

## Mitzvah Projects

### Mitzvah Project Ideas by Torah Portion

Parshah	Main Themes	Pshat	Possible Organizations/Ideas
<b>Bereishit</b>	Creation, birth, rebirth, Jewish beginnings		
<b>Bereishit</b>	Beginning, Creation, Kiddushin - Holiness, Shabbat Menucha, Knowledge	<i>Bereishit Bara Elhim - In the beginning God created the world</i>	Sarah Neuman, Cradle Roll, Special Events Corps
	Blindness	<i>Vatifachena Einei Shneihem - Their eyes were open</i>	Guiding Eyes for the Blind, creating books on tape
	Nakedness	<i>Arumim Hem - They were naked</i>	Midnight Run, Big/Brothers/Big Sisters
	Responsibility for others: V'ahavta L'reyacha Kimocha	<i>Shomer Achi Anochi? - Am I my brother's keeper?</i>	
	Pikuach nefesh - saving a life	<i>Damim - blood</i>	Blood drive - promotion, escorting, serving cookies and juice
<b>Noach</b>	Tzedek, Tzedek Tirdof - Pursuit of Justice - Sin v. Righteousness	<i>...Noach Eesh Tzadik... - Noah was a righteous man, Vatishachet Haaretz - The land was corrupted</i>	What would you fix about the earth if you were acting like God?
	Building	<i>Aseh Lichah Tevat Atzei-Gofer - Make yourself an ark made of gopher wood</i>	Habitat for Humanity

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<b>Noach</b> <i>continued</i>	Migdal Bavel - Multiple languages, cultures	<i>Havah nivneh lanu eer u-migdal - Let's build a city and a tower, Va-yifetz Adnai Otam - God scattered them</i>	What is essential about Judaism to you? If you had to teach about Judaism to people who didn't know anything about it, what would you do? Create a lesson about that. Opportunities will be set up for you to teach that lesson in a church/churches. Make cont
<b>Lech L'cha</b>	Go forth, calling	<i>Lech Licha Mi-artzecha - Go forth from your land...</i>	Immigrants - JFS Greenwich, Washingtonville Housing Alliance
	Famine	<i>Ra-av - Famine</i>	Larchmont-Mamaroneck Hunger Task Force, Midnight Run, HUC Soup Kitchen
	Brit - Covenant		What would you do to keep up your end of the covenant?
<b>Vayera</b>	Welcoming the stranger - Hachnasat Orchim	<i>Shalosh Anashim - Three men</i>	Washingtonville Housing Alliance, HUC Soup Kitchen, YMCA W.P., Andrus Child Center
	Tzedek, Tzedek Teerdof - Pursuit of Justice - Warning against wrongdoing, promoting justice	<i>Nitziv Melach - pillar of salt</i>	What would you do to pursue justice?
<b>Chayei Sarah</b>	Resident Alien	<i>Ger Toshav - resident alien</i>	Greenwich UJC, Hispanic Resource Center, Washingtonville Housing Alliance, correspondence with immigrants
	Comforting the mourner	<i>Chayei Sarah - Sarah's life</i>	Chesed Baskets to the houses of people sitting shiva

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<b>Toldot</b>	Lidor Va-Dor - Generation to generation	<i>Eileh Toldot - These are the generations</i>	Project Ezra, Dorot, BJCC
<b>Vayetze</b>	Dreams, children	<i>Hinei Sulam - There was a ladder</i>	Kids Helping Kids, Shelter for Children, Teaching/Tutoring young children, Hispanic Resource Center
	Weak eyes, blind	<i>Einei Rachot - Weak eyes</i>	Seeing Eyes for the Blind
<b>Vayishlach</b>	Wrestling, name change, reconciliation	<i>Vaye-abek - He fought</i>	ARZA Tzedakah Project
	Rape of Dinah, women's issues	<i>Vayar Otah - He had sex with her</i>	School educ. program about rape, collections for organizations, clothing drive for My Sister's Place
<b>Vayeshev</b>	Yosef in a foreign land, but rises to the top, immigrants		Immigrants - JFS Greenwich or Stamford Washingtonville Housing Alliance
<b>Miketz</b>	Famine, dreams	<i>Hatochalna Haparot Harakot...et Sheva Parot Harishonot HaBriot - The seven thin cows...ate up the first seven healthy cows</i>	Larchmont-Mamaroneck Hunger Task Force, Midnight Run, HUC Soup Kitchen

