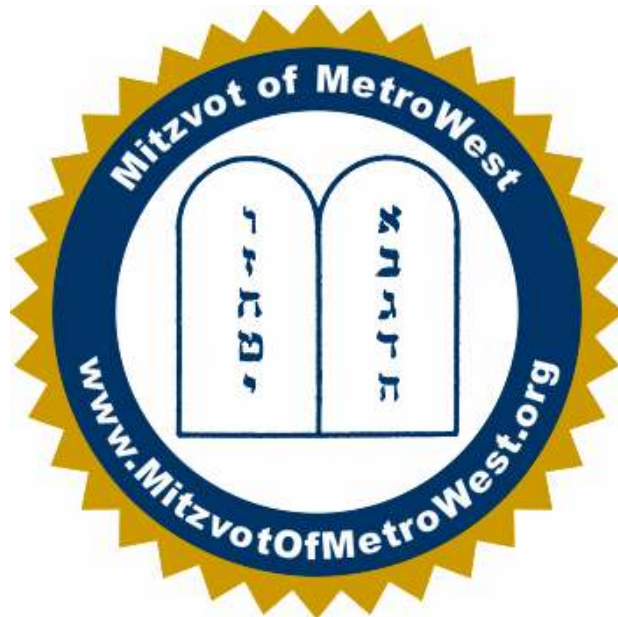


Mitzvot of MetroWest



January 25, 2009
29 Tevet 5769
Alex Aidekman Jewish
Community Campus



We're partners with



Participating Organizations

American Friends of Table to Table Israel
Birthday Angels
Bobrow Kosher Food Pantry
Bridges Outreach
Bright & Beautiful Therapy Dogs
Cerebral Palsy of North Jersey
Community FoodBank of NJ
Giving Arts | The Creative Judaica Kit Company
Good Turn for America Committee
Help Darfur Now
Holocaust Council of MetroWest
Interfaith Council for Homeless Families of Morris County
Interfaith Food Pantry
Interfaith Hospitality Network of Essex County
Israel Program Center
Jewish Community Housing Corporation
Jewish National Fund
Jewish Vocational Services of MetroWest
Mount Pleasant Animal Shelter
NJ Coalition Responds to the Crisis in Darfur
North American Conference on Ethiopian Jewry
One Family Fund
Pedals for Progress
Smile on Seniors
Storahtelling
The Friendship Circle
The Valerie Fund

Organizations categorized by themes can be found on
pages 13-15

American Friends of Table to Table Israel

Table to Table Israel is one of Israel's largest volunteer-driven organizations, dedicated to ensuring that excess food isn't thrown away, but is delivered to its proper destination: people in need.

Project Leket: Bring your group fruit and vegetable picking with us in Israel. Table to Table has brought over 40,000 people into fields and orchards throughout the country to harvest fruit and vegetables unpicked at the end of the season. All of the produce is distributed by Table to Table to non-profit organizations throughout the country feeding people in need.

Preparing Sandwiches: All of the sandwiches which you prepare are distributed by Table to Table to schools nation-wide that host impoverished children.

Pack up the Food! You just finished your event in Israel and everyone ate well - But what about all of the leftover food? Instead of letting all of the great, unserved food go to waste, you can pack it up, with Table to Table. Table to Table will pick up the food and deliver it to a local non-profit organization feeding people in need.

Contact Person: Moshe Kinderlehrer
Phone: 201-331-0700
Email: mk@t2t.org.il
Website: www.t2t.org.il

Birthday Angels

Birthday Angels believe that every child deserves to celebrate his or her birthday. Birthday Angels designs, produces and provides Birthday Party Kits filled with games, decorations, music and prizes to volunteers who use them to give underprivileged children all over Israel an esteem building fun birthday experience. A Birthday Angel is someone who donates \$36 in order for a child to have a birthday party. The donation comes full circle when the Angel receives a Thank You Card from the lucky child after the party.

