

July 1, 2017

Dear Friend,

We have had a very active month with our art projects, mental health groups, yoga, mindfulness and Jewish programming with our summer HUC-JIR Rabbinic Fellow, Michael Weiss. Staff member Allie taught us how to make multicolored rubber band bracelets, Ginger instructed on paper craft and Richard shared the following poem crafted during our Writing for Mindfulness group:

**Adjustment**

I look at myself and wonder  
 Where did the person go?  
 I used to be  
 The fire of living life  
 Something has dimmed  
 The strength in body drained  
 I am still me  
 But I am different!  
 My clothes still fit the same  
 My shoe size still the same  
 My voice is still the same  
 The music has a different melody  
 I am different now  
 I realize my health has a rhythm  
 I recognize the beat  
 Of today

Our After-Shavuot Luncheon featured cheese blintzes, cucumber & tomato salad, tuna salad, challah and meringue for desert.

Michael facilitated a discussion in which we shared our perspectives on the Ten Commandments. Amongst the group we were

able to recite all Ten, which isn't typically that easy to do. Michael spoke of the differences in the writing of the commandments in both the books of Exodus and Deuteronomy. We considered the aspirational values we have like loving our neighbor as ourselves and helping others in need. One participant suggested that praying every day was an aspiration, to help us be humble.



Hebrew Lunch & Learn this month was met with a vibrant Israeli nosh of Kasha Varnishkes and Carrot Tzimmes. What a dynamic discussion we had about Ashkenazi, Sephardic, Persian, Yemenite, Indian, Ethiopia and Latin-American Jewish culinary traditions. We discussed how Jewish cuisine has been influenced by economics, culinary tradition, dietary law (kashrut) and assimilation.



Those in the room celebrated the wonderful aroma from the fresh ginger, cinnamon, cloves, mint and caramelized onions that filled the air.

We Look Forward to Seeing You Soon,

Fran

Debbie

Connie

Sandee

Sarah

Christy

J