



# NEWSLETTER

## Social Action Update

## Supporting SHIM

### UPCOMING EVENTS

#### Advance Care Planning Using The Five Wishes Workshop

Thursday, October 12, 2023, at 7:00 pm and Thursday, October 19, 2023, at 7:00 pm in the Community Room

Thinking through your advance care options can be daunting. The Five Wishes booklet aims to help take some of the stress from this necessary process and has been the nation's only national advance care planning program for more than 25 years.

Join Rabbi Aaron Meyer and licensed professional counselor Noah Potvin to learn more about advanced care medical planning from a healthcare and Jewish perspective. Participants of this two part workshop will receive a Five Wishes booklet to complete as part of this workshop experience.

The cost to participate is \$5. Please contact [Sarah Mangan](#) to sign-up.

#### Learn More About A Plant-Based Lifestyle Sunday, October 15, 2023, at 2:00 pm

Join us in the Social Hall as we learn from Sally Lipsky and Naomi Herman about The Basics of a Plant-Based Diet.

Let us know if you plan to join!

#### Abraham's Table: Abraham's Hospitality Monday, October 16, 2023, at 6:00 pm at St. Paul's Episcopal Church

Abraham's Table seeks to promote communication, understanding, and peace among people from different religious and cultural backgrounds. Each month, a fresh thought-provoking subject will be featured, followed by engaging table conversations in which participants may share their views and viewpoints. The subject for October is Abraham's Hospitality.

Dinner is served at 6:00 pm, followed by the presentation at 6:30 pm, and then a Q&A portion from 7:30 to 8:00 pm. [Register here](#) for this free, interfaith and multi-cultural event provided by St. Paul's Episcopal Church, Temple Emanuel of South Hills, and the City of Bridges Foundation.

### Annual High Holiday Food Drive

Our annual High Holiday food drive is nearly over. This Sunday, our Torah Center students in the fourth grade class will deliver the many bags of donations to SHIM and learn more about their food pantry and programs.

If you would like to bring donations for SHIM, please do by this Friday evening's service to be included in our High Holiday drive. Our collection boxes, as always, will remain in the lower lobby beside the stairs for donations throughout the year as well.

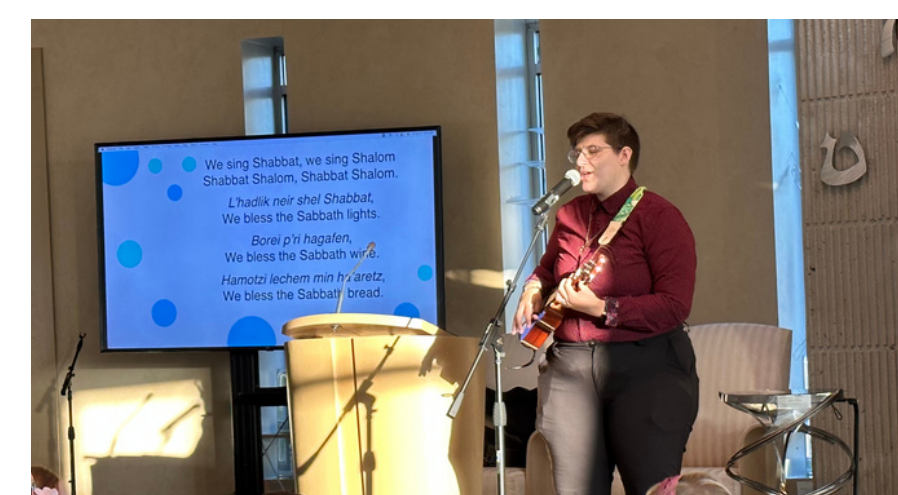
Thank you to everyone who was able to contribute to make this donation drive a success! If you are interested in volunteering to help the fourth grade class deliver the food to SHIM, please contact Steph McFerron at [smcferron@templeemanuelpgh.org](mailto:smcferron@templeemanuelpgh.org).

### Upcoming StandWithUs Presentation

StandWithUs is an international education organization that supports Israel and fights antisemitism. Next Tuesday, October 17th at 7:00 pm, StandWithUs will welcome their Senior Campus Regional Manager Dimas Guaico to Temple Emanuel to discuss his personal story and how it has led him to the work he does with StandWithUs on campuses.

Registration is required for this presentation, so please RSVP here: <https://swuoc17.paperform.co/>

For questions, please contact Julie Paris at [juliep@standwithus.com](mailto:juliep@standwithus.com).



Cantor Kalix leading our KIDdish Club families at our monthly family Shabbat service. Want to learn more? [Contact Sarah!](#)

We are always collecting non-perishable food donations for SHIM in the boxes beside the stairwell. **SHIM is NOT accepting clothing donations until their closet renovation is complete.**

Team Sandwich's next collection day is a week from today! Contact [shommel46@gmail.com](mailto:shommel46@gmail.com) to sign-up to bring sandwiches!

### MOST NEEDED ITEMS FOR FREESTORE 15106

- Deodorant
- Toothbrushes
- Toothpaste
- Lotion
- Shampoo
- Conditioner
- Body Wash
- Hand Soap
- Laundry Detergent
- Nonperishable Food

Please bring donations to Temple Emanuel.