

DOUBLE CHAI



A Compilation of Mitzvah Opportunities for Bar/Bat
Mitzvah Candidates at:



MAIN LINE REFORM TEMPLE
Wynnewood, PA

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SUGGESTIONS FOR B'NAI MITZVAH PROJECTS MAIN LINE REFORM TEMPLE 2015-2016

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Many cultures and religions speak of the twice-blessed nature of charity, in that good deeds at once benefit the receiver and the giver. The Hebrew word for give is natan. Notice that this word is a palindrome—in Hebrew and in transliteration, it's spelled the same forwards and backwards. Perhaps this means that when we give, the act bounces right back to us. We elevate someone else, it's true, but we also elevate ourselves. We strengthen someone else, but we also strengthen ourselves. In a sense, we take our own life and give it double value. Thus the term Double Chai, which in Hebrew means Double Life.

As you may know, Hebrew words have a numerical value because every Hebrew letter also stands for a number. Alef is one, Bet, two, and so forth. Since “chet” stands for eights and “yud” for ten, the Hebrew word chai (chet and yud) has the value of eighteen. That is why eighteen and its multiples are “lucky” numbers in our tradition.

This manual contains ideas for you and your families to consider while embarking on your personal mitzvah project. Your parents, friends and schools may provide other resources that would be wonderful ideas for your mitzvah project. With your help, we'll soon arrive at that magic number of 36. I hope that, between now and your Bar/Bat Mitzvah, you will do at least 13 hours of such work to make your world a better place. 13 is a lucky number too, but that's another story!

Cantor Marshall Portnoy

ANIMAL WELFARE

National Greyhound Adoption Program

A favorite with MLRT families for years, the NGAP needs dog walkers to come to its kennel and take the sheltered dogs out for some fresh air!

For more information please visit:

<https://www.ngap.org/index.html>

To schedule a time to walk a greyhound, please call:

215-331-7918 **An adult must accompany students under 16.

Peace for Puppies

MLRT student Lizzie Pena founded this organization, which promotes awareness of puppy mills and works to ensure fair treatment for all animals.

For more information please visit:

www.peaceforpuppies.org

Contact: peaceforpuppies@gmail.com or call 610-639-6740

Saved Me

An amazing organization, Saved Me Inc rescues dogs and cats from shelters and finds them forever homes. Animals are given a safe place to live and are provided with medical care. Some of the ways you can help include socializing with the dogs and cats and walking the dogs around the neighborhood and play with them in outside area. You can help with adoptions by making the animals more adoptable by assisting in teaching the dogs cues, like “sit” and helping with adoption events. The volunteer orientation is every Sunday at 11am.

For more information please contact: 215-240-1240
<http://savedme.org/volunteer/>

Work to Ride

“Work to Ride provides youngsters with a positive outlet for their energy. Participants develop discipline, responsibility, and life skills through training, riding, and performing horse care and barn management chores. This organization always needs people to help around the barn. If you volunteered, you would spend time doing light chores, yard work and cleaning. Do it on your own, or bring your friends!

For more information

215-877-4419 <http://www.worktoride.net>

CHILDREN'S SERVICES

Jewish Family and Children's Service – Mitzvah Toolbox

JFCS sponsors many different types of projects, including playing Wii or surfing the Internet with older generations and delivering challah to hospitals.

To get involved please contact Lisa Tischer:

LTischer@jfcspilly.org

The Jared's Box Project

Collect small toys, games, and other items to create shoebox-sized care packages for kids in the middle of long hospital stays. You can even put the boxes together with friends! Hospitals such as CHOP and Lankenau accept these boxes as donations.

For more information please visit: www.thejaredbox.com

To get involved contact: mail@TheJaredBox.com or 814-353-9343

Children's Hospital of Philadelphia

The B'nai Mitzvah Program:

The Child Life Department at CHOP provides programs that engage patients in normal day-to-day activities that support their development and enhance their ability to cope with the hospital experience. When you choose CHOP for your Mitzvah Project, the contributions you receive can be designed to support Child Life Development Programs. Some

of these programs are Hanukah in the Hospital, Arts and Entertainment and the Gerald B. Shrieber Pet Therapy Program. You can get involved by hosting an event, customizing a CHOP fundraising page or by giving celebration favors to children. The Children's Hospital of Philadelphia invites you to perform tikkun olam to improve a child's life!

