



**CLIMBING THE TREE OF LIFE THROUGH MA'ASIM TOVIM (DOING GOOD)**

A Family Program In Celebration Of Writing Our New Torah

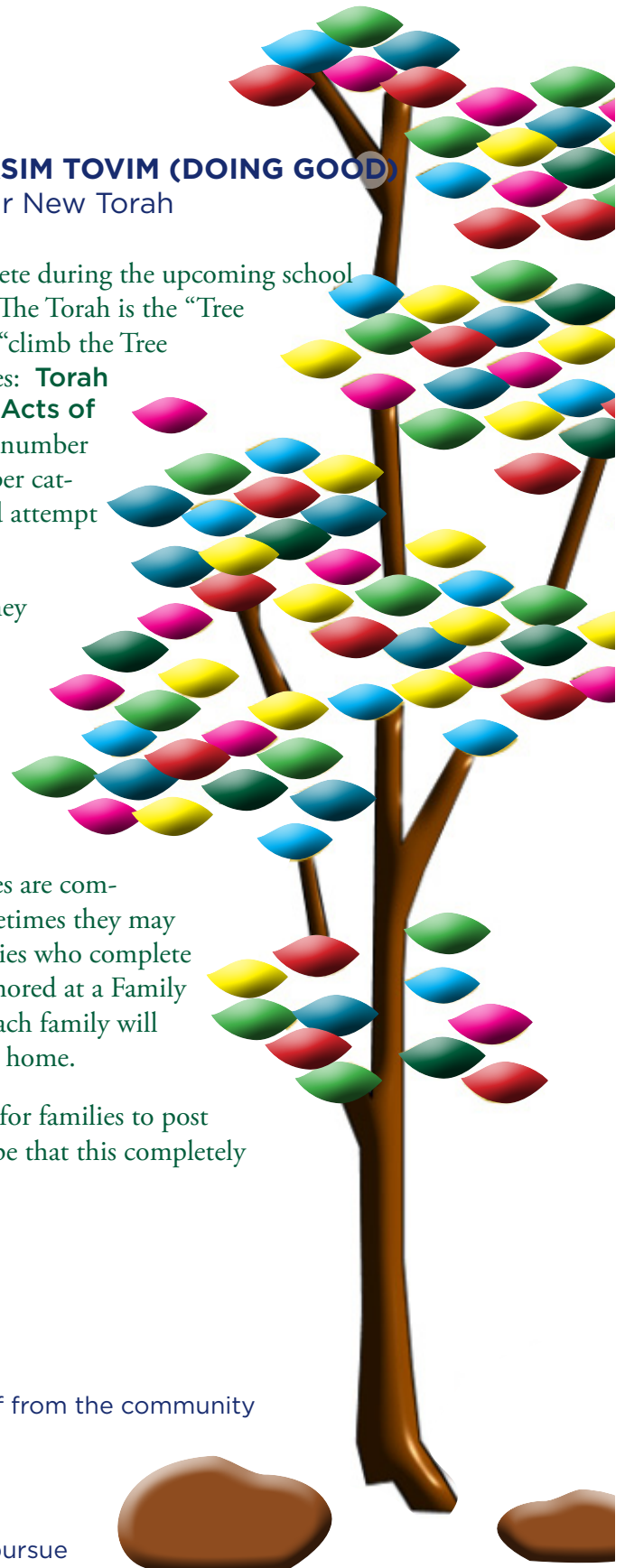
This program is designed for families with children to complete during the upcoming school year when we will be writing a Temple Adat Shalom Torah. The Torah is the “Tree of Life” for the Jewish people. The goal of our program is to “climb the Tree of Life” by doing good. There are three categories of activities: **Torah (Learning), Avodah (Worship), Gemilut Chasadim (Acts of Loving Kindness)**. Under each category there are a large number of possible activities. Each family should find six activities, per category, to achieve during the year. In total, each family should attempt to complete 18 activities.

In each category the activities are geared towards families. They are only suggestions. If you have another idea for an activity that you feel fits into a category, that is **OK**, too. You might want to keep a **Climbing the Tree of Life** journal/photo book/scrapbook to record all of your activities. Please complete the brief Registration Form attached to this packet and return it to your child’s teacher. Each grade will have a poster in the classroom listing all of the families that are enrolled in the **Climbing the Tree of Life** program. As activities are completed, students will mark their progress on the poster. Sometimes they may be asked to share what they are doing with their class. Families who complete 18 activities (one per week for the next 18 weeks) will be honored at a Family Havdallah Program on Saturday, February 11, 2012 where each family will receive a commemorative Havdallah Set to decorate for their home.

A **Climbing the Tree of Life** Bulletin Board will be in place for families to post projects and pictures of their activities, if you desire. We hope that this completely voluntary program will Jewishly enrich your family!

