

PREFACE

The Rosh Chodesh Planner was designed to serve as a resource for *shluchos* when planning women's programs.

Many years ago, when one of the first *shluchim* arrived in Pittsburgh, PA, prepared to combat the assimilation of America through *hafotzas hamayonos*, one of the directives of the Rebbe to the *shlucha* was that it did not suffice for her to only become involved in her husband's endeavors, but that she should become involved in her *own* areas of activities as well.

Throughout the years of his *nesiyus*, the Lubavitcher Rebbe, *Nesi Dorenu*, appreciated and valued the influential role the woman plays as the *akeres habayis*. This is evident in the many *sichos* which the Rebbe dedicated specifically to Jewish women and girls worldwide.

Involved women are catalysts for involved families and involved communities. *Shluchos*, therefore, have always dedicated themselves towards reaching a broad spectrum of Jewish women from many affiliations, professions and interests. Programs become educational vehicles, provide networking and outreach opportunities for the participants, and draw them closer in their unified quest for a better and more meaningful tomorrow.

Many *shluchos* have incorporated a schedule of gathering on a monthly basis. Brochures are mailed out at the onset of the year containing the year's schedule at a glance. Any major event(s) are incorporated as well. This system offers the community an organized and well-planned view of the year's events. It lets them know what to expect and gives them the ability to plan ahead.

In the *z'chus* of all the positive accomplishments that have been and are continuously generated from women's programs, may we be worthy of the immediate and complete Geulah.

***Dedicated to 50 years
of the Rebbe's
inspiration and leadership***

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**THE FEMININE DIMENSION
OF ROSH CHODESH**

The reason women customarily refrained from doing [mundane] work on Rosh Chodesh was due to the fact that they did not remove their nose rings [to avoid contributing] for the golden calf. Therefore, Rosh Chodesh was designated to them as a Yom Tov.

Source: Taamai Haminhagim, Pirkei R' Eliezer, chapter 45

The status of *Rosh Chodesh* as a holiday for women is the reason that many Chabad women's groups assign special programs to this day each month. Thus, the decision to title this book *The Rosh Chodesh Planner*.

This publication actually offers a variety of program suggestions for any time of the month. In addition, programs for more than a day, as well as a selected listing of speakers and entertainers for your event, have been included.

The Shluchim Office Shluchos Division is available for networking in any area of Shlichus. Call about teacher's placement, curriculum, conference calls, Shluchos faxletters and more. Please continue to send us brochures and flyers of your events for our Resource Library.

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**THE REBBE'S ADDRESS
TO THE KINUS HASHLUCHOS
26TH OF SHVAT, 5751**

This week's Torah portion, *Parshas Terumah*, describes the command to construct a Sanctuary about which it is written, "And you shall make Me a Sanctuary and I will dwell within." Noting that the Hebrew for the latter word *bitchem* means "within them," rather than "within it" as might have been expected, our Rabbis explain that the Divine Presence dwells within each and every Jew. Through making G-d a Sanctuary, we cause Him to rest in each of our hearts, and thus in each of our homes. In particular, this service is carried out by Jewish women, the "essence of the home," who draw down G-dliness into each aspect of the home by increasing their Jewish practice and by doing so with happiness. Similarly, the above is enhanced by their efforts in educating their children.

These activities have a positive effect on the entire Jewish people, men, women and children, for it causes G-d "to dwell among them." G-d has created a world which is great enough for each individual to be truly able to say, "The world was created for me." Each Jew can find a portion in the world where he can add to *Yiddishkeit* and bring about additional happiness. This will increase the manifestation of G-d's presence in the world, and in particular add to the manifestation of G-dliness in one's own home.

Each Jew has a contribution to add to this world.* By making this addition and increasing the Jewish content of his environment, he draws down additional Divine blessings to the world which in turn make it possible for him to carry out his service with joy and, in particular in the month of *Adar*, increase one's joy. This additional happiness, despite the

* This implied by our Sages' interpretation of the verse, "all that G-d has created to do," as "to correct," teaching that man must add to G-d's creation and this addition was intended by Him originally.

constraints of exile, hastens the advent of the era when we will leave those constraints and experience the true and complete happiness of the Future Redemption.

The above will be enhanced by making each one of you an agent to give *tzedakah* and indeed to give a double amount of *tzedakah*, two dollars.**

All of the *shluchos* should accept the privilege of being a *shluchah* for the entire Jewish people. This in turn endows all the others with a share in the merit of the positive activities of the *shluchos* spreading *Yiddishkeit* even in far-removed places, making “a dwelling for G-d in the lower worlds.”

These activities will increase our happiness in the month of *Adar* and hasten the coming of *Mashiach* when the command, “And you shall make Me a Sanctuary” will be fulfilled in the most complete way, with the construction of the Third *Beis Hamikdash*. May it be in the immediate future.

*Reprinted from "Sichos in English",
Teves-Nissan, 5751, vol. 47 p. 158-160,
with permission from S.I.E.*

** The additional dollar is not a limitation, but rather signifies man's power to continuously add and increase. G-d gives us blessings and through our efforts, we can increase those blessings.

**WOMEN'S MITZVOS:
LIGHTING THE ROAD FOR MASHIACH**

We have G-d's longstanding promise: "If you cherish the lights of *Shabbos*, I will show you the lights of Zion." *Shabbos* is a foretaste of "the Day which is entirely *Shabbos*, and repose for life everlasting," i.e., the World to Come. Kindling *Shabbos* candles anticipates — and precipitates — the enlightenment of that future era.

Similarly, the purifying waters of *taharas hamishpochah* clear a path for the Redemption. For, as our Sages explain, the coming of the Redemption is dependent on the birth of more and more children. In that age, moreover, we will merit the fulfillment of the prophecies, "I will sprinkle upon you purifying waters and you will become pure," and "I will remove the spirit of impurity from the earth."

The mitzvah of **kosher food** is also connected with the era of which it is written, "I will destroy dangerous animals within the land"; beasts of prey will cease to exist. Moreover, G-d will prepare a feast for the righteous, and their partaking of it will depend on newly — revealed insights into the laws of *kashrus*.

_____ p. 84-85

.....as our Sages teach, "By virtue of the righteous women of that generation, the Children of Israel were redeemed from Egypt." Similarly, the qualities of *tzniyus* and inwardness which increasingly characterize the lifestyle of Jewish women in our generation will help transform the world into a dwelling place for G-d, and thus hasten the revelation of His presence, through the coming of *Mashiach*. May this take place in the immediate future.

*Reprinted from "A Partner in the Dynamic of Creation" p. 8,
with permission of S.I.E.*

INTRODUCTION TO WOMEN'S GROUPS

*These reprinted brochure segments
captures the spirit and focus of women's groups.*

(1) **N'shei Chabad** provides the modern thinking Jewess a forum for exploring her roots, and possible the key to a more enlightened, exciting and meaningful future.

The beauty of N'shei Chabad is that women from all parts of the Jewish spectrum come together in a non-judgmental atmosphere to share Jewish experiences. The camaraderie and mutual support that results is the special spirit defining N'shei Chabad.

N'shei Chabad meets monthly for a learning session/hands-on Jewish project. In addition, educational series featuring extensive study, of specific areas in Jewish life are offered.

We welcome you to join us, participate in our programs and get involved. No membership required. All women are welcome regardless of religious background, knowledge or level of observance.

N'shei Chabad invites you to join us as we discover why and how ancient Torah wisdom is alive, exciting and relevant to your lifestyle.

Reprinted with permission from Nechama Harlig (305) 270-9400

(2) **Women's Chavurah** exists to benefit the Jewish community. Our intention is to participate lovingly within our immediate synagogue, family, and community through various acts of kindness and gestures of goodwill. We also work to educate women from all points of the Jewish spectrum through exciting holiday programs and informational sessions designed to enrich each woman's spiritual needs. This unique aspect of our group affirms unity within our community through the continual pursuit of our heritage.

We seek involvement from all Jewish women who share a desire to join in our charitable acts and educational programs.

Working together to help others is only a piece of what we do at Women's Chavurah.

The camaraderie and mutual support that results from our desire to serve others is the special spirit defining our group. Women's Chavurah touches the core of the Jewish woman and helps her find her spiritual connection to life and Judaism.

In describing the activities and programs, we hope to more than just acquaint you with our group: We hope to reach you, involve you and encourage you to join forces with the wonderful women of Women's Chavurah.

*Reprinted with permission from
Kayla Sasonkin (330) 867-6798*

(3) Prepare for an amazing journey to explore the issues that are on your mind, and check out what Judaism has to say about relevant issues. Your companions are Jewish women of all backgrounds. The map is Torah — the wisdom of Judaism. The destination is an exciting, enlightened and more meaningful future.

Reprinted with permission from Chanie Harlig (909) 946-9224

ONGOING ACTIVITIES

The following programs are examples of the varied, year-round social and educational activities of Women's *Chavurah*. All programs are open to the public. We look forward to meeting you and providing you with additional activities.

Rosh Chodesh Programs

Rosh Chodesh (the beginning of each Jewish month) is a special holiday for women, given as a reward by G-d for their strong faith.

Rosh Chodesh events reinforce Jewish values and identity and provide an understanding of our tradition through feminine ancestry. Each program combines aspects of contemporary life linked to spiritual precepts.

Shir Lama'alot

Women's *Chavurah* provides new mothers with a century-old prayer for the welfare of both mother and child.

Mitzvah Meals

Mitzvah Meals are provided to local families in the midst of personal transitions such as surgeries, illness or new babies. These are offered as Shabbat dinners or as required.

Purim Fundraiser

Women's *Chavurah* sells homemade *Hamantashen* and *Mishloach Manot* baskets.

Baskets are filled with assorted delicacies, enabling one to fulfill the mitzvah of sending "Gifts of Food" to one another on *Purim* day.

Holiday Workshops

Holiday Workshops serve to ignite a passion for the celebration of festivals and holidays.

Community Shabbat Dinner

Enjoy a traditional Friday evening dinner in a highly spirited environment, complete with an enlightening speaker and activities for children.

Bikur Cholim

A regularly scheduled visitation program for nursing homes.

