

# Tzedek Emanu-El

## Tikkun Olam Project Planning Guide

Name: \_\_\_\_\_

Date of B'nai Mitzvah: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_

### What is the Tikkun Olam Project?

- The Tikkun Olam Project is a significant step on the path to becoming B'nai Mitzvah.
- It is centered on *Tikkun Olam* - repairing the world - and *Gemilut Chasadim* - acts of loving-kindness. It is based on hours of volunteering, not only a monetary *tzedakah* donation to a charity.
- Students will plan and execute a project that is at least **10 hours in total**. This project can begin one year before you become B'nai Mitzvah, but must be completed at least three months before the ceremony.
- Students and families should aim to build a close relationship with one service organization, rather than volunteer with many organizations.
- Students will select a type of Tikkun Olam from one of these two categories:

**Category A: Community-Based Project** - Volunteer with organizations that support our local community. Some of our previous B'nai Mitzvah students have volunteered there in the past.

**Category B: Custom Project** - Design a Tikkun Olam Project that connects with your passion or with a community service organization not listed here.

- Students will complete Step One through Step Five on the Mitzvah Project Planning Guide and submit it to Hallie Weiner before the Tikkun Olam Project begins.
- When you have completed Step Six with the log of your hours and a signature verifying your hours, please submit that page to Hallie Weiner, approximately three months before the ceremony.
- With any questions, please email [hweiner@tedallas.org](mailto:hweiner@tedallas.org)

### Step One: Understand Your Jewish Values

What are the Jewish values that will guide your Tikkun Olam Project? Think of the values that are most important to you and your family. Put a check mark next to the six values that most reflect how you want to give back to the community. Please find the values list below.

# Values list

- |  |   |
|--|---|
| <input type="checkbox"/> קהילה (k'hilah, Community)                                  | <input type="checkbox"/> מועילות (mo-ilut, Helpfulness/ Effectiveness)                  |
| <input type="checkbox"/> קיום הבטחות (kiyum hav'tachot, Keeping promises)            | <input type="checkbox"/> תיקון עולם (tikun olam, Reparation of the world/Social Action) |
| <input type="checkbox"/> דמוקרטיה (demok'rat'yah, Democracy)                         | <input type="checkbox"/> אחריות (achrayut, Responsibility)                              |
| <input type="checkbox"/> חינוך (chinuch, Education)                                  | <input type="checkbox"/> אהבת הגר (ahavat hager/ Loving the stranger)                   |
| <input type="checkbox"/> אחריות (achrayut, Responsibility)                           | <input type="checkbox"/> אהבת ישראל (ahavat yisrael/ Supporting Israel)                 |
| <input type="checkbox"/> דרך ארץ (derech eretz, Decency/ Behaving with good manners) | <input type="checkbox"/> הדור פני זמן (hiddur p'nei zakein/ honoring the elderly)       |
| <input type="checkbox"/> רוחניות (ruchaniyot, Spirituality)                          | <input type="checkbox"/> מאכיל הרעבים (ma'achil hareivim/ feeding the hungry)           |
| <input type="checkbox"/> בטחון עצמי (bitachon atz'mi, Self Confidence, assurance)    | <input type="checkbox"/> פקוח נפש (pikuach nefesh/ saving a life)                       |
| <input type="checkbox"/> תלמוד תורה (tal'mud torah, Study of Torah)                  | <input type="checkbox"/> רודף שלום (rodef shalom/ pursuing peace)                       |
| <input type="checkbox"/> כבוד (kavod, Respect)                                       | <input type="checkbox"/> שמירת האדמה (sh'mirat ha'adamah/ protecting the Earth)         |
| <input type="checkbox"/> שיוון (shiv'yon, Equality)                                  | <input type="checkbox"/> צער בעלי חיים (tza'ar baalei chayim/ Caring for animals)       |
| <input type="checkbox"/> סבלנות (sav'lanut, Patience)                                | <input type="checkbox"/> צדק (tzedek/ Justice)  |
| <input type="checkbox"/> עצמאות (atz'ma-ut, Independence)                            | <input type="checkbox"/> זכרון (zikaron/ Remembrance)                                   |
| <input type="checkbox"/> שמירת הגוף (sh'mirat haguf, Guarding the body/ Health)      | <input type="checkbox"/> _____  |
| <input type="checkbox"/> שלום בית (sh'lom bayit, Peace of the home)                  |   |
| <input type="checkbox"/> חסד (chesed, Kindness)                                      |   |
| <input type="checkbox"/> צדקה (tz'dakah, Righteous giving)                           |   |
| <input type="checkbox"/> אמת (emet, Truth/ Honesty)                                  |   |
| <input type="checkbox"/> גיוון (givun, Diversity)                                    |   |
| <input type="checkbox"/> מנהג (min'hag, Custom/Tradition)                            |   |

