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We encourage you to explore our many different social justice volunteer opportunities. Volunteers are welcome on a regular basis or whenever times allows. Please feel free to try out one, many, or all of these opportunities to find the project(s) that best fits your interests.

Financial donations as well as volunteer participation are welcome for all programs.

We're excited to volunteer alongside you!

## **FEED THE HUNGRY**

- First Sunday of every month
- Provides lunches to food-insecure people in Chicago and the northern suburbs



Feed the Hungry, Temple Jeremiah's longest running social justice program, promises to be a memorable experience for everyone involved. It provides a unique opportunity for volunteer efforts to come full circle, first by preparing lunches at home or at Temple Jeremiah, and then by actually meeting and interacting with the people who receive the food. Feed the Hungry collaborates with partner organizations including the Greater Bethlehem Healing Temple, a church near the United Center, and several PADS shelters in Lake County, to best serve their communities. This is a great volunteer opportunity for families with school age children, B'nai Mitzvah and Confirmation families and empty nesters.

Volunteers help by either:

1) Making bagged lunches at home and delivering them to Temple Jeremiah by 11:15 a.m. on the first Sunday of the month (sign up is not required)

~ OR ~

2) Making lunches with other volunteers at Temple Jeremiah AND handing them out to food-insecure recipients in downtown Chicago and/or Lake County.

### **Time Commitment:**

- Make lunches at home (1 hour)
- Make lunches at Temple Jeremiah AND deliver to recipients (2.5 hours, including round trip drive time to the city)

**Location:** Home, Temple Jeremiah, and/or downtown Chicago

**Contact:** Mindy Kurtz (847) 373-3063 [cupermom@aol.com](mailto:cupermom@aol.com)

**For More Information:** <http://tinyurl.com/Feed-the-Hungry-Info>

**To Sign Up:** <http://tinyurl.com/Feed-the-Hungry-Sign-Up>

## **BACKPACK BLESSINGS**

- Third Sunday of every month
- Provides students receiving free or reduced-priced lunch in Highland Park elementary schools with meals over the weekends



Many students in the Highland Park school district qualify for free or reduced-price meals as a result of their families' financial situations. The free and reduced lunch program ensures that every child receives at least one complete meal each school day. However, over the weekends, schools do not provide lunches.

The Backpack Blessings programs helps to ensure that these children have meals to eat over the weekend by supplying each student with a backpack filled with non-perishable foods. Volunteers sort, pack, and deliver food to our community-partner, North Suburban Special Education District (NSSD), for storage and weekly distribution. Backpacks are discreetly handed out to eligible students on Fridays at Red Oak and Sherwood elementary schools. Students return the empty backpacks to school on Monday and they're refilled for the following weekend. More than 60 students receive a backpack with food each Friday during the school year.

The Backpack Blessings program is extended through the summer in conjunction with the Nuestro Center Summer Camp at Oak Terrace School in Highwood. During that 5-week period, 60 campers, as well as several senior citizens, receive bags of food each week. A minimum of 12 volunteers are needed each month to prepare the backpacks.

### **Time Commitment:**

- ☐ 10:00 a.m.-11:30 a.m. on the 3rd Sunday of each month (1.5 hours)

**Location:** Temple Jeremiah and Highland Park

**Contact:** Lori Ruskin (847) 772-5584 [ldrskin1@sbcglobal.net](mailto:ldrskin1@sbcglobal.net)

**For More Information:** <http://tinyurl.com/Backpack-Blessings-Info>

**To Sign Up:** <http://tinyurl.com/Backpack-Blessings-Sign-Up>

## EAT & BE WELL MEDICAL FOOD PANTRY

- First and Third Tuesday of every month
- Provides fresh produce and lean meats to food- insecure patients who require a change in diet to improve health outcomes through a hospital-based food pantry in Oak Park



The Eat & Be Well program is a unique medical food pantry that helps food-insecure individuals improve their health by providing them with fresh fruits and vegetables and lean meats. The pantry is run in partnership with West Suburban Hospital in Oak Park and the Greater Chicago Food Depository. Twice each month, volunteers sort, package, and distribute food at the pantry, which is located in the West Suburban Medical Center. Patients visit the pantry to “fill their prescription” and also participate in a research study to measure the effectiveness of the program. Along with Temple Jeremiah, Another Chance Assembly Church near Oak Park helps with this project. At least 6 volunteers are needed on pantry days.

