

Bar/Bat Mitzvah Monthly Activity



Tikkun Olam: Part III: Doing Your Part to Make the World a Better Place

Now that you have learned about the importance of Tikkun Olam, and its connection to your Bar/Bat Mitzvah, it is time to pick your own Mitzvah Project.

Your personal tzedakah project demonstrates your commitment to being responsible in the world -- this is what Bar/Bat Mitzvah is all about: taking responsibility as a Jewish adult.

Although you will begin your project this month, this activity can continue through the months ahead. We hope you will dedicate at least 13 hours to this project which includes organization as well as implementation. Keep a journal or diary as you complete your project in case you want to talk about it in your personal reflection speech that you will write a few months from now.

Once you select your project, go to this link to tell us what you've chosen:

<http://www.templerodefshalom.org/mitzvahproject>

Here are some ideas. Feel free, as well, to check our Mitzvah project database (see below) for other suggestions.

- Volunteer at the TRS Soup Caravan
- Bake brownies, corn bread, etc. or make sandwiches for a local homeless shelter
- Collect toiletries for a homeless shelter
- Make holiday cards/bring flowers for a local hospital or retirement home (or contact one first to see what else they might suggest)
- Collect items for children at homes like Alternative House/Kaleidoscope
- Collect money to plant trees in Israel
- Collect and donate children's books or toys to a local shelter/library
- Organize a walk or run or dance to raise money for a cause you are passionate about
- Volunteer in a local community service organization
- Become a tutor to younger kids who need help in a subject you like
- Create an environmental clean-up activity

Need an idea for a Mitzvah project?

Visit our **Mitzvah project database** and search ideas
or enter your own project ideas for others:

<http://trs3.templerodefshalom.org/fmi/webd#MtzvhProjects>



Monthly Service Attendance



MACHBERET T'FILLAH: SERVICE JOURNAL

7 Months Before the Bar/Bat Mitzvah

Attend a Friday evening service service at TRS and pay special attention to the music of the service. Were people singing along? Were they listening? What was the accompaniment: piano, band, guitar? Were you able to sing along with the Cantor?