**SOME OF OUR JEWISH VALUES**

- Tzedakah - righteous giving
- Gemilut Chasadim - deeds of loving kindness
- Talmud Torah - Jewish learning
- Hachnasat Orchim - hospitality
- Al Tifrosh Min HaTzibor - do not separate yourself from the community
- Baal Tashchit - appreciating nature
- Tikun Olam - healing the world
- Shemirat Shabbat - observing Shabbat
- Shalom Bayit - making peace between people
- Tzedek, Tzedek Tirdof - justice, justice, you shall pursue
- Chanun, v'Rachum - compassion and understanding
- Menschlekeit - behavior of a good person



## TORAH (Learning)

Please participate in six of the following activities.

- Read a book with a Jewish theme.
- See a movie or play with a Jewish theme.
- See or listen to a television or radio program with a Jewish theme.
- Research, on-line, a Jewish topic of interest to you. Write down something new that you learned about this topic and/or the websites you used for your research.
- Teach someone something about Judaism.
- Visit a Jewish place of interest. This could be another synagogue, a museum, an exhibit of art or artifacts, etc.
- Present a two minute D'var Torah (lesson from Torah) at your family dinner table.
- Share a saying or concept someone taught you about Judaism or Jewish life and tell about that "someone" who taught you.
- Listen to a recording of Jewish music. Attend a concert or musical performance at Adat Shalom
- Attend a seminar, program or lecture related to Judaism or Jewish life.
- During six different weeks, read several verses from the weekly Torah portion. Write out the name of the portions you read. The names of the weekly Torah portions can be found on a Jewish calendar available in the TAS office.
- Visit Israel. Send the staff at Adat Shalom a postcard.
- If you aren't going to Israel yet, create an itinerary for when you do travel to Eretz Yisrael (the Land of Israel).
- Prepare a traditional Jewish dish that you never have prepared, such as kugel, cholent, hamantashen, etc. Share a taste with someone else.
- Sing a Jewish song.
- Learn about your family's Jewish history
- Learn about someone who survived the Holocaust
- Create a Jewish work of art.

## AVODAH (Worship)

Please participate in six of the following activities.

- Say the Shehechyanu at least 2 times - once by yourself as part of observances at home or for personal milestones (birthday, anniversary, first day of school, first soccer goal, birth of a child or grandchild, etc.) and once on a Jewish holiday.
- Participate in candle blessings. (Hanukkah may only be counted one time).
- Invite another family to your home to celebrate Shabbat or another holiday.
- Attend at least two of the following holiday worship services/ celebrations at Temple Adat Shalom: Selichot, Rosh HaShanah, Yom Kippur, Sukkot, Simchat Torah, Chanukkah,
- Learn two new blessings that you did not know before. (If you need help finding some to learn, ask your teacher, Rabbi David or Cantor Lori for assistance).
- Recite the following prayer after making peace between two people: Baruch Atah Adonai, Eloheinu Melech Ha'olam, oseh hashalom. Blessed are You, our Eternal God, Maker of Peace.
- Recite the “works of creation” blessing when seeing a wonder of nature (mountains, hills, deserts, seas and oceans, lightning, stars, planets, sunrises, sunsets). Baruch Atah Adonai, Eloheinu Melech Ha'olam oseh ma'aseh v'reisheet. Blessed are You, our Eternal God, who makes the works of creation.
- Recite the following blessing before doing a mitzvah of tikun olam, repairing the world. Baruch Atah Adonai, Eloheinu Melech Ha'olam shenatan lanu hezdamnoot l'takein et Ha'olam. Blessed are You, our Eternal God, Ruler of the universe, for giving us the opportunity to mend the world.
- Observe the conclusion of Shabbat by participating in a Havdalah service.
- Create a bedtime ritual including a Jewish prayer or song.
- Put up a mezuzah someplace in your home that does not have one. A mezuzah can be placed on the entrance to any room except a kitchen or bathroom. If possible, make your own.
- Make up your own activity that fits into the category of “Avodah.”

## **GEMILUT CHASADIM (Acts of Loving Kindness)**

Please participate in six of the following activities.

- Participate in the Yom Kippur food drive.
- Make a picture showing an act of Gemilut Chasadim that you performed.
- Register to participate in Mitzvah Day.
- Volunteer to work at a homeless shelter.
- Give clothes and/or toys to a charity.
- Visit or take a meal to a congregant who is ill or home bound.
- Do something to fight anti-Semitism, racism or other types of prejudice and discrimination.
- Invite a newcomer from your community to your home for a meal or dessert. Write out how responsive the newcomer was to your hospitality.
- Volunteer on an Adat Shalom committee or at a TAS event.
- Volunteer for a local organization or institution. If you are a child, volunteer to walk the neighbor's dog, cut their grass, help with the trash.
- Participate in a community-sponsored "race", "walk", "telethon" or other fund-raiser for a worthy cause. One possible event could be the Crop Walk.
- Volunteer to bake cookies for an Oneg Shabbat sometime during the year.
- Be a part of a community volunteer organization that is in your neighborhood.
- Have your own garage sale with the proceeds going to a charity that you choose.
- Include a new Mosad Shalom family in your own fun family activity.
- Help volunteer at the ICS Winter Temple when it's held at Adat Shalom.
- Make up your own activity that fits into the category of "Gemilut Chasadim."