

Volunteer

It's good for the heart

You have made the commitment to be a member of Tifereth Israel Synagogue and we value your decision. We want your experience to be fulfilling on a variety of levels. Therefore we strongly encourage you to become involved.

Numerous studies have shown that not only does volunteering help the community but the volunteer as well: measurable social, emotional and even health benefits have been

found in volunteerism. And parents who encourage their children to volunteer will create the groundwork for a lifetime commitment to helping others. We don't expect you to devote hours of each day — but what about committing to a special project or giving an hour or two every month?

Sometimes all we need is a pair of willing hands. Below are some of the volunteer opportunities we anticipate during the upcoming year. Just call the office at (619) 697-6001 or email Nivi Rahm at admin@tiferethisrael.com for more information.

- Events:** set-up, ticket sales, ushering, clean-up (one to two hours per event). If you are planning to come to an event anyway, come an hour early or plan to stay after for a short while.
- Hauling with personal truck or van** (one to two hours). When we need palm fronds for the *Sukkah* or a dump run after a clean-up day, we need a truck for hauling.
- Mailings** (one to two hours). When mailings go out, help stuff and label all those envelopes or newsletters.
- Shabbat Greeters** (one hour on Fridays, three hours on Saturday). How often have you enjoyed being greeted with a smile and a friendly word when you arrive for services? Take your turn at the door to make friends and strangers feel welcomed.
- High Holy Day Ushering** (one or two hour shifts). You will be assigned to a specific ushering station to help greet and direct your fellow congregants to their seats. You will also be the *shomrim*, or "observers," checking tickets and helping to report any unusual activity to our security personnel, etc.
- Help with the Preschool or Torah School** (one to two hours). Our schools can often use some assistance. Can you help out in the office with phone calls, filing, proof-reading and more? Your help may be something you can do from home. In addition, assistance with programs and fund raisers is always needed.
- Braun Library.** No library skills are required! Volunteers are needed during the library's open hours.
- Cooking, Baking, Food Preparation** (one to two hours). Throughout the year, we need assistance with Kiddush luncheons, baking hamantaschen, helping to prep, serve or clean-up at congregational events or even oversee the barbecue. Just like home, the kitchen is a real place of gathering.
- Purimshpiel** (weekly rehearsals from November through February). If you enjoy singing, dancing, acting, or play a musical instrument, this is the event for you! Our famous annual Purimshpiel play is always looking for new participants. No experience (or talent) necessary.
- Minyan: Come and be counted!** Our morning minyan is a vital aspect of our community. Whether you're a regular or a not-so-regular, your presence is a *mitzvah*. Minyan meets at 7:30 a.m. on weekdays, Sundays and holidays at 8:30 a.m. Breakfast follows.
- Prefer to work at home? No problem** (as needed). Sometimes we need assistance with phone calls, brochures to be folded, mailings to be stuffed, proof-reading and more that can be done in the comfort of your home... even in your pajamas!
- Major fundraisers.** It's hard to say how much time you can spend on these very important events. You might only spend a couple hours one afternoon mailing out invitations or setting up for the "big night." Or you might want to put in more time to make sure these very important and necessary fundraisers reach their goals to support TIS.

Do you have special talents – in your professional life or as a hobby – that might help out around Tifereth Israel? We welcome your suggestions.

Your Name: _____

Daytime phone: _____ Email: _____