



**If I am not for myself, who will be for me?
If I am only for myself, what am I?
If not now, when?**

- Yes, I would love to learn how to make caring visits to those in our community who are in need, as part of an ongoing group.
- Yes, I would be willing to give someone a ride to/from the Temple on a Friday night for services.
- Yes, I would be interested in attending a class on reflecting and writing about the sacred moments in my life.
- Yes, I would be interested in a spiritual parenting or grandparenting group.
- Yes, I would be interested in a book group where the focus is caring and community. (Fiction and non-fiction)
- Yes, I have other ways in which I think I could contribute to the congregational caring initiative. I'd love to share them with you.
- Yes, I know someone in the community who could use a visit. I'll contact you with the information.

If you checked yes, please contact Rabbi Beth Naditch, the Director of Congregational Caring, by either email or phone at: (781) 235-8419 x140 or bnaditch@bethelohim-wellesley.org. Please include your name, phone, email, and the best time and way to reach you.