

HĂMAKOM

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B'nai Mitzvah Tikkun Olam Social Action

**A guide to the Tikkun Olam (Healing the World) Social
Action for Bar and Bat Mitzvah Students**

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Introduction

Mazal Tov on your upcoming simcha! Becoming Bar/Bat Mitzvah is about becoming an adult in the eyes of the Jewish community. In entering this new phase of religious life and identity, and emphasizing its importance, part of the B'nai Mitzvah preparation involves recognizing the importance and responsibility of doing acts of loving kindness – *g'milut hasadim* – (as a Jewish value and commandment) and educating others about this as well. This is one important way in which we bring the world closer to *tikkun olam* (healing or repairing the world). We offer several options by which to fulfill this *mitzvah* (commandment). Your achievements will be recognized from the bima on the day of your Bar/Bat Mitzvah.

The Hamakom B'nai Mitzvah Tikkun Olam Social Action is designed to allow our students to become involved with an ongoing social action project during the year before his/her Bar/Bat Mitzvah. Students are asked to commit at least **6 hours of social action service** during the months leading up to the special event. This is not mandatory.

Suggested timeline:

- **10 months** before the Bar/Bat Mitzvah, students, together with their parents are welcome to contact Rabbi Mendelson and/or Heather Binder to review ideas.
- **6 months** before the Bar/Bat Mitzvah, it is recommended that the student begin the Tikkun Olam Social Action.
- Ideally **1 month** before the student's Bar/Bat Mitzvah, the Social Action project is completed.
- At **least 2 weeks** before the Bar/Bat Mitzvah date, the student completes and submits the Tikkun Olam contract: <https://www.hamakomla/form/mitzvahproject> and will then be recognized at their Bar/Bat service and will receive a gold seal on their Bar/Bat Mitzvah certificate.

Goals for the Bar/Bat Mitzvah student:

1. Learn about several organizations, and communal/global needs, issues, and problems.
2. Educate others about the need, issue, and/or organization.
3. Learn about advocating on behalf of that need, organization, and/or issue.
4. Develop a project related to working on behalf of that organization.
5. Contribute to *tikkun olam*, healing the world.
6. Become part of the adult community of HAMAKOM through offering to help our Community of Caring.

Please contact Rabbi David Mendelson at (818) 854-7839 or rabbimendelson@hamakomla.org with questions about the Tikkun Olam Social Action.



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Community of Caring Opportunities - Show you Care

HAMAKOM prides itself on being a Community of Caring. One important way in which we act on this is by reaching out to one another during challenging times as well as during happy times. Please take a moment to complete this form and let us know how you and your family are able to help or if you need assistance in any of these areas. Thank you.

<https://www.hamakomla.org/show-you-care.html>

Tikkun Olam Interests

Select your own project to complete with your favorite organization, or with one or more of the organizations listed. Click the links below to view different organizations and their information as well as ideas pertaining to that area of interest.

Note: the “*” mark indicates that previous students have done their social action with these places and we may be able to connect you with that student if you have questions.

Click on the areas of interest to see more detailed information:

- [Animals](#)
- [Children](#)
- [Elderly](#)
- [Israel](#)
- [Sports](#)
- [Additional Ideas and Resources](#)



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Organizations that can help provide guidance and ideas for social action:

BIG SUNDAY:

Big Sunday connects people through helping. We provide a wide variety of opportunities and projects that bring people together to improve lives, build community and give people a sense of belonging. We offer more than 2000 ways for people to help out, every year. <http://www.bigsunday.org/> It is highly recommended you sign-up for their e-newsletters as there are a ton of incredible opportunities listed weekly:

<https://bigsunday.org/get-involved/sign-up-for-our-email-list/>

A MAGIC PENNY:

Nonprofit organization offering volunteer opportunities for families who want to model and lead a philanthropic lifestyle with their children. We schedule events in varying areas of philanthropy, thereby providing opportunities both for giving back to meaningful causes, and an avenue of self discovery for each child.

<https://amagicpenny.org/>

<https://www.facebook.com/amagicpenny>

VOLUNTEER COLLECTIVE:

Hard times don't just mean hardship. It's an opportunity to rise up and take responsibility for improving our world. We are a free resource of opportunities, activism, and challenges where all of us can pitch in and lend a hand to help our neighbors.

<https://www.facebook.com/VolunteerCollective>

Maman Nonprofit @mamannonprofit

<https://www.facebook.com/mamannonprofit>

mamannonprofit@gmail.com

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The Jewish Federation of Los Angeles:

The Jewish Federation also has opportunities to help such as packing groceries at the Karsh Center. They continuously update their website here: <https://www.jewishla.org/> or their FB or Instagram Pages: <https://www.facebook.com/JFedLA>
<https://www.instagram.com/jfedla>

Connecting a Caring Community:

Connecting a Caring Community (CCC) is a non-profit organization that has been established to provide relief for our community. It is the goal of CCC to meet the needs within the community with compassion, humanity, resources, and of course connection. Through community programs, we will inspire and empower individuals to give • love • grow. <http://www.connectingacaringcommunity.org/>

Current Needs:

