



Temple
Beth Elohim
בית אלהים

CARING COMMUNITY MANUAL

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Caring Community Manual

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Introduction

We Begin

In the mishnah, we find the text "Eilu D'varim she-ein lahem shi-ur." It speaks of "priceless acts whose worth cannot be measured" and continues by enumerating the often simple responsibilities of moments of connection that are an integral part of living a Jewish life, acts like dealing graciously with guests, visiting the sick, providing for the wedding couple.

I believe that we can soften one another's sorrows when we share them. At Temple Beth Elohim we are realizing our dream to become a truly caring community. The work is endless, but there is nothing more satisfying. We strengthen one another when we mark both the joys and the sorrows, the fragility of life, the celebrations and the sacred moments as a community. I think that this is best described by the following words. They were written by Rabbi Alexander Schindler, a remarkable human being who served as president of the Union of American Hebrew Congregations until his death in 2000.

Our lives are a wilderness,
uncharted and unpredictable--
untimely deaths, unexpected blows,
unsuitable matches, unfulfilled dreams.

And yet, by gathering our heartaches
into a house of worship,
we find something transformative happening--
our sorrows become windows of compassion.
Paths through the wilderness,
hewed and marked by past generations,
give us our bearings.
Patterns of meaning and significance emerge.
We are moved from self-pity to love.
Our individual heartbeats merge with the pulse
of all humankind.
Suddenly we no longer tremble
like an uprooted reed.

None of us is immune from life's struggles. For each of us, there is a turning point when we realize how fragile life is and how crucial community is. And even though the concept of community has changed drastically in this fast-paced, complicated world, the need for community has probably never been greater.

The phrase, "It takes a village" is very much applicable to synagogue life. For our moments of joy and sorrow, loss, illness, and loneliness, our temple must be a place that offers a framework for celebration, comfort and healing. As a congregation, a community, we can do so much to offer hope, strength and comfort.

A cadre of congregants has begun to lay a foundation to enable us to reach out to one another by performing mitzvot, acts of kindness and caring. We want to become, in the finest sense of the word, a caring community and hope very much that you will join us in this effort so that we can strengthen the connections that make this community so vital.

May we, in our common need and striving gain strength from one another, as we share our joys, lighten each other's burdens, and pray for the welfare of our community.

Cantor Jodi Sufrin
Temple Beth Elohim
Fall, 2000

Our Mission

“Deeds of Kindness weigh as much as all the Commandments”

Talmud: Peah, 1:1

Temple Beth Elohim, as part of its efforts to continually foster a caring community, has created a program that provides support, solace and hope to congregants and their families during times of illness, suffering, loss and grief. And at the same time to reach out to these families during times of joyful transitions. Our program has been built upon the efforts of Jewish Family Service's **Jewish Healing Connections** which focuses primarily on helping individuals with spiritual and emotional needs utilizing the rich resources within the Jewish tradition. Based on these values, we believe that no member of our community should be alone facing a serious physical or emotional crisis or death.

In the spring of 2001 our Caring Community brought together members of the Temple's Caring Community and Religious Practices committees, interested congregants and clergy to help us identify needs in our community. We have also used the resources of JF&CS, Combined Jewish Philanthropies, the Levine's Bereavement Center, and the Center for Bereavement at Mount Ida College.

