

**Areyvut's  
National Mitzvah  
Day  
April 10, 2016**

**Making our Voices Heard:  
Help Today and Work  
Towards Tomorrow**

# Table of Contents

<b>Introduction.....</b>	<b>3</b>
<b>About Areyvut.....</b>	<b>4</b>
<b>Guidelines for Registering Your Project.....</b>	<b>5</b>
<b>Registration Form.....</b>	<b>6</b>
<b>Project Planning Unit.....</b>	<b>7-9</b>
<b>Project Ideas with Sources from Jewish Texts.....</b>	<b>10-17</b>

# Introduction

*Acts of kindness are among those things that have no limits.* Mishnah Peah 1

On behalf of Areyvut, I welcome your help in bringing this powerful suggestion to life by participating in Areyvut's 12<sup>th</sup> Annual National Mitzvah Day. Areyvut's *A Kindness a Day* Calendar unites Jews across the world in an effort to inspire acts of kindness through its 366 suggestions of how to incorporate *chesed* (kindness), *tzedakah* (charity), and *tikkun olam* (social justice) into everyday life. One suggestion in the calendar this year says "Acts of kindness are among those things that have no limits."

On National Mitzvah Day, we will strengthen this effort as schools, synagogues, families and community organizations and thousands of people worldwide dedicate **Sunday, April 10** as a time to turn the calendar's suggestions into action.

The 2016 National Mitzvah Day Educational Material presented here focuses on ways that we can make the *mitzvot* that we do today lead to making a better future. Included in this packet is a Project Planning Unit to guide preparation of social action projects and activity ideas for service. For additional resources to use in your classroom, please see the texts included in this packet and/or consult the Areyvut website [www.areyvut.org](http://www.areyvut.org) for additional ideas.

We hope that these materials help schools, synagogues, families and communities discover opportunities for kindness on National Mitzvah Day and every day, all year long. Materials can be used to inspire your own ideas, and begin your own Mitzvah Day activity. Feel free to share these resources with others, and we ask that you acknowledge and credit Areyvut.

Please let us know what project you are planning by [registering](#) your project on our website. By doing so, we will not only be able to help you coordinate and facilitate your project, but you will also be inspiring others with your actions. For your convenience, a registration form is also included in this packet.

Thank you to our Board of Trustees, interns and staff who have helped bring this project to fruition. Thank you to all those participating in National Mitzvah Day 2016.

*Daniel Rothner*

Daniel Rothner  
Founder & Director  
Areyvut

# About Areyvut

Areyvut's mission is to infuse the lives of Jewish youth and teens with the core Jewish values of *chesed* (kindness), *tzedakah* (charity), and *tikkun olam* (social action) so they become giving members of the Jewish community of tomorrow. Our innovative programs make these core Jewish values relevant and meaningful to our children by providing a variety of opportunities to put them into action.

Areyvut's fundamental belief is that sparking a passion for service within youth inspires a lifelong commitment to social justice. Therefore, we encourage young people to engage in both hands-on service and philanthropy, since all of God's gifts should be used to improve the world. We partner with Jewish day schools, congregational schools, synagogues, community centers, and individual families in an effort to develop and implement meaningful and unique programming for children from all denominations of Judaism.

At Areyvut, we know the immense power people have to make their community and the world a better place. We believe that it is important to give everyone hands-on opportunities to do so.

National Mitzvah Day, our national community service initiative actively engages *everyone*, from children to senior citizens, in giving back to the community through hands-on social action programs. This, we believe, is a first step toward greater commitment to making a difference.

## **What You Can Do to Make a Difference:**

The success of our efforts to engage our youth depends on the support of the adult Jewish community. There are several ways you can become involved.

- Learn more about Areyvut's programs and help us bring them to your community.
- Make a [tax-deductible donation](#) to Areyvut to assist us financially, so we can expand our programs and touch the lives of more Jewish young people, as well as the people they touch.
- For more information, contact us at (201) 244-6702 or [info@areyvut.org](mailto:info@areyvut.org).

