Mid-Atlantic Region
Women’s League for Conservative Judaism

Mid-Atlantic Happenings

WINTER 2010

FOUNDER’S DAY

SUNDAY, FEBRUARY 7, 2010

Founder’s Day, our annual day of study and celebration of Torah Fund for the Mid Atlantic Region will be hosted by Congregation Beth El in Voorhees, NJ on Sunday, February 7, 2010.

The main event is our wonderful speaker, Dr. Stephanie Siegmund who is the first person to hold the Women’s League Chair in Jewish Gender and Women's Studies, a chair funded by a bequest by Billie Rubino. Billie Rubino was the founder of the Southern New Jersey Branch of Women's League, an integral part of the Mid-Atlantic Region.

This year we are pleased to announce some special additions to our schedule. In addition to our speaker, a “World of Women’s League” area will be added. This portion of the day will include information for all. “World of Women’s League” will include tables of information on Leadership Institute, Distance Workshops, and Biennial Convention 2010 in Baltimore. For those who are interested an optional afternoon study session will be available. Once again full and half day registration are available. A delicious brunch will be included in the full day registration. We will be selling ad space in our program. If you know of an organization or business that would like to advertise, a form is included in this issue of Mid Atlantic Happenings. Please look out for more information and registration materials to come your way.

Dr. Stefanie B. Siegmund, who is the first person to hold the Women's League Chair in Jewish Gender and Women's Studies, is Associate Professor of History and Chair of the Program in Jewish Gender and Women's Studies at The Jewish Theological Seminary. A specialist in the history of the Jewish family and the Jews of the early modern Italian states, her current research focuses on the subject of conversion of Jews to Catholicism in sixteenth-century Italy. Deeply involved with questions concerning gender and its role in creating Jewish custom, culture, law, and the history and status of Jewish women, Dr. Siegmund is this year teaching a new course on the pre-modern history of Jewish marriage, as well as early modern Jewish history, and offering a seminar on Jewish Gender Studies.

Dr. Siegmund has been a fellow at the Center for Advanced Judaic Studies, received a Mellon Fellowship in the Humanities, and won grants from the National Endowment for the Humanities and the National Foundation for Jewish Culture. A graduate of JTS, she received a master's degree in Judaic Studies and a doctoral degree in Jewish History, both with distinction. She received her bachelor's degree in History, summa cum laude, from Amherst College.

Founder’s Day is a day of fun, learning, companionship, friends and Torah Fund. We look forward to seeing you on February 7th! For more information about Founder’s Day contact Debie Napoleon dnapoleons1018@comcast.net or Amy Perrone perroneamy@comcast.net, Co-Chairs Founders Day.
Shalom Mid-Atlantic Sisters,

The summer and fall have been very busy in our Region. We began our year with Area meetings and trainings in all areas this past July and August. Sisterhood Presidents, Torah Fund Vice Presidents, Membership Vice Presidents and an array of other Sisterhood leaders met with myself, Donna Finkelstein, Area VP, Debie Napoleon, Torah Fund VP, Anna Tractenberg, Membership VP, Charlotte Stein, Community VP, Linda Goldberg, Education VP and Elaine Emmer, Parliamentarian in small groups to discuss issues, techniques and strategies for the new year. We have continued the year with Area EVENTS. These events take the place of what we used to know as programs. Each area hosts a program for the Sisterhood members that are located in that area. We have had three successful Area Events in Areas 6 and 7 (combined event), Area 4 and Area 2. Look for the publicity for the Area Event in your area soon.

The members of your Executive Committee have attended many Paid-Up Membership Events, Torah Fund Events and Opening Meetings in over 25 of our 42 Sisterhoods. Please invite us to visit. We make every effort to be with you and share in your special events.

Our first Region Board Meeting was held on Wednesday, December 9. We brought the Region to you! The evening was well attended and the women, who attended exchanged ideas, shared resources and socialized with the other members of the Mid-Atlantic Region. We will be having another Region Board meeting in another area of the Region before the end of the year. Look for the notice.

Founder's Day, a day of Torah Study and celebration of Torah Fund will take place on February 7, 2010. Look for details in the article in this newsletter.