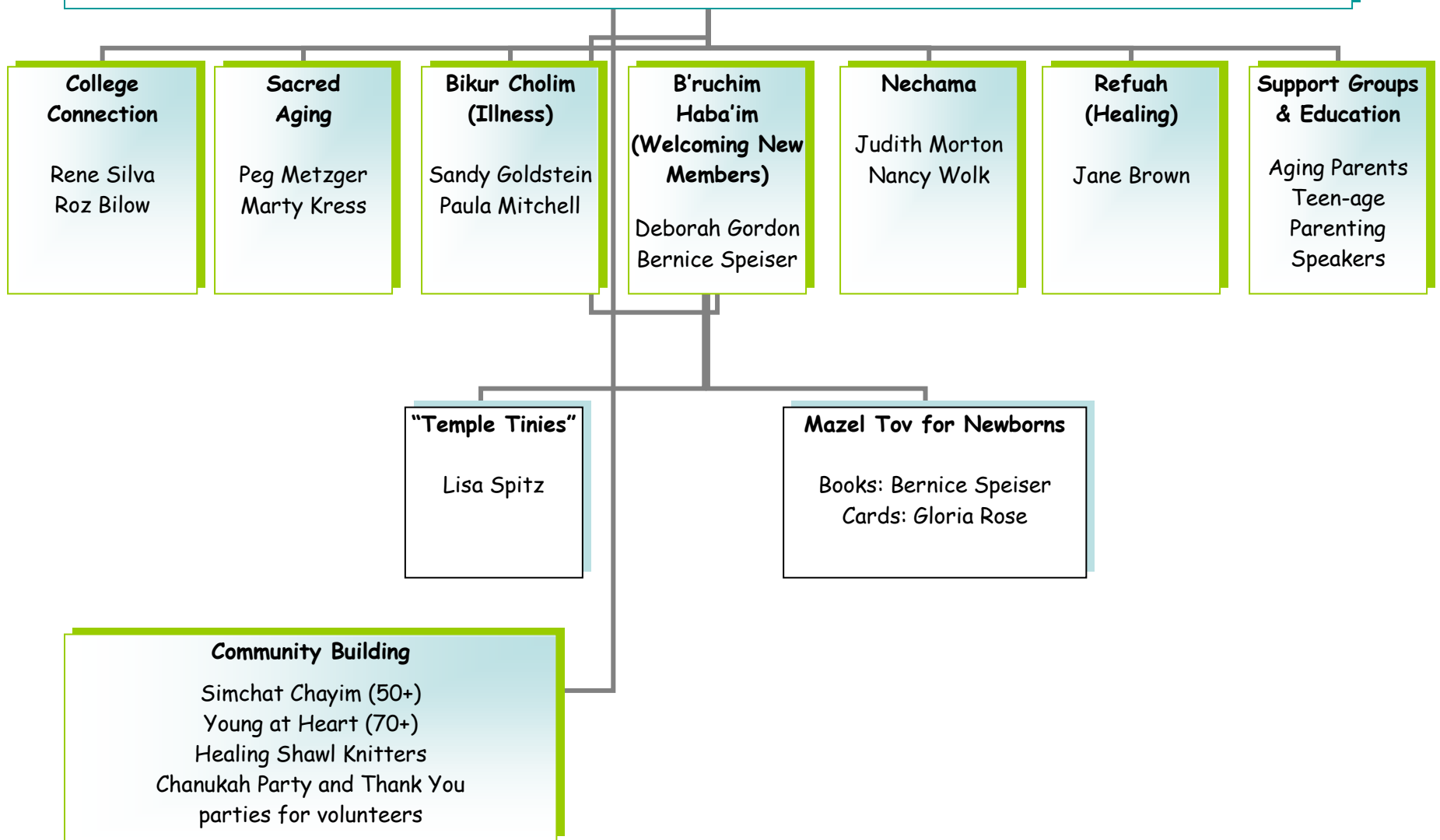
Our initial areas of exploration included:

- Supporting individuals who are critically ill and their families
- Helping individuals and families cope with death (finding and providing resources)
- Visiting people who are dying
- Providing assistance during a funeral (i.e.: house-sitting, setting up for the meal after the funeral)
- Providing assistance during Shiva (leading services, assisting with Jewish traditions)
- Being supportive after death (i.e.: maintaining ongoing connections)
- Reaching out to our youth leaving home through our College Connection
- Acknowledging transitional moments in our congregation (new births, grandparents, loss and Mazel Tovs)
- Providing support for our aging population through our Sacred Aging Program

Organizational Structure

TBE Caring Community Organizational Structure - 2007

Vice President of Caring Community
Sandy Goldstein



Program Overviews

An Overview

GEMILUT CHASADIM Acts of Loving Kindness

"The essence of Judaism lies not in what we believe but in how we act."

The goal of all the *mitzvot* (commandments) is *tikkun olam*: to repair our world. At Beth Elohim we strive to do our part to make our world a better place. We hold as our ideal a community that naturally welcomes the stranger, visits the sick, comforts the bereaved and feeds the hungry, not only at home but around the world. Our activities are wide and varied, offering something for everyone. The joy of sacred community comes in working together to repair our world.

