

Thirteen Mitzvot

a program of the Bar/Bat Mitzvah Institute of Congregation Beth Shalom

The Bar/Bat Mitzvah Institute of Congregation Beth Shalom began in September 2005 in an effort to formalize certain aspects of the Bar/Bat Mitzvah training in the congregation. The Bar/Bat Mitzvah should encompass more than a celebration for the 13-year-old who is “coming of age” Jewishly; more broadly, it needs to be about family learning and growth. One major goal is to engage parents in the conversation and to find ways for parents and children to study together.

Goals of the Bar/Bat Mitzvah Institute and other educational opportunities are:

1. To create a sense of community among the Bar/Bat Mitzvah candidates and their families, and to integrate our synagogue’s youth from all its different areas;
2. To study the nature of prayer and ritual, the structure of the Torah Service, and to discuss prayer garments (*tallit* and *tefillin*);
3. To create a comfort level in prayer through the study of Jewish texts and individual prayers;
4. To provide opportunities for individual prayers;
5. To provide opportunities for family social action and ritual experiences, including home components;
6. To develop a sense of pride and connection to Judaism and Jewish ethics;
7. To plant a seed of interest among our students and families in Torah study and the commentaries that enrich the text, with the hope that this interest will continue to grow and blossom after the Bar/Bat Mitzvah;
8. To provide opportunities for the Bar/Bat Mitzvah candidates to learn more about the State of Israel and its meaning to the Jewish people.



Beth Shalom

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Home Rituals - continued

Complete the chart as you participate in these home rituals. Add more of your own choosing in the last several spaces on the chart. But don't stop there! Try to incorporate all these rituals into your regular activities so they become part of your daily life.

For the brachot for each of these rituals, consult Appendix A on pages 20-24.

Ritual	What/When/Why	Date	Parent Signature
Birchot Ha-shachar / ברכות השחר	Morning blessings		
Shema / שמע	When awaking and before going to sleep		
Mezuzah / מזוזה	Reminder of G-d's Oneness, placed on the doorpost		
T'filat Haderech / תפילת הדרך	Prayer before traveling		
N'tilat Yadayim / נטילת ידיים	Ritual washing of hands		
Borei minei m'zonot / בורא מיני מזונות	Blessing made on crackers, cakes, chips		
She-hakol ni-h'yeh bi-d'varo / שהכל נהיה בדברו	Blessing made on milk, cheese, yogurt, juice		
Giving Tzedakah before Shabbat / צדקה	Helping to repair the world in preparing for Shabbat		
Hadlakat Neiroi / הדלקת נרות	Candle lighting		
Friday night Kiddush / קידוש	Sanctification of Shabbat with wine		
Shabbat afternoon Kiddush / קידוש	Blessing over wine		
Birkat Hamazon / ברכת המזון	Grace after meals		
Havdalah / הבדלה	Ceremony that concludes Shabbat		
Put a Mizrach in your home / מזרח	Indicates East: the direction we face for prayer		

III. Religious Holiday Observance at Home

The holidays of the Jewish year have distinct synagogue prayers and rituals associated with them. But there is also a component of each Jewish holiday celebration that takes place at home.

Participate in the holiday activities listed below, and have your parents sign off as you complete them.

Holiday	Activity	Parent Signature
Rosh Hashanah	Eat apples and honey and recite the proper blessing.	
Yom Kippur	Fast until at least noon on Yom Kippur day.	
Sukkot	Help build or decorate a Sukkah.	
Sukkot	Say the bracha on the lulav and etrog.	
Hanukah	Light the Hanukiah and recite the proper brachot.	
Tu B'shvat	Attend the Village Shalom Tu B'shvat seder.	
Purim	Prepare and deliver Mishloach Manot (gifts of food) before Purim.	
Passover	Search for hametz prior to Passover.	
Passover	Prepare the seder plate for your family seder.	
Passover	Participate in your family seder. (Which parts did you lead? List them here.) _____ _____	
Passover/ Shavuot	Count the Omer between the second night of Passover and Shavuot (aim to count all 49 nights).	



MITZVAH PROJECT 3:

- Participate in home observances of Jewish holidays.

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VI. Life Cycle Participation

A. Research and, if possible, attend one of the following events.

- Wedding
- Brit Milah/Baby Naming
- Funeral
- Shiva Call
- Burial of sifrei kodesh (holy books)

On the following page, write answers to the following questions about the life cycle event you researched:

1. What is the origin of the ceremony? _____
2. What happened at the ceremony? _____
3. Is there a set time when the ceremony is to take place? _____
4. What are some of the customs associated with the ceremony? _____
5. What were the things you liked about the ceremony? _____
6. What didn't you like? _____
7. What questions did you have about the ceremony? _____

Parent Signature & Date _____



MITZVAH PROJECT 6:
 • Attend and write about Jewish life cycle events.

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VIII. Synagogue Outreach

The synagogue supports those who are in need in our community. Many of these projects involve "outreach" opportunities organized by Shelley Rissien, Programming Director of Beth Shalom. Contact Shelley (913-647-7291) to get involved in the projects listed below, as well as others that occur throughout the year.

1. Mitzvah Day
2. December Outreach
3. Help the Hesed committee distribute holiday baskets for shut-ins. For information, contact Carla Oppenheimer (913-451-3696).
4. Help with the Mitzvah Garden at Village Shalom. For information, contact Dr. Ken Sonnenschein (913-402-8588).

As you participate in helping others, track your activities in the chart below.

Project	Date	Parent Signature



MITZVAH PROJECT 8:

- Get involved in helping the community through synagogue outreach projects.