# Guidelines for Registering

- We ask that you please officially register your project so that we can include your project and update you on the program. The registration form is available below or can be submitted electronically by visiting: [www.areyvut.org/register\\_now/](http://www.areyvut.org/register_now/).
- The information that you submit on this form will be included in Areyvut's list of this year's National Mitzvah Day projects.
- Please select a contact person for your project so that we can help guide your participation in National Mitzvah Day 2016.
- After you have completed your activity, we ask that you send us a brief blurb describing the experience that we can include on our website. We also ask that you include any pictures, press of project samples that give a sense of the difference that your actions made.
- In the meantime, we hope that you can make use of the resources available on our website. Please contact us at (201) 244-6702 or at [info@areyvut.org](mailto:info@areyvut.org) to arrange an Areyvut program at your synagogue, school or community center.
- We thank you for your participation and hope that you will join us again next year!

# Registration Form

Contact Person: \_\_\_\_\_

Contact Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Project Details:

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Target Audience:

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# Project Planning Unit

This Guide will help you plan your program from start to finish, and enable you to utilize service-learning: education through community service. This guide can also be used throughout the year planning any community service program

## Step 1: Preparation

- Consider the Jewish values that you hold dear, that you wish to impart, and that give your life meaning
  - How do these values spur you to community service?
- Think about your community's needs
  - What are problems in the local, national, or world community that you believe should be addressed?
  - What are ways that you can address this problem or concern?
  - Who is already doing this work? How can you support/further/complement their work?
  - What would your community look like with those needs met?
- Speak to people already working on this issue to gather ideas and figure out how you can help.

## Step 2: Select your Mitzvah Day Project

- Think about what short-term project can help address this communal problem?
  - The project could solve an issue directly. For example, you could collect food for families who cannot afford it.
  - A more indirect approach would be to have a fundraiser with all the proceeds going to an organization that distributes food to families in need.
- Consider what time, talent, and resources you have and need, and chose a project that you believe you can make happen.
- For more ideas, look over the attached list of Jewish values and possible project ideas.

## Step 3: Make your project happen

- Set goals you hope to accomplish at the end of your project.
- Assign roles for task completion.
  - What tasks need to be performed?
  - Who will perform them?
  - Who will have overall responsibility for the project?
- Establish a timeline in order to successfully accomplish your goals.
- What costs will you have for materials or services?
- Get the word and generate excitement about the program.
  - Create flyers to recruit people to participate.
  - Use social media to tell people about the program and to remind them to participate.

- Raise awareness about the issue

#### **Step 4: MITZVAH DAY!!!**

- Bring your energy, your enthusiasm, and your willingness to go beyond your comfort zone to the project. Remember your energy is contagious; it will help you and the people you are serving to benefit that much more from the program.
- Utilize the attached Jewish sources to connect the project to Jewish learning.
- Take pictures to document the event and show the impact of the project.

#### **Step 5: Continuing Your Goals into the Future**

- Think of ways that you can help ensure that the issue you addressed with your project will continue to be addressed in the future.
- Whom can you write to?
- How can you advocate for this issue?
- What long-term structure can you set up?
- What are ways that you can get others to address this issue?

#### **Step 6: Reflection**

Reflection is a critical part of service-learning both during and after a service activity. Reflection helps you to internalize the experience by connecting to your community, Jewish values, what is learned in school and life outside school.

#### **Some Questions That Prompt Reflection Discussion:**

- ✓ What did you enjoy most about what you did?
- ✓ What did you learn that you didn't know before?
- ✓ How does this connect with Judaism or being Jewish?
- ✓ How did this project impact you?
- ✓ How do you think you make a difference in your community?
- ✓ Why do you think that the project you completed is *your* responsibility?
- ✓ What about this project will influence your thoughts and actions in the future?
- ✓ Will you continue volunteering for the same agency in the future?

