



Temple Sinai

# 13 Mitzvot Program

The world depends on three things:  
Torah Study  
Avodah/Prayer – Holiday - Rituals  
Gemilut Hasadim/Acts of Lovingkindness

*~ Rabbi Shimon ben Gamliel*

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## ***Mazal tov!***

Celebrating your Bar/Bat mitzvah means becoming responsible for your grownup actions. The Torah provides 613 *Mitzvot*/commandments which are a path to connect with God and to live a meaningful life with Jewish values and action.

### **To the Bar or Bat Mitzvah Student:**

1. If you are already engaged in a fulfilling community service project, keep doing it! We're so proud of you!
2. This project is a self-guided à la carte menu. Consider selecting at least one *mitzvah* from each category: *Torah/Study*, *Avodah/Prayer – Holiday - Rituals*, *Gemilut Hasadim/Acts of Lovingkindness* - for a total of 13. Some *mitzvot* may be long-term commitments, and others may be one-time events.
3. For each *mitzvah*, reflect on your experience performing it. Was it gratifying? Did it make you feel good? Was it annoying? Would you do it again? Would you encourage others to do it?

### **To the Parent:**

You play a central role in the success of the 13 Mitzvot Project. Although it is your child who will be doing most of the work, you can provide the five important points below.

1. Encouragement. As a parent or grownup in your child's life, you set the example and create the role model.
2. Guidance. Help your child make choices wisely and understand their meaning. Consistent home discussions can make the process of selecting *mitzvot* easier and help clarify difficult concepts.
3. Involvement. Many of the *mitzvot* are performed at home, and your participation is crucial. Some religious practices in home or in the synagogue are, above all, family experiences and cannot be done alone. You may be called upon to drive your son or daughter to places where *mitzvot* can be performed and sometimes participate. Your willingness will make all the difference.
4. Enthusiasm. We hope the 13 Mitzvot Project will be rewarding for the *Bar or Bat Mitzvah* and the family, and we hope your excitement will be contagious and foster community engagement.
5. Engagement. Encourage your child to engage in Temple Sina's annual Mitzvah Day, where many of the 13 *mitzvot* can be done. Eventually, we may create a Google document and a closed social media group to foster a 13 Mitzvot community of engagement.

וְשִׁנַּנְתֶּם לְבָנֵיכֶם, וְדַבַּרְתֶּם בָּם, בְּשֵׁבֶתְכֶם בְּבֵיתְכֶם וּבְלֶכְתְּכֶם בַּדֶּרֶךְ, וּבְשֹׁכְבְּכֶם וּבְקוּמְכֶם

You shall teach them diligently to your children and shall talk of them when thou sit in your house, and when you walk by the way, and when you lie down, and when you rise.

*Deuteronomy, 6:7*

# Temple Sinai Thirteen Mitzvot Project

## Mitzvot in Your Home – Ethical/ Environmental

1. Assume a special responsibility in your home.

Six days shall you labor and do all your work. <i>Exodus, 20:9</i>	שֵׁשֶׁת יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל־מְלַאכְתְּךָ
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2. Respect your grownups.

Honor your father and your mother. <i>Exodus, 20:12</i>	כְּבֹד אֶת־אָבִיךָ וְאֶת־אִמְךָ לְמַעַן יֵאָרְכוּן יָמֶיךָ עַל הָאֲדָמָה אֲשֶׁר־יְהוָה אֱלֹהֶיךָ נָתַן לָךְ: (ס)
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3. Plant and care for a garden or trees through one season.

You must not destroy its trees, wielding the ax against them. You may eat of them, but you must not cut them down. <i>Deuteronomy, 20:19</i>	כִּי־תִצְוֶה אֶל־עֵיר יָמִים רַבִּים לְהַלְחֵם עָלֶיךָ לְתַפְשָׁה לְאִתְשָׁחִית אֶת־עֵצָהּ לְנִדְחַח עָלָיו גְּרוֹזוֹן כִּי מִמֶּנּוּ תֹאכַל וְאִתּוֹ לֹא תִכְרֹת כִּי הָאָדָם עֵץ הַשָּׂדֶה לֵבֵא מִפְּנֵיךָ בַּמִּצּוֹר:
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4. Care for your pet animal by taking on a new responsibility.

