

An Invitation

Over the past two decades, we've learned that the best way to support the dreams of Micah has been to intentionally invite the community to be a part of his journey. This involvement comes in many shapes, sizes, and amounts of time: from once a week to twice a year. It might involve reading or hanging out at a coffee shop with Micah; working or volunteering at the soup kitchen going to the movies or working on a political campaign. What matters is that it matches your interests and time with Micah's.

Here are some ways that you might want to join Micah's Circle of Support. Feel free to check what appeals to you. You can leave this invitation in the box marked Micah's Circle in the lobby or email Micah at a later date. (michahff@aol.com)

Here are a few ideas. Feel free to check what might work for you.

- going to the movies
- attending concerts
- cooking/planning meals with Micah
- reading circle (This is an exciting new development for Micah)

- helping with homework
- being a part of his job searches/planning for future work/career
- exercising/jogging/weight lifting
- helping with his speaking engagements
- computer technology training

- transportation
- arranging for volunteering activities
- organizing/coordinating his Circle of Support activities
- hanging out
- talking on the phone or connecting through email with Micah

- Political work with the Democratic Party (Micah is clear about his political party!)
- Jewish young adult activities or Synagogue
- sports activities, especially U of M and Detroit teams (Sorry, MSU fans!)
- not sure what I want to do, but I would like to participate in some way
- other: _____

Your name:

Emails:

Phone:

Our thoughts/ideas/suggestions:

Thanks for being with us today. We are guided by Jan Kabat-Zinn's words.

"At the deepest level, there is no giver; there is no gifts, and no recipient...only the universe rearranging itself."