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Current

Our Jewish Community – continued

C. The Conservative Movement

Congregation Beth Shalom is part of the Conservative Movement. Briefly describe Conservative Judaism. What are the principles of Conservative Judaism? _____

Parent Signature & Date _____

D. National/International Jewish Organizations

Give a one-line description of the following organizations:

Hadassah: _____

Jewish National Fund: _____

B'nai Brith: _____

ORT: _____

American Israel Public Affairs Committee (AIPAC): _____

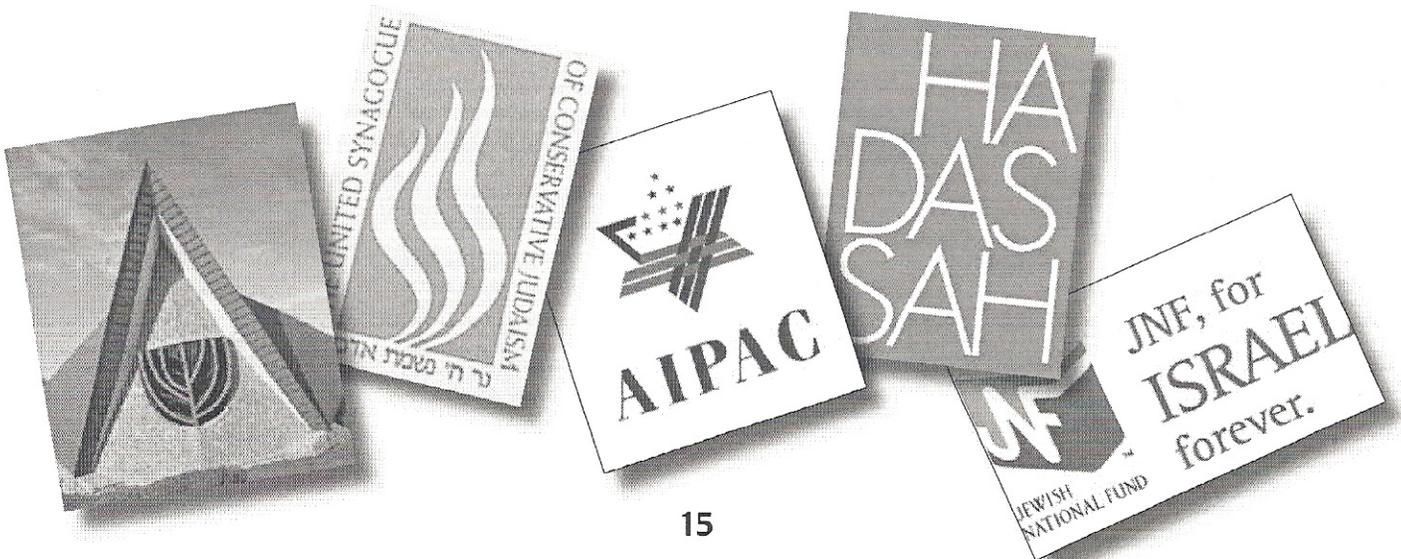
Joint Distribution Committee: _____

Magen David Adom: _____

Hillel: _____

Ask your parents, grandparents or close relatives to describe ways in which they have volunteered in the Jewish community. Do they volunteer for an organization not listed? If so, which one, what is it about, and why do they support that organization? _____

Parent Signature & Date _____



Torah – continued

B. As you read the book, *The Sofer*, answer the following questions:

What type of pen does the sofer use? _____

Are there special rules about how a Torah should be written? _____

What kind of paper does the sofer write on? _____

How long should it take to write a Sefer Torah? _____

Do the letters in the Sefer Torah look the same as the letters you see in other Hebrew books? _____

C. Define the following terms:

Tanakh / תנ"ך _____

Parashat HaShavua / פרשת השבוע _____

Aliyah / עלייה _____

Gabbai / גבאי _____

Yad / יד _____

Chumash / חומש _____

Maftir / מפטיר _____

Parent Signature & Date _____



XIII. The Haftarah Reading

The Haftarah is a reading from Jewish prophetic literature (which was written after the Torah was completed). The Haftarah is read in the synagogue immediately after the weekly Shabbat reading of the Torah.

Jews started reading from the Prophets when the restrictive laws of the lands they lived in did not permit them to read from the Torah. The selection was chosen because it had some reference to the ideas and/or themes in the Torah reading that should have been read.

When Jews were finally permitted to read from the Torah again they continued the custom of reading from the prophetic literature.

Answer the following questions:

1. What does your Haftarah come from? _____

2. What information can you provide about the prophet or the event he writes about?

3. How do you think that the Haftarah and Torah portion are connected? _____

4. What is the most important idea your Haftarah presents? _____

Parent Signature & Date _____

MITZVAH PROJECT 13:

- Research and write about your Haftarah portion.

TEACHING

ind of commitment is natural and they are more than a little when we fail to do so."

Schorsch, the chancellor of the Conservative Seminary, the academy of the Conservative movement, said these conversations were deep and interesting. "I don't see the result of this relationship." Maybe it will not stop Rabbi Schorsch from his own incentive to promote free Jewish education. His own family belongs to a synagogue community center.

"entitlement program," as he meant Jewish summer camp, after school programs or even a full Jewish education all the way through high school. Rabbi Schorsch acknowledges the financial cost of such a program. He explains: "We know from all the time that serious Jewish education is a decided difference in the quality of the Jewish youngsters." He is trying to go one step further than some conservative rabbis, suggesting that if even of interfaith marriages—even in which the mother is not Jewish, I have the right to this education whether or not they convert.

Is it only makes sense that if there are religious groups are free to do as they please that every religion has its own idea about how to do it. Every religion has a place in the world, too.

...is like further unilateral intention to create a new territory, on occupation, undermining the viability of the state. The future of Palestine is another example. Ariel Sharon's solution is to create a summer's solution and the best approach is to create a summer's solution. The best approach is to create a summer's solution. The best approach is to create a summer's solution.

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Appendix A – Brachot

Following are the brachot for the Home Rituals listed on page 4. Texts for all Home Rituals also appear in the back of the siddur that students received for Hag ha-Siddur.

