



Scarsdale Synagogue Temples Tremont and Emanu-El

INTRODUCING FEEL GOOD FRIDAYS!

Because Who Doesn't Want to Feel Good?

What are Feel Good Fridays?

Starting this Fall, each Friday, Scarsdale Synagogue will host congregational volunteers to support a variety of needy causes. Sharing the work of bettering our local community will bond our own spiritual community.

You can see each week's cause, and expectations for volunteers on a weekly calendar posted on the [Scarsdale Synagogue website](#). Volunteers will "sign up" for any given week online. Drop ins are encouraged!

What type of work will be done on a Feel Good Friday?

- Sorting, packing and delivering food for the United Interfaith Food Bank.
- Go to a local volunteer site to organize, sort, pack, serve, or improve a facility.
- Go to a local volunteer site to facilitate a program with the in-need population.
- Preparing and packing food.

How can I get involved?

- Come to us with a need
- Sign up to volunteer
- Drop in on a Friday morning
- Or do even more with Sponsorship.

Sponsor a Feel Good Friday by: finding the need, and/or funding the need (in whole or part), and recruiting your friends to help out on that Friday.

Sponsoring a Feel Good Friday is a great project for a class, an individual or family mitzvah project, a gift to honor/memorialize/celebrate. Have family coming in for a bar/bat mitzvah? What a better way to spend that Friday morning? Kids off from school with no vacation plans? Get a group together! Waiting for your child at Mazel Tots? Stay, help and connect.

For Example, consider this scenario:

You have a Yartzheit in June. This person was a nurse. In her memory, you could sponsor one of the June Feel Good Fridays with AFYA, an organization that collects and distributes medical supplies to underserved communities. You could buy some of the supplies needed for the charity: band aids, aspirin, etc. You could then send a quick email note to your close friends and family who would want to support you in commemorating this Yahrzheit by asking them sign up to volunteer on that Friday. In that instance, we would meet at the synagogue and be going to the organization's nearby facility to deliver our collected supplies, and to do the ongoing **work of sorting and packing needed supplies.**

For more information, email feelgoodfridays@sstte.org

Don't YOU want to FEEL GOOD?

