



Social Action Mission Statement

Tikkun Olam - to “*repair the world*” is a Jewish imperative. Congregation Beth Shalom strives to help its members bring this Jewish perspective to the search for social justice and the alleviation of suffering as well as to assume positions of service and leadership in the larger Jewish and general communities.

Tikkun Olam Committee at Congregation Beth Shalom is congregant driven and constantly evolving. We bear the responsibility not only for our own moral, spiritual and material welfare, but also for the welfare of society at large. The TOOLS for Tikkun Olam are here for you— and we encourage you fill your “Tikkun Olam Toolbox.” A wide variety of projects and volunteer opportunities are offered throughout the year for both individuals and families of all ages and abilities. These projects may be local or as far reaching as US and Israeli troops in the field. New volunteers and ideas for projects are always welcome.

Contact the Social Action Vice President at
SocialActionVP@BethShalomNB.org.

Additional Collection and Donations

The cabinets in the foyer at CBS are designed to collect a wide variety of donations. In addition to food for local pantries, there are drawers for the following collections:

New or Gently Used Bras: we are collecting these bras for Mathilde's Mentionables which will go to homeless shelters throughout the Chicago area.

Eye Glasses and Cases: Glasses and cases are donated to the Lion's Club and then provided to those in need. For children, clear vision can mean a better education and a better quality of life. For adults, it can mean greater employment opportunities and economic strength. For seniors, it can mean less dependence on others.

Cell Phones and Chargers: Phones are donated to Shalva, an organization designed to respond to abuse in Jewish homes. Money received from sold, refurbished or recycled phones supports Shalva's counseling services and programs.

Travel Sized Toiletries: Shampoos, soaps, toothpaste and grooming tools are given to local food pantries and shelters for those in need.

Sunday Newspaper Comics: The comics are sent to the US military troops along with snacks in order to bring a little bit of home to our men and women in uniform.

CBS Sisterhood, Men's Club, Youth and School may also have collections throughout the year as part of their programming. Check the CBS Programming calendar for project dates and Tikkun Olam tips!

SOCIAL ACTION



***Fill your own personal
Tikkun Olam Toolbox with
one or all these great tools!***

Delivering Groceries to Ark Families

Volunteers are needed to shop for and deliver monthly groceries to north suburban families in need. Each volunteer will provide this service approximately three times per year. Groceries are paid for by the Gold Family Sabbath Fund at Congregation Beth Shalom.

Feeding the Homeless

Once each month, meals are delivered to the Buffalo Grove PADS (Providing Advocacy, Dignity and Shelter) site. CBS volunteers provide main courses, side dishes, salads or desserts and serve the meal.

*"No one is more cherished
in this world than someone who
lightens the burden of another."*

- Author unknown

Donating Food

Throughout the year food donations may be deposited in the cabinets in the foyer at CBS. Whether through food drives or family shopping, all congregants are encouraged to donate food for those in need. Remember to check expiration dates on all non-perishable food before donating. Food will be taken to the Northfield Food Pantry and to the Ark. Additional food donations include: Food Groggers for Purim and Chometz donations before Passover.

Packing and Delivering for Maot Chitim

Twice a year, before Rosh Hashanah and Pesach, food is packed and delivered to those in need throughout the Chicago Metropolitan area. These are great opportunities for families to work together to brighten the holidays of others.

Supporting Military Troops

A variety of donations are sent throughout the year to those serving overseas. Children are encouraged to write letters of appreciation to the men and women serving in the US armed forces and the Israel Defense Forces.

Mentoring Inner City Youth

Adult volunteers are needed to mentor high school seniors at North Lawndale College Prep. Five two-hour visits to the school enable the mentor to meet with and help a student working on his or her senior project. This rewarding opportunity is ideal for those who enjoy watching a student master a theme that they find interesting.

LifeSource Blood Drive

CBS hosts blood drives in the fall and spring to support our local community blood banks. Adults and teens can donate blood at CBS. Registration is recommended.