Birchot Ha-shachar

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...</p> <p>...אֲשֶׁר נָתַן לְשָׁכּוּי בֵּינָה, לְהִבְחִין בֵּין יוֹם וּבֵין לַיְלָה:</p> <p>...שָׁעֲשֵׂנִי בְּצַלְמוֹ: ...שָׁעֲשֵׂנִי יִשְׂרָאֵל: ...שָׁעֲשֵׂנִי בֶן/בַּת-חַרִּין: ...פּוֹקֵחַ עֲוֹרִים: ...מַלְבִּישׁ עֲרֻמִּים: ...מַתִּיר אֲסוּרִים: ...זוֹקֵף כְּפוּפִים: ...רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם: ...שֹׁעֵשֶׂה לִּי כָּל צְרָכָי: ...הַמְּכִין מְצַעְדֵי גִבּוֹר: ...אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה: ...עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה: ...הַנוֹתֵן לִיעָף כָּח:</p>	<p>Ba-ruch a-tah A-do-nai, E-lo-hei-nu Me-lech ha-o-lam...</p> <p>...a-she- na-tan la-sech-vi vi-na, P'hav-chin bein yom u-vein lai-la.</p> <p>...she-asani b'tzal-mo ...she-asani Yis-ra-el ...she-asani ben/bat cho-rin ...po-kei-ach iv-rim ...mal-bish a-ru-mim ...ma-tir a-su-rim ...zo-keif k'fu-fim ...ro-ka ha-a-rets al ha-ma-yim ...she-asah li kol tzor-ki ...ha-mei-chin mitz-a-dei ga-ver ...o-zeir Yis-ra-eil bi-g'vu-ra ...o-teir Yis-ra-eil b'tif-a-ra ...ha-no-tein la-ya-eif ko-ach</p>	<p>Praised are You Adonai our God, who rules the universe...</p> <p>...enabling us to distinguish day from night. ...making me in the divine image. ...making me a Jew. ...making me free. ...giving sight to the blind. ...clothing the naked. ...releasing the bound. ...raising the downtrodden. ...creating the heavens and the earth. ...providing for all my needs. ...guiding us on our path. ...strengthening the people Israel with courage. ...crowning the people Israel with glory. ...restoring vigor to the weary.</p>
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Shema

For the Shema (which includes paragraphs Deuteronomy 6:4-9, Deuteronomy 11:13-21 and Numbers 15:37-41), refer to *Siddur Sim Shalom*.

Affixing a Mezuzah

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְקַבֵּעַ מְזוּזָה.</p>	<p>Ba-ruch ata Adonai Eloheinu, Melech ha-olam, a-she- kid'sha-nu b'mitz-vo-tav v'tzi-va-nu lik'bo-ah m'zu-zah.</p>	<p>Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to affix the mezuzah.</p>
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T'filat Ha-derech

<p>יְהִי רְצוֹן מִלְּפָנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁתּוֹלִיכֵנו לְשָׁלוֹם וְתַצְעִידֵנוּ לְשָׁלוֹם וְתִדְרִיכֵנוּ לְשָׁלוֹם וְתַגִּיעֵנוּ לְמַחֲוֹז חַפְצֵנוּ לְחַיִּים וְלִשְׂמֵחָה וְלְשָׁלוֹם, וְתַחֲזִירֵנוּ לְבֵיתֵנוּ לְשָׁלוֹם. וְתַצִּילֵנוּ מִכָּף כָּל אוֹיֵב וְאוֹרֵב וְאֶסּוֹן בְּדַרְךְךָ וּמִכָּל מִינֵי פְרַעֲנִיּוֹת הַמְתַּרְגְּשׁוֹת לְבוֹא לְעוֹלָם. וְתִשְׁלַח בְּרַכָּה בְּמַעֲשֵׂה יָדֵינוּ, וְתַתְּנֵנוּ לַחַן וְלַחֶסֶד וְלִרְחֻמִּים בְּעֵינֶיךָ וּבְעֵינֵי כָל רוֹאֵינוּ. וְתִשְׁמַע קוֹל תַּחֲנוּנֵינוּ, כִּי אֵל שׁוֹמֵעַ תְּפִלָּה וְתַחֲנוּן אַתָּה. בְּרוּךְ אַתָּה יי, שׁוֹמֵעַ תְּפִלָּה.</p>	<p>Y'hi ra-tzon mil'fa-ne-cha Adonai Eloheinu v'ei-lo-hei a-vo-tei-nu, she-to-li-chei-nu l'shalom v'ta-tz'i-dei-nu l'shalom v'ta-d'ri-chei-nu l'shalom v'ta-gi-ei-nu lim-choz chef-tzei-nu l'cha-yim u-l'sim-cha u-l'shalom, v'ta-cha-zi-rei-nu l'vei-tei-nu l'shalom. V'ta-tzi-lei-nu mi-kaf kol o-yeiv v'o-reiv v'a-son ba-de-rech u-mi-kol mi-nei fur'a-ni-ot ha-mit-rag-shot la-vo la-o-lam. V'tish-lach b'ra-cha b'ma-a-sei ya-dei-nu, v'tit-nei-nu l'chein u-l'che-sed u-l'ra-cha-mim b'ei-ne-cha u-v'ei-nei chol ro-ei-nu. V'tish-ma kol ta-cha-nu-nei-nu, ki eil sho-mei-a t'fi-la v'ta-cha-nun a-ta. Ba-ruch ata Adonai, sho-mei-a t'fi-la.</p>	<p>May it be Your will, our God and God of our ancestors, to guide us in peace, to sustain us in peace, to lead us to our desired destination in health and joy and peace, and to bring us home in peace. Save us from every enemy and disaster on the way, and from all calamities that threaten the world. Bless the work of our hands. May we find grace, love and compassion in Your sight and in the sight of all who see us. Hear our supplication, for You listen to prayer and supplication. Praised are You, God, who hears prayer.</p>
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N'tilat Yadayim

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל גְּטִילַת יָדַיִם.</p>	<p>Ba-ruch ata Adonai Eloheinu, Melech ha-olam, a-sher kid'sha-nu b'mitz-vo-tav v'tzi-va-nu al n'ti-lat ya-da-yim.</p>	<p>Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us concerning the washing of the hands.</p>
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M'zonot

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִינֵי מְזוֹנוֹת.</p>	<p>Ba-ruch ata Adonai Eloheinu, Melech ha-olam, bo-rei mi-nei m'zo-not.</p>	<p>Praised are You Adonai our God, who rules the universe, Creator of various kinds of food.</p>
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She-hakol

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.</p>	<p>Ba-ruch ata Adonai Eloheinu, Melech ha-olam, she-ha-kol ni-h'yeh bi-d'va-ro.</p>	<p>Praised are You Adonai our God, who rules the universe, by whose word all things come into being.</p>
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Hadlakat Neivot (Shabbat)

<p>בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.</p>	<p>Ba-ruch ata Adonai Eloheinu, Melech ha-olam, a-sher kid'sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik neir shel Shabbat.</p>	<p>Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to kindle the light of Shabbat.</p>
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Kiddush (Friday night)