Contact Person: Anita Alter King
Phone: 410-356-6721
Email: aak527@comcast.net
Website: www.birthday-angels.org

Bobrow Kosher Food Pantry

The Bobrow Kosher Food Pantry at Oheb Shalom Congregation provides supplemental food packages for about 160 needy families once a month. We generally sort and bag on one Wednesday evening and distribute on one Sunday morning. We need volunteers to help sort, shelve, bag and distribute the food and also welcome volunteers who wish to conduct a food drive. We also suggest that families consider using food baskets instead of flowers at Bar and Bat Mitzvah receptions.

Contact Person: Miriam Peretsman
Phone: 973-378-2427
Website: www.ohebshalom.org

Bridges Outreach, Inc.

Bridges is an outreach program to the homeless. Opportunities are available to make brown bag lunches or breakfast bags, collect necessities. Students may sign up for designated Runs with a parent and go out to Irvington to deliver necessities to those in need. Students can also incorporate Bridges into their celebration by asking every guest to bring one pair of new socks for a homeless friend. Many other ideas are available.

Contact Person: Lois Bhatt
Phone: 908-273-0176
Email: lois@bridgesoutreach.net
Website: www.bridgesoutreach.org

Bright & Beautiful Therapy Dogs

Bright & Beautiful Therapy Dogs, Inc. is a nonprofit organization which certifies owners with their well behaved dogs to work as therapy teams. B&BTD teams give unconditional love, boost self-esteem, relieve loneliness and boredom, offer friendship and comfort in nursing homes, hospitals, psychiatric wards, shelters, schools and many other facilities.

Students may work with their own dog in order to gain therapy dog certification and ultimately volunteer with their dog. Students who do NOT own a dog may arrange for a therapy team to visit their Hebrew school. There they will coordinate a class visit where their classmates can practice reading Hebrew to the therapy dog on a regular basis (monthly, weekly).

Contact Person: Lynn Livingston
Phone: 888-738-5770
Email: info@golden-dogs.org
Website: www.golden-dogs.org

Cerebral Palsy of North Jersey

CPNJ provides an array of services to infants, children and adults with disabilities. Volunteer opportunities are available at our Horizon School and Horizon High School, both in Livingston, our three adult training centers in East Orange, Irvington and Wayne, and three group homes in Maplewood, Orange and West Orange. CPNJ strives to match the unique skills and interests of each individual to a rewarding volunteer experience.

Contact Person: Corry DeMarco
Phone: 973-763-9900, ext 656
Email: cdemarco@cpnj.org
Website: www.cpnj.org

Community FoodBank of New Jersey

The Community FoodBank of New Jersey, a member of Feeding America, fights hunger and poverty by the distribution of food and grocery products, by education and training, by creating new programs to meet the needs of low-income people, and by involving all sectors of society in this battle. We annually assist charities serving approximately 500,000 people in need. The Community FoodBank distributes over 23 million lbs. of food annually to over 1,500 NJ charities. Our facility supports 18 of the 21 counties in New Jersey.

In the warehouse, volunteers help sort, repack, and label salvage food product and household goods. In the Kids Division, volunteers are needed to sort new clothes, create packages of new clothes for needy children and stock the Kids in Need Resource Center school supplies. At the office, help is needed with our various direct mail projects throughout the year. Students can also hold food drives or collect money for the foodbank.

Contact Person: Lauren Sodano
Phone: 908-355-3663 ext. 235
Email: LSodano@njfoodbank.org
Website: www.njfoodbank.org

Giving Arts | The Creative Judaica Kit Company

The Creative Judaica Kit Company makes innovative craft products to inspire social awareness in youth. Our make-your-own-tzedaka boxes and tikkun olam stickers are perfect for children to use for parties, crafting and other projects. Tzedaka boxes are versatile and can be used to raise money for any cause - an ideal way to emphasize and support your child's Mitzvah Projects and add meaning to your simcha whether as a fundraising tool, centerpieces, craft activity and/or party favors.

Contact Person: Michele Lifshen Reing
Phone: 917-273-0505
Email: michele@judaicakitcompany.com
Website: www.judaicakitcompany.com

Good Turn For America Committee

Boy Scouts share information on community groups that seek Good Turns. For 99 years, the Boy Scout motto has been "do a good turn daily." Our troops and crews (co-ed groups for ages 14-20) combine outdoor fun and community service. We have connections with the following organizations and are happy to inform you of volunteer opportunities with them. American Diabetes Association, American Red Cross, Autism Speaks, Operation Jersey Cares, Morris County Historical Society, Morris Habitat for Humanity, Nature Conservancy (NJ Field Office), Operation Noble Cause, Pass It Along, NJ Blood Services and Sussex County Association for Retarded Citizens.

