

Mitzvah Cards

Torah

Please pick **five (5)** Torah Mitzvot from the following list. When you are finished, please email your work to heatherm@koltikvah.net.

1. Start a Jewish library. Add a Jewish book to your personal collection. Read it, and then email a brief report.
2. Watch a Jewish educational program on television. Write a brief report and then email it. (History Channel, PBS, A & E, HBO, etc.)
3. Subscribe to a Jewish magazine. Write a brief report on two articles and email them with the following information: Name of magazine and date.
4. Write a report on a Jewish subject that interests you.
5. Study about Jewish culture. Learn to play a piece of Jewish music or create a piece of Jewish art work. Please call Rabbi to schedule an appointment to play your piece or present your artwork.
6. Attend one Continuing Education Class. (For example Bagels & Bible, Shabbat morning from 8:45-9:45 am) or Modern Israel Class.
7. Write a report on a famous Jewish person.
8. Write a report on a historical Jewish event.
9. Interview a grandparent about life as a Jew when he/she was thirteen. Please email your questions and responses and the date of the interview.
10. Write a detailed report of the customs and traditions involved in a Jewish life cycle event.
11. Participate in the Junior Choir led by Cantor Arnold. Please email us the date/dates of your participation.
12. Look up a Jewish web site on the internet and describe its contents.
13. Rent a movie of Jewish interest and write a brief report. (Fiddler on the Roof, The 10 Commandments, Crossing Delancy Street, etc.)
14. Know your Hebrew name, who you are named for and 5 things about that person you didn't know before.

Worship

Please pick **three (3)** Worship Mitzvot from the following list. When you are finished, please email your work to heatherm@koltikvah.net.

1. Light Shabbat candles every Shabbat evening for one month. Email the dates and how you felt in doing so.

2. Lead your family in Kiddush every Shabbat evening for one month. Email dates and how you felt in doing so.
3. Recite the *Shma* and *V'ahavta* in Hebrew and English every night for two weeks before going to bed. Email your feelings.
4. Lead your family in Motzi before your main meal every day for two weeks. Email your feelings.
5. Attend with your family any special service (e.g. – festival services, Yizkor service) between now and your Bar/Bat Mitzvah. Email the dates.
6. Write a creative prayer for a sick friend or relative and send or share it with that person. Email your prayer and how it made them feel.
7. Make and use a Jewish ritual object such as a mezuzah, havdalah candle, menorah, challah cover, etc. Email a description of your object and make an appointment to present it to Rabbi Boxman.
8. Help build a Sukkah at your house or a friend's house. Email a description of what you did and bring pictures to show Rabbi Boxman.
9. Attend a life cycle event (Brit Milah, naming, wedding, funeral) and write a brief report.
10. Shake the Lulav and Etrog on the Sukkot either at the synagogue or at home with a set of your own or your family's. Write a brief description and email it.
11. Write your own prayer in the form of a poem on the theme of creation, revelation or redemption. Please email the date you finished and your poem.
12. Avoid commercial transactions on Shabbat, such as business and shopping for one month. Describe what you did and email it.
13. Read Torah or Haftorah on the High Holidays or throughout the year after your Bar/Bat Mitzvah. Ask Cantor Arnold for details.
14. Assist another Bar/Bat Mitzvah student with their Torah and Haftorah Readings. Please email the students name and portion names.

Loving Deeds

Please pick **five (5)** Loving Deeds Mitzvot from the following list. When you are finished, please email your work to heatherm@koltikvah.net.

1. Make a contribution to one of the Temple Funds in honor or in memory of someone. Describe what you did and email it.
2. Clean out your drawers and closets and donate the old clothing to charity. Describe what you did.
3. Support a local recycling project by bringing at least one month of your family's refuse (old newspapers or bottles, etc.) to the appropriate drop-off center. Describe what you did.

4. Read the daily newspaper for a week and determine the local issues in our community and current events that concern the world. Write to an elected official about an issue of concern either in the community, the country, or to the Jewish people. Describe what you did and a copy of the letter.
5. Help a classmate who is ill. Bring homework, library books, messages, between home and school. Describe what you did.
6. Show hospitality. Invite a new classmate over for a meal. Describe what you did.
7. Write, call or visit your grandparents or special relative. Send a card for their birthday, anniversary, etc. Describe what you did.
8. Prepare and donate a food package to a needy family. Describe what you did.
9. Comfort a mourner by paying a visit or sending a card. Describe what you did.
10. Help out your family or talk with your parents to figure out a new chore or task that will indicate your growing responsibility and maturity. Describe what you did.
11. Help an older adult who lives in you neighborhood by walking their dog, picking up groceries, etc. Describe what you did.
12. Participate in a twinning program with either a child in another WUPJ Congregation or an Israeli counterpart. (see Rabbi or Cantor for details) Describe what you did.
13. Pledge 3% or more of the cost of your Bar/Bat Mitzvah celebration to MAZON, the Jewish response to hunger. Contact Rabbi to do so.
14. As a family, participate in the annual Congregation Kol Tikvah Mitzvah Day. Describe what you did.
15. Arrange to have leftover food from your Bar/ Bat Mitzvah celebration taken to a soup kitchen that feeds the homeless and the hungry. Describe what you did.
16. Volunteer as a family at a soup kitchen for the homeless. Describe what you did.
17. Ask guests to bring canned food to your Bar/Bat Mitzvah party for distribution to the homeless. Describe what you did.
18. Write to an elected official about an important social or political issue. Describe what you did.
19. Set aside some tzedakah every Friday night before Shabbat. Use a family pushka, or a tzedakah container. Decide as a family where the money should go. Describe what you did.
20. Attend three youth group events between now and your Bar/Bat Mitzvah with Kol Tikvah's Junior PARTY. Email dates and events attended.
21. Donate a new or used video game, DVD, board game for the Youth Lounge. Describe what you did.
22. Volunteer with the Chaverim or Bonim Youth Group at least two times throughout the year. Ask the Youth Director for details.