I hope you are enjoying the Friday Shabbat Message that comes each week via email. This message is reaching almost 500 members of our Region. It includes all the information about all the meetings and events that take place in our Region, all the links to important WLCJ and Torah Fund websites. And, a weekly D'var Torah with a special emphasis on women is always at the beginning of the message. I write the D'var Torah each week and encourage you to use it as you wish. You may use it in conjunction with the Women's League Divray Chochma or you may use it for your written messages. Please read the message to keep better informed and share it with your members and friends. There is a link at the bottom to forward it.

As I travel across the Region I am asked why I took this job and why I am still so excited about it. I can tell you that the best part is meeting all of you in person and hearing from you online or by telephone. I am so excited when I receive an email message from someone who was touched by my Friday message. I am even more excited when I get a phone call from a Sisterhood President who need someone to listen or needs help. Please feel free to call or email anytime. The entire Executive Committee is there for you as well.

Looking forward to seeing you at Founder's Day.

Shalom,
Debbi Goldich

Anna Tractenberg, Vice President

Increasing Membership is the key to a healthy and happier Sisterhood. Savvy Sisterhood officers are always looking for new and more effective ways to promote interest and participation from current and potential members. We have all used posters, flyers, phone squads, synagogue bulletins, and face to face contact. Consider using online tools available to your Sisterhood. Communicate your membership message before anyone attends her first meeting. The goal of online communication is to increase participation. This does not necessarily mean a commitment to volunteer, that comes later. Sisterhoods are needed to build and sustain community, now more than ever. Women's lives are busy and with the help of technology it will make recruitment a little easier.

EVERY SYNAGOGUE WOMAN, A SISTERHOOD WOMAN!

Call or e-mail me for ideas and sharing.
610-688-5270 or annatract@aol.com
NEW FROM THE WOMEN’S LEAGUE EDUCATION/PROGRAM DEPARTMENT

This year make Tu B’Shevat (January 30, 2010) a fabulous environmental event. Some of these activities will be featured at the January 31 board meeting and mini-symposium at the Jewish Theological Seminary.

Yom Yarok, Green Day: A Tu B’Shevat Celebration

Plan an event using a selection of newly developed activities for sisterhood members and their families. You can celebrate Tu B’Shevat on the actual day, Shabbat, January 30, or on the preceding Sunday (January 24) or the day after, January 31. The materials can be downloaded from the WLCJ website (www.wlcj.org) or ordered from Women’s League (212.870.1260, ext. 7150#).

Included in the Yom Yarok manual:

- study materials: short Tu B’Shevat seder and an environmental beit din
- stories and poetry for all ages
- crafts for all ages
- parsley planting project
- games

After reading through the material, you can decide which activities you want to use – how many, how long, what ages? Most contain directions, materials and/or questions for discussion. Please note that the crafts are not appropriate for Shabbat, but included are Shabbat-friendly activities such as story-telling and poetry, games, and study texts.

Newly created Tu B’Shevat Match Games for children ages 3-10 can be ordered for $4.00 each (2 different sets: pre-school or early elementary). The games are appropriate for Shabbat activity. To order, call 212.870.1260, ext. 7150# or e-mail orderdept@wlcj.org the WLCJ order department. Cost includes shipping and handling.

Women’s League Shabbat
January 23, 2010

Materials will be available on www.wlcj.org by November 20. This year’s theme, Le’avadah ul-shamrah (to plant and preserve) is in keeping with the environmental theme for this year’s programming, including the Torah Fund campaign theme.

In the packet: greetings from President Cory Schneider and Jewish Studies Chair Sue Bengele; organization and to-do lists; divrei Torah, one specific to the January 30 parashah (Bo) and one generic for those sisterhoods who celebrate Women’s League Shabbat on another day; English readings on the theme.

Virtual Rosh Chodesh

Over 100 women have already joined! Every member of Women’s League is invited to study text, ask and answer questions, and share insights on a variety of subjects every month.

The texts and topics for Virtual Rosh Chodesh will change monthly. The Rosh Chodesh Kislev reading features the WomenSpeak article from the winter issue of CJ: Voices of Conservative/Masorti Judaism, “Sisters in Battle” about Maccabees of a different nature. Join your sisters in spirited virtual conversation about Jewish women on the battlefield at http://wlcjroshchodesh.org.

The “Other” Megillah

Is your sisterhood planning a Vashti’s banquet this year? In addition to guidelines and suggestions, the Women’s League website contains new material for a short study session – stuff you will never find in the real megillah!
DISTANCE WORKSHOPS
It’s not too late to register for Women’s League’s unique in-service conference call training experiences. Acquire new skills to apply in any sphere of life; increase your sisterhood membership, and expand member participation and involvement.