Reprinted with permission from Kaila Sasonkin (330) 867-6798

THE ROSH CHODESH PLANNER

General Suggestions

1. Provide a schedule of events for the upcoming year of activities by *Rosh Hashanah*. This enables your group to reserve the dates well in advance.
2. Installation of officers may be scheduled at a beginning-of-the-year event, or during *Kislev* together with a presentation of the *shiur* titled "The Feminine Side of Chanukah." An entertainer may be included as well.
3. Every program begins with a *D'var Torah*, even if no guest speaker is indicated for the events below. Refreshments or desserts are served. A door prize or raffle can raise extra funds and adds to the fun. Choose either a steady site such as a Chabad House, or vary the venue, using different people's homes or specific areas associated with your program.
4. Events may be scheduled for either day or evening, depending on the type of program.
5. Chabad Women of Greater Boston schedule *Shabbos Mevorchim Melava Malkas*, which are hosted at different homes. Their monthly Torah class is always on Wednesday evenings.

Nechama Prus (617) 787-2667

6. Rosh Chodesh events at Tenafly, NJ are held at the beautiful Chabad House.

There is always a catered meal followed by a speaker. Socializing and learning suits this crowd's requirements. Occasionally another segment is added, such as an entertainer or a workshop. The charge is \$18.00 and RSVP is requested. A more elaborate, catered affair culminates the year's activities.

Malka Shain (201) 816-9386

7. When serving a brunch or meal, or when hiring an entertainer or “importing” a speaker, determine your fee accordingly. It may also be advisable to request RSVP on certain occasions.
8. The Santa Fe Jewish Women’s Circle suggests an annual membership fee of only \$36.00 (double *chai*). This covers the monthly meetings, learning and new art, craft or concept. All events are consistently on Wednesdays at 7 p.m. There is a small fee for some classes. Non-members can attend events for a \$5.00 charge per event, plus materials fees, when appropriate.

At certain programs, such as when designing silk challah covers or mastering Israeli dancing, daughters (ages 9 and up) are invited to join their mothers.

Devorah Leah Levertov (505) 983-2000

9. Distribute a questionnaire and list of interesting topics to the women at the first meeting. The questionnaire is to better understand the needs of the group, which includes options of when to schedule meetings. All (business) meetings may be conducted 30 minutes before the program each month. By using the topics which have been checked off as a guide, it is easier to customize future programs for the group.

Rochel Kaplan (410) 486-1959

10. A Welcome Basket committee warmly welcomes any new members (or families) to the community. The new member (living within a 2 mile radius), receives a personal delivery of a welcome basket which includes a welcoming letter, a brochure (of activities), a challah, and a bottle of wine.

Chana Lipskar (305) 868-1885

CREATING JEWISH WOMEN'S PROGRAMS

This brief outline will help you in forming and developing a core, and then a substantial group for your activities. Included are some brief suggestions for a successful program.

- A Familiarize yourself with the area
 - 1. Know the demographics, the people, their interests and needs.
- B Begin with one-on-one contacts
- C Keep up with the times
 - 1. Explore the tried and true.
 - 2. Research the new and learn what to do.
 - 3. See what is out there and adapt it to your needs.
Suggestions: crafts, special retreats, speakers, entertainment
- D Types of Programs:
 - 1 Weekly:
Classes — These women will be your core for other activities. They will be your power, they will be your voice.
 - 2. Monthly:
Rosh Chodesh activities — Speaker and workshop/craft, Book Clubs
 - 3. Annually:
Luncheons, dinners, fundraisers, retreats, craft shows, cruises, seminars
- E Creating a Women's Program:
 - 1. Dream — then actualize. Form a committee and designate jobs. Communicate with the members very frequently to be sure the work is progressing smoothly.
 - 2. Pick a date and location — check the local Jewish calendar and the public school calendar.

3. Create an unbelievable program. Do not overload it. It should take 3-4 hours from start to finish.
4. If sponsors are needed, send letters indicating your needs and a copy of the program. You may choose to initially make personal calls to potential sponsors.
5. Invitations should be sent 6-8 weeks prior to the event. Remind people via a telephone committee.
6. At the program: Run the program on time. Assign tasks so that you can be available for your guests. Distribute a souvenir booklet which also includes information about Chabad and its programs.
7. Publicity: There should be publicity prior to and after the program. Include photos.
8. Follow up with letters of acknowledgement to sponsors and committee members.
9. These programs are for women. Cater to their needs and tastes so that they will keep coming. Prepare tasty and attractively served menus. Everything should be arranged with thought and should be well coordinated.

Tova Chazanow (732) 536-6507

MONTHLY PROGRAMS

TISHREI

1. ***A New Image for a New Year: Outside and inside***
Inside — Insights into the Power of *Teshuva* (lecture)
Outside — Color me Beautiful: Customize your colors and jewelry (demonstration).
Rivky Grossbaum (612) 925-2994
2. ***Women Together: Dancing the Night Away***
Singing, Israeli dancing, music, speaker and desserts.
Peshy Pevzner, Switzerland 41-22-346-6800
3. ***Women's Simchas Beis Hashoevah: A Sukkoth Celebration for Women***
Featuring Israeli and *chasunah* dancing with the accompaniment of a keyboard or tapes, with or without an instructor.
Note: A step-by-step instructional video featuring the latest dances to the newest songs is available.
*Contact Tzirel Goldman at (718) 604-1234, Fax: (718) 604-0904
or Email: Goldman@dorsai.org
(2 videos at \$25.00 each)*
4. ***A Delicious Dish for your Table: A Tasty Tidbit for your Soul***
Featuring Mrs. Esther Winner, renowned lecturer and gourmet cook who stars in the critically acclaimed video "A Taste of *Shabbos*," and Helen Schwimmer, writer and producer of the video, whose *Shabbos* meal at the Winner's home inspired "A Taste of *Shabbos*".
Chana Alta Mangel (513) 891-3485
5. ***A Taste of the Holiday***
Hands on Experience — * Blow a *Shofar* * Assemble a Lulov & Esrog * *Kaparot* * Build a *Succah*.
Food for the Holiday — Make and taste traditional *Sefardi* and *Ashkenazi* foods.
Food for Thought — by Rabbi Mendy Sasonkin (lecture).
Kaila Sasonkin (330) 867-6798

6. *A Taste of the Holiday*

Personal Stories — Holiday Inspiration — Lieba Rudolph of Pittsburgh

Gourmet Food buffet — for taste and for sale. * Stuffed Cabbage * Gefilte Fish * Kugels * Tzimmis * Spanish Rice * Desserts and more.

Challah Baking Demo- Master the braiding technique. Learn the *hamotzi* and other blessings said on foods. Go home with a braided *challah* ready to bake and a batch of dough that yields 4 additional loaves. (Bring a bowl and a measuring cup). Cost: \$10.00

Kaila Sasonkin (330) 867-6798

7. *Brunch & Brainstorm*

A stimulating forum designed to enhance the celebration of your High Holidays. Come and enjoy a meal for the body and food for the soul.

Kaila Sasonkin (330) 867-6798

8. *Palette of Jewish Taste*

The evening will expose you to a variety of traditional Jewish foods and revive your spirit for the New Year. Instructions regarding the preparation of appetizers, *challah*, entrées and dessert will be provided. Learn to be a professional cook for your High Holiday meals. Samples of prepared food will be available for sale.

Kaila Sasonkin (330) 867-6798

9. *Pre-Rosh Hashana Women's Gathering*

*Discuss the upcoming holidays *Learn about the different traditions and customs *Listen to inspiring stories * Decorate your own honey dish

Note: Clear glass dishes may be painted with small brushes and paint, purchased at an arts & crafts shop.

Devorah Leah Alperowitz (508) 775-7033

10. *Women's Education Day*

An all-day adult education program is designated for every Rosh Chodesh. Two hundred women attend classes on *Inyonei Moshiach*, *Chassidus*, *Taharas Hamishpachah*, and other topics. Classes run from 9:30 a.m.-4:30 p.m. Lunch and babysitting service are available for a fee. The classes are so popular that many notable speakers offer their services gratis.

This education day developed into a viable adult education program that meets on the other three Mondays in the month from 9:30 a.m.-2:30 p.m.. Relaxation and/or exercise classes are incorporated into the schedule.

Mrs. Aska Pevzner, France 33-140-380682

CHESHVAN

1. *Women and Prayer*

Insights into prayer — The history, source and lessons from righteous women throughout Jewish History. Learn its relevance to each one of us.

Discover how Prayer Heals — A chiropractor spoke about the effects of stress on the body, and how alternatives such as chiropractic and kinesiology can lead to a reinvigorated lifestyle.

Rivky Grossbaum (612) 925-2994

2. *Prayer: Voicing our Concerns*

Delve into the dynamics of prayer: understand when we say what, and why.

Chanie Harlig (909) 946-9224

3. *Spices, A Braided Candle and some Wine*

Speaker — What is behind *Havdalah*?

Workshop — *Havdalah* candle making

Note: The materials for candle making can either be purchased through catalog kits, or from an art store. The wax can be heated and melted by placing the wax pieces into Pringles cans, which in turn are placed into pots of hot water. Long strings are inserted into the containers containing melted waxes of different colors. When dried, they can be braided into beautifully colored Havdalah candles.

Nechama Harlig (305) 270-9400

4. *Celebrate My Birthday with Me*

Encourage an influential woman in the community to celebrate her birthday with a truly meaningful and memorable party.

Speaker — “The Importance of a Birthday: a Personal *Rosh Hashanah*”. Include some ways to mark it. Another speaker may talk about *Taharas Hamishpachah*, relationships, education or something else.

Workshop — *Challah* Baking, or any other hands-on project in connection to the month or holiday.

Note: Eventually, it is possible to create an entire circle of people who observe their birthdays, including friends who might not yet be coming to other functions. This event is always current.

5. ***Art & Soul: A Celebration of Jewish Women in the Arts***

Exhibit — A display and sale of art by Jewish women

Slide Show — “Rebuilding the Temple Within”, a slide show by Esther Altman, artist, Chicago, Illinois

Lecture — “The Artist in Every Woman”, a lecture by Shimona Tzukenik, lecturer and artist, Brooklyn, NY

Note: A diverse collection of treasures may be on view, including paintings, drawings, textile designs, silk screen sculptures, computer art and photography. Contact the Chai Art Institute for ideas at (718) 774-9149.

