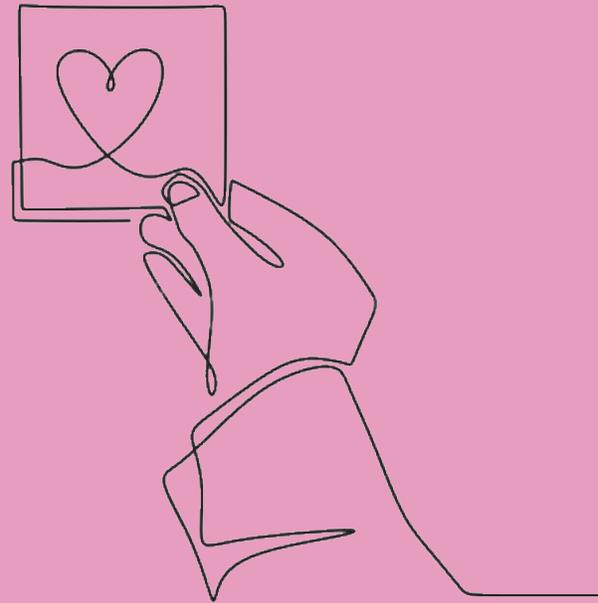


MOBILIZING MITZVOT HBT MITZVAH WEEK MAY 10-16, 2020



We are a community of doers.

There is much we cannot choose during a global pandemic. But we can choose how we respond to it.

This is a week to celebrate mitzvot prompted by generosity of spirit.

Mitzvah goreret mitzvah, one mitzvah leads to another. So take a selfie, a screen shot, or a short video, and send to life@holyblossom.org with a short explanation, so we can put together a slide-show for Havdallah, and feature your contributions throughout the week on social media. If you post on Social Media, tag Holy Blossom Temple, and use #hbtmitzvahweek

With your permission, we'll include your mitzvah in our Havdalah slideshow on May 16th when we will culminate and celebrate all the good we have accomplished together.

Chances are you are already busy with mitzvot.

Here are some additional ideas and resources to prompt other mitzvot - small, medium, or large.

We can't wait to hear what you are up to.

Kol HaKavod!

sunday

FAMILY FRIENDLY MITZVOT/KIBUD MISHPACHA

CALL YOUR MOTHER.

Or father. Or grandparents. Or aunts or uncles or siblings or friends... or all of the above! Check in on your loved ones.

SEND A 'HUG' TO FAMILY AND FRIENDS IN THE MAIL

Get creative with whatever art supplies you have at home. Getting a piece of mail always puts a smile on people's face, especially when it contains love!

VIRTUAL MITZVAH BAKERS

We are preparing baked goods to donate to Ve'ahavta (www.veahavta.org). You can join one of Lisa Isen Baumal's virtual gatherings or cook by yourself at your convenience. Donations should be delivered to Ve'ahavta.

JOIN OUR HBT VIRTUAL COMMUNITY!

9:00 AM - DAILY MINYAN

Say Kaddish for the person you were named for. Join us for our Sunday Morning Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

9:00 AM - STORYTIME WITH CAROLINE INGVALDSEN, THE BOOK BUBI

<https://holyblossom.org/event/storytime-with-caroline-ingvaldsen-the-book-bubi/2020-05-17/>

10:00 AM - FAMILY SERVICES WITH DAVID GERSHON AND OUR YOUTH EDUCATION CENTRE

<https://holyblossom.org/event/youth-education-centre-services-with-david-gershon/2020-05-17/>

monday

MENTAL HEALTH/REFUAT HANEFESH

CALL HAKAVOD PROJECT

Call HaKavod - Holy Blossom's ambitious attempt to personally call each member during this time of physical distancing and social isolating - has seen tremendous success. More than 1500 calls have been made by more than 100 people. And we're still going! If you would like to volunteer with this project, please email Abigail at awinch@holyblossom.org.

IDENTIFY YOUR BLESSINGS

Cantor Lauren Phillips Fogelman writes about how she's finding the "[blessings of separation](#)" in this challenging time. What are the blessings in your own life right now, even as things are so difficult?

