



Hands & Hearts in Motion  
Mitzvah Day  
February 21, 2010



## **Hands and Hearts in Motion:**

Sunday, February 21, 2010

### **A Day of Mitzvot and Fun**

*Deeds of kindness are equal in weight  
to all the commandments.*

Talmud

Jewish tradition charges each one of us with caring for the world that surrounds us. It is in this spirit that Temple Israel family and friends join together annually and reach out to our community to heal the hurts of our world. As a congregation, we live the words of the Torah "Ki yachol nuchal lah" -for we shall overcome. Through acts of *gemilut chasadim* – deeds of loving kindness- we spread throughout the greater Long Beach area in small groups to perform mitzvot for those in need of our help.

Mitzvah day is an opportunity for young and old and in between to experience the special joy of extending a helping hand to others. It's a chance to meet and work along side fellow congregants, family and friends and to have fun in the process. It is a time that we embrace the concept and renew our dedication to tikkun olam – repair the world - and set an example for our children and those around us.

This Mitzvah Day we are especially grateful to partner with many new organizations that do service in our community.

We hope you will find these new opportunities exciting as we introduce you to a variety of volunteer opportunities. Please pick a project and join us. Registration can be completed either online at [www.tilb.org](http://www.tilb.org), or through the mail, by completing the attached registration form. Sign up early to get the project you want!

We hope that Mitzvah Day 2010 will encourage you to continue doing life affirming deeds everyday. Watch for our mitzvah-of-the-month projects too!

B'Shalom,  
Andrea Friedenthal and Hank Feldman  
Co-Chairs Mitzvah Day 2010

# SCHEDULE OF EVENTS FOR MITZVAH DAY

**8:15 am:** Registration, Loma Street sidewalk.  
Bagel Brunch Blast Off in Alban Hall.

**9:00 am:** Mitzvah Day Morning Services.

**9:30 am:** Meet with Project Chairs and leave for project destinations.

*Before Mitzvah Day, Donate! Before prayer, give to charity.*  
~ Rabbi Nachman of Bratslav

## **We need your donations!**

Please bring your new and gently used donations for our various projects to the temple:

### **Especially for the Homeless**



Used household and clothing items



Hygiene items

*(razors, soap, toothbrushes/paste, deodorant, etc)*



Urban camping gear

*(sleeping bags, tarps, blankets, etc)*



New socks

Collection Bins will be available in the Youth Lounge starting immediately.

### **Wish List**



Fleece fabric for blankets



Lumber for shelving/storage(garage shelving)

If you can donate larger quantities of any of the above,  
please call Andrea (562) 822-7882 or  
fill it out on the registration form and we will call you.

## 1. PetSave: Caring for God's Creatures

**What:** Help abandoned and abused bunnies that have been rescued. Wash veggies, feed the rabbits, prepare new litter trays.

**Where:** San Pedro

**How many:** 12 max

**Who:** Ages 3 and up



## 2. Children's Clinic Cheer-up



**What:** The Vasek Children's Clinic at Miller's Hospital partners with parents and the community to provide quality health care services and education to needy children and families. Let's brighten up the clinic by painting the walls a cheerful color!

**Who:** Teens and up

**Bring:** Team captain will contact you about what to bring and wear.

## 3. Flash Food Drive

*By Mazon, the Jewish response to hunger*

**What:** Ask people on their way into the store to purchase one or two items on a list and donate them on the way out. Food collected will then be taken to a local charity.

**Where:** Local supermarkets

**How many:** Open

**Who:** Anyone



## 4. Centro Shalom Mitzvah Mall

**What:** Help us gather, sort, move, and display donations from our congregation so that participants can "shop" for what they need. Centro Shalom supports the poor, immigrants, elderly, disabled and sober living graduates starting over.

**Where:** Long Beach

**Who:** All ages - Lots of Volunteers! Lots of different jobs.

**Special Instructions:** This project goes through the early afternoon, and volunteers are needed to help load and unload the truck, sort items, and assist the participants in finding things they need.

## 5. Mitzvah Mall Donation Center

**What:** Have a cup of coffee, a nosh and kibbitz with friends, as we sort and divide donations before they are distributed at the Centro Shalom Mitzvah mall.

**When:** Wed., Feb. 17, 2 pm - 5 pm, Thurs., Feb. 18, 6 pm -8 pm and Sat., Feb. 20, 2 pm - 4 pm

**Where:** Temple Israel

**How many:** Need 6 - 8 volunteers

## 6. Give the Gift of Life: Red Cross Blood Drive

**What:** Donate whole blood, red blood cells or platelets. Help save lives!

**When:** 8 am -1pm: sign up during registration

**Where:** Alban Hall

**Who:** 17 and up



## 7. Gardening for Good

**What:** Help out at one of the local organic charity gardens that grows food for the needy. We'll get a tour of the gardens and learn about the organic growing cycle. Help with composting, spread mulch, etc.