Chaya Epstein (773) 973-3614

6. ***Chassidic Stories***

Rosh Chodesh gatherings are the perfect time to share chassidic stories pertaining to upcoming *Yomim Tovim* or time of the year. Some good sources are: *The Storyteller*, *Kfar Chabad* and other *Chabad* magazines and publications.

Tovie Rapaport (609) 348-6758

7. ***What is Chabad?***

Get your answers from Chana Mangel on:

* Family life * Kosher questions * Style of dress * Jewish Education and more

Chana Alta Mangel (513) 891-3485

KISLEV

1. ***The Feminine Side of Chanukah***

The role of women in the miracle and celebration of Chanukah — A prepared *shiur*, a project of The Shluchim Office, is available upon request.

Fun in the Kitchen — Make latkes and chocolate *menorahs* (from *Chanukah*-related chocolate molds). Cost: \$5.00

Bassie Marcus (714) 770-1270

2. *Discover the Heroine Judith and Create Chanukah Gifts*

Speaker — Discusses the background of Chanukah, emphasizing the important role Judith played in the salvation of our people.

Ceramic Chanukah Gifts were designed and painted.

Note: Judaic pieces such as Kiddush cups, menorahs, mezuzahs, Seder plates and candlesticks can be purchased from a ceramic store. Participants ordered the desired pieces prior to the event. At the actual program, the storekeeper arrived with the items and the women painted their pieces, which were then returned to the storekeeper to bake in his kiln. Appoint the store or a home as a pickup location for the items. Often the stores offer a 20% donation to the organization. Cost : \$5 — \$15 a piece.

Nechama Harlig (305) 270-9400

3. *"Dreidel" — Is It just Child's Play?*

The speaker focused on the meaning of Chanukah for women.

The event was a Chanukah Party, which included games, the art of *dreidel* playing and a grab bag. The invitation included the request to bring a grab bag (under \$5.00). One variation is to have everyone bring an item that begins with the same initials as the person's name. When someone chooses and unwraps an item, she must guess who brought it in order to keep it. (For example, someone with the initials D.P. might have contributed a difficult puzzle.)

Dina Harlig (702) 259-1001

4. *Listen to the Flames*

Lecture — "Listen to the Flames: An explanation into the "Inner Dimensions of Chanukah."

Rivky Klein (901) 761-7004

Decorate a Kippa — A pre-Chanukah evening of fun and discussion. Decorate a *kippa* with Hebrew name or design of your choice for family or friend as a Chanukah gift.

Nechama Harlig (305) 270-9400

5. *Herbal Oil Blends*

Speaker — "The Miracle of the Oil"

Art — Herbal oil blending and bottling

Chanukah party — with lots of delicious *latkes* and *sufganiot* (donuts).

Tziporah Levertov (602) 274-8582

6. ***Women's Empowerment to Stamp the World***
Talk — “ Woman’s Powerful Imprint on the World”
Rubber Stamping — with _____, senior demonstrator of ‘Stamp N’ Up’. Create your own gift boxes, cards and gift accessories for Chanukah.
Entertainment — Arrange for a singer and pianist to perform.
Kaila Sasonkin (330) 867-6798
7. ***Rekindle your Feminist Spark***
Entertainer and speaker — featuring renowned vocalist _____, who will inspire you through songs and anecdotes, connecting the empowerment of Jewish women to the bravery of women in the Chanukah story.
Workshop — Decorate ceramic candlesticks
Note: See note in Kislev #2
Kaila Sasonkin (330) 867-6798
8. ***The Untold Story of Chanukah***
Gain — deeper insights into Chanukah
Learn about — the different kinds of olive oil: what it symbolizes, how it’s made, what makes it kosher.
Discover — The intricate beauty of *menorahs* throughout the centuries
View and Discuss — Light and Darkness Today
Buy — all your Chanukah needs and books
Eat — delicious food in a wonderful warm environment
Cost — \$10.00-\$18.00
9. ***The Rebbe Speaks***
A video presentation and discussion of “The Rebbe Speaks” — 45 minutes of excerpts of addresses by the Lubavitcher Rebbe, *Nesi Doreinu*.
Chana Alta Mangel (513) 891-3485
10. ***Jewish Mysticism***
Explore the mystical text of *Tanya*. Gain insight into human nature.
Note: An introduction to the text of Tanya is appropriate in conjunction with a Yud-Tes Kislev program..
Chanie Harlig (909) 946-9224

TEVES

1. ***Jewish Women Leading the Way***
Speaker — “Jewish Women Leading the Way: Past, Present and Future”.
Delicious Luncheon \$7.00. Babysitting \$1.00 per child.
Kaila Sasonkin (330) 867-6798
2. ***A Book Review on “Holy Days — The World of a Hasidic Family”*** by Liz Harris
Venue — Barnes and Nobles book store.
Note: Several groups incorporate a Jewish Book Month into their calendar. Others may have a Jewish Book Club where they discuss another assigned book each month. Check which books are appropriate. (There may be times when you will need to discuss why a popular book is inappropriate.)
Chana Alta Mangel (513) 891-3485
3. ***Hester Street***
A video on assimilation in America
Discussion to follow, entitled “Our Job Today”
Note: The video can usually be acquired from the Jewish Educational Center in your community.
Chana Alta Mangel (513) 891-3485
4. ***Personal Growth — The Torah Way***
Speaker — Invite a certified EMETT leader to address your group.
Note: EMETT (Emotional Maturity Established Through Torah) is often referred to as Spiritual Aerobics. It is a systematic method for coping positively with adversity great and small, and increasing one’s self awareness, secure thinking, Shalom Bayis and awareness of G-d’s presence and guidance in even the most mundane and frustrating details of our lives.
Chana Alta Mangel (513) 891-3485
5. ***The History of Rosh Chodesh and the Jewish Calendar***
Speaker — Join us as we explore the historical background and customs of this special day; the creation of the Jewish calendar and how it integrates with our lives.
Workshop — Knead some spirituality: Hands-on Challah Baking
Rivkie Grossbaum (612) 929-9922

6. **Second Chances**

“Second Chances is a funny and dramatic play about a newly observant young man and his hotshot Hollywood father who try to come to terms with their troubled past. (The play features Reuvane Russell and Neil Levine and is a BT Production.)

Note: It is always good to sell at least half of your tickets in advance. Offer a discount over purchasing tickets at the door. This program can be combined with something else such as a presentation of awards or a speaker.

Tova Chazanow (732) 536-6507

7. **Food for the Palaté, Food for the Mind**

Appetizer

Come for the Taste, Stay for the Flavor

Speaker (name)

Entrée

Complete Banquet Preparation

A six-station demonstration of food and table preparations by the professional staff of _____.

The demonstration includes garnishing, napkin folding, pastry decorating, creativity with fruits and vegetables, and tantalizing meat dishes.

Dessert

Indulge your Palate

Taste the delicacies prepared and presented by the six gourmet chefs.

Sarah Bukiet (781) 863-8656

8. **“Mothers at Home”**

A support group for “Mothers at Home”.

Speaker — _____, M.S.W.

Babysitting — available at \$2.50 per child.

Note: This group may meet weekly or monthly, offering different speakers on issues relevant to parenting.

Elie Weiss (201) 907-0686

SHVAT

1. **Women: Building our Future** — The secretive yet decisive role women play in the ultimate purpose of creation.

A prepared *shiur*, a project of The Shluchim Office, is available upon request.

2. **Comparing Man to a Tree**

Lecture — on the above topic

Fruit platter demo — create your own unique fruit and vegetable baskets and platters.

Note: It is easier to get caterers who do in home catering than commercial caterers for this program.

An alternative time to do this might be Adar. Call the program "Tips from the Pros", and learn from the professionals how to cut, garnish and arrange fruits and vegetable for all occasions. Get great tips and ideas to create unique and creative Shalach Manot packages that will be enjoyed by family and friends. Take home your own masterpiece.

Rivky Grossbaum (612) 925-2994

3. **The Woman and her Mitzvos**

Combine the talk with a video presentation of the same title.

Note: The video The Woman and her Mitzvos is available through LEFJME /JEWELS, Mitzvah Taharas Hamishpachah at (718) 756-5700 / (800)860-7030. The cost is \$15.00 and runs 20 minutes in duration.

4. **Tu B'Shvat Tree Party**

An open forum discussion on the theme of *ki ha'adam eitz ha'sadeh*.

Then choose either of the following:

Tu B'Shvat planting — A landscaper or florist gives tips on successfully planting fruits and vegetables and caring for plants. The group prepares their own potted plants.

Flower pot decorating — While decorated pots dry, make a floral arrangement of dried fruits, jelly beans and other edibles impaled on wooden skewers (wrapped with florist's tape). Add ferns and baby breaths.

Serve fruit from Israel, dried fruit or have a salad bar.

See Shluchos Faxletter 3:5.

Kaila Sasonkin (330) 867-6798

5. **Visions: Miriam's Tambourine**

Celebrate Miriam's prophetic vision

*Display of decorated tambourines by women artists

*Vocal performance

*Tambourine decorating workshop

*Singing and dancing accompanied by tambourines

*Speaker on the theme of “Spiritual Strength — The Female Quality” or “Discover the Unique Strength of Miriam within Yourself” The speaker, Shimona Tzurkenik, of Crown Heights, New York also conducted an Inner Visions art seminar.

Note: The artists are contacted in advance. Fifty-five artists participated here. This program may serve as a major woman’s event for the year. It may coincide with Shabbos Shirah. See Shluchos Faxletter 3:7.

Instructions for tambourine decorating can be found in Shlichus: Outreach Insights pg. 321.

Also see Nissan, program #2 in this publication.

Devorah Alevsky (216) 382- 1878

6. Chof Beis Shevat Gathering and Concert

Speaker — *Rebbitzen Chaya Mushka: Recollections and Inspirations.*

Concert — The concert was an incredible performance by a concert harpist from the community. This was followed by a Jewish music sing-a-long. Prepared song sheets included the song *Mother of Royalty* (although it is written about Rebbitzen Chana). The venue was a lovely home rather than the Chabad House.

Nechama Eilfort (760) 930-0630

7. The Jewish Woman: Beauty Within and Without

The Women’s League for Chabad invites you to a special afternoon designed with you in mind.