To get involved contact:

267-426-6496 or

Mitzvah@email.chop.edu

Help Us Adopt Foundation:

The Help Us Adopt Foundation is an organization that gives grants for people looking to adopt a child. Since 2007, they have been able to give grants totaling over one million dollars to 134 families. The organization has been featured in People Magazine and the Wall Street Journal. You can help by sponsoring a fundraising event, selling agency merchandise where proceeds will help families looking to adopt and creating another charity whose proceeds will go to the organization.

Your donations will help provide families in need with grants.

For more information contact:

Helpusadopt.org - P.O. Box 787 - New York, NY 10150

Phone 917.684.5484

info@Helpusadopt.org

EDUCATION

Philadelphia Reads

For all the book-lovers out there! Collect books for Philadelphia school libraries. You can read them onto tapes or donate them as is. This is a great project to do on your own, or with friends!

To get involved contact:

info@philareads.org or 215-279-7450

WePAC

“WePAC’s mission is to promote childhood literacy by engaging volunteers in Philadelphia public schools through re-opening and staffing libraries, academic mentoring, and after-school enrichment. In our vision, every Philadelphia student will be empowered with the literacy skills vital to the success of the child and the prosperity of our community.”

Participate in a number of after-school activities, from helping with homework, reading stories to playing sports and doing art projects. This is a great project to do with friends!

For more information please visit: www.wepac.org

To get involved contact: info@wepac.org or 267-443-3224

ENVIRONMENT

Lower Merion Conservancy

Lower Merion Conservancy offers a host of volunteer options. You can participate in stream cleanups, waterway conservation, maintaining public paths and spaces through advocacy. Help preserve these spaces the community shares!

For more information please visit: www.lmconservancy.org

To get involved contact: Chelsea@lmconservancy.org

HEALTH

Alex's Lemonade Stand:

In memory of Alexandra "Alex" Scott: At 4 years old, Alex, a cancer patient, created a lemonade stand to raise money in order to help her doctors find a cure for childhood cancer. She continued to do this every year until she died at age 8.

What can you do? Set up a lemonade stand in your neighborhood to raise money for this organization.

For more information please visit: www.alexlemonade.org

To get involved contact: 610-649-3034

CCFA

Join the cause to help find a cure for Crohn's disease and ulcerative colitis. By doing so you can help "improve the quality of life of children and adults affected by these diseases." Participate in a local event, or create your own event to raise money and awareness about these diseases!

For more information please visit: www.ccfa.org

Contact the office in Bala Cynwyd: 215-396-9100 or email Philadelphia@ccfa.org

DVD Library at CHOP

The DVD library at CHOP is always looking for new titles rated PG and PG-13. Send out letters in your community to friends and family, even in your school, and organize a DVD drive! Decorate the boxes you will collect the DVDs in, and then organize them to present them to the hospital. This is a great project to do with a friend as well!

To get involved contact Amy Moore at:
moorea2@email.chop.edu

Easter Seals

Easter Seals is an organization that strives to change the lives of those with disabilities and special needs in addition to their family members. There are a variety of projects available and this organization would love for you to join their team!

For more information please visit:

http://sepa.easterseals.com/site/PageServer?pagename=PASE_volunteering

To get involved please contact: 215-878-1000

Elder Net

Elder Net offers information on health, housing, legal, financial, retirement, and lifestyles. Volunteers assist the elderly in the community by helping them with groceries, yard work, repairs, and other tasks of daily life.

To volunteer, you will need to have the commitment of your parent to join you. Visits would last about an hour and would happen every week or two, depending on your schedule and the needs of the other person.

Elder Net also accepts donations to their food pantry, so you could even run a food drive for them.