Contact Person: Al Thomas
Phone: 973-765-9322 ext. 229
Email: Al.Thomas@scouting.org
Website: www.ppbsa.org

Help Darfur Now

Help Darfur Now is a non-profit organization which was started in 2005 by three NJ high school students and which is dedicated to raising funds for and awareness of the genocide in Darfur, Sudan. Help Darfur Now is a great organization for a 6th or 7th grade student to become involved with for a Bar or Bat Mitzvah project. Students can raise money and awareness for the victims of the genocide through a fundraising event (i.e., selling Help Darfur Now T-shirts, sweatshirts, gels and pins) or by starting a Help Darfur Now Chapter. We are happy to provide information about our organization, the crisis in Darfur as well as fundraising and awareness raising ideas and materials.

Contact Person: Tanya Simon
Phone: 973-895-0022
Email: mcdarfur@gmail.com
Website: www.helpdarfurnow.org

Holocaust Council of MetroWest

Twin –with- a- Survivor: Students meet at least 3 times with a Holocaust survivor, learn about his/her experiences and incorporate the lesson from it into his/her D'var Torah. This inspiring program goes to the core of what it means to become B'nai Mitzvah as students come to realize the value of being Jewish even under the worst circumstances. They also learn about human resourcefulness and resilience.

Contact Person: Barbara Wind
Phone: 973-929-3066
Email: bwind@ujcnj.org

Interfaith Council for Homeless Families of Morris County

Interfaith Council for Homeless Families of Morris County is a homeless shelter that serves homeless families and women. We use the Family Promise concept utilizing volunteers and houses of worship as our partners. Sample mitzvah projects include: bima baskets filled with diapers, wipes, cleaning solutions and toiletries, birthday parties for the children, special events for the families, cleaning supply and laundry detergent drive, donation of gift cards such as WalMart, gas cards or oil change gift certificates.

Contact Person: Barbara Herman
Phone: 973-644-2757
Email: b.herman@ichfmc.org
Website: www.ichfmc.org

Interfaith Food Pantry

Interfaith Food Pantry provides supplemental groceries to Morris County families in need. Student can participate by holding food drives and volunteering for special projects as the need arises.

Contact Person: Carolyn Lake
Phone: 973-538-8049 ext. 11
Email: Carolynlake@mcifp.org
Website: www.mcifp.org

Interfaith Hospitality Network of Essex County

Interfaith Hospitality Network for the Homeless of Essex County provides services to homeless families with children to help them gain self-sufficiency. We deliver services to families through volunteers of all faiths who share our goal. We provide temporary overnight shelter and meals in churches and synagogues, assist families in locating safe, affordable permanent or transitional housing, and develop and identify programs to help them improve their lives. We have also developed our own transitional housing program.

We have seen youth work with IHN of Essex in a variety of ways. Typical projects include collecting donations that would help our families (examples include gift cards

given out at our Holiday party, allowing current and former clients to provide holiday food and gifts to their families, or collecting camp and school supplies for children in the network), directly supporting the shelter network (for example, by cooking and delivering meals to the families at the hosting congregation, or by organizing activities for the children in the network), or by organizing a fundraiser (such as a fundraising walk/run).

Contact Person: Tia Aery
Phone: 973-313-0011
Email: Tia@IHNEssexNJ.org
Website: <http://ihnessexnj.org>

Israel Program Center

The Israel Program Center at UJC MetroWest is your one-stop Israel shop! We offer Passport to Israel grants of up to \$1,000 for all MetroWest Jewish students between the ages of 14-18 for qualified trips to Israel. We can also accommodate special requests for Israel-related mitzvah projects! Send us an email at israelprograms@ujcnj.org or give us a call at 973-929-3047. We're here to help!

