

National Mitzvah Day  
April 14, 2024

# HOW TO SUPPORT ISRAEL NOW



Aryevut

Since October 7th the world has forever changed and Areyvut which means “accountability’ and “responsibility” has focused our efforts on Israel. Through a partnership with Tal Tours and Mental Health First Aid Israel we ran Shuk to the Core, Israel vendor fairs in November 2023 and in March 2024 that helped 45 vendors from throughout Israel generate over a million dollars. Those funds not only helped the vendors and their families but also benefited their workers and the communities that they live in. Over the last six months our staff member Elana Kaplan has facilitated over 4,000 volunteer hours throughout Israel. While Shuk to the Core and Israel volunteering have been our flagship programs these last six months, we too have focused on advocacy, being active on social media and a variety of other efforts and campaigns.

For our 2024 National Mitzvah Day we have obviously decided to focus on Israel. The content we present is some of the myriad of ways that you, your families, students and communities can actively help Israel at this time. These are ideas and we know you have more suggestions, and we ask that you please share your ideas and feedback with us at [info@areyvut.org](mailto:info@areyvut.org) and that you utilize this resource in an ongoing manner and not just for National Mitzvah Day 2024.

This April 14 (and this can and should be done at any time) we dedicate our efforts to helping our brothers and sisters in Israel during these challenging times. There are so many ways to support Israel. Below you will find recommendations of ways to help soldiers, displaced families and the hostages and their families, as well as suggestions how to advocate for Israel by reaching out to elected officials.

*Disclaimer: Many wonderful organizations are helping Israel during this crisis. We have mentioned some by name because they are currently offering concrete ways to help. As the situation continues to evolve daily in Israel, volunteer opportunities will change, so please reach out to organizations for updated projects. All links, websites and projects were correct and current at the time of publication.*

I want to thank Janine Sherr and Rena Ray for their help in bringing this to fruition. As always, it is my pleasure, privilege and honor to recognize Ezra Tuchman, our former Board Chair, who was the person who suggested we establish and run a National Mitzvah Day many years ago. We have been fortunate to partner with the wonderful people at Good Deeds Day since they expanded Yom Maasim Tovim beyond Israel. The role that Good Deeds Day plays as a force for active goodness, kindness, caring and sensitivity is critical. Their annual Good Deeds Day engages well over a million people throughout the world. We publicly thank them for their efforts and acknowledge their ongoing partnership, help and support.

It is our genuine hope that as a global and united Jewish community we can use this resource as a tool to advocate for Israel, the currently 133 hostages still being held in Gaza by Hamas and in the merit of our holy and courageous chayalim, may God continue to protect them and all of Israel. We value you and appreciate your partnership, help and support. Am Yisrael Chai.

Daniel Rothner  
Founder & Director

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# SUPPORT SOLDIERS IN ISRAEL

## WRITE LETTERS TO SOLDIERS

Since the IDF called up its reservists on October 7, people from Israel and Jews all over the world have sent letters to chayalim/soldiers expressing admiration for their courage and prayers for their safety and success. These letters are deeply appreciated by the soldiers. Write a message of support for a soldier. Children are encouraged to draw pictures along with their messages. See attached Instagram message about a letter sent to a soldier by a student in a Boston day school last November and how much that letter meant to him.

Thank Israeli Soldiers:

<https://thankisraelisoldiers.org>

Please send letters to soldiers to the following address:

Momentum IDF

28 General Pierre Koenig St.

Jerusalem, Israel 93469

## HELPING LONE SOLDIERS WITHOUT FAMILY IN ISRAEL

### LONE SOLDIER CENTER

Assist lone soldiers before, during, and after their army service by providing them with physical and emotional support. Current campaign to provide Passover meals for the 150 lone soldiers residing in their housing units.

<https://lonesoldiercenter.com/about-us-3>

### THE MICHAEL LEVIN BASE

A center in Jerusalem providing practical and emotional support to lone soldiers serving in the IDF as well as to bnot sheirut, women performing Israel's national service.

<https://themichaellevinbase.org>

<https://www.youtube.com/watch?v=8iLyD86Q4YA&t=43s>

# VOLUNTEER IN ISRAEL

Now is the time to show your solidarity with the people of Israel. There are so many volunteer opportunities available in Israel, from helping in the fields by gathering produce to delivering meals to soldiers and to families of reservists.