### **Time Commitment:**

- 10:00 a.m.-12:00 p.m. on the 1st and 3rd Tuesday of each month (2 hours)

**Location:** West Suburban Medical Center in Oak Park, IL

**Contact:** Barb Miller (847) 910-9110 [bmiller54@comcast.net](mailto:bmiller54@comcast.net)  
Laurie Mahler (847) 815-7225 [mahlerfamily@sbcglobal.net](mailto:mahlerfamily@sbcglobal.net)

**For More Information:** <http://tinyurl.com/Eat-And-Be-Well-Info>

**To Sign Up:** <http://tinyurl.com/Eat-And-Be-Well-Sign-Up>

## **FAMILY PROMISE**

- One week in December and one week in July (may vary)
- Provides families with young children who are temporarily homeless with a supported pathway to self-sufficiency by using local congregations for nighttime accommodations and meals

Temple Jeremiah is a founding member of Family Promise Chicago North Shore, a coalition of interfaith houses of worship that host these families on a rotating basis, and hosts Family Promise participants twice annually. By providing safe shelters, nutritious meals, transportation, and social services, Family Promise gives parents a chance to focus on finding employment. In addition, Family Promise helps participants to create a plan to return to permanent housing. Volunteers support the program by providing dinners, spending the evening with the families, helping with homework, and serving as overnight chaperones at the temple.

### **Time Commitment:**

- Help prepare and serve dinner to participants at the temple (varied hours)
- Approximately 6:00-8:00 p.m. Eat dinner, play with the children, help with homework, etc. (Varies but approximately 2 hours)
- 7:30 p.m.-7:30 a.m. Serve as an overnight chaperone (12 hours, includes sleeping at the temple)

**Location:** Temple Jeremiah

**Contact:** Michelle Wirth Fellman (847) 370-7719 [mich@wirthfellman.com](mailto:mich@wirthfellman.com)  
Jon Fellman (847) 339-9029 [jonfellman@hotmail.com](mailto:jonfellman@hotmail.com)

**For More Information:** <http://tinyurl.com/Family-Promise-Info>

**To Sign Up:** <http://tinyurl.com/Family-Promise-Sign-Up-Genius>

## WHITTIER ELEMENTARY SCHOOL

- Year-round opportunities for Donation Drives and In-Class Coaches
- Numerous programs provide support to teachers and students at Whittier Elementary School, which services a largely low-income population in Waukegan, Illinois



Volunteer Opportunities include:

**3R's Coaches:** After receiving training from the school, volunteers support individuals or small groups of students in grades K-5 with basic skills in the areas of reading, writing, and/or math.

### **Time Commitment:**

- One day per week, morning or afternoon, at Whittier Elementary School in Waukegan, Illinois (Approximately 2.5 hours)

**Supply Drives:** Congregants are asked to donate a variety of supplies throughout the year to support the students and staff at Whittier School. Collection bins are located in the temple lobby. Volunteers sort the donations and/or deliver the supplies to Whittier School.

- **Used School Supply Drive** – May/June: Congregants are asked to donate their gently-used school supplies.
- **Uniform Drive** – August: Congregants are asked to donate new uniform clothing for Whittier students.
- **Winter Clothing Drive** – November: Congregants are asked to donate gently-used winter coats, hats, scarves, mittens, boots, and snow pants.

### **Time Commitment:**

- Sorting donations (1-1.5 hours)
- Delivering items to Whittier School (2 hours)

**Box Tops for Education:** The Box Tops for Education program helps support education and benefit America's schools by rewarding schools for clipping box tops off of a variety of name brand products. Congregants are asked to clip, collect, and deposit their box tops in the Box Tops for Whittier boxes located in both temple offices. Whittier will redeem the box tops for money that can be used to purchase necessary supplies for the school such as teaching materials, books, computers, and art supplies.

**Time Commitment:**

- Minutes spent clipping the box tops and dropping them off at temple

Additional opportunities exist for families and/or B'nai Mitzvah students to coordinate a collection drive at their own schools to benefit Whittier Elementary School.