Featuring — Ilana Harkavi, founder of Il Makiage International Cosmetics and Skin Care Co. and makeup artist to the stars.

Topic — The ‘Make-over’ of a Makeup Artist

*Share the moving experience of a glamorous professional woman who returned to her religious roots

*Watch as she does a complete makeover on one lucky woman in the audience

*Observe the incredible techniques she is so famous for

An elegant dessert buffet will be served

Rivkah Slonim (607) 797- 0095

8. W.O.W: Women of Worth

In celebration of Jewish women, enjoy stimulating discussion and an inspirational presentation featuring:

Guest Speaker — Chaya Teldon on “Jewish Women Leading the Way . . . Again!”

Another evening featured Rabbi Yitzchok M. Kagan, renowned speaker and author of “Jewish Women Make a Difference”

Esther Greenberg (907) 279-7890

9. *Super Woman, Total Woman, Jewish Woman!*

Theme — “Super Woman, Total Woman, Jewish Woman!”
You can do it all — or can you?

Join us for dinner and an informal discussion with Sara Chana Schreiber, educator and lecturer, of Brooklyn, NY

Tova Chazanow (732) 536-6507

10. *Let’s Honor the Bikur Cholim Crew*

Speaker — “Insights into the Laws of *Bikur Cholim*” by Sara Herson

Shared Experiences — Stories by the *Bikur Cholim* Crew are inspirational and encourage others to join.

Presentations — To acknowledge the wonderful and committed ladies of the evening, each was presented with silk flowers, bound with a gold embossed ribbon with a personalized “Thank You _____”.

The event may be a tea, or just serve refreshments.

Note: A good source for halachos on Bikur Cholim is Me’am Loez on parshas Vayaira. The Bikur Cholim crew offers one day a week, at their choosing, to visit Jewish patients in hospitals. They bring a L’Chaim publication, a card and Chabad brochure (holiday or activity).

Sara Herson (201) 540-0875

ADAR

1. *The Ultimate Sacrifice: A Fascinating Exploration into the Drama of Purim and the Decisive Role of Queen Esther.*

A prepared *shiur*, a project of The Shluchim Office, is available upon request.

2. *Jewish Women Through the Ages: A Tribute to Jewish Women*

A professionally prepared fashion show event prepared by The Shluchim Office.

This unique presentation in costume and song celebrates the heroines in our history, salutes the Jewish women of today and forges the future through our link with the past. Many cities throughout the world have presented this event with rave reviews. The packet of material, a video and music tape are available upon request. Call (718) 221-0500 ext. 104 for information.

Note: This program is often run in conjunction with a tea, luncheon or dinner. A short talk, presentation of awards or any other addition will complete the program.

3. *A Tribute to Jewish Women*

The tribute, an annual event, encompasses a full program. Included is a guest speaker, presentation of awards, Woman of the Year award, greetings from a notable personality and a musical performance. The performance is entitled "Children and the Holidays throughout History in Costume, Song and Dance".

Note: A script is available through The Shluchim Office.

Chanie Katzman (718) 494-6189

4. *Jewish Women's Day*

Theme — The Jewish Woman Today: Embracing the Strengths of Yesterday, Rising to the Challenges of Tomorrow

Program — Keynote speaker, Eishes Chayil Award, a beautiful hot & cold buffet brunch, incredible raffles. Cover: \$20.00.

Note: An alternative topic is "The Jewish Woman: Raising her Family Today to Create a Stronger Jewish Tomorrow".

Tova Chazanow (732) 536-6507

5. *Jewish Women's Week*

Speaker — "Jewish Women Leading the Way.....Again!"

Performance: The Yeshiva Girls' Performance

Concert — Popular Jewish Singer

Note: Another topic can be "The Uniqueness of Jewish Women — Everything you always Wanted to Know (or never considered)."

Zeesy Raskin (802) 658-7612

Chanie Rosenblum (412) 422-3453

6. *Divine Providence*

Share stories of faith, miracles and extraordinary coincidences.

Hamantash Baking — a hands-on seminar to prepare you for Purim.

Nechama Harlig (305) 270-9400

7. *Life Cycles: A Song and Dance Festival*

This is a live performance by women and girls of your community. The performance contains components that explore childbirth, education, *bat mitzvah*, wedding, family, *Shabbat*, and a grand finale. Each segment includes narration and choir, and some have dance sequences.

Note: At least three months is required for preparation. This is a major event that runs between 1½-2 hours. Refreshments can be served prior to or after the performance. See Shluchos Faxletter 3:6.

Dini Cohen (305) 672-1733

8. *The Light of Joy: Let it Permeate our Lives*

Speaker — The focus of the talk on the above topic is to emphasize *hashgachah protis* and faith in G-d.

Simchah and positive thoughts help to avoid depression and to recover quickly from apparent misfortune. In fact, everything happens for the good, and one good thought, or one good deed, or one act of kindness, may very well tip the scale of the whole world to the side of good. This is one of the keys to bringing *Moshiach*.

Chana Alta Mangel (513) 891-3485

9. *Learn about Purim and Decorate your own Purim Basket*

Talk — Learn all about Purim with the Chabad Women's Circle.

Demo — Professional gift basket designer demonstrates the art of creating your very own beautiful basket. A program for women by women. Share the fun, bring a basket.

Note: See Shvat #2.

Nechama Dina Uminer (561) 288-0606

10. *Adar and Simcha*

Speaker — Choose a topic about *simcha* such as "Joy Knows No Bounds" or "The Power of Joy".

Entertainment — An Emmy-award-winning comedienne from the community put on a wholesome comedy revue for our listening and laughing pleasure.

Pianist — Arrange for a pianist to perform a concert.

11. *Esther: The Queen, The Saviour*

Speaker — Learn about the feminine side of Purim.

Ceramic Mask Painting — Arrangements are made with a ceramic store to provide ceramic masks and the supplies needed to finish the craft.

Tziporah Levertov (602) 274-8582

12. *Paint your Punim for Purim*

Physical Beauty — * Beauty tips * Samples * Free consultations
* Be a winner for a makeover

Spiritual Beauty — An enlightening panel discussion by community women on the Inner Beauty of Jewish Women and the Strength of Queen Esther within Us.

Light refreshments

Kaila Sasonkin (330) 867-6798

13. *Jewish Women: Architects of the Future*

Speaker — Chaya Teldon, author and speaker, of Commack, New York (on above topic)

Entertainer — Rochel Miller, composer and singer, of Brooklyn, New York

Rochel Leah Kosofsky (413) 781-3337

NISSAN

1. *Organizing your Home for Pesach*

An organizational consultant presents guidelines and helpful suggestions. Then, choose either of the following:

A. Paint a Seder Plate at a pottery painting place that has a party room.

B. Distinctive Table Settings. Learn to set the *seder* table with different accessories. You may include tips on how to set for different occasions. Supplies can be obtained from hotels or caterers.

Rivky Grossbaum (612) 925-2994

2. *Learn about Miriam and Decorate a Tambourine*

Materials for the project can be purchased at an arts and crafts shop. Provide suggested designs on paper to be copied, if desired. It is a good idea to provide Hebrew letter stencils, sequins, felt markers and other material to enhance the decoration.

Nechama Harlig (305) 270-9401

3. *Dinner and Passover Recipe Exchange*

Arrange to meet at a restaurant. Participants purchase their own meals.

Recipe Exchange — Everyone brings a recipe. The group takes turns reading their contributions. Then, either pass around the most desirable recipe cards for people to jot down, or collect the recipes for the purpose of publishing a booklet. A guest book is available for all participants to sign in. The names and addresses become part of your mailing list. Mail copies of the booklet to the group. Another idea is to request that everyone submits their favorite recipe at least a week in advance. Assign someone, if possible, to put together the booklets for distribution at the event.

Chana Alta Mangel (513) 891-3485

4. *A Pre-Passover Cooking Event*

A Healthful Seder — This program features a full menu low in fat and cholesterol. Culinary expert and author Zell Schulman provided cooking demonstrations, instructions and tasting, as well as shopping lists, cooking schedules and suggested wines.

Chana Alta Mangel (513) 891-3485

5. *Design a Pillow for the Pesach Seder*

Pillow-making workshop — A community member volunteered her skills to our group. She set up all the materials and tools necessary for throw-pillow making in her home. The pillows were individualized so that they would be distinguishable from each other. This was important at the community *seder*.

Discussion — The group shared recipes as well as cleaning and *kashering* secrets.

Nechama Eilfort (760) 930-0630

Note: An alternative workshop is to create and decorate your own matzah covers.

Tova Chazanow (732) 536-6507

6. *Don't Pass-Over the Chabad Women's Chavurah Passover Review*

Speaker — "The Law, the *Haggadah*, the Delicacies"

Rabbi Y. Mangel will discuss the laws, reasons, customs and background of *Pesach*. Review how to conduct a *seder* and the dos and don't's of *Pesach*.

Learn — * How to Prepare the Home * How to Prepare the Kitchen * Shopping for *Pesach* * How to Search, Burn and sell your *Chometz* * The *Seder* and its Preparations * The Eight Days of *Pesach*.

If you've got questions, we've got answers!

Chana Alta Mangel (513) 891-3485

IYAR

1. *The Beauty of Shabbos*

Learn about the beauty of lighting up the world.

Create your own candle holders. Venue: a pottery shop.

Dina Harlig (702) 259-1001

2. *Shabbat Workshop*

Learn creative ways of conducting *Shabbat* with fun and ease.

Prepare gefilte fish, kugel and more.

Chanie Harlig (909) 946-9224

3. *The Shabbos Experience*

Theme — Shabbos

Stations — * Speakers * Exhibits on the *Lamed Tes Milachos* (made by women and Seminary students) * Ask the Rabbi * Challah making Workshop

Note: This is an afternoon program that could vary in theme but maintain the same format. The focus could be on Kashrus, Taharas Hamishpachah or other mitzvos.

Shterna Kalmanson, France 33-1-483-42926

4. *Shabbos: The Key to Family Unity*

Speaker — On the above topic

Shabbos Key Workshop — This is a marvelous and positive way to present how to accommodate oneself on *Shabbat*. A large variety of jewelry pieces were available to allow for creativity. Each person's key was welded onto her personal piece of jewelry.

