



We are delighted to present once again, our L'Chayim Initiative. The hundreds of people who attended past sessions were very impressed and thoroughly enjoyed both the programs led by fellow congregants and the opportunity for fellowship.

Here are the spring 2010 offerings for our L'Chayim Initiative. Many of these programs were suggested by you, our congregants, and we have many teaching volunteers who are topical experts. For the most current L'Chayim calendar, please check out our website at: [L'Chayim Online](#). If you are interested in hosting L'Chayim in your home, or would like to share your special interest with fellow congregants, please feel free to contact Rabbi Lustig's office or Mildred Amer.

*"...and so our L'Chayim initiative will encompass learning and celebration of Jewish living; it will be taught mostly by you, members of Washington Hebrew Congregation, who simply and beautifully have embraced Jewish life - each is an opportunity to refresh the soul and engage with fellow Jews. By 'Doing Jewish,' we enrich our own lives and protect that which is precious to us - our Jewish future..."*



### **L'Chayim for Spring, 2010**

Here are all the L'Chayim events for the spring of 2010. If you have any questions, please don't hesitate to call Layne Weiss at 202-895-6307. Most of these programs have limited capacity so don't delay...register as soon as possible.

#### **How to Register**

Spaces are limited and on a first-come basis, so please sign up soon. Classes are open to all WHC adults, including our 10th grade confirmands and post-confirmands. When you are confirmed for an event, you will receive a reply e-mail [or phone call] with the address of the workshop. For more information, contact Rabbi Lustig's office or Mildred Amer, Adult Education chair.

**202-895-6307 or [lweiss@whctemple.org](mailto:lweiss@whctemple.org)**

## Jan. 21 - 7:30PM - Jewish Folklore As Wisdom...Our Customs and Belief

*Jewish Folklore As Wisdom...Our Customs and Beliefs* - 7:30 PM . Joyce Winslow, a fifth grade teacher at WHC, is an award-winning author of short stories, one in Best American Short Stories published annually by Houghton Mifflin, and a former professor of English Literature. She will discuss how Hebrew and Yiddish folktales help us "read between the lines" of familiar Bible stories and helped established ethical lessons in changing locations and times. Hebrew folktales present the first "science fiction" in oral or written history and provide a "word archeology" of the most important motifs in literature. This program will be presented at a location in Bethesda, MD.

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## Jan. 28 - 7:30PM - Mysticism Demystified - What Isaac Luria Knew and Madonna Thought She Knew: An Introduction to Kabbalah

This is repeat of the program Gerdy led in October, 2009. Gerdy recently retired as the Associate Principal of WHC's Religious School, but continues to teach Back to Basics adult education courses. She has taught at Baltimore Hebrew University, where she is a Ph.D candidate, the Foundation for Jewish Studies, and several area synagogues. This program will be held at a Bethesda location. **Wait List Only**

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## Feb. 4 - 7:30PM - Listening - the Silent Skill that Shapes and Defines Us As Humans

*Listening - the Silent Skill that Shapes and Defines Us As Humans* - with Dr. Herb Gross; 7:30PM at a Rockville location. Herbert S. Gross, M.D., Clinical Professor of Psychiatry, University of Maryland School of Medicine and President of the Washington Center for Psychoanalysis. Dr. Gross, an expert on the art of listening, has written on and studied extensively the role of effective communication.

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## ~~Feb. 7 - 3:30PM - A Program for Young Girls in Grades 6-8 and Their Mothers or Guardians~~ **Canceled**

~~A Program for Young Girls in Grades 6 - 8 and their mothers/guardians led by Rabbi Joui Hessel; 3:30 pm at a DC location. Rabbi Hessel will talk about self esteem in Sara, Rebecca and Leah...How our Foremothers help us understand middle-school angst.~~

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## Feb. 18 - 7:30PM - A History of Jews In China from Ancient to Modern Times

This program will be led by Michael Yahuda 7:30PM at a Chevy Chase, MD location. Michael Yahuda is an internationally known expert on China and East Asia. He is professor emeritus at The London School of Economics, and currently a visiting Scholar at the Sigur Center for Asian Studies, George Washington University.

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## Feb. 22 - Study Session and Visit to the Mikvah

A visit to the Mikvah at Adas Israel (in DC) preceded by a brown bag lunch and learn with Rabbi Sue Shankman. Meet at Temple at noon for the lunch and learn aspect of the program and then go to Adas Israel for the Mikvah.

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### **Mar. 4 - 7:30PM - For the Parents: A Program on Building Self-Esteem and Empowering Middle Schools Boys**

"How to Build Self Esteem in Middle School Boys," a program for the parents/guardians of middle school boys led by Jason Goldberg; 7:30 at Rockville location. Jason Goldberg, is a LCSW-C, LICSW, and an expert in crisis counseling and working with children and adolescents. He will discuss self-esteem and empowering of middle-school age boys.

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### **Mar. 18 - 7:30PM - How to Build a Successful Relationship...Do You Have a Master or Disaster Relationship?**

*"How to Build a Successful Relationship"* Led by Ellen Miller Kelly, LCSW 7:30 at a Potomac location. Are you a master or disaster in your relationship? Join us for a lively discussion along with tips and strategies for a more satisfying life with the one you love. Join us for a fun, informative evening. Ms Kelly, a licensed clinical social worker practices Therapy for Life Transitions for individuals, couples, and families.

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### **Mar. 25 - 7:30PM - A History of the Jews in Latin America**

Lizzie Westin, a WHC member who was born in Bolivia, will lead a discussion covering the history of Jews in Latin America from the times of the Spanish conquest to present, including it's role as a safe-haven for many refugees from Nazi Europe and how anti-semitism has played out (i.e. Argentina AMLA bombing, recent concerns in Venezuela, etc.) 7:30PM at a Bethesda location.

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### **Apr. 15 - 10:30AM - Putting Religious School in the Home...How to Establish Jewish Practices in the Home**

*Putting Religious School in the Home...How to Establish Jewish Practices in the Home* led by Rabbi Joui Hessel at 10:30AM at a Bethesda location.

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### **Apr. 26 - 10:30AM - Jewish Foods in a Jewish Home: What Makes Food Jewish?**

"Jewish Foods in a Jewish Home: What Makes Food Jewish?" with Rabbi Shankman and congregant Christie Weiss. Learn to bake Challah the old fashioned way and delve into why certain foods inspire comfort that is uniquely Jewish. Come with an appetite and prepared to indulge! There will be a cooking demonstration with Christi Weiss, including making Challah. 10:30AM at a Northwest DC location.

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### **May 13 - 7:30PM - Holistic Health Night**

Holistic Health Night led by Elise Museles, a lifetime enthusiast for health and nutrition and a certified yoga teacher. Elise has almost completed her studies to be a certified holistic health counselor through the Institute for Integrative Nutrition. This program will take place at 7:30PM at a Bethesda location. This will be an evening of discussions for living life in a healthy and mindful manner. Participants will leaving feeling motivated and inspired to make small changes in lifestyles and habits that will improve overall health and well being. There will be a special focus on the nutrition component.