



## #MitzvahQuest Board during Social Isolation

### **Community**

#### *#1) Selfie with Rabbi Yergin*

- Zoom or video chat with Rabbi Yergin and take a screenshot or selfie!

#### *#2) Create Your Own*

- Ask yourself: What does the Jewish community look like during COVID-19? How can you create community while remaining distant? What ways are the Jewish community maintaining relationships?

#### *#3) Attending an Event at the JCC*

- Visit the [JCC website](#) and see what programming is being done online. Additionally, the JCC is offering online exercise and educational classes, all via social media.
- OR share a picture of you at a past JCC event and tell us how it has left an impact on you today.

#### *#4) Volunteering Somewhere Apart From Your Mitzvah Project*

- Explore the Mitzvah Opportunities for Families document for a community service project for you and your family. For example, try delivering challah for SAJSS or writing a letter to a Temple senior.

#### *#5) Selfie with Your Friends at a Bar or Bat Mitzvah at Temple Beth-El*

- Next time you watch a Bar/Bat Mitzvah online, snap a selfie of yourself or take a screenshot with friends. (Note: You can always turn in one of your pictures of “proof” of attending services.)

#### *#6) What Does it Mean to Be a Part of the Jewish Community?*

- Find a meaningful photo of yourself at Temple Beth-El, camp, or other Jewish organization. Write a statement or caption on what it means to be a part of the Jewish community.

#### *#7) Attending a JR. SAFTY Event*

- Temple Beth-El’s Summer of Shalom has fantastic, socially distant programming all summer long. Try substituting one of these events for this submission.

### **Family**

#### *#8) Family Members Working with You on Your Mitzvah Project*

- Take a photo whenever you work on your Mitzvah Project or do any volunteer work with your family.

#### *#9) Create Your Own (Mishpacha)*

- Do you have a favorite memory with your family? A favorite vacation or favorite secular holiday photo?

#### *#10) Picture of You and Your Family Greeting at Temple Beth-El*

- Next time you watch Temple Beth-El services with your family, take a selfie!

#### *#11) What Does Your Family Mean to You?*

- Find a meaningful photo of your family. Write a statement or caption on what they mean to you.

#### *#12) Family Selfie at Temple Beth-El (Not at Services)*

- This can be at any Temple online event -- services or not -- and you can take a selfie with your family.

#### *#13) How Do You Celebrate Jewish Holidays at Home with Your Family?*

- There are many ways to complete this submission with a picture! Some examples include lighting the candles for Shabbat, baking a challah, or watching Havdalah with Temple.

## **Acts of Loving Kindness**

### *#14) Create Your Own (G'milut Chasadim)*

- Explore the [Tikkun Olam Opportunities for Families](#) document for a meaningful volunteer project for you and your family.

### *#15) How Can Your Mitzvah Project Be Something You Can Do More than Once?*

- This submission can be done by simply writing your response to the question. Try using a photo from your Mitzvah Project.

### *#16) Getting Your Religious School Class Involved in Your Mitzvah Project*

- Have one of your Religious School friends work on your Mitzvah Project at their home. Try chatting with each other via Zoom or FaceTime to work together.

### *#17) How Does Your Mitzvah Project Address Jewish Values*

- Answer this question with a thoughtful response and photo.

### *#18) Explaining Your Mitzvah Project to Others*

- Present your Mitzvah Project online to friends or extended family members! You can also call or email. Don't forget to take a photo.

### *#19) How are You Helping Others?*

- Answer this question with a thoughtful response and photo.

## **Worship Participation**

### *#20) Create Your Own (Avodah)*

- Try leading a part of Temple services at home. Discuss that week's Torah portion or lead your family in Shabbat or Havdalah prayers.

### *#21) What Does Becoming a Bar/Bat Mitzvah Mean to You?*

- This submission can be done by simply writing your response to the question. Try using a nice photo of yourself.

### *#22) Practicing with Sara, Hagit, or Cantor Berlin*

- Zoom Call or FaceTime, or talk on the phone with Sara, Hagit, or Cantor Berlin and take a screenshot or selfie.

### *#23) Preparing Your Prayerbook for Services*

### *#24) Practicing Your D'Var Torah in Front of the Mirror*

### *#25) What Does Your Torah Portion Talk About?*

- Find a biblical or judaic photo and write a summary of your Torah portion!