If, along the road, you chance upon a bird's nest, in any tree or on the ground, with fledglings or eggs and the mother sitting over the fledglings or on the eggs, do not take the mother together with her young. Let the mother go, and take only the young, in order that you may fare well and have a long life. <i>Deuteronomy 22:4-6</i>	כִּי יִקְרָא קוֹרֵצְפוֹר   לְפָנֶיךָ בְּדֶרֶךְ בְּכַל־עֵץ   אִו עַל־הָאָרֶץ אֲפֹרָחִים אִו בִּיֻצִים וְהָאִם רֹבֶצֶת עַל הָאֲפֹרָחִים אִו עַל־הַבִּיָּצִים לְאִתְקַח הָאִם עַל־ הַבָּנִים: שְׁלַח תִּשְׁלַח אֶת־הָאִם וְאֶת־הַבָּנִים תִּקַּח־לָךְ לְמַעַן יֵיטֵב לָךְ וְהֵאָרְכַת יָמִים: (ס)
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5. Work out a technique or plan to make your home a safer place (a fire escape route...?)

When you build a new house, you shall make a parapet for your roof, so that you do not bring bloodguilt on your house if anyone should fall from it. <i>Deuteronomy 22:8</i>	כִּי תִבְנֶה בַּיִת חֹדֶשׁ וְעָשִׂיתָ מַעֲקֶה לְגִגְתְּךָ וְלֹא־ תָשִׂים דָּמִים בְּבֵיתְךָ כִּי־יִפֹּל הַנֶּפֶל מִמֶּנּוּ: (ס)
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6. Introduce themes and ideas of Jewish interest to be discussed by your family at the Shabbat evening meal on several occasions.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. <i>Deuteronomy 6:7</i>	וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
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## Mitzvot in Your Home – Ritual

### 1. Try observing the laws of *kashrut*, at home and/or outside

<p>These are the creatures that you may eat from among all the land animals: any animal that has true hoofs, with clefts through the hoofs, and that chews the cud—such you may eat. <i>Leviticus, 11:3; all of Leviticus, Chapter 11, verses 1-47</i></p>	<p>זאת החיה אשר תאכלו מכל הבהמה אשר על הארץ: כל א מפרסת פרסה ושסעת שסע פרסת מעלת גרה בבהמה אתה תאכלו:</p>
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### 2. Build a sukkah and dwell in it (i.e. eat in it or have a campout one night).

<p>You shall live in booths seven days; all citizens in Israel shall live in booths, in order that future generations may know that I made the Israelite people live in booths when I brought them out of the land of Egypt, I the LORD your God. <i>Leviticus, 23:42</i></p>	<p>בסכת תשבו שבעת ימים כל האזרח בישראל ישבו בסכת: למען ידעו דרתיכם כי בסכות הושבתי את בני ישראל בהוציא אותם מארץ מצרים אני יהוה אלהיכם:</p>
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### 3. Recite blessings before eating: (*hamotzi* before meals with bread, “*borei minei m’zonot*” for snacks with grain, “*borei p’ri ha’eitz*” for fruit... The Torah tells us that we should eat and be satisfied, but we must not do so without blessing and thanking God for the good land from which the food grew.

<p>When you have eaten your fill, give thanks to the LORD your God for the good land which He has given you. <i>Deuteronomy, 8:10</i></p>	<p>ואכלת ושבעת וברכת את יהוה אלהיך על הארץ הטבה אשר נתת לך:</p>
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### 4. Take on a role in preparing for or leading a Passover Seder.

<p>And you shall explain to your son on that day, ‘It is because of what the LORD did for me when I went free from Egypt.’ <i>Exodus, 13:8</i></p>	<p>והגדת לבנך ביום ההוא לאמר בעבור זה עשה יהוה לי בצאתי ממצרים:</p>
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### 5. Remove and/or sell all leaven in your home before Passover.

<p>Seven days you shall eat unleavened bread; on the very first day you shall remove leaven from your houses, for whoever eats leavened bread from the first day to the seventh day, that person shall be cut off from Israel. <i>Exodus, 12:15</i></p>	<p>שבעת ימים מצות תאכלו אף ביום הראשון תשביתו שאר מפתיכם כי אכל חמץ ונכרתה הנפש ההוא מישראל מיום הראשון עד יום השביעי:</p>
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### 6. Observe the Passover food restrictions during the entire festival.