Caring Community

Temple Beth Elohim's Caring Community develops programs to integrate acts of loving kindness into the lives of our congregants. As a first step in the process, we have created several teams: **Bereavement** (*Nechama*), **Illness** (*Bikur Cholim*), **Healing** (*Refuah*), **Outreach**, **New Members** (*B'ruchim Haba'im*), **Sacred Aging**, and the **College Connection**.

Caring is a community-wide effort. We actively seek interested congregants to join these teams to help us reach our goal. The team will also offer opportunities for study, discussion and mitzvah. We hope that through our outreach we will engage a growing number of our congregants in the mitzvah of reaching out to each other in times of simchas and sorrows.

Nechama (Bereavement)

Nechama volunteers, at the request of the clergy and with the congregant's approval, make contact with members who have experienced a loss of a family member, provide support for shivas, and in many ways, let the bereaved know that we continue to think of them.

For more information, please contact project leaders:

Bikur Cholim (Comforting the Sick)

Bikur Cholim volunteers provide support to those congregants dealing with serious illness, injuries or issues of continuing care. With direction from the clergy, a team member contacts congregants and offers support and comfort.

For more information, please contact project leaders:

Refuah (Healing)

Refuah's focus is to provide comfort to those congregants who are in need of spiritual or physical healing. In consultation with our clergy *Refuah* members encourage congregants to participate in the temple's monthly Healing Service which is held on the third Thursday of the month at 7:30 p.m.

For more information, please contact project leaders:

B'ruchim Haba'im (New Members)

The aim of *B'ruchim Haba'im* is to help new members make connections as soon as possible, to help them find their way to learning and spiritual experiences, to guide them toward areas of participation, to make personal calls or visits to offer some words of welcome and to answer any questions about temple programs.

The Welcome Minyan also offers a number of programs during the year to help new members meet one another. Announcements are in the bulletin. They will also receive invitations to special Family Havdalah programs, a New Member's Shabbat service and dinner, and a special Tot Shabbat, among many other activities available at the temple throughout the year. For more information, please contact project leaders:

Sacred Aging

This new initiative is focused on our Temple members who are over the age of 50. Our goal is to be responsive and sensitive to the needs of this growing segment of our congregation in all aspects of Temple life. The Sacred Aging Initiative is committed to weaving together the three pillars of our

congregation--prayer, learning and acts of loving kindness-- to create a rich and meaningful plan based on our diverse needs and interests.
For more information please contact project leaders:

College Connection

Our College Connection program is designed to provide a link between our students who are away from home and our temple. We send customized packages for several of the holidays which include a letter from one of our clergy, some type of goodie (often homemade) and printed information. We receive warm and enthusiastic responses from our students and parents find that helping with our mailings is a terrific way to meet other parents.

Core Program Descriptions

Bikur Cholim (Illness Team)

The Bikur Cholim Team is composed of volunteers who, in collaboration with the clergy, provide support for congregants who are experiencing illness in their lives.

1. Organization:

- a. **Team Leaders:** The Bikur Cholim Team is headed by two team leaders who take responsibility for organizing the volunteers, overseeing all aspects of the program and are the principal contact with the clergy.
- b. **Volunteers:** A designated volunteer takes responsibility for each month. During their assigned month the volunteers are contacted by the team leader or the Cantor when the services of the team are appropriate.

2. Role of the Volunteer:

- a. **Initial Contact with Ill Congregant:** The volunteer calls the ill or healing congregant and expresses concern on behalf of the congregation. The volunteers ask how the congregant is doing/healing and if they have any specific needs. Most often the families are touched by the phone call and need little or no assistance. On rare occasions assistance has been given in arranging for meals and ongoing contact with the Caring Community. We try to assess then if the congregant has a support network of family and friends to help them through this difficult time. We also tell the congregant about our healing service and encourage them to attend. If they seem interested, we ask if Jane Brown can contact them directly. At times, we ask if a congregant might like to speak with another congregant that has experienced the same illness to help them gain a broader perspective on coping and, hopefully, healing
We also ask if they would like their name said during Mi Shebeirach.

