

A · S · K

Act Share Keep

Spring 2020: How can we help?



As the Director of Community Engagement, one of the things I am most proud of is the department's creation of the ASK program. We have worked hard to create modules that bring the ISJL's passion for interactive learning for any learner at any level to Jewish social justice. I have loved seeing how many communities have allowed us to work with them in unique ways. As I leave the ISJL, I could not be happier that my successor, Rachel Glazer, shares this passion and will continue to think of fun, meaningful ways for all of us to Act, Share, and Keep our Jewish values.

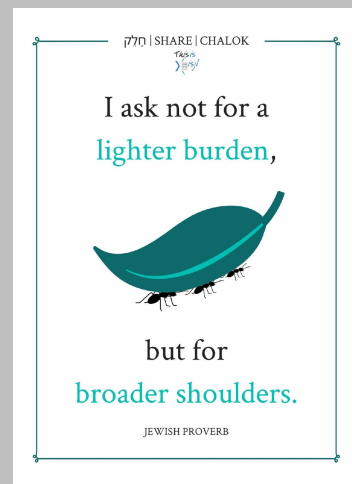


"I ask not for a lighter burden, but for broader shoulders." As our worlds shrink to impromptu home offices, they are also broadening exponentially with a myriad of Zoom sessions, live streamed concerts, and email chains from friends checking in. The ISJL Community

Engagement Department will continue to provide services as we can, whether through virtual engagement with our ASK modules or a quick check-in over the phone. Please let us know how we can be a resource and support for you.

Rachel Glazer

Community Engagement Program Manager



How to be a Helper

In our Jewish Resilience module, we spend time with the words of Fred Rogers: "Look for the helpers." You might be wondering how you can be a helper right now without putting yourself or others at risk. We've rounded up resources for helping virtually, from home, and down the road.

You can find these resources and many more on our website's ["Connection in the time of Coronavirus"](#) page.

Helping Virtually



We are lucky to live in an era of electronic interconnection. Now is a great time to sharpen our virtual learning, teaching, and sharing skills.

- **Share your talents!** If you are a tutor, artist, musician, or anyone with some special knowledge that others might benefit from, let people know what they can reach out to you about. [Learn how to teach over Zoom here.](#)
- If you are in a financially stable situation, **donate money** to those who are struggling with the loss of wages. You can send money directly to service workers via apps like Venmo or CashApp, or through GoFundMe campaigns.
- **Contribute to your local food bank** or distribution service. Start by donating money rather than food items-- this gives the food bank more flexibility.

Helping at Home

Being physically separated does not mean that we must be emotionally distant from our community. Here are [a few ways](#) you can support others while social distancing.



- **Pick up the phone.** Give friends and family a call to let them know you're thinking of them.
- **Reach out to at-risk neighbors and healthcare workers.** Bring in their mail, water their garden, or drop off groceries at their door. Simple neighborly tasks can make their lives a little easier.
- **Write cards** to folks in retirement homes who cannot have visitors right now. This is a great way for kids to use their art skills to make someone smile. You can take a picture or scan the card to send it to the facility electronically.
- **Donate blood** if you are able. Check in with your local blood bank to see if they are setting up mobile banks in your area.
- **Amplify messages of other helpers.** Use your voice to lift up the creative ways many folks have found to help.

Helping Down the Road



Even as we are in the thick of this trying time, we know that this too shall pass. Here are some actions you can take now to make our world heal a little faster.

- **Take care of your mental and emotional well-being.** In her article, "[Getting Emotionally Organized in a Crisis](#)," Pippi Kessler encourages taking note of what we can take action of now as well as what cracks we see in current systems. Once we are through the worst of it, those are the causes for which we can work to enact change.
- **Support local businesses** and restaurants by purchasing gift cards to use later. You're not going to want to cook for a long time after this!

- **Strategize your advocacy.** The NAACP put out an excellent document compiling short- and long-term actions that we can take on a variety of equity and civil rights concerns.

Let us know how we can help.

If you're seeking digital Jewish social justice education and connection resources, reach out to the ISJL Community Engagement Department. We would love to open up lines of dialogue in your community and contribute to your helping and your healing.



[Click here to bring ASK to your community.](#)



About ASK: Act, Share, Keep

ASK (Act, Share, Keep) is a diverse array of 90-minute programs for all ages that bring together innovative activities and discussions focused on the intersection of social justice and Judaism in the South.

[Learn more about the ASK modules.](#)

For more information contact us at 601.362.6357 or engagement@isjl.org.

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