

August 1, 2017

Dear Friend,

Even though July had its fair share of thunderstorms and gray skies, we had a cheerful, sunny time inside the Barbash Family Vital Support Center.

We found a common theme again this month at our luncheon commemorating the Fast of Tammuz. The fast memorializes five traumatic and sorrowful events in Jewish history that reminds us of two most important Jewish values; caring and connection. We recognized that what is important when bad things happen, is what we do about it. How we act, how we repair, how we care, what we learn.



Our food was lovingly prepared by volunteers MJ and Rini, and we ate round foods that symbolize the cycle of life. We dined on broccoli, mozzarella and pasta casserole, strawberry pineapple spinach salad, round challah, and blueberry zucchini cake with lemon buttercream. Of course our luncheon was not held on the actual Fast day. A hearty meal was one of the highlights of the day!

We'd also like to extend our warmest thank you to our Rabbinic Fellow Michael Weiss who graciously entertained and enlightened us over these past summer months. We wish him the best of luck as he finishes up his schooling at HUC and look forward to his ordination as a full-fledged Rabbi. Stay tuned for updates on our new rabbinic fellow who will begin programming with us this September.



Our volunteer Diane Yasgur brought Israeli dancing to the Center for the first time. We loved it! Designed for all levels and whether or not you have two left feet, we danced, clapped, and beat to the rhythm of some Klezmer tunes. We learned two dances and will likely need to relearn them next time so please join us when Diane returns in the future. Those who already danced will think it is their first time too! It's a good stress reliever and a lot of fun and smiles.

We Look Forward to Seeing You Soon,







