

# Temple Beth Miriam

180 Lincoln Avenue, P.O. Box 2097, Elberon, NJ 07740 • (732) 222-3754 • Fax (732) 222-1238

Dear Family:

The Social Action Committee of Temple Beth Miriam has developed a mitzvah program for all students entitled **Kishrei Halev-Connections of the Heart**.

Kishrei Halev is a unique mitzvah project that each student will create from their own heart and imagination. Project advisors will guide each student throughout the whole program which typically culminates before or on the weekend of your Bar or Bat Mitzvah.

Kishrei Halev is a program of thought, investigation, love, action and achievement. It is designed to encourage you, our students, to view the world with a keen and questioning eye seeking to bring justice or righteousness or peace or healing or instruction or skill to people in need. We call this ***Tikkun Olam***, fixing the world.

We look forward to sharing this exciting program with you. Thank you for your support.

Esther Piekarski Lysaght  
Kishrei Halev Project Coordinator





## **KISHREI HALEV**

### **"CONNECTIONS OF THE HEART"**

Kishrei Halev is a program sponsored by the Social Action Committee for the purpose of reaching deep into the congregation of Temple Beth Miriam, tapping into the curiosity, enthusiasm and energy of our young people.

Kishrei Halev is a program of thought, investigation, love, action and achievement. It is designed to encourage you, our students and our children, to view the world with a keen and questioning eye, seeking to bring justice or righteousness or peace or healing or instruction or skill to people in need. We call this, *Tikkun Olam*; fixing the world.

As our 6<sup>th</sup> graders, you will soon become adult members of our temple community. Social Action is the cornerstone of Judaism. With this project you will have the opportunity to lay a strong foundation in the growth of your own social conscience.

The program starts now, and ends with a presentation made at the same time as your Bar/Bat Mitzvah. This program is not a contest between students or families. No one is being scrutinized or held to any standard higher than their own personal best.

Kishrei Halev is a program that will be managed by the Social Action Committee through a series of "benchmark" meetings and discussions with a Kishrei Halev advisor. Although the Social Action Committee manages the process, you and your family are responsible for the conceiving of, fostering the growth of, and the completion of your project. The committee and the advisor are designed to be used in an advisory capacity.

On the following page are seven areas that may spark your interest. Please review these suggestions and determine if any are appealing to you. You are encouraged to develop your own area of interest as well.

## **EACH PROJECT A MITZVAH**



Each of these categories is based on a broad scope of ideas and is open to expansion by every student. Every project chosen should come from the heart, so that you feel passion for it and really sense its mitzvah value. These category descriptions are only meant as jumping off points. You read; you get excited about something; you create and define your own project.



Happy exploring!

**MAZANOTA: FEED THE HUNGRY**

Projects in this category are based on filling a need that has to do with food and helping anyone in the need of food.

**EZRAT HASAYVA: SUPPORTING THE EXPERIENCED**

These mitzvah projects involve senior citizens and the elderly.

**AHAVAT TORAH: LOVE OF LEARNING**

A project in this area will focus on educational needs of children and adults.

**HIBBUK: A WARM HUG**

Activities in this area deal with helping to provide warmth through items of clothing, blankets, etc...

**VAHAVTA REYECHA CAMOCHA: YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF**

These projects address any types of housing needs and help with neighbors.

**AHAVAT TINUK: LOVE OF CHILD**

These projects center on needs of mothers and their infants.

**LIVNOT V'LAHIBANATI: TO BUILD AND BE BUILT UP**

Projects in this category revolve around homeless and women's shelters.





## **"MAZONOTA" Feed the Hungry**



**Provide** hands on services to the needy of your community; **Volunteer** in a soup kitchen; **Organize** local supermarkets/bakeries/restaurants to provide surplus foods for those in need; **Work** with established aid organizations; **Be** an asset to those who do not have

### **Suggested places to go, people to see...**

#### **Matawan Community Food Pantry**

First Pres Church

(732) 566-2663 or (732) 290-7518

883 Hwy. 34

Matawan, NJ

[www.fpc-matawan.org](http://www.fpc-matawan.org)

Contact: Tammy Cavanaugh

#### **The Kitchen at St. Mark's**

(732) 495-5227

P.O. BOX 193

Keansburg, NJ 07734

Contact: Nancy Mester & Doreen Minutella

#### **The Foodbank of Monmouth County**

(732) 918-2600

3300 Rt 66

Neptune, NJ 07753

Contact: Jason Ewotwomey or Laurel King

#### **Salvation Army of Asbury Park**

(732) 775-8698

605 Asbury Ave

Asbury Park, NJ 07712

Contact: Leonel Contreras

#### **Bradley Food Pantry**

(732) 775-0161

605 4<sup>th</sup> Ave

Bradley Beach, NJ 07720

Contact: Rich Brugger