## **VOLUNTEER WITH AREYVUT**

Under the leadership of Hands On Project Coordinator Elana Kaplan, Areyvut has facilitated over 4,000 volunteer hours in Israel since October 7. Here are some highlights of Areyvut's volunteer projects in Israel: <https://www.youtube.com/watch?v=1kEpksH88w&t=32s>

If you would like to volunteer in Israel with Areyvet, please complete this form: <http://bit.ly/41YaTa8> form

## **VOLUNTEER OPPORTUNITY LIST**

Teaneck's Congregation Rinat Yisrael maintains a list of volunteer opportunities in Israel for visitors.

<https://docs.google.com/spreadsheets/d/1rCkekA1zHOJH2Jzi0Uo27RaG8EFHfw2WqOAYTFkPuk/edit#gid=0>

## **MASA ISRAEL JOURNEY**

An organization "empowering a new generation of connected, committed, and inspired young Jewish adults" has designed a new 6-week volunteer program in response to the ongoing conflict. Opportunities include: Food packaging, tutoring students, agricultural work, assisting displaced families and contributing to rehabilitation efforts in southern and northern Israel.

[https://www.masaisrael.org/program\\_cat/volunteer-en](https://www.masaisrael.org/program_cat/volunteer-en)

## **LEKET ISRAEL: ISRAEL'S NATIONAL FOOD BANK**

Recruiting volunteers to work with their Israeli farm partners.

<https://www.leket.org/en/volunteers>

## **JNF (JEWISH NATIONAL FUND)**

4 Day Mission

<https://www.jnf.org/travel/tours/index/volunteer-in-israel-missions>

## **BIRTHRIGHT ISRAEL: ONWARD VOLUNTEER PROGRAM**

Taglit-Birthright Israel's unique opportunity to stand with Israel during these difficult times.

<https://www.birthrightisrael.com/volunteer-in-israel>

## **STARTUP RESERVES FOR ISRAEL (SRI):**

A global force of more than 4,500 highly skilled volunteers providing a range of professional services to fill in the gaps in Israel's startup workforce due to the war. To volunteer, please fill out their form:

<https://www.startupreserves.org>

# FOR THE HOSTAGES

## **TIE A YELLOW RIBBON**

Tying yellow ribbons in public has been used in different countries around the world as a symbol that prisoners, hostages and soldiers have not been forgotten. The symbol of the yellow ribbon became widely known in the U.S. in the 1970's when it was used as a symbol of support for the hostages held in the US embassy in Tehran. The song, "Tie a Yellow Ribbon Round the Ole Oak Tree," recorded by Tony Orlando and Dawn in 1973, became especially popular during this time. (<https://www.youtube.com/watch?v=Vie94KQcRX0Y>) Since October 7, this symbol has re-appeared as a reminder to the world that the hostages in Gaza will not be forgotten. At first, a blue ribbon was used to remember the Israeli hostages; now, a more universal yellow color ribbon has been adopted. Tie as many yellow ribbons as possible around trees, gates, lamp posts etc. Using a roll of yellow ribbons and safety pins, make your own pin with a yellow ribbon to wear on the lapel of your jacket on your coat

## **WEAR A TAPED NUMBER**

Wear a taped number on your jacket/sweater marking the number of days the hostages have been in captivity. This campaign was initiated by Rachel Goldberg-Polin, mother of Hersh, one of the 133 hostages still being held in Gaza. <https://www.timesofisrael.com/my-id-is-the-number-of-days-hes-been-stolen-mom-marks-100-days-of-sons-captivity/>

## **AISH.COM: A MILLION WITH YOU**

Let the hostage families know they are not alone. Send messages of strength and support to the families of the hostages kidnapped on October 7. Their team will get your messages directly to the hostage families and let them know they are not alone. <http://amillionwithyou.com>

## **ONE MINUTE A DAY**

Take a minute a day and make a call to save the lives of the hostages. Find your elected representatives, speak to them directly or leave a voicemail. [oneminaday.com](http://oneminaday.com) provides the script.

## **RALLIES**

Attend rallies demanding release of the hostages and if there is not a rally in your community, organize one.