<p>And Moses said to the people, “Remember this day, on which you went free from Egypt, the house of bondage, how the LORD freed you from it with a mighty hand: no leavened bread shall be eaten. <i>Exodus, 13:3, 7</i></p>	<p>לאמר משה אלהים זכור את היום הזה אשר יצאתם ממצרים מבית עבדים כי בחזק יד הוציא יהוה אתכם מנה ולא יאכל חמץ</p>
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### 7. Recite the Shabbat *kiddush* regularly on Friday night.

<p>Remember the sabbath day and keep it holy. <i>Exodus, 20:8</i></p>	<p>זכור את יום השבת לקדשו</p>
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8. Learn and recite the Havdalah at the end of Shabbat. Light the candles regularly on Shabbat and Festivals. The Torah contains no direct instructions to light candles on Shabbat, or say *Kiddush*, or make *Havdalah*, but these have been ways that we have used to try to make Shabbat holy and mark sacred time for two thousand years.

Remember the sabbath day and keep it holy. <i>Exodus, 20:8</i>	זְכוֹר אֶת-יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ
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9. Make a *Mezzuzah* and affix it on the doorpost of your home – include a scroll. If you already have a *Mezzuzah* on the doorpost of your home, you can put one up on your bedroom doorpost.

Inscribe them on the doorposts of your house and on your gates. <i>Deuteronomy, 6:9</i>	כְּתַבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ:
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10. Learn to bake challah and practice this skill.

As the first yield of your baking, you shall set aside a loaf as a gift; you shall set it aside as a gift like the gift from the threshing floor. <i>Numbers, 15:20</i>	רֵאשִׁית עֲרֹסְתְּכֶם סֵלֶה תָּרִימוּ תְרוּמָה כְּתְרוּמַת גֶּרֶן כֹּן תָּרִימוּ אֹתָהּ:
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### **Mitzvot in Your Community – Jewish or Secular**

1. Work on a project that helps produce better government or civic improvement. *We are to bring the best of our produce to support the community and give to God (or the Jewish leaders) the service of our children. The Rabbis tell us that supporting our government/community is away to do God’s work.*

You shall not put off the skimming of the first yield of your vats. You shall give Me the first-born among your sons. <i>Exodus, 22:28</i>	מִלְאֲתֶךָ וְדַמְעָתְךָ לֹא תֵאַחַר בְּכוֹר בְּנֶיךָ תִּתֵּן לִי:
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2. Work on the campaign of someone who you believe is a worthy political candidate. *We are not to curse a leader of our people. Instead, we should choose and support leaders who are worthy of our respect and whose goal is to bring about a better community and society.*

You shall not revile God, nor put a curse upon a chieftain among your people. <i>Exodus, 22:27</i>	אֱלֹהִים לֹא תִקְלַל וְנָשִׂיא בְעַמֶּךָ לֹא תֵאָר:
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3. Work to preserve the natural beauty of your neighborhood or area. Collect litter; beautify a park, etc. Or help with recycling efforts at Temple Sinai or your school. Or, promote an environmental cause.

You must not destroy its trees, wielding the ax against them. You may eat of them, but you must not cut them down. Are trees of the field human to withdraw before you into the besieged city? <i>Deuteronomy, 20:19</i>	לֹא-תִשְׁחִית אֶת-עֵצֶה לְנִדַּח עָלָיו גֶּרֶן כִּי מִמֶּנּוּ תֹאכַל וְאֵתוֹ לֹא תִכְרֹת כִּי הָאָדָם עֵץ הַשָּׂדֶה לִבְנֵי מִפְּנֵיךָ בְּמַצּוֹר:
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4. Work for or help support a charitable cause.

