

**SIGN UP
TODAY!**

TIKKUN COMMITTEE'S MARCH MITZVAH MADNESS MARCH 14, 2010



Save a Life Donate Blood at CBE

Appointments available 8:30—2:00. **SIGN UP!**

<http://www.sandiegobloodbank.org/> code CBEL

REGISTER TODAY! Incentive gifts for first time donors!

Majur Malou—Guest Speaker

9:30 AM Speaker and Discussion

Hear Majur speak about the current situation in Sudan,
Majur's experience as a refugee and his life in the US.

Suitable for children 5th grade and older.



Hand Up Food Pantry

10:00—12:00 (meet at CBE at 9:30)

Ages 10 and up

Help sort and stock at the Food Pantry

**SPACES ARE LIMITED,
RSVP REQUIRED.**



Pot a Plant

12:15—1:00 Get your hands dirty

Help pot indoor plants to give to homebound seniors.
A perfect family activity! **RSVP appreciated.**



As part of the day, VTS students K-4 will be making cards and decorating
Passover gifts bags for homebound seniors throughout the morning.

**TO SIGN UP FOR ANY EVENT OR FOR MORE INFORMATION CONTACT
TIKKUN@CONGREGATIONBETHEL.ORG**