



Hands and Hearts in Motion  
March 9, 2008  
Mitzvah Day

**Hands and Hearts in Motion:  
Sunday March 9, 2008  
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 at large 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 alongside 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 of *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 the Heaven Scent Global Outreach Church & Ministries. Together we celebrate our common humanity and spirituality through service to our larger community.

The following pages will introduce you to a variety of volunteer opportunities. Please select a project and join us this Mitzvah Day. Registration can be completed either on-line at [www.tilb.org](http://www.tilb.org) or through the mail by completing the attached registration form.

We hope that Mitzvah Day 2008 will encourage you to continue to perform life affirming deeds everyday whether it is on your own, with your family or through Temple Israel's Social Action Committee. It is our wish that together we continue with this annual tradition of giving and we exercise this responsibility, not only on Mitzvah day, but everyday.

B'Shalom,  
Suzanne Brodsky and Hank Feldman  
Co-Chairs Mitzvah Day 2008

## **SCHEDULE OF EVENTS FOR MITZVAH DAY**

- 8:30 am:** Registration, Loma Street sidewalk.  
Bagel Brunch Blast Off in Alban Hall.
- 9:15 am:** Mitzvah Day Morning Services.
- 9:45 am:** Meet with Project Chairs and leave for  
project destination.

### **Before Mitzvah Day Donate!**

*Before prayer give to charity.*

Rabbi Nachman of Bratslav

Please bring new and gently used donations for our various projects:

Blankets for Heaven Scent Ministry Donation  
Distribution Drive

Sheets, towels, bedding

Clothing

Furniture

Small appliances

Full and trial size shampoo, tooth paste, soap,  
tooth brushes, deodorant and hairbrushes

School supplies

Kitchen items

Toys

Books

Canned, non-perishable food

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



# PROJECTS



## 1. Centro Shalom Mitzvah Mall

**What:** Join us for Temple Israel's annual Mitzvah Day project where we serve lunch and distribute donations from our congregation to help new immigrants and those in need of assistance.

**Where:** Long Beach

**Who:** All ages

**Special Instructions:** This project goes through the middle of the afternoon and volunteers are needed to help load and unload the truck as well as assisting in item selection.



## 2. Feeding the Homeless

**What:** Prepare, serve and clean-up lunch for homeless individuals at the Long Beach Rescue Mission from 10-1.

**Where:** Long Beach

**Who:** Ages 10 and up

**Special Instructions:** This activity is limited to only 10 volunteers.

### 3. Fun Day at Family Shelter

**What:** Help put a smile on the faces of families and children living in an emergency shelter by participating in various activities.

**Where:** Long Beach: The Villages at Cabrillo

**Who:** Children ages 7 and up with parents



### 4. Food Pantry

**What:** A Mitzvah within a Mitzvah! Bring your non-perishables and visit the Food Bank of Southern California from 10-1. Wear closed toe shoes and a smile as we help sort and pack boxes of food that will help to alleviate hunger in our community.

**Where:** Long Beach

**Who:** All ages



### 5. Clean-Up Long Beach

**What:** Join us for a neighborhood clean-up between Anaheim and Cherry Ave from 10-12. The folks at Litter Free Long Beach will provide all the materials and garbage hauling.

**Where:** Long Beach

**Who:** Ages 10 and up

**Special Instructions:** Limited to 30 people.

## **6. Goodwill Stores:**

**What:** Meet new people and have fun while volunteering at your local Goodwill store. Activities include greeting and assisting customers, sorting and stocking merchandise and general store maintenance.

**Where:** Various locations throughout Long Beach

**Who:** Ages 18 and up

**Special Instructions:** Must pre-register for this event as volunteer applications need to be completed prior to March 9. Upon registering for this project, an application will be sent to prospective volunteers.

## **7. Habitat for Humanity: A Brush with Kindness**

**What:** Join congregants as we help to improve the conditions of homes for low income families at no cost to them! Activities to include painting, landscaping and repairs to the exterior of a home.

**Where:** Wilmington

**Who:** Ages 14 and older

**Special Instructions:** Limited to 10-20 people. Activity goes from 10-4.

## **8. Honoring our Elders: A Day at a Nursing Facility**

**What:** Strike up new friendships and share your energy and spirit with residents at area nursing facilities. Go on walks, read, play games and do arts and crafts.

**Where:** Area Nursing facilities

**Who:** All ages

## 9. Mitzvah-Ville

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

**Knitzvah:** Help keep someone warm this winter by knitting lap blankets for the homeless.

**Marvelous Mitzvah Baking:** Bring a smile to someone's face by baking cookies to put into sack lunches to be distributed to those in need.

**"Nosh to Go":** Prepare and decorate brown bag lunches. You supply the loving hands and hearts and we will deliver the lunches.

**Madraheim Mania:** Help beautify our Temple home by cleaning Torah Center classroom chairs, desks and tables.

**Flower Power:** Arrange cactus and succulent plants to donate to shut-ins and seniors.

**Art-with-a-Heart:** Join us as we decorate personal journals for women and children living in shelters and decorating containers filled with necessary kitchen necessities to support them as they journey back to independent living.

**Where:** Temple Israel.

**Who:** Families with young children and those wishing to remain indoors at the Temple.



### 10. Mitzvah Mall Donation Center

**What:** Have a cup of coffee, a nosh and kibitz with friends as we sort and divide donations to be distributed for the Centro Shalom Mitzvah mall.

**When:** **Saturday March 8 from 9-12 and/or Sunday March 9 from 7 am to 9 am**

**Where:** Temple Israel

**Who:** All ages

### Red Cross Blood Drive

**What:** Give the gift of life and donate whole blood, red blood cells or platelets at the Red Cross blood mobile.

**Where:** Temple Israel from 7-12 am

**Who:** Ages 17 and up.



### 11. Historical Cemetery in Long Beach

**What:** Help preserve and maintain the integrity and memory of the founders and pioneers of those whose lives contributed to the rich history of Long Beach. Participation in this activity is a labor of love and it includes a morning of light landscaping, watering, weeding and weed whacking within the cemetery.

**Where:** Long Beach

**Who:** All ages

**Special Instructions:** Non-electric weed whackers are needed. It is also strongly suggested that participants bring their own work gloves.

## **12. Registration Committee**

**What:** Help kick off the day by registering and signing in volunteers as Mitzvah Day 2008 gets started.

**Where:** On Loma St. In front of the Temple

**Time:** 7:30-9:00 am

**Who:** Adults

**Special Instructions:** This is limited to 6 people.

## **13. Pet Save: Caring for God's Creatures**

**What:** Bring your positive energy and love of rabbits to Pet Save, a safe haven for abused and abandoned rabbits. Volunteers are needed to help with the daily care of rabbits including:

- Feeding.
- Cleaning cages.
- Brushing and playing with the rabbits.
- Provide one-to-one interaction and love.

**Where:** San Pedro

**Who:** Ages 4 and up

## **14. Feeding the Homeless: Lincoln Park**

**What:** Spend the morning making new friends, meeting new people and learning new things when we join with Heaven Scent Outreach group as they extend their ministry and provide sack lunches to those residing in Lincoln Park.

**Where:** Long Beach

**Who:** Ages 8 and older