

Mitzvah Day is April 2nd!

Join your Beth Emeth, Temple Israel & Ohav Shalom friends

- **Check-in at Lunch at Beth Emeth beginning at 11:30 (cooked in Temple Israel's kitchen)**

Registration required – deadline March 24th - Sign up via

- 👉 **Return the form on the other side of this page to any 3 of the temple offices**
- 👉 **Register on-line on your synagogue's web-site**

- **Children under 18 must be accompanied by an adult. Please note the age limits specified below**

Mitzvah Day Teams:



1. **At Regional Food Bank – Captain Jenna Shersky- Wear layers to protect against cold temperature in the warehouse. Age 4 and older.**
2. **At Ronald McDonald House Cook dinner – Captain Lisa Roth – Adults only (maximum 10)**
3. **At Beth Emeth – for Mary's Corner, make no-sew fleece blankets – Joni Lieberman Basen – Age 10 and older.**
4. **At Beth Emeth – For City Mission - Bag and deliver 100 lunches (with notes of love) - Captain Julie Levin – Alert: This involves peanut butter! – All Ages**
5. **At Temple Israel and Beth Emeth - Prepare and serve Lunch for Mitzvah Day Volunteers - Captains are synagogue Brotherhood/Men's Clubs This job will begin in the morning. Adults only.**
6. **At Beth Emeth – For the Soup Kitchen - Make 24 pounds of meatballs - Captains Laura Alpert & Peter Perry – Age 12 and older.**
7. **At Beth Emeth - Assemble and deliver Passover gift bags (with notes of love) to Seniors age 80+ who live close to the temples –decorate pots for flowers grown by CBE Religious School for Tu B'Shevat - Captain Lisa Proskin – All ages**
8. **At Ronald McDonald House - Bake cookies and bars– Captain Eric Schwartz. Middle school age and older (maximum 10 volunteers).**
9. **At Beth Emeth – For City Mission - Bake cookies and bars– Captain Sara Bonder. All ages**
10. **At Beth Emeth - Learn to Knit for those in need – Captain Marion Greenberg Age 8 and older**
11. **At Beth Emeth's Diane's Farm– Prepare garden beds and possibly plant. No gardening experience necessary. Captain Marni Tesser All ages.**
12. **At Beth Emeth – For Albany Medical Center Children's Hospital – make arts & crafts kits - Captain Amy Horwitz – All ages**
13. **At Beth Emeth - Assemble Party Boxes (with notes of love) to help homeless families celebrate birthdays – Captain Judith Avner – All ages**
14. **Schuyler Inn – Help with a fun afternoon activity at an emergency shelter for homeless families – Sponsored by the Tribe Ages 22-35.**
15. **At Beth Emeth, for Equinox - Assemble Welcome bags (with notes of love and encouragement) for homeless and at-risk teens- Captain Barbara Warford – High School Age only**
16. **At Beth Emeth, for Mary's Corner – Make Fleece balls for teen parents to play with their babies – Captain Melanie Schoen Wilson – Age 8 and older**
17. **At Beth Emeth – Assemble Support Ribbons for To Life! (Breast Cancer Education) and Alliance For Positive Health (formerly the AIDS Council)– Captain Lucy Siegel All ages**
18. **At Beth Emeth Cemetery – Clean up the grounds or inside the Chapel – Captain Mark Swyer – All ages**

All supplies are provided thanks to our Brotherhood/Men's Clubs, Beth Emeth Sisterhood, Ohav Shalom, Temple Israel Evelyn Pogoda Fund, Beth Emeth Social Action Committee, Knit & Nosh and all donors to the Beth Emeth Mitzvah Day Fund which was established to support this and future community Mitzvah Days. Please consider donating to this fund when you register on-line.

On Mitzvah Day - Please bring aluminum can pull-tabs for Ronald McDonald House.

Mitzvah Day Registration

By MARCH 26 please sign up in one of the following ways:

-  Complete this form and return it one of the temple offices.**
-  Go to www.bethemethalbany.org, scroll down to the Mitzvah Day announcement and look for the link to register on-line.**

PLEASE: *Indicate 3 choices of a Mitzvah Day Team. Some locations limit the number of volunteers we can send. We will try to place you in your first choice, but will place you where there is the most need. We will keep your family together if you make the same choices.*

Please review the team descriptions (on the other side of this flyer) which include information on volunteer time, location, age restrictions for children, and whether or not you will be asked to purchase and donate items.

Family Name: _____

Contact Phone: _____ Contact e-mail: _____

Volunteer Name (by individual):	Age if Under 18	Mitzvah Day Team by Number (see other side)		
		1 st Choice	2 nd Choice	3 rd Choice
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Your team captain will contact you to give you specific information about the team to which you have been assigned.