TAKE A CLASS ABOUT JUDAISM

This live, weekly video conference class offered through reformjudaism.org is designed for adults who want to gain a deeper understanding of Jewish life through a Reform lens. [Check it out and register to join a class](#). And check out our website for many many additional class offerings!

EXERCISE!

Do jumping jacks, gentle stretching, a 7 minute workout, or something else that is good for you.

JOIN OUR HBT VIRTUAL COMMUNITY!

7:30 AM - DAILY MINYAN

Say a prayer for those who are suffering. We say the comforting words of the [Mi Shebeirach, a prayer for healing](#), for those who are struggling with physical, emotional, or spiritual challenges - including the physical and mental health issues that are so prevalent amid the coronavirus pandemic. In this time of physical distancing, we need not socially isolate. Join us for our Monday Morning Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

10:00 AM - VIRTUAL SMALL GROUP

Have you been craving connection during this time? Then this group is for you. Topics of discussion will be areas of interest to the participants. <https://holyblossom.org/event/virtual-hbtogether-small-group/2020-05-11/>

5:15 PM - L'CHAIM CHECK-IN

Raise a glass or teacup with fellow congregants over Zoom and Join a conversation about coping with the pandemic. <https://holyblossom.org/event/lchayim/2020-05-11/>

6:00 PM - DAILY MINYAN

Join us for our Monday Afternoon Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

7:30 PM - MAKE SOME NOISE FOR HEALTHCARE WORKERS!

The Registered Nurses' Association of Ontario is calling on us to cheer for our healthcare workers every evening at 7:30 pm. Let's show our support, as they do so much to take care of the people we love, and to flatten and crush the curve! <https://rnao.ca/covid19/togetherwecandoit#Cheer%20campaign>

7:30 PM - TEEN CHECK IN AND HANG OUT

<https://holyblossom.org/event/habsty-virtual-lounge-night/2020-05-11/>

8:00 PM - FOLKS TELLING JOKES HOSTED BY THE LUKE SKLAR MENTAL HEALTH INITIATIVE

LUKE SKLAR MENTAL HEALTH INITIATIVE is hosting [Folks Telling Jokes](#) to give us an opportunity for laughter on May 11 at 8:00 pm - if you would like to tell a joke, contact Rabbi Goodman at zgoodman@holyblossom.org



tuesday

33RD DAY OF THE OMER/LAG BAOMER

HOLD A 'SOCIAL DISTANCE FOOD DRIVE'

Put out signs and set up a bin outside your house. The North York Food Bank is accepting food donations, and are requesting the following items: pasta/rice/grains, canned vegetables, canned tomatoes, canned fish, and cooking oil. Collected items can be dropped off at their warehouse: 116 Industry Street, Toronto M6M 4L8 between 9:00 am and 3:00 pm. Visit their website for more info: <https://northyorkharvest.com/>

Donate to The Stop Community Food Centre (see <https://www.thestop.org/>). They are seeking baby supplies (wipes, diapers, and formula. Size 3-4 are our most requested diaper sizes, but they would take anything), unused personal care products (like hand sanitizer, shampoo, menstrual products, deodorant, toothbrushes, toothpaste, disposable razors) and clean takeout containers with lids. These can be dropped off at 1884 Davenport Road, Monday-Friday 9:00 am-11:00 am and 1:00 pm-3:00 pm.

DONATE YOUR HAIR

Long hair (12 inches minimum) can be cut and donated for wig-making for children with cancer to A Child's Voice Foundation - see <https://www.acvf.ca/>. Tips for cutting your own hair: <https://ottawa.ctvnews.ca/tips-for-cutting-your-own-hair-during-the-covid-19-pandemic-1.4890930>

HAVE A DANCE PARTY!

Turn on the music, sing out loud, and dance!

VISIT ISRAEL...VIRTUALLY.

The Facebook group "Virtual Israel" offers remote experiences with accredited Israeli tour guides who can guide you to an Israeli national park, walk you through the streets of Israel, or do a learning session on Israel - all from afar.