Workshops coming up this year include:

- January 27, 2010: Keruv—Welcoming Non-Jews into the community
- March 9, 2010: Creating a Budget
- May 26, 2010: Program Planning—Crafting a full year of programs and events

There is no charge but pre-registration is necessary. Participation is limited. For the schedule and to register, go to www.wlcj.org (News and Events/Something New from Women’s League: Distance Workshops). You will be notified of the call-in number and access code one week before the scheduled workshop. For questions, email distance@wlcj.org or call Maxine Frye at 212.870.1260, extension 7165.

UPDATED WEBSITE
TO BE UNVEILED IN JANUARY
After a year to review and refocus, the new Women’s League website will be ready for your browsing pleasure in January. Some of the features to note:

- Easy log-on
- More pictures and graphics
- All member materials in one section
- Monitor your personal data
- Women’s League database and website linked to ensure accuracy of region and sisterhood information

WHAT’S ON WWW.WLCJ.ORG
FOR THE WINTER

- Find the “real” history of Chanukkah under Seasonal Materials.
- On the pages from the winter issue of CJ: Voices of Conservative/ Masorti Judaism, you will meet some notable women warriors and find recipes for delicious latkes.
- Make the most of your Tu B’Shevat observances with various programs, under Seasonal Material, including the new Yom Yarok material described above.
- Party, party, party with directions and new study materials for Vashti’s Banquet.

ALSO ON THE WEBSITE

- Minutes from the October 18 Annual Meeting, held in Los Angeles
- Newly revised Women’s League Bylaws

CONVENTION 2010:
ALMOST AROUND THE CORNER

Sisterhoods should provide funds for the president and at least one up-and-coming leader to attend convention for four exciting days of learning, living, linking, and sharing!

And for the first time, Women’s League is inviting graphic artists from our sisterhoods to submit ideas for the convention graphic. If you know of someone who might be interested in working on it, please have her contact Phyllis Goldberg: phyllgoldberg@comcast.net.

Kehillah Kedoshah
Women Celebrating Community
JOIN THE KOL ISHAH SOCIETY

Join your voice with those of thousands of other Jewish women worldwide by becoming a member of the Women’s League Kol Ishah Society.

Together our voices:
- Perpetuate Jewish tradition for our children and grandchildren
- Impact our families and communities
- Connect Jewish women worldwide
- Support Jewish learning and tradition
- Work to repair the world

Last year, Kol Ishah Society membership dollars enabled Women’s League to offer educational programs such as Mitzvah Yomit – A Mitzvah a Day, publications, the new Distance Workshops, national and regional conferences and leadership training, as well as to update www.wlcj.org.

There are three membership categories: Kol Ishah Member: $54, Kol Ishah Plus: $75, or Kol Ishah Platinum: $150. Women’s League will send a copy of With Strength & Splendor: Jewish Women as Agents of Change, signed by author Lisa Kogen (a $39.95 value), to those who join at the $75 level or higher.

To join this growing group of Women’s League supporters, call 212.870.1260 and ask for a 2009-2010 Kol Ishah membership form.

CALL FOR RESOLUTIONS 2010

The Women’s League Public Policy committee is calling for suggested topics for resolutions. Resolutions, which are presented and voted on at convention, represent our membership’s collective support or opposition to a specific policy or issue. Resolutions regarding Israel, Canada, the United States, and general Jewish life are acceptable. Women’s League approves pre-formulated resolutions as part of its NGO status at the United Nations.

For a fuller understanding of the range of 50 years of Women’s League resolutions, go to www.wlcj.org/world affairs/resolutions.

We are asking members to submit topic suggestions by February 1, 2010 to Public Policy Chair Rita Altman at altmanrc1@verizon.net. Topics already under consideration are non-Orthodox conversation in Israel and the biodiversity threat of overfishing/depletion of fish stock.

The resolution process is a reflection of who we are as an organization. Topic suggestions are a great way to get your interests addressed by Women’s League.

WOMEN’S LEAGUE SURVEY

Women’s League is studying the extent to which its programs and services are valued by all Conservative Jewish women. In the next few weeks, we will be surveying the women of the movement and your input is essential. Please check www.wlcj.org for the survey and share with us your opinions and information.

