BAR/BAT MITZVAH PROPOSAL FORM

MITZVAH PROJECTS

Directions: Please complete this form in its entirety and submit to Dr. Silk at hsdirector@grjc.org **at least** three months before you become a bar/bat mitzvah. If you are doing more than the minimally required 10 hours of mitzvah project hours, we may ask that you complete this farther in advance. Dr. Silk will be in touch with you to offer you suggestions and guidance about how to move your mitzvah project forward.

Name: _____ **Email:** _____

Bar/Bat Mitzvah Date: _____ **Phone:** _____

Name of Organization/Mitzvah Project Selected: _____

Organization Contact Person: _____

Organization Phone: _____ **Organization Email:** _____

What will you plan on doing?

What do you hope to learn/get out of this mitzvah project?

Why is this mitzvah project meaningful to you?

Create a Rough Timeline of how you plan to complete the 10 hours of volunteer work:

If you are working with a friend, please describe how you will equally share the work:

BAR/BAT MITZVAH MITZVAH PROJECTS

BACKGROUND & GOALS:

Becoming a bar/bat mitzvah really means becoming a responsible "son" or "daughter" of the commandments. There are really two different types of mitzvot (commandments):

(1) ***Mitzvot ben adam la'Makom:*** commandments that are between you and God (like prayers, keeping kosher, etc.) and
(2) ***Mitzvot ben adam l'chavero:*** commandments that are between you and other people around you (feeding the hungry, etc.).

Many of you are working hard preparing for those mitzvot related to the first type of commandment by learning prayers, but equally important is the opportunity to do mitzvot for others around us. Therefore, we ask each bar/bat mitzvah student to complete a mitzvah project. We also hope that this is a meaningful and educational part of the process as well. Being involved in "tikkun olam" - repairing the world, is an important part of becoming a responsible adult in the Jewish community and we hope that this project is the beginning of a life-long commitment to helping others in the world around us.

Format of Mitzvah Project:

First and foremost, we want this mitzvah project to be something that you enjoy, something that speaks to your interests. We believe that if you find volunteer opportunities that interest you, this increases the likelihood that you will continue volunteering, perhaps well beyond the time that you become a bar/bat mitzvah.

Here are some guidelines of what the mitzvah project IS:

- ✓ Something hands-on. A form of "direct-service."
- ✓ An opportunity to interact with people in-need, whereby you meet those who are impacted by your help.
- ✓ A substantial project that involves at least 10 hours of your time.
- ✓ An opportunity to create greater awareness and education about a cause.
- ✓ Either a self-initiated project or a project that involves an existing organization.
- ✓ Either completed by yourself OR done with a friend, while equally sharing the work.

The mitzvah project is NOT:

- ✓ Fundraising for an organization. (Although we encourage you to fundraise for an organization or donate a portion of your bar/bat mitzvah gifts to charities, this does not "count" for your mitzvah project).
- ✓ A one-time short visit to an organization.
- ✓ Solely "collecting" something for an organization. If you want to collect and donate items, we also want a substantial amount of the time being dedicated to interacting

with others who will benefit from your collection. Or, you can supplement your collection with another more interactive mitzvah project.

What is the timeline?

Mitzvah projects should be completed by your bar/bat mitzvah date, even if you are working with a friend. During your d'var Torah (speech) on your bar/bat mitzvah date, you will share details about your mitzvah project, including what you learned and how it had an impact on you.

Where Do I Start?

You can choose a mitzvah project from the list of volunteer opportunities listed below. You can also feel free to create your own mitzvah project. In either case, please complete the **Mitzvah Project Proposal Form**, which Dr. Silk will approve. Please note: the list that we are providing is not a complete list. Bring your own creative ideas!

Class Volunteer Projects

As a Zayin class, we will also plan on participating in other mitzvah projects together. These projects are part of our regular class curriculum and are done in addition to your special bar/bat mitzvah mitzvah project. Some examples of these class projects include:

- ✓ Volunteering for Daughters of Miriam; running a carnival for the residents.
- ✓ Raking leaves in November for seniors in Glen Rock.
- ✓ Visiting a Jewish assisted living home around Purim to deliver Mishloach Manot (gifts of food), and perform a Purim Shpiel (skit).