<p>If, however, there is a needy person among you, one of your kinsmen in any of your settlements in the land that the LORD your God is giving you, do not harden your heart and shut your hand against your needy kinsman. Rather, you must open your hand and lend him enough for whatever he needs. <i>Deuteronomy, 15:7-8</i></p>	<p>כִּי־יְהִיֶּה בְךָ אֶבְיֹון מֵאֶחָד אֶחָיֶךָ בְּאַחַד שְׂעָרֶיךָ בְּאַרְצֶךָ אֲשֶׁר־יְהוָה אֱלֹהֶיךָ נָתַן לְךָ לֹא תִאֲמָץ אֶת־לִבְבְּךָ וְלֹא תִקְפֹּץ אֶת־יָדְךָ מֵאֶחָיֶךָ הָאֶבְיֹון: כִּי־פָתַח תִּפְתָּח אֶת־יָדְךָ לוֹ וְהֵעֵבֵט תֵּעָבִיטְנוּ דֵי מַחְסָרוֹ אֲשֶׁר יִחְסַר לוֹ:</p>
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5. Serve as a volunteer at an organization serving older people, offer an elderly person a seat on a bus or subway.

<p>You shall rise before the aged and show deference to the old; you shall fear your God: I am the LORD. <i>Leviticus, 19:32</i></p>	<p>מִפְּנֵי שִׂיבָה תִקְוִים וְהִדַּרְתָּ פָּנֶי זָקֵן וְיִרְאתָ מֵאֱלֹהֶיךָ אֲנִי יְהוָה: (פ)</p>
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6. Organize a drive for food or clothing and deliver the goods to a charitable institution.

<p>When you reap the harvest of your land, you shall not reap all the way to the edges of your field or gather the gleanings of your harvest. You shall not pick your vineyard bare or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I the LORD am your God. <i>Leviticus, 19:9-10</i></p>	<p>וּבְקִצְרְכֶם אֶת־קִצִיר אֲרָצְכֶם לֹא תִכְלֶה פְּאֵת שְׂדֵךְ לִקְצֹר וְלִקְט קִצִירֶךָ לֹא תִלְקֹט: וְכִרְמֶךָ לֹא תֵעוֹלֵל וּפְרֹט כִרְמֶךָ לֹא תִלְקֹט: לְעָנִי וְלִגֵּר תֵּעָזֵב אֹתָם אֲנִי יְהוָה אֱלֹהֵיכֶם:</p>
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7. Tutor a student. We are to refrain from criticizing others or to do so only in a gentle and constructive way, when it seems like it would be appreciated. One of the best ways to approach this command in a positive manner is to help others to learn a skill or master a subject.

<p>You shall not hate your kinsfolk in your heart. Reprove your kinsman but incur no guilt because of him. <i>Leviticus, 19:17</i></p>	<p>לֹא־תִשְׁנֵא אֶת־אֶחָיֶךָ בְּלִבְבְּךָ הוֹכַח תּוֹכִיחַ אֶת־עַמִּיתְךָ וְלֹא־תִשָּׂא עָלָיו חַטָּא:</p>
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**Mitzvot in Relations with People**

1. Demonstrate honesty when it would be to your advantage to lie.

<p>You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. <i>Exodus, 20:13</i></p>	<p>לֹא תִרְצַח: (ס) לֹא תִנְאָף: (ס) לֹא תִגְנֹב: (ס) לֹא־תַעֲנֶה בְרַעַף עַד שֶׁקֶר: (ס)</p>
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2. Treat someone with respect who you feel is not highly thought of by most people.

<p>You shall not hate your kinsfolk in your heart. Reprove your kinsman but incur no guilt because of him. You shall not take vengeance or bear a grudge against your countrymen. Love your fellow as yourself: I am the LORD. <i>Leviticus, 19:17-18</i></p>	<p>לֹא־תִשְׁנֵא אֶת־אֶחָיֶךָ בְּלִבְבְּךָ הוֹכַח תּוֹכִיחַ אֶת־עַמִּיתְךָ וְלֹא־תִשָּׂא עָלָיו חַטָּא: לֹא־תִקָּם וְלֹא־תִטּוֹר אֶת־בְּנֵי עַמֶּךָ וְאֶהְבַּת לְרַעַף כְּמוֹד אֲנִי יְהוָה:</p>
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3. Make amends to someone you have harmed. *We are obliged to compensate anyone we have harmed or injured, not only to the extent of the injury, but also to make amends for the wrong we have done. The mitzvah is not only to pay for the cost of the injury, but also to make sure the person is healed, both physically and emotionally.*