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<b>Vayigash</b>	Nakedness of the land, Bal Tashchit-protection of the environment	<i>Arevat Ha-aretz - Nakedness of the Land</i>	LIFE Center
	Beginning anew, planting seeds for food	<i>He La-chem Zera -Here's a seed to plant (in the Land)</i>	Food pantries, American Jewish World Services - Re-establishing countries
<b>Vayechi</b>	Bikkur cholim-visiting the sick, Jacob on his deathbed, Pikuach Nefesh -Saving a life	<i>Vayechi Yaakov -This was the life of Jacob</i>	Walks, Blythedale Children's Hospital, Hospital visits
<b>Shemot</b>	Family - nation-hood, Exodus, commandment, covenant		
<b>Shemot</b>	Freedom to worship and come and go	<i>Shalach et ami -Let my people go</i>	Collect school supplies for kids in FSU from Religious School kids, be a spokesperson - research a topic
	Children in jeopardy	<i>Eem Ben Hu, Vahamiten Oto - If it is a boy, kill him</i>	Pleasantville Cottage School Pairing, Washingtonville Housing Alliance
<b>Vaera</b>	Spokesperson-confidence	<i>Bo daber el Par-o Melech Mitzrayim - Go speak to Pharaoh, King of Egypt</i>	Hispanic Resource Center, Headstart
	Hardened heart, plagues	<i>Vayechezak Lev Par-o - Pharaoh's heart hardened</i>	Environmental organizations, clean-ups, plantings- LIFE-Seldrake Center

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<b>Bo</b>	Deliverance, commemoration, memory; generation to generation	<i>Vi-hayah hayom hazeh lachem lizicaron...lidorote ichem - This will be a day to remember for all of you...for every generation</i>	Leading a mock Pass-over seder at a nursing home or nursery school, Project Ezra, Bronx Jewish Community Council, Dorot, Musicians-On-Call
<b>Beshalach</b>	Children's rights: Amalek attacks from behind where the children were	<i>Vayavo Amalek Vayilachem - Amalek came and attacked</i>	Kids Helping Kids, Blythedale, Orphanages
	Hunger and thirst		Midnight Run
<b>Yitro</b>	Lightening the load	<i>Madoo-a atah yoshev livadecha? - Why are you doing it all yourself?</i>	Help people in need "lighten their load"- Volunteer to buy groceries for a homebound senior, Musicians-On-Call
	10 Commandments	<i>Ani Adnai El-heichem asher Hotsetichem... - I am Adnai your God who took you out...</i>	Learning and teaching - Watch the news, read the paper, observe how people keep and break the Ten Commandments and keep a journal. Write a report and create a lesson to teach younger kids in Religious School
<b>Mishpatim</b>	Honoring the stranger	<i>Ger Lo Toneh...- Don't shun the stranger</i>	Pair up with a person your age who has immigrated to the US from the FSU- Jewish Federation of Greenwich or Stamford
<b>Terumah</b>	Giving of self	<i>Yidvenu Leebo - Giving of one's heart</i>	Clothing drives, How would you give of your own heart?, Musicians-On-Call
<b>Titzaveh</b>	Feeling, appearing holy	<i>Kodesh La-Adnai - Holy to God</i>	Musicians-On-Call

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<b>Titzaveh continued</b>	Building, creating	<i>ViAsu Et Bigdei Aharon - They will make Aaron's vestments</i>	Arts and crafts projects with disabled kids- making holy by creating something together
<b>Ki Tisa</b>	Mob mentality - The power of a crowd	<i>Vaykahel Ham Al Aharon...Aseh Lanu elohim - The people ganged up on Aaron..make us a god</i>	Watch the movie "The Wave" and write down the main points. Ask to show the movie in your class and teach about the power of a crowd. Lead a discussion with your class about the movie and the dangers of a large crowd (especially when they get the wrong idea.
<b>Vayakhel</b>	Artisans - Creating holy space through art	<i>Vichol Chacham Lev All the skilled ones (artisans)</i>	Do art therapy with kids with disabilities or who are sick
<b>Pikudei</b>	God's presence in the Tabernacle	<i>Vayichas HeAnan et Ohel Moed - God's presence filled the Tabernacle</i>	Ameri-Cares or Habitat for Humanity with your family
<b>Vayikra</b>	Sacrifice, holiness		
<b>Vayikra</b>	Offering, rules and regulations, becoming personal Olah, Priestly portion	<i>Ki Yakriv Mithem Korban - When one brings a sacrifice</i>	Food drives
<b>Tzav</b>	Being holy, making other things holy - Mitzvot - Making others feel holy	<i>Kadosh L-Adnai -Holy to God</i>	Sponsoring a child (Tzedakah)
	Blood as a way to holiness	<i>Vayikach Moshe Miodamo - He took his blood</i>	Blood drive: escorting donors, promotion