**How many:** 20 people max

**Who:** Ages 6 and up

**Bring:** Gloves and appropriate clothing



## 8. Space Makers

**What:** Build shelving for donated clothing/items at the Substance Abuse Foundation which houses Sober Living, Abused Women and Children, HIV clinic, etc.

**Where:** Very local

**Who:** Those with building experience, comfortable with hammer and saw

**How many:** 6 People



## 9. Sort and Store

**What:** Help sort and organize donated clothing and items, place in new storage shelving at the Substance Abuse Foundation so that they can better access what people need.

**Who:** Teens and older

**Note:** *Substance Abuse Foundation will pre-launder all items.*

## 10. Feed the Fearless

**What:** Bake some goodies in our own TI kitchen, and to show our gratitude, take them to firemen and police at local stations. Get a tour of the station while you're there!

**Who:** Families, junior bakers



## 11. Meet the Street

**What:** The Urban Survival Center at First Cong. Church feeds 300-500 people every Sunday. We can help prep and serve food at this 'safe haven' where the poor or homeless get a nutritional hot meal and other support services. By donating socks, hygiene products, and other various projects. Please bring any donations of urban survival gear (sleeping bags, blankets, plastic tarps, and new or used camping equipment or emergency gear that people living on the street or in a car could use) **to the church**, and toiletries (razors, soap, socks, etc) to the temple, and then our kids will assemble hygiene kits for us to pass out. Pick a job/ time or take your chances!

**Who:** Ages 7 and up. Open number of people. See schedule below:

**8 am - 11:30 am** Food Prep

**10 am - 2 pm** food prep for dinner, misc

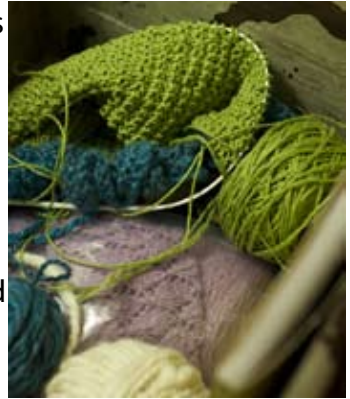
**12:30 pm - 4 pm** Misc projects, visit, games, social interaction

**12:30 pm - 4 pm** Food service, pass out hygiene kits, etc

**2 pm - 5 pm** Closing & Clean up

## 12. Knit-A-Square

**What:** Join women from around the world as we knit an 8" square which will be added to 1000's of others from around the world. Our squares will be sent to So. Africa to be sewn together for blankets to keep abandoned children and AIDS orphans warm. Go to <http://www.knit-a-square.com> for more info. Knit or crochet some in advance, or come and learn and make one during the time we're at temple. We'll teach you! Bring a pair of US size 10 needles and a colorful skien of yarn.



Experienced knitters, crocheters welcome, as are learners!

**Open number of people.**

## 13. Doggie Daily's

**What:** Lost and hurt doggies get lonely waiting for their owners to come claim them. Read to them at the local shelter on Spring to keep them company.

**Bring:** Your favorite book, or use the Wheely Willies book.

**Who:** Anyone

**How many:** Open



## 14. Animal Action in Acton

**What:** Spend the day working on a ranch, learning how to care for animals that have been rescued. The ranch specializes in saving animals that are being farmed for food or skins.

**Where:** Acton- 70 miles from LB, about 1 hr. and 15 min. drive. Carpool up with others.

**Who:** 18+ and up, sorry!

**Bring:** Bring vegan lunch, work gloves, wear close-toed shoes. Arrive there by 10:30 a.m.



## 15. Rainbow Roll

**What:** The Substance Abuse Foundation runs programs to help AIDS patients live life more fully. Let's have some fun by going bowling! Scores don't matter, just some fun and laughter as we 'Bowl for laughs' at a local alley.

**Who:** Anyone

**How many:** Open



## 16. Mitzvah-Ville

**What:** A morning spent at the Temple filled with activities for parents with young children and those wishing to remain indoors. This is a wonderful way to teach our youth to understand and participate in acts of charity. Activities include:

👉 **Soup in a jar** - Help provide a meal for a convalescing congregant by putting dry ingredients together for a "soup kit." These will be delivered by TI's own Caring Committee to those returning from the hospital or those who are ill.

👉 **Mezzeh** – A prayer for peace. Design your own hand and decorate it. We'll take them to the sick veterans, children, or others who need cheering. There will be a small description on the back explaining the meaning.

👉 **Get Well Cards** – Design and create a lovely card for us to send to those in need.

👉 **Planters Passion** – Help us design beautiful succulents in small decorator pots to take to children or vets in the hospital.

👉 **Warm Blankets** - Cut and tie knots to make warm blankets for the needy.

👉 **Hygiene Kits** - Assemble Hygiene kits for the needy.

**Where:** Temple Israel