

# ...וְאָהַבְתָּ לְרֵעֶךָ כָּמוֹךָ...

...You shall love your neighbor as yourself...

## **Counseling Services**

Under the aegis of the Caring Community, and through affiliation with The Jewish Board of Family and Children's Services, Congregation Rodeph Sholom offers the services of an on-site licensed social worker.

Skilled and caring, our social worker is able to provide information about, or referrals to, competent professionals, support groups, and other resources. Confidential consultations are available to individuals or families, including those in crisis.

You may contact our social worker, Ruth Kobrin, at 646-454-3180, or rkobrin@crsnyc.org.

## **Lunch Together**

Lunch Together is a series of monthly lunches plus programming targeted to our active seniors – or anyone who has the luxury of being free at lunchtime. The programs are varied, ranging from political forecasts and recaps, to intimate musical presentations, to discussions of current issues. Our speakers have included elected officials, a financial news anchor, authors, entertainers, and Rodeph Sholom's own talented clergy team. Lunch Together provides those who come with exciting programs and social connections in a warm and welcoming environment.

## **Support Groups**

These group sessions provide congregants with the opportunity to share their feelings and needs with those in similar life situations. Groups that have met addressed such matters as sandwich generation dilemmas, caregiver support, job loss, and adolescent behavioral issues. We are always open to suggestions for new groups.

## **Shabbat Greeters**

The Caring Community organizes volunteers to serve as Shabbat Greeters every Friday night. The Greeters may be found in the main lobby welcoming everyone to Shabbat Services, and they are pleased to answer any questions about our community. Serving as a Shabbat Greeter is a wonderful way to meet other congregants and to experience the joy of extending Shabbat hospitality.

## **Bikur Cholim**

Jews believe that holiness can be found in community and in helping those who are experiencing hardship. "*Bikur Cholim*" literally translates as "visiting the sick," which is something we as Jews are commanded to do. *Bikur Cholim* volunteers assist those in our community who are ill, homebound, or feeling isolated through phone calls or visits. Connections are short or long term, and are determined based on need and volunteer availability. Training sessions for volunteers are offered periodically.

## **Support For The Bereaved**

The Caring Community sends personal expressions of support and deepest sympathies to our congregants and their families at the time of their loss. We want our congregants to know that there is a compassionate community to support them during this difficult time.

In that spirit, we also offer bereavement groups, facilitated by trained professionals. These groups welcome individuals who have recently experienced the loss of a loved one. The groups provide a nurturing environment in which participants share experiences, receive interpersonal support, gain practical information, and draw insights and guidance from Jewish tradition.

## **End of Life Initiative**

Rodeph Sholom offers a continuum of supportive services to anticipate and address the practical, emotional and spiritual needs of individuals and families who are facing advanced illness or loss. These services include individual counseling with the clergy or our social worker, guidance in preparing advance directives and ethical wills, and adult education classes that offer a Jewish lens on such issues as palliative care, organ donation, bioethics, theological views of death and dying, and talking to children about death. There is also a resource center on the fourth floor in the synagogue and on Rodeph Sholom's website.

*Preparation and Consolation: A Jewish Guide To The End Of Life*, is available to members of the congregational family. Rodeph Sholom hopes to be a place where people feel comfortable and safe addressing these difficult subjects.

## **Mental Health Initiative**

Whatever mental health challenges congregants and their loved ones may face, Rodeph Sholom aims to provide those who are struggling with a safe place among the clergy and within the congregation. An extensive resource guide is available in print and in the Caring Community section of the Rodeph Sholom website. Healing services and programs enabling dialogue on mental health issues are planned, to reduce stigma and offer support.

## **Cemetery Visit Program**

Many people honor the tradition of visiting the graves of their loved ones during the High Holy Day season, as well as at other times of the year. Following requests to the clergy, volunteers are available to drive and accompany congregants who might otherwise be unable to perform this mitzvah on their own.

**Caring Community Programs:**

Counseling Services

Lunch Together

Support Groups

Shabbat Greeters

Bikur Cholim

Support for the Bereaved

End of Life Initiative

Mental Health Initiative

Cemetery Visit Program

For more information about any of these programs, to volunteer, or to be added to the Caring Community Committee distribution list, please contact us at

[caringcommunity@crsnyc.org](mailto:caringcommunity@crsnyc.org).

Find out more at [www.rodephsholom.org](http://www.rodephsholom.org)—click on ‘Engage’ then ‘Caring Community’



***Are you looking for...***

**A chance to welcome and be welcomed?**

**Support and resources for life's challenges?**

**Visits when you're sick—or the chance to visit others?**

**Opportunities to engage with others in a meaningful way?**

***Rodeph Sholom's Caring Community is here for you.***

Congregation Rodeph Sholom endeavors to be a place where every individual feels supported. The Caring Community seeks to enhance the sense of connection within our Rodeph Sholom family by providing opportunities to reach out to one another, especially in times of need.