Contact Person: Orli Dudaie
Phone: 973-929-3070
Email: odudaie@ujcnj.org

Jewish Community Housing Corporation

The Jewish Community Housing Corporation (JCHC) manages more than 600 apartments in five buildings that have been developed for the special needs of seniors. Located in West Orange, Irvington, South Orange and Whippany, we offer a range of services for active seniors. Our residents are children friendly, and the JCHC encourages their participation and interaction with the retirees who live in our active independent and assisted living communities. We invite you to come and complete your mitzvah project with our seniors! Some suggested projects are: Assist a senior in completing their oral history, become a pen pal or email pal, adopt a grandparent, celebrate holidays, read to the seniors, arts and crafts or participate, along with your friends, in a musical or dramatic performance.

Contact Person: Jessica Kolton
Phone: 973-929-2731
Email: Jessicak@jchcorp.org
Website: www.jchcorp.org

Jewish National Fund

Jewish National Fund played a central role in establishing the state of Israel, so it is very appropriate to choose a JNF project for your Bar/Bat Mitzvah. JNF is also the leading environmental agency in Israel, so if you're interested in the environment, both here and in Israel, a JNF project is for you. JNF helps the people of Israel in many ways. You will receive a special JNF certificate at your Bar/Bat Mitzvah service for taking part in the tikkun olam/service projects through JNF.

Contact Person: Wendy Keil
Phone: 973-593-0095
Email: wkeil@jnf.org
Website: www.jnf.org

Jewish Vocational Service of MetroWest

Jewish Vocational Service of MetroWest is a comprehensive vocational, educational, rehabilitation, training, health and social service agency whose mission is to use its special knowledge and skills to help members of the Jewish and general community to become economically self-reliant, productive citizens and to maximize and realize their abilities and potential. It is based on the recognition that human beings deserve the opportunity to be useful, share in the dignity of work and engage in meaningful and satisfying endeavors at every level of performance capability.

Projects: 1. collect new books or toys to be given to our clients families during the holiday client party at JVS. 2. Purchase or knit scarves, hats, gloves to be distributed to our adult clients and their family members. 3. Collect new back packs filled with school supplies to be distributed to our client's children for the beginning of the school year in September.

Contact Person: Jane Hecht
Phone: 973-674-6330 ext. 294
Email: jhecht@jvsnj.org
Website: www.jvsnj.org

Mt. Pleasant Animal Shelter

Mt. Pleasant Animal Shelter is a non-profit animal welfare organization that is 100% privately funded. Our mission is threefold:

- To provide exceptional care for homeless animals
- To promote spaying/neutering, microchipping and humane education
- To place homeless cats and dogs in permanent, loving homes

Mitzvah students can contribute to this mission through a number of ways, including cat cuddling, shelter helpers and planning a donation drive.

Contact Person: Abby Berenbak
Phone: 973-386-0590 ext. 4
Email: abby@njshelter.org
Website: www.njshelter.org

NJ Coalition Responds to the Crisis in Darfur

We are a Coalition of diverse organizations based in New Jersey who come together with the mission of alleviating persecution and ending the genocide in Darfur region of Sudan through education, advocacy, humanitarian aid, and assistance. Through a partnership of elected officials, caring organizations, and grassroots groups, our Coalition works to serve as the hub of state and community efforts to increase coordination and visibility of New Jersey's commitment to the people of Darfur. By adopting the Oure Cassoni Refugee Camp and raising funds for the Solar Cooker Project, facilitated by the Jewish World Watch, you will not only work to protect women, but also provide them with opportunities for training, income and renewed pride and social connections. The goal of the project is to protect refugee women and girls from rape and egregious forms of violence.

Contact Person: Melanie Roth Gorelick
Phone: 973-929-3087
Email: mgorelick@ujcnj.org
Website: www.njdarfur.org

North American Conference of Ethiopian Jewry (NACOEJ)

NACOEJ is non-profit organization that helps Ethiopian Jews in Ethiopia and Israel. In Israel, NACOEJ provides education programs for thousands of Ethiopian –Israeli children and students. Middle-school students can become involved in our Mitzvah Project, which includes personalized web pages for students and our Bar/Bat Mitzvah Twinning Program.