**Step Two: Select your category of Tikkun Olam project. Put checkmarks next to one of these categories:**

<b>_____ Category B: Community Project</b> (all of these organizations were carefully chosen by Temple Emanu-El) For example...		
• Vogel Alcove	<a href="https://vogelalcove.org/">https://vogelalcove.org/</a>	<a href="mailto:volunteers@vogelalcove.org">volunteers@vogelalcove.org</a>
• Family Gateway	<a href="http://familygateway.org">familygateway.org</a>	
• Jewish Family Service	<a href="http://jfsdallas.volunteerhub.com">jfsdallas.volunteerhub.com</a>	Liz Bracken P: 469.461.1240
• Dallas Furniture Bank	(972)466-0600 <a href="mailto:office@dallasfurniturebank.org">office@dallasfurniturebank.org</a>	
• Jill Stone Community Garden		Kay Mcinnis-kaellan.mcinnis@gmail.com
• VNA Meals on Wheels or for Pets		Inga Wilson- wilsoni@vnatexas.org
• Austin Street Center	<a href="https://austinstreet.galaxydigital.com/">https://austinstreet.galaxydigital.com/</a>	
• North Texas Food Bank	<a href="https://ntfb.org/get-involved/volunteer">https://ntfb.org/get-involved/volunteer</a>	
• The Bridge Homeless Recovery Center		<a href="mailto:volunteer@bridgehrc.org">volunteer@bridgehrc.org</a>
• Vickery Meadow Refugee Support		Nancy Lubar-nlubar1@gmail.com
• Vickery Meadow Food Pantry		Deidra Cizon-dbcizon@swbell.net
• Friendship Circle		Leah Dubrawsky-leah@friendshipdallas.org
• Leket Israel		Elena- elena@leket.us
• Dallas Holocaust and Human Rights Museum		Brittni Coe- bcoe@dhhrm.org
• National Council of Jewish Women		Erin Zopolsky 214-636-7491 <a href="mailto:ezopolsky@gmail.com">ezopolsky@gmail.com</a>

  

<b>_____ Category B: Custom Project</b> Here's how...
<ul style="list-style-type: none"><li>• Create a project that incorporates your Jewish values</li><li>• Find an organization that is connected with your passion</li><li>• Understand how you will impact those in need</li><li>• Log your hours</li></ul>

**Step Three: Select and Confirm Your Organization and Cause**

What is the name of the organization or project of your Tikkun Olam Project?

Organization/Project: \_\_\_\_\_

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

Email or Phone Number: \_\_\_\_\_

#### **Step Four: What is the Tikkun Olam Project?**

In two to three sentences, describe the volunteer work you will be doing and who you will be helping.

#### **Step Five: Understand Who You Are Helping**

What are the causes or people supported by your project? Who are you helping?

- ☐ Animals
- ☐ Arts and Culture
- ☐ Children
- ☐ Education
- ☐ Elderly
- ☐ Emergency Response
- ☐ Environment
- ☐ Healthy Living
- ☐ Jewish Living
- ☐ Special Needs
- ☐ Poverty and Hunger
- ☐ Other: \_\_\_\_\_

### Step Six: Log Your Community Service Hours

It is up to you to determine how you will complete your 10 hours for your Tikkun Olam Project. You can space it out however you want in the months leading up, just be sure to plan ahead! Log your hours on this sheet, then have the staff or volunteer coordinator from your organization also sign this sheet.

- 12 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 11 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 10 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 9 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 8 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 7 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 6 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 5 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 4 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

- 3 months before your B'nai Mitzvah

What did you do? \_\_\_\_\_ How many hours? \_\_\_\_\_

Total Hours (must be at least 10 hours): \_\_\_\_\_

**By signing below, I affirm that I completed these hours of community service for my Tikkun Olam Project:**

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

Date: \_\_\_\_\_