Bar/Bat Mitzvah "Twinning"

In addition to your mitzvah project, we also encourage you to participate in a "twinning" project, which will match you up with a child who was/is not able to have a bar/bat mitzvah or other similar bar/bat mitzvah "buddy." This program is optional, but very powerful. Here are a couple of options:

- ✓ Twinning with a Child of the Holocaust: http://www.holocaustchild.org/index.php/twinning

- ✓ Twinning with a righteous rescuer of the Holocaust: https://jfr.org/bar-mitzvah-program

GLEN ROCK JEWISH CENTER
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POTENTIAL ORGANIZATIONS

ISRAEL

a. **Yashar LA'Chayal:** Provides support and assistance to IDF combat soldiers in Israel. https://www.yasharlachayal.org .
b. **Support-A-Soldier Project:** Write personal cards accompanied by "sweet treats," personal care and/or entertainment items. Create care packages that are oriented toward Shabbat or upcoming Jewish Holidays to send troops overseas. Please contact Dr. Silk or Rabbi Schlosberg for contact information.
c. **March in the Celebrate Israel Parade:** If you select this one, please also combine it with another project to raise awareness of an Israel-related project or cause. You could also organize a group to attend the parade. http://celebrateisraelny.org
d. **Support Bergen County's Israeli Sister Town, Nahariya:** Raise Money, collect clothing, shoes, and school supplies for children in *Tapuz* absorption center in Nahariya, Israel. For more information, contact Dr. Silk or Rabbi Schlosberg.

SUPPORTING SENIORS

a. **Daughters of Miriam/The Gallen Institute:** For example, you can plan an arts and crafts project, a special event such as a Bingo game, crossword puzzles to be play with the residents. In the past, students have loved taking care in planning the "Senior Prom" for the seniors. You could also decorate a floor for a particular season or month. http://www.daughtersofmiriamcenter.org/
b. **Jewish Family Service of North Jersey: Interviewing Holocaust Survivors:** You would interview a Holocaust survivor and record their story, so that you can share it with future generations to come. We would want each student to take part in the interviewing process, maybe 2 students per interview – and then talk about what they learned together as a group. Please contact Dr. Silk or Rabbi Schlosberg for contact information.

FOOD ASSISTANCE

a. **Social Service Association of Ridgewood & Vicinity:** Collect and deliver food for the food pantry, while raising awareness of the importance of feeding the hungry, working in the food pantry. http://www.ssaridgewood.org

SUPPORTING CHILDREN

a. **Friendship Circle:** Volunteer to help children with special needs. A one-hour volunteer orientation is required so you could be trained on how to support children with special needs – a wonderful opportunity! http://www.bcfriendship.com

b. **Tomorrow's Children Fund:** Support kids with cancer at Hackensack Hospital. Please visit this website for information about how you could do your mitzvah project here: http://www.tcfkid.org/HowYouCanHelp/HaveAHeart. Contact: Nan Norbitz Kelly at NKelly@tcfkid.org .

c. Oasis: A Haven for Women and Children: Many of our students have volunteered here. Located in Paterson, this agency offers after-school programs for children, hot meals for women and children, emergency foods bags, clothing, and other forms of support. See https://oasisnj.org

SUPPORTING THE GLEN ROCK JEWISH CENTER COMMUNITY

a. **Volunteer for our Chesed Group:** Volunteer with our chesed (lovingkindess) group that supports families through various ups and downs of life (after illness, death, birth of a child). Projects may include delivering a challah or chicken soup to someone who is sick, making get well cards for members of our community, visiting those who have an illness in their home and singing to them. Please contact Rabbi Schlosberg who can help you arrange this mitzvah project.
b. **Office Volunteer:** Volunteer at the GRJC. You can support our shul in various ways. Contact Dr. Silk or Rabbi Schlosberg if you are interested in doing this.

SUPPORTING THE LARGER COMMUNITY

a. **Work at the recycle center in Glen Rock:** Contact the Borough of Glen Rock to discuss opportunities.
b. **Help in Martin Luther King Day in the community:** https://www.facebook.com/MLKGlenRockRidgewoodNJ
c. **Safely@Home (formerly Bonim Builders):** Volunteer for a hands-on project to renovate or repair homes for low-income families in the area. Projects normally take place on Sundays: either 8:30-12 pm or 12:30 – 4 pm. Contact the Jewish Federation of Northern New Jersey: (201) 820-3903.

SOURCES FOR VIRTUAL MITZVAH PROJECTS:

Getting started on your Mitzvah Project in a virtual world can be challenging and exciting. Here are some ideas and sources to help you in this process:

Both TheMitzvahBowl.com and the Mitzvahmarket.com offer good ideas. They can be found (Mitzvah Bowl) **HERE** and (Mitzvahmarket.com) **HERE** at the Mitzvahmarket.com.