Note: The welder uses a torch which is just a little below 500 degrees. Toho Shoji in NY, at (212) 868-7466, has a large variety of jewelry pieces for purchase. Another approach is to acquire plastic shapes from an industrial plastic company to design Shabbos keys.

Sara Herson (201) 540-0875

5. *A Shabbat Learning Experience*

- Why do we eat *cholent* and *gefilte* fish on *Shabbat*?
- Why do we braid the *challah* 6 times?
- What is the significance of the different *Shabbat* prayers and songs?
- What are some creative meal ideas for *Shabbat* dinner and lunch?

Join us to find out the answer to these questions and participate in a hands-on *challah* baking lesson and traditional *Shabbat* meal led by Sara Karmely.

Malkie Shein (201) 816-9386

6. *Cabaret of Talent*

To celebrate the Jewish woman's influence, women presented an evening of varied talent.

Dina Harlig (702) 259-1001

7. *Game Night Jewish Style: A Lag B'omer Celebration*

Welcome — Connect the Jew and his/her priorities in life to the time of year. In this case, speak about *Sefiras Ha'omer* and how people focus on their values and growth.

Priority Game — This game is used as a tool to analyze one's priorities through group involvement and fun.

Kaila Sasonkin (330) 867-7698

8. *Protecting the Body while Nourishing the Soul*

a. *D'var* Torah — "*Ani Hashem Rofecha*". Explain the role of the true Healer.

b. Speaker — Either have a pharmacist or female OB/GYN speak about different medications

or

c. Speaker — "Being Creative with Tofu". The speaker demonstrates an array of different recipes which can be made with tofu, while she explains the health benefits and advantages of the product. Serve a buffet lunch of prepared tofu dishes. Distribute printed recipes to the crowd.

Note: A tofu program was run by The Women's Health Resource Directory editor, Sara Chana Silverstein at (718) 467-1455.

Nechama Eilfort (760) 930-0630

9. *We're Going Way Out:* programs for the OUT-of-Seminary crowd, NY

A. OUT of mind Experience — "What You're Really Saying" by Elaine Magidson, NLP, presenting a workshop of reading others and rapport-building

B. OUTstanding speaker — Rus Devorah Wallen and her guitar

C. OUTdoor Bar-B-Que dinner

10. *A Day for the Jewish Woman*

Speaker — *The Women's Movement in Retrospect; The Jewish Perspective* by Mrs. Rochel Fogelman

* Special Exhibits * Chinese Auction * Delicious luncheon

Sara Weinstein (412) 683-7770

SIVAN

1. *Ruth: A Woman's Journey*

From the Depravity of Paganism to the Heights of Holiness

A prepared *shiur*, a project of The Shluchim Office, is available upon request.

A. **Floral Arrangements** — Learn the art of floral arrangements. Receive guidance to proper flower and plant care.

Note: Students from the Institute of Floristry or technical college will volunteer their services. Florists will charge a fee.

or

B. **Dried Flowers** — Receive instruction on drying flowers and using them.

Rivky Grossbaum (612) 925-299

2. *Psychology in Judaism — It's What's Inside that Counts*

Speaker — “Why Women need to be ‘whole’ Inside”, by a *frum* psychologist.

Shavuot Blintz Demo — Ready-made crepes and assorted fillings were set out. The crepe maker demonstrated how to make crepes from scratch. The crowd filled their own blintzes to eat cold or take home to heat. Fillings could be made from baked potatoes and fried onions, cheese filling, pie filling, strawberry or other spreads. These could be spread on the crepe, which is then rolled like a cigar and confectioner's sugar sprinkled on top.

Kaila Sasonkin (330) 867-6798

3. *A Dairy and Vegetarian Cooking Class*

Speaker — “Why do we Eat Dairy on *Shavuot*?”

Cooking Class — A *milichige* and vegetarian cooking class placed emphasis on foods high in calcium and estrogen etc.

Nechama Eilfort (760) 930-0630

4. *Ladies Day Out*

Welcome in the new Hebrew month of Sivan. Celebrate with a complimentary brunch and decorate flower pots for our homes.

Elana Kornfeld (818) 954-0070

5. *Great Women in Jewish History: Celebrate your Past, Illuminate your Present, Elevate your Future*

Speaker — Explore the Story of Ruth

Workshop — Create your own floral decoupage vase through a workshop and demonstration. Terrific for the Holiday!

Esther Kosofsky (413) 567-8665

6. *Women Leading the Way*

*A learning experience — our speaker is lecturer/teacher Chaya Teldon

*An artistic opportunity — create your own beautiful tambourine

*A culinary delight — enjoy a delectable four course dinner.
Donation: \$36.00

Dina Harlig (702) 259-0770

7. *A Women's Concert* (fill in name of your entertainer)

A unique event for women! An evening with energy, style and heart! Features _____ in concert singing Israeli, American, Yiddish and Ladino music. Plus — Local Jewish Women's Art Show. Event sponsors are invited to a private reception with (singer's name) before the Art Show and Concert.

Dina Levin (650) 494-2737

8. *Bridal Fashion Show*

This tribute to Jewish women is a musical presentation of Jewish bridal costumes and traditions throughout the world. This annual event included a guest speaker and a professional singer. Sample a delicious array of wedding food.

Note: narration is available at The Shluchim Office.

Chanie Katzman (718) 494-6189

9. *A Women's Pavilion*

The Morristown *N'shei* (called *B'nos Chanah*) sponsored a Women's Pavilion at the Jewish Renaissance Fair, an outdoor fair held on the grounds of the Rabbinical College in Morristown, New Jersey. Using the theme "Mother of Royalty", they presented exhibits displaying the women's *mitzvos* — *Taharas Hamishpachah*/Mikvah, *Shabbos*, *kashrus*, *challah*, *chinuch* and women's learning. Women were present to answer questions, distribute literature and engage in discussion. At the *Shabbos* booth, people were offered a "taste of *Shabbos*" with a piece of *kugel* or *gefilte* fish.

Note: A women's pavilion may be arranged at any Jewish fair at any time of the year.

10. A Marriage Made in Heaven: Can it Work Down Here?

Speaker — Sarah Karmely

N'shei Chabad takes great pleasure in inviting you to an elegant buffet supper and program. The talk will offer suggestions to kindle magic in your relationship.

Henia Wineberg (604) 266-1313

11. Spiritual and Physical Retreat

Itinerary —

8:00 a.m. sharp — Leave from Chabad House for Raccoon Island

10:00: Return to Chabad House, continental breakfast: juice, fruit, coffee, muffins.

10:30-11:15 — Exercise, Meditation, Torah

11:15-12:15 — Lecture — Modern Matriachs: Creating Society's Values

12:15-1:15 Lunch: Grape fruit, tomato juice, egg salad, tuna fish, spring & Israeli salad, bagels, pita, cantaloupe, berries & sherbert

1:15- 2:15 Choice of workshops

1. The Crown of Creation — Ruth

2. Bringing Joy into One's Life

2:15-3:30 p.m. — Recreation: boating, swimming, sunning, badminton, volleyball, soccer

3:30-5:00 p.m. — Lecture and Sharing: the Art of Passing Large and Small Tests

5:00-5:45 p.m. — Hiking / Stories

6:00-7:00 p.m. — Dinner & *Kumzitz*

Enjoy vegetables and dips, homemade delicacies and fruit throughout the day.

Tova Chazanow (732) 536-6507

TAMMUZ

1. A Trip to New York

A. Pray at the Rebbe's *Ohel*

B. Unique visit to Crown Heights

Note: The group that comes numerous times a year from Canada is geared to men and women. The coach bus is equipped with a VCR so that the travel time can be inspirational as well. The people speak on the mike to share stories and the reason they are going to the Ohel. On the return trip, they relate their personal feelings about the trip. The bus ride becomes a farbrengen in itself.

At the Ohel, an introduction to the Ohel and how to write a pan is presented. Lunch follows the visit. The trip to Crown Heights includes a visit to the Rebbe's room, 770, The Rebbe's Library and shopping on Kingston Ave. On the way home, a stop is made in Manhattan for some sightseeing or shopping and dinner at a kosher restaurant.

Sara Raskin (514) 486-5087

2. Does G-d really Care what I Eat?

A video presentation titled *G-d's Diet*

Note: The video reviews basics, demonstrating how modern and easy it is to keep kosher. It takes you through supermarkets, restaurants and a modern kosher kitchen. It is perfect for a Kosher Week demonstration since the 7 minute video repeats itself three times. The video can be purchased through Mivtza Kashrus for \$20.00 plus postage. Contact Mrs. Leah Klein at (718) 493-8449.

The video entitled The Journey of a Kosher Chicken, is free of charge. This educational, 17-minute video was especially designed for youth but can be enjoyed by anyone. It gives you a step-by-step view of the entire kosher poultry process, from the egg to the table.

To order, call Empire Kosher Poultry at (717) 436-5921. Send \$4.95 to cover shipping and handling.

Kosher recipe exchange. The women were asked to bring a specific amount of copies of their recipes. The women collated the material at the event to form booklets for everyone to take home (see FaxLetter 3:3).

Nechama Harlig (305) 270-9400

or

Creating Creative Salads or Designing Unique Desserts.

Rochel Kaplan (410) 486-1959

3. A Home Safety Program

Discussion — The Significance of the Mezuzah; Ensuring the Safety of our Homes

Fire Department Safety Program

***Tips and Guidelines**

*Explore the fire truck provided by the fire department (children participated).

Kaila Sasonkin (303) 867-6798

4. *School's Out! How do I Entertain the Kids?*

Speaker — An educator suggested ideas such as assigning themes to each week, such as animals, arts etc. Home and outdoor activities revolve around the weekly theme.

Hebrew class — Teach conversational Hebrew at the class in relation to the themes. Mothers can share this newly-acquired skill with the children at home.

Nechama Eilfort (760) 930-0630

5. *The Way to our Day in L.A.*

Transportation — An air conditioned motor coach with VCR leaves at 6 a.m. Cost: \$50.00

Program — The Skirball Museum, a comprehensive Jewish museum. Buffet Lunch at Milk & Honey Restaurant. You may include a *d'var Torah*. Shopping on Fairfax, including bakeries, groceries, books and Judaica stores.