- b. **Temple Loving Care Bags (TLC Bags)**: A short while after the initial phone call the volunteer delivers a TLC bag to the congregant. The bag contains a temple mug filled with tea and candy, a tape of healing melodies, Shabbat candles and a quart of homemade chicken soup ("Jewish Penicillin"). The **TLC Bag** has two purposes: first to let the congregant know that the congregation is thinking of them during this difficult time and second to give the volunteer a reason to visit, a talking point and maybe even afford the opportunity to share a cup of coffee/tea with them.
- c. **Honey for a Sweet Year**: Volunteers deliver a small jar of honey to all who have dealt with a serious health issue during the past year during the time of the High Holidays. The card attached wishes them a sweet New Year.
- d. **Maintain Written Records**: At the end of each month we ask each volunteer to send us a list of members they contacted, when, and what was done. In several cases, depending on the illness, the Caring Community is needed to follow a congregant for extended periods of time.

3. **Resources**:

- a. **Temple Library**: The temple library has books available to congregants and their families on wellness and support.
- b. **JFCS and the URJ**: These organizations offer several small booklets and articles that may be useful to specific congregants

Bikur Cholim

Focus on Illness and Continuing Care

Goal: To provide support for our congregants who are coping with illness or issues of continuing care.

After a member of our clergy has spoken with an ill congregant and has assessed that a volunteer call is appropriate, the volunteer is contacted. The following is the volunteer's checklist:

Congregant's name: _____

Congregant's phone number: _____

Volunteer's name: _____

Acknowledge your awareness of their situation and offer consolation and support from the Temple community.

- ❑ Offer what we can do:
 - (optional) ask if they would like to be put in contact with a network of "match-makers", members of our community who have experience dealing with their specific illness (when available)
 - invite to healing service or put them in contact with Jane Brown at pise628@comcast.net or 781-449-0071
- Deliver "TLC" (Temple Loving Care) bag to the home, call first
- Ask if they would like a Mi Shebeirach said at services for them
- Email or call us with a record of your interactions or send the monthly contact form at the end of the month

Leave your name and telephone number and confirm with a follow up phone call to check on their progress.

Thank you so much for your thoughtfulness, assistance and caring.

TBE Caring Community
Illness/Bikur Cholim Monthly Contact Form

Please complete this brief contact form immediately after your month is completed. Having this information will help us plan for future programs, staffing requirements and budgets. Your help in sending us this information is greatly appreciated.

1. Name of Volunteer: _____
2. Volunteer Month: _____ year _____

3. Congregants Contacted:

Names	Phone Contact Date	TLC Bag	Other
1. _____	Y/N _____	Y/N	_____
2. _____	Y/N _____	Y/N	_____
3. _____	Y/N _____	Y/N	_____
4. _____	Y/N _____	Y/N	_____

Comments: Please provide us with any comments you would like to share with us regarding your experience this month that you think might be helpful to other volunteers, the clergy, or the program. Do share with us what type of support/resources the congregant has and whether you think there is a need for follow up. As always, thank you for your caring.

Nechama (Bereavement Team)

The Nechama Team is composed of volunteers who, in collaboration with the clergy, provide support for congregants who have lost a family member.

1. Organization:

- a. Team Leaders: The Nechama Team is headed by two team leaders who take responsibility for organizing the volunteers, overseeing all aspects of the program and are the principle contact with the clergy.
- b. Volunteers: In order to make the volunteers' role manageable, two volunteers take responsibility for each month. During their assigned month the volunteers are contacted by the Cantor when there is a death and the services of the team are requested.

2. Role of the Volunteer:

- a. Initial Contact with Bereaved Family: The volunteer calls the bereaved family and expresses condolences on behalf of the congregation. The volunteers ask if they can assist family/friends prepare for the funeral and shiva. Most often the families are touched by the phone call and need little or no assistance. On rare occasions assistance has been given in arranging the food for shiva, staying in a home during the funeral or helping with funeral arrangements.
- b. Shiva Prayer Leaders: The Nechama Team includes volunteers who have been trained and are available to lead a shiva minyan. The clergy makes every effort to lead one of the shiva minyans; congregants lead the remaining services.
- c. First Shabbat Challah: The week after a funeral the volunteer delivers a Shabbat challah to the family on behalf of the congregation.
- d. Temple Loving Care Bags (TLC Bags): Approximately two weeks after the death the volunteer delivers a TLC bag to the congregant. The bag contains a temple mug filled with tea, a book and Shabbat candles. The **TLC Bag** has two purposes. First, to let the mourner know that the congregation is still thinking of them during the period of sheloshim. The second is

to give the volunteer a reason to visit the mourner. What we have learned is that congregants most appreciate the Temple's support when all the family and friends have left. Very often they appreciate an opportunity to talk about their loved one.