KUDOS TO CARRIE ZEIDMAN

A painting by former Women’s League Publicity Chair Carrie Zeidman, commemorating the 20th anniversary of the fall of the Berlin Wall, has been chosen by the Reagan Legacy Foundation for display in the Reagan Room of the Checkpoint Charlie Museum in Berlin, Germany. Mazal tov, Carrie!
Help is just a call away!

Women’s League Training Services are here to answer your questions, hold your hand, train your leaders, educate your members, mentor your president, consult with your officers!

Contact the Women’s League Help Line

800.628.5083 or help@wlcj.org

Monday through Thursday, 9:30 am to 4:30 pm (Eastern Standard Time).

A qualified and experienced trainer will respond within 48 hours, not including Shabbat.
This autumn, there were two exciting Area Events held in the Mid-Atlantic Region. The Area Events are open to all Sisterhood members. The season began with an **Evening of Wine Tasting**, featuring Carla Goodstein of Blue Star Wines, at Congregation Beth El (Yardley) on October 27th. The next event was **Naughty Girl, Good Girl: Two Rebeccas of Philadelphia** - a dramatic presentation, at Congregation Beth El (Voorhees) on November 18th.

**An Evening of Wine Tasting** included a sampling of a selection of red and white wines, which were accompanied by delicious hors d’oeuvres, fruit and cookies. Carla Goodstein of Blue Star Wines instructed the attendees on the proper way to taste wine. Joining Congregation Beth El (Yardley) Sisterhood were members of Beth El (East Windsor) Sisterhood, Brothers of Israel (Newtown) Sisterhood, Ohev Shalom (Richboro) Sisterhood and Tifereth Israel (Bensalem) Sisterhood. Thanks to Barbara Bess-Pashak for planning a relaxing and informative evening.

**Naughty Girl, Good Girl: Two Rebeccas of Philadelphia** was a historically accurate performance revealing the lives of Rebecca Franks and Rebecca Gratz. In addition to women from Congregation Beth El (Voorhees) Sisterhood, members came from Congregation Beth Tikvah (Marlton) Sisterhood, Temple Sinai (Cinnaminson) Sisterhood, Congregation B’nai Tikvah (Turnersville) Sisterhood, Beth Israel Congregation (Woodbury) Sisterhood, Congregation Beth Judah (Ventnor), Congregation Ner Tamid (Cherry Hill) Sisterhood, Temple Beth Sholom (Cherry Hill) Sisterhood and Beth Israel Congregation (Vineland) Sisterhood. At total of 70 people enjoyed the light supper served before the show and a tasty dessert to conclude the evening. Todah rabah to Rochelle Hirt and Roz Bulk for their stimulating and fun Area Event.

The next Area Event was a Hanukah Celebration on December 1st at Har Zion Temple in Penn Valley, PA. We shared and cooked some easy holiday recipes.

If anyone would like to participate at an Area Event on any level, please feel free to contact the Area Director or Donna Finkelstein, the Mid-Atlantic Region Area Vice President.

Please use the letter on the following page to solicit ads for our Founder’s Day program booklet.
MID-ATLANTIC REGION

To Whom It May Concern:

Women’s League for Conservative Judaism (WLCJ) is the largest synagogue based women’s organization in the world. The mission of Women’s League for Conservative Judaism is to strengthen and unite synagogue women’s groups and their members; support them in mutual efforts to understand and perpetuate Conservative / Masorti Judaism in the home, synagogue and community; and reinforce their bonds with Israel and with Jews worldwide. Women’s League for Conservative Judaism (WLCJ) Mid-Atlantic Region is comprised of 42 sisterhoods in two states: Pennsylvania and New Jersey. The Mid-Atlantic Region will be providing the opportunity to purchase ads in our Founder’s Day Program Booklet. Founder’s Day is a day of study and to celebrate our founder, Matilde Schechter.

Ad space will be sold in full page, half page, and quarter page sizes. All ads should be black and white copy, any color will be converted at our discretion. Electronic files (.jpg, .gif, .pdf or.tif) may be sent to gayle@awilton.com. Send your ad, a check payable to Mid Atlantic Region-WLCJ, and the form below to Gayle Wilton. Ads must be received by 1/18/2010.

The cost of ads is as follows:

- Makom – Inside Covers $180 (5”w x 8”h)
- Nachas – Full page $118 (5”w x 8”h)
- Chesed – ½ page $72 (horizontal 5”w x 3¾”h or vertical 2¼”w x 8”h)
- Aicha – ¼ page $36 (2¼”w x 3¾”h)

Thank you for your continued support.