Note: This is a wonderful day out for women to spend in a Jewish environment. Cities that are only a few hours away from a Jewish area may utilize this opportunity for learning and growing together.

You may also call this program "The Fairfax Experience" (name it after your area).

Dina Harlig (702) 259-0770

6. *The Summer "SPA"*

The **Spiritual Provocative Adventure** is a full-day educational event for women.

It is a unique, one-day opportunity to explore Judaism, woman to woman, through art and other creative mediums. The day is divided into morning and afternoon sessions with a break for lunch. There is an hour-long presentation by a guest speaker in the morning, with a learning session of longer duration after lunch. *Note: See Shluchos FaxLetter 3:10 for details.*

Esther Kaltman (614) 235-5730

Av

1. *Waters of Eden: Intimacy the Jewish Way*

Learn about Mikvah in the Modern World

Talk followed by video presentation

Note: Call Mivtza Taharas Hamishpocha- LEFJME/JEWELS at (718) 756-5700/(800) 860-7030 for either of these two videos.

A. *Still Waters Run Deep* (produced in Florida). The cost is \$20.00 plus postage, duration is 29 minutes.

B. *Waters of Life* by The Museum of Mikvah Education International. Cost: \$20.00 plus postage. Duration: 36 minutes

Nechama Harlig (305) 270-9400

Note: An entertaining and informative mikvah comedy skit is available through the Shluchim Office Shluchos Division. It was successfully performed at the Nshei Chabad Mid-Winter Convention in Atlanta, GA.

Shternie Lew (404) 255-3297

2. *Ever Wonder What you Do on Tisha B'Av?*

Learn *Eichah* and *Kinot* which are read on the saddest of all days at a learning session for women.

Dina Harlig (702) 259-1001

3. *Women's Yeshivah*

Spend a morning dedicated to serious scholarship and enrichment. Lunch included.

Chanie Harlig (909) 946-9224

4. *Jewish Women's Symposium*

Spend from 11:00 a.m.-1:30 p.m. on a Sunday enjoying the intellectual stimulation of a Jewish Women's Symposium. The program includes a panel and workshops.

Tova Chazanow (732) 536-6507

5. *Treat Yourself to a Spiritual and Physical Make-over*

Speaker — "Serving Hashem with Joy"

Program — * pool party * make-up artist * hair (or wig) stylist demonstration

Menu — Middle Eastern snack foods are served.

Sara Herson (973) 625-2119

6. *Moonlight Cruise with Chabad*

Speaker — "Chassidus and Water" by Rabbi B. Chazanow

Entertainment — a singer and/or musician (or The Mind Reader — Mr. Mark Salem, NY)

* Hawaiian Dinner * Champagne * Music * Desserts

* Boarding at 5:30 pm.

Couvert: \$60.00 per person, Captains: \$150.00 a couple

Tova Chazanow (732) 536-6507

ELUL

1. ***A Woman's Prayer: A Guide to Touch the Divine***

A prepared *shiur*, a project of The Shluchim Office, is available upon request.

2. ***Prayer: Public vs. Private***

Discuss the quality of the deeper dimension of prayer vs. public worship.

Nechama Harlig (305) 270-6798

3. ***Interior Design and Spiritual Harmony within the Home***

Interior Design — Learn easy-to-implement tips on home decorating. Choose a lovely home so that the speaker can refer to areas in a very practical way to demonstrate her guidelines. It would be an added attraction if the hostess felt comfortable with the group touring the entire home or certain areas for the same purpose.

Interior Spiritual Design — Discover ways to imbue your home with feminine spirit and Jewish tradition.

Katla Sasonkin (330) 867-6798

4. ***Bridal Class***

Learn The ABC's of being a Single Jewish Wife and Mother.

This class is geared to single women, brides, and young newlyweds. This group meets at Chana's home for a more intimate atmosphere. This exclusive group does not exceed eight women at one time, and is assigned by appointment only.

Note: Taharas Hamishpachah (dinim) classes for brides and marrieds may follow.

Chana Lipskar (305) 868-1885

5. ***Self, Family and Community***

A special evening just for women, to enjoy the warmth and wit of Miryam Swerdlov, international speaker on women's issues in Jewish history.

Bluma Rivkin (504) 866-5342

PROGRAMS OF MORE THAN ONE DAY

1. *N'shei Chabad Mid-Winter Regional Conventions*

This is an opportunity to be a guest at your own *simchah*. Bring a group to participate in a jam-packed, three-day weekend at an elegant hotel where everything has been prepared for you! Workshops, lectures by top speakers, entertainment, boutiques and excellent cuisine makes an unforgettable program. There is a special thrill at mingling with hundreds of women from the US and Canada who have similar interests and who are progressing in *yiddishkeit* at different levels.

Two things are required to successfully organize a group for conventions:

A. Advise people well in advance to reserve the date. Give them more details as they become available.

B. Personal invitations are crucial, perhaps even more than once.

To speak to a shluchah who has recently brought a group to a convention for this unbelievable, uplifting experience, and to discuss the benefits, contact:

1) Devorah Leah Dubov, Orlando, FL, (407) 740-8770

2) Sara Raskin, Montreal, CA, (514) 486-5087

3) Malkie Shain, Tenafly, NJ, (201) 816-9386

4) Bluma Wineberg, Overland Park, KS (913) 649-6736

To find out what is involved in hosting a convention, call Rivi Feldman at (718) 467-6146.

2. *Torat Imainu*

An eight-part, weekly seminar open to women of all affiliations and backgrounds, combining academic learning with creative art expression. Torah traditions are learned from generations of great women throughout Jewish history.

Note: A sample script is available through The Shluchim Office or by contacting Shiffy Landa.

Shiffy Landa (314) 725-0400

3. *Jewish Women's University*

* Return * Reawake * Rekindle * Reassert * Rediscover * Renew
* Revive * Reclaim

The vast majority of American women have graduate degrees in Western culture and a grade school education in Judaism. Because education leads to motivation, which is the key to our survival, it is imperative for today's woman to study Judaism on a level at least commensurate with her secular education. The Jewish Women's University has adopted in-depth, relevant courses in a warm and intellectually stimulating environment. The curriculum is designed to enable women to understand the gamut of Jewish life style and philosophy from a uniquely feminine perspective. No prior knowledge of Judaism is necessary.

First Semester high standard of education as its goal.

Our instructors are committed to offering instruction in the finest manner on these and other topics.

- Jewish Mysticism- What is it? Explore the hidden depths of the cosmos, the soul and the One who created them.
- Earthly Body, Heavenly Soul-Find out how to integrate them into one organic whole.

Past Courses

Jewish Woman Empowered by Torah

Emotional Maturity Established Through Torah

When: eight Monday mornings — 10:00 a.m. until 12:00 noon

Where: Congregation _____

Semester 1: September 8-October 27. Semester 2:- November 3-December 22. \$118.00 per course

Note: The above is taken directly from the brochure. Staff profiles are also included.

Fruma Rosenberg (305) 653-7276

4. *The Secrets of Jewish Femininity*

Join us as we examine The Secrets of Jewish Femininity- (a 2 or 3 part lecture series)

A. "Women's Health Issues" with Dr. Leslie Wilkof, OB/GYN

B. "*Mikvah*, Marriage and More" with Mrs. Devorah Alevsky

C. "The Secret of Jewish Femininity"

Kaila Sasonkin (330) 867-6798

5. *Family Purity and Mikvah*

Three talented speakers participate in an inspiring and comprehensive lecture series about one of Judaism's most unique and beautiful tenets.

A. "How to Strengthen Marital Bonds" by a licensed social worker

B. "Judaism and Sexuality" by a clinical psychologist

C. *Shabbaton* — Bring the entire family for a *Shabbat* of prayer and learning, with scholar-in-residence Rivkah Slonim, nationally acclaimed author and lecturer, who will speak Friday after dinner, Saturday after services and Saturday evening.

Note: The Saturday evening program was geared to the adults and addressed the topic of mikvah.

Kaila Sasonkin (330) 867-6798

6. *"Intimacy is G-dly"*

The Women's Chavurah would like to invite you to experience the spirituality of Jewish Family Purity. Six sessions will be presented in which we will explore the spiritual nature of *Taharat Hamishpachah* (Family Purity) and the enhancement of the marital relationship. The seminars will include discussions on the following topics:

"The G-dliness of Jewish Intimacy", "A Physical Distance Creating Spiritual Unity", and "The Different Spiritual States of a Woman".

These meetings will also focus on Judaism's sensitivity to a woman's privacy and the respect for her position in the family.

Note: the sessions were held every two weeks, at different homes in the community. \$50.00 for all sessions or \$10.00 per session, offset expenses — including that of the experienced teacher who lead the discussions.

Kaila Sasonkin (330) 867-6798

7. *Semi-Annual Luncheons*

Past speakers:

A. *More than the Eye can See*- by Leiba (Marcia) Schwartz

B. *Men Are from Mars and Women from Venus — The Torah Perspective* by Miryam Swerdlov

Note: These luncheons are held winter and spring time, ending the year's programming. They are held in different homes which are able to accommodate the crowd.

Chana Alta Mangel (513) 891-3485

8. *Wonderful World of Women*

A week of inspiration, education and entertainment, commemorating the 10th yahrzeit of the Rebbetzin Chaya Mushka Schneerson o.b.m.

Gala Banquet February 18, 1998 — 22 Shvat 5758. Dinner 7:30 p.m.

Join us for a unique evening of song and stories, with special guest artist Ariella Goldberg of the USA

Program of Panel Discussions and Workshops

a) February 22, 9:45 a.m., Chabad of Sandton

“Body and Soul: Nurturing Yourself”: _____ teaches you to relax, Dr. _____ takes a holistic approach

A comedy skit looks at the lighter side of *mikvah*. Tour of the beautiful *mikvah*.

Market displaying Jewish women’s creativity

b) February 23, 8:00 p.m. Chabad of Illovo

“Parental Empowerment: Who is Boss?”

