

List of Educational Programs

A Reference Guide of WLCJ Education Sub-Committee Programs and Education Programs suggested by other Sisterhoods/Affiliate Members

Volume 2

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Dear Sisterhood Sister,

As you all know, during this time of Covid, planning our education programs can sometimes seem a little daunting. Our women are depending on us to create programs that are noteworthy in a virtual state as well as in a multi-accessible one or an in-person one. At the same time, these programs must be interesting, informative, and educational.

With all of that in mind, The Education Committee is sending you a second list of educational programs that were suggested by many of the women in our Sisterhood/Affiliates who have planned these wonderful programs for their Sisterhood Sisters. We hope that you will be able to use some or even all of these suggestions as you plan for the coming year.

As 2022 proceeds very quickly into 2023, we will continue to add many terrific programs that we hear about by sending you even more of these lists. We received such wonderful and positive feedback for the first booklet in this series, so how could we not continue to do this?

We have included contact information for each of these programs so that you can always reach a person who was involved in planning a particular activity. Each of these contact people is willing to help you, so do not be hesitant about calling them for any kind of guidance related to the program that interests you.

The first section of these delineated programs in the list are those education program suggestions related to existing sub-committees of the larger WLCJ Education Committee. The Chair people of these committees already created successful programming for last year. Many of our last year's programs were recorded and are posted on the WLCJ website. You are welcome to use these recordings this year if you like as the basis of your programming this year. In addition, these committee chairs have already planned more programs for this year. Be sure that you schedule these upcoming programs into your individual Sisterhood/Affiliate calendars.

The second half of this packet has the descriptions of programs that were suggested by other WLCJ members. Some programs have been presented already; some will soon be presented. Those who described these programs would be very happy if you use their programs. Don't be afraid to contact these members who are listed next to these programs for help and other suggestions as well. In addition, remember to contact your region's Education Vice-Presidents for further help, if you need it. These WLCJ members were invaluable in suggesting these programs, so take advantage of their offers to help you!

This second part of the booklet is also divided into five more smaller sections with very specific descriptions of the sections and the programs in those sections. Our hope is that you can find the right kind of programs that fit your needs more effectively and efficiently through these section titles and divisions.

In addition, do not forget about all of the programs that have been recorded and posted on the WL website already. There is a wealth of educational programming that is available for you and your Sisterhood/Affiliate.

Remember to send us more suggestions, and we will send them out through this coming year.

With many thanks in advance for your help with this,

Ellen Kaner Bresnick and Julia Loeb, Education Committee Co-Chairs

PART ONE:

EDUCATION SUB-COMMITTEE PROGRAMS

Information about each committee is included as well as all contact information for various Chair people and the dates of future programs. In addition, information about past programs that have been recorded and are posted on the WLCJ website is also available here. These posted programs can serve as the basis of future programs for your Sisterhood/Affiliate.

A. The Archives Committee:

The function of this committee is to collect, organize, and make accessible the Women's League archives. Additionally, this committee educates and assists members, sisterhood/affiliates, and regions in creating and organizing their own archives. Finally, it presents programs for members.

This past year, the committee created a Zoom Series entitled, "How to Live Forever – Sharing Your Story with Future Generations." Six sessions have been presented and are available for viewing on the Women's League website at:

<https://www.wlcj.org/programs/womens-league-programs-online-programs-and-webinars/how-to-live-forever-series/>

These six sessions are:

1. Overview of Family/Personal Archiving
2. Writing my Legacy and Finding my Voice
3. How do I make it Sound the Way I Want
4. Dealing with Pictures and Documents
5. What to Do with Your Family Heirlooms
6. Creative and Innovative Ways to Present Your Story.

Plans for the Fall of 2022 include three zoom workshops:

- "Creating and Organizing Your Sisterhood's Archives" on October 27, 2022
- "Creating and Organizing Your Region's Archives" on February 23, 2023

- "How to Write Your Sisterhood's/Region's History" on March 23, 2023
- All sessions will begin at 7:30PM ET

Contact Information:

Cory Schneider

cschneider@wlcj.org

717-574-1807

B. The Environmental Sustainability Committee:

The function of this committee is to educate Sisterhoods/Affiliates on the importance and relevance of preserving the environment. This will be done through Jewish text and values and a series of interactive zoom workshops. There are also plans for a major sustainability program, in which members of this committee, in conjunction with other members of the Conservative/Masorti movement, will focus on how to save our earth's resources. This committed group of organizations will work to ensure that, individually and collectively, we are saving our planet for future generations, L'Dor V'dor.

More details will come in the future, so please look for them in Women's League weekly publications. Also, should you have anyone who would like to join our committee, please send their names to us.

This committee will function for at least seven years working on a major project that will begin this year, the "Shmitah" year. This project will focus on one topic every year of the seven as a way of understanding the role of sustainability in our world. Topics will include in-depth water, energy, and earth study. These topics will be paired with action items for you to do with your Sisterhood/Affiliates or Synagogue.

Dates to Remember:

March 29, 2022, 7:30 PM ET –

Sustainability Kickoff – Come learn about sustainability and the reasons we are commanded to make the world a better place for generations to come. View your Seder through this special lens.

June 16, 2022 7:30 PM ET – “Shmitah:

If I’m not a farmer, why should I care?” – Come learn what you can do to make the shmitah year meaningful for you. Let’s bring this tradition to life even though we eat strawberries in January and peas in April.

September 8, 2022 7:30 PM ET – Water Pollution – Come learn what the different types of water pollution are and what we can do to help our communities. Practice incorporating “Reverse Tashlich” into your High Holiday observance.

December 8, 2022 – Protecting our Sea life – Come learn about ocean currents, their effect on sea life and learn how sea life’s health affects our health!

March 16, 2023 – Ocean Degradation – Come learn about Marine Pollution and its effects on climate, economic health and coastal pollution. A special tie into the splitting of the Red Sea is not to be missed!

Caring for and sustaining the earth are innately Jewish values which Women’s League is very proud to be adopting and perpetuating; we want you to join us on this journey!

Contact Information:

Corinne Hammerschlag

Corinneh@rogers.com
416-258-0083

Lymor Wasserman

Mrswass@gmail.com
201-304-8690

C. The Mishpachah Committee:

The main function of this committee is to present programs that relate to the Modern Jewish Family. Each program will focus on a challenge or issue that families face today. Additionally, a second purpose of the committee is to provide further information on the topic being presented so that Sisterhoods/Affiliates and Regions can access this information easily when they wish to provide unique and interesting programs on an as-needed basis.

Program Schedule:

- **May 23, 2022:** Gender Pronouns
- **October 6, 2022:** Transitioning Issues for Families
- **February 9, 2023:** Can We Talk? Developing Communication Skills to Use During Difficult Times
- **June 1, 2023:** Inclusion for Families

Programs will be at 7:30 or 8:00 pm ET, depending on program and speaker.

Other possible topics under discussion during these two years may include:

1. Sexual Preference
2. Jews of Color and Mixed-Race Families
3. Intergenerational families living together
4. Effects of the Pandemic on Communication between Generations.

Contact Information:

Fran Hildebrandt

fshildebrandt@gmail.com
248-661-4179 (h) / 248-318-8301 (c)

D. The Health and Wellness Committee:

The function of this committee is to present health topics that concern women. Program topics from this past year included Alzheimer’s Disease and Dementia. A discussion on this topic was presented by the Alzheimer’s Association in October of 2021. The next program, on Women and Heart Disease, will be presented on February 24, 2022 with Dianna Milewicz, MD as the facilitator.

Future programs will present valuable information on End-Of-Life Issues such as Hospice Care, Palliative Care, and Living Wills, among other topics. These programs will take place on **Thursday, January 26, 2023, Thursday, February 2, 2023, and Thursday, March 30, 2023** at 7:30 p.m ET.

Contact Information:

Mindy Steinholtz
msteinholz@wlcj.org
914-806-3985

E. The Creative Judaic Arts Committee:

This committee provides members of all regions with programming and crafting ideas that beautify the holidays and the mitzvot. This committee has created the WLCJ Hiddur Mitzvah list-serve for the members of WLCJ to share crafting theme and program ideas.

The list serve email address is:
wl-hiddur-mitzvah@googlegroups.com

Contact Information:

Jody Glass
glass.jody@gmail.com
954-263-6778

F. Makom B'Yachad:

Makom B'Yachad is a Women's League program that is open to all members of Women's League for Conservative Judaism at no charge. It takes place on Zoom on Tuesdays, Wednesdays, and Fridays.

This program is advertised on the Women's League website and app and in Women's League Week. It originally began in March of 2020, just as Covid began. It was designed to give women an opportunity to recite Kaddish online, at a time when most synagogues were closing down out of a concern for safety. It has become an opportunity for women to also engage in serious text study with others from across the U.S. and Canada.

This program meets from 12:00 to 12:30 PM ET through Zoom. It includes the opportunity to recite the Misheberach Prayer for those in need of healing, hear the Psalm of the Day, engage in text study, and recite the Mourner's Kaddish. Women are encouraged to participate in all of these activities, including leading a study session on Parashat Ha Shavua. Texts studied to date include: Psalms, Pirkei Avot, Mishnah Rosh Hashanah, Mishnah Kiddushin, and Mishlei (Proverbs). All texts have been provided online during the programs. Special programs have also been presented for Rosh Hodesh and pre-holiday Yizkor services, as well as Siyyumim to celebrate the completion of a text.

