

April 1, 2016

**As our time with Rabbinic Fellow Marc Ekstrand is winding down**, we recognize how much he has brought to our community over the last two school years. We learn new things every time he comes to share a holiday meal with us and this year's Purim luncheon was no exception. How many of us knew there were so many Purims to celebrate throughout Jewish history? From Bible stories and history we recognized the many dangers and tragedies that God delivered the Jewish people from over the march of time, and each deliverance can be considered a Purim.



Gratitude, once again, is a healing theme that we share at our gatherings. Gratitude from the VSC staff and Purim attendees is also due to HUC student Michael Danziger, the author of the short and sweet "Megillah According to Dr. Seuss". What fun! We sang a rousing **Mishenichnas Adar**, a song of joy, with not just Rabbi Marc, but with his spouse Polly Berg as well, who joined us for the celebration. We dined on perhaps the most outstanding soup created to date by our volunteer Rini Levy and Connie, our Programs Manager; a Persian spiced vegetable soup with a delicate pistachio-parsley pesto and rice pilaf. On the side was Israeli cucumber & tomato salad, and of course, the ending included raspberry, peach and poppy seed Hamantaschen baked by Michelle, Kathy and Elissa. Like so much of life we had to add a pinch of this and a pinch of that on this festive day. *As a reminder, After-Passover Seder on May 3 at 4:00 pm and the Remembrance Day Luncheon May 12 at 12:00 pm will be our last two events with Marc before he graduates.*

We had a good time making jewelry, & creating colorful Mandala drawings for friends and family. This month, we had a new participant send his drawing to his granddaughter out of state and encouraged her to draw a similar picture to send back to him.



Ann from Starglazer's pottery returned for a second time with vases and Seder plates. We had a carefree time glazing and getting to know each other.

We have received wonderful feedback from those attending our 'ReVITALize' yoga classes that we are sponsoring with Project Yoga. Yoga practice can help you manage stress, increase flexibility (in mind and body) and improve breathing.



We shared in a wonderful lunch to celebrate the launch of this year's community garden in collaboration with HUC this month. On this cool, overcast day we were brightened up by planting our first crops of Swiss chard, onions and radishes. If you are interested in volunteering to assist with garden contact Food Pantry & Volunteer Manager Sandee Golden.

We look forward to seeing each and every one of you in the month of April.

Sincerely,



  