Bundles of Kindness is an ongoing community project to help the Los Angeles homeless community. It was founded by Rachael Rosenberg, HAMAKOM congregant, when she was preparing for her Bat Mitzvah. Bundles of Kindness is seeking enough donations to assemble 500 more large, substantial care packages. Volunteers who are able to work in-person and/or remotely are welcome to contact Rachael at Support@BundlesofKindness.org. Volunteer days will take place throughout the year. Community service credit hours are provided. To learn more about Bundles of Kindness check out www.BundlesofKindness.org and the Bundles of Kindness Amazon Wish List: https://www.amazon.com/hz/wishlist/ls/2J83INJ6A5L44?ref=wl_share

Sack lunches for homeless shelters coordinated by HAMAKOM will continue ongoing the 2nd Tuesday of the month:

To do this mitzvah at home:

1. Put on gloves and a mask
2. Make PBJ sandwiches (alternate butter is fine if you have a nut allergy) and put in silver foil, saran wrap or ziplock bag.
3. Decorate and write a note on the outside of the bag (optional)
4. Pack the sandwich with a napkin, fruit, water and chips)
5. Drop off to the HAMAKOM parking lot (as a drive-through) on **the 2nd Tuesday of the month between 9:00-10:30 am** ** If you would like to help deliver the lunch bags to the shelters, please contact Zygi Boxer: zygiboxer@yahoo.com

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Jewish World Watch: <https://jww.org/> Inspiring people of all faiths and cultures to join the ongoing fight against genocide.

HAMAKOM's Community of Caring:

We are in need of help designing and making get well and bereavement cards for our congregants. We also need volunteers to do outreach to our elderly and homebound congregants (a friendly phone call or checking in to see if they need groceries, or helping them navigate accessing our virtual programs). If you can help, please contact Heather Binder, program assistant, at HBinder@hamakomla.org and she will give more details.

Sharsheret:

Sharsheret is a Jewish national non-profit organization that provides free and confidential genetic and mental health counseling, emotional support, financial assistance, and life-saving education to people of all backgrounds facing breast cancer, ovarian cancer, or at elevated hereditary risk. Visit sharsheret.org for more information. Opportunities for teens to plan a community service project can be found here: <https://sharsheret.org/bnai-mitzvah-celebrations/>

SOVA:

SOVA is in need of volunteers to help out at JFS{SOVA, food pantry in Van Nuys on Sundays - Thursdays from approximately 8 am – 12:30 PM. Volunteers are provided with masks, and staff and volunteers adhere to social distancing within the pantry. For more information or to sign up for volunteer shifts, please contact Felice Resnick at fresnick@jfsla.org or 818-988-7682 ext 118. <https://www.jfsla.org/SOVA> for current information. * They are also in need of FOOD to be brought directly to them on: Mon-Thurs 8-4 and about 8-1 on Sundays.

Optimist Youth Homes and Family Services:

Hamakom has had a long-lasting relationship with Optimist Youth Homes and Family Services (formerly the Pacific Lodge). Please see link for the ways we can virtually support the residents and staff during this time (such as cards, care packages, home-made items, etc.). <https://www.oyhfs.org/virtualvolunteer-2020-flyer-1.pdf>

For more information, contact volunteer@oyhfs.org. <https://www.facebook.com/OYHFS>

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Family Rescue Center (FRC):

Contact them or check out their website or FB page for current volunteer opportunities.

22103 Vanowen St, Canoga Park. (818) 884-7587.

<https://www.facebook.com/familyrescuecenter>

<https://www.rescatefamilycenter.org/volunteer>

Operation Gratitude:

(sending care packages to America soldiers overseas): virtual volunteering (Making paracord bracelets, writing letters or making hats/scarfs):

<https://www.operationgratitude.com/express-your-thanks-virtual>

<https://www.facebook.com/OperationGratitude>

Los Angeles Regional Food Bank:

<https://www.lafoodbank.org/> Join Team #WeFeedLA to raise funds to provide nutritious meals to children in need. With millions out of work and kids learning from home this fall, the LA Regional Food Bank has seen an 80% increase in demand:

http://support.lafoodbank.org/site/MessageViewer.jsessionid=00000000.app30124b?em_id=5803.0&dly_id=11663&NONCE_TOKEN=DC339495E3C7C11028A0B9824FB55783

National Library Initiative:

The National Library Initiative is Jewish Women International (JWI)'s commitment to establish 100 children's libraries in domestic violence shelters nationwide. Learn more on how you can help such as establishing a new library and donating books at: jwi.org/nli

Our Big Kitchen Los Angeles (OBKLA):

OBKLA is a community-run, industrial, Kosher kitchen where volunteers prepare meals under Chef instruction for distribution to needy families across Los Angeles. They believe in the power of food – to build connections within and across communities, to provide nutrition and dignity to those in need, and provide meaning for those who want to make a difference. OBKLA offers B'nai Mitzvah families the opportunity to come and have their own dedicated volunteer session as a part of their "Mitzvah Project", where the true value of hands on "Chessed" is imbued within them at this pivotal age. For more information please contact Chaya Segelman: chaya@obkla.org.