Contact Information:

Toby Holtzman
tbholtzman@gmail.com
202-360-7140

Debbie Lempert
dlempert2@gmail.com
513-236-1037

G. The Tefilot Committee:

The intent of this committee is to serve as the tefilah chairs for Convention and Makom B'Yachad. Its role is to help lead Makom B'Yachad. This committee organizes and updates the Sign-Up sheet for daily group facilitators and participants. It also creates and implements special holiday programming. During the past year, committee members, along with Rabbi Wolintz-Fields and Rabbi Cella, have put together special programming for Rosh Chodesh, Passover, Shavuot, Lag BaOmer, Yom Hazikaron, 9/11, The High Holidays, Thanksgiving, and Hanukkah. These programs all included special readings, skits, songs, videos, as well as Hallel and Yizkor.

Additional special programming will be provided for the following dates:

- **Friday, March 4, 2022**—Hallel for Adar 2
- **Tuesday, March 15, 2022**—Covid's Second Year Anniversary
- **Wednesday, March 16, 2022**—Purim
- **Wednesday, April 13, 2022**—Passover.

More education topics and dates will be determined in the future.

Contact Information:

Toby Holtzman
tbholtzman@gmail.com
202-360-7140

Debbie Lempert
dlempert2@gmail.com
513-236-1037

H. The Personal Conversations Committee:

Through the Personal Conversations series, this committee takes a deeper look at complex personal issues and topics from the news. These issues touch on Jewish women's lives. Speakers include experts in their fields and spiritual leaders of the Conservative/Masorti movement. The members of this Committee relate main topics with those of other WLCJ program themes, find engaging presenters from our Movement, and provide avenues for WLCJ members to actively contribute to the programs.

During the past year, program subjects included a November 4, 2021 discussion which was entitled "Creating New Communities Without a Partner". Two women rabbis with different life experiences explored how to live life fully after becoming "uncoupled". They discussed overcoming social challenges and forming new supportive communities. Several WLCJ members then shared their own stories.

For January 20, 2022, the committee planned a program on "Discovering and Sharing our Genetic Information". In this

program, two experts in their fields, a certified genetics counselor, and a professor of religion and bioethics addressed our concerns about the new development in genetic tests, the myriad implications of genomic information at our disposal, and our resulting Jewish ethical responsibilities.

The topic of the May 19, 2022 program is TBD. All programs are recorded on the WLCJ website so that Sisterhood/Affiliates can use these programs at any time in the future. Future programs will be held on **November 3, 2022, January 19, 2023, and May 4, 2023**. Topics for each of these programs will be presented at a later date.

Contact Information:

Vivian Leber
vleber@wlcj.org
516-578-4153

I. The Special Programs Committee: Program 1

The function of this committee is to bring special programs to our women. One of the newest programs within the purview of this committee is entitled "Getting Your Head into the Seder". This program is scheduled for **Thursday, March 24, 2022**. This stand-alone program is free and open to all members of Women's League for Conservative Judaism.

The program will be publicized through the Woman's League Weekly Update, through dedicated emails to the membership and on the WLCJ website.

The description of the program is as follows: Once Purim has passed, we often get so wrapped up in cleaning, shopping and cooking that we lose sight of what Pesach is all about. This program is designed to inspire women to actively engage in planning the seder and to be creative in making it a more personal and meaningful experience for our families and ourselves.

Participants will be encouraged to have a shopping bag, pen, and post-it notes available to them. During the program, they will be encouraged to find a unique food as well as a ritual object that will bring enhancement to their seder. They will also be encouraged to exchange ideas with other participants in the program.

Contact Information:
Rabbi Margie Cella
WLCJ Educator
mcella@wlcj.org

K. Program 2

Once again, Lois Silverman, a long-time WLCJ member, will share her vast knowledge of movie subject matter with her Women's League Sisters when she offers three programs (**Monday, January 23; Monday, February 13; and Monday, March 20**). Always well-received, these programs will focus on the "Jewish Connection with the Movie Musicals of the 1940's". Put on your dancing shoes so that you can join us!

Contact Information:
Lois Silverman
WLCJ Communications Co-Chair
lsilverman@wlcj.org

L. Women's League Reads:

The function of this committee is to provide:

- 3 or 4 virtual author interviews per calendar year to members of WLCJ;
- A Google Group to announce these events and to share the summary of the event, along with the link to the recording;
- The opportunity to contact the two chair people of the committee via email to seek suggestions for all Sisterhoods/Affiliates' book discussion groups.

Past author interviews from this year include works by:

- **R.L. Maizes** who spoke with WLCJ members about her collection of short stories, *We Love You Anderson Cooper* as well as her recent novel *Other People's Pets*. She also described her writing process.

Future author interviews include works by :

- **Julia Zuckerman** who will be interviewed about her debut novel *Book of Jeremiah* on **Sunday, March 13, 2022**,
- **Zhanna Shore** who will focus on her first novel, *At the End of the World, Turn Left*, on **Thursday, June 2, 2022**.

All book and author information for September 2022 – June 2023 will be determined at a later date.

WL Reads Programs will take place on **Thursday, November 17, 2022, Sunday, January 8, 2023, and Thursday, April 27, 2023**.

Contact Information:
Merle Carrus
merleoffice@gmail.com
Susan Farber
farberschevrah@gmail.com

PART TWO:

LARGER EDUCATION PROGRAMS SUGGESTED BY OTHER SISTERHOODS/ AFFILIATE MEMBERS

Information about each education program in this following section is described in great depth and includes as well at least one person's contact information. Anybody listed here was actively involved in planning this program and is willing to help you and answer any questions that you might have as you adapt this program for your Sisterhood/Affiliate.

A. D.I.Y. PLANTER WORKSHOP:

This program was done in the Spring of 2021 on a Sunday morning from 10-11:15 a.m. It was in-person, outdoors in a tent in the synagogue parking lot. There were 8 foot tables with two people at each table. All tables were socially distanced. The program was specifically designed for and attracted Sisterhood/Affiliate members of all ages (women from the 20's to the late 70's attended.) We partnered with a local nursery which brought all the necessary materials (planter pots, a variety of flowers, soil) to put together a beautiful flowering planter for the Spring and Summer. A nursery designer instructed the group on how to create the gorgeous planters. It was an important program for the Sisterhood, especially during the pandemic, as it enabled the members to get together outdoors and create planters that lasted throughout the Summer. The program was publicized in the Sisterhood/Affiliate mailings, synagogue announcements, and on the Sisterhood's Facebook page. The cost was \$44.00 for members (exactly what the garden center charged per person) and \$48.00 for non-members.

Contact Information:

Temple Beth Sholom, Cherry Hill, NJ
Mid-Atlantic Region
Sherrie Cohen
sherriec91@gmail.com
856-524-6231

B. SUCCULENTS IN A PUMPKIN:

In the Fall of 2021, the Sisterhood/Affiliate ran another similar program which was titled "Succulents in a Pumpkin". Held on a Sunday morning from 10-11:15 a.m., it was held in-person with a socially-distanced arrangement similar to the set-up for the previously-mentioned "DIY Planter Workshop". This one took place at the actual garden center that was used for the previous program. It was led by the nursery designer and is a great pre-Sukkot program, as it provides decorations for members' individual sukkahs. The program attracted Sisterhood/Affiliate members of all ages, as the previous program did. The nursery provided the plants and all of the necessary materials. It was publicized in the same way that the previous program was. The cost was \$40.00 for Sisterhood/Affiliate members (what the nursery charged per person) and \$44.00 for non-members.

Contact Information:

Temple Beth Sholom, Cherry Hill, NJ
Mid-Atlantic Region
Sherrie Cohen
sherriec91@gmail.com
856-524-6231

C. MONTHLY SHARED MEAL:

The Sisterhood of Tifereth Israel of Lower Bucks County, in partnership with Bensalem Presbyterian Church have been providing a monthly meal to the homeless and food-insecure of Lower Bucks County since December of 2012.

The church provides the venue and use of their kitchen, and volunteers from the church prepare half the main dish with Sisterhood/Affiliate volunteers preparing the other half. On a monthly basis, each group alternates between providing the dessert or

starch, in anticipation of serving between 40 to 60 guests who arrive by car, bike, foot, or a minibus which is run by Advocates for the Homeless and Those In Need.

Most of the time, the volunteers prepare the food in their houses and bring it to the church where it is reheated and served. A base group of about 22 devoted Sisterhood/Affiliate women rotate the cooking plating and serving of the meal as well as the engaging with the guests. They then clean up the kitchen and the seating area when all is done. (These volunteers also pay for the ingredients needed to make the food for the dessert, kugels, rice, stuffing, etc.) The vegetable and salad ingredients, as well as paper goods, are paid for by money from the Synagogue/Church Joint Thanksgiving Service collection, some funds raised by the Community Service group at the local high school, and donations from caring individuals. Members of the Sisterhood who cannot participate often donate paper goods or powdered drink mixes to support the meals. The group started with two hundred dollars but the funds for the meals, have grown through donations, to about five hundred.