For more information please visit: www.eldernetonline.org

Contact Beth Fast at bfast@eldernetonline.org or 610-525-0706

Emily's Entourage

Emily's Entourage truly expresses the power of community, and how we can make a difference in the fight against Cystic Fibrosis. Emily, who is a sister, daughter, granddaughter, and friend, along with 30,000 other people, suffer from this disease in the United States alone. You can help make a difference by choosing to work with this organization for your mitzvah project!

For more information please visit: www.emilysentourage.org

Foundation Fighting Blindness:

The Foundation Fighting Blindness is a vital organization that provides promising therapies to save and restore peoples' sight. Such projects include gene therapy and creating devices that help with eye function. You can help this fall by participating in the Philadelphia Walk on October 17, 2015 at Independence Hall.

For more information contact: Elizabeth Roithmayr

212-244-1470

www.fightblindness.org

Juvenile Diabetes

Join this organization in an annual walk to raise money and awareness for Juvenile Diabetes. In the past, several MLRT families have connected with this organization on a personal level and now you can too!

For more information please visit:

http://www.jdrf.org/index.cfm?page_id=105417

Locks of Love

If you have long hair, you could have it cut and donated to this wonderful organization! Locks of Love uses donated hair to make hairpieces for children under 18 years old who are suffering from long-term hair loss due to medical reasons.

You can even add a fundraising component to your donation! Set a goal length for your hair, and gather contributions as you reach your goal. If you wanted to involve your friends, you could lead a “hair-raiser” and have several people donate their hair. You could also organize a drive to collect hair accessories, ponytail holders, barrettes and headbands.

For more information please visit: www.locksoflove.org

To get involved please contact: 561-833-7332

Susan G. Komen Race for the Cure

Every year, Susan G. Komen organizes walks throughout the world to raise awareness and money for breast cancer. Experience the power of community and get a team together to raise money to help find a cure for this illness.

For more information please visit: www.komenphiladelphia.org

To get involved please contact: 215-238-8900

HUNGER

Ardmore Food Pantry

Meet Cantor Portnoy on Wednesday evenings between the hours of 5:30 and 7:30 PM at Ardmore Food Pantry. Learn about poverty, and get to know and spend time with residents who benefit from this organization. You will also help pack food for distribution.

There will be five meetings per year.

For more information please contact Cantor Portnoy or look at their website: www.stmarysardmore.org

Greater Philadelphia Coalition Against Hunger

Many times we do not realize that hunger is all around us. Join this organization to spread awareness about hunger and food insecurity in the Philadelphia area by participating in their annual walk or organizing a can drive in your neighborhood.

For more information please visit: www.hungercoalition.org
To get involved please contact: info@hungercoalition.org

Jewish Relief Agency B'nai Mitzvah Program

Participate in a series of sessions where you will pack and deliver boxes of food to families in need. Get your friends and family involved too! It is recommended that you attend one distribution on a Sunday to experience the project before committing.

For more information please visit: www.jewishrelief.org

You can also call the Philadelphia office at 610-660-0190 or e-mail JRAphilly@jewishrelief.org

**This project requires a multi-month or yearlong commitment.

Mitzvah Food Pantry

This is a great way to fight hunger in your neighborhood! Help collect food donations, sort food at pantry sites, and/or deliver packages to area residents. You can also organize a supermarket voucher drive to help families purchase fresh food.

For more information please contact Drisana Davis: 215-832-0531 or ddavis@philafederation.org

Penn Hillel Soup Kitchen

Volunteer at the soup kitchen by serving meals to and chatting with guests. Students from Penn Hillel will also join you to teach about social justice.

For more information please contact Cantor Portnoy at 610-649-7800.

Philabundance

Volunteer in their warehouse by restocking and organizing their shelves, or packing food that will be given to families in need. You can make a difference in the fight against hunger in Philadelphia!

For more information please visit:

<http://www.philabundance.org/take-action/volunteer>

Project SHARE

Help prepare food packages that will be distributed to members of the community. Remove food from the boxes in which it was purchased, redistribute it in packages, and organize the packages for distribution.