- e. **Honey for a Sweet Year:** Volunteers deliver a jar of Israeli honey to all who have lost an immediate family member during the past year with a card wishing them a sweet New Year.

3. **Resources:**

Temple Library: The temple library has books available to congregants and their families on mourning traditions and support.

Bereavement Committee Tasks

E-Blast from Temple: When you see the "blast" which comes under Caring Community from the Clergy's administrative assistant on your e-mail, you may phone the bereaved. If there is any reason you are not to call the bereaved, the clergy will call or email you and let you know. In most cases if the news is blasted it is for public consumption and a call is appreciated. To find the phone number, check your Temple Directory or ask Kristine for the phone number(s).

Initial Reach Out Phone Call: The reaching out begins with the initial phone call offering condolences from the congregation, asking if they are all set with shiva and minyan services. We do have a list of folks who have offered to perform the minyan service for additional days. Usually Cantor Sufrin will let us know if one of the following volunteers should be called.

Reach out with Challah and Something Sweet: If the deceased is someone for whom the temple member you've called would sit shiva (i.e. spouse, mother, father, sibling, child), we tell the family that it is our "tradition" to bring a Challah to their home for Shabbat. Some volunteers have included something sweet as well (honey, candy, nuts, dried fruits). This is truly up to you. It is more for the contact than the substance of the offering, and to wish them a good Shabbas at this hard time. Please know that you may expense this offering to the Caring Community budget.

Reach out with call or note: If the deceased is any other relative, for example - grandparent, aunt, uncle, cousin, you may reach out with either a phone call or note offering condolences from the congregation. We have note cards with our new logo at temple for this purpose or you may use your own stationary and sign your name on behalf of the "Temple Beth Elohim Caring Community and the clergy".

Special Temple Loving Care Bag (TLC bag) : About 2 or 3 weeks after the death you should call the bereaved to make arrangements to stop by with a TLC bag (Temple Loving Care bag) (again only for those for whom one would sit Shiva). The TLC bags are found in the caring community room closet.

Make sure it is a **bereavement bag** not illness/healing. Look into the bag to make sure the bereavement card is included. There is tissue paper in each bag for placing the items in. If you cannot co-ordinate a time to meet to

give them the bag it can be dropped off at their home. Of course, personal contact is always nicer.

At the beginning of each month we let Cantor Sufrin know who the new monthly coordinator is. The two program coordinators alternate backing up each month. Our goal is to have 2 coordinators for each month plus one of us as backup. When your month is completed would you please let us know who was contacted and what services were received as this is a way for us to make sure our efforts are effectively reaching those in need.

Our sincere thanks go out to you for being part of our Bereavement Team. It is truly a Mitzvah that you perform.

Updated: 2006

TBE Caring Community
Bereavement/Nechama Monthly Contact Form

Please complete this brief contact form and send it us immediately after your month is completed. Having this information will help us plan for future programs, staffing requirements and budgets. Your help in sending us this information is greatly appreciated.

Name of Volunteer: _____

Volunteer Month: _____ year _____

Congregants Contacted:

Names	Phone Contact Date	TLC Bag	Other
1. _____	Y/N _____	Y/N	_____
2. _____	Y/N _____	Y/N	_____
3. _____	Y/N _____	Y/N	_____
4. _____	Y/N _____	Y/N	_____

Comments: Please provide us with any comments you would like to share with us regarding your experience this month that you think might be helpful to other volunteers, the clergy, or the program. Do share with us what type of support/resources the congregant has and whether you think there is a need for follow up. As always, thank you for your caring.

Refuah (Healing Team)

The **Refuah Team** is composed of volunteers who, in collaboration with the clergy, provide support for congregants who are experiencing an illness, either physical or emotional or who are experiencing extraordinary stress in their lives.

4. Organization:

- a. **Team Leaders:** The Refuah Team is headed by two team leaders who take responsibility for overseeing all aspects of the program and are the principle contact with the clergy.

5. Role of the Volunteer:

- a. **Initial Contact with Congregant:** Based upon input from the clergy the volunteer calls the congregant and expresses concern/support on behalf of the congregation. The volunteer invites the congregant to the Temple's healing service which is held once a month. The volunteer offers comfort and a willingness to listen to the congregant's feelings. The name of the individual contacted is held in strict confidence.
- b. **Monthly Healing Service:** Each month the congregation holds a healing service lead by Cantor Jodi Sufrin and volunteers. The service was written by the volunteers and Cantor Sufrin and runs approximately an hour.
- c. **Healing Shawls:** Refuah helps to identify individuals who would benefit from a Healing Shawl knit by a member of the congregation.