During Covid, the meals look the same but are delivered and presented differently. Alternating months with the church, each Sisterhood/Affiliate volunteer prepares and delivers her contributions to another member's home where it is portioned into 40 shared meals to go. These meals are then driven to a pickup point where Advocates for the Homeless volunteer drivers take the meals to the guests who are waiting at assigned locations.

Contact Information:

Mid-Atlantic Region
Sisterhood of Tifereth Israel of
Lower Bucks County
Bensalem, PA
Melanie Goldstein
ms.mellie@verizon.net
215-378-0200

D. The WLCJ MID-ATLANTIC REGION BLACK TIE GALA:

Sisterhood members are invited by invitation or flyer to the Mid-Atlantic Region Gala. This invitation reads as follows:

“Were you planning to attend the Mid-Atlantic Region Gala? No?

Well, that's good, because you can't come!
Don't buy a dress. Don't get your hair done.
Don't squeeze into uncomfortable heels.
Why?

Because the Mid-Atlantic Region” Gala” is an online fundraiser, not an actual in-person event.

With the onset of the pandemic, and the shut-down of live events, this region is forced to think outside of the box for a fund raiser. This fund raiser is open to absolutely everyone. The premise is simple-choose your level of giving, and, when you decide what to give, think about all the money and effort you are saving by not schlepping out to a real Gala. All money received is allocated to Mid-Atlantic Region scholarships. Donations are accepted via check and credit card.

Each level of giving equals a designated number of entries for a chance to win a fabulous prize. The more you donate, the more chances you receive to win. Levels include:

\$108: Sit At The Head Table (in your kitchen) – 12 raffle tickets

\$90: No Dress, No Problem – 9 raffle tickets

\$72: Skip the Mani/Pedi – 7 raffle tickets

\$36: Kick Off the High Heels and Stay Home – 5 raffle tickets

\$18: Drink A Cocktail and Sit on Your Sofa – 1 raffle ticket

Our Grand Prize is a fully paid Registration Scholarship to WLCJ Convention 2023. We also are including other prizes as well (This was done to attract members who do not intend to go to the WCLJ convention.) These prizes include passes to the Jewish Museum, the Guggenheim Museum and the Brooklyn Museum in New York City, soccer tickets and

a choice of a handbag from a catalogue. Only Mid-Atlantic Region members are eligible to win the Convention Scholarship Grand Prize, but the other prizes are open to everyone. “

This kind of program happened because Mid-Atlantic Region is committed to providing Convention Scholarships of varying amounts to our members who apply. The more the Region earns through fundraising, the more the Region can provide in scholarship money. There was NO COST for this fundraiser. It was promoted in an eye catching, flyer in weekly email blasts, as well as through outreach to the presidents of Sisterhoods/Affiliates and individual members.

Contact Information:

Mid-Atlantic Region

Karen Cuker

cukers@verizon.net

215-793-0423

Debbie Zimmerman

debrazimmerman1@gmail.com

856-912-3709

E. FASHION - THE HISTORY OF WHAT WE WEAR:

This is an educational program in which a local historical-museum director presented a program called, “The History of Fashion”, which documented the history of what we wear according to the times we were living in decade by decade from the 1890’s through the 1960’s. The program was held over Zoom. Forty people attended.

It was held on a Thursday afternoon and was publicized by email with a flyer. The message on the flyer included the following information:

“Starting with that fig leaf in the Garden of Eden, men and women have gone to imaginative lengths to cover their nakedness. In this fun and fascinating talk, Peggy Dellinger connects the trends in fashion from the 19th century to the 1960’s with the social, political and technological forces of their

times”.

Peggy is a co-founder of the Ocean Township Historical Museum and its Exhibit Director. She is the recipient of the Monmouth County Jane Clayton Award for advancing understanding of county history, the Asbury Park Women’s Convention 2018 Community Star Award and the League of Women Voters of NJ Distinguished Service Award for her work to serve voters.

“Fashion: the History of What We Wear” is based on her Museum Exhibit of the same name.”

A registration form was included with the flyer. In addition, Sisterhood/Affiliate members were urged to wear something from a particular decade. They were also encouraged to be ready to share stories about the things that they wore in different times of their lives. There was no charge for the program.

Contact information:

Garden State Region

Congregation Torat El

History of Fashion Program

Ellen Shuzman

eshuzman@gmail.com

732-266-8192

Susan Sferas

suesfer@aol.com

732-239-0750

F. JEWS, GRATITUDE, AND THANKSGIVING:

Adat Chaim Sisterhood (Owings Mills, MD) invited author and Baltimore-resident Bracha Goetz to speak by zoom about how to celebrate and think about Thanksgiving from a Jewish perspective, particularly during the pandemic. The event dealt heavily with the Torah’s wisdom on how to express gratitude. Other Sisterhood/Affiliate members as well as individuals from the Federation of Jewish Women’s Organizations of Maryland were invited.

Bracha Goetz has written 40 Jewish children's books that help souls shine.

This is a link to an article about the program in the Baltimore Jewish Times: <https://www.jewishtimes.com/adat-chaim-holds-event-on-gratitude-in-judaism/>

– Author Bracha Goetz can be contacted at brachagoetzbooks@gmail.com. She speaks on a variety of topics. There was no fee, but the Sisterhood/Affiliate sent an honorarium to a place of her choosing. There also was no charge for participants.

Contact Information:
Seaboard Region
Adat Chaim Sisterhood
Owings Mills, MD
Linda Boteach
linda.boteach@gmail.com

G. JEWS IN SPACE - MEMBERS OF THE TRIBE IN ORBIT:

B'nai Israel Sisterhood (Rockville, MD) arranged for a virtual tour by Zoom of "Jews in Space: Members of the Tribe in Orbit" at The Jewish Museum of Maryland in Baltimore. The exhibit debuted at the Center for Jewish History in New York in partnership with the YIVO Institute for Jewish Research. Curators incorporated rare rabbinical astronomy texts with modern science fiction and pop culture references and included science and information about actual space programs creating an engaging experience.

As part of their mission to connect people to Jewish experiences and the Maryland Jewish community to its roots, The Jewish Museum of Maryland enhanced the exhibit with "Marylanders Feel the Wonder of Space," a new section highlighting space-related connections of Maryland and its residents.

The exhibit has closed, but if the museum is contacted, you might be able to find out if the exhibit still exists in another museum or if a copy exists of the original Zoom presentation.

Another option is to see if other museums have Jewish subject matter as part of any of their exhibits.

This was an educational program for the entire family. Our virtual docent "walked" us through the exhibit and was able to highlight portions for "closer examination". She also engaged the visitors with questions.

It was publicized through the congregational website, online calendar, congregational Program Guide, and weekly emails to members. Emails were sent to Sisterhood members. The Jewish Museum of Maryland charged \$50 (a suggested donation) for 25 registered devices. We did not charge attendees.

Contact Information:
The Jewish Museum of Maryland can be contacted at jewishmuseummd.org

Seaboard Region
B'nai Israel Congregation
Sisterhood/Affiliate
Rockville, MD
Juliann Goldman
juliann.goldman@yahoo.com

H. ANNELISE HEINZ AND MAHJONG - A CHINESE GAME AND THE MAKING OF MODERN AMERICAN CULTURE:

B'nai Israel Sisterhood (Rockville, MD) arranged a Zoom presentation (from Oregon) by author Annelise Heinz, about her book, *A Chinese Game and the Making of Modern American Culture*. Mahjong has such connections to Jewish culture, specifically Jewish women. The Sisterhood/Affiliate invited all of Seaboard Region to join the program. Ms. Heinz's presentation was planned as part of the Sisterhood/Affiliate's Fall Member Dinner, but that in-person part did not occur because of Covid.

Copies of the book, provided at a 50% discount by the publisher, were sold on Zoom. The congregational librarian read the

book for the monthly book discussion and members of the Synagogue and Sisterhood/Affiliate were encouraged to purchase the book as Hanukkah presents.

The program was publicized through the congregational website, online calendar, Program Guide, and weekly emails to members. The flyer was distributed to Seaboard Region members via the weekly email. The author was paid an honorarium of \$250. Attendees were not charged.

Contact Information:

Author Annelise Heinz can be contacted at **amheinz.org** or **heinzam@uoregon.edu**

Seaboard Region
B'nai Israel Congregation
Sisterhood/Affiliate
Rockville, MD
Juliann Goldman
juliann.goldman@yahoo.com

I. I SUPPORT THE GIRLS:

B'nai Israel Sisterhood (Rockville, MD) arranged for Dana Marlowe, the founder of I Support The Girls, to speak at B'nai Israel Congregation about her organization. She spoke, in person, to a group of women at the synagogue, and the program, including her PowerPoint presentation, was also available via Zoom for those members who attended remotely. Dana Marlowe's organization "I Support the Girls" was the forerunner of "Mathilde's Mentionables", a WLCJ designated Tikkun Olam project that was introduced in 2017 at the Convention held in Northern Virginia.

Her non-profit organization provides menstruation products and bras and underwear to women in need. Dana explained how the entire organization began with her losing weight, buying new clothes (including bras), and not knowing where to donate her larger sized bras that were in good condition. She called her local homeless shelter to arrange a donation and asked what

they needed. She arranged what she thought would be a one-time local drive among neighbors and ended up forming a non-profit that now helps women all over the country, including homeless women, impoverished women, and refugees. The organization is expanding throughout the world and provides women with desperately needed menstruation products, bras, and underwear.