<p>When men quarrel and one strikes the other with stone or fist, and he does not die but has to take to his bed— if he then gets up and walks outdoors upon his staff, the assailant shall go unpunished, except that he must pay for his idleness and his cure. <i>Exodus, 21:18-19, Exodus, 21:33-4</i></p>	<p>כִּי־יִרְיֹבֹן אֲנָשִׁים וְהִכָּה אִישׁ אֶת־רֵעֵהוּ בְּאֶבֶן אוֹ בְּאֶגְרָף וְלֹא יָמוּת וְנָפַל לְמִשְׁכָּב: אִם־יָקוּם וְהִתְהַלֵּךְ בְּחוּץ עַל־מִשְׁעָנְתּוֹ וְנָקָה הַמַּכָּה רַק שְׂבִיתוֹ יִתֵּן וְרַפָּא יִרְפֵּא: (ס) וְכִי־יִכָּה אִישׁ אֶת־עַבְדּוֹ אוֹ אֶת־אִמְתּוֹ בְּשֹׁבֵט וּמַת תַּחַת יָדוֹ נָקָם יִנָּקֵם:</p>
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4. Help someone without expecting or accepting any reward or payment.

<p>When a fire is started and spreads to thorns, so that stacked, standing, or growing grain is consumed, he who started the fire must make restitution. <i>Exodus, 22:6</i></p>	<p>כִּי־תִצַּא אֵשׁ וּמְצָאָהּ קִצִּים וְנֹאכָל גְּדִישׁ אוֹ הַקָּמָה אוֹ הַשִּׁדָּה שְׁלֵם יִשְׁלֵם הַמִּבְעֵר אֶת־הַבְּעֵרָה:</p>
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5. Make a special effort to be helpful to someone you don't like.

<p>When you encounter your enemy's ox or ass wandering, you must take it back to him. When you see the ass of your enemy lying under its burden and would refrain from raising it, you must nevertheless raise it with him. <i>Exodus, 23:4-5</i></p>	<p>כִּי תִפְגַּע שׂוֹר אוֹ אִיבָדָה אוֹ חֲמֹרוֹ תִּעָה הַשֵּׁב תִּשְׁיִבְנוּ לוֹ: כִּי־תִרְאֶה חֲמֹר שֶׁנֶּאֱדָר רֹבֵץ תַּחַת מִשְׁאוֹ וְחִדַּלְתָּ מֵעֲזֹב לוֹ עֲזֹב תַּעֲזֹב עִמּוֹ:</p>
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6. Don't jump to conclusions about someone else.

<p>Keep far from a false charge; do not bring death on those who are innocent and, in the right, for I will not acquit the wrongdoer. <i>Exodus, 23:7</i></p>	<p>מִדְּבַר־שָׁקֶר תִּרְחֹק וְנָקִי וְצַדִּיק אַל־תִּהְיֶה רָג כִּי לֹא־אֲצַדִּיק רָשָׁע:</p>
<p>You shall not render an unfair decision: do not favor the poor or show deference to the rich; judge your kinsman fairly. <i>Leviticus, 19:15</i></p>	<p>לֹא־תַעֲשׂוּ עוֹל בְּמִשְׁפָּט לֹא־תִשָּׂא פָנֶיךָ לְוָלָד וְלֹא תִהְיֶה פָנֶיךָ גָּדוֹל בְּצַדִּיק תִּשְׁפֹּט עַמִּיתֶךָ:</p>



7. Don't stand idly by when you see injustice happening. This could be an incident at school, or something happening in the world.

<p>Do not deal basely with your countrymen. Do not profit by the blood of your fellow: I am the LORD. <i>Deuteronomy, 22:1</i></p>	<p>לֹא־תֵלֵךְ רֵכִיל בְּעַמֶּיךָ לֹא תַעֲמֹד עַל־דַּם רֵעֶךָ אֲנִי יְהוָה :</p>
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8. Return a lost article to its owner without receiving any reward.

<p>If you see your fellow's ox or sheep gone astray, do not ignore it; you must take it back to your fellow. <i>Leviticus, 19:16</i></p>	<p>לֹא־תִרְאֶה אֶת־שׂוֹר אֲחִיךָ אוֹ אֶת־שׂוֹל נֹדָחִים וְהִתְעַלְמָתָּ מֵהֶם הֲשֵׁב תְּשִׁיבֵם לְאֲחִיךָ :</p>
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9. Treat a stranger (visitor) with special kindness and helpfulness.