Deborah Napoleon
Amy Perrone
Co-Chairs Founder’s Day 2010

-----------------------------------------------------------------------------------------------------------------------------

Detach and return with ad and payment to the Mid-Atlantic Region WLCJ. Send to: Gayle Wilton, Founder’s Day Ads, 588 Dutch Neck Road, East Windsor NJ 08520, 609-371-7117

NAME______________________________________________________

NAME OF BUSINESS (If applicable) ________________________________

NAME OF SISTERHOOD/SYNAGOGUE (If applicable) __________________________

ADDRESS____________________________________________________

PHONE ( ) ___________________________ amount enclosed: ________________

Ad size: ___________________________
TORAH FUND PLANNED GIVING

As your Torah Fund Planned Giving Chair, I encourage you to become a partner with Torah Fund and create a legacy.

The next time you update your will, please consider making a named bequest to Torah Fund to help assure the future of Conservative/Masorti Judaism. By indicating a specific amount in your will for Torah Fund, you will be creating your personal legacy.

Once you have made the decision to bequest Torah Fund, simply write a letter of intent to the Torah Fund Office (c/o Carolyn Baron, Director). Your name will then be listed every year in the Jewish Theological Seminary Commencement brochure as a member of the Tzaddikim Society.

Please feel free to contact Carolyn Baron, Debie Napoleon, or me for additional information.

B'Shalom,
Mimi Pollack, Chair
Torah Fund Planned Giving
Torah Fund Cabinet

A Proud Moment for Our Region

Abbi Sharofsky, Third Year JTS Rabbinical Student, and daughter of one of our Mid-Atlantic Region sisters recently addressed the International Torah Fund Cabinet. Take a few moments to read her message and see our impact on the students at JTS.

As Sukkot approaches and I look out the classroom windows here at the Jewish Theological Seminary, I think about the role JTS has played in my life. Not just the obvious things, like being a third year student in the Rabbinical School or having my Master’s degree from the Davidson School of Jewish Education, but the smaller, more personal things. I think about the sukkot themselves, the large green buildings which have been constructed in the courtyard. I think about the number of hours I have spent over the past few years enjoying the holidays with my friends. I have had wonderful celebrations of not just the holiday, but birthdays and other simchas. I look to the place in the courtyard, on the second floor terrace just outside the library, where my husband proposed to me only one year ago. The space holds a history of happiness and celebration and is one of my favorite places in all of 3080 Broadway.

There is another component to this story and to this space. That component is Women’s League and Torah Fund. I cannot think about Sukkot and that space without acknowledging that I celebrated my engagement in the Adele Ginzburg Women’s League Sukkah. My husband proposed to me only a few feet above plaques that bear the names of women from communities all over North America who dedicated their time and their funds to build such a beautiful and peaceful place for JTS students. Torah Fund is wrapped up in this milestone in my life, much as it was part of my life until that point.

I grew up in Northeast Philadelphia and was raised at Oxford Circle Jewish Community Centre-Brith Israel. My mother was involved in the Women’s League chapter and I often tagged along to help her set up for an event, send out mailings, or attend a meeting. I knew that the work she was doing was important and while I did not quite know what JTS was and the importance of the place, I knew that it was where a person went to become a rabbi and that someday, I was going to go there.
Today, as I walk around JTS, I see the names of women who were pillars of the Jewish community of my childhood. I am proud to walk by plaques acknowledging not only OCJCC-BI, but also Beth Emeth B’nai Yitzchak where my grandparents were members and my grandmother was an active member of Women’s League. I am also happy to see plaques acknowledging my family’s current synagogue, Congregation Beth El in Voorhees, NJ. It is a wonderful feeling knowing that I am learning and praying in a place that is supported by the various Jewish communities that have helped to bring me to this point in my life.

**EDUCATION**

Linda Goldberg, Vice President

My name is Linda Goldberg and I am your Vice President of Education. I am available for all of your Sisterhood’s educational needs. My e-mail is patt2mom@comcast.net and my phone number is 215-659-1225.

Did you know that we have a series of D’vrey Torahs for your upcoming meetings? How about the new “Long Distance Workshops” that you can participate in over the phone? And we also have two local Learning Institutes. One is at Har Zion Temple in Penn Valley, Pa. during the daytime and one is at Beth El Vorhees, NJ in the evening. Training Services are also available for your Sisterhoods to assist you in many areas. Ideas for Judaic crafts are also available. And our new, exciting program “Mitzvah Yomit”, a mitzvah a day, will help your members to increase the mitzvot they perform in daily life. All of these areas can be accessed at wlcj.org or materials can be supplied through the mail. So please, contact me and I will be happy to assist you.