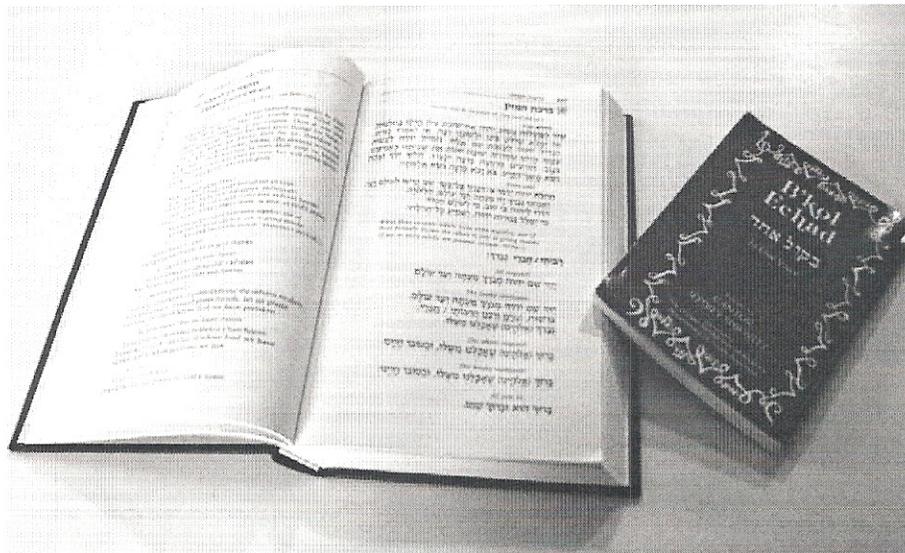
<p>וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשֵּׁשִׁי. וַיִּכְלֹ הַשָּׁמַיִם וְהָאָרֶץ וְכֹל צְבָאָם: וַיִּכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שָׁבַת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת: סִבְרֵי מִרְנֵנוּ וּרְבִנֵנוּ וּרְבוֹתֵינוּ: בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרִי הַגֶּפֶן. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ, וְשַׁבֹּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרוֹן לְמַעֲשֵׂה בְּרָאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זְכוֹר לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְשַׁבֹּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָתָנוּ. בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.</p>	<p>Va-y'hi erev va-y'hi vo-ker yom ha-shi-shi. Va-y'chu-lu ha-sha-ma-yim v'ha-a-retz, v'chol-tz'va-am. Va-y'chal E-lo-him ba-yom ha-sh'vi-i, m'lach-to a-sher a-sa, va-yish-bot ba-yom ha-sh'vi-i, mi-kol m'lach-to a-sher a-sa. Va-y'va-rech E-lo-him et yom ha-sh'vi-i, va-y'ka-deish o-to ki vo sha-vat mi-kol-m'lach-to a-sher ba-ra E-lo-him la-a-sot. Sav-ri ma-ra-nan v'ra-ba-nan v'ra-bo-tai! Ba-ruch a-tah, A-do-nai, (Ba-ruch hu u-va-ruch sh'mo!) E-lo-hei-nu me-lech ha-o-lam, bo-rei p'ri ha-ga-fen. (A-mein) Ba-ruch a-tah, A-do-nai, (Ba-ruch hu u-va-ruch sh'mo!) E-lo-hei-nu, me-lech ha-o-lam, a-sher ki-d'sha-nu b'mitz-vo-tav v'ra-tza va-nu, v'Shabbat kod'sho b'a-ha-va u-v'ra-tzon hin-chi-la-nu, zi-ka-ron l'ma-a-sei v'rei-shit. Ki hu yom t'chi-la l'mik-ra-ei-ko-desh, zei-cher li-tzi-at Mitz-ra-yim. Ki va-nu va-char-ta v'o-ta-nu ki-dash-ta mi-kol-ha-a-mim, v'Shabbat kod-sh'cha b'a-ha-va u-v'ra-tzon hin-chal-ta-nu. Ba-ruch a-tah A-do-nai, (Ba-ruch hu u-va-ruch sh'mo!) m'ka-deish ha-Shabbat. (A-mein)</p>	<p>And there was evening and there was morning—the sixth day. The heavens and the earth, and all they contain, were completed. On the seventh day God completed the work which He had been doing; He ceased on the seventh day from all the work which He had done. Then God blessed the seventh day and called it holy, because on it He ceased from all His work of Creation. By your leave, my masters, rabbis and teachers: Praised are You, Adonai our God, who rules the universe, creating the fruit of the vine. Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot and cherishing us by granting us His holy Shabbat lovingly, gladly, a reminder of Creation. It is the first among our days of sacred assembly that recall the Exodus from Egypt. Thus You have chosen us — endowing us with holiness — from among all peoples, granting us Your holy Shabbat lovingly and gladly. Praised are You Adonai, who hallows Shabbat.</p>
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Kiddush (Shabbat afternoon)

<p>וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הַיּוֹם לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.</p> <p>עַל כֵּן בֵּרַךְ יְיָ אֶת יוֹם הַשַּׁבָּת וַיְקַדְּשֵׁהוּ.</p> <p>בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרִי הַגֶּפֶן.</p>	<p>V'sham-ru v'nei Yisrael et ha-Shabbat, la-a-sot et-ha-Shabbat l'do-ro-tam b'rit o-lam</p> <p>Bei-ni u'vein b'nei Yisrael, ot hi l'o-lam</p> <p>Ki shei-shet ya-mim a-sah Adonai et-ha-sha-ma-yim v'et-ha-a-retz</p> <p>U-va-yom ha-sh'vi-i sha-vat va-yi-na-fash.</p> <p>Al kein bei-rach Adonai et-yom ha-Shabbat va-y'kad'shei-hu.</p> <p>Baruch ata Adonai Elo-hei-nu Me-lech ha-o-lam, bo-rei p'ri ha-ga-fen.</p>	<p>“The people Israel shall observe Shabbat, to maintain it as an everlasting covenant through all generations. It is a sign between Me and the people Israel for all time, that in six days Adonai made the heavens and the earth, and on the seventh day, ceased from work and rested.”</p> <p style="text-align: right;">(Exodus 31:16-17)</p> <p>Therefore Adonai blessed Shabbat and made it holy.</p> <p>Praised are You Adonai our God, who rules the universe, creating the fruit of the vine.</p>
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Birkat Ha-mazon

For the Birkat Ha-mazon for weekdays, Shabbat and Festivals, consult *Siddur Sim Shalom*, the “*bentsher*” used by the synagogue, or the *B'kol Echad* book of songs and prayers.



