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**FOR IMMEDIATE RELEASE****Annual Mitzvah Day to include new Spin-a-Thon for Tzedakah**

BOCA RATON – April 5, 2007 -- Temple Beth El of Boca Raton announced that it would host its 12th Annual Mitzvah Day on Sunday, April 15th.

In Judaism, a mitzvah is a good and unselfish deed commanded by God. Each year on Mitzvah Day, Temple Beth El members gather together in the synagogue's largest community outreach effort.

The event will kick off at 7:30 a.m. with the Mitzvah Day Dash, a benefit 5k fun-walk/run that starts and ends at Temple Beth El. Dash. Proceeds will be donated to the Religious School Scholarship Fund, the MS Society, Magen David Adam, and the American Cancer Society.

Many other activities will take place throughout Mitzvah Day. To name just a few:

A brand-new Spin-a-Thon for Tzedakah will take place this year. Boca's premier spinning instructors will lead participants to spin for charity. The day will also include a peanut butter and jelly guessing game. A correct guess of the number of jelly beans and peanuts will be awarded with a flat-screen television.

Donations of various items will also be accepted on Mitzvah Day, between 9:30 and 11:30 a.m. Items needed include: gently used toys, books, clothes VCR tapes and DVDs; unused toiletries; old bicycles; backpacks stuffed with a beach towel and swim goggles; art and school supplies; and jars of peanut butter and jelly. Temple Beth El will also be collecting plant donations to help beautify the synagogue grounds.

A Volunteer Fair will feature organizations including: Guardian Ad Litem, Save Darfur, Safe Kids Coalition Program, AIPAC and Gilda's Place. A Women's Self-Defense Program will take place at 10 a.m. There will also be a blood drive and blood-pressure screening.

The list of programs taking place on April 15<sup>th</sup> at Temple Beth El's Mitzvah Day doesn't stop there. For more information, call Rabbi Jessica Spitalnic Brockman at 561-391-8900.