This was a stand-alone program presented at the conclusion of a Sisterhood board meeting. The program was followed by a lunch of vegan soup and salad, eaten al fresco per COVID protocols at the time. It was publicized through mass emails to Sisterhood/Affiliate members and announced in synagogue newsletters. The program was free and open to all synagogue members.

Materials needed: The synagogue provided the tech system to broadcast Ms. Marlowe's presentation, (including her PowerPoint slides) to viewers watching the presentation remotely, as well as a large screen at the synagogue for attendants to view the slides during the presentation.

Contact Information:

Christiana Littrell

Administrative Manager and Marketing
Associate of I Support The Girls
clittrell@iSupportTheGirls.org
301-651-8315

ISupportTheGirls.org

Seaboard Region
B'nai Israel Congregation
Sisterhood/Affiliate
Rockville, MD
Juliann Goldman
juliann.goldman@yahoo.com

J. THE BAKE PINK, THINK PINK:

In support of Breast Cancer Awareness month, the Chizuk Amuno Sisterhood/Affiliate (Baltimore, MD) sponsored its Opening Meeting program with Sharsheret, a national

non-profit organization that supports Jewish women diagnosed with breast cancer and ovarian cancer. Sharsheret's mission is to help not only the patient but also the families through personalized support and education. It is one of the organizations with which Women's League for Conservative Judaism partners. (A complete description of Sharsheret's mission can be found on p. 122 of the WLCJ Calendar Diary.)

On the Thursday before the program, participants picked up, at the synagogue, individual bags of pre-made pink challah prepared by a local kosher bakery. They were also given pink sprinkles to decorate their challahs with at home. During the first part of the evening program, members braided and decorated their challahs. During the second hour, they learned from Sharsheret's speakers how they can be proactive with their health.

The event was publicized through the Synagogue's weekly email, the Religious Schools' emails, and The Synagogue's Facebook posts. The cost was \$18 for Sisterhood members and \$20 for non-members. A donation of \$100 was sent to Sharsheret.

Contact Information:
Sarah Eagle at Sharsheret
seagle@sharsheret.org
866-474-2774

Seaboard Region
Chizuk Amuno Sisterhood/Affiliate
Baltimore, MD
Jody Levy
jodylynn100@gmail.com

K. A LONDON ROCK 'N' ROLL STROLL:

One of Congregation B'nai Tzedek Sisterhood's (Potomac, MD) outstanding programs during the Pandemic was a Zoom tour called the London Rock 'n' Roll Stroll. The Sisterhood/Affiliate hired a group called UK Tours On line to take members on a tour of London's Rock 'n' Roll history. Through

Zoom, the tour guide, Tim Barron – an accomplished Rock 'n' Roll musician – took the women to many venues and sights where Rock 'n' Roll history was made.

The program was publicized in the weekly Sisterhood/Affiliate Newsletter. The program was held on a weekday afternoon on Zoom. There was a nominal \$5.00 fee to cover the \$125.00 that the tour group charged for the tour.

As the info on the Tour company web site said, "the tour was to discover the stories behind London's Rock 'n' Roll history" including that of The Beatles, Stones, Pistols, Bowie and more. Tim was very entertaining and passionate about Rock 'n' Roll. To add some spice to the session, everyone in the group sang "All You Need Is Love" with Tim singing and playing his guitar.

Contact Information

Contact the Tour Company
www.UKToursonline.com

Seaboard Region
Congregation B'nai Tzedek
Sisterhood/Affiliate
Potomac, MD
Melissa Polott
polott57@gmail.com
301-674-6734

L. COOKING DEMONSTRATION WITH CHEF MARCY GOLDMAN:

Congregation Beth El Sisterhood (Bethesda, MD) invited professionally trained pastry chef/master baker, lifestyle journalist, cookbook author, feature writer, and creator of Betterbaking.com, Marcy Goldman, to give a live demonstration via Zoom. Marcy demonstrated bakery-shop professional hamantashen with 2 different doughs and rugelach/mandel brot. It was interactive with the participants, who purchased the ingredients beforehand. There were over 50 participants in this stand-alone program. The cost was \$8.00 per person and included a one

month free membership to her Better Baking website. It was a very successful and enjoyable program.

Contact Information
Chef Marcy Goldman
marcygoldman1@gmail.com

Seaboard Region
Congregation Beth El Sisterhood/Affiliate
Bethesda, MD
Margi Kramer
margikramer@gmail.com

M. HISTORIC WASHINGTON, DC:

Congregation Beth El Sisterhood/Affiliate (Bethesda, MD) arranged a Zoom “walking tour” with the docents from the new Capital Jewish Museum that is scheduled to open in 2022. Members learned about the story of one Jewish neighborhood in Washington, D.C. and heard about the neighborhood changes from the Civil War to the Civil Rights Movement to current day. It was well-attended and enjoyed by all. The cost was \$125.00. There was no charge for attendees.

Contact Information
Groups of 10 plus can email
info@capitaljewishmuseum.org
to make a reservation.
Stephany Fry, Museum Educator
202-525-2234

Seaboard Region
Congregation Beth El Sisterhood/Affiliate
Bethesda, MD
Margi Kramer
margikramer@gmail.com

N. THE JEWS IN THE LAND OF THE INCAS:

This was presented by Beth Tikvah Women in Toronto, Canada, in the evening over Zoom. The speaker, Morty Weisselberg, who was a shul member, gave a history of the Jews of Peru. The program was geared to women of

the synagogue, but some of the men watched as well.

This was an educational program that gave a better understanding of Jews outside of Canada and the United States. The speaker was born in Peru. He spoke about his upbringing and the status of Jews in Peru.

The program was publicized with a flyer which was placed in the shul’s weekly email and in the Shabbat page announcements. One of the Executive Committee members of the Sisterhood/Affiliate designed the flyer based on the speaker’s bio and picture.

This was a stand-alone program.

Contact Information
International Northeast Region
Beth Tikvah Women
Toronto, Canada
Adele Weinstein
adelew@rogers.com

Trudy Sassoon
tsassoon@rogers.com

O. ZENTANGLE - RELEASE YOUR INNER ZEN:

This program has been used by a number of Sisterhood/Affiliates. It was originally described by Grace Schessler, WLCJ Program Chair in the weekly WLCJ update.

This was also submitted by numerous Sisterhood/Affiliates. This submission is by Fern Schwartz, Education V.P. CGLR.

This program was presented on Zoom for a regional education program. This program has also been presented as an affiliate program for Beth El Sisterhood in Pittsburgh, PA, and other Sisterhoods/Affiliates in the region.

The program is for any age and for anyone who wants to have fun and relax in a creative manner. If you doodle, you can tangle!

Zentangle is easy to learn, relaxing, and fun. Using simple curves, dots, lines, and orbs, you'll form patterns or tangles. Combining these magically creates a beautiful design suitable for framing. This is a good program for Purim.

The intent of this program is to educate women about a creative Judaic art and specifically the art of Zentangle.

The program was publicized by the region in its weekly newsletter, The Wave, on its region website and by each Sisterhood/Affiliate. Also, direct email messages were sent out to publicize the program.

There is no cost to attend the program. The supplies needed to participate are a pencil, an ultra-fine tipped black sharpie or a gel pen, a cotton swab or your finger, one sheet of white paper for practicing, and a template provided by the program facilitator.

Grace Schessler's article in the Women's League Update also included the following information. She said, "You can create beautiful works of art using structured patterns. Create simple, straight-forward patterns using basic lines, curves and dots and orbs on small paper called tiles. Designed to promote relaxation and creativity, Zentangling enhances focus, self-confidence, and calm. Lose yourself in a session of guided meditative doodling. Does one need to be an artist? Definitely not! If you've ever doodled in the margins of a page, you can do this. Contact Kathy Shapiro, CZT (Certified Zentangle Teacher) to design a program for your Sisterhood/Affiliate. Kathy will guide you through easy strokes... She is the founder of Magic Me, a celebrated intergenerational arts program in the UK". Contact Grace for more of Kathy's contact info.

This program is a stand-alone program lasting about an hour to an hour and a half.

Contact Information:

Central Great Lakes Region
Education VP, Various Sister Affiliates

and CGLR Creative Judaic Arts Specialist

Lynda Abraham

labrahambraff@gmail.com
412-260-7486

and Women's League VP and Chair of
Program Committee, **Grace Schessler**
gschessler@wlcj.org

and **Fern Schwartz**

fernsgs625@gmail.com
412-400-5881

P. PREPARING SOUP FOR OUR CONGREGATION, THE COMMUNITY, AND CONVALESCENTS:

Preparing Soup has been a long tradition with our Sisterhood. It began with a Soup Swap and a Soup Cookbook. We have found that cooking together in our synagogue's kitchen builds camaraderie. We have had a large number of women participating in soup preparation, but now limit the activity to 4 people with masks in our well-ventilated synagogue kitchen.

Every year we identify charities depending on how much soup we make and how much we sell in our synagogue community. We publicize by email and flyers. We provide to a Jewish Federation supported nursing home hospice. We have performed community services providing our soups to the Ronald MacDonald house, domestic violence shelters, and last year to our local senior center.