Contact Person: Judy Dick
Phone: 212-233-5200 ext. 230
Email: mitzvah@nacoej.org
Website: www.nacoej.org

One Family Fund

One Family Fund was created in 2001 in response to the ongoing tragedies caused by terrorist attacks in Israel. One Family Fund provides short and long-term income assistance, housing subsidies, medical expenses, emotional counseling, youth camps, mentoring programs and post trauma healing retreats. Since the founding of the organization, nearly 500,000 Israelis have been under the threat of rocket attacks from the Gaza Strip. One Family Fund forges a sense of family and hope among all the survivors helping them draw strength from each other. Although we might be thousands of miles away - We are all “One Family.”

Students can participate in the One Family Fund Bar/Bat Mitzvah Twinning Program. You will be paired with a child who has been affected by terrorism in Israel. A donation to the One Family Fund pays for the celebration of that child’s Bar/Bat Mitzvah in Israel. Students can also choose to sponsor a terror victim child and send him/her to summer camp.

Contact Person: Martin Radnor
Phone: 646-289-8600 ext. 203
Email: martin@onefamilyfund.org
Website: www.onefamilyfund.org

Pedals for Progress

Every year, affluent Americans buy 22 million new bicycles and discard millions of olds one, abandoning many more unused in basements, sheds and garages. Most of these end up in our already overburdened landfills. Meanwhile, poor people overseas need cheap, non-polluting transportation to get to jobs, markets, customers, and schools. Pedals for Progress has received, processed and donated over 115,000 bicycles, 1,000 used sewing machines and \$10.8 million in new spare parts to partner charities in 32 developing world countries. We will work with your group of 6th and/or 7th grade students to run a bicycle collection. The collection is a 3 hour event on an agreed upon date. We will provide flyers to help promote the collection. We will also provide a manager the day of your collection to the show the students how to prepare the bicycles for shipment. This is a great group project.

Contact Person: Helaine Neiman
Phone: 973-226-4664
Email: pdls4@comcast.net
Website: www.p4p.org

Smile On Seniors

Smile On Seniors is a unique volunteer program created to enhance the lives of local seniors. SOS matches local volunteers with local seniors for a weekly visit, bringing joy and a sense of caring to many. The program includes one-on-one visits, group visits, holiday programs and visitation for the homebound. All you need is a 15 minutes and a heart of gold. Call us today at 973-325-1198 or visit our website.

Contact Person: Altie Kasowitz
Phone: 973-325-1198
Email: altiekas@yahoo.com
Website: www.smileonseniors.com

Storahtelling, Inc.

Raising The Bar's process makes Torah and Judaism accessible to students' lives via theatre exercises, translation techniques and in-depth conversation. Utilizing methodology and tools that have been part of Storahtelling's nationally acclaimed "Cool Tool" curriculum, students build skills in narrative exploration and values application. B'nai Mitzvah students are at an age of identity formation and world-view challenging, ripe for this rite of passage - becoming more responsible members of the Jewish community. *Raising The Bar* encourages students through a multiplicity of cerebral and experiential opportunities to move consciously towards their new status.

For over three years, Storahtelling has worked with individual B'nai Mitzvah families across the Jewish spectrum. In 2008 Storahtelling began an institutional pilot in partnership with Tribeca Hebrew, a non-denominational Hebrew School in New York City. Our pioneering curriculum moves exploration and contemplation to action and practice. *Raising The Bar* participants study our communal story and apply it to the questions of social acceptance and global, local and familial responsibility. Social action grows organically out of the B'nai Mitzvah's unique exploration and engagement with their rich heritage.

Contact Person: Tehilah Eisenstadt
Phone: 212-695-0838
Email: tehilah@storahtelling.org
Website: www.storahtelling.org

The Friendship Circle

The Friendship Circle extends a helping hand to families who have children with special needs and involves them in a full range of Jewish and social experiences. Every week pairs of 7th and 8th grade volunteers visit participating children in their homes, offering friendship and sharing activities. Additionally, we have Holiday Programs where 7th and 8th grade volunteers are on hand to ensure that the event meets the particular needs of the children.

