

North Suburban Synagogue  
Beth El

# All-Member MITZVAH DAY

Sunday, February 7, 2010

A day of social action projects for congregants of all ages, working together to make a difference in our community, and inspiring volunteerism all year long.

Be a mensch...Do a mitzvah!

## MITZVAH DAY KICK-OFF & BREAKFAST 9 – 10 a.m.

Choose from these projects:

**Feed the Soul**  
at The ARK Rhea Segal Food Pantry  
*Peah*

**Be a "Blanketeer"**  
for Project Linus  
*Bikkur Cholim*

**Stories and Scoops**  
with Glenwood School students  
*Bachureichem Chezyonot Yiru*

**Seasoned Citizens**  
at Gidwitz Place & The Friend Center  
*Kibbud Zekaynim*

**Tread Lightly**  
with a greener perspective  
*Kavod Habriyut*

## MITZVAH DAY 2010 Registration Form

**Deadline: January 15**

Return to: Cheryl Swenson, NSS Beth El,  
1175 Sheridan Rd., Highland Park, IL 60035  
or register online at [nssbethel.org](http://nssbethel.org)  
under the Social Action link.

*All projects are on a first-come, first-served basis.  
Please list your first and second choices.*

FAMILY NAME \_\_\_\_\_

FIRST NAMES \_\_\_\_\_

*(list ages of all participating children)*

NAME #2 \_\_\_\_\_

NAME #3 \_\_\_\_\_

NAME #4 \_\_\_\_\_

NAME #5 \_\_\_\_\_

PROJECT 1<sup>ST</sup> CHOICE \_\_\_\_\_

PROJECT 2<sup>ND</sup> CHOICE \_\_\_\_\_

WILL PARTICIPATE IN ANY PROJECT WHERE NEEDED!

INTERESTED IN CARPOOLING/TRANSPORTATION

*Join us for the kick-off and breakfast at 9 a.m.  
in the Blumberg Auditorium.*

I/WE WILL JOIN YOU FOR BREAKFAST ON MITZVAH  
DAY MORNING! # ATTENDING \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE (DAYTIME ) \_\_\_\_\_

(EVENING) \_\_\_\_\_

CELL \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

You will be contacted prior to Mitzvah Day with  
your confirmed assignment and time.