6. Resources:

- a. **Temple Library:** The temple library has books available to congregants and their families on how to cope with illness and where to obtain additional support.

B'ruchim Haba-im (New Member Team)

The B'ruchim Haba-im Team is composed of volunteers who welcome new members to the congregation, respond to any questions that they may have and integrate them into the life of the temple. Their goal is to help them find their way to the learning and spiritual experiences they seek, and to which they want to contribute. Several programs during the year help new members become better integrated into our Temple family.

1. Organization:

- a. **Team Leaders:** The B'ruchim Haba-im Team is headed by two team leaders who take responsibility for organizing the volunteers, overseeing all aspects of the program and are the principal contact with the clergy.
- b. **Volunteers:** In order to make the volunteers' role manageable the welcoming tasks and organizing of events are divided among approximately 10 volunteers.

2. Role of the Volunteer:

- a. **Initial Contact with New Members:** The names of new members are transmitted to the team leader by the Temple's administrative staff. At an organizing meeting each volunteer is asked to contact 5-10 new members on behalf of the congregation. In addition each volunteer delivers a challah and Shabbat candles.
- b. **Family Havdalah:** Each year the Welcoming Minyan hosts a Family Havdalah and dinner to help new members meet each other as well as congregants with young children.
- c. **New Member's Shabbat Service and Dinner:** The Team organizes a new member Shabbat dinner and Friday night service. There have been several variations on the format of the Shabbat dinner. We have held them in both congregants' homes or at the Temple. New members receive a box of Shabbat candles__and a CD of Temple Beth Elohim congregational music by Cantor Jodi Sufrin.
- d. **Tot Shabbat:** The Team hosts several Tot Shabbats during the year as a way to help young families integrate into the Temple community.

B'ruchim Haba-im Focus on New Members

Goal: To welcome each family into the Temple Both Elohim Community on a personal and social level.

When a new member/family joins Temple we take the following actions:

- Send a welcome letter to the family/member
- Deliver a gift of thought, i.e. Hanukkah candles, challah, baked goods
- Ask a member of the congregation to serve as the host and to personally welcome the family/member via a phone call or a visit.
- Facilitate connection to targeted committees member has interest in

Our vision includes:

- Sponsoring either one or two events during the year which will serve as a welcome to our Temple i.e. piggyback with Sukkot service, Shabbat service, ice cream social
- New member Shabbat dinner and/or Havdalah program focusing on new members. The host family would be responsible for attending the Shabbat service and dinner or for finding someone to bring their family
- Locating Temple members who may not feel as though they have been properly welcomed into the Temple community. We would inform them of our committee's existence and goals and invite them to be part of any new member social activity.

When you contact a new member please fill out the following information for our records:

New member/family's name: _____

Congregant's phone number: _____

Volunteer's name: _____

Host family (if matched)

- Leave your name and telephone number and confirm with a follow-up call to make sure they have no further questions
- Email or call us with a record of your interactions

Thank you so much for your thoughtfulness, assistance and caring.

Special Interest Programming

Special Interest Programming

The Caring Community makes a special effort to be aware of and address the needs of various age groups within the congregation.

1. Sacred Aging

This initiative emanated from the Union for Reform Judaism's recognition that "on the horizon is the aging of the baby boomers, a demographic reality that demands that we speak to the lifestyles and religious needs of what is quickly becoming our congregations' new Jewish majority."

The goal of this initiative is to be responsive and sensitive to the needs of this growing segment of our congregation in all aspects of Temple life. We are committed to weaving together the three pillars of our congregation, prayer, learning and acts of loving kindness so that we create a rich and meaningful initiative. It is an approach to Temple life that we intend to craft and create together depending on our needs and interests.

This initiative will address questions and concerns about "Our Responsibilities: To Our Parents, To Our Children and To Ourselves". We are beginning the year planning programs dealing with aging parents, financial planning, grandparenting and aging spiritually.

Legacy Planning

Under the umbrella of the Sacred Aging initiative we are this year beginning a four part series on legacy planning.

