

# Caring Community at TBE

Caring Community is facilitated by Rabbi Lisa Delson, with the assistance of congregant leadership, who are committed to making TBE an inclusive and participatory community. Caring Community groups are for TBE members only unless otherwise mentioned. For more information about any of the following groups, please contact Rabbi Delson at 665-4744 or [ldelson@templebethemeth.org](mailto:ldelson@templebethemeth.org). The Caring Community program provides a congregation-wide opportunity to serve fellow congregants in times of joy and sorrow.



TBE Members: Sign up for Caring Community groups by printing out the sign up form on our website ([http://www.templebethemeth.org/tbe/files/cc06\\_form.pdf](http://www.templebethemeth.org/tbe/files/cc06_form.pdf)) and sending it to the TBE office

Attn: Caring Community

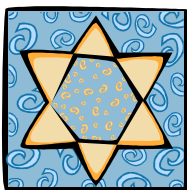
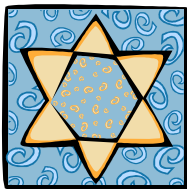
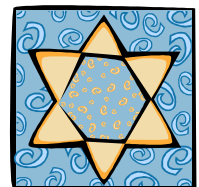
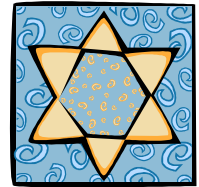
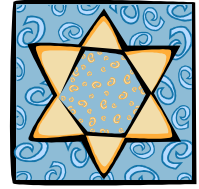
New Members, please use the reverse of your application form.

## *Chavurot (Affinity Groups):*

- **Caregiving Support for Adult Children:** Two groups meet monthly to support adult children caring for an aging relative.
- **Families With Young Children:** Provides holiday-related programming for families with young children aged 0-5, such as Tot Shabbat and Tot Chanukah. Open to the community.
- **Generations After (formerly 2nd Generation):** Children & relatives of Holocaust Survivors come together to create meaningful Yom Hashoah and Yom Kippur (afternoon) services.
- **New Beginnings:** Meets with Janice Gutfreund, New Beginnings Coordinator, for five sessions to discuss issues related to conversion and to share information and support. "How to" workshops and group attendance at services will be planned during the year. Open to the community.
- **Renaissance Group:** For members in the 55+ age group as well as members in their forties without children in the religious school; monthly social, educational, religious and cultural activities coordinated by members.
- **Ruach:** A new social group has recently formed for TBE members in their 40's & 50's as well as members who feel they are in-between the TNT & Renaissance Groups. Singles & couples are welcome.
- **Twenties and Thirties (TNT):** A group of members in their twenties and thirties, TNT offers social, cultural, and social action activities. Open to the community.

## *Ongoing Opportunities for Service:*

- **Bikkur Cholim:** The Jewish tradition of visiting the sick or elderly. Congregants visit TBE members and/or their relatives at home, in the hospital, or the nursing home.
- **Caring Community Volunteer Corps (CCVC):** Provides support and connection within the TBE community during times of joy and sorrow, offering meals and rides.
- **Welcoming Services:** A program to integrate new members into the TBE community.
- **Nachamu:** Conducts shiva services for fellow congregants. Nachamu has created a comprehensive bereavement guide for the TBE community. All temple members are invited to learn how to conduct Shiva services.



## *Spirituality and Community:*

- **Healing, Spirituality and Meditation:** Explores Jewish spirituality and meditation and offers classes and retreats. Open to the community.
- **Jewish Hikers of Michigan:** The mission of this newly formed hiking group is to offer spiritual, social and physical activities in nature for the Jewish community. Monthly events will be planned. Adults and children are welcome. Open to the community.

