

June 1, 2016

In the month of May we celebrated together, created together, laughed together, and encouraged each other to be our best selves.

We hosted what has now become our traditional **After-Passover Seder** with student rabbi Rebecca Ratner Kamil. Yes, we were curious about who was the youngest person in the room. Yes, we asked the time honored question, "**Mah nishtanah ha-lailah hazeh mikol ha-leilot? Why is this night different from all other nights?**" One of the many highlights of this event was reading the Haggadah together, singing Eliyahu Hanavi and our discussion about what we want to keep or change in our lives.

Following our traditional meal of gefilte fish, matzo ball soup, almond cake, tzimmes, charoset, cucumber and avocado salad that Sandee, Sarah, Stefan and Connie prepared, we had a laugh out loud time playing Passover trivia and Mad Libs.



For our **Remembrance Day Luncheon**, we shared a meal of eggplant zucchini stew served over raisin couscous, cucumber tomato salad, hummus, falafel, and tzatziki sauce prepared by Rini. Graduating Rabbinic Fellow Marc Ekstrand joined us for his last program at the Vital Support Center. We had a lively discussion about a topic that always generates much emotion: Our feelings about Israel. So many of the difficult issues facing Israel are not so dissimilar to what troubles us here in the United States. Marc encouraged us to be our best selves, have faith in one another and to remember that we are all human beings shaped by our environment. We honored Marc with a homemade Seder plate and

portrait signed by all. Our creative crocheter Michelle also made him dairy and meat potholders. We wish Marc the very best as he moves on to his congregation in Waterford Connecticut.



Amanda Zahn, Curatorial Assistant, toured us at the Skirball Museum. She introduced us to four different 3-D pieces on display at the museum. One bronze relief titled, **Jewish Mother** by Boris Schatz, sparked a rich discussion about the artist; what was happening during the time when he created this piece, and his career. We then had the opportunity to learn tooling and embossing and each create our own using copper and aluminum foil. Mark your calendars for a new time for ReVITALize Yoga this summer.

We would love to see you soon!

Sincerely,