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<b>Shmini</b>	<p>God's appearance amongst the people in the Mishkan, appearing as holy - feeling that way</p> <p>God's prescribed method of worship -going through the process of becoming a Bar/Bat Mitzvah, partnering</p>	<p><i>Adnai Nirah Eleichem - God appears to you</i></p> <p><i>Ka-asher Tzivah Adnai - As God commanded</i></p>	<p>Sarah Neuman, Musicians-On-Call</p> <p>ARZA (Tzedakah), Argentinean pen pals, animal rights</p>
<b>Tazria</b>	<p>Impurity/purity, physical disability, social outcast-promoting inclusiveness</p>	<p><i>Adam Ki Yiyeh Ba-or Bisaro Si-et... Vitimeh Oto.. Vi-hisgir Ha-Cohen - Someone with a swelling on his skin...the priest will pronounce unclean...and separate from the community</i></p>	<p>Kids with disabilities-South East Consortium, Kids Helping Kids, Blythedale, working with the disabled</p>
	<p>Burnt skin by fire, rehabilitation</p>	<p><i>Meechva - burn</i></p>	<p>Letter writing to burn victims in hospitals</p>
<b>Metzora</b>	<p>Infected houses, walls</p>	<p><i>Nega Tsara'at - A leper</i></p>	<p>Proper housing for elderly-cleaning the house of an elderly person, Westhab, Hawthorne Cedar Knolls, Pleasantville Cottage School</p>
<b>Acharei Mot</b>	<p>Scape goating - placing blame on the innocent, tolerance</p>	<p><i>La-azazel - The sin bearing scapegoat</i></p>	<p>Promote racial, religious tolerance by educating kids about anti-Semitism, racism, Strait Gate, interfaith organizations</p>

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<b>Kedoshim</b>	Kidushah, food for the poor	<i>Lo Tichaleh Peat Sadecha - Do not harvest the corner of your fields</i>	Larchmont-Mamaroneck Hunger Task Force, Hebrew Union College Soup Kitchen
	Do not curse the deaf or put a stumbling block before the blind	<i>Lo Tikalel Cheres U-lifnei Eever Al Titen Meechshol- Don't curse the deaf or put a stumbling block in front of the blind</i>	Guiding Eyes for the Blind, AG Bell
	Love your neighbor as yourself	<i>Vi-ahavta Li-reyacha Kimo-cha -Love your neighbor as yourself</i>	How does one love his/her neighbor as s/he does him/herself?
	Honoring the elderly	<i>Vihadarta P'nei Zaken - Honor the elderly</i>	Nursing Homes, Project Ezra, Bronx Jewish Community Council
	Welcoming the stranger	<i>Ger Bi-artzechem - A stranger in your land</i>	Hispanic Resource Center, Washingtonville Housing, JFS Greenwich or Stamford

<b>Emor</b>	Making those with disabilities feel holy	<i>Eesh...Asher Yiyeh Lo Moom...Lo Yikrav - A person with a deformity cannot give a sacrifice</i>	SE Consortium, Blythedale
	Chagim-Holidays, Pure vs. Unclean	<i>Moadei Adnai Asher Tikra-u Otam Mikraei Kodesh - These are the times of Lord, which you will proclaim as holidays</i>	Cleaning the environment- LIFE Center
<b>Behar</b>	Harvests - food	<i>Yovel Hee - It is the Jubilee year</i>	Feeding the hungry, Soup Kitchens, LIFE Center (Environment)
	Slavery, child labor		



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<b>Bechukotai</b>	Faintness of heart	<i>Morech Bi-levav - Faintness of heart</i>	American Heart Association, Brotherhood Blood Drive
	Sanctuary	<i>Vayetze Miamach Hoo Uvanav - The slave and his children will go free</i>	Within LT - Cradle Roll, cleaning up grounds
<b>Bamidbar</b>	Tabernacle, rebellion, desert wanderings, case law		
<b>Bamidbar</b>	Pidyon Haben - redeeming	<i>Vi-et Pidooyei... Mi-bchor B-nei Yisrael - The redeeming... of the first born of Israel</i>	North American Conference on Ethiopian Jewry- pen pals
<b>Naso</b>	Nazir - Separateness, difference, hair	<i>Neder Nazir - The Vow of the Nazirite</i>	Free haircuts for the homeless, connect with people who are different in some way
<b>Beha'alotcha</b>	Healing, support for others - God dwells in the Mishkan to support the people	<i>Menucha - Rest</i>	Seniors - Nursing home, adopt a senior in the congregation
<b>Shelach L'cha</b>	Scouts, keeping the faith	<i>Asu Lahem Tzitzit al Kanfei Bigdeihem - They are to make themselves fringes on the corner of their clothes</i>	Learn the Mitzvah of Tallit making and review the meaning of V'ahavta and go to a nursing home to teach seniors how to make tzitzit for the corners of a Tallit
<b>Korach</b>	Tithe	<i>Ki Tikchu Miet B-nei Yisrael et Hamasaser - When you collect the tithe offering from the People of Israel</i>	Give something up that you use regularly, Tzedakah