With some additional thought and attention we believe that we can all learn how to create meaningful and lasting legacies that will benefit many generations to come. This five part series will focus on understanding and creating a legacy, legacy development, ethical wills, and two hands-on workshops.

New Parents and Grandparents:

The Caring Community acknowledges the simcha of a birth of a child by sending the parents a book. At present we are sending each new baby's family a special printed blessing and a lovely Jewish lullaby CD done by our Cantor Sufrin. We also send a Mazel Tov card and now a CD to congregants who become grandparents.

College Students:

The goal of the College Connection is to provide a link between our college students and the Temple community. The Temple sends five packages to our college age students throughout the academic year for the Rosh Hashanah, Chanukah, and Purim. Mailings include a goodie of some type, a letter from the clergy, a letter from the College Connection and educational and fun materials about the holiday.

Older Congregants:

Simchat Chayim: In response to a desire for more social activities for the age 50+ congregants, a group was formed called Simchat Chayim. They hold three social events a year including a pot luck dinner prior to Purim services, trips and films.

Over 70 Group: In recognition of the unique needs of congregants over 70 and a desire to stay in touch with these individuals, the rabbi holds lunch and discussion groups with members of the congregation who are 70 + four times a year. As a group they plan social activities as well.

**Education
And
Support Groups**

Education & Support Groups

A Historical Overview

The Caring Community periodically sponsors educational programs and support groups based on the needs of the congregation.

1. Education and Training:

When launching the Caring Community initiative the committee invited Rabbi Karen Landy from Jewish Family & Children's Services to run a multi part educational program on Bikur Cholim and Nechama.

We continue to engage Rabbi Landy as a valuable resource for our committee and congregation in helping train us in visiting the sick and offering comfort to those ill and bereaved.

The committee has held educational programs on the history and tradition of Jewish mourning customs, living wills, ethical wills and legacy planning. We have also offered a course on **Bikur Cholim Text Study**. Four classes using text study were held on Bikur Cholim, visiting the sick. The prayers, poems, stories, and psalms presented gave background concerning the actual mitzvah of Bikur Cholim and also painted a broad and varied picture on Jewish views of illness, healing, doubt and faith. The ultimate question that we sought to answer is this: What in Judaism gives a foundation for doing the mitzvah of Bikur Cholim? As we read the texts we considered the following questions:

What is the text asking of us (or me)? What is the text offering to us (or me)? What can I/we take from this text?

2. Support for Congregants Caring for Aging Parents

The Temple held a support group for congregants who were caring for aging parents. The group was run by a social worker for Jewish Children & Family Services and a geriatric social worker from the congregation. The group ran for six months and then disbanded.

3. Support for Parents of Adolescents:

The Temple held a three part educational program on parenting adolescents run by a social worker. Several parents asked for a regular support/discussion group on this topic.

4. Library Resources:

The Caring Community has books and resources in the library on these subjects.

Community Building Activities and Events

Community Building Activities & Events

Since many of the caring activities were conducted by volunteers individually, it is important for us to have activities that bring volunteers together to build community within the caring community teams and the wider congregation.

1. Healing Shawl Knitters:

The Caring Community gives healing shawls to congregants who are ill or are in need of extra comfort. To create community among our volunteer knitters, the Caring Community holds a knitting gathering once a month in a congregant's home.

2. Volunteer Thank Yous:

The Caring Community holds special thank you events for our Caring Community volunteers, one at Chanukah and the other in the spring. The purpose of the dinners is to express our appreciation to all the volunteers, to enable them to share their thoughts on how the program is going, to offer suggestions for improvement and to socialize with each other.

3. Speakers:

The Caring Community has collaborated with our Congregational Learning Council and has brought to the Temple speakers on relevant topics. These sessions are open to the entire Temple Beth Elohim community as well as to our volunteers.

4. Youth Caring Community:

Our youth high school program, Havayah, has been invaluable in helping our efforts. They make chicken soup on a regular basis that we freeze and then distribute to our congregants in our TLC bags. They also reach out to young congregants who are ill. They have created their own TLC bags complete with homemade cards and personally created CD's.

Organizational Tools

Caring Community Outreach Statistics

The Caring Community tries to keep statistics each year on how many congregants participate in caring community activities and how many congregants we touch. The statistics are an approximation.

