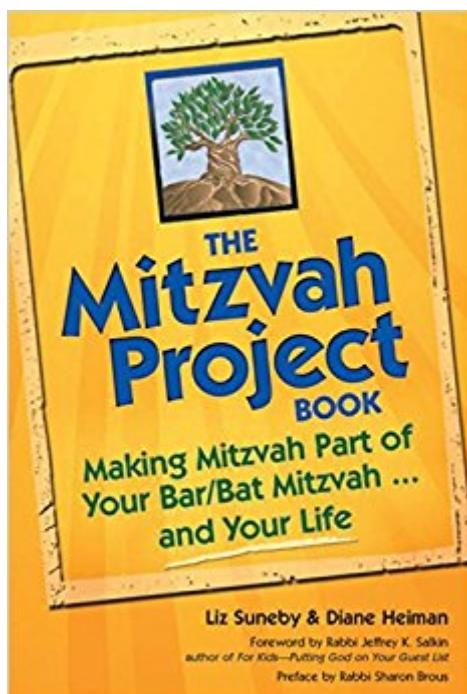


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# The Mitzvah Project Book: Making Mitzvah Part Of Your Bar/Bat Mitzvah ... And Your Life



## Synopsis

Make the world a better place through good deeds—big or small."Thank you, really, for devoting your energies to making the world just a little bit better. By doing so, you are saying to yourself, and to others, that this whole Bar/Bat Mitzvah thing is real and important. And, this book will help you figure out great ways to put your own passions, interests, and hobbies to work for mitzvah."—from the ForewordAre you searching for a meaningful and fun mitzvah project? This inspiring book is packed with ideas to help you connect something you love to a mitzvah project or tikkun olam initiative that you can be passionate about. It is filled with information, ideas and activities to spark your imagination, as well as a planning guide to get you organized and off to a good start.Creativity and CompassionArts & Crafts — Clothes & Fashion — Computers & Technology — Food & Cooking — Movies & Drama — Reading & WritingPutting Mitzvot in Motion Animals — Camp — Fitness — Health — Music & Dance — SportsYour World, Our WorldEnvironment — Family — Friends, Neighbors & Your Community — Global Community — Israel — Your Jewish Heritage

## Book Information

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## Customer Reviews

"...this book is an excellent resource for any library serving preteens or teens (Jewish or not) who value community service. Highly recommended. 6th grade-high school."—Association of Jewish Libraries Review"Wow! If you are looking for a way to put the 'mitzvah' in your Bar/Bat Mitzvah, this is the book for you. A fabulous resource for teens, families and synagogues. Highly recommended!"—Dr. Ron Wolfson, copresident, Synagogue 3000; author, God's To-Do List:

103 Ways to Be an Angel and Do God's Work on Earth" A superb resource for young people and parents beginning preparation for Bar/Bat Mitzvah. If you cannot find an idea for a mitzvah project, this book will certainly point you in the right direction." Dr. Matthew King, EdD, head of the Rashi School, Dedham, Massachusetts" An incredible tool for religious schools, youth groups and any family who wishes to make the Bar/Bat Mitzvah year a life-changing experience. [A] powerful book." Rabbi M. Bruce Lustig, senior rabbi, Washington Hebrew Congregation, Washington, DC" A treasure-trove of amazing ideas. Perfect for any Bar/Bat Mitzvah-to-be, and also fantastic for any older children, tweens and teenagers who want to find a way to have a meaningful impact in their local or global community. Rabbi Danya Ruttenberg, author, *Surprised By God: How I Learned to Stop Worrying and Love Religion*" A wonderful source guide for a new generation of Jewish children and their parents. Cantor Mikhail Manevich, Washington Hebrew Congregation, Washington, DC" Full of fun, engaging and valuable activities! Authors Diane Heiman and Liz Suneby do a great service to the Jewish people and our world, making today's mitzvah projects even more accessible and meaningful for Bar/Bat Mitzvah and beyond. Rabbi Joel Sisenwine, Temple Beth Elohim, Wellesley, Massachusetts; rabbinic chair, Union for Reform Judaism" Joint Commission on Worship, Music and Religious Living" Helps make the process of becoming a Bar/Bat Mitzvah relevant and meaningful. A great addition to this important life cycle! Rabbi Jamie Korngold, the Adventure Rabbi; author, *The God Upgrade: Finding Your 21st-Century Spirituality in Judaism*" 5,000-Year-Old Tradition" Speaks to our children simply and naturally, fanning the flames of their passions and interests and offering creative ideas so that the performance of mitzvot can be woven into their daily lives. Cantor Jodi Sufrin, Temple Beth Elohim, Wellesley, Massachusetts" A must-read for every Bar/Bat Mitzvah student, parents, rabbis and educators. Brilliantly reminds us that there is no better way to enter Jewish adulthood than to begin to put a vision for a more just and holy world into action. Rabbi Shmuly Yanklowitz, founder/president, Uri L'Tzedek, the Orthodox Social Justice Movement