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<b>Korach continued</b>	God threatens to destroy community- community building		Correspondence with an Argentinean Jew (a community that is threatened)
<b>Chukat</b>		<i>Vi-Lo Hayah Mayim La-edah - There was no water for the community</i>	(LIFE )Sheldrake Center, promote water conservation in the community
<b>Divarim</b>	Recap of the four preceding books, God is One, Love God, do Mitzvot		
<b>Divarim</b>	Tisha B'Av- Galut-Exile	<i>Bo-u Urshu et Ha-aretz Asher Neeshba Ad-nai La-avoteichem- Come and take possession of the land God swore to your ancestors</i>	Nursing home (people feel abandoned), Ethiopian Jews, Russian immigrants, adopt a senior from the congregation
<b>V'etchanan</b>	City of Refuge	<i>Yavdil Moshe Shalosh Arim...Lanus Shamah Rotzeach - Moses separated out three cities...to which a murderer could escape</i>	Nursing home as a place of refuge
<b>Ekev</b>	Manna - abundance of food- Thanks to God, worship/ punishments	<i>Vaya-achilcha et Ha-man- You will eat the manna</i>	Learn and teach Birkat Hamazon as a literacy project, Tzedakah - Mazon

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<b>Ekev</b> <i>continued</i>	Befriend the stranger	<i>Vi-ohav Ger Latet Lo Lechem Vi-simlah - Love the stranger and give him/her food and clothing</i>	Buddy up with new member families to acclimatize them to Larchmont Temple
<b>Re-eh</b>	Setting aside the tithe	<i>Ma-aser - Tithe offering</i>	Collect Tzedakah before every Shabbat and take the money and purchase gifts for the needy, UJA-Gift of Chanukkah drive - take the congregation's gifts to the UJA office in White Plains
<b>Shoftim</b>	Authority, justice	<i>Tzedek, Tzedek Teerdof, Ayin Tachat Ayin - Justice, justice you will pursue, An eye for an eye</i>	Chazon Jewish Environmental Bike Ride, purchasing only environmentally sound decorations for your Bar/Bat Mitzvah party
<b>Ki Tetze</b>	Proper treatment of animals - Tsar Baalei Chayim	<i>Lo Tir-eh et Chamor Achichah O Shoro Noflim Ba-derech - You will not see your neighbor's donkey or ox fallen on the road and ignore it</i>	Dog walking for the handicapped/blind, working with birds of prey, make donations to those causes

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<b>Ki Tavo</b>	Strangers, orphans, widowed	<i>Ha-ma-aser, Vinatata La-Levi La-Ger La-Yitom Vi-lalmanah - You will give part of your food offering to the priest, stranger, the orphan and the widow</i>	Research different organizations to see how you can help abused kids, orphans - Pleasantville Cottage School
<b>Nitzavim</b>	The Levites as teachers of Torah		Support Jewish education in Russia- World Union for Progressive Judaism, UAHC, American Reform Zionists Association-Twinning, teaching opportunities within Larchmont Temple.
<b>Vayelech</b>	Moses about to die	<i>Vayomer Adnai el Moshe Hen Karvoo Yameichah Lamoot - God said to Moses that the days of your death are nearing</i>	Create a book of poetry to be read in Religious School or to Seniors
<b>Ha'azinu</b>	Listening, hearing, deafness	<i>Ha-azinu - give ear, listen up</i>	Working at a deaf children's program (research on deafness first), reading poetry to kids/seniors, teaching the other kids in Religious School to sign the Shema
<b>V'zot Hab-rachah</b>	Rising up from the bottom, seeing the Promised Land but not quite making it, reaching goals	<i>Etnenah Heritichah Bi-einechah Vishamah Lo Tavor - I have let you see it with your own eyes, but you will not cross over there</i>	Help Ethiopian/Russian Jews get to Israel, working with physically/emotionally/economically disadvantaged kids to help them reach their goals

