

5778: A Year of Reimagining & Reinvigorating our Caring Community

Meals in times of loss, illness, and celebration Led by Bobbi Heilveil

Each month, volunteers will prepare meal components that will be frozen in the TBE kitchen. Volunteers are needed to purchase food, prepare meals, and make deliveries to congregants' homes as needed. We hope you will join us for this vital part of our Caring Community.

Share Shabbat

Coming together on Shabbat is vital to our community. We will help organize groups to share Shabbat dinner at temple or in a restaurant before services, or to share a meal or drinks afterwards.

Rides to Services—Led by Deb Schild

Please let us know if you are available to provide a ride to Friday evening services on occasion.

What to do in times of illness and loss

Our clergy are here to support you at any time. Judaism offers a unique lens to understand our world and the myriad events that affect our lives. We are here to help you reflect and to offer the wisdom of our tradition. Whether it is a specific question of Jewish practice or a more general desire to speak to us about personal life issues, we hope you will think of us. And if you are comfortable with Caring Community follow-up, we offer supportive connections of many kinds.

Caregivers Support Group—Led by Judy Ashin, LMSW

Our Caregivers Support Group will meet monthly, led by a member of TBE who is a licensed psychotherapist.

Supporting Our Seniors: Sacred Aging & Community Connection: supporting those who live alone or need assistance

Calls (daily or as requested)

Shopping, helping with technology questions, lending a hand in other ways as needed

Visits and conversation

Ongoing support and information:
connecting with agencies in our area

Support and help in times of emergency need:

Please contact us. We can provide information about appropriate support in many situations. Please call Rabbi Whinston, 734-665-4744.

Support Group for Adults Who Have Lost Their Parents Led by Rabbi Whinston

Navigating the new family normal, when you have lost parents later in life. This support group will meet weekly for eight sessions.

Spirituality Book Club—Led by Annie Rose

(Meets monthly, second Tuesday evenings, second Thursdays at noon)

We invite our whole community to be part of our Spirituality Book Club, exploring questions of faith and searching together for deepening understanding. All are welcome to come every month or to individual meetings.

How to get involved:

Look through this pamphlet and contact Annie Rose (cantorannie@gmail.com) or Rabbi Whinston (rabbiwhinston@templebethemeth.org)

Let us know through a reply to one of our upcoming Caring Community emails.

~And~

**Please join us for
Connecting Our Caring Community
Saturday, September 23**

Dear Temple Beth Emeth Family,

When Rabbi Whinston asked me to work with him on revitalizing Caring Community, I was filled with gratitude and eager anticipation of what lies ahead. This will be a year to continue the ongoing work and to discover and implement new aspects of Caring Community.

Caring for each other in times of illness...
with meals, visits, and ongoing communication

Caring for each other in times of loss....
with shiva minyan leaders, meals, visits, and ongoing communication

Caring for each other in times of celebration....
with Shabbat dinners for families with new babies

Caring for our seniors and those who live alone....
with ongoing communication, assistance with tasks, rides to services, calls, and referrals to those who can provide further help

Caring for those who care for others and those facing life changes....
with support groups at temple

Caring for each other as we explore our faith....
with spirituality classes and groups, and meditation

In all the care, all the connections, we rely upon each other. I look forward very much to working together in the year ahead!

—Annie Rose, Cantor Emerita

—Connections through Spiritual Exploration—

God in the Box — Led by Rabbi Whinston

What do you believe about God? How did you come to those beliefs? What does Judaism say about God? *God In The Box* is a fascinating documentary and is sure to elicit feelings in all who attend. After screening the film and debriefing, we will explore Jewish concepts of God and our own understanding of the nature of God.

Mourning & Mitzvah: Support & Study Group (October-November) — Led by Annie Rose

We recommend the 5-session class to those who have lost a loved one recently or in years past, those who would like to learn more about Jewish mourning practice, even to those who have taken the class before and want to revisit the topic.

Broken Fragments: Journeying Through a Loved One's Dementia

(March-April) Led by Annie Rose & Carole Lapidos, MSW
We offer this 5-session class to offer spiritual support, insight, and connection to those who have a loved one who has been diagnosed with Alzheimer's disease.

Jewish Meditation Led by Judy Freedman & Soolji Min

Please join us for Jewish meditation. People with all levels of experience are welcome, including beginners. Guidance will be provided.

SooJi Min leads weekly Jewish Meditation, as well weekly as Jewish Embodied Meditation. Judy Freedman offers quarterly workshops to help enhance and advance meditation practice.

You're Invited

Temple Beth Emeth Caring Community

The work we do as a caring community is beyond measure. Our tradition teaches that this work leaves a spiritual residue that lasts for eternity. A visit, a meal, or our simple presence at a shiva minyan can have transformative effects for those who receive *and* those who provide. The work of caring community is the work of a Jewish community.

I hope you will join us if you haven't already, and I thank those in our community who have already been engaging in this work.

—Rabbi Josh Whinston

Please call us ...

It's why we're here. 734-665-4744

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