

# 7th Grade Mitzvah Requirements

What is it that calls you to stretch beyond what is comfortable into places that are uncomfortable, and realize you are more powerful and magical than your mind could have believed?"

Julia Butterfly Hill-Environmental Activist.

Mechinah curriculum includes visits throughout the year from those whose own passionate journeys are shared to help inspire our teens. Speakers have included:

The Seeing Eye, Yoni Stadler (tree sitter and founder of Eden Village Camp), Holocaust survivors from Metrowest, Bridges Executive Director, representatives from the Soup Kitchen, Philanthropy experts, Metrowest Able and Advocates for Special Needs Children, American Cancer Society, Thank Israel Soldiers, Israel Program Center, Pedals for Progress, JNF and more!

Choose your Mitzvah Path Inspiration!

Each student should choose one path!  
Some very determined students have done both!

**Option 1:**

**15  
Service  
Hours**

**Option 2:**

**Approved  
Mitzvah  
Project**