



# NEWSLETTER

## Social Action Update

## OUR ANNUAL SHIM 5K

### UPCOMING EVENTS

#### SHIM 5K - Register Today!

I am so looking forward to our Annual SHIM 5K coming up on Sunday, May 21st. My family and I will be participating, albeit very slowly since half of us are 2 years old, and I can't wait to share this opportunity for family-friendly outdoor fun, *kehillah*, and *tzedakah*.

Join us for Temple's 2nd Annual Walk/Run to benefit SHIM on Sunday, May 21st at 10 am at the Jefferson Middle School track. We welcome walkers and runners of all ages (Temple members & non-members) for this non-competitive event. Whether you walk a mile or run a 5K (3.1 miles), 100% of your registration fee goes toward supporting SHIM!

Please bring non-perishable food donations for SHIM as well.

After your run, enjoy a treat from Pgh Crepes or Kona Ice. Both food trucks will donate a portion of their proceeds from the day to SHIM!

Pre-register TODAY to guarantee that you'll receive a shirt using the [form online](#) or print the 5K Run for SHIM Registration Form and return it the Temple office with your check.

T-shirts are not guaranteed for same-day walk-ups or anyone registering after 4/25.

#### PITTSBURGH MARATHON: Volunteer Opportunity

Join other Temple Emanuel members supporting marathon and half marathon runners at the water station at Cupples Stadium from 5:30 am to 11:30 am.

[Register to volunteer here!](#)

#### Pittsburgh Sightseeing Kulanu: Bayernhof Museum

Sunday, April 30, 2023, at 2:00 pm

The cost is \$10 per person to be collected there. It is 2.5 hours and has several steps. We will carpool at 1 pm from Temple's parking lot. Contact [Susie](#) if you are interested in joining!

#### LEBO Earth Day

Sunday, April 30, 2023, from 11:00 am to 3:00 pm in Mt. Lebanon Main Park

Celebrate Earth Day with local tables (including Temple Emanuel) and vendors. There will be E-Bike Demo Rides, food, eco-vendors, electric cars, a fire truck, and live music!

#### Guest Speaker: Jeff Weinberg, Author and Healthcare Advocate

Thursday, May 4, 2023, at 7:00 pm in the Community Room

Jeff Weinberg, President of Caregiver Champion, will give a presentation discussing how to advocate for yourself within the healthcare system. The talk is based on his book, *The Emperor Needs New Clothes or Why The Caring Disappeared from Health Care*. RSVP to [Sarah](#) so we can save you a spot!

#### KIDDISH CLUB

Friday, May 5, 2023, from 5:00 pm to 6:30 pm

Join us for our last KIDDISH CLUB until September. This family-friendly Shabbat is designed for families with children between the ages of 0 and 6. RSVP to [Sarah](#) if you are able to come!

Plant Order Pickup:  
Tuesday, May 9th



Thank you to everyone who supported our ECDC Fundraiser at Mel's Petit Cafe in Mt. Lebanon last Friday! It was so nice to see so many Temple Emanuel community members there!

We are always collecting non-perishable food donations for SHIM in the boxes beside the stairwell. To donate digitally, go to [a.co/buXNoGg](http://a.co/buXNoGg) and donate snacks to SHIM's After School Program

**Team Sandwich** collects sandwiches every 3rd Tuesday of the month! Contact [shommel46@gmail.com](mailto:shommel46@gmail.com) to sign-up to bring sandwiches!

#### MOST NEEDED ITEMS FOR FREESTORE 15106

- Canned Soup
- Canned Tuna
- Canned Chicken
- Saltine Crackers
- Ramen Noodles
- Fruit Cups
- Juice Boxes
- Laundry Pods
- Girls Underwear

Please bring donations to Temple Emanuel.