Havdalah

הִנֵּה אֵל יִשׁוּעָתִי, אֲבֹטָח וְלֹא
אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה יִי,
וַיְהִי לִי לִישׁוּעָה: וְשִׂאֲבַתֶּם
מַיִם בְּשִׂשׂוֹן מִמַּעַיְנֵי הַיִּשׁוּעָה:
לִי הַיִּשׁוּעָה עַל עֲמֻךְ בְּרַכְתֶּךָ
סֵלָה: יִי צְבָאוֹת עֲמְנוּ מִשָּׁבַב
לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה: יִי
צְבָאוֹת אֲשֶׁר־י אָדָם בָּטַח בָּךְ:
יִי הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בַיּוֹם
קָרְאָנוּ:

לַיהוּדִים הַיְתֵה אוֹרָה וְשִׂמְחָה
וְשִׂשׂוֹן וַיְקָר: כֵּן תִּהְיֶה לָנוּ,
כּוֹס יִשׁוּעוֹת אֲשֶׁר וּבִשְׁמֵי יִי
אֶקְרָא:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׂמִים:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמְבְדִיל בֵּין קֹדֶשׁ
לְחֹל, בֵּין אוֹר לְחֹשֶׁךְ, בֵּין
יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם
הַשְּׁבִיעִי, לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה:
בְּרוּךְ אַתָּה יְיָ, הַמְבְדִיל בֵּין
קֹדֶשׁ לְחֹל:

Hinei Eil y'shu-a-ti, ev-tach v'lo
ef-chad, ki ozi v'zim-rat Yah
Adonai, va-y'hi li li-y'shu-a.
U-sh'av-tem ma-yim b'sa-son
mi-ma-a-y'nei ha-y'shu-a.
L'Adonai ha-y'shu-a al am'cha
vir-cha-te-cha, Selah. Adonai
Tz'va-ot i-ma-nu mis-gav la-nu
E-lo-hei Ya-a-kov, Selah. Adonai
Tz'va-ot, ash-rei adam bo-tei-ach
bach. Adonai ho-shi-a, ha-Me-lech
ya-a-nei-nu v'yom kor-ei-nu.

All recite together, then leader repeats:

La-y'hu-dim ha-y'ta o-ra v'sim-cha
v'sa-son vi-kar. Kein ti-h'yeh
la-nu. Kos ye-shu-ot e-sa,
u-v'shem Adonai ek-ra.

Leader raises the cup of wine:

Baruch ata Adonai, Eloheinu
Melech ha-olam, bo-rei p'ri
ha-ga-fen.

Leader raises the spice box:

Baruch ata Adonai, Eloheinu
Melech ha-olam, bo-rei mi-nei
v'sa-mim.

Leader raises the candle:

Baruch ata Adonai, Eloheinu
Melech ha-olam, bo-rei m'o-rei
ha-eish.

Baruch ata Adonai, Eloheinu
Melech ha-olam, ha-mav-dil bein
ko-desh l'chol, bein or
v'cho-shech, bein Yis-ra-el
la-a-mim, bein yom ha-sh'vi-i
l'shei-shet y'mei ha-ma-a-seh.
Baruch ata Adonai, ha-mav-dil
bein ko-desh l'chol.

Behold, God is my deliverance;
I am confident and unafraid.
Adonai is my strength, my might,
my deliverance. With joy shall you
draw water from the wells of
deliverance. Deliverance is
Adonai's; may You bless Your
people. Adonai Tz'va-ot is with us;
the God of Jacob is our fortress.
Adonai Tz'va-ot, blessed be the
one who trusts in You. Help us,
Adonai; answer us, O Sovereign,
when we call.

All recite together, then leader repeats:

Grant us the blessings of light,
gladness, joy and honor, which the
miracle of deliverance brought to
our ancestors. I lift the cup of
deliverance and call upon Adonai.

Leader raises the cup of wine:

Blessed is the Lord our God,
Ruler of the universe, Creator of
the fruit of the vine.

Leader raises the spice box:

Blessed is the Lord our God,
Ruler of the universe, Creator of
all the spices.

Leader raises the candle:

Blessed is the Lord our God,
Ruler of the universe, Creator of
the light of fire.

Blessed is the Lord our God,
Ruler of the universe, who
separates sacred from profane,
light from darkness, the seventh
day of rest from the six days of
labor. Blessed is the Lord, who
separates the sacred from the
profane.

Appendix B

B'NAI TZEDEK Participant Enrollment Form

Bar/Bat Mitzvah's Name: _____

Parent(s) Name(s): _____

Primary Address: _____

City _____ State _____ ZIP _____

Telephone #: (_____) _____

Birthdate: _____

Date of Bar/Bat Mitzvah: _____

Synagogue: _____

E-mail Address: _____

We have read the policies and procedures outlined for the B'nai Tzedek program and agree to its conditions.

Bar/Bat Mitzvah's Signature/Date

Parent Signature/Date

Please mail this completed form, along with your \$125 check to:

B'nai Tzedek Program
Jewish Community Foundation
5801 West 115th Street, Koralchik Wing
Overland Park, KS 66211

For more information, call 913-327-8100.

B'nai  Tzedek
JEWISH COMMUNITY FOUNDATION
of Greater Kansas City

Appendix C

B'nai Mitzvah Project - Community Service Opportunities

Updated: January, 2006

Organization Name and/or Activity	Contact & Phone	Web Address/Email	Description / Opportunities
ARMDI/MDA Bar/Bat Mitzvah "Gift of Life" Program	ARMDI/MDA Mitzvah Hotline 1-888-674-4871		Magen David Adom, (MDA), Israel's National Ambulance Service, is the second line of defense for The State of Israel. They provide humanitarian, non-sectarian services 356 days a year, 24 hours a day, to everyone in Israel regardless of race, religion or creed. Hold a fund-raiser to support this worthwhile organization.
Adopt a family	Jewish Family & Children's Services 913-327-8150		During one night of Hanukkah, adopt a family rather than exchanging gifts amongst yourselves. Help a family who would otherwise not experience the holiday.
AMIT Twinning Program	212-477-4720 or 1-800-989-AMIT	www.amitchildren.org	This program matches local youth to an underprivileged Israeli who would otherwise not be able to have a Bar or Bat Mitzvah. Arrange a fund-raiser to fund this special event. \$250 is needed per youth.
Bridging the Gap	Laura O'Brien Kansas City, MO 816-561-1087	volunteer@bridgingthegap.org	Assist at one of 6 outdoor recycling centers throughout the city by directing patrons to the correct bin. Hand out newsletters. They also have an Earth Day walk in the Spring, which may include office work such as stuffing and addressing envelopes. Occasional Sunday options are available.
Bal Tashchit (Don't Destroy)			
Books for Israel Program	Rena Cohen rena@booksforisrael.com	www.booksforisrael.com	Collect gently used English books for Israeli school-age and teen youths. Click on the link <i>How to do a Book Drive</i> to find out the details.
Camp Simcha Special	Levi Katlowitz 1-877-465-1300 ext 604	sharethesimcha@chailifeline.org	This is a camp for Jewish children with genetic and chronic illnesses. Raise money to support their scholarship fund. They have a "Share the Simcha Program." Call for more information.

