The Blue Dove
FOUNDATION

MITZVAH PROJECTS

IDEAS TO SUPPORT MENTAL HEALTH
FOR YOUR MITZVAH

The Blue Dove FOUNDATION

PROJECT INSPIRATION

Thank you so much for your interest in selecting the Blue Dove Foundation to be a part of your Mitzvah project!

This packet includes more about the Blue Dove Foundation, past examples of Mitzvah projects and potential ideas. Use this as a starting point. Please share your final selected project with Blue Dove at Info@thebluedovefoundation.org.

- Raise $1,800 in Tzedakah dollars for Blue Dove to go towards creating new mental health activity resources for the community to use.
- Talk about mental health and the Blue Dove from the Bima
- You, your family and attendees can wear Blue Dove Foundation kippahs and share the meaning of them from the Bima
- Host a gratitude workshop for family and friends to attend. For a $720 donation, you'll receive 20 copies of the Jewish Teen Gratitude Journal that can be shared with participants.
- Raise $360 to purchase 18 sets of Blue Dove Foundation Gratitude Cards to share with 18 friends and encourage them to send gratitude cards, spreading gratitude to others.

Talk About Blue Dove Foundation in Your Speech from the Bima

Skip to minute 52:00 to listen to the full speech
from this Bar Mitzvah at Temple Emanu-El of Atlanta

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PROJECT INSPIRATION

Host a Mental Health Shabbat

Host your own Mental Health Shabbat using our Mental Wellness and Shabbat resources, including a step by step guide to Friday night dinner, and mental health activities to accompany each step!

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MENTAL HEALTH SHABBAT RITUAL

Light בָּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת קֹדֶשׁ

Blessed are You, Lord our God, Ruler of the universe, Who commands us to kindle the light of Shabbat.

Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat

Mental Health Activity

Use candle lighting to welcome shabbat into your mind. What do you want to welcome into your life over the week to come? What do you want to work on? Use the light of the candles to illuminate your goals.

Sanctify בָּרוּךְ אַתָּה יְיָ אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן

Blessed are You, Lord our God, Ruler of the universe, Creator of the fruit of the vine.

Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen.

Mental Health Activity

When thinking about mental health, take time to sanctify Shabbat by leaving behind the past week. As you pick up your glass, imagine what you are putting down in order to welcome the weekend.

Cleanse בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Blessed are You, Lord our God, Ruler of the universe, Who sanctifies us with commandments and commands us to raise up our hands.

Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu al netilat yadayim.

Mental Health Activity

Take time to cleanse your mind, your spirit, your soul. Friday night is a clean slate.

Nourish בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Blessed are You, Lord our God, Ruler of the universe, Who brings forth bread from the earth.

Baruch Atah Adonai Eloheinu Melech ha'olam ha'motzi lechem min ha'aretz.

Mental Health Activity

When thinking about mental health, nourishing your mind, body and soul is key. Take time to nourish you. Without self-care, you won't be at your best to help others.

This resource is designed to educate individuals, but not replace treatment. If you are struggling, please contact a medical professional. ©September 4, 2020 The Blue Dove Foundation All Rights Reserved

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Raise Tzedakah Funds for the Blue Dove Foundation

Consider different opportunities to raise Tzedakah funds for the Blue Dove Foundation. Past projects have included selling jewelry, washing cars

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PROJECT INSPIRATION

Host a Hakarot Hatov Gratitude Workshop with the Blue Dove Foundation for Your Friends and Family to Learn More

Ahava BBG #2447 is so excited to be working with The Blue Dove Foundation this year! We feel that especially during the time of the pandemic, bringing awareness to mental health is very important, especially in teens. This is why we decided to partner with The Blue Dove Foundation! Their online resources about mental health, as well as their amazing story, and connection to Judaism really interested our chapter, and we wanted to be part of this amazing organization. So far we have already partnered with them for an incredible Havdalah service full of activities, and we can't wait to continue working with them all year!"

Learn more about the workshop at thebluedovefoundation.org/hakkarot-hatov-judaism-gratitude-and-you

Write an Article About Mental Health and Judaism or do a Special Research Project

Dear Blue Dove Foundation,

"I'm a 7th grade student. I have been doing a tzedaka project on addiction and mental health, and I have taken interest in your organization and what you do for Jews with mental health issues. I was wondering if we could set up an interview with one of your staff.

Thank you.

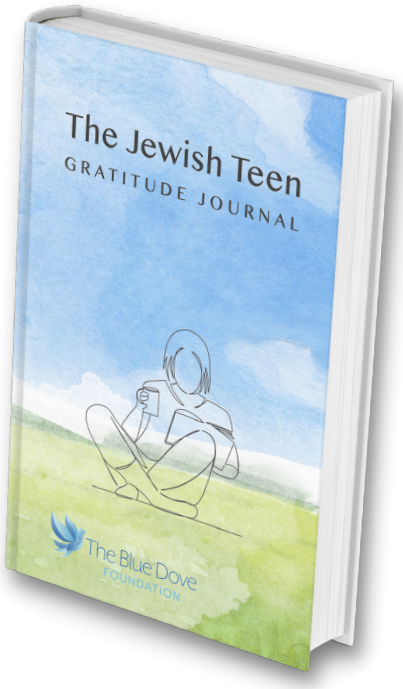
The Blue Dove FOUNDATION

THE JEWISH TEEN GRATITUDE JOURNAL

In Judaism, Shabbat is a weekly, structured opportunity to reflect on our weeks and our lives. This gratitude journal is modeled after that idea, with structured prompt for the beginning, middle, and end of the week to help you:

- Set goals for yourself for the upcoming week.
- Celebrates the small accomplishments you undertook thus far.
- And reflect on that which you are grateful for as you prepare for Shabbat.

