

Commitment Ideas for Mitzvah Appeal

(As per Kol Nidrei discussion. Please feel free to contact the rabbi for guidance at rabbi@jewishrsm.com or 264-6930)

Moshiach (Purpose):

- Aside for bringing personal meaning into our life and deepening our connection to G-d, each mitzvah we do will help to prepare us and the entire world for that imminent time of universal peace, harmony, health, abundance, goodness and knowledge of G-d, the era of Moshiach. Doing mitzvot with this goal in mind, as well as studying about this special time, helps hasten his arrival.

Torah Study:

I commit, with G-d's help, to:

- Regularly study the weekly Torah portion (from a Torah book, or online, such as at www.chabad.org/parshah).
- Make or add to a set time for study about Judaism and Torah from books, online or with a partner.
- Attend a class or seasonal Torah lecture at Chabad etc
- Buy more Jewish books for my home for my shelf and personal study

Mezuzah:

I would like to:

- Put up a mezuzah on my front door
- Add one more mezuzah to my home
- Put up mezuzot in all rooms in my home
- Have my mezuzot checked to make sure they are kosher

Tefillin: (Men)

- I would like the opportunity to put on the tefillin once or more often with the rabbi.
- Would like info on the tefillin bank: free tefillin gifted to you if you commit to use them daily
- Would like to learn about a Sunday morning men's Tefillin club
- I would like to buy a new pair of Tefillin or have my old pair checked
- I will try to put on my Tefillin each morning. (Except Shabbat and holidays)

Kosher:

I would like to be more conscious of what I eat and raise my standard of kosher by:

- Avoiding Pork and other non-kosher animals.
- Avoiding Non-kosher fish: shrimp, crab, and others (list available online at crcweb.org, under kosher lists.)
- Beginning to look for Kosher Symbols on products
- Beginning to eat Milk (dairy) and Meat (including poultry and meat products) separately.
- Buying only kosher meat and poultry when making Shabbat or holiday dinner
- Always buying kosher meat and poultry in the home.
- Even when eating out stick to meat/poultry/fish that comes from the kosher family.
- Practice designating different kitchen utensils and dishes for dairy, different ones for meat.
- When eating out, eat as vegetarian.
- Buy only kosher food with Kosher Symbols for the home.
- Drink only those wines designated clearly as kosher.
- Considering to kosherize my home-call the rabbi for a consultation.
- Eating food out of the home only when food is clearly kosher.
- Finding out about more details involved in keeping kosher

Family Matters: (Women):

I would like to explore the possibility of using the Mikvah to bring spiritual energy to my marriage.

- Please contact me to let me know how to set this up.
- Interested in using the Mikvah once (for women post child-bearing age)
- We would like to try and bring another treasure into this world by having a child

Tzedakah (loosely translated as Charity):

I would like to:

- Help the poor and needy in Israel or a local worthy cause
- Pick up from Chabad or purchase a charity box for my home and office
- Give charity every morning and every Friday before candle-lighting
- Join the Circle of Support at Chabad and partner to help ensure the life-saving work continues. Call the rabbi to set up a meeting.
- Include Chabad and other worthy organizations in my Will.

Ahavat Yisrael—Love of Fellow

- Increase my caring and giving to other people in ways such as volunteering help, visiting the sick and lonely, calling people in need, etc.
- Become more forgiving/less judging of other people
- Become more loving and understanding of those around me
- Doing, Speaking and thinking only positive
- Share the beauty of our heritage with a friend, bring them to class, services, teach about a new mitzvah experience...

Shabbat:

I would like to bring more peace and tranquility into my life and increase my observance of the gift that is Shabbat every week, once a month, or just more frequently:

- I will fill my home with the light of Shabbat and light candles Friday night at candle lighting time (*primarily a woman's mitzvah, unless man is alone for Shabbat*).
- I would like to make Challah before Shabbat.
- Have a Shabbat dinner with my family.
- Begin the dinner with Kiddush and cup of wine/grape juice and two loaves of Challah.
- Have all phones turned off for duration of Shabbat dinner.
- Everybody share something meaningful from that week, or something they are thankful for. Prepare story, Torah, or inspiring word to share.
- Take off from business once a month. Twice a month. Etc.
- Acknowledging Shabbat by closing one area of my business, such as the shipping department, etc.
- Honor the Shabbat by coming to Shul services once a month with my family
- Avoid shopping or leisure trips on a month—instead take a walk, relax at home.
- Download Torah article before Shabbat to read on Shabbat.
- Read Shema and other prayer.
- Make a TV and phone free zone for some hours. Increase as you grow.
- Prepare all cooked food before Shabbat.
- Walk to Shul once a month.
- Spend a full Shabbat once or more times over the year.
- I will make Havdalah when Shabbat is over, using a cup of wine, candle and cloves.
- Learn more about increasing Shabbat observance

I would like to do a mitzvah that is not on this list:

Prayer: I would like to develop my special relationship with G-d, and connect with Him through prayer.

- I will say the Modeh Ani prayer every morning upon waking up. (See chabad.org for details and text or email for guidance)
- Begin saying Shema every morning and or evening before going to sleep
- I will learn to recite the proper blessing before eating to express my gratitude to G-d. (See chabad.org for details and blessings for each food)
- I will begin saying a personal prayer expressing gratitude, requesting what I need, and connecting with G-d.
- I will add an additional prayer to my daily routine
Special beginner prayer pamphlet, with common prayer in Hebrew English and transliteration.

Jewish Holidays:

I would like to connect with and draw spirituality and inspiration from the special times on the Jewish calendar. I would like to increase my observance of:

- Sukkot—building a sukkah; buying my own, or borrowing a Lulav and Etrog set to shake
- Simchat Torah-rejoicing with the Torah
- Chanukah—lighting candles every night, etc.; Purim—doing all for mitzvot associated with the day.
- Passover—matzah, ridding of chametz, etc
- Shavuot—late night study, hearing 10 commandments read from Torah scroll.
- Other, etc

Children's Education:

I would like to increase and help link our glorious past into a vibrant future, and instill Jewish pride, knowledge and joy into my children's experience. I will do this by:

- Enrolling them into Hebrew School
- Bringing them to Family Experiences and special Holiday events
- Learning about and considering enrolling them into a Jewish Day-school
- Doing more rituals or prayers at home together, like saying the Shema before bed, or Modeh Ani in the morning
- Involving them in preparing for Shabbat and or holidays
- Learning more through stories, games, and article at kids section on www.jewishrsm.com
- Buying them a letter in the Worldwide Children's Torah (www.kidstorah.org)
- Other