

Congregation Beth Am

TNT Mitzvah Projects with JFS

***Ha Lachma on yah...* This is the bread of affliction, the simple bread which our ancestors ate in the land of Egypt. Let all who are hungry come and eat with us. Let all who are enslaved become free. Let all who are oppressed become liberated.**

This year Jewish Family Service is here to help us make the mitzvah of feeding those who are hungry come alive. This month JFS is partnering with TNT to offer a lot of wonderful mitzvah project activities for this month.

Rabbi Earne will let you know when the project is due.

Please take a picture and write a summary of your project for others to see. Good luck!

JFS Mitzvah Project Ideas:

1. Contribute a financial donation (Make check out to Jewish Family Service).
2. Bring hygiene items, backpacks, or school supplies to Congregation Beth Am. Jewish Family Service will pick up these items and distribute to families in need. Contact Chrissy Chalif (chrissyc@jfssd.org) and work with her to put together a drive. handup@jfssd.org, 858 637 3088.

Examples: Daniel went door-to-door in his neighborhood leaving brown bags with Hand Up information and asking his neighbors to clean out their cupboards; when he picked up the bags there were more than 300 pounds in food donations.

3. Lead an arts and crafts project for children at a Hand Up military food distribution at Camp Pendleton (North County) or Murphy Canyon (Central San Diego). Gather all of the materials for the art/craft project and show military children how to do your project. If you have JLC, you may assemble the craft project and bring it to JFS during the week and they will have volunteers run the project for you. Please contact Melinda Wilkes at handup@jfssd.org, 858 637 3088.

Examples: Jake brought his 'spin art' machine to Camp Pendleton and helped military kids create a colorful spun paint art piece. John brought spray on fabric paints, stencils, and t-shirts to Camp Pendleton and helped military kids decorate their own wearable t-shirt art.

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4. Visit a garage sale or flea market and search for free items that can be distributed to refugee families. You can also go to a garage sale and ask for any unsold items as a tax deductible donation.

Example: Stephanie found sets of dishes and a dining room table on Craigslist, picked it up with her family and delivered it to JFS. The refugee family who received the kitchenware sent Stephanie a thank you note about how grateful they were to have somewhere to eat together.

5. Create 'Welcome Baskets' for newly-arrived refugees.

Example: Adam had his school classmates all bring in household and hygiene items to fill a "Welcome Basket" that helped one new refugee family feel welcome in their new San Diego home.

6. Participate in the annual Run for the Hungry 5K/10K Thanksgiving run. The 10K Run will start at 7:15am, the 5K Run/Walk will start at 8:15am on Thanksgiving Day. Register now and join the Beth Am Boker Tovers! For more information and to register online you can go on line through Jewish Family Service: Thanksgiving Run for the Hungry 10K/5K.

7. Bring a holiday gift for the JFS "Embrace-a-Family" program. Contact Melinda Wilkes to find out specific Embrace A Family needs and details. Bring a gift to either Beth Am or to JFS for the Embrace A Family program. This year more than 400 families have asked JFS for help this holiday season. Each year JFS matches those in-need with "embracers", businesses, groups, organizations, or individuals who are willing to purchase gifts from the needy family's wish list to make their Hanukkah or Christmas a little brighter.