



Congregation Beth Ahabah
MITZVAH DAY 2014
 Sunday, April 27, 2014



ON SITE

1. **Package Meals for Stop Hunger Now:** Help package at least 10,000 dehydrated, high protein, highly nutritious meals that are used in crisis situations and in feeding programs for schools and orphanages in developing countries around the world. Join **Sharon Brager** and **Sarah Kim** in this exciting new project.
2. **Feed the Homeless:** Join **Steven and Johnell Ashe** in making PB&J sandwiches and decorating lunch bags at Beth Ahabah, then serve them to homeless individuals in Monroe Park.
3. **Baking Desserts for Hospital Hospitality House:** Join **Kim Leibowitz** to bake brownies and cookies to go with dinners being prepared at another location for the Hospital Hospitality House. Please bring a box of freezer bags. BEGINS AT 9:00AM.
4. **Cooking Meals for Hospital Hospitality House:** Help **Kevin and Naomh Hudson** prepare meals to freeze for Hospital Hospitality House. We will use the kitchen at St. James Church. Bring an apron. Contributions are gratefully accepted. BEGINS AT 9:00AM.
5. **Paint Inspirational Stones for Hebrew Cemetery:** With single words or signs of peace and love for our loved ones at the Hebrew Cemetery. Stones are traditionally placed by visitors as a part of the Jewish custom at the grave site of a loved one as an act of remembrance. Join **Elizabeth Thalheimer Smartt** for this project. She will see that the stones are placed in buckets for visitors at the Cemetery. **Pete Rose Landscaping** has generously donated the stones.
6. **Cards and Letters for U.S. Troops:** Create a card, write a letter, or draw a picture to express appreciation to the troops serving our country. **Miri Eynan** will provide supplies for this meaningful project.
7. **Beautify the Grounds of Beth Ahabah:** Join **Renate Falck** to clean trash, weed and plant in the area around and in front of the parking deck. Bring heavy-duty gloves, spades/shovels, pruning shears and trowels.
8. **Clean-Up of Beth Ahabah Sanctuary:** Bring some dust rags and furniture polish to make our pews look shiny all year long.
9. **Table Build for CARITAS:** Help **John Marshak** construct tables for CARITAS. The tables are distributed to former homeless families for use in their new homes. BEGINS AT 9:00AM.

10. **Mitzvah Day T-Shirt Sales:** Sell t-shirts to help raise money to benefit ARC and Beth Ahabah.
11. **Information Table for Mt. Moriah:** Come learn how you can serve.
12. **Information Table for Half the Sky:** Come learn more about the Half the Sky project.
13. **"Why Do We Fall?":** In honor of National Occupational Therapy Month, come learn about fall prevention.
14. **Fingerprinting for Kids:** McGruff, the Crime Dog, will be here providing fingerprinting for your children.
15. **Blood Drive: Laura Savage** has made it easy for you to donate blood to the Virginia Blood Bank. BEGINS AT 9:00AM.

OFF-SITE MISSIONS

16. **Clean Up at Hebrew Cemetery:** Assist **Jay Kelley** in cleaning up the trash around the Hebrew Cemetery and the Chapel. Bring gloves if you have them.
17. **Plant a Vegetable Garden:** Join **Peggy Friedenber** help plant a community vegetable garden for the William Byrd Community House.
18. **Create Art** at Visual Arts Center for **Beth Sholom:** Join **Dean Whitbeck** at the Visual Arts Center of Richmond to create silk screen cards and posters.
19. Sisterhood's **Pink Ribbon Project for Virginia Breast Cancer Foundation:** Help **Beryl Holzbach** attach premade ribbons to education cards as part of the VBCF's mission to Advocate, Educate, Eradicate. (SATURDAY, APRIL 26TH)
20. Sisterhood's **Lovies for MCV:** Help create "lovies" for patients at MCV. (SATURDAY, APRIL 26TH)

COLLECTIONS

- **New and Gently Used Toys** for the **Homeless**
- **Pet Supplies** for **Foster Homes**
- **Toiletries** for **Camp Comfort**
- **Books** for **Homeless Children**
- **Art Supplies** for the **Visual Arts Center**
- **Cell Phones** for **Vets and Battered Women's Shelters**
- **New Undergarments and Socks** for **Homeless Shelters**
- **Eyeglasses** for the **Lions Club**

R☆E☆G☆I☆S☆T☆R☆A☆T☆I☆O☆N

Participants are strongly encouraged to register in advance so that we have a good idea of how many are participating and can plan accordingly. Thanks for your assistance! **Register by April 18th online at www.bethahabah.org or <http://www.formstack.com/forms/?1711178-fhN6wAgAb2>.**

WHAT IS MITZVAH DAY?