Contact Person: Mushky Wilhem
Phone: 973-251-0201
Email: mushkyw@fcnj.org
Website: www.fcnj.org

The Valerie Fund

The Valerie Fund is a not-for-profit organization established in 1976 in memory of nine-year-old Valerie Goldstein by her parents, Ed and Sue. Our mission is to provide support for the comprehensive health care of children with cancer and blood disorders. Thanks to the thousands of caring contributors and volunteers, today there are seven Valerie Fund Children's Centers for Cancer and Blood Disorders located in major hospitals in the tri-state area, providing caring and comprehensive health care to more than 5,000 children and their families each year.

Although students are unable to visit our patients, there are a variety of ways students can work with The Valerie Fund for their mitzvah project. A few examples are: Form a team for our Walk-A-Thon on June 13th, do community outreach for the Walk-a-Thon (hanging posters, putting out point of sale displays), have a toy, book or crafts drive to collect items for our holiday parities, create t-shirts or hats that can be given away at Camp Happy Times, etc...

Contact Person: Bunny Flanders
Phone: 973-761-0422
Email: bflanders@thevaleriefund.org
Website: www.thevaleriefund.org

Organizations by Themes

American Soldiers

Operation Jersey Cares*

Operation Noble Cause*

“Nation shall not lift up sword against nation, neither shall they experience war any more.” (Psalms 37:7)

Animals

Mount Pleasant Animal Shelter

The Bright & Beautiful Therapy Dogs

**“Avoiding making animals suffer is a Torah obligation.”
(Baba Metzia 32b)**

Arts

Giving Arts | The Creative Judaica Kit Company

Storahtelling

“And Miriam the Prophetess, the sister of Aaron, took a tambourine in her hand, and all the women went out after her with tambourines and all the women danced” (Exodus 15:20)

Children

The Valerie Fund

One Family Fund

Cerebral Palsy of North Jersey

The Friendship Circle

Autism Speaks*

Birthday Angels

North American Conference on Ethiopian Jewry

“You shall love the Lord your God with all your heart, and all your soul and all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children.” (Deuteronomy 6:5-7)

Elderly

Smile On Seniors

Jewish Community Housing Corporation

Holocaust Council of MetroWest

**“You shall rise before the aged and show deference to the old.”
(Leviticus 19:32)**

Environment

Pedals for Progress
Nature Conservancy-NJ Field Office*

“Be mindful, then that you do not spoil and destroy My world. For if you spoil it, there is no one after you to repair it.” (Ecclesiastes Rabbah 7:13)

Genocide Awareness

Help Darfur Now
NJ Coalition Responds to the Crisis in Darfur
Holocaust Council of MetroWest

“Thou shall not stand idly by the blood of thy neighbor.” (Leviticus 19:16)

Health

The Valerie Fund
American Diabetes Association*
American Red Cross-Colonia Crossroads Chapter*
NJ Blood Services*

Adam Yachid- If you save a person’s life, it is as if you saved the entire world. (Talmud Sanhedrin 37a)

Hunger

Bobrow Kosher Food Pantry
Interfaith Food Pantry
Community Food Bank of NJ
American Friends of Table to Table Israel

**“Miracles do happen, but they rarely provide food.”
(Talmud Shabbat 53b)**

Israel

Jewish National Fund
Israel Program Center
North American Conference on Ethiopian Jewry

**“Man is an expression of love, brotherliness, and friendship.”
(Leviticus Rabbah 2:8)**

Jewish Peoplehood

One Family Fund
Jewish Vocational Service of MetroWest
North American Conference on Ethiopian Jewry

“Kol Yisrael Arevim Zeh Lazeh- All of Israel is responsible for each other.” (Talmud Shevuot 39a)

People with Disabilities

Cerebral Palsy of North Jersey

The Friendship Circle

Autism Speaks*

“And God created man in His image, in the image of God He created him; male and female He created them.” (Genesis 1:27)

Poverty

Interfaith Council for Homeless Families of Morris County

Birthday Angels

Bridges Outreach

Interfaith Hospitality Network of Essex County

Morris Habitat for Humanity*

“According to what a poor person is lacking, you are commanded to give him.” (Mishneh Torah, Gifts to the Poor 7:3)

*Please see Good Turn for America Committee for more information.