

# 12th Annual Mitzvah Day

*Sunday, April 29, 2007*

at **Beth-El Congregation**

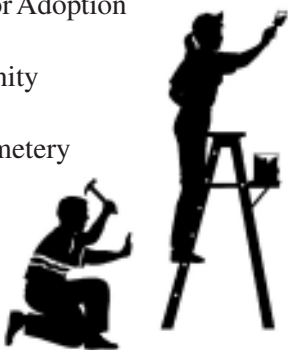
It begins at **9:00 AM** with breakfast in the Great Hall, followed by a short service at 9:30.

Please enter and sign in at the table outside the Great Hall,  
enjoy bagels and coffee and look for your activity captain.

*Lunch will be provided at 12:30 PM at Beth-El.*

## Project List

Project	Code#	Description	Min. Age
All Church Home for Children	1	Painting and gardening	none
Big Brothers and Sisters	2	Roller Skating	8
Cards for Soldiers	3	Make cards at the Temple	none
Carter Blood Bank	4	Donate Blood	18
Gladney Center for Adoption	5	Make goody baskets	none
Habitat for Humanity	6	Help build a house	16
Hebrew Rest Cemetery	7	Cleanup	none
Hospice	8	Make goody bags	none
Knitting	9	Knit small items for charity	none
Mission Arlington	10	Sort Clothing at Mission Arlington (1:20)	none
Mission Metroplex/YWCA	11	Sort items at the Temple	none
Oak Park Retirement Center	12	Visit residents (afternoon)	none
Ronald McDonald House	13	Prepare lunch for families	none
Tarrant Area Food Bank	14	Sort and pack donated food	none
Women's Center	15	Make puppets at Schul	8



☆ *To complete our activities, all we need is you!* ☆

# Registration and Participation Waiver

*The deadline to return this form is April 13, 2007.*

Please mail this form to the Temple or fax to 817-332-7157

Beth-El Congregation, 4900 Briarhaven Road, Fort Worth, TX 76109

***All participants must sign a waiver, parents must sign for children under 18.***

I understand that I am spending the day as a volunteer on projects organized by Beth-El Congregation, Congregation Beth Shalom, and Congregation Ahavath Sholom, with non-profit groups across Tarrant County. I understand that I am responsible for my behavior and will only perform work that I feel comfortable doing. I hereby release and agree to defend, indemnify and hold Beth-El Congregation, Congregation Beth Shalom and Congregation Ahavath Sholom harmless from any and all damages (including exposure to illness or disease), injuries, claims and causes of action which may accrue to or be asserted by me or any minor child of mine arising directly or indirectly out of my or any of my minor children's participation in Mitzvah Day.

Signature of each adult/guardian participating and the date signed required.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please list the name of each family member and age (if younger than 21), and indicate by code number your 1st, 2nd and 3rd choice of projects. Space is limited and assignments will be on a first come, first served basis. T-shirts will be available for \$5 each. You must return this form by April 13, 2007 if you wish to receive a T-shirt.

Name:	Age	T-shirt size (adult L, XL, kids M, L)	1st Choice Code#	2nd Choice Code#	3rd Choice Code#
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____

Address \_\_\_\_\_ Phone(\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ T-shirts @ \$5 each = \$\_\_\_\_\_.

Also, enclosed is a check for \$\_\_\_\_\_ to help cover the cost of Mitzvah Day, payable to Beth-El Congregation

I will bring a dozen cookies to the Temple on Mitzvah Day.

*Please consider donating blood in addition to participating in another Mitzvah Day activity.*

I will like to donate blood at approximately \_\_\_\_\_ (between 9:30 AM and 3:00 PM)