

Congregation Beth El Mitzvah Day Sunday October 25, 2026

Join us for Mitzvah Day on Sunday, October 25! Help us help those in need in our community and beyond. Donate items and sign up for a project by contacting the captain of the project of your choice. For other info, contact chairs Jon Polon at jonpolon@hotmail.com or 917-543-0118, Donna Shimshi at donnashimshi@gmail.com or 240-731-1731. Projects may qualify for SSL hours. *Beth El's Mitzvah Day is underwritten by our Sondra Bender Community Service Fund.*

Projects

Project	Time and Location	Information	Captains
INOVA Blood Drive- Donate blood to save lives!	8:30am-12:30 pm Please sign up for an appointment at https://tinyurl.com/CBE1025	Zahler Social Hall Check-in area in family room across from sanctuary	Jack Ventura Jack.ventura@verizon.net 301-437-1872 Jon Simon jonathan747@gmail.com 240-997-3356 (Text please)
WBE will be making winter hats, cowls, ear warmers, scarves, sweaters, shawls, socks or gloves for Knit the Rainbow. Items will be distributed to LGBTQ+ youth and young adults who are experiencing homelessness. You may use your own pattern or visit knittherainbow.org for suggestions. However, if you need help, please reach out or join us at one or more of our weekly meetups.	Sponsored by Women of Beth El Crafters Yarn is available if you would like, but you are welcome to use any yarn you already have.	WBE Crafters meet weekly, drop in as able. Drop off completed items at weekly meeting or in the box located in the Beth El lobby.	Heather Janssen heathergjanssen@gmail.com 202-258-2074
Prescription and/or Over	Sponsored by Beth	Drop off expired or no	Jonathan Epstein

the Counter Medication Collection for National Drug Takeback Day	EI Men's Club 9:00am-12:00pm	longer needed prescription or over the counter medications at table along curb in the parking lot	jonathan.epstein@hklaw.com Jeff Spector rjspector@rcn.com
Donate Gently Used Clothing and small household items for men, women, and children to Interfaith Works Clothing Center	Sponsored by the Women of Beth EI 9:00am-12:00pm	Truck in Beth EI Parking lot	Shayna Bloom Shayna.bloom@gmail.com
Prepare Meals for Area Homeless Shelters - Prepare casseroles and other provisions for delivery at local shelters. Participants can cook at Beth EI or at home.	Sign up at: https://tinyurl.com/ShelterCooking2026	Cook at Beth EI from 9:00-11:00am, or drop off home-cooked donations at Beth EI from 9:00-11:00.	Laura Silberman laura.silberman@gmail.com 202-285-6541
Sandwiches for Shepherd's Table: Make peanut butter and jelly sandwiches on whole wheat bread, pack in individual ziploc bags, placed inside bread bag or other bag	On-site activity 11:00-1:00 Sponsored by Beth EI Family Camp. All are welcome!	Box for donated sandwiches at front entrance to Beth EI on Mitzvah Day and Sandwich making activity at Beth EI	Andrea Jaffe agold5092@icloud.com

Adopt a new friend! Come meet representatives of The Freckles Foundation and some of their adoptable pups who are looking for a furever home! https://frecklesfoundation.org/	11:00am-2:00pm	Beth El Parking Lot (Behind building)	Donna Shimshi 240-731-1731 (text preferred)
Beth El Youth Groups Bonim (K-2nd grade) and Machar (3rd-5th grade) will make dog toys using upcycled materials to be donated to Freckles Foundation	12:00-1:30pm	Beth El Youth Groups	Allison Brown abrown@bethelmc.org 301-652-8569 x109
Musical Programs at Charles E. Smith Life Communities	Ring House 3:00pm	Beth El Simcha Band	Sheryl Miller sherylrosemiller@gmail.com

Donation Requests

Support the Girls: Bras and Tampons for Homeless Women

Drop off new and gently used bras and individually wrapped or unopened boxes of tampons and maxi pads	Drop off in boxes at 112 Lucas Lane or 5700 Trafton Place, Bethesda or Box at Beth El throughout October	Erika Dickstein erika@springinsight.com Wendi Sager 240-997-0058 wendisager@yahoo.com
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Bikes for the World: Bicycle Donations to Benefit People in Developing Countries

Drop off donations of used but repairable bikes and sewing machines. Older bikes are welcome as long as the frame is not broken.	Beth El Parking Lot 10:00am-2:00pm	Richard Lieberman <u>rliebermanconsultant@gmail.com</u> 202-520-5780
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Calendar Collection for Residents of the Hebrew Home

Drop off donations of 2027 calendars to be distributed to residents of the Hebrew Home	Box in Beth El lobby throughout October	Katie Friedman <u>kfriedman@bethelmc.org</u> Office: (301) 652-2606 X 130 Cell: (240) 426-3588 Doris Povich <u>dlpandasp@aol.com</u> 301-320-5440
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Food Collection for Manna Food Center

Donate non-perishable, packaged food to be distributed to the needy in our community through Manna Food Center For guidelines, please visit <u>www.mannafood.org</u>	Blue Bin Outside Beth El throughout October If you prefer to make a monetary donation, please visit <u>https://secure.ggiv.com/event/bethelharvestagainsthunger2024/</u>	Alana Aronin <u>abaroin@gmail.com</u>
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Pet Food Collection for Freckles Foundation

Help Beth El Preschool	Drop off in box at Beth El	Dara Liebovitz
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support our furry friends! Please donate canned or dry puppy or kitten food to support the Freckles Foundation, then visit them in the Beth El parking lot on Mitzvah Day to meet some of the adoptable animals who will benefit from your generosity!	throughout October	bepsboardchair@gmail.com Alyssa Fiedler fiedler.alyssa@gmail.com
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Sandwiches for Shepherd's Table

Donate peanut butter, jelly, or bread to make sandwiches for Shepherd's Table, or donate already made, individually bagged sandwiches	Bin for donations in Beth El lobby	Andrea Jaffe agold5092@icloud.com
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Children's Book Collection for Nourishing Bethesda

Drop off new and gently used children's books for all ages in English or Spanish to benefit our neighboring families who depend on Nourishing Bethesda for food and other services	Sponsored by Women of Beth El Social Action Committee Visit table in Beth El Parking lot to drop off books and learn more about Nourishing Bethesda 9:00-12:30	Helene Weisz heleneweisz1@gmail.com 202-412-6773
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Essential Items Collection for Montgomery County Family Justice Foundation

Please support Montgomery County domestic violence survivors and their families. The Family Justice Center is in need of new and unused: --large size diapers (4 and up) --full size toiletries (shampoo, conditioner, body wash, lotion, deodorant) --winter coats (all sizes, including babies to XXXL) --stuffed animals --diaper bags --gift cards for Giant, Safeway, Target, Uber and Lyft (\$10, \$25, \$50)	Drop off in box at Beth El throughout October and on Mitzvah Day.	Debbie Feinstein Debbie_Feinstein@yahoo.com
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