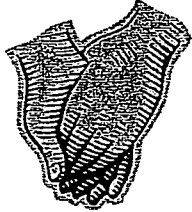


Temple Beth Israel



**MITZVAH CORPS**

*"You are not required to complete the work, but  
neither are you at liberty to abstain from it."  
-Rabbi Tarfon*

*Become a Mitzvah Corps volunteer. The tasks are  
small and time-limited. The rewards are great – the  
satisfaction of helping members of our own community  
in times of need.*

If you are interested in any of the tasks listed below, please complete this form and drop it off in the Temple office. If you have questions or would like additional information, please contact

Judy Kemp 847-475-5569 judykemp@aol.com or Mary Roth 847-675-5807 foofey1994@yahoo.com

- \_\_\_\_\_ *Make a phone call* to a member who has been ill.
- \_\_\_\_\_ *Send a note* to someone going through a difficult time.
- \_\_\_\_\_ *Cook a dish or meal* for a family or individual.
- \_\_\_\_\_ *Deliver food* to someone coming home from the hospital.
- \_\_\_\_\_ *Shop* for a member who is unable to get out themselves.
- \_\_\_\_\_ *Help set up a meal* (seudat havra-ah) for mourners returning from the cemetery.
- \_\_\_\_\_ *Lead a minyan* at a shiva house.
- \_\_\_\_\_ *Drive a member* to services, the doctor, etc.
- \_\_\_\_\_ *Visit a member* in the hospital or at home.

Availability: \_\_\_\_\_ Weekday \_\_\_\_\_ Evening \_\_\_\_\_ Weekend

Frequency: \_\_\_\_\_ Once a month \_\_\_\_\_ Every 2 months \_\_\_\_\_ 4X a year \_\_\_\_\_ Other

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Best time to call: \_\_\_\_\_

Please drop off or mail this form to: Temple Beth Israel 3601 W. Dempster St. Skokie, IL 60076 Attention: Mitzvah Corps

**OVER PLEASE** ➔



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neither are you at liberty to abstain from it."  
-Rabbi Tarfon*

## *What is Mitzvah Corps?*

*We are TBI volunteers who: make phone calls* to members who has been ill; *Send a note* to someone going through a difficult time; *Cook a dish or meal* for a family or individual; *Deliver food* to someone coming home from the hospital; *Shop* for a member who is unable to get out themselves; *Help set up a meal* (seudat havra-ah) for mourners returning from the cemetery; *Lead a minyan* at a shiva house; *Drive a member* to services, the doctor, etc.; *Visit a member* in the hospital or at home.

## *Would you like to become a Mitzvah Corps volunteer?*

The tasks are small and time-limited. The rewards are great — the satisfaction of helping members of our own community in times of need.

## *Do you know of someone in the congregation who may need our help?*

Please make them aware that we're here and let us know that there is a need.

If Mitzvah Corps appeals to you, please contact:  
Judy Kemp 847-475-5569 [judykemp@aol.com](mailto:judykemp@aol.com) or  
Mary Roth 847-675-5807 [foofey1994@yahoo.com](mailto:foofey1994@yahoo.com)

**OVER PLEASE** →