## **RUN FOR THEIR LIVES**

Coordinates and runs weekly events throughout the world to actively engage people in remembering and advocating for the hostages. Attend an event in your community and if there is not yet one in your area set one up. <https://run4lives.org>

## **WEEKLY RALLY IN FRONT OF UN OR CONSULATES EVERY FRIDAY**

Hostages and Missing Families Forum New York  
<https://www.hostagesforumny.com/events-2>

## **HOSTAGES AND MISSING FAMILIES FORUM**

Read updates about the hostages and to participate in activities to secure their release.  
<https://stories.bringthemhomenow.net>

# ADVOCACY AND ACTIVISM

## ELECTED OFFICIALS

Connect with your elected officials to express your gratitude for their support of Israel or to appeal to them to stand with Israel. Urge them to do everything in their power to release our hostages.

Identify and contact your elected officials: <https://www.usa.gov/elected-officials>

Compose an impactful message and phone and/or email your representatives. Leave a voicemail.

## SOCIAL MEDIA

Speak up on Israel's behalf and call out antisemitism on social media. Respond to inflammatory posts and correct lies about Israel and the Jewish people disseminated on social media forums, like Facebook, twitter, Instagram and TikTok.

## LETTERS TO THE EDITOR

Write Letters to the Editor in response to newspapers' reporting on Israel.

## DAILY ACTIVITIES

Follow the suggested activities of 5 Minutes Today for Israel and 2-A-Day-4-Israel

<https://5minutestodayforisrael.com>

<https://www.2aday4israel.com>

## AIPAC

AIPAC is a national movement of pro-Israel Americans working to strengthen bipartisan support for U.S.-Israel relations. They provides daily actions and prompts (and often scripts) for reaching out to members of Congress in support of Israel during this war.

<https://www.aipac.org/israel-at-war>

## COLUMBIA UNIVERSITY

Demand that Columbia University condemn the atrocities of October 7 and that the president of Columbia ban organizations that call for violence against Jews on campus.

<https://www.timetocondemn.com>

# PRAYER AND SONG

## PSALMS

During times of suffering, Jews have always turned to God in prayer and supplication. The book from the Bible that has provided words of comfort and faith has been The Book Psalms or Tehillim.

Prayer from Tehilim- (Psalm 121)- "I Will Lift Up My Eyes to the Hills"

Text of prayer: <https://www.sefaria.org/sheets/247097?lang=bi>

Yosef Karduner singing this song: <https://www.youtube.com/watch?v=naOpxmgU2LU>

## PRAYER FOR IDF SOLDIERS

TEXT IN HEBREW AND ENGLISH:

<https://www.masaisrael.org/resource/the-traditional-prayer-for-idf-soldiers>

SONG:

A talented young boy, Nerya Granot, performs very moving rendition of the Prayer for the IDF, Mi Sheberach L'Tzahal.

<https://www.youtube.com/watch?v=UlGy2nPg9uQ>

## PRAYER FOR THE STATE OF ISRAEL

TEXT IN HEBREW AND ENGLISH:

<https://www.masaisrael.org/resource/the-traditional-prayer-for-the-welfare-of-the-state-of-israel>

SONG:

The Maccabeats, @Six13Sings, and @YStudsACappella collaborate to perform the Prayer for the State of Israel.

<https://www.youtube.com/watch?v=fvOYgHCihIU>

## AM YISRAEL CHAI

Listen and sing along with popular Israeli singer, Eyal Golan, singing "Am Yisrael Chai"— "The Nation of Israel Lives. In Hebrew with English subtitles.

[https://www.youtube.com/watch?v=2p3rtnQ\\_7y4](https://www.youtube.com/watch?v=2p3rtnQ_7y4)

# OTHER WAYS TO SUPPORT ISRAEL NOW

## ISRAEL APPAREL

Wear your kippah or Star of David necklace with pride, or any other pro-Israel shirt, necklace, bracelet or pin

## TOYS/TEDDY BEARS

Make a toy/teddy bear and send it to a child in Israel, displaced from his/her home or orphaned by this terrible war. One idea is a "2 Minute DIY Teddy Bear," posted by Dave Hax: <https://www.youtube.com/watch?v=046ZWDgjk08> or DIY Craftsplace: <https://www.youtube.com/watch?v=FG1AqP23rN8>

## BRACELETS

Make a beaded bracelet for Israel and wear it with pride.

<https://blitsy.com/how-to-make-beaded-bracelets>

Use blue and white beads, add Magen David pendant and letters spelling out Israel.

Or support the efforts of teens like Eliana Berenbom of Kansas City who make bracelets and send the proceeds to support Israelis affected by the war.