#### **Other ways to reflect:**

- **Write:** Have the students write a journal entry or blog in which they reflect on the experience.
- **Read:** Hand out articles pertaining to the type of service the students were involved with.
- **Speak:** Engage in class or group discussions about the project and use the Judaic sources to spark discussion.

**Step 7: Evaluating your project:**

Here are some general evaluation questions to guide you in the process:

- Did your activity meet the goals you established at the start of your project? Why or why not?
- What about your project worked well?
- What about your project could be improved?
- What will you do differently in future service-learning projects?

**Step 8: Sharing your experience:**

Areyvut would love to hear about your project and its impact on your community. We would also love to see photos or videos from the event!

- Please forward pictures, videos or other information to [info@areyvut.org](mailto:info@areyvut.org).
- Tweet us at @areyvut
- Make your Mitzvah Day project your Facebook status and tag Areyvut.
- Inspire others to get involved!

# Acts of Loving Kindness (*Gemilut Chasadim*)

## How you can make the world better on National Mitzvah Day and into the future

Acts of loving kindness can be done in a variety of ways. You don't have to plan an elaborate program (although those are always welcome). Below are suggestions for activities you can do on National Mitzvah Day along with ways you can further these values and make your voice heard. Anyone can participate- from individuals to families, synagogues, schools, and community centers.

Here are some ways that you can bring Jewish values to life on Mitzvah Day and into the future:

### 1. And you shall teach your children

וְשִׁנַּנְתֶּם לְבָנֵיכֶם, וְדַבַּרְתֶּם בָּם, בְּשֹׁבְתְכֶם  
בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ  
וּבְקוּמְךָ. And you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you get up.  
(Deuteronomy 6:7)

**Today:** Read to a child.

Donate books to a library or school in need.

Host a second hand book sale and donate the profits to a school in need.

Help someone younger than you with their homework .

**And into the future:** Write to state or local government officials advocating for greater school or library funding.

### 2. Caring for the widow and the orphan

לִמְדוּ הַיָּטִב דְרָשׁוּ מִשְׁפָּט, אֲשֶׁרוּ  
חָמוּץ; שִׁפְטוּ יְתוּם, רִיבוּ אֶלְמָנָה. Learn to do well; seek justice, relieve the oppressed, judge for the orphan, and plead for the widow.  
(Isaiah 1:17)

**Today:** Invite a single parent to join your family on an outing.

Collect spare duffel bags and suitcases to donate to children in foster care.

Raise money to support a 'Rainbow Room,' an emergency resource room that stocks items such as diapers, formula, car seats, clothing, hygiene products and other necessities for CPS caseworkers to use when children arrive to the foster or adoptive home with little to nothing.

Host a special occasion parties for foster and adoptive children in your area.

**And into the future:** Develop structures in your synagogue to make certain that children without a parent are able to participate and welcome at services and communal events.

Become a court appointed special advocate for foster children.

### 3. Civic engagement

וְאַתָּה תִּתְּנֶנָּה מִכָּל-הָעָם אֲנָשֵׁי-חַיִל  
יִרְאֵי אֱלֹ-הִים, אֲנָשֵׁי אֱמֶת--שֹׂנְאֵי  
בְצַע; וְשֹׂמְתֵי עֲלֵהֶם, שָׂרֵי אֲלָפִים  
שָׂרֵי מֵאוֹת, שָׂרֵי חֲמִשִּׁים, וְשָׂרֵי  
עֶשְׂרֹת.

Moreover you must provide out of all the nation able people who fear God, people of truth and hating unjust gain; and place them to be rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.  
(Exodus 18:21)

**Today:** Register to vote.

Assist with voter or absentee ballot registration at a senior housing or assisted living facility.