Caring for the Dead	Jim Jones, Caretaker 816-353-4196	mtcarmel@bethshalomkc.org	There are opportunities for seasonal outdoor work at Mt. Carmel Cemetery. Contact Jim for more information. The cemetery is in need of containers to hold pebbles.
Chesed Shel Emet	Makenzie Snyder 3262 Superior Lane PMB #288 Bowie, MD 20715	www.childrentochildren.org	Collect duffie bags and stuffed animals for foster children. Learn how to do this project by going to the web site. Check out other programs on this site!
Children's Center for the Visually Impaired	Susan Belger Angulo 816-841-2284		You can collect basic items such as, copy paper, batteries , tissues, etc. and donate to them. Call and ask what is on their wish list.
Children's Mercy Hospital	2401 Gillham Road Kansas City, MO 64108 816-234-3496 All donations must be delivered to the Volunteer Services Office, Ground Floor, Outpatient Center, Rm. 0600, 8:00a.m.-5:00p.m., M-F or call for an appt.	www.childrens-mercy.org	<ol style="list-style-type: none"> 1. Art supplies are always needed: colored paper, small boxes of crayons, colored pencils, etc. 2. Collect new and gently used books in Spanish and English; multiracial books are needed as well. 3. New clothing is always welcome. 4. Check with Children's Mercy to see what they need, before you begin a collection.
Collect Stuffed Animals			The great stuffed animal mitzvah. Collect stuffed animals and donate them to a children's hospital or regular hospital. Check with the specific hospital to see what is allowed.
Delmar Gardens of Overland Park	Ginny Wagh 913-469-4210 12100 W. 109th Street Overland Park, KS 66210		Summer youth program is available. Students can play bingo, help with ice cream parties, etc., with the residents. After school activities are available from 3:30-5:00pm daily.
Esteeming the Elderly			Establish a relationship with a resident from a local Jewish or non-Jewish retirement center. Set up regular visits; invite your new friend to share stories about his or her life; create a book about him or her.
Haddur P'nai Zekan (Esteeming the Elderly)			

<p>Gillis Center</p>	<p>Tiffani Kintchen, volunteer coordinator 816-508-3533 8150 Wornall Road Kansas City, MO 64114</p>	<p>1. Thanksgiving Pies - This benefits children and families and assists them in becoming healthy and self-sufficient. Volunteers are needed to assist in selling pies, labeling boxes, sorting pies or delivering boxes. Call to sell pies to the general community to raise funds for Gillis. 2. December - Bake and bring cookies for holiday store volunteers and shoppers. 3. Birthday Cake Club - Bake a birthday cake and make cards for boys 6-16 years of age.</p>	<p>www.goodsamaritanproject.org</p>
<p>Good Samaritan Project</p>	<p>Doug Weinbrenner 816-561-8784, ext. 260 3030 Walnut Street Kansas City, MO 64108</p>	<p>This organization provides support for individuals with HIV/AIDS. They promote awareness through education and advocacy. Volunteers are needed to help with mailings, children's holiday parties, and the AIDS Walk held in the Spring. A parent is asked to be present.</p>	<p>www.goodsamaritanproject.org</p>
<p>Great American Bake Sale</p>	<p>1-800-761-4227</p>	<p>Want to help end childhood hunger in America today? Help with this event! It is held every Spring. Check out the web site for information on how to register your bake sale in this effort.</p>	<p>www.greatamericanbakesale.org</p>
<p>Harvester's</p>	<p>3801 Topping KC, MO 64129 Paula Pratt 816-231-3173 ext. 129</p>	<p>1. Before Pesah, collect unopened hametz from your home and other friends', and donate it to Harvester's. 2. Have a food drive in your neighborhood and donate the food to the pantry. 3. Volunteer in the sorting area, or for office work and outside beautification.</p>	<p>www.greatamericanbakesale.org</p>
<p>Help an elderly neighbor Hiddur P'nai Zaken <i>(Esteeming the Elderly)</i></p>		<p>Help an elderly neighbor by cutting their grass, planting flowers, helping with housework, doing odd jobs around the house and helping them with their grocery shopping.</p>	

<p>Hesed Program at Beth Shalom</p> <p>Bikkur Cholim</p> <p>Hiddur P'nai Zaken (Esteeming the Elderly)</p>	<p>Carla Oppenheimer 913-451-3696</p>		<p>1. This group of volunteers meets three times a year at Beth Shalom to make baskets or bags and then delivers them to congregants in nursing homes, etc. This takes place at Rosh Hashanah, Purim and Pesah. Phone calls are needed to homebound members of the congregation.</p> <p>2. Volunteers are needed to visit congregants in the hospital, nursing homes, and assisted living facilities. Make or send cards to brighten their day.</p>
<p>"Hooked on Books" KC Star</p>	<p>Hotline 913-562-5622</p>	<p>www.jlkc.org</p>	<p>Collect books for school age children in the Kansas City area. The books are given to children to keep. Donations of new or gently used books (preschool thru 8th grade) are collected in September and October of each year. Books are sorted in October and November.</p>
<p>Horizon Academy</p>	<p>913-789-9443 4901 Reinhardt Drive Roeland Park, KS 66205</p>		<p>This is a school for children with learning disabilities. They are in need of: copy paper, cleaning supplies, facial tissues, colored pencils, fine point colored markers, round pencils, black ballpoint pens and cooking supplies. A wish list is available with additional items. Call for more information.</p>
<p>Hospitality</p>			<p>Create hand-made Thanksgiving centerpieces to be delivered to an area homeless shelter for their Thanksgiving dinner.</p>
<p>Hachnasat Orchim</p>	<p>Kim Schreiner 816-444-2434 801 E. 77th Street Kansas City, MO 64131</p>		<p>1. This is a retreat center for women who need a break from everyday life and its pressures. Volunteers are needed to rake leaves in the Fall and work in the garden in the Spring and Summer.</p> <p>2. Baked goods and cookies are needed for the residents. They can be made at home and brought to the retreat center.</p>
<p>Humane Society of Greater Kansas City</p> <p>Tzar Baalei Chayyim (Kindness to Animals)</p>	<p>913-596-1000 5445 Parallel Parkway Kansas City, KS 66104</p>	<p>www.hsgkc.org</p>	<p>This is the organization, which assists animals in crisis. Call the facility to check out volunteer opportunities. Preview their web site.</p>

