

## Add-A-Mitzvah 5768

### **Building a Better Community** □□□□□□□□□□

#### **Helping to Repair the World**

*“As one hand washes the other, so must one person help another.”* (Tzemach Tzadik)

1. Come to Tikkun Olam Shabbat, Sat., Sept. 8 – and act on what you learn.
2. Work to end the genocide in Darfur. Join our monthly protest at the Sudan Embassy. See Darfur Action on [www.HarShalom.org](http://www.HarShalom.org).
3. Come to the Volunteer Fair, Sun., Dec. 16. Bring a friend or two, and discover what you can do to make the world a better place.
4. Join the Tikkun Olam Action Network, members who agree to be called on to make phone calls on issues of public concern.

#### **Feeding the Hungry**

*“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.”* (Leviticus 19:10)

5. \* Eat a low-cost meal that is common in the third world, such as rice and beans. Donate what you would have otherwise spent on food to Manna Food Center or MAZON.
6. Participate in political efforts that benefit the hungry, such as National Hunger Awareness Day, or write letters about hunger issues to elected officials and monitor their response.
7. Cook a meal for the homeless families at Rockville’s Stepping Stones Family Shelter.
8. \* Make sandwiches at our mini-Mitzvah Days, Sundays, Oct. 14 and March 30.
9. \* Make sandwiches at home, and bring them to Har Shalom, Sundays, Oct. 14, March 30. We’ll deliver them for you.

*\* Especially for children and families*

10. \* Make sandwiches and snack bags, at home, on Dec. 25, for the Men’s Shelter.

#### **Having a Place to Live**

*“It is a joy to live in one’s own house.”* (Talmud Yerushalmi, Moed Katan 4:2)

11. Monitor county actions in providing affordable housing, and press elected officials to live up to their commitments.
12. \* Garden or help with repairs at a group home for people with developmental disabilities.
13. \* Celebrate Sukkot in a sukkah - on your own, with friends or at the clergy Open Sukkah on Sun., Sept. 30. Remember what it is like to not have a permanent home and act to help those who are now homeless.

#### **Improving the Environment**

*“The heavens are the heavens of Adonai; but the earth God has given to the children of humanity.”* (Psalms 115:16)

14. \* Help clean up a nearby park.
15. Become a member of Har Shalom's Green Tikkun team. Green Tikkun is a group of local synagogues and *havurot* that meets to address environmental concerns.
16. Cut your home energy use by 5%. (We’ll help you learn how.)
17. Attend the Greater Washington Power and Light regional conference on Oct. 14 – and report back on what you learned.
18. See the film “Green: The New Red, White and Blue” at Har Shalom, Fall 2007. Act on what you learn.
19. Buy Thanksgiving Coffee through the Tikkun Olam Committee to help support the Mirewemba Kawamora collective.

20. Sponsor the Kiddush coffee for one month (\$100 contribution) to help support the Mirewemba Kawamora collective.
21. Do at least one thing to reduce your energy footprint, such as installing compact fluorescent light bulbs. See [www.coejl.org](http://www.coejl.org) (Coalition on the Environment and Jewish Life) for more on what you can do.

#### **Bridging the Generation Gap**

*“We will go with our young and our old, together.”* (Exodus 10:9)

22. \* Welcome Shabbat with Jewish residents of area senior facilities. Friday afternoons.
23. \* Make holiday cards – High Holiday, Hanukkah, Purim, etc., - for area seniors with no local family. We’ll deliver them.
24. \* Make get well cards for soldiers. Add a phone card for a special gift. We’ll deliver them for you.

#### **Helping the Needy, Welcoming the Stranger**

*“The stranger who resides with you shall be to you as one of your own, you shall love him or her as yourself, for you were strangers in the land of Egypt.”* (Leviticus 19: 34)

25. \* Create Birthday-Party-in-a-Bag bags, craft items, cards, etc. at our mini-Mitzvah Days. Sundays, Oct. 14, March 30.
26. Participate in Project Linus, making knitted, crocheted or fleece blankets for needy kids. We’ll teach you how. Come one or more Sundays, Oct. 14, Jan. 27, Feb.10, March 30, or Thursday evenings, Nov. 15, May 15, June 19, July 17, or at home on your own.
27. Be a driver. Deliver donated items, such as clothing, food, to the agencies we help.
28. \* Share your birthday’s blessings. Celebrate by donating new items, such as art supplies, basketballs, gift certificates, for needy kids.

