



## ENVIRONMENTAL BRACELET

### Materials:

- Stretch Magic .5mm jewelry cord
- 9 colors of crystal beads
- Filler beads

Cut a piece of cord to the size of your wrist plus 3-4 inches. Tie a knot at one end of the cord.

Read the biblical verses about the tree and the dedicated mitzvot.

How might you be able to incorporate these mitzvot into your life? Choose a colored bead that you think represents the meaning in each mitzvah and string it on your cord.

String a few filler beads on the cord.

Decided which environmental mitzvot you can realistically incorporate into your life.

When your colored beads have been strung on the cord ask someone tie the cord to your wrist, leaving enough room to have it easily slip over your hand.

As you look at this bracelet in the future, remember how you have chosen to help the world be a better place in which to live.

## TREES & JEWISH TEXT

There are many references to trees in the Bible. They show our love for trees and how they were used in matters of religious importance. Read the references below to create your environmental mitzvah bracelet.

### Cedar

And Solomon built the Temple and finished it...and he built the walls with boards of cedar...all was cedar; there was no stone seen. (*Kings 6:14,16,18*)

**Recycle shopping bags.**

### Palm

Take on the first day (of Sukkot) the branches of palm trees... and dwell in booths seven days. (*Leviticus 23:40, 41*)

**Walk or take public transportation one day per week.**

### Citron

On Sukkot...take the fruit of the beautiful trees...this is the fragrant citron, or etrog. (*Leviticus 23:40*)

**Make your own household cleaners from environmentally friendly products (in "Help the Environment").**

### **Cypress**

And King David and all the house of Israel played before the Lord on all kinds of instruments made of cypress or fir wood, on harps and on drums. (*Samuel 6:5*)

**Save a tree, use recycled paper.**

### **Gopher**

And God said to Noah: Make an ark of gopher-wood... and come into the ark with your sons, your wife and your sons' wives... and of every living thing bring two of each sort into the ark... (*Genesis 6:14, 18, 19*)

**Contribute to and support Heksher Tzedek.** Visit United Synagogue website:

[http://www.uscj.org/Heksher\\_Tzedek7477.html](http://www.uscj.org/Heksher_Tzedek7477.html)

### **Fig**

Adam and Eve sewed fig-leaves together and made themselves aprons. (*Genesis 3:7*)

**Recycle clothing for the needy.**

### **Olive**

The Lord spoke unto Moses saying: Command the children of Israel to bring pure olive oil, beaten from the menorah, to cause a light to burn always in the tabernacle of your congregation. (*Exodus 27:20, 21*)

**Use soy candles,** purchased from Federation of Jewish Men's Clubs website:

[www.fjmc.org/Activities/ShomreiHaaretz.aspx](http://www.fjmc.org/Activities/ShomreiHaaretz.aspx) or [www.Amazon.com](http://www.Amazon.com)

### **Carob**

In the days of Bar Kochba, a great teacher names Simeon Bar Yohai refused to obey the Roman decree against the study of Torah. He continued to teach his pupils, though his life was in danger. At last he had to flee. He hid in a cave in the mountains... for 13 years... According to legend, the carob tree grew up at the mouth of the cave so that the scholar might have food.

**Plant a tree in Israel. Support JNF:** [www.jnf.org/support/tree-planting-center/](http://www.jnf.org/support/tree-planting-center/)