<p>You too must befriend the stranger, for you were strangers in the land of Egypt. <i>Deuteronomy, 10:19</i></p>	<p>וְאָהַבְתֶּם אֶת־הַגֵּר כִּי־גֵרִים הָיִיתֶם בְּאֶרֶץ מִצְרָיִם :</p>
<p>You shall not subvert the rights of the stranger or the fatherless; you shall not take a widow's garment in pawn. <i>Deuteronomy, 24:17</i></p>	<p>לֹא תִטֹּה מִשְׁפַּט גֵּר יְתוֹם וְלֹא תִחַבֵּל בְּגָד אִלְמָנָה :</p>

10. Pay a *shiva* call.

<p>You are children of the LORD your God. You shall not gash yourselves or shave the front of your heads because of the dead. <i>Deuteronomy, 14:1</i></p>	<p>יְבָנִים אַתֶּם לַיהוָה אֱלֹהֵיכֶם לֹא תִתְגַּדְדוּ וְלֹא־תִשְׂיִמוּ קַרְחָה בֵּין עֵינֵיכֶם לְמֵת :</p>
<p>You must not let his corpse remain on the stake overnight but must bury him the same day. For an impaled body is an affront to God: you shall not defile the land that the LORD your God is giving you to possess. <i>Deuteronomy, 21:23</i></p>	<p>לֹא־תֵלֵין נֹבְלָתוֹ עַל־הָעֵץ כִּי־קִבֹּר תִּקְבְּרֵנוּ בַּיּוֹם הַהוּא כִּי־קָלַלְתָּ אֱלֹהִים תִּלְוִי וְלֹא תִטְמֵא אֶת־אֲדָמַתְךָ אֲשֶׁר יְהוָה אֱלֹהֶיךָ נָתַן לָךְ נַחֲלָה : (ס)</p>

11. Visit a friend or relative who is sick, either at home or in the hospital.

<p>The LORD appeared to him by the terebinths of Mamre; he was sitting at the entrance of the tent as the day grew hot. <i>Deuteronomy, 26:17, based on Genesis. 18:1, where God is said to be "visiting the sick" by sending an angel to Abraham when he was recovering from his circumcision.</i></p>	<p>בְּאֵלֵי מַמְרֵא וְהוּא יֹשֵׁב פֶּתַח־הָאֵהֶל כְּחֹם הַיּוֹם : וַיֵּשֶׂא עֵינָיו וַיִּרְא וְהִנֵּה שְׁלֹשָׁה אַנְשִׁים נֹצְבִים עִלָּיו וַיִּרְא וַיִּרְץ לְקִרְאתָם מִפֶּתַח הָאֵהֶל וַיִּשְׁתַּחוּ אַרְצָה :</p>
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12. Don't take advantage of people's disabilities. Rather, go out of your way to help people with special needs.

<p>You shall not insult the deaf or place a stumbling block before the blind. You shall fear your God: I am the LORD. <i>Leviticus, 19: 14</i></p>	<p>לֹא־תִקְלַל חֵרֵשׁ וְלֹפְנֵי עוֹר לֹא תִתֵּן מְכַשֵּׁל וַיִּרְאֵתָּ מֵאַלְהֵיךָ אֲנִי יְהוָה :</p>
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## Mitzvot in Your Synagogue

1. Attend Shabbat services with at least one parent, at least 13 times between your Bar/Bat Mitzvah Orientation (when you receive this) and your Bar/Bat Mitzvah. This should include at least 3 Saturday morning services as well as 10 Friday evening services in the sanctuary.

You shall keep My sabbaths and venerate My sanctuary: I am the LORD. <i>Leviticus</i> , 19:30	אַתְּ שְׁבֹתֵתַי תִּשְׁמְרוּ וּמִקְדָּשִׁי תִירָאוּ אֲנִי יְהוָה:
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2. Help in building, repairing, or beautifying something in the synagogue.

And let them make Me a sanctuary that I may dwell among them. Exodus, 25:8	וַעֲשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם:
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3. Take a special role in the synagogue service and learn to lead part of the weekday Religious School services.