The cost is \$6 per quart, and roughly 50% of that (35 quarts) is profit. We buy ingredients, vegetables, quart containers and labels. Initially some years ago, we made chicken soup as well, but due to the work and switching the kitchen over, we now prepare numerous delicious vegetarian recipes. We prepare our soups utilizing pots, pans and utensils dedicated as pareve. Our Sisterhood Soup program has proven to be very popular with our congregants and is good for fundraising, and nourishing the souls in our community.

We cook lots of soup. Last year, we produced well over 100 quarts. We sell the soup (pareve and vegetarian and many varieties) and use the proceeds to support the donation of soup to homebound congregants and community non-profit organizations. Last winter we donated 32 quarts of soup to the Highland Park Senior Center for distribution to the members of the Center while the Senior Center was physically close.

Our paid-up Membership is in-person, and we will delight our paid-up members with delicious homemade soup and salads.

Contact Information:

Garden State Region
Sisterhood of Highland Park Conservative
Temple - Congregation Anshe Emeth
Teri Manes
tjmanes1@gmail.com

**Q. PRESERVING YOUR PAST AS A
KEEPSAKE FOR YOUR FUTURE:**

This program was presented on Zoom but could easily be presented in-person. The first part of the program was a power-point presentation by Genealogist Amy Wachs who discussed “Our Eastern-European Roots: We Are What Our Ancestors Ate.” We then moved to breakout rooms in which there were three speakers to choose from.

1. Archivist and Genealogist Robbie Terman discussed “Saving Your Family Stories Through Oral History”
2. Genealogist Jim Grey spoke on “Placing Together the Genealogy Jigsaw Puzzle Getting Started on Your Family History”
3. Cookbook author Judy Bart Kancigor discussed “Preserving Memories through your Family Cookbook”.

Each of the three speakers had bibliographies and other handouts that were emailed to all the participants after the program.

This program took place on a Sunday in February. There was no fee for the program. Our keynote speaker agreed to a reduced

fee and the other three speakers received honorariums.

We advertised and promoted the program in our region newsletter affiliate newsletters and the WL Week newsletter. The program was extremely successful and had a large turnout.

Contact information:

Central Great Lakes Region
Fran Hildebrandt
fshildebrandt@gmail.com
248-318-8301

**R. JUSTICE, JUSTICE, JUSTICE, YOU
SHALL PURSUE - An Informative Three
Part Workshop Series:**

This three part educational series takes place in segments in the winter on Zoom, and is open to the synagogue and the community. This program is focused on helping us to gain awareness of social justice issues with a Jewish perspective facing us all. The program features an expert speaker on each topic, followed by a question-and-answer period. There are opportunities presented for those who want to get more involved in pursuing these vital topics. Last year, a Diversity and Inclusion committee was formed at our Temple to help with welcoming a more diverse community at our synagogue as a result of our first program.

The values of Chesed, Tikkun Olam and Pikuah Nefesh are affirmed through these programs, helping us better understand social justice issues through education, support and advocacy.

Last year’s topics featured included:
LGBTQ+ in the Jewish Community;
Environmental Justice: A Jewish Perspective;
and Immigration through a Jewish Lens

This year we are featuring:
Human Trafficking: A Jewish Perspective;
Domestic Violence in the Jewish Community;
and Women’s Health Care Disparities.

We publicize through our Temple website, mailings, WLCJ Newsletter and the Jewish Federation Website. Most speakers are free and some request an honorarium of \$150-\$250.

Contact Information:

Garden State Region
Sisterhood of Highland Park Conservative
Temple - Congregation Anshe Emeth
Helene Knee
kneenote@gmail.com
734-770-3524

**S. ANY OF NAOMI RUBENSTEIN'S
DRAMATIC PROGRAMS:**

The Sisterhood /Affiliate of Congregation Beth Shalom of Clearwater constantly does fabulous programs. Naomi Rubenstein, a very talented retired Jewish educator, often writes the programs. As was mentioned in the last program booklet, she has written about Jewish women in the South and the West of this country. Her programs are especially appropriate for Sisterhood/Women's League Shabbat. The program she is working on right now for her Sisterhood's Shabbat is about the concept of Tradition. Contact her about the subjects of her writings and ask whether you can use them. She was mentioned as a source of programming in the last program booklet.

Contact Information:

Southern Region
Congregation Beth Shalom
Clearwater, FL
Naomi Rubenstein
bobbie.darling@yahoo.com
774-991-0176

**T. ONE DAY, FUN DAY!
"TIKKUN OLAM...TIKKUN HAYAM...
REPAIR THE WORLD...REPAIR THE SEA":**

For the past 6 years, Florida Region has had an educational program presented as a one-day event somewhere within the state. Attendance is determined by whoever wants to travel to that area plus local Sisterhood/

Affiliate members who are available. This program offers a day highlighting Jewish history and or Jewish values.

"Tikkun Olam... Tikkun HaYam ...Repair the World... Repair the Sea" was chosen because this is such a core tenet of Judaism. All speakers, who included Jordan Wheatley, the Outreach and Volunteer Coordinator at the South Florida Wildlife Center in Fort Lauderdale and Rabbi Ed Rosenthal, the Executive Director of Hillels of the Sun Coast and the founder of Tikkun HaYam which translates to "Repair the Seas", presented comprehensive programs and teachings on this tenet and other related ones.

The day began with the South Florida Wildlife Center in Fort Lauderdale. This facility rescues, rehabilitates, and releases animals back into the environment. You can reach Jordan Wheatley Outreach and Volunteer Coordinator at jwheatley@southfloridawildlifecenter.org. Jordan gave a virtual tour of the South Florida Wildlife center.

Next, all participants traveled to the west coast of Florida where they met up with Rabbi Ed who talked about climate change, and especially that which starts with the marine environment. In 2009, he formed "Scubi Jew", an ocean restoration initiative coordinates underwater cleanup activities.

Since there is no cost associated with the program donations to each organization are highly encouraged. The South Florida Wildlife Center will accept monetary donations or items that the facility needs from their Amazon and Chewy wishlists. Monetary donations are always welcome at Repair the Sea, but Rabbi Ed's wish is for Sisterhoods to form their own Tikkun HaYam chapters in their area or spearhead the blue/green initiative which is working to reduce the use of single-use plastics in our synagogues. This was publicized in many weekly Shabbat emails across the region and Sisterhood Presidents were strongly encouraged to share the information with their members.

For another Sisterhood/Affiliate to present this kind of program, they should research in their area any animal rescue organizations. Or Rabbi Ed can present a program for several hours. He can be reached at rabbied@repairtheseas.org

Contact Information:
Southern Region
Terry Jonas
termar4751@yahoo.com
954-448-5662

U. LET'S GET PHYSICAL!

This is a series of exercise classes offered to the Sisterhood Women of Congregation Har Shalom in Potomac, MD in Seaboard Region. The series began three years ago and all classes were run in-person initially at the synagogue. This is the second year of virtual programs. Classes are one hour and the teachers are certified fitness instructors. Cost to attend is \$10 per class. Fee paid to the instructors is \$50 per class.

The classes include a barre and core class, followed by kickboxing, yoga fusion, and zumba. All classes are publicized in the synagogue's newsletters and publicity emails, on the website and Facebook page and on the Sisterhood's Facebook page.

Contact Information:
Seaboard Region
Congregation Har Shalom Sisterhood
Potomac, MD
Susan Grant, Sisterhood President
sisterhood@harshalom.org
240-271-4269

V. THE CHAGALL WINDOWS OF JERUSALEM, which is a lecture by Jill Kaplan:

This program was presented at Congregation B'nai Shalom-Beth David in Rockville Centre, NY in BQLI Region by Zoom. It is a lecture about the history and meaning of the Chagall windows at the Hadassah-Hebrew University

Medical Center. The purpose of the program is to introduce members to and educate them about the 12 stained glass windows.

It was publicized with flyers in the synagogue, flyers mailed with all regular mailings, and listings in Chadashot, the on-line newsletter. The cost of the program depends on the speaker. No cost for Sisterhood/Affiliate members; some cost for outside speakers. Presenters provide the graphics. This program can be a stand-alone program or part of a series.

Contact information:
Jill Kaplan
516-867-1195

W. THE ART OF THE JEWISH FAMILY - A HISTORY OF WOMEN IN EARLY NEW YORK IN FIVE OBJECTS:

This was presented at Forest Hills Jewish Center, Forest Hills, NY, BQLI Region of WLCJ. It was presented through Zoom and it was designed for any Sisterhood/Affiliate members who are interested in Jewish -related art and history. Its purpose was to share the history of certain Jewish women in New York in the Eighteenth and Nineteenth centuries.

It was publicized through Stand-Alone flyers sent out weekly for the month prior to the program. It was also publicized in Shabbat and shul announcements. The cost of the program was free to members and no materials were needed.

For an outside speaker, contact **Dr. Laura Arnold Leibman**—leibman@reed.edu. Find out if she has costs. If you use a Sisterhood/Affiliate member, this presentation should be done on a volunteer basis.

Contact information:
Doria Kalt
VP of Programming for Sisterhood
Forest Hills Jewish Center - Forest Hills, NY
motherofpearl13@verizon.net

PART THREE:

PROGRAM SUGGESTIONS FOR TORAH FUND PROGRAMS, PAID- UP MEMBERSHIP EVENINGS, ROSH HODESH PROGRAMS, VOLUNTEER APPRECIATION PROGRAMS, WOMEN'S LEAGUE AND SISTERHOOD SHABBAT

A. MANAGING BUBBIE:

Russel Lezega, author of the award-winning book by the same name, presented a virtual program about his irrepressible and remarkable grandmother. He described how she escaped the Holocaust and later used her survival skills to escape her Florida nursing homes. His stories are filled with love and humor. Russel did not charge us for the program.