Diane Heiman is coauthor of *The JGuy's Guide: The GPS for Jewish Teen Guys*; *The Mitzvah Project Book: Making Mitzvah Part of Your Bar/Bat Mitzvah and Your Life*; *It's a Mitzvah (all Jewish Lights)* and the Children's Choice Award winner *See What You Can Be: Explore Careers That Could Be for You*. Diane Heiman is also available to speak on the

following topic: Mitzvah ProjectsLiz Suneby is coauthor of The JGuy's Guide: The GPS for Jewish Teen Guys; The Mitzvah Project Book: Making Mitzvah Part of Your Bar/Bat Mitzvah and Your Life; It's a ... It's a ... It's a Mitzvah (all Jewish Lights) and coauthor of the Children's Choice Award winner See What You Can Be: Explore Careers That Could Be for You!Liz Suneby is also available to speak on the following topic: Mitzvah ProjectsRabbi Sharon Brous is the founding rabbi of IKAR ([www.ikar-la.org](http://www.ikar-la.org)), a spiritual community dedicated to reanimating Jewish life through soulful religious practice that is rooted in a deep commitment to social justice. She has been noted as one of the leading rabbis in the country in Newsweek/Daily Beast and has been listed among the Forward's fifty most influential American Jews numerous times. She serves on the faculty of the Wexner Heritage Program, the Shalom Hartman Institute and Reboot, and sits on the board of Rabbis for Human Rights.Rabbi Jeffrey K. Salkin is recognized as one of the most thoughtful Jewish writers and teachers of his generation. He has helped people of all ages find spiritual meaning in both the great and small moments in life.A noted author whose work has appeared in many publications, including the Wall Street Journal, Reader's Digest and the Congressional Record, Rabbi Salkin is editor of The Modern Men's Torah Commentary: New Insights from Jewish Men on the 54 Weekly Torah PortionsandText Messages: A Torah Commentary for Teens; and author of Being God's Partner: How to Find the Hidden Link Between Spirituality and Your Work, with an introduction by Norman Lear; the best-seller Putting God on the Guest List: How to Reclaim the Spiritual Meaning of Your Child's Bar or Bat Mitzvah; For KidsPutting God on Your Guest List: How to Claim the Spiritual Meaning of Your Bar or Bat Mitzvah and Righteous Gentiles in the Hebrew Bible: Ancient Role Models for Sacred Relationships (all Jewish Lights), among other books.   
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This has been very helpful for my students!

I am reading this with my son as we prepare for his Bar Mitzvah. It's nice to spend time together reading about mitzvah projects as well as brainstorming ideas for his. This book has a wide variety of ideas, which are applicable not only to mitzvah projects but anyone who wants to make a difference.

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The Bar Mitzvah ceremony for boys at age 13 and the Bat Mitzvah ceremony for girls at age 12 or

13 is very significant for Jews, but not very meaningful. The ceremonies have little impact upon their lives. The authors of this easy to read and very informative book offer dozens of ideas that will help young people grow spiritually, learn responsibility, and use their talents to perform good and meaningful deed for themselves, their families, fellow Jews, and non-Jews, both in their community and world-wide. Examples of projects that the authors suggest and tell how to perform, are: Support orphans through your own crafts. Make personal tallits, prayer shawls, and give them to other people. Help stock a thrift shop. Collect costumes for kids. Hold cell phone tutorials. Read to elderly people. Write to wounded soldiers, American and Israeli. Volunteer at the public library. Become a member of a Jewish organization. Send care packages to Israeli soldiers. Give support to The Jewish Foundation for the Righteous, these are non-Jews who helped Jews during the Holocaust. Pass along your favorite books. Keep current on Israeli affairs. Bring parents breakfast in bed for a period of time. These are just some of the many projects that the authors suggest for young people to help them make their Bar and Bat Mitzvah ceremonies meaningful and memorable. Every chapter ends with interesting real life examples of how the proposed projects were carried out successfully and enjoyed by young people.

If a Bar or Bat Mitzvah is in your future (or that of your child's), this book will be a valuable resource. The authors offer realistic and pre-teen friendly ideas for mitzvah projects, designed to make the experience of becoming a bar or bat mitzvah meaningful. The book is arranged in a very accessible way. Chapters are organized by interests such as cooking, environment, animals and fitness. Suggestions are offered (and real world examples provided) of do-able projects that match kids' interests. What struck me the most was the breadth and depth of ideas. There is truly an idea for every type of kid--from one who is into shoes (yes....she collected shoes for Soles4Souls) to one who lives for summer camp (donating sports equipment to a camp for disadvantaged kids) to the computer whiz who broadcasted services to housebound congregants, there is something for everyone. Written in a breezy and kid-friendly way, with pages for notes and suggestions for everyday mitzvot, this book has value beyond the Bar/Bat Mitzvah year. In fact, you don't have to be Jewish to find value in this book. For kids who want to make the world a better place, I highly recommend the Mitzvah Project Book.

My kids are 8 and 11, and this is exactly what we've been looking for, here in North Carolina. Since my wife didn't grow up Jewish, this has been especially helpful for us with getting the right ideas across.

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