<p>Jewish Soldier Foundation</p>	<p>443-738-9411</p>	<p>www.jewishsoldier.org info@jewishsoldier.org penpal@jewishsoldier.org</p> <p>The Jewish Soldier Foundation P.O. Box 65216 Baltimore, MD 21209</p>	<p>This organization works to provide certified kosher meals to US Troops in Iraq and Afghanistan. Working with La Bruite Meals, these soldiers can receive hot kosher dairy and meat meals. The organization advocates for the soldiers in many ways. For more information, write, email or call. Hold a fund-raiser to enable a Jewish soldier to keep the mitzvah of eating kosher even on active duty!</p>
<p>Johnson County Area Agency on Aging</p>	<p>913-477-8174</p>		<p>Volunteers are needed to assist elderly residents of Johnson County in raking leaves, mowing, maintaining flowerbeds and other misc. yard work. Arrangements are flexible. For more information call Kelly.</p>
<p>Johnson County Nutrition</p> <p>"Meals on Wheels"</p> <p>"Feed the Need Challenge"</p>	<p>Elvina Kroemer 913-477-8120</p> <p>Nan Frank 913-980-3633</p>		<p>1. Deliver meals Monday-Friday, between 10:45 am and noon. There are 10 different locations in Johnson County, including Beth Torah on 127th Street. This organization is not-for-profit and services all of Johnson County. Make favors, cards, and placemats to brighten a person's day. Adult assistance is needed in these projects and you must provide your own transportation to deliver meals. This is a great intergenerational activity.</p> <p>2. Help pack the meals.</p> <p>3. Collect food to stock Johnson County food pantries so residents of Johnson County in need can be supplied with necessities.</p>
<p>Lehem Program at Beth Shalom</p>	<p>Marna Dolginoff 913-642-7858</p>		<p>On the 31st of each month, the Lehem committee goes to "Hot Lunch Inc." and serves food to the clients. They need volunteers to cook and serve food. December 25 and July 31 would be ideal days to participate, since there is no school.</p>
<p>Locks of Love</p>	<p>2925 10th Ave. North #102 Lake Worth, FL 33461 1-888-896-1588</p>	<p>www.locksoflove.org</p>	<p>Cut your hair and donate it to a child who has permanent hair loss as a result of disease or from chemotherapy. Check out the web site for specific details.</p>
<p>Make gift baskets for the elderly</p>			<p>Speak with a nursing home about making gift baskets for the residents. These can include personal items such as combs, brushes, toothpaste and toothbrushes. Other items to include are: candy, homemade store bought baked goods, deck of cards, books, etc. Ask the nursing home for additional ideas. Deliver these baskets and visit with the residents.</p>

Meals4Israel		www.meals4israel.com	Every day, one out of five Israelis goes hungry, and 618,000 of those are children. The organization funds 24 soup kitchens in Israel. Each meal is \$18.00. They also offer Meals on Wheels, food baskets, Shabbat and holiday as well as simcha meals. Hold a fund-raiser and donate to this worthwhile organization.
Mid America Assistance Coalition	Ladonna Zimmerman 816-561-2727 One West Armour, Suite 20 Kansas City, MO 64111	lzimmerman@maaclink.org	Raise money to donate new clothing to an elementary- or high school-age child to begin the new school year. The cost to clothe an elementary-age child is approximately \$135 and a high school youth is \$200.
Migrant Farm Workers Project	Holly Worthen Legal Aid of Western Missouri 816-474-9868		Assistance is needed for migrant workers who work in the Kansas City area. This is the intensive fall migrant season and 500 workers and their families are working in Lafayette County for the apple season. They are in need of food and personal care items including but not limited to: rice , beans, canned food, car seats, adult clothing, gloves, hats, tooth brushes and paste, shampoo, etc.
National Council of Jewish Women KATS Program	Ellen Dalen 913-888-8852		School supplies are needed. It costs approximately \$25.00 to outfit a child with school supplies. New and gently used books, children's clothing (i.e.- new underwear and sweat suits) are also needed. Site visits are encouraged. Find out about the Angel Project and Birthday Project from Ellen.
North American Conference of Ethiopian Jews (NACOEJ)	Miriam Weissman, <i>Twinning Coordinator</i> 212-233-5200 NACOEJ 132 Nassau Street Suite 412 New York, NY 10038-2400	www.NACOEJ.org	<ol style="list-style-type: none"> 1. Raise money and donate it to enable an Ethiopian youngster in Israel to have a Bat or Bar Mitzvah. The cost is \$250, which provides for educational supplies, programs and equipment for the school the child attends. If you visit Israel, you can make arrangements to visit your twin. 2. Raise money to sponsor a child for one year. By sponsoring a child for \$66, you can feed them 1 meal each day in school throughout 52 weeks of the year. 3. Collect pens, pencils, rulers (metric), markers, calculators, backpacks, etc. for Ethiopian children in Israel. NACOEJ can supply you with a complete list of needed items. Please do not send paper or crayons. Supplies can be shipped to the New York office. 4. Have a fund-raiser to raise money to provide an Ethiopian teen with a year of high school. Local academic high school in Israel costs approximately \$350 per year.

