

March 1, 2016

Dear Friend,

The month of February offered a preview of every season with rain, snow, wind and beautiful, warm sunshine. Our activities at the center presented inspiring themes to warm us and remind us of the many blessings of the seasons of our lives and our participation together at Barbash Center.

We found inspiration on campus at Scheuer Chapel for a morning service led by HUC rabbinic students and Cantor Yvon Shore. The memorial theme reminded us that "we are more than a memory slowly fading into the darkness". "With our lives we give life". This theme carried us into our matinee movie, *The Paper Clips Project*. A documentary, the film chronicles a middle school project in a small town in Tennessee, dedicated to the memory of Holocaust victims. The project goal was to collect six million paper clips, to sense the enormity of six million lives lost. The small town of 2,000 people was forever transformed when 30 million paper clips were gathered worldwide as this project took off. Movie-watchers recognized that none of us are just a number, and that one small project can have greater impact for change than we might imagine.



Making art was both relaxing and inspirational this month. Participants engaged in Mandala drawing. You might recognize it as the very popular and current pastime of coloring for adults. Kathy offered her example of the colorful end product.



Contrast the Mandala coloring with the Personal Dragons inspirational art. Elissa is sharing the power and strength of her internal dragon.



Our luncheon for Leap Year encouraged us to think more about the gift of time. We don't really have an extra day this month or an extra Hebrew month of Adar in a physical sense. Time moves on whether we want it to or not. But the Leap day and month encourage us to use the time wisely, thoughtfully, mindfully. Besides the inspiration from soon-to-be ordained Marc Ekstrand, Connie inspired us with a warm eggplant chickpea casserole, salad, and stuffed potatoes, and a dessert of Leap Frog pudding!

Our first yoga class was held the last Friday of the month. Join us again on March 11 for Breath of Joy and easy stretches! All levels welcome.

Come and join us soon,

Debbie Fran Connie  
 Sarah Scudell Cheryl J