**COMMUNITY SERVICE**

Charlotte Stein, Vice President

**Tikun Olam is an All Year Long Commitment at Temple Sinai**

At Temple Sinai in Cinnaminson, we may be small but our hearts are wide open all year long helping those less fortunate.

As the fall wind begins to blow in, Temple Sinai collects new and gently used hats, gloves, mittens and scarves to be delivered and donated to the Burlington County Catholic Services in Delran for distribution to its clients.

Winter brings cold weather and Temple Sinai goes “Cold Turkey” as we collect turkeys for Emergency Services.

As we look forward to spring a full day of service for the entire family is planned. This Mitzvah Day begins early in the morning with a light breakfast after which families may give blood to the American Red Cross followed by a choice of the many programs to help the community. They include:

- Packing and delivering food baskets for the Jewish Relief Agency.
- Preparing casserole dishes to feed a family of six. The casseroles are prepared in the Temple kitchen and distributed to area Women Shelters.
- Helping to pack 300 healthy afterschool snacks for the Cathedral Kitchen Nutritious Nibbles program.
- Providing companionship to approximately 100 wheelchair-bound residents of Lion’s Gate.
- Making no-sew fleece blankets to be given to Project Linus to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized or otherwise in need.

Summer finds us beginning to think about the start of school in which Temple Sinai members collect backpacks and school supplies giving the gift of fitting in on the first day of school.

Those in need of food are hungry all year long so Temple Sinai’s commitment to keeping the local food pantries stocked continues throughout the entire year. Temple Sinai is dedicated to helping both the Jewish Community by collecting Kosher non-perishable items for the Jewish Federation Food Pantry and is a partner in the Bread of Life Food Pantry serving those in need in the Cinnaminson, Palmyra and Riverton areas. The entire congregation is involved including the Religious School children. Collections continue throughout the year and one Thursday a month we go and stock the shelves with needed food items.

Our twice a year rummage sale gives us huge opportunities to give to the community. All left over items are packed up and given away to a needy organization.

- Household items go to Habitat for Humanities Restore
- Books go to the Cinnaminson Library
- Stuffed Animals go to the Masonic Home in Mt. Holly
- Clothing go to the Vietnam Veterans, Family Services in Mt. Holly, Adult Women’s Disability Shelter or to the Sweet Adelines group for making scarecrows.
- Coats go to Dress for Success in Camden.
- Shoes go to Soles for Souls
- Towels go to the Animal Shelter in Voorhees

When times are hard, the need is stronger than ever and with the help of our Social Action Committee, Temple Sinai’s heart is bursting to help the surrounding communities.

Community Service in Our Other Sisterhoods

The Sisterhood of Tifereth Israel of Lower Bucks County in Bensalem, PA, participated in “Souper Bowl,” for Mitzvah Day. A small group of women met in the synagogue kitchen and prepared a savory vegetable soup for distribution to the clients of the Mitzvah Food Pantry. The Synagogue also houses a branch of the Mitzvah Food Pantry. This was done in conjunction with our congregation and the Jewish Federation of Greater Philadelphia. We plan to make soup again in January. Some of our women also participated in Mitzvah Day by volunteering to winterize a few homes in the community.

At our December Sisterhood meeting we made soft warm winter scarves at “Give and Take Nite.” Each participant got to take a scarf home and donate a scarf. We donated fifty scarves to the Jewish Family and Children’s Service. The scarves were sent to the Holiday Shoppe operated by the agency’s volunteers. Social Workers are able to come to the shoppe and pick out items for their clients.
Adath Israel of Lawrenceville had over thirty people cook soup as part of the Sisterhood project for Mitzvah Mania Day sponsored by the Federation. They were able to make 500 pints of delicious and nourishing soup that will feed many elderly and others in need. Shelley Chatterjee coordinated this wonderful effort. A heartfelt thanks to everyone who participated to make this project a success.