Perspectives on parenting from Rabbi Dovid Hazdan, Principal, The Torah Academy Boy’s High School and Rabbi, Great Park Synagogue; _____, Clinical and Educational Psychologist in private practice; Mashi Lipskar, Principal, Lubavitch Girl’s Seminary (Facilitator)

c) February 25, 8:00 p.m. Chabad House of Savoy

“Goodness and Kindness”: _____, Director of Jewish Community Services, speaks on “Responsibility”. _____ conducts workshops on “Communication Skills”.

d) February 28, 8:30 p.m., Chabad House of Savoy

“Lyrics and Laughter” Musical *Melave Malka* — share music and fun with Ariella Goldberg; joyous finale and welcoming the month of Adar

Note: Charge one price for all sessions while offering options for individual sessions.

“Jewish Women’s Week” has been the title of week-long programs by N’shei Chabad in many places.

Mashie Lipskar, S. Africa (27) 11 648-9919

9. *Women’s Shabbaton*

Theme: Relationships in the 21st Century

Note: Shabbatons may be geared to the entire family, with simultaneous children’s programs and some separate sessions for men and women. The alternative is to arrange a women’s Shabbaton.

Housing accommodations may be with families in the area, or you may arrange for a hotel as the venue. Meals are, of course, eaten together. Depending on the group size and desire of the organizers, meals may also be hosted at different homes or at the hotel. Shabbaton programs are available through Lubavitch Youth Organization at (718) 953-1000, based on their pegishah programs.

Dina Harlig (702) 259-0770

10. Dreams of Reality

A winter week of learning, focusing on *Dreams of Reality: Living each Day to its Fullest-A Jewish Perspective*.

Topics include:

- *Joy as an acquired Virtue
- *Being a Jewish Woman in the Workplace
- *Food as Food for Thought
- *Parameters that Liberate
- *Where the Soul Goes while we Sleep

Cost: \$175.00 (includes classes, daily breakfast and lunch).

11. A Woman's Special Connection

Three evenings of fun and discussion highlighting the special mitzvos of Jewish women.

A. Knead some Spirituality: Hands on Challah Baking

Challah refers to both the portion of dough that is separated and to the special braided loaves eaten at *Shabbat* and holiday meals.

Learn new recipes and the different ways to braid the world's most delicious bread — the traditional *Challah*, while we discuss the mitzvah of separating *challah*. *Shabbat* refreshments will be served.

Note: Spice and Spirit : The Complete Kosher Jewish Cookbook (a Lubavitch Women's cookbook publication), contains valuable information about this mitzvah as well as delicious challah recipes.

B. Demystifying the Mikvah

Discover the relevance of this ritual to women, marriage & modern life. Join us for a journey into the mysterious ritual of *mikvah*.

View Still Waters Run Deep. This unique, 30-minute video offers the modern perspective to our ancient tradition, bringing the essence of *mikvah* to life in contemporary terms, and

thoroughly answering questions while addressing common misconceptions.

C. Light up your Life

Lighting *Shabbat* candles is a mitzvah particular to Jewish women and girls, indicative of their special role in the Jewish home. Join us as we uncover the beauty and relevance of this mitzvah and come to an understanding of its broader significance.

Make your own exquisite *Brachah* Plaque. Bring colored copies of pictures you would like to use for your plaque (such as family). These plaques are done on wood and then laquered.

Tova Chazanow (732) 536-6507

12. Four Summer Evenings

A. Women in Poetry — _____ will read and discuss an assortment of serious & humorous poems on women and women's issues

Make-up Demonstration — Learn different tricks, tips and insights on creative use of cosmetics.

B. Women and Community — _____ will discuss the ways in which women can make a difference through community involvement.

Creating Original Earrings — A jewelry making workshop

C. My Past as a Soviet Jew, My Present as a New Jewish American — _____ will relate her life story leading to her arrival in the U.S., her process of adjustment here and how she helps new Americans in turn.

Israeli Dancing — _____, native Israeli and Academy teacher will lead the group in Israeli dancing lessons.

D. Jewish and Female, on Campus — Yocheved Adelman, Chabad House advisor at University of Massachusetts at Amherst, will discuss her observations of the dynamics confronting young Jewish women on the university campus.

Color Analysis — Colorist _____ will provide insights into complementing one's personality and lifestyle through a careful selection of color.

Esther Kosofsky (413) 567-8665

13. The Week of the Jewish Woman

Initiated in 1984, The Week of the Jewish Woman is sponsored worldwide by Lubavitch Women's Organization, whose participants are Jewish women of all ages and backgrounds. The purpose is to unite

women all over the globe in their goals of self, development, community service and education.

It was in the merit of Jewish women that our ancestors were redeemed from Egypt. Then, at Mt. Sinai, G-d told Moses to "speak to the women" to ensure the preservation of His Torah. Now that the Messianic era is upon us, Jewish women are once again leading the way. It is in this spirit that the Week of the Jewish Woman is dedicated to Jewish women everywhere.

The Week of the Jewish Woman coincides with the week preceding Purim, a holiday with special significance for the Jewish woman. Queen Esther, the central character of Purim, displayed a unique self-sacrifice on behalf of the Jewish people that has inspired women for generations.

The Week of the Jewish Woman is sponsored in memory of Rebbetzin Chaya Mushka Schneerson, the late wife of the Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson. The Rebbetzin was known for her complete devotion to and support of the activities of Lubavitch Women's Organization.

Reprinted from the Pittsburgh brochure
"Celebrating The Week of the Jewish Women."

A week-long schedule of guest speakers and lecturers was prepared and printed in advance of the Week of the Jewish Woman. From Sunday through Thursday morning, afternoon and evening lecturers were arranged.

It is advisable to indicate which classes are geared to beginner, intermediate or advanced levels.

Topics included "The Mystery of the *Mikvah*," "What is G-d?," "The Masks of *Purim*," "Raising Jewish Children in American Society," "Internalizing the Eternal Torah," "Piecing Together the *Moshiach* Mosaic from the Vantage point of the Chassidic Masters" and more.

Each year the topics vary for this unforgettable, intensive learning experience.

Note: Several complete programs from different locales are available through The Shluchim Office Resource Library.

Blumi Rosenfeld (412) 521-5119

14. International Kosher Cuisine Series

Designate four or five evenings for this series.

Feature chefs who specialize in different international menus, appointing a specific country's cuisine to each session. There

should be a buffet of completed recipes for tasting, and the chefs should offer a presentation including tips for cooking the menu of the evening.

Topics — Choose relevant topics to the time of the year and share different *minhagim* that are conducted in different communities.

15. *The Jewish Woman Creates: With Her Hands, Her Heart and Her Mind*

This enriching and delightful Jewish experience is a series of eight Monday evenings devoted to women’s *mitzvos*. A sample program of one session includes the following:

	<u>Challah</u>	<u>Shabbat Candles</u>	<u>Spirituality of the Home</u>
Hands	Challah Baking Paint a silk challah cover	Sculpt a pair of unique Shabbat Candlesticks	Create a quilted bag or cover for prayerbook
Art Facilitator	(Include the names of the project leaders)		
Heart	You are invited to share your own personal stories and anecdotes		
Mind	Using a variety of texts, Mrs. Shifra Deren will present deeper meaning into these aspects of Jewish living		

Note: It takes 2 to 3 sessions to complete each craft. Another series was prepared for Pesach.

Leah Shemtov (203) 406-0578

16. *Creative Jewish Parenting*

A Three-Part Series for Women.

A. Jewish Values and Identity — Learn to nurture your children by creatively enriching their day with Jewish values.

B. Discipline with a Heart: A child needs loving discipline to grow and mature. Come hear the Jewish perspective on this universal issue.

C. Body and Soul — a Perfect Fit. For millennia, Judaism has taught the importance of exercise, nutrition and proper hygiene. Listen to these lessons, for ourselves and our children.

Guest lecturer: Mrs. Chaya Epstein, educator and lecturer, from Chicago, Illinois.

ONGOING PROGRAMS

1. *Psychology and Torah*

Thirty women meet weekly throughout the year to study Psychology and Torah in the following manner;

Rabbi and Mrs. Forma have made an adapted translation of Miriam Adahan's book, *Nobody's Perfect*, utilizing the text as a basis for Mrs. Forma's successful classes. The subject matter is one which builds up the woman in the realm of Judaism and is related to women's concerns.

Mrs. Forma first prefaces the class with an explanation of the subject to be discussed. Then the women take turns reading from the text. The 1½-hour class is spiced with stories which are taken from many sources. Usually one chapter is reviewed each week.

Carolina Rica Forma, Paraguay (595) 21-494-680

2. *Chavrusah Program*

A *chavrusah* program is a one-on-one learning program conducted at a determined site, or arranged on the telephone. Women select a convenient time and learn each week. This ongoing program is a welcome opportunity for women who want to learn on a continual basis. Relationships are established, and a suggested course of study can be made available to the participants.

3. *Hilchos Shabbos*

This is a serious learning group of 30 women which meet every Monday from 8:30 — 9:30 p.m. to learn *Hilchos Shabbos* in depth. From 9:30 — 10:30, they stay on to discuss a variety of issues. Themes from the *parsha* are discussed, extrapolating its relevancy to ourselves.

Note: The hostess of the evening makes the calls in advance to invite the people and prepares a light refreshment.

Chana Lipskar (305) 868-1885

4. *Effective Parenting Course*

Once a month, or every Wednesday morning after car pooling their children to school, the women remain at the shul (or school) for a parenting course led by their *shluchah*. Chana Lipskar serves as the facilitator, and the group addresses issues such as how to

cope with morning stress, and other relevant topics. Time: 8:50 — 10:15 a.m. Coffee and cake is served.

Chana Lipskar (305) 868-1885

5. *Learning for Seniors*

After the Effective Parenting Course, Chana teaches a learning group for older women. Some subjects studied are *Parsha, Pirkei Avos and Yomim Tovim*.

Note: Often, many women remain and volunteer their time for activities that are helpful to the shul.