Olathe Good Samaritan Center	<i>Activities Director</i> 913-782-1372, ext. 236 20705 W. 151 st Street Olathe, KS 66061 1-866-9-1FAMILY	www.onefamilyfund.org	Volunteer to sing, play music, plant flowers, paint and just visit with the residents.
OneFamilyFund	Jenny Buehler 816-756-3511	www.operationbreakthrough.org jenny@operationbreakthrough.org	This is the only organization that takes care of all victims of terror throughout Israel, no matter what race, religious affiliation or circumstance. This is a Kansas City agency, which supports over 400 children and their single parents with childcare, play therapy, medical care, speech and dental services, occupational therapy, meals, tutoring and mentoring programs. Before- and after-school care, summer enrichment programs, and parent education classes are offered. Donations of food, hygiene items, diapers, new and gently used books, new or gently used coats, new underwear and socks, furniture, etc. Check out the web site for more information!
Operation Mazel Tov	Rona Wells Masorti Foundation 475 Riverside Drive 8 th Floor New York 1-877-287-7414	rwells@masorti.org	This is a B'nai Mitzvah Program for children with special needs. Hold a fund-raiser to raise money for this very special program. You will have an opportunity to twin with a child with special needs in Israel. A minimum donation of \$180.00 will provide a kiddush cup, tallit and kippah to each child.
Masorti Foundation		www.operationshoebox.com	This program sends packages to US soldiers overseas. They are in need of funds for postage to mail the items they have already collected. Donations are needed and the list is on the web site. Letters of support are always welcome.
Operation Shoebox	Meredith Hollingsworth 816-508-3608		Boys and girls ages 14-17 need care kits containing the following: shampoo, lotion, deodorant, washcloths, soap etc. Also puzzles, educational board games, blankets, and pillows are needed.
Ozanam Home for Boys and Girls	Judy Ireland 913-341-8840 Overland Park, KS	judy@parkinsonheartland.org	Help with the "Steps To The Cure." This is held in the Spring and benefits individuals with Parkinson's disease, caregivers, and medical professionals. Call for volunteer opportunities.
Parkinson Association of Greater Kansas City			

PizzalDF.org		www.pizzaidf.org	This organization delivers pizza, ice cream, soda, cold soup, etc., to Israeli soldiers. Secure servers deliver your food. Hold a fund-raiser to raise money to brighten the day of these soldiers. \$16.95 will send 1 large pizza and a large bottle of soda to feed 5 persons. Check out the web site for more details.
Race for the Cure	913-851-0408	www.kansascityraceforthecure.com	This organization conducts a variety of activities to raise money for breast cancer. "Race for the Cure" is a specific walk/run, which is held every August. Check out their web site for additional volunteer opportunities.
Reach Out and Read Kansas City	Janice Dobbs 913-588-0295	jdobbs@kunc.edu	Hold a book drive for new or gently used books. The preferred books needed are for children 0-5 years old. No religious books please.
reSTART	Melissa Blakley 918 W. 9th Street Kansas City, MO 816-472-5664	mblakley@restartinc.org	reStart is a shelter for individuals and families with children that have no home to go to, mostly due to poverty. Some stay for the night, some stay a few weeks and others spend up to two years at reStart as they rebuild their lives, find a job and find a permanent place to live. Please call to see what they need.
Ronald McDonald House	Diane Eidson, <i>Volunteer Coordinator</i> 816-421-1753 ext. 101 2501 Cherry Street Kansas City, MO 64108 816-842-8321	www.rmhckc.org	1. House Wish List – The RMHs have an extensive wish list. Go to the web site and choose "House Wish List" for the desired items. 2. Arrange to prepare meals call Diane Eidson. 3. Work projects are available and require four to ten people.
Safe Home	Susan Leibovitz 913-432-9300		Safe Home takes care of abused women and children. Collect needed items, which include: cleaning products, art supplies, Playdoh, crayons, markers, etc. There is a huge need for children's breakfast foods. A "Breakfast Drive" would be great. Call Susan for an up-to-date list of what is needed.
Salvation Army	Leslie Green 816-968-0374 Project Warmth Information Line: 816-889-7827		1. Project Warmth - Help sort non-perishable food, coats, blankets, etc., at the warehouse where the items are delivered. When you help, you can bring anything you collect. 2. Prepare a meal and bring it for residents of the lodge. Food drives are also welcome. Contact Mindia McMaennes.

Save Home	Hillary West 816-531-8340, ext. 23		This is a residential care center for persons with AIDS. They provide hospice care. They can always use help to prepare a meal or help with light work at the facility. Call and see what else you might do to assist them.
Shawnee Community Center	11110 W. 67 th St. Shawnee, KS 913-268-7746		Help provide food and clothing to less fortunate children. Come and work in the building organizing shelves, repackaging food and recycling items.
Special Olympics	Susan Krumm 5280 Foxridge Drive S.M., KS 66202 913-236-9290		There are opportunities year round to get involved with this organization, including the yearly tournaments.
Suitcases for Kids	Aubyn C. Burnside P.O. Box 1144 Hickory, NC 28603	www.suitcasesforkids.org	Some children do not have a happy home life. There are times when parents cannot take care of their children and they have to live with another family in what is called a "foster home." They need to take everything they will need and do not always have luggage. Collect suitcases and/or duffle bags, then donate them to a local agency. For more details, have a look at the web site.
Sunflower House	Jill Klein 15440 W. 65 th St. Shawnee, KS 913-631-5800, ext. 1012	www.sunflowerhouse.org	This is a child abuse prevention center for Johnson and Wyandotte counties. They provide a safe harbor for abused children as well as educational programs for adults and children. Items needed by the center are: coloring books and crayons, board games, new books and clothing, and G-rated videos. Check out web site for current wish list items.
USCJ Lipson Schilit Family Gemilut Hesed Project	Fuchsberg Jerusalem Center 972-2-625-6386	Israel @uscj.org	Thousands of children need school supplies and can't afford them. They need pencils, pens, markers, erasers, small rulers (with centimeters), pencil cases, pencil sharpeners, and backpacks. Hold a fund-raiser; send the money to the Fuchsberg Jerusalem Center.
Useable Eyeglasses	Lenscrafters Stores		Collect old but useable eyeglasses and donate them to your local Lenscrafters store. They partner with the Lions Club of Kansas City to provide eyewear for people in third world countries. Contact <i>Lenscrafters</i> for details.

<p>Yachad Kosher Food Pantry</p>	<p>Chabad House Center of K.C. 6201 Indian Creek Dr. Overland ark, KS 66201 913-649-4852</p> <p>Contact: Joan Fogel 913-648-7732</p>	<p>yachad@email.com</p>	<p>This pantry serves the entire Kansas City Community. Most important, kosher food is needed to stock the pantry. The packages must have a hechsher. Paper goods and personal care products are always welcome. Shabbat and holiday cards are needed at all times. Call Joan or Sherrill for more information.</p>
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Check out the following web addresses for more volunteer opportunities. These sites will enable you to enter a zip code and find organizations in need of volunteers.

<http://www.volunteermatch.org>

Feed the hungry while online: www.thehungersite.com