TRY A NEW-TO-YOU JEWISH RECIPE, AROUND A PRIVATE (OR IMAGINARY) LAG BAOMER BONFIRE.

Try "[21 Jewish Recipes That Use Ingredients You Already Have at Home](#)" or [browse our many Jewish recipes](#) to find your new favorite Jewish dish, from Ashkenazi staples to global Jewish cuisine to modern-day adaptations.

JOIN OUR HBT VIRTUAL COMMUNITY!

7:30 AM - DAILY MINYAN

The Mitzvah of counting the Omer! Join us for our Wednesday Morning Service here:

<https://holyblossom.org/prayer-tefillah/daily-services/>

5:15 PM - L'CHAIM CHECK-IN

Raise a glass or teacup with fellow congregants over Zoom and Join a conversation about coping with the pandemic. <https://holyblossom.org/event/lchayim/2020-05-11/>

6:00 PM - DAILY MINYAN

Join us for our Wednesday Afternoon Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>



wednesday

TAKING CARE OF THE EARTH/SHOMER ADAMAH

SPRING CLEAN UP OUTSIDE

Grab a garbage bag, put on some gloves, and do a little clean up on your street or in your neighbourhood. This is a great way to help our essential city workers, and help the environment!

SUPPORT THE POLLINATORS!

Make your yard or balcony friendly for birds, butterflies, and bees – see

<https://www.torontomastergardeners.ca/askagardener/best-plants-to-attract-butterflies/>

ADVOCACY:

Learn about current issues at <https://www.globalcitizen.org/> and sign petitions on issues you care about at <https://www.change.org>



HONOURING OUR TEACHERS

For mitzvah week, each teacher will receive a lawn or window sign at their doorstep. If you would like to help is the mitzvah of delivering a sign to your teacher, please contact Debbie, dspiegel@holyblossom.org to arrange for sign delivery to your teacher's door!

JOIN OUR HBT VIRTUAL COMMUNITY!

7:30 AM - DAILY MINYAN

In this time of physical distancing, we need not socially isolate. Join us for our Tuesday Morning Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

5:15 PM - L'CHAIM CHECK-IN

Raise a glass or teacup with fellow congregants over Zoom and Join a conversation about coping with the pandemic. <https://holyblossom.org/event/lchayim/2020-05-11/>

6:00 PM - DAILY MINYAN

Join us for our Tuesday Afternoon Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

thursday

SHOWING LOVINGKINDNESS AND CARING/G'MILUT CHASADIM

CARD MAKING

Create and send a card to a healthcare worker, a patient in the hospital, or a senior. This project was created by a 9-year-old boy living in Toronto who wanted to spread some well wishes across our city. Participate in his mitzvah project by following the easy steps on the website: <https://www.kidscareproject.com/>

Or make a congregant's day by sending a letter or a drawing, a joke or a crossword puzzle of your own design. For name and address contact Rabbi Goodman at zgoodman@holyblossom.org

DONATE BLOOD

Donating blood is an important way to give back if you are eligible! Make an appointment with Canadian Blood Services <https://www.blood.ca/en>

SEND A NOTE TO CANTOR MAISSNER

Our beloved Cantor Maissner is retiring at the end of June. Tell him how much he has meant to you over the years, or wish Cantor Maissner a Mazel Tov on 41 years of leadership, by sending a note or video clip to him at beny2020@holyblossom.org.

OR VISIT WITH CANTOR MAISSNER OVER ZOOM!