<https://www.kcjc.com/current-news/community-news/9289-local-teen-creating-bracelets-to-raise-money-for-israel>

## YAD LEAH

Yad Leah has been instrumental in providing clothing for needy people in Israel and has stepped up its efforts during the current crisis. Collect gently used clothing or purchase new clothing to send to soldiers or to people affected by the war.

<https://yadleah.org>

## MIGDAL OHR

Migdal Ohr, headed by Rabbi Yitzchak Dovid Grossman, has established the Magen Yisrael (Israel's Shield) Relief Effort to provide for the needs of those evacuated from their homes in the south. They also donate meals and equipment to Israel's hospitals and army bases.

<https://www.migdalohrusa.org/israel>

## SUPPORT ISRAEL'S ECONOMY

Purchase Israeli foods, jewelry art, and other items. The Israeli economy has been hard hit by the war and many Israelis are struggling to maintain their businesses. Read about the wide variety of Israeli food products available in the U.S.

<https://www.kosher.com/article/were-eating-more-israeli-foods-and-dont-even-realize-it-1024>

## ACHI

ACHI (American Communities Helping Israel) maintains an online market for purchasing Israeli products. Explore nearly 250 Israeli vendors offering art, jewelry, food, clothing and more. Make purchases or send gifts with global shipping options.

[www.achi613.org/achi-market](http://www.achi613.org/achi-market)

## **MEALuim**

Become a “neighbor” to a reservist’s families and contribute to buying them meals while their father or mother is away serving in the IDF.

<https://tzohar-eng.org/mealuim>

## **METIV: ISRAEL PSYCHOTRAUMA CENTER**

Now treating those affected by the trauma of October 7. They also train mental health professionals in trauma treatment.

<https://metiv.org/en/metiv-after-october-7th>

## **ARTISTS AND MUSICIANS FOR ISRAEL (A.M.I.)**

Currently providing art workshops, art therapy and music programs for IDF soldiers and evacuees coping with trauma from the war. For more information, please contact:

Mark Feldman - [mark.feldman@diesenhaus.co.il](mailto:mark.feldman@diesenhaus.co.il) or Yishai Ashkanazi - [yishai.neshima@gmail.com](mailto:yishai.neshima@gmail.com)

To donate: <https://www.israelgives.org/amuta/580452829#>

<https://pefisrael.org/charity/artists-musicians-for-israel-a-m-i>

## **JNF- JEWISH NATIONAL FUND**

This iconic Jewish organization is dedicated to planting trees and investing in the land and people of Israel, has stepped up its support in the aftermath of October 7. A tremendous number of people have donated generously to their campaign to support Israel during the war. JNF is seeking volunteers to write thank you cards to these donors. They will provide the names and the script. This activity may be done from anywhere in the U.S. Please contact: Michael Feinman, Executive Director of JNF, Tri-State Area at [mfeinman@jnf.org](mailto:mfeinman@jnf.org)

## **TREES FOR ISRAEL**

According to the JNF, now is the time for “planting seeds and investing for the long term, both literally and metaphorically.” Plant a tree in honor of a birthday or bar mitzvah or in memory of a loved one, and you will receive beautiful personalized tree certificates to mark the occasion.

<https://shop.jnf.org/products/trees-for-israel>

## **THANK ISRAELI SOLDIERS**

Shields of Resilience- New initiative to help soldiers suffering from PTSD and other mental health issues re-enter combat and return to civilian life.

<https://thankisraelisoldiers.org/sor>

## **PESACH**

Current campaign to provide IDF soldiers with matzot and food for Pesach.

<https://tis.app.neoncrm.com/forms/pesach24>

## **MEIR PANIM**

Organization founded to feed needy Israelis. Now mobilizing to provide food and essential supplies for families displaced from their homes, as well as gear, care packages and recreational activities for soldiers.

<https://donate.meirpanim.org>

## **ONE FAMILY**

They help all victims of terror in Israel and their families.

<https://onefamilyfundus.org>

## **MAGEN DAVID ADOM**

Israel's National Rescue Organization and provider of blood services. With Israel under attack from Hamas in the south, Hezbollah in the north and terrorism from within its borders, MDA's lifesaving services are especially critical today.

<https://afmda.org>

## **UNITED HATZALAH**

Community-based volunteer emergency medical service (EMS) provides fastest response to medical emergencies throughout Israel using specially-equipped motorcycle ambulances.

<https://israelrescue.org>