1. Volunteers in 2010: 94ish

- a. Bikur Cholim - 12-14
- b. Nechama - 30
- c. Healing - 8
- d. B'ruchim Haba-im - 4
- e. College Connection - 10
- f. Welcoming Newborns -1
- g. Simchat Chayim - 10
- h. 70+ Group- 2
- i. Healing Shawls - 16

2. Congregants Touched in 2010 - 322ish

- a. Bikur Cholim - 30
- b. Nechama - 50
- c. Healing - 30
- d. B'ruchim Haba-im - 35
- e. College Connection - 40
- f. Welcoming of Newborns - 12
- g. Simchat Chayim - 100
- h. 70+ group - 15
- i. Healing Shawls - 10

Caring Community Proposed Budget - Draft

Team	Program Description	Units	Cost/ Unit	Total
Bikur Cholim/ Nechama/Refuah	• TLC bags (to be sent to each ill/bereaved congregant, Debbie Friedman tape, bereavement book, mugs, candy, tea, etc.)	100		
	• Cards (to be sent to all ill/bereaved congregants)	20		
	• New Year's Honey Jars (to be sent to congregants who have lost a member of their immediate family during the past year or who have sustained serious illness)	60		
	• Speakers fees			
	• <u>Jewish Family and Life</u> or other gift (sent to all new parents)	25		
	• Healing Shawl supplies and service books	20		
B'ruchim Haba-im	• New Members gifts (Challah, candles)	50		
	• New Member Sukkot picnic	50		
	• New Member Shabbat	50		
	• New Members Life Cycle Book	50		
	• New Members Havdalah Service	50		
Simchat Chayim	• Social expenses for quarterly gatherings	50		
Over 70 Lunch Group	• Field trip subsidies, miscellaneous	12		
Brotherhood				
WTBE				
Contingency for New Programs	• Sacred Aging Programming, Temple Tinies, 21+			
College Connection	• Postage, goodies, boxes, supplies	40		
TOTAL				

Healing Shawl Knitting Directions

Materials:

3 skeins of Lion Brand Homespun yarn
Size 11 or 13 knitting needles

Pattern:

Cast on 57 stitches.

First row - Knot (k) three, Purl (p) three, to the end of the row.

Turn and knit the purl and purl the knit.

You will begin every row with knit.

Knit about 2 1.2 skeins in the pattern.

Use the rest of the yarn for fringe. You can add additional "fun" fringe to make it even more unique.

For men we have used muted colors and some have used them more as "lap shawls". Odd pieces of yarn can be knitted together in lovely patchwork design.

Finished size is about 2'x7'.

Suggested words for card attached to shawl:

This healing shawl brings you warmth and comfort with a homemade hug and the knowledge that you are never alone.

Please accept the prayers of the entire Temple Beth Elohim community for renewal of body, mind and spirit.

This healing shawl was personally knit for you by _____, a member of the TBE Caring Community.

Thank You Notes Received by Our Caring Community

Thank you so much for the beautiful Jewish living book...the care and warmth TBE shows to our family is both amazing and incredibly appreciated. We continue to be members of TBE for this reason.

We feel blessed to be part of such a thoughtful and caring Temple community.

We learn from the opportunity to belong to such a caring community as TBE and for that we are grateful.

We want to thank you for the wonderful book. We look forward to using it as a guide to assist us in creating a warm and loving Jewish home for our son, Jacob.

Thank you to the Caring Community for the wonderful gifts to help soothe our souls.

That was so kind and thoughtful of you to send a note in honor of Hallie's birth. It is things like that which mean so much. You certainly do an extra special job of thinking of others in every way.

A very important part of my recovery was the concern, as well as the love and support and prayers of our community. Many, many thanks.

We have been absolutely overwhelmed by the love and support we have received from the Caring Community—both those people we know and those whom we are just meeting. We knew we had found some place special when we joined the Temple last fall but now we feel even more fortunate to be part of this unique and wonderful community.

Thank you for the delicious challah...but even more, we continue to enjoy the genuine warmth and friendship we have found through the Temple. This is truly a special place and we feel extremely fortunate to be a part of it.

Thanks to all of you for the TLC bag. It means so much to be part of a "caring community" at a time of loss. We are all so appreciative.

Many thanks for your good wishes on the birth of our darling grandson, Jack. Your team is doing such wonderful work in the Temple community. Makes me "kvell" to belong to such a caring community.