GIVE A RECITAL, MAKE A FRIEND

CONCERTS IN MOTION — Bring uplifting musical performances to the homebound, hospitalized, and those otherwise isolated or in need. (concertsinmotion.org)

STANLEY ISAACS NEIGHBORHOOD CENTER — Deliver meals to seniors or help children from low-income families. (www.isaacscenter.org)

CARTER BURDEN CENTER FOR THE AGING — Volunteer for a day or make a long-term commitment. (www.carterburdencenter.org)

CONSIDER THESE ORGANIZATIONS WHEN LOOKING FOR A PROJECT

ROOM TO GROW — Enrich the lives of babies born into poverty throughout their critical first three years of development. (roomtogrow.org)

JEWISH NATIONAL FUND — Plant trees in Israel; support other mitzvah projects. (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 — Assist seniors through a variety of programs. (www.dorotusa.org)

METROPOLITAN COUNCIL ON JEWISH POVERTY — Fight hunger, help someone get back on his or her feet, enhance a senior citizen's quality of life, help a family affected by domestic violence. (www.metcouncil.org)

UJA FEDERATION OF NEW YORK — Make life better for New Yorkers of all backgrounds, strengthen Jewish communities around the world, and help ensure Jewish values are passed on to the next generation. (ujafedny.org)

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)