

September 1, 2016

Hi Friend,

August was a month full of flexibility - physical, emotional and spiritual. We started the month by creating greeting cards, making jewelry, performing active movement, doing yoga, and practicing new breathing techniques during mindfulness class.

Speaking of flexibility, our friend Sharon made this highly creative necklace by bending and wrapping wire around varied colored beads.



We continue to learn with our newest Rabbinic Fellow, Simon Stratford. At this past week's luncheon, we spent time together reflecting on the many themes our faith offers for Rosh Hashanah. The themes of forgiveness and inclusion were prominent. We each have the responsibility of admitting our mistakes, feeling remorse, and making amends. Yet, if someone who feels wronged by us will not accept our apology and offer forgiveness, we must not continue to judge ourselves harshly. If we have done our best to make amends, then it is up to the other to offer acceptance.



We were open with each other about our feelings for seeking more inclusion in our community. Some felt "left out", others felt included. By sharing our concerns, and hearing others' experiences, we learned ways to connect that have worked. Debbie Lempert, our volunteer and president of Congregation Adath Israel, reminded us that all are welcome at services, at all the congregations, regardless of ability to pay. We are so fortunate to have our space at Barbash Center, where we foster inclusion and welcoming. And feeding each other! Connie treated us to rice and veggies with a salsa twist and Ghirardelli chocolate brownies!

Take the time to flip over your September calendar to read our activity descriptions, which highlight new programs.

We look forward to you continuing to be a part of our family, here at the Vital Support Center.

Sincerely,

Fran

Sandra

Christy

Connie

Sarah

Debbie