Gather the people—men, women, children, and the strangers in your communities—that they may hear and so learn to revere the LORD your God and to observe faithfully every word of this Teaching. <i>Deuteronomy</i> , 31:12	הִקְהַל אֶת־הָעָם הָאֲנָשִׁים וְהַנְּשִׂים וְהַטּוֹף וְגֵרָךְ אֲשֶׁר בְּשַׁעְרֶיךָ לְמַעַן יִשְׁמְעוּ וְלְמַעַן יִלְמְדוּ וְיִירָאוּ אֶת־יְהוָה אֱלֹהֵיכֶם וְשִׁמְרוּ לַעֲשׂוֹת אֶת־כָּל־דְּבָרֵי הַתּוֹרָה הַזֹּאת:
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4. Learn to blow the shofar. Bring your shofar to *Neilah* services at the end of Yom Kippur and help mark the end of the fast. Ask the cantor or rabbi about other opportunities for you to blow shofar on the High Holidays.

Then you shall sound the horn loud; in the seventh month, on the tenth day of the month—the Day of Atonement—you shall have the horn sounded throughout your land. <i>Leviticus</i> , 25:9	וְהִעֲבַרְתָּ שׁוֹפָר תְּרוּעָה בַּחֹדֶשׁ הַשְּׁבִיעִי בַּעֲשׂוֹר לַחֹדֶשׁ בְּיוֹם הַכִּפּוּרִים תִּעֲבְרוּ שׁוֹפָר בְּכָל־אַרְצְכֶם:
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5. Attend Festival services (besides Rosh Hashanah or Yom Kippur). Buy a *lulav and etrog* and use them at services on *Sukkot*.

On the first day you shall take the product of hadar trees, branches of palm trees, boughs of leafy trees, and willows of the brook, and you shall rejoice before the LORD your God seven days. <i>Leviticus</i> , 23:40	וּלְקַחְתֶּם לָכֶם בַּיּוֹם הָרִאשׁוֹן פְּרִי עֵץ הָדָר כַּפֹּת תְּמָרִים וְעֵגֶף עֵץ־עֵבֶת וְעַרְבֵי־נַחַל וּשְׂמַחְתֶּם לִפְנֵי יְהוָה אֱלֹהֵיכֶם שִׁבְעַת יָמִים:
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## Personal Study Mitzvot

1. Set aside a regular time for the study of some Jewish subject and/or commit to attending the Schiff Tichon Sinai program after you become a bar/bat mitzvah.

<p>Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. <i>Deuteronomy, 6:7</i></p>	<p>שִׁנַּנְתֶּם לְבַיִתְךָ וּדְבַרְתָּ בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ :</p>
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2. Read a book of Jewish interest. Write a brief summary and explain whether you would recommend it.

<p>Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. <i>Deuteronomy, 6:7</i></p>	<p>שִׁנַּנְתֶּם לְבַיִתְךָ וּדְבַרְתָּ בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ :</p>
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3. Learn the meaning and origin of three different Jewish rituals that you practice in the home. Describe them in writing.

<p>Therefore, write down this poem and teach it to the people of Israel; put it in their mouths, in order that this poem may be My witness against the people of Israel. <i>Deuteronomy, 31:12</i></p>	<p>וְעָתָה כְּתַבְוּ לָכֶם אֶת־הַשִּׁירָה הַזֹּאת וְלַמָּדָה אֶת־בְּנֵי־יִשְׂרָאֵל שִׁמְרָהּ בְּפִיהֶם לְמַעַן תִּהְיֶה־לִּי הַשִּׁירָה הַזֹּאת לְעֵד בְּבִנְי יִשְׂרָאֵל :</p>
<p>Gather the people—men, women, children, and the strangers in your communities—that they may hear and so learn to revere the LORD your God and to observe faithfully every word of this Teaching. <i>Deuteronomy. 31:19</i></p>	<p>הַקְהֵל אֶת־הָעָם הָאֲנָשִׁים וְהַנְּשִׁים וְהַטָּף וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ לְמַעַן יִשְׁמְעוּ וְלְמַעַן יִלְמְדוּ וְיִרְאוּ אֶת־יְהוָה אֱלֹהֵיכֶם וְשָׁמְרוּ לְעֲשׂוֹת אֶת־כָּל־דְּבַר־יְהוָה הַזֶּה :</p>

