

MAZEL TOV from everyone at JFCS!

The tradition of Bar and Bat Mitzvah, by which we celebrate your passage into the Jewish religious and ethical responsibilities of adulthood, is one of the most special experiences you will ever have. During this time, we are reminded of what's truly important: family, community, and a relationship with God.

While the actual service marks the time in which you begin the journey of becoming an adult, the Bar and Bat Mitzvah project gives you the opportunity to make a real difference in someone's life. JFCS understands that each of you is unique, so we have a team to help you design and implement your project based on your interests and goals.

Take a look at the many opportunities available to you in this Mitzvah Project Tool Box.

As you become an adult member of the Jewish community, JFCS looks forward to working with you through your life-long journey of Judaism and performing Mitzvot. May this time in your life be rewarding and enlightening.

Visit www.jfcsphilly.org and click on **Give Help** to view the online version of JFCS' Mitzvah Project Tool Box which offers organizational steps for the project of your choice. You may also contact Lisa Tischler, Volunteer Supervisor at 267.256.2082 or LTischler@jfcsphilly.org for more information.

JFCS programs provide a broad range of social services through six key program areas:

- Child Welfare
- Adult and Family Services
- Senior Services
- Jewish Community Services
- Education and Outreach Services
- Open Arms Adoption Network

Services include direct client care, emergency relief, counseling, domestic violence support, chaplaincy, hospice support, adult special needs programming, education and outreach, volunteer support, child welfare services, and more. JFCS touches the lives of approximately 15,000 clients each year.

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FUN WITH

Wii

Are you into Wii? Introduce a fun activity to Jewish seniors and together you can enjoy the excitement of bowling, golfing, tennis, and more. You can choose the amount of time you volunteer.



2



CHALLAH BAKE

There is nothing like the taste and smell of homemade Challah. Host a group of friends and family at your home or synagogue to bake challah and help bring warm feelings, prayers, and wishes into every loaf you bake. Baking challah as a group is a perfect way to bring people together, develop friendship, and strengthen your Jewish community. You can donate or sell the challah you bake to raise money and awareness for JFCS.

3



SENIORS ON THE WEB

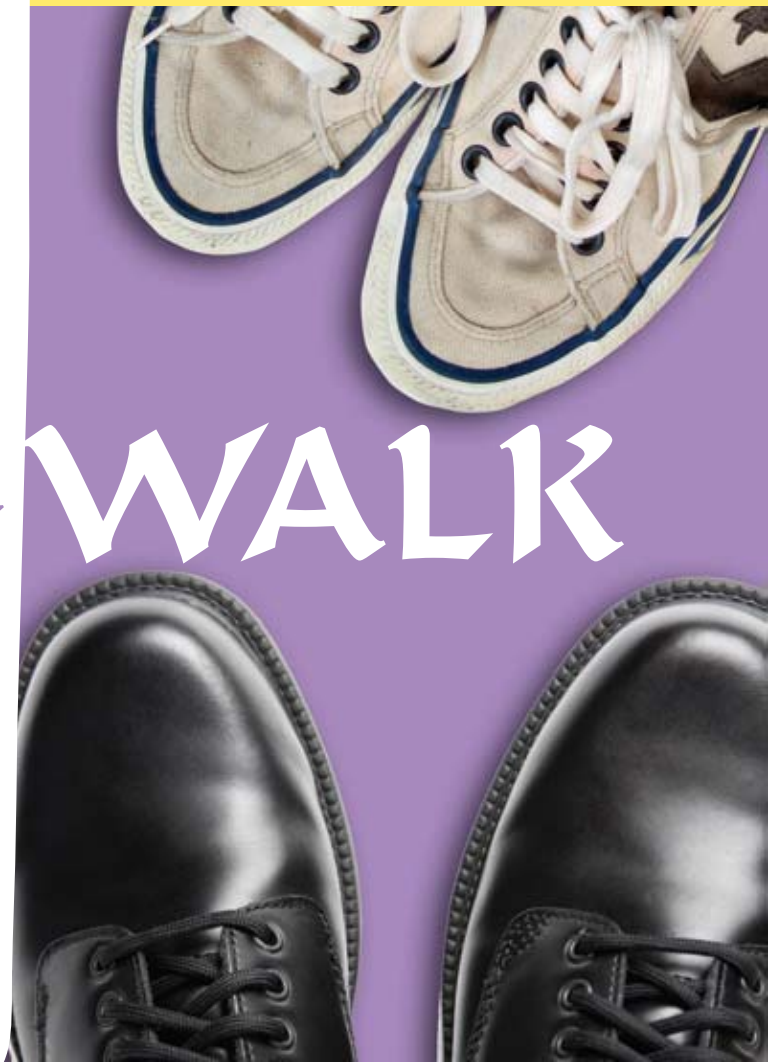
Surfs Up! Help a senior learn how to navigate online and explore the internet through a six lesson training program. Cover such topics as searching the web, setting up email, and creating a Facebook page. We will match you with a JFCS client who is living at home or resides at an assisted living facility. We will provide you with a training outline. Sharing knowledge and time is a great mitzvah!

4

Take steps to repair the world. Plan a walk with friends and family together for fitness and fun while raising awareness and money to support JFCS'

GET OUT & WALK

crucial work. We will provide you with all the "how to's", including step by step instructions, flyers, and suggestions to make your walk an exciting and fun learning event.



5



L'DOR V'DOR

From generation to generation. Create a generational story by meeting with a senior and talking about memories, Jewish holidays, Bar/Bat Mitzvah, relationships with family, sports, hobbies, major historic events, and others. Over a five week session you will brighten a senior's life and enjoy enlightening conversations.



CARING CONNECTIONS

Reach out and touch lives.

Bring compassionate caring to people in various ways. You can:

- Bring a taste of Shabbat to residents in nursing homes and assisted living facilities.
- Visit one-on-one with Jewish residents in nursing homes and assisted living communities.
- Accompany JFCS chaplains at holiday celebrations for isolated Jewish seniors residing in local facilities. You do not need to be able to lead the service, but rather be there to wish someone a "Good Shabbos" and share a conversation or a memory.

A NOTE FOR PARENTS

The Bar/Bat Mitzvah

Like all Jewish life cycle events, the Bar/Bat Mitzvah is an exciting time of planning and learning, culminating in the celebration of a momentous occasion in your child's life. It is also a wonderful opportunity to engage, support, and teach your teen about becoming an active member of the community and caring for those less fortunate. This rite of passage is the beginning of your teen's sense of responsibility to the world and to fulfilling the obligation of Tzedakah. JFCS is pleased to partner with your teen as he/she embarks on this spiritual journey, and we are grateful to be a part of his/her personal growth.

Mazel Tov!

Lisa Tischler

Volunteer Supervisor

LTischler@jfcsp Philly.org

267.256.2082