**And into the future:** Find an underserved population in your community—seniors, disabled, etc, and organize rides for them so that they will be able to vote in upcoming elections.  
Become a part of your community board or local government.

### 4. Clothing the Naked (*Malbish Arumim*)

“R. Simlai expounded: Torah begins with an act of benevolence and ends with an act of benevolence. It begins with an act of benevolence, for it is written: ‘And the Lord God made for Adam and for his wife coats of skin, and clothed them.’ and it ends with an act of benevolence, for it is written: ‘And He buried him in the valley.’” *Talmud Sotah 14a*

**Today:** Host a clothing drive for a reputable charity that provides clothing to local people.  
Assist at a thrift store run by a not-for-profit organization.  
Collect new socks and underwear to be distributed to a homeless shelter.

**And into the future:** Once a month, go through your closet and donate the clothes you no longer wear.  
Knit scarves and hats for the homeless.  
Advocate with clothing manufacturers and retailers to ensure that unwanted clothing is donated to those who need clothing.

### 5. Comforting Mourners (*Nichum Avelim*)

נְחַמוּ בְנִחְמוּ, עַמִּי--יְאֹמַר, אֱלֹהֵיכֶם.  
Comfort, Comfort My people, said your God.  
*Isaiah 40:1*

**Today:** Learn how to make a shiva call.

Call people in first year of mourning to see how they are feeling.

**And into the future:** Help your synagogue or school to develop resources for those sitting shiva.

### 6. Do not stand by the blood of your neighbor

לֹא-תִלְוֶה רְכִיל בְּעַמֶּיךָ, לֹא תַעֲמֹד עַל-דַּם  
רְעִיב: אֲנִי, ה'!  
You shalt not go up and down as a talebearer among thy people; neither shalt you stand idly by the blood of your neighbor: I am the LORD.

**Today:** Organize a safety day at your synagogue and invite law enforcement professionals to speak to the community.

Write a letter to a victim of violence telling them that you are thinking of them.

**And into the future:** Become involved in broader anti-violence coalitions in their local communities that press for effective gun control at all levels

## 7. Escorting the dead (*Halvayat hamet*)

R. Hama son of R. Hanina said: What is the meaning of the text: You shall walk after the Lord your God? The meaning is to walk after the attributes of the Holy One. As God clothes the naked, for it is written: 'And the Lord God made for Adam and for his wife coats of skin, and clothed them,' you should clothe the naked. The Holy One visited the sick, for it is written: And the Lord appeared to him by the oaks of Mamre,' you should visit the sick. The Holy One, blessed be He, comforted mourners, for it is written: 'And it came to pass after the death of Abraham, that God blessed Isaac his son,' you should also comfort mourners. The Holy one, blessed be He, buried the dead, for it is written: 'And He buried him in the valley,' you too should bury the dead.

*Talmud Sotah 14a*

**Today:** Raise money for the Hebrew Free Burial Society.

Go to a Jewish cemetery, take care of untended graves, and say psalms for someone.

Learn about Jewish burial practices.

Offer to go with someone before Passover to visit their loved one's grave.

**And into the future:** Train to be a part of the chevre kaddisha.

## 8. Ethical treatment of animals (*Tsa'ar Ba'alei Chayim*)

כִּי יִקְרָא קוֹן-צִפּוֹר לְפָנֶיךָ בַּדֶּרֶךְ בְּכָל-עֵץ  
אוֹ עַל-הָאָרֶץ, אֶפְרָחִים אוֹ בִּיצִים, וְהָאִם  
רֹבֶצֶת עַל-הָאֶפְרָחִים, אוֹ עַל-הַבִּיצִים--  
לֹא-תִקַּח הָאִם, עַל-הַבָּנִים.

If a bird's nest happens to be in front of you, in any tree or on the ground, with young ones or eggs, and the mother bird sitting upon the young, or upon the eggs, you shalt not take the mother with the young;

*Deuteronomy 22:6*

יֹדֵעַ צְדִיק, נֶפֶשׁ בְּהֵמָתוֹ; וְרַחֲמֵי  
רָשָׁעִים, אֶכְזָרִי.