The Sisterhood of Beth Sholom of Elkins Park has a very active Community Service program. The Congregation houses a branch of the Mitzvah Food Pantry, which was originally organized in Northeast Philadelphia at Temple Shalom. This came as a result of the awareness that there were congregants in need of food assistance. Support for the Pantry came from congregants who donated food, time, and funds. A training program was developed to focus on Tikkun Olam, sensitivity training and respect for the individual's privacy. When the Congregation merged with Beth Sholom, the Food Pantry followed. The Pantry is now open on a scheduled basis to residents of Montgomery and Philadelphia counties. Non-perishable foods are provided by a grant through Montgomery County, as well as food donated by Beth Sholom members, local synagogue food drives, and private donations in honor or memory. Twice monthly volunteer drivers deliver sixty five shabbat bags to families in Northeast Philadelphia. Each family receives supermarket scrip for a purchase of their choice to supplement the gefilte fish, soup, vegetables, fruit, and candles contained in the bags. During the spring and summer months, the Mitzvah Garden at Beth Sholom provides fresh greens, herbs, vegetables, and flowers. The Hebrew School children take an active part in the planting and growing of seedlings for the garden. They also sell the flowers for Shabbat. The Beth Sholom Sisterhood supports the commitment to caring for those in need with the monthly collection of a designated food items and volunteers who sort and pack the bags. May we go from strength to strength as we continue to provide for those in need.

These efforts are coordinated by Janet Levin and Anna Green.

Sharing Our Successes

From time to time our Sisterhoods like to share their special programs and experiences. The Region is pleased to be able to share these proud moments with everyone.

On October 19th, members from B’nai Tikvah Sisterhood (Turnersville, N.J.) and Beth Israel (Woodbury, N.J.) held a joint program at The Tea Place, a kosher tea room and eatery in Washington Township. Members of both Sisterhoods participated in an interactive skit, “Desperate Housewives of the Bible,” written by Roz Bulk and Nancy Schwartz. Roz and Nancy came to The Tea Place to facilitate the program. They brought amusing props and appropriate music for each of the Biblical women in the skit.
The women of the Bible stepped out of the pages of the text to guide us through different stages of a women’s journey of self discovery. Eve was adorned with floral garlands and had her snake and an apple. She complained about the “dude” she met in the garden who was a real “snake in the grass.” Noah’s wife complained about the fact that her husband promised her a cruise and all she got was a boat full of animals and the opportunity to clean up after them for forty days and forty nights. And then there was Queen Esther who told the audience the whole “megillah” about how she never wanted to be a Jewish princess. A total of ten Biblical women told their stories as the audience roared with laughter.

If you are looking for an entertaining, interactive program for your Sisterhood, please contact Roz Bulk at rnbulk@yahoo.com.

Sheila Kline of B’Nai Tikvah Turnersville
Grace Jacobson from Beth Israel of Woodbury

If you have something to share with the Region, please forward it to the editors so it can be included in the next edition.

Stay informed! Visit our website!

www.wlcj.net/midar
A Day Just for Me

SPONSORED BY AREA 5

Sunday, January 24, 2010
12:30P.M.-4:30P.M.

Beth Sholom Congregation
(8231 Old York Road, Elkins Park, PA 19027)

Healthy Alternatives for the New Year

Zumba and Yoga. Esther Goldberg will teach us Zumba, a dance and cardio workout for the casual or serious participant featuring Latin, Israeli, and African rhythms. Come explore Yoga with Pearl Goldberg as she leads us through stretches, postures, and breathing practices to increase strength, flexibility, and well being. The session will end with deep relaxation.

Health, Wellness, and Nutrition Especially for Women presented by Vicki Goodman, M.S., R.D., L.D.N. Learn to recognize the nutrients we need to stay healthy as we mature. Eat better and feel better.

Intimacy at Any Age: Making Meaningful Connections With Everyone in Your Life. Carrie Askin and Jeanne Bram Burd, both professional Social Workers will help us through the maze of relationships in our lives.

Look Your Best. Makeup artist Cindy Singer of Dylan Cosmetics will share her secrets with everyone and two lucky ladies will have a makeover!

Bring a friend! There will be lots of healthy snacks and drinks. Wear comfy clothes and shoes. Bring a towel for Yoga.

For more information contact Nadine Lubarsky at 215-643-7374 or nlubarsky@software.com.

Preregistration before Jan. 18 suggested. Please send a check for $15.00 made payable to Mid-Atlantic Region WLCJ to Sheri Risler, 130 Chinaberry Drive, Lafayette Hill, PA 19444.

Name__________________________ Sisterhood____________________
Telephone______________________ E-mail_______________________