Contact Information:

Garden State Region
Temple Beth Ahm, Aberdeen, NJ
Karen Pollock
kgpesq@aol.com
732-583-0153

The Great Synagogues of Europe: The Dohany Street Synagogue
Vashti and the Me Too Movement
Sacred Time; We All Could Use Some
Paradise Found: Pursuing the American Jewish Dream
Journey to Israel
Flag Day: Fun With Flags
Jewish Women as Agents of Change
How the Jewish People Contributed to the Establishment of Department Stores in the US

Contact Information:

Mid-Atlantic Region
Temple Sinai, Dresher, PA
Nancy Fagan
nfaganmsw@gmail.com

B. Rosh Hodesh With Temple Sinai Sisterhood /Affiliate in Dresher, PA:

The purpose of these programs at Temple Sinai is to learn, share, discuss and connect with each other as we honor this women's monthly celebration of Rosh Hodesh. The program is always publicized through synagogue emails. There is no cost and it lends itself easily to the Zoom format. It was started a number of years ago.

In the past, the group met once a month after Shabbat services. Now, it meets once a month on a Monday evening on Zoom. This allows the presenter to screen share slides, video clips and photos to enhance her presentation. All Rosh Hodesh discussions are led by Sisterhood members on their choice of topics which have included:

How Judaism has Reacted to Disasters, Dangers, and Pandemics
The Jews of the Western Balkans
Angels in Judaism

Karen Petkun, Sisterhood President
petkunk@yahoo.com

C. Torah Fund Program - Enlarging, Enriching and Enhancing Our Conservative/Masorti Tent B'Yachad:

The purpose of this program was to create a topical, relevant, fresh and interesting Torah Fund program that would show the joys and difficulties of enlarging our Conservative tent. Our speakers focused on issues of both overt as well as subtle discrimination that they had experienced. Additionally, the speakers also discussed the benefits of inviting Jews of every culture into our world.

The sisterhood contacted Lisa Paule at lipaule@jtsa.edu in the Torah Fund Office to secure the presence of Kendell Pinkney, an African-American fifth year Rabbinical student. Once his attendance was arranged, the Sisterhood contacted Rabbi Tiferet Berenbaum, an African-American Rabbi who had been the Congregational Rabbi of the

Region's president.

There was a regional committee which originally approved the program, worked on the panelists' questions and the written program. Another person who was new to WLCJ worked on the flyer. Through this task, this woman was learning about the world of Women's League, and the Region was developing a potential leader. The costs included the \$100 honorarium for the JTS student. In addition, Karen Ballena, was hired from the WLCJ office so as to help with the technology that evening. There was also a substantial gift that was presented to our Rabbi speaker.

The event was held via Zoom. Women's League dignitaries were invited to give greetings. Members of the Mishpachah committee were also invited since this was a topic of interest for them.

Contact Information:
Mid-Atlantic Region
Shelley Szwalbenest
Torah Fund Vice President
sjls@comcast.net
215-359-6491

D. Honoring Torah Fund with Temple Beth Shalom of Cherry Hill, NJ:

Temple Beth Shalom's Sisterhood held our annual Torah Fund event on Sunday, December 12, 2021 via Zoom. Temple Beth Shalom is located in Cherry Hill, NJ and is a member of the Mid-Atlantic Region of WLCJ. Staci Boiskin was the Chairperson of the Torah Fund committee, and she worked with amazing, productive and enthusiastic committee members. Staci's contact information is below if anyone wishes to chat with her about the program.

Our featured speakers for the morning event were Rabbis Daniela Szuster and Rami Pavolotzky, a married couple who are currently working at Temple Beth El of Lancaster, Pa. Both rabbis were educated at

the Seminario Rabinico Latinamericano in Buenos Aires, Argentina. The rabbis spoke about their education at this seminary and Jewish life in Argentina. They shared pictures of the Seminario and the history of Jews in Argentina. They spoke about their lives in Argentina and their families, and this made their "story" real and held everyone's interest. Torah Fund event feature speakers are usually people who attended either JTS or the Zeigler School, so this gave us all a different look at where some of our Torah Fund dollars go.

Rabbis Daniela and Rami were warm and charming, and their presentation was delightful. We had time for questions and answers. And, our program ended with them both singing a Ladino song to us all.

Our Zoom program did not cost anything. Also, our Sisterhood did not charge a fee to attend this event, but did receive donations made to Torah Fund following the program.

Contact information:
Mid-Atlantic Region
Temple Beth Shalom, Cherry Hill, NJ
Staci Boiskin
jonboil@verizon.net
856-428-1318 (h)
856-261-4668 (c)

E. "Hello Gorgeous", a Museum Exhibition Featuring Costumes, Photos, Videos and Other Objects Celebrating the Life and Career of Barbra Streisand:

(via Zoom/or on Large Screen at Congregation Olam Tikvah)

Olam Tikvah Sisterhood (Fairfax, VA) invited the director of the Jewish Museum of Florida – Florida International University (FIU) to conduct a virtual tour via Zoom of their new museum exhibit celebrating the life and career of Barbra Streisand. The exhibit is entitled, "Hello Gorgeous" and can be seen in person at the museum in Miami. The event consisted of an introduction by Nancy Doyle Cohen, the Museum Manager, and a tour by

the Curator, Jacqueline Goldstein. Jacqueline took us through the exhibit, Zooming in on various items and explaining their history and significance. It was an eclectic collection of costumes, album covers, photographs, advertising posters and more. The event ended with videos of some extraordinary performances by Ms. Streisand. This event would be of interest to any members who are fans of Ms. Streisand, theater, music and Jewish culture in general.

We held this event in lieu of our annual membership dinner. Since it served as our annual paid-up membership event, the event was offered free of charge to Sisterhood/Affiliate members, and to new members who paid their dues to join upon registration for the event. We also offered a “friends and family” opportunity for non-Sisterhood members to view the event for a fee equal to our membership dues, because we believed that there would be great interest in seeing this new exhibit virtually. We presented the event in a hybrid fashion, offering members the opportunity to view the tour at home, via Zoom, or to watch the Zoom presentation on a large screen in our synagogue social hall, for those who wanted to view it together via an informal watch party. Approximately 60 people attended via Zoom or in person. We made a donation of \$180 to the museum in gratitude for the tour.

We needed a large video screen, a laptop to project the Zoom presentation onto the screen, a microphone and equipment to enable that to function so we could communicate with the presenters, and 2 people operating separate laptops to manage the Zoom participants, sound and video. We employed the help of volunteers at our shul who are familiar with this type of audio/video equipment.

– Museum Manager, Nancy Doyle Cohen, at the Jewish Museum of Florida-FIU, can be reached at nancohen@fiu.edu; 786-972-3164.

Contact information:
Seaboard Region

Congregation Olam Tikvah, Fairfax, VA
Elissa Kon
elissakon33@gmail.com

F. Nicole Wagshal Korsen’s, “Power of the Personal Story - How Our Yesterdays can Make a Better Tomorrow”:

Shaare Tefila Sisterhood/Affiliate in Olney, MD in Seaboard Region invited Nicole Wagshal Korsen to share ways that we can all work together towards our personal goals of remembrance and reconciliation and our collective goal of lasting peace through the powerful and therapeutic power of writing, speaking, and ultimately sharing our stories and those of the strangers whom we have figuratively “adopted” in our lives.

In this insightful program led by Nicole, sisterhood members learned how one can make a difference and help to put the lessons of the past into the hands of the next generation. The premise was that Holocaust survivors would explain their history to school age children, college students and other adults who would then promise to pass these histories on.

Nicole is an award-winning author, as well as a Holocaust and Human Rights educator of students and teachers. She addressed the need in our communities to capture and learn from the painful lessons of our past as we work towards a future where we embrace and celebrate our unique Jewish identities in our everyday lives and ensure #NeverAgain.

The Sisterhood/Affiliate charged \$5 for each person who went on Zoom that evening. At Nicole’s request, we donated the entire amount to the social action committee of the high school where she teaches. Her contact information is nicole.korsen@jcps.org (Dominion High School)

The event was publicized through the shul list serve, the weekly Shabbat blast, the Rabbi’s Shabbat notices, and the communication blasts in other area Synagogues and

Sisterhood/Affiliates. This took the place of our paid-up membership dinner.

Contact Information:

Ethel Levine
ethel.j.levine@gmail.com
301-593-7041

Contact information:

Evelyn Abraham
evelyn_abraham@optonline.net

G. Seltzertopia Live:

It was designed for Midway Jewish Center, Syosset, NY in BQLI Region. It was presented on Zoom and took the place of their paid-up membership program.

It was publicized through Sisterhood/Affiliate e-mail blasts. It was free for members. Every member was supplied with chocolate syrup, a bottle of seltzer and pretzel rods. It could be part of a stand-alone program or it could be part of a larger series of programs.