A righteous man regards the life of his beast; but the tender mercies of the wicked are cruel.

*Proverbs 12:10*

**Today:** Watch a friend's dog.

Volunteer at an animal shelter.

Eat vegan meals.

**And into the future:** Foster an animal.

Adopt a rescue animal.

Write to congressional representatives advocating laws protecting animals.

## 9. Feed the hungry

וּבְקַצְרְכֶם אֶת-קְצִיר אֲרָצְכֶם, לֹא-תִכְלֶה  
פֶּאֶת שְׂדֵךְ בְּקַצְרְךָ, וְלִקַּט קְצִירָךְ, לֹא  
תִלְקַט; לְעֹנֵי וְלִגֵּר תַּעֲזֹב אֹתָם, אֲנִי ה'  
אֱלֹהֵיכֶם.

And when you reap the harvest of your land, you shall not wholly reap the corner of your field, neither shalt you gather the gleanings of your harvest; you shall leave them for the poor, and for the stranger: I am the LORD your God.

*Leviticus 23:22*

**Today:** Serve a meal at a soup kitchen.

Organize supplies at a food pantry.

Collect non-perishable food for a food pantry.

Make deliveries for Tomchei Shabbos or other organization that delivers food to those in need.

**And into the future:** Work to make sure your school/workplace donates leftover foods.

Write letters to Congress regarding the crisis of hunger in America and urge them to fight for legislative action.

Help sort fresh fruits and vegetables grown by local farmers for donation to food banks.

## 10. Gratitude (*Hakarat Hatov*)

“Were our mouth as full of song as the sea, and our tongue as full of joyous song as its multitude of waves, and our lips as full of praise as the breadth of the heavens, and our eyes as brilliant as the sun and the moon, and our hands as outspread as the eagles of the sky and our feet as swift as hinds -- we still could not thank You sufficiently, HaShem our God and God of our forefathers”  
*Nishmat Kol Chai prayer*

**Today:** With pen and paper, write thank you notes to people who have helped you. And then mail them!

Thank your bus driver, your doorman, and other people you see every day.

Bake cookies (or buy pizza) for police officers or fireman and bring it to them.

**And into the future:** Letters to Congressional, Senatorial and other representatives who support Israel or other causes you believe in and thank them for their support.

## 11. Hospitality (*Hachnasat Orchim*)

Rav Judah said in Rav's name: Hospitality to wayfarers is greater than welcoming the presence of the Shechinah, for it is written, ‘And Avraham said, My Lord, if now I have found favor in your sight, pass not I pray you from your servant’ [Genesis 18:3]” [According to this understanding of the biblical text, Avraham left God in order to go out to welcome guests into his home.]  
*Talmud Shabbat 127a*

**Today:** Make gift baskets for new people in the community.

Invite someone you would not otherwise have invited to your house/school/synagogue for an event.

Invite an out-of-town visitor to stay at your house.

Have coffee with an older relative or neighbor.  
At a social event, introduce yourself to someone standing alone.

**And into the future:** Create a hachnasat orchim committee at your synagogue and develop a system so that people are invited for Shabbat meals

## 12. Justice and Righteousness

צֶדֶק צְדָקָה, תִּרְדּוּף--לְמַעַן תִּחְיֶה  
וְיִרְשֶׁתָּ אֶת-הָאָרֶץ, אֲשֶׁר-יְהוָה  
אֱלֹהֶיךָ נָתַן לְךָ.  
Justice, justice shalt you pursue, so that you may live, and  
inherit the land which the LORD your God gives to you.  
*Deuteronomy 16:20*