More →

29. Be a Shabbat Greeter. Welcome members and guests on Shabbat morning, and help spread the *ruach* (spirit) that is Har Shalom.
30. Collect clean, gently used winter jackets, coats and blankets from your neighbors, friends. Bring them in on Winter Coat Collection Day, Sun. morning, Nov. 18.
31. Sort winter coats and blankets and help keep homeless people warm. Sunday, Nov. 18.
32. \* Buy holiday gifts for needy Jewish families (we'll give you a list from JSSA), and gift-wrap on Wed. evening, Nov. 28. We'll provide boxes, paper and ribbon.
33. \* Do a mitzvah project with your havurah, neighborhood association, PTA, scouts or other group you belong to.

### **Torah and Avodah – Study and Prayer**

*“If you truly wish your children to study Torah, study it yourself in their presence. They will follow your example. Otherwise, they will not themselves study Torah but will simply instruct their children to do so.”*  
(Rabbi Menachem Mendel of Kotzk)

34. Study Jewishly. Attend a class, a Rosh Hodesh program, Scholar's Weekend, the Levenson Lecture, a Shabbat afternoon Torah discussion, Mind, Body and Soul, etc.
35. Take part in our One Book programming. Read *As a Driven Leaf* by Milton Steinberg. Come to one of the workshops, films and other programs taking place this year.
36. Participate in *minyan* once or twice a month. Help other Jews be able to say Kaddish and be part of the Jewish community.
37. Come to our Yom HaShoah service on Thurs., May 1. Act to honor the memory of the victims, the lives of the survivors.

You can decide to participate in Add-A-Mitzvah at any time during the year, even months from now. All it requires is a commitment to do at least one of the mitzvot listed in this brochure.

Once you've decided on a mitzvah project, please send an email listing your name, phone number and the selected project to Add-A-Mitzvah@Comcast.net, or a note with the same information to Add-A-Mitzvah, Congregation Har Shalom, 11510 Falls Road, Potomac, MD 20854. Or you may leave a note in the Gemilut Hasadim box in the Har Shalom office.

We'll be listing the names of our Add-A-Mitzvah participants in the Tablet, as we hear from you. You'll be contacted about project details as needed.

If you have any questions, please call the Gemilut Hasadim Committee phone line, 301-299-7087, Ext. 2314, or the Tikkun Olam Committee phone line, 301-299-7087, Ext. 2317.

*L'shana tova,*

Rabbi H. David Rose  
Rabbi Risa Weinstein  
Hazzan Henrique Ozur Bass

### **Add-A-Mitzvah 5768**

*Making a Commitment to Make a Difference*



Congregation Har Shalom  
11510 Falls Road, Potomac MD 20854  
301-299-7087 www.HarShalom.org

*Newly revised for 2007-08*

## **Add-A-Mitzvah 5768** **Building a Better Community** **Making a Commitment to Make a Difference**

***Tikkun Olam – Repairing the World***  
***Gemilut Hasadim – Deeds of Loving Kindness***  
***Torah and Avodah – Study and Prayer***

Help create a better world, and, at the same time, help create a better YOU. Whether on your own, with family or friends, or with our extended Har Shalom family, please try to make time to make a difference.

Join in at any time, from now through the end of 5768 (Sept. 2008). Just send us a note telling us what project you did or will do. It's that simple.

Please take a look at the more than 30 Add-A-Mitzvah projects. Choose one or more, and then join us as we respond, as Jews, to help those around us. Let us work together to:

- Serve our community
- Demonstrate Jewish values
- Enhance our Jewish lives

Some of our projects are family activities, with children especially welcome, while other projects are better suited for teens or adults. For students, there's an opportunity to earn community service credit.

All of us are being asked to commit to doing at least one new mitzvah this year. Just imagine what thousands of people repairing the world can do – and please - do your part to make it happen!