Contact information:

Grace Schessler
WLCJ Programming Chair
gschessler@wlcj.org
516-562-7724

H. Mad Hatter Tea:

It was a virtual program that was designed for Huntington Jewish Center Sisterhood Paid up Members in BQLI Region. It took the place of the annual event to reconnect and meet new members of the Sisterhood/Affiliate. It was an evening that had as its aim to provide a lot of fun for members. The event included a comedian, a fancy hat contest, tea jokes, games and trivia. Gift bags were delivered to all who sent in rsvp's. The bags included tea, jam, scones and honey sticks.

It was publicized through e-mail blasts. The program needed funds to buy and provide materials for the gift bags and pay the comedian her fee. This program was part of either a series of programs or it could be part of a Stand-Alone Program.

PART FOUR:

SISTERHOOD PROGRAMS THAT ARE SHORTER AND EASIER TO IMPLEMENT

A. Baking Bagels with Sisterhood:

During this virtual “bake along” on a Sunday morning, Sisterhood/Affiliate members made bagels from scratch along with the instructor, a fellow Sisterhood/Affiliate member. Everyone followed on Zoom. The easy, no-fuss recipe was distributed prior to the program along with helpful hints and tips. Depending on the type of flour (including gluten-free) that is used, there are only 2 or 4 simple ingredients besides the toppings. The bagels were ready by the end of the program. The women loved showing off what they made! While the bagels were baking for about 20 minutes, we learned about the history of bagels and chatted. There was no charge for this well-received program.

Contact Information:

Garden State Region
Temple Beth Ahm, Aberdeen, NJ
Karen Pollock
kgpesq@aol.com
732-583-0153

B. Anne Frank’s Europe:

Robert Kelleman of the Washington, DC History & Culture Meetup presented an online/virtual tour of the places throughout Europe associated with Anne. Robert shared photographs of Anne and her family, many of which have not been distributed widely. The program commemorated what would have been Anne’s 92nd birthday. Robert did not charge us for the event.

Contact Information:

Garden State Region
Temple Beth Ahm, Aberdeen, NJ
Karen Pollock
kgpesq@aol.com
732-583-0153

C. Bingo:

This virtual program has been held multiple times, sometimes around a holiday. Our Passover and Chanukah themed Bingos featured words associated with the holidays instead of the typical numbers found on the cards. We do not charge for the programs and give out small denomination gift cards to the winners. We have played traditional and creative Bingo games. It’s a nice way to remove stress, see each other, and have fun. We use a website that enables you to customize the Bingo cards, send them out to participants, call the games, and verify the winners. Players can print the card(s) or play online. There is no cost to use the website to create the cards, distribute them, and play the games. We opted to pay a fee of \$10 to ensure each person received a unique card.

Contact Information:

Garden State Region
Temple Beth Ahm, Aberdeen, NJ
Karen Pollock
kgpesq@aol.com
732-583-0153

D. Two Live Virtual Israel Tours:

We hosted 2 wonderful virtual tours on separate Sunday mornings with tour guides live from Israel. The first tour was “The Magic of Jerusalem – The Old City”, where we visited markets and alleyways, the Temple Mount, and the City of David. The second tour was “Living on the Northern Borders”, during which we learned about life on the northern borders of Israel by visiting villages of the Upper Galilee and Golan Heights and meeting people who live there. The tour guides supplemented pre-recorded videos and interviews with a lot of information and answered questions. The total cost of both programs was \$550. We offered different levels of sponsorship for the

programs and were able to cover our cost. Both tour guides offer other programs and were very flexible on what to cover.

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E. Taking Judaism Personally - Creating a Meaningful Spiritual Life:

This program was held on Zoom. Author Judy Petsonk discussed the themes in her book by the same name. She related true stories of people as they figured out how Judaism relates to them and how they found meaning in Judaism. Judy can also present programs on her other non-fiction books and historical novels. One historical novel is ***Queen of the Jews***, which tells the fascinating story of real-life Queen Shalom-Zion who lived during the first century BCE. There was no charge for the program, but we gave Judy an honorarium.

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F. Wine-Tasting of Israeli Wines:

This program is designed for Sisterhood/Affiliate Members and their Partners. There must be a maximum number of participants because of cost and space. This sisterhood had twenty-four participants as their maximum. Each participant paid \$18.00 per person. Larger bottles of wine – three different kinds – were divided into smaller bottles so that each participant then received all three varieties of wine, with each variety placed in a separate small bottle. All small bottles of wine were then delivered to the households in advance of the Zoom program

(or given to participants at the program if done in-person). The cost was determined by the cost of the wine, with a small amount of fundraising for future programs. Two members poured the wine into bottles and set up the bags for delivery. There should be members to deliver the wine. In addition, there should be a facilitator to talk about the wines.

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Sisterhood of Temple Beth El
Ithaca, NY
Gail Zussman, President
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607-387-5925

G. Havdalah Service:

There is no cost for members to participate, but the Sisterhood/Affiliate provides and delivers Havdalah candles, spices, and tiny bottles of juice and wine to each member's home. There is cost associated with this for the Sisterhood/Affiliate. The service will be led by women of the Sisterhood/Affiliate.

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H. “Four Large Hamantaschen Delivery” to all Temple members’ homes:

This is in place of our annual baking fundraiser. We deliver these at a cost to all members who want to receive them. We charge enough to cover the cost of the Hamantaschen and build in some profit that is then donated back to fund needs of the Religious School and the Synagogue. We specifically rotated times and days for all of our programs, especially this one, in order to encourage participation of many members.

We did raise a lot of money with this fundraiser.

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International Northeast Region
Sisterhood of Temple Beth El
Ithaca, NY

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I. A Taste of Halvah:

The intent was to help members to connect with one another and to find pleasure with a program on Zoom. Our goal during yet another year of Covid has been to focus on bringing members together in different ways of engagement so that we reduce isolation and encourage connections with each other. We also want our women to find some relief from the past few years.

The cost was \$5.00 per person to cover the outlay for the Halvah and the containers. It was publicized on the Internet, the Temple website and bulletin and on Facebook. It was designed for sisterhood members only. It did require 5 hours of two sisterhood members working together to divide and individually wrap the Halvah (with workers wearing masks and gloves and under appropriate sanitary conditions). They then put the individually-wrapped Halvah into new containers and dropped off in the Temple office for members who paid for these in advance. We also delivered to those who were house-bound and unable to get to the Temple. Finally, we donated three containers to our two rabbis and office coordinator to build good will. (Obviously, the number of donated ones will change according to the number of staff in your temple or sisterhood.)

This can also be combined with another program that you might have planned at the same time.

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607-387-5925

J. “Coffee, Tea, and Hot Chocolate Get – Together” on Zoom:

The goal of this program is also to try to decrease isolation and increase connections to one another as Covid is still on-going and the Temple is closed to in-person events and services. This sisterhood has made this an on-going goal through the year, and almost all of their larger programs are either stand-alones or combine with these shorter ones. There is no cost and no delivery involved with this as everyone provides her own beverage. You can add wine to this list of beverages and combine this shorter program with an on-going Rosh Hodesh program, which this sisterhood has done.

For the Rosh Hodesh component that they also had as part of their goal of increasing connections, they worked with a third year Rabbinical student. She also helped them with the celebration of other holidays, like Tu B'Shevat. Participants kept journals, and the sisterhood provided pens or pencils as well as notebooks to use for these journals. These were kept in the office for every participant to pick up, or they were delivered to those who could not get to the temple office. All women who were participating in these programs were urged to decorate their journals.

Contact information:

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Ithaca, NY

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K. Chanukah, Vodka, and Latkes:

This program occurred on a Saturday night after Shabbat was over at Beth Shalom Sisterhood in Atlanta in Southern Region. You might begin with a Havdalah service led by a Sisterhood member. This program should be an in-person program at the Synagogue if your building is open and you abide by the health rules it has established during this time of Covid. It should probably take place around or during Chanukah because of the latkes. You might also add Sufganiyot (donuts specifically made for Chanukah) as part of your refreshments.

Janet Russet Lane, a member of this sisterhood wrote, "What made this evening special was the diversity of our group. We had younger members, older members, couples, singles. We served sweet and salty snacks, vodkas, mixers and latkes. We played lots of board games and lit our own menorahs that we brought with us".

Contact Information:
Southern Region
Beth Shalom Sisterhood
Atlantic, GA
Janet Russet Lane
janetrusset@gmail.com

L. Making Our Own Cheese Boards at Chanukah:

The Women of Temple Israel in Charlotte, N.C. in Southern Region held their annual Chanukah event which included Chanukah games to start and then they learned how to make Cheese boards from a local husband and wife chef team. This program would work for Shavuot-time since we eat a great deal of dairy foods when we celebrate this holiday, and it would also work around Sukkot- time when we eat vegetables that might be presented on a cheese board. The women learned ways to creatively make cheese boards using a variety of cheeses, nuts, and dried fruits. Each person who attended got to take home their beautiful creations and the cheese boards at the end of

the event.

Contact information:
Southern Region
Women of Temple Israel
Charlotte, NC
Hilary Rosenbaum
dhrose4@gmail.com

M. Secrets of the Shanghai Ghetto with Helene Herman and MJC Sisterhood:

Helene Herman, who is the Sisterhood President at Temple Beth Torah Sha'arey Tzedek in Tamarac, Florida, is planning a Zoom discussion with the members of Midway Jewish Center in BQLI region on the secrets of the Shanghai Ghetto. By World War II, Shanghai sheltered more Jewish refugees than any other place in the world. Ms. Herman will reflect on the history of Jewish Shanghai from the turn of the twentieth century to the creation of the Shanghai Ghetto in 1943. The program will be free for members of the Sisterhood-Affiliate and will cost \$10.00 for Non-Members.