**Today:** Write a letter to your local paper about an issue that you feel strongly about.

**And into the future:** Organize a trip to Washington to lobby Congress.

## 13. Love of all God's creations (*B'tselem Elohim*)

וַיִּבְרָא אֱלֹהִים אֶת-הָאָדָם בְּצַלְמוֹ,  
בְּצֶלֶם אֱלֹהִים בָּרָא אֹתוֹ: זָכָר  
וּנְקֵבָה, בָּרָא אֹתָם.  
And God created man in His own image, in the image of  
God created He him; male and female created He them.  
*Genesis 1:27*

**Today:** Plan a fun activity for children with special needs.

**And into the future:** Cultivate a relationship with a young person with developmental disabilities.

Become a special education surrogate parent.

## 14. Love for Israel (*Ahavat Yisrael*)

שְׁאַל, שְׁלוֹם יְרוּשָׁלַם;  
יִשְׁלִי, אֶהְבִּיָּהּ.  
Pray for the peace of Jerusalem; may those who love  
you prosper.  
*Psalms 122:6*

**Today:** Pray for the peace of Jerusalem.

Write letters to Israeli soldiers thanking them for their hard work.

Buy Israeli produces or services.

Show Israelis your support, love and friendship by writing letters, postcards and emails to everyone you know.

Become an e-mail pen pal to someone in Israel.

**And into the future:** Email the president or another government official to voice your support for Israel.

Get involved with AIPAC, NORPAC or other organizations that work to ensure US support for Israel.

### 15. Love your neighbor as yourself

לֹא-תִקֹּם וְלֹא-תִטַּר אֶת-בְּנֵי עַמֶּךָ, וְאָהַבְתָּ לְרֵעֶךָ כְּמוֹךָ: אֲנִי, ה'  
You shalt not take vengeance, nor bear any grudge against the children of your people, but you shalt love your neighbor as yourself: I am the LORD. (*Leviticus 19:18*)

**Today:** Organize a neighborhood clean-up of the area around your school, synagogue or house.  
**And into the future:** Organize a communal picnic in a parking lot or blocked off street and invite the neighbors to join you.

### 16. Not destroying (*Bal Tashchit*)

“It is forbidden to cut down fruit-bearing trees outside a [besieged] city, nor may a water channel be deflected from them so that they wither, as it is said ‘You must not destroy its trees. (Deut. 20:10).’ It [a fruit bearing tree] may be cut down, however, if it causes damage to other trees or to a field belonging to another man or if its value for other purposes is greater [than that of the fruit it produces]....This law does not only apply to trees. Whoever breaks vessels, rips up garments, destroys a building, stops up a fountain, or ruins food is guilty of violating the prohibition of Bal Tashchit.”

*Rambam (Maimonides), Mishnah Torah, Laws of Kings and Wars 6:8–10*

**Today:** Have an old clothing drive and donate them to be sold to an aftermarket textile recycler  
**And into the future:** Create a recycling program for your school or workplace

### 17. Peace (*Shalom*)

“Be of the disciples of Aaron--a lover of peace, a pursuer of peace, one who loves the creatures and draws them close to Torah.” *Pirkei Avot 1:12*

**Today:** Learn about restorative justice and raise money for organizations that teach and practice restorative justice.

**And into the future:** Write letters, call, and meet with your elected officials. Express your opinion on specific issues, such as votes on military spending, arms control agreements, and funding for human services and social justice. Be in touch while an issue is being debated in committee or before a key vote.

### 18. Peace in the home (*Shalom Bayit*)

דְּרָכֶיהָ דְּרָכֵי-נְעִים; וְכָל-גְּתִיבוֹתֶיהָ שְׁלוֹם.  
Her ways are ways of pleasantness, and all her paths are peace.  
(*Proverbs 3:17*)

**Today:** Write thank-you notes to people in your family.

**And into the future:** Be a peace maker in your relationship with family and friends by learning and using alternative methods of conflict resolution.

