

## We Need You!



# VOLUNTEER TO DO A MITZVAH and be a part of the TEMPLE B'NAI SHALOM CARING COMMUNITY



As a caring community, we at TBS understand the mitzvah of caring for those in need. As a Caring Community we offer comfort to our members during a time of need such as new births, illness, suffering, loss and grief. We support our rabbis as they conduct sacred Jewish rituals, we provide information and resources to member families, lend a caring ear, and provide other types of support. You, too, can perform this mitzvah by volunteering some time on an as-needed basis. Opportunities to volunteer include:

### Caring Support:

- Bring a meal
- Assist with a household task
- Run an errand
- Provide a ride
- Carpool to religious school
- Make a phone call
- Invite congregant to share a Shabbat or holiday meal
- Invite a congregant to sit with you at Services
- Babysit
- Send a card for simchas
- Knit a prayer shawl
- Make chicken soup

### Funeral / Memorial Service:

- Set up at TBS
- Usher at a Service
- Clean up at a Service
- Assist at gravesite

### Minyans:

- Pick up chairs, etc. at TBS, deliver to home and return to temple
- Set up at home
- Assist at Service
- Clean up after Service

Please add my name to the list of TBS members to be contacted when there is an opportunity to do the mitzvah of caring for those in need in our temple family.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone numbers

\_\_\_\_\_  
E-mail address

Return this form to:

Lynne Sprung, Chair, Caring Community Committee at TBS or contact her at 703-250-9104 or at [sprungs@cox.net](mailto:sprungs@cox.net) or at [caring@tbs-online.org](mailto:caring@tbs-online.org) or Rona Hiltin-Mason, Chair, Bereavement Committee at TBS or contact her at 703-428-0308 or at [hiltin-mason@verizon.net](mailto:hiltin-mason@verizon.net).