The journal consists of fifty-two pages, one per week, and encourages you to practice gratitude for a few moments every week. Your mindset can change with the littlest habits, so let's give it a try!



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> **The essence of hakarat hatov isn't just to express thankfulness to those around you and the objects you possess in your life; it also is to truly feel the gratitude deep in your heart and soul. In order to do so, you must practice gratitude every day.**
> **- Journal Author, Lili Stadler**

How to Purchase

The book can be purchased on our website and on Amazon for $10.

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JEWISH MENTAL HEALTH MIDDOT (JEWISH VALUES)

Jewish values, or middot, help build the foundation upon which the Jewish community stands, and we believe middot empower us to connect Jewish thought to mental wellness. Jewish literature and prayer have emphasized healing, wellness, and community for centuries, yet we often shroud mental health in a cone of silence. To emphasize the role the Jewish community can play in promoting mental wellness, the Blue Dove Foundation focuses on the following eight middot:

בצלם אלוהים - B'tzelem Elohim - Created "in God's Image"

All of humanity should be afforded proper dignity and respect, and living by these values can counter the shame and stigma surrounding mental illness and/or addiction.

כל ישראל ערבים זה לזה - Kol Yisrael Arevim Zeh La Zeh - All Jews are Responsible for One Another

We are interconnected and must be invested in the mental wellness and overall well-being of others. We must be willing and prepared to help one another, because we all benefit.

רפואה שלימה - Refuah Shleimah - Healing and Wholeness

Judaism has a long tradition of recognizing that healing is not just physical; it is holistic, which is to say it has physical, mental, emotional, social, and spiritual components that are all interconnected. The Jewish tradition also emphasizes healing rather than curing. Even when mental illness is under control, healing and a return to wholeness is needed. Healing is a process that has many components, and may be a lifelong journey.

חסד וגבורה - Chesed u'Gevurah - Balancing Loving Kindness and Discernment

Too often we diagnose someone or think we know what will "fix" their situation, but when it comes to mental wellness, we need to come from a place of listening and openness. We don't want to make anyone feel like they are defined by their illness or struggle. There are times when judgment, discernment, limitations, and boundaries are essential - our skills and support come with very clear limitations.

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JEWISH MENTAL HEALTH MIDDOT (JEWISH VALUES)

פיקוח נפש - Pikuach Nefesh - Saving a Life

In Jewish law, there is no greater priority than saving a life.This leads to the idea that Jewish mitzvot, or commandments, are not about restricting life but rather about enabling us to live our most meaningful lives and helping others do the same.

נושא בעול עם חברו - Nosei B'ol Im Chaveiro - Sharing a Burden with One's Friend

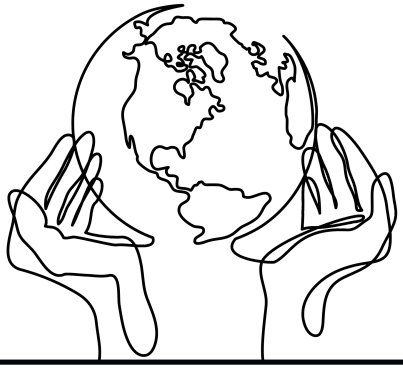
The Torah includes a story of a special friendship between a convert named Ruth and her mother-in-law, Naomi. Together, Ruth and Naomi face many difficulties but are able to overcome them, because they support each other.

לפני עיוור - Lifnei Iver - Before the Blind (Inclusivity)

It is our responsibility to do our best to create communities that meet the needs and celebrate the value of everyone. Rather than looking at a disability or mental illness through the lens of handicaps, we can uphold this value by seeking to ensure all individuals are fully able to participate in the community.

תיקון עולם - Tikkun Olam - Repairing the World

Tikkun olam refers to the Jewish value of repairing the world or making the world whole again through acts of social change. Jewish thought has taken this idea a step further with tikkun hanefesh, repairing the soul. We are taught that the work of repairing the world begins with repairing the soul.



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ABOUT THE BLUE DOVE FOUNDATION

The Blue Dove Foundation works to address the issues of mental illness and addiction in the Jewish community and beyond. Based in Atlanta, we work with people and organizations across the United States and around the world.

Our Mission is to educate, equip, and ignite our Jewish community with tools to understand and overcome the challenges presented by mental illness and substance abuse.

Our Work

1. Educate the community about mental health through a Jewish lens.
2. Produce powerful and engaging educational resources about the connections between mental wellness and Judaism.
3. Spearhead and design programs that can be replicated easily in communities across the country: mental health Shabbat dinners, various training programs, interactive events with speakers, and more.

Why the Dove

The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. Its role as a spiritual messenger imparts an inner peace that helps us go about our lives calmly and with purpose. Some believe the dove also represents hope, while others believe it denotes freedom.

Bringing peace, life, hope, and freedom to those experiencing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

Contact Information

info@thebluedovefoundation.org | (404) 490-2391

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The Gemara explains a verse in Proverbs: “If there is anxiety in a man’s heart, let him quash it.” (Proverbs 12:25)Meaning, he should share his concerns with others, thereby lowering his anxiety.
-Yoma 75a:2

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