Declare your family a “peace zone”. Do not tolerate any kind of bullying. Lay down ground rules that are posted for everyone to see. Have all the children agree to the ground rules (even signing the list of rules) and hold them accountable.

**19. Proper behavior (*Derech Eretz*)**

"Guard my tongue from evil and my lips from speaking falsehood. "  
*Talmud Berachot 17a*

**Today:** Don't gossip or associate with people who do.

When someone says something mean about a third person, say something nice

Don't say anything mean, even as a joke.

**And into the future:** Write letters to your elected officials telling them that you value civility in the public and governmental sphere.

**20. Protecting dignity of others (*Kavod Habrit*)**

"One who embarrasses another in public, it is as if that person shed blood."  
*Babylonian Talmud, Bava Mezia 58b*

**Today:** Collect feminine hygiene product drive to distribute to women in developing world.

**And into the future:** Create a free loan society to enable people to get small interest free loans.

**21. Redemption of captives (*Pidyon Shvuyim*)**

"Every moment that one delays in redeeming captives who could be redeemed it is as if he spills blood"  
*Shulchan Aruch Yoreh Deah 252:3*

**Today:** Make bracelets and sell them to benefit the innocence project.

**And into the future:** Find a local group that works with prisoners and volunteer to get involved however you're needed – whether it's helping in a prison organization's office or providing support to prisoners and their families.

**22. Respecting and caring for the elderly**

מִפְּנֵי עֵיבָה תִּקּוּם, וְהִדַּרְתָּ פָּנָיו  
וְיָרֵאתָ מֵאֱלֹהֶיךָ, אֲנִי ה'.

You shalt rise up before the hoary head, and honor the face of the old man, and you shalt fear your God: I am the LORD.  
*Leviticus 19:32*

**Today:** Throw a birthday party for a resident in a nursing home.

Make cards for nursing home residents.

Write to elderly relatives.

Spend time with your parents.

**And into the future:** Host discussion groups in your community and Invite older adults to speak about their health concerns, transportation issues or financial difficulties in hopes of inspiring compassion and solutions in the minds and hearts of local residents.

Write to legislative officials about important issues such as financial abuse of the elderly, healthcare neglect and lack of transportation services.

**23. Saving a Life (*Pikuah Nefesh*)**

“Whoever preserves a single soul, scripture ascribes merit to him as though he had preserved the entire world”

*Talmud – Masechet Sanhedrin 37a*

**Today:** Donate blood.

Be tested for bone marrow registry.

Sign up as an organ donor.

**And into the future:** Encourage others to donate blood.

Write a letter to Congress advocating for opt-out organ donation registries.

**24. Taking care of your body (*Sh'mirat haguf*)**

Since it is God’s will that a person’s body be kept healthy and strong, because it is impossible for a person to have any knowledge of his Creator when ill, it is, therefore, his duty to shun anything which may waste his body, and to strive to acquire habits that will help him to preserve his health.”

*Rambam, Mishneh Torah, Hilchot De’ot 4:1*

**Today:** Invite a local health expert to talk about the benefits of exercise.

Coordinate a group exercise class.

Raise money for an organization that distributes medicine to clinics in the developing world.

**And into the future:** Incorporate exercise into your school day, your family time, and your free time.

**25. Visiting the sick (*Bikkur Cholim*)**

There is no measure for visiting the sick. What is meant by, ‘there is no measure for visiting the sick?’ R. Joseph explained: its reward is unlimited.

*Talmud Nedarim 39b*

**Today:** Visit patients in a hospital.

Make cards or write letters to those who are ill.

Create bracelets for children in the hospital.

Drive a friend to their doctor’s appointment.

Make “fill your time” activity baskets for those undergoing chemotherapy.

Offer to cook, clean, or watch older children for someone who has recently given birth.

**And into the future:** Write letters, call, and meet with your elected officials to express your opinion on specific issues, such as healthcare funding. Be in touch while an issue is being debated in committee or before a key vote.