A single day service project that lets us reach out and make the world a little better. Working together, we make a difference in the lives of others and our environment. We will make new friends, have fun and finish the day feeling GREAT!

WHEN IS MITZVAH DAY?

Sunday, April 27th, Religious School 9:15am to 11:30am, Projects from 11:30am until 2pm. You can pick up a sack lunch at the Assembly at 11:00am in the Sanctuary. All projects will begin at 11:30am and end at 2pm unless otherwise noted. All projects start at Beth Ahabah unless otherwise noted.

DON'T COME EMPTY HANDED

Please bring the following items for our collections:

Toys for the Homeless

Pet Supplies for Foster Homes

Toiletries for Camp Comfort

Books for Homeless Children

Art Supplies for the Visual Arts Center

Cell Phones for Vets and Battered Women's Shelters

Undergarments and Socks for Homeless Shelters

Eyeglasses for the Lions Club

BECOME A SPONSOR

If you can't participate, please consider becoming a Team Mitzvah Sponsor with a contribution to offset the expenses of the project.

Participant Information

Name of Individual or Family Last Name _____

Email _____ Telephone _____

Ages of Children if Any _____ # of Adults _____

Put a check next to the activity or activities that you would like to volunteer for or participate in.

Beneficiary	Description	Who Can Participate	Where
<input type="checkbox"/> Stop Hunger Now	Package Meals	Age 5 to Adult, 40 or more	Beth Ahabah
<input type="checkbox"/> Feed the Homeless	Make PB&J's/Decorate Bags/Deliver	5th Grade and Older	CBA/Monroe Park
<input type="checkbox"/> Hospital Hospitality House	Bake Desserts	Age 12 to Adult, Limit 12	Beth Ahabah
<input type="checkbox"/> Hospital Hospitality House	Prepare Dinners	10 Adults, Must Preregister	St. James'
<input type="checkbox"/> Hebrew Cemetery	Paint Inspirational Stones	10 and Under with Adult	Beth Ahabah
<input type="checkbox"/> U.S. Troops	Create Cards and Letters	10 and Under with Adult	Beth Ahabah
<input type="checkbox"/> Beth Ahabah	Grounds Beautification	All Ages	Beth Ahabah
<input type="checkbox"/> Beth Ahabah	Sanctuary Clean-Up	All Ages	Beth Ahabah
<input type="checkbox"/> Caritas	Table Build	Older Teens and Adults	Beth Ahabah
<input type="checkbox"/> ARC/Beth Ahabah	T-Shirt Sales	Teens and Adults	Beth Ahabah
<input type="checkbox"/> Mt. Moriah	Information/Sign Up	All Ages	Beth Ahabah
<input type="checkbox"/> Half the Sky	Information	All Ages	Beth Ahabah
<input type="checkbox"/> Fall Prevention	Information/Exhibit	All Ages	Beth Ahabah
<input type="checkbox"/> Fingerprinting for Kids	Information/Fingerprinting	All Ages	Beth Ahabah
<input type="checkbox"/> Virginia Blood Bank	Blood Drive	Adults Only	Beth Ahabah
<input type="checkbox"/> Hebrew Cemetery	Clean-Up	All Ages	4th and Hospital Street
<input type="checkbox"/> William Byrd Community House	Plant a Community Garden	All Ages	224 S. Cherry Street
<input type="checkbox"/> Beth Shalom	Artwork	Older Teens and Adults	1812 W. Main Street
<input type="checkbox"/> Virginia Breast Cancer Foundation	Pink Ribbon Project	Sisterhood	
<input type="checkbox"/> MCV	Lovies	Sisterhood	