**Contact:** Lori Kash (847) 612-4998 [lorikash12@gmail.com](mailto:lorikash12@gmail.com)

**For More Information:** <http://tinyurl.com/Whittier-School-Info>

**To Sign Up:** Contact Lori Kash and participate in the drives

## **TEMPLE ART FAIR**

- One Sunday morning each spring
- Supports individuals with special needs from The Center for Enriched Living through the sale of their original artwork



Artists from The Center for Enriched Living display and sell their original artwork in the temple lobby one spring morning during both sessions of Sunday School. There are a variety of volunteer opportunities for teenagers and adults before, during, and after the Temple Art Fair listed below.

### **Time Commitment:** varied

- Take photos and videos of the artists at work at The Center for Enriched Living (2-6 hours)
- Work with the artists in one of The Center for Enriched Living's arts programs (1 hour)
- Write an article or blog on the Temple website and Facebook about your volunteer experience, interacting and watching the artists at work (1-2 hours)
- Underwrite and/or assist with the mounting and shrink-wrapping of the art pieces (4-6 hours, plus mounting expenses)
- Help set up displays in the temple lobby on the Friday before the art fair (2 hours)
- Assist buyers and answer questions during the Art Fair (4 hours)
- Interview Sunday School students during the Temple Art Fair and write a blog on the website and Facebook (2-4 hours)
- Assist with breaking down displays after the Art Fair (3 hours)

**Location:** Temple Jeremiah and The Center for Enriched Living in Riverwoods, IL

**For More Information:** <http://templejeremiah.org/get-involved/social-justice/cel-art-fair/>

**Contact:** Judy Craven  
Lori Kash

[judyabc3@gmail.com](mailto:judyabc3@gmail.com)  
[lorikash12@gmail.com](mailto:lorikash12@gmail.com)

## **EDUCATION AND ADVOCACY OPPORTUNITIES**

Advocacy at Temple Jeremiah is focused on social justice issues and has two primary goals:

- To educate our congregants and people from other faith-based organizations about social justice issues
- To teach people how to communicate their opinions regarding local, state, and federal programs, as well as proposed legislation, to their elected officials.



To date, Temple Jeremiah's advocacy efforts have focused on immigration, food insecurity and anti-hunger issues, the criminal justice system, and issues related to individuals with special needs. The Social Justice Committee is continually monitoring current events and issues for potential advocacy involvement by the congregation.

### **Time Commitment:**

- Varied, depending on the project

**For More Information:** <http://tinyurl.com/Advocacy-Info>

**Contact:** Jack Craven (708) 917-2121 [jack@allinexecutivecoaching.com](mailto:jack@allinexecutivecoaching.com)  
Judy Craven (847) 902-7477 [judyabc3@gmail.com](mailto:judyabc3@gmail.com)

# MARKETING AND PR

The Social Justice committee is one of the largest and most active at Temple Jeremiah. It is also a wonderful way for new members to get involved, for families to volunteer together, and for us as a community to live our *Tikkun Olam* ideals through action. And we want to share all that we do!

After participating in one of the above programs write a quick note about your experience and send it to Dina at [dina@templejeremiah.org](mailto:dina@templejeremiah.org). Or let her know if you are available for an interview about your experience. These articles will be included in the Covenant (Temple Jeremiah's monthly Bulletin), in the Social Justice monthly email, and on social media. You don't have to have a journalism background to participate, simply sharing your thoughts go a long way!

## Time Commitment:

- As little as 20 minutes

**Contact:** Dina Bauwens

[dina@templejeremiah.org](mailto:dina@templejeremiah.org)

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**TEMPLE JEREMIAH**

Rabbi Paul F. Cohen, D.Min., D.D.  
Rabbi Rachel L. Heape  
Rabbi E.S. Strydom, D.D.  
Rabbi Emanuel  
Rabbi Adam  
Cantor Sarah  
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Executive Director  
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David Glick, Vice President  
Chana Korman, Treasurer  
of Temple Jeremiah  
and Friends, Vice President  
David Hershman, Vice President  
Elisabeth Lipson, Executive Director  
Linda Statton, Recording Secretary

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We hope you can join us at a Social Justice program soon!