In addition, members will be able to enjoy the flavors of Shanghai by ordering food from a nearby kosher Chinese restaurant. All members who do this will be able to pick up their food from the synagogue's parking lot.

Contact information:
BQLI Region
Midway Jewish Center
Syosset, NY
sisterhood@gmail.com or

Grace Schessler
gschessler@wlcj.org

N. But They Were Good to Their Mothers – Jewish Gangsters in America:

This lecture addresses a seldom-covered aspect of the darker side of the immigrant experience - the delving into the rise and fall of Jewish gangsters who dominated crime from the 1920's until the end of World War II.

Helene Herman, who has facilitated many educational discussion programs for WLCJ, leads this one by Zoom for The International Northeast Region. She is presently the Sisterhood President at Temple Beth Torah, Sha'aray Tzedek in Tamarac, Florida. She generously offers her lectures to Sisterhood/Affiliates of WLCJ for no fee. All she asks in exchange is that the Sisterhood/Affiliates make donations to Torah Fund. INR as a region will be making a donation in Helene's name.

Contact Information:

International Northeast Region
Marilyn Cohen, Region President
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Adele Weinstein, Region Education VP
adelew@rogers.com

O. Lighting Shabbat Candles in The RV and More. Marla Zirin shares her RV experience and travels with her Husband Rich on Zoom:

Marla Zirin is a retired Spanish Teacher who began RV traveling 20 years ago. In this light and entertaining Zoom program, especially suitable for winter evenings, you will discover the styles of RV's, the planning and accommodations for traveling via RV throughout the USA and so much more.

Visit many of the highlights of the 45 states the Zirins have visited. You will learn how RV travel adapts to observing kashrut and Shabbat. Experience the maintenance as well as view the inside of an RV. This program features storytelling and features amazing scenery from California to Maine.

The program is publicized by email and mailings to the Sisterhood and Temple Membership. The presentation is one hour, with 15 minutes for Q & A in the chat.

Contact information:
Garden State Region

Lynette Seader, Region President
lynetteseader59@gmail.com

Marla Zirin
marlasue@optonline.net
732-277-1068

P. Flower Arranging Class:

Olam Tikvah Sisterhood (Fairfax, VA) hosted a Zoom flower arranging class featuring Ali Chrisler, owner of Blue Ribbon Floral, a flower truck that appears at pop-ups and street markets in the DC/Virginia/Maryland area. Blue Ribbon hosts floral design classes and creates custom florals for weddings and other events. The sisterhood asked Ali to focus on tips for creating arrangements using types of flowers commonly available at Trader Joe's or other local stores. Virtual attendees who wanted to create arrangements along with the presentation were given suggestions for types and amounts of flowers to have on hand, along with a vase and scissors. It was a lot of fun and very informative, regardless of whether participants created arrangements along with Ali, or simply watched the presentation. The presenter fee was \$75. The program was offered free of charge to members.

— Flower Arranger, Alison (Ali) Chrisler,
Blue Ribbon Floral can be reached at
blueribbonfloral@gmail.com

Contact information:
Seaboard Region
Congregation Olam Tikvah
Fairfax, VA
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PART FIVE: EVERYTHING OLD IS NEW AGAIN

A number of already recommended programs from our last book of programming suggestions that have additional parts to them or were so successful that those of you who haven't done them yet, should!

A. The Jewish Paris Tour — Part II:

This program was originally submitted by WLCJ Programming Chairperson, Grace Schessler, in Women's League Week. It was then submitted to Vol. 1, No. 1 of the Programming Booklet by Congregation Olam Tikvah in Fairfax, VA. The Sisterhood/Affiliate there used this program as part of its annual Spring Brunch and Election of Officers.

In Part II of this program, four other Sisterhood/Affiliates joined together to present Jewish Paris, and divided the cost. They were Adas Israel in Washington, DC, Adat Chaim in Owings Mills, MD, Tikvat Israel in Rockville, MD and Beth Zion Congregation in Montreal, Canada. The program was facilitated by Karen Reb Rudel, owner of Sight Seeker's Delight, on Zoom. Karen has a zoom link that accommodates 500 participants. There were 250 people logged onto the program. The cost was 125 Euros per sisterhood for a two hour tour.

Karen guides you around the Jewish quarter, pointing out cultural landmarks that otherwise would be overlooked while at the same time giving you insight into what it was like to be a Jew in France during several very difficult periods. Among the sites visited are Le Marais (a main Jewish neighborhood), Place de Vosges, Hotel de Sully, Synagogue Hector Guimard (the oldest synagogue in Paris), Musee Carnavalet, Shoah Holocaust Memorial Museum and more. Karen artfully manages to present the information in a way that is filled with humor, life and hope.

Contact Information:

For a tour guide: **Karen Rudel**
info@sightseekersdelight.com
or karenrebruel@gmail.com

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Janice Balin
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Washington, DC
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B. Meet the Author — Part II: *This part is a continuation of the program described in Volume I of the Programming Booklet. More book suggestions have been provided for you in this description.*

Book Clubs have discovered a great way to enhance their book discussions is to invite an author to be a guest speaker and talk about his/her written work via Zoom. This can also be a very successful region program as it would be wonderful for an Education Day program. Just check with Women's League Read Chairs in advance of your planning so as to not choose any of the books and authors that are being planned for their programs. All of these suggestions, of course, work really well with our Women's League Reads programs. We urge you to take advantage of all of their book suggestions and author discussions as well, as noted in PART ONE of this booklet. Invite your women to participate in their programs.

Author conversations are always very successful programs, especially during this time of Covid. You can combine other programs as well with a book program. Look

at some of our shorter programs to add to book programs.

Also, don't be afraid to pick a theme of interest and create your own book initiative. Choose two or three books that relate to your theme and read the books over a number of sessions. Show a movie with them that relates to the theme. Have compare and contrast discussions. Invite relevant speakers into your programs.

This program and any others that are relevant can be done with the help of or under a membership with the National Jewish Book Council. This organization prepares a list of touring authors and new books which have Jewish content and/or are written by Jewish authors. A committee gets together and reviews a selection of books and chooses authors and books that are expected to be of interest to the synagogue and community at large.

Congregation Torat El in Garden State Region has participated in this for a number of years and they have had many excellent authors/speakers through that time. Authors, in general, do not charge an honorarium, only travel expenses. There are no charges for a Zoom presentation. When Susan Sferas, our contact from Congregation Torat El, described their author programs, she noted from the publicity that "the membership is underwritten by a grant from a foundation within our synagogue. The sessions are usually either on a weekday evening, usually Thursday, or on a Sunday morning. Before Covid, we were serving brunch in the morning and dessert in the evening. We moved the programs to Zoom last July. In person, we were doing 3-4 programs a year. Last year we did 6 and this year we plan on 7. There is no charge for the event but registration is required. A confirmation email was sent with the Zoom link...We publicize this program in our temple bulletin, local newspaper and other media outlets. We also put flyers in the community libraries and publicize on social media. (Note: post-covid, we hope to have the

ability to do hybrid programs - live and simultaneous livestream or Zoom).

Some books that they have discussed and plan to discuss again in the future with the authors are:

1. ***Red Sea Spies*** by Raffi Berg who is the Middle East editor of the BBC News website
2. ***From Africa to Zion*** by Danny Abebe who as an 8 year old boy in 1984 traveled with his family and other refugees on a perilous journey from Ethiopia through the Sudan to reach Israel
3. ***Laugh Lines – My Life Helping Funny People Be Funnier*** by Alan Zweibel, the man who wrote comedy for Saturday Night Live and Billy Crystal

They have also planned for Esther Amini to come. She will speak about her recently released book "CONCEALED": Memoir of a Jewish-Iranian Daughter Caught Between the Chador and America. She is available to meet in person or by Zoom with Sisterhood-Affiliates."

Esther grew up in an Iranian-Jewish household to parents who in 1946 fled Mashhad—Iran's holiest and most fanatical Muslim city. "CONCEALED" tells the story of her parents, as well as ancestors, who lived in Mashhad for generations as Crypto-Jews, hidden underground Jews. Later, Esther, born and raised in New York City, grows up caught between two clashing cultures: Iran versus America.

Ms. Amini's book "CONCEALED" – Memoir of a Jewish Iranian Daughter Caught Between the Chador and America is insightful, heart wrenching, witty, and beautifully crafted. Discover the Persian – Jewish immigration to America, her family's adaptation to the U.S. and refusal to adapt, in a story that will overwhelm your heart.

To book appearances,
please contact **Esther**
Amini.AminiKrawitz@gmail.com
212-535-5188

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Susan Sferas
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C. HACHANAH L'SHABBAT:

As preparation for the beginning of Shabbat for Regions, Sisterhood/Affiliates and synagogues, this program was designed and posted on the WLCJ website by Grace Schessler, WLCJ Programming Chair and by members of the WLCJ Education Committee. It includes lots of readings, in both poetry and prose form, specific to particular Shabbatot. These readings are added to each year. Look for them on the WLCJ Website.

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