4. Make a tallit, including tying your own fringes, and learn their significance.

<p>Speak to the Israelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages; let them attach a cord of blue to the fringe at each corner. That shall be your fringe; look at it and recall all the commandments of the LORD and observe them. <i>Numbers, 15:38-39</i></p>	<p>דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל־צִיצִית הַכְּנָף פֶּתִיל תְּכֵלֶת :  וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־ כָּל־מִצְוֹת יְהוָה וְעִשִׂיתֶם אֹתָם וְלֹא־תָתְרוּ אַחֲרָי לְבַבְכֶם :</p>
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5. Learn the meaning of several Shabbat practices and follow them for a month. These could include no writing, no using money or turning off electronics just as a few examples. Find Shabbat-friendly activities to replace them with—like Shabbat meals, visiting with family and friends, games.

<p>but the seventh day is a sabbath of the LORD your God: you shall not do any work—you, your son or daughter, your male or female slave, or your cattle, or the stranger who is within your settlements. <i>Exodus, 20:10</i></p>	<p>וַיּוֹם הַשְּׁבִיעִי שַׁבָּת   לַיהוָה אֱלֹהֶיךָ לֹא־תַעֲשֶׂה כָּל־מְלָאכָה אַתָּה   וּבִנְךָ וּבִתְךָ עַבְדְּךָ וְאִמְתְּךָ וּבַהֲמֹתֶיךָ וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ</p>
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6. Go on a trip to Israel and keep a journal of your experiences.

<p>Three times a year—on the Feast of Unleavened Bread, on the Feast of Weeks, and on the Feast of Booths—all your males shall appear before the LORD your God in the place that He will choose. They shall not appear before the LORD empty-handed. <i>Deuteronomy, 16:16</i></p>	<p>שְׁלוֹשׁ פְּעָמִים   בְּשָׁנָה יִרְאֶה כָּל־זָכוֹר  אֶת־פָּנָי   יְהוָה אֱלֹהָי בַּמָּקוֹם אֲשֶׁר  יִבְחַר בְּתֹג המִצּוֹת וּבְתֹג השְׁבִיעוֹת וּבְתֹג  הַסֻּכּוֹת וְלֹא יִרְאֶה אֶת־פָּנָי יְהוָה רִיקִים :</p>
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7. Study the Torah portion of the week and come up with several questions to discuss with your family, including the lessons you can learn from the portion.

<p>Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. <i>Deuteronomy, 6:7</i></p>	<p>שִׁנְנֶתֶם לְבָנֵיכֶם וּדְבַרְתֶּם בָּם בְּשִׁבְתְּכֶם בְּבֵיתְכֶם  וּבְלֶכְתְּכֶם בְּדַרְךְ וּבְשֹׁכְבְּכֶם וּבְקוּמְכֶם :</p>
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## Thirteen Mitzvot Program Worksheet

Name of Bar/Bat Mitzvah			
Mark the letter in the box: A. Mitzvot in Your Home – Ethical/ Environmental B. Mitzvot in Your Home – Ritual C. Mitzvot in Your Community – Jewish or Secular D. Mitzvot in Relations with People E. Mitzvot in Your Synagogue F. Personal Study Mitzvot	Date Mitzvah Started	Torah Source: Genesis <input type="checkbox"/> Exodus <input type="checkbox"/> Leviticus <input type="checkbox"/> Numbers <input type="checkbox"/> Deuteronomy <input type="checkbox"/> Chapter _____: Verse _____ (ex Genesis; 46:2)	Kindly share 2 – 3 sentences. Please include:  A brief description of the <i>mitzvah</i> and its relationship to the Torah source. How did doing this <i>mitzvah</i> make you feel? Is it something you can imagine doing again?
1.	/ /	_____ ; _____	
2.	/ /	_____ ; _____	
3.	/ /	_____ ; _____	
4.	/ /	_____ ; _____	
5.	/ /	_____ ; _____	

6.	/ /	;	
7.	/ /	_____ : _____	
8.	/ /	;	
9.	/ /	_____ : _____	
10.	/ /	;	
11.	/ /	_____ : _____	
12.	/ /	;	
13.	/ /	_____ : _____	

*Upon the satisfactory completion of the **13 MITZVOT PROJECT**, a certificate of completion will be presented at the Bar or Bat Mitzvah.*