

## **Ways to stay involved with TST Post B'nai Mitzvah**

**HEBREW HIGH SCHOOL:** Our Wednesday evening program from 6:00-7:45 pm will explore issues that you care about. The different curricula will explore food justice, health and wellness through cooking and the arts, and text study. There will be opportunities for experiential learning and social action.

**NFTY** (North American Federation of Temple Youth): NFTY is the organized youth movement of Reform Judaism in North America. Every year NFTY NE sponsors two weekend long opportunities to build friendships, lifelong Reform Jewish identities, and leadership skills through community building, worship, social action, and experiential youth-led Jewish educational programming.

**REBUILDING/SERVICE TRIPS:** Give back to a community in need. Every year we'll try to organize a spring service trip (usually to New Orleans to do disaster recovery work) open to high school age students.

**SHIR CHADASH:** Our beloved Cantor, Beth Levin, leads the Shir Tikvah choir in bi-monthly rehearsals on Wednesday evenings from 7:30 to 9:30.

**HEBREW SCHOOL AIDE (MADRICHIM) PROGRAM:** Be an aide in the school on Sundays or Tuesday/Wednesday afternoons. Either way, you'll learn from great teachers, help others, and the experience looks great on your resume. You must submit an application in the spring for the following year. Space is limited.

**YOUTH MEET-UP SHABBATS:** Teens will meet at 6:30 for dinner and dessert. After hanging out, we'll attend the Shabbat service together at 7:30. Check the calendar for dates

**TIKKUN OLAM ACTIVITIES:** Teens will have the opportunity to work on various projects throughout the year. Some projects are ongoing and some are one off events. We will work with the Dwelling Place on painting and other odd jobs along with our neighbors at First Congregational. We'll also help out at Foodlink and other social service agencies around town.