Cantor Maissner's Open Office Hours are every Monday & Wednesday from 3-4 pm, May 11-June 29. Joim him here on Zoom: <https://zoom.us/j/95988360001?pwd=Y1RYNjBwanRGZnJNOWliaVjXVEt5UTO9>

Password: Cantor

SHOP TO SHARE - HELP WOMEN FLEEING HOMES OF VIOLENCE

Donate groceries and other household items to women who have fled abusive homes, some with children. Many of these women have had to leave quickly and only have limited kitchens with microwave, mini-fridge and perhaps a stovetop so please keep this in mind when shopping or going through your pantry:

ITEMS NEEDED:

- Non-perishable foods: canned goods, cereals, granola bars, shelf-stable milks, instant soups, healthy kids snacks like unsweetened apple sauce and gold fish, pasta, sauce, bread etc

- Perishable food with longer expiry dates and no need for immediate refrigeration: eggs, apples, oranges, bananas, carrots, some cheese, corn, cucumbers, cured meat
- Kitchen essentials: Can openers, reusable cutlery and bowls (flip top lids for storage are perfect).
- Personal items: cosmetics, shampoo, soap, feminine hygiene products, toothpaste, toothbrushes, hairbrushes etc. If you have an extra hair dryer you could donate, that would also be appreciated!

WHERE AND WHEN TO DROP OFF?

Please do not drop off items at Holy Blossom Temple. Instead, drop off items to one of the address below. Open bins will be on the front porch so there is no need to touch anything keeping you safe while helping others. The bins will be picked up and dropped off at a sorting station where the items are handled with gloves and placed in bags, then delivered to the women and in some cases women and their children.

PLEASE DROP OFF ITEMS PRIOR TO 3:00 PM ON THURSDAY MAY 14TH TO:

- 8 Heathdale Rd. Toronto
- 35 Millbank Ave. Toronto

For questions please contact Cindy Berg - cindyberg@rogers.com.

COLLECTION DONATIONS FOR PROJECT ABRAHAM

Donate new or gently used children's books, puzzles and games for new Canadians, including Yazidi refugee families. In partnership with Project Abraham (<https://www.projectabraham.ca/>). Please separate and label by the following categories:

- Board books: newborn to age 3
- Picture books: ages 3-8
- Colouring and activity books: ages 3-8
- Novelty books: ages 3 and up, depending on the content
- Early, levelled readers: ages 5-9
- First chapter books: ages 7-10
- Middle-grade books: ages 8-12
- Young adult novels: ages 12 and up

Project Abraham is also looking for donations of cleaning supplies, toiletries (soap, shampoo and toothpaste), olive oil, nuts and dried fruits for the families they support.

To arrange for contactless pick-up and drop off or to volunteer to make deliveries for Project Abraham, please contact Rabbi Jordan Helfman: jhelfman@holyblossom.org

JOIN OUR HBT VIRTUAL COMMUNITY!

7:30 AM - DAILY MINYAN

In this time of physical distancing, we need not socially isolate. Join us for our Thursday Morning Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

NOON OR 1PM - JIAS TALK WITH OUR MEMBER, JACQUE FRIEDLAND

Details forthcoming.

5:15 PM - L'CHAIM CHECK-IN

Raise a glass or teacup with fellow congregants over Zoom and Join a conversation about coping with the pandemic. <https://holyblossom.org/event/lchayim/2020-05-11/>

6:00 PM - DAILY MINYAN

Join us for our Thursday Afternoon Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>



Friday

PEACE IN OUR HOMES/SHLOM BAYIT

BAKE CHALLAH.

Check out ["All Things Challah"](#) for 14 of reformjudaism.org's favorite challah recipes plus helpful hacks for baking, braiding, and more. Here's to inspiring your own venture into the world of making challah!

ART FOR SENIORS

For artists who are able to create and donate a piece of art to a senior, see <https://cdnartinisolation.format.com/about>

MAKE FACE MASKS OR DONATE FABRIC

There are lots of great ways to make your own face mask with and without the use of a sewing machine. If you have extra fabric at home and want to try on your own, here are a few easy instructions:

- With the Sewing Army - <https://www.facebook.com/groups/231630197886318/>
- For a sewing machine - <https://www.newlittlelife.com/2020/04/04/easiest-face-mask-tutorial/>
- To sew by hand - <https://www.newlittlelife.com/2020/04/04/easy-mask-hand-sew/>

If you have fabric to donate, there are several congregants who are making masks in bulk to donate to frontline workers. Contact awinch@holyblossom.org

TELL A JEWISH STORY.