For more information please visit: www.sharefoodprogram.org

Please contact Eloise McBride to get started: 215-233-2220

Ronald McDonald House Dinners

Ronald McDonald House is a place for parents to stay while their children are in local hospitals being treated for serious illnesses. With a parent, help prepare meals for families who have sick children in local hospitals. It would be a great way to bring comfort to them.

For more information please visit:

<http://www.philarmh.org/get-involved/volunteer/>

Please contact Linda Parry to get started: 215-387-406

****This project requires a multi-month or yearlong commitment.**

ADULTS AND SENIOR SERVICES

Abramson Center

Visit elderly residents living in the Abramson Center. Partake in games and other activities with them. You can also help in their library or help with the Sunday afternoon football club!

For more information please visit:

www.abramsoncenter.org/Pages/volunteer.html

Please contact: 215-371-1816 or info@abramsoncenter.org

Main Line Adult Day Center

“The Main Line Adult Day Center is committed to providing comprehensive day care for functionally impaired adults who do not require institutionalization.”

There are always activities to assist with at the Center, whether you will be visiting after school, or on the weekends. What you actually end up doing will vary from day to day as the activity schedule changes.

For more information visit: www.mainlineadultdaycenter.org

To get involved contact: 610-527-4220

SOCIAL JUSTICE

Service Learning Trip to New Orleans/The Gulf Coast

This program is a partnership with Jewish Funds for Social Justice. This year's trip is still being planned, however it will be open to B'nai Mitzvah students accompanied by a parent. It will consist of volunteering, learning about the community we visit, and continuing our work after the trip as well.

For more information please contact Cantor Portnoy, at 610-649-7800.

**This project requires a multi-month or yearlong commitment.

SPORTS

Katie at the Bat

This organization creates sports opportunities for girls in Philadelphia. Volunteers can help organize teams to play basketball and collect equipment for participants. This is a great activity for students who like to meet new people through sports!

Please contact: Lisa Hoffstein, Executive Director and MLRT member at lisashoff@aol.com

Lower Merion Little League Challenger Baseball

Challenger Baseball pairs an able student “buddy” with a player with any number of physical or mental challenges to play Little League baseball games. This is a perfect project for kids who love baseball, being outside, and making new friends.

For more information please visit/click on “Challenger Program”: www.lml.org

To get involved please contact: **Matt Yarczower**, Co-Commissioner, Challenger Division: dmabs@verizon.net

OR **Bill Thames**, Co-Commissioner, Challenger Division: thames.william@gmail.com , 610-585-1492

Philadelphia Flyers Charities

Comcast-Spectacor Charities prides itself on helping support a multitude of worthy non-profit organizations that benefit a number of important healthcare initiatives such as: heart health, stroke and cancer awareness, and various youth recreation programs. This program allows volunteers to participate in a 50/50 Raffle by selling tickets in the Wells Fargo Center. Half of the proceeds to go to a lucky fan while the other half benefits local non-profits.

For more information visit:

www.comcastspectacorcharities.org Please Contact: Theresa Russell at 215-609-1646 or

TRussell@Comcast-Spectacor.com

***An adult must accompany students under 16.

MISCELLANEOUS

Greater Philadelphia Cares

“Greater Philadelphia Cares, supports the creation of vibrant communities by motivating people to volunteer their time, talents, and resources. We provide a clear path to service for all, enhancing the impact of non-profit agencies throughout the Greater Philadelphia region.” No two projects are exactly alike!

Check out the website to find one-time events and regular projects: www.philacares.com

Mitzvah Project Feedback Form

Name of Student:

Telephone Number: _____

Name of the Project:

I learned about this project through:

Describe what you did to make your world a better place:

How many Hours (including transportation) did you spend? _____

Signature of Supervisor or Parent:

Project contact information (address, telephone, email, website, etc.)

Would you recommend that other students do this project? Why? Why not?
Any further thoughts?