Judaism has a rich tradition of passing down stories from one generation to the next. Check out the top episodes of [Stories We Tell](#), a weekly storytelling podcast that teaches meaningful lessons and asks thought-provoking questions.

DO A JEWISH ACTIVITY WITH YOUR KIDS.

Cooped up at home and running out of ideas? Reformjudaism.org has rounded up [our favorite Jewishly inspired crafts, recipes, activities, videos, and more](#) to keep your family occupied during days spent at home - all while learning about and embracing Judaism together.

ENJOY SMALL SENSATIONS - MILK, FUZZY SOCKS, NICE SMELLING HERBS

8:19 PM - LIGHT SHABBAT CANDLES AT HOME.

It's traditional practice to light two candles on Shabbat, one symbolizing the idea of remembering the Sabbath (Ex. 20:8), the other symbolizing observance of the Sabbath (Deut. 5:12). When you light, [recite the blessing for lighting Shabbat candles.](#)



JOIN US ONLINE AT HOLY BLOSSOM!

7:30 AM - DAILY MINYAN

In this time of physical distancing, we need not socially isolate. Join us for our Friday Morning Service here: <https://holyblossom.org/prayer-tefillah/daily-services/>

9:00 AM AND 11:00 AM - LITTLE BLOSSOMS WITH DR. MARK WEINSTOCK

An amazing parent/grandparent and toddler connection time! For registration fee, contact noffman@holyblossom.org : <https://holyblossom.org/event/little-blossoms-online/2020-05-15/>

6:00 PM - KABBALAT SHABBAT

Join us for our Kabbalat Service here: <https://holyblossom.org/prayer-tefillah/livestream/> or here <https://www.facebook.com/holyblossomtemple/>

7:00 PM - FRIDAY NIGHT DINING ROOMS

Join together with other Holy Blossom members to celebrate Shabbat and create community. Registration link coming soon! Stay tuned!

saturday

GUARDING REST AND SELF-CARE/SHOMER SHABBAT

9:00 AM - TORAH STUDY WITH RABBI SPLANSKY

10:30 AM - SHABBAT MORNING SERVICE

Join us for our Saturday Morning Service here: <https://holyblossom.org/prayer-tefillah/livestream/> or here <https://www.facebook.com/holyblossomtemple/>

11:15 AM - ZOOM GALI GALI WITH DAVID GERSHON

HBT Family Service kids' fun continues online with David Gershon. Bring your pre-schooler and join us via Zoom for a unique, interactive session of music, stories and learning Saturday mornings: <https://www.facebook.com/groups/725538950865149/> and on Zoom.

9:00 PM - MAKE HAVDALLAH WITH HOLY BLOSSOM CLERGY; WELCOME IN THE NEW WEEK

Join us for our Havdallah Service here: <https://holyblossom.org/prayer-tefillah/livestream/> or here <https://www.facebook.com/holyblossomtemple/>

WEAR COMFORTABLE CLOTHING AND SHOES (OR NO SHOES!)

LEARN ABOUT THIS WEEK'S TORAH PORTION.

Dig into the parashah (Torah portion) on reformjudaism.org's [Torah Study page](#), which includes modern-day commentaries from clergy, artists, and scholars, then have a new commentary delivered to your inbox each Monday when you [subscribe to Reform Voices of Torah](#)

GET MORE COMFORTABLE TALKING TO GOD

Hitbodedut (literally "self-isolation"), a style of prayer first popularized by Rebbe Nachman of Breslov, is the act of open, spontaneous, and direct communication with God. [Here are three steps to talking to God on your own terms.](#)

EXPRESS GRATITUDE

"Bless whatever you can/with eyes and hands and tongue/If you can't bless it/get ready to make it new" - Marge Piercy



**CONTINUE VOLUNTEERING AFTER MITZVAH WEEK!
COMPLETE THE VOLUNTEER INTERESTS FORM THROUGH THE
PORTAL FOR MEANINGFUL MEMBERSHIP:**

[HTTPS://HOLYBLOSSOMTEMPLE.CONGREGATIONCONNECT.COM/](https://holyblossomtemple.congregationconnect.com/)