Chana Lipskar (305) 868-1885

SELECTED SPEAKERS

1. Dr. Lisa Aiken — Dr. Aiken served as Chief Psychologist at Lenox Hill Hospital in New York City from 1982-89, while serving as a clinical assistant professor at NY Medical College, Long Island University, and St. John's University. She has spoken to Jewish audiences internationally in over 40 cities. She has appeared on radio and television. Dr. Aiken has authored books since 1991 on subjects ranging from Jewish prayer, women's issues, dating and marriage enrichment, suffering from a Jewish and psychological point of view and more. Contact her at (516) 829-9462.
2. Mrs. Devorah Alevsky — Mrs. Alevsky is a shluchah in Cleveland, Ohio, for many years who is the educator and coordinator of all Chabad and women's programs in the city. She has addressed audiences internationally with great acclaim, particularly on Jewish women's issues. Some topics she has addressed are "The Mikvah Mystique," "The Mystique of the Jewish Woman," "Harmony in the Home," and "Raising Jewish Children." She will speak for small groups as well. Contact her at (216) 382-1878.
3. Mrs. Susha Alperowitz — Mrs. Alperowitz is Judaic Studies Principal of New Haven Hebrew Day School and the Beth Chana High School for Girls in Connecticut. She is a well-known speaker on topics pertaining to education and women's issues. She gives public speaking workshops for students preparing for *shlichus* and is presently working on a book of anecdotes for speakers. Contact her at (203) 389-0442.
4. Mrs. Laya Block — Mrs. Block is co-director of Chabad in London, Ontario for over a generation, director of Gan Gani Preschool and an author of a preschool *parshah* series. She is an educator *par excellence*, and has lectured internationally

- on Jewish women's issues, Jewish education and Jewish parenting. Contact her at (519) 439-4828.
5. Mrs. Rochel Chitrik — Mrs. Chitrick is a renowned educator at Bais Chana of Safed, and Bais Yaakov and Machon Shoshana of Jerusalem, Israel. Her excellent teachers' workshops in improving classroom atmosphere and introducing activities to create self-awareness and proper interaction with others are well known in Israel. She is also a parent counselor. Contact her at (972) 66 923-240. Her fax is (972) 66 923-241.
 6. Mrs. Rochel Fogelman — Mrs. Fogelman, principal of Bais Chana High School of Worchester, MA, is a favored speaker for over a generation. In her sincere and caring fashion, she leaves audiences spellbound, as they absorb her inspiring and penetrating words. Contact her at (508) 752-5791.
 7. Mrs. Yitta Halberstam — Mrs. Halberstam of Brooklyn, NY comes from a Chassidic background. A gifted writer and lecturer, she has brought the world of her upbringing together with the world of modern writing. She has been published in more than 50 national newspapers and magazines and various Jewish publications. She is currently employed as Director of Special Events and Programming for Emunah Women, a New York based non-profit organization. She is known for her co-authorship with Mrs. Judith Leventhal of "Small Miracles" and "Small Miracles II", two runaway nationwide bestsellers on stories of "extraordinary coincidences"- *hashgacha protis*. Mrs. Halberstam lectures on several topics of Jewish interest. Contact her through The Shluchim Office at (718) 221-0500 ext. 110, Rabbi Shmuel Kastel.
 8. Mrs. Nechama Heber — Mrs. Heber is an expert in early childhood education as well as a renowned international speaker. Her presentations are devoted to issues of interest for women. Previous topics include: Judaism and the

Feminine Mystique and Creative Jewish Parenting. She can be reached at (718) 756-9068.

9. Mrs. Shaindy Jacobson — Mrs. Jacobson is an educator and international speaker. Call (718) 771-2479.
10. Mrs. Sarah Karmely — Mrs. Karmely of Queens, NY is a professional counselor and international lecturer on family purity, marital relations and other women's issues. She speaks from personal experience as much as she does from professional knowledge. She is often approached for individual counseling by attendees inspired by her talks, many of whom have been exposed to the beauty and sanctity of family purity for the first time. She is a published author with dozens of articles to her credit, and mentor and counselor to hundreds. Mrs. Karmely lectures in English and Persian. Contact her at (718) 575-0132.
11. Mrs. Sheina Konigsberg — Mrs. Konigsberg is the heroine of the best seller *Holy Days* by Lis Harris. She recounts her fascinating life story, her encounter and subsequent embrace with the *Chassidic* world, and the development of the book that opened the *Chassidic* world to millions of readers. Contact Hensha Gansburg (a.k.a. Sheina Konigsberg) at (561) 988-9897.
12. Mrs. Sarah Lieberman — Mrs. Lieberman is a renowned educator at Beth Rivkah Division of Higher Learning and has lectured outside of New York. She lectures on various topics of Jewish interest. Contact her at (718) 774-6629.
13. Mrs. Tova Mordechai — Mrs. Mordechai of Sefad, Israel, a popular speaker, shares her riveting and compelling story. She doesn't just speak, but touches her audience's *neshamos*, compelling them to search their souls and seriously contemplate their Jewishness. Mrs. Mordechai has delivered *Playing with Fire* (a.k.a. *Back to her People*), her saga of escape from the Church and return to authentic Judaism, to dozens of Chabad Houses nationwide and worldwide. Her

lectures have changed countless lives. Contact: Rabbi Shmuel Kastel at The Shluchim Office at ext. 110.

14. Mrs. Esther Piekarski — Mrs. Piekarski is on the Executive Committee of *N'shei Chabad*, English Division in Israel. She lectures internationally, particularly on *Taharas Hamishpachah* and *Shalom Bayis*. Contact her at (972) 3-605-9518. Her fax is (972) 3 544-1691.

15. Mrs. Molly Resnick — Raised in a secular home in Israel, Mrs. Resnick came to New York determined to succeed among the rich and famous. A mixture of Israeli chutzpah and charm, dynamic Molly was soon producing NBC-TV's Daily News slot *Five Minutes with ...* where she appeared interviewing prime ministers, actors, actresses and many famous personalities. She secured a book contract with Random House, agreed to write a monthly column for *Cosmopolitan* and took a year off to search for truth by traveling around the world.

One of her latest projects is a video, *Close-ups in Courage*, about chassidic women in America today. Contact her at (248) 737-2733

Speech topics:

- *Saturday the Producer Stayed Home
- *Leading an Observant Life at NBC
- *Kosher and Chic in corporate America
- * Super Woman, Total Woman

16. Mrs. Frumma Rosenberg — Mrs. Rosenberg has lectured across the continent. She has appeared on national television and been published in numerous national Jewish magazines. She directed the first Jewish Women's University in Pittsburgh where she was co-director of Chabad House. Subsequently, she founded Torah University of the Catskills. Mrs. Rosenberg has been a featured speaker at national conventions for several organizations, and at the New York *pegishahs*. She has lectured in over fifty Chabad Houses, taught at Bais

Chana's Married Women's Getaway in Minnesota, and served as Director of Machon Chana's Summer Live and Learn Program. Her topics include "Women's Issues," "Parenting at its Best," and more. Contact her at (305) 653-7276.

17. Mrs. Chana Schmukler — Mrs. Schmukler, a home-maker and well-known educator and lecturer from Montreal, Canada, has been involved in Chabad outreach for many years. She expounds on the special *mitzvos* entrusted to Jewish women, with added attention to the laws of *mikvah*. Contact her at (514) 737 1201.
18. Mrs. Sara Chana Schreiber — Mrs. Schreiber is an early childhood educator, a lecturer and author. She is a frequent speaker on women's issues at the Crown Heights *pegishah* programs. Call her at (718) 774-2030.
19. Ms. Leiba (Marcia) Schwartz — Ms. Schwartz was totally disillusioned with Judaism at the age of seventeen. Eventually she became deeply involved with Christianity, becoming a national lecturer and writer. In her mid-50's, after completely losing her eyesight, a series of events triggered her return to Judaism. She will make you laugh, she will make you cry. Her story, entitled "Turning Darkness into Light: What one Woman Can Do" or "More than the Eye can See", is incredible, her lesson invaluable. Contact her at (718) 221-1656.

(Lieba has since regained her eyesight).
20. Mrs. Bronya Shaffer- Bronya is a popular international speaker who has been a featured speaker for Pegisha Shabbatonim in Crown Heights for many years. Her topics range from women's issues to relationship, marriage and more. Her contact number is (718) 778-4484.
21. Mrs. Rivkah Slonim — Mrs. Slonim is the educational director at the Chabad House Jewish Student Center in Binghamton, NY and a nationally known teacher, lecturer

and activist. She addresses the intersection of traditional Jewish observance and contemporary life, with a special focus on Jewish women in Jewish law and life. Her book, *Total Immersion: A Mikvah Anthology*, is already in its second printing. Her lectures offer a unique blend of traditional wisdom and contemporary thought; her delivery creates a dynamic experience in Jewish study. She is available for lectures, text-based classes and Shabbaton programs. She also leads Women Only Shabbatons that afford participants a highly charged sense of power in sisterhood. For bookings and/or more information about lecture rates and date availability, call (607) 797-0015.

22. Mrs. Miryam Swerdlov — A well-known lecturer and professor of Jewish History, Mrs. Swerdlov is also a chassidic activist, business woman and community leader. Full of chassidic vitality, she imbues her words of wisdom with enthusiasm, wit and humor. Miryam is as unique and multi-dimensional as they come. You will love her entertaining and personable style. Call (718) 774-1813.
- 23 . Mrs. Chaya Teldon — Renowned *shluchah*, co-founder of Lubavitch of Long Island, Mrs. Teldon is an active writer and lecturer. As a spellbinding storyteller and songster, her sensitivity, wit and trademark humor create an unforgettable experience. Besides her duties as resident *rebbitzin* and mother of five children, she still finds time to produce and direct Jewish Spotlight, a Cablevision TV show, write and teach. She is a sought-after speaker and has lectured throughout the US. as well as Israel, Canada, South Africa and England. Contact her at (516) 540-1307.
24. Mrs. Malka Touger — Dean of Machon Shoshana Seminary in Jerusalem, Israel, Mrs. Touger is a speaker of international fame. Her insights into Jewish family life, as well as a variety of topics within the Jewish spectrum, have educated and inspired audiences for years. She has produced numerous popular children's videos, has authored children's

books and co-authored the English version of *The Secret of Jewish Femininity*. To contact her call: 972-2-651-8721.

25. Mrs. Shimona Tzukernik — Mrs. Tzukernik is a writer, artist and acclaimed lecturer both in the US and abroad. She was raised and educated in Johannesburg, South Africa. She has a degree in Fine Art, English and Linguistics. Shimona has received international acclaim for her innovative artistic workshops that combine art therapy with Kabbalistic insights to harness one's soul powers and transform daily life. Shimona resides in Brooklyn, NY with her husband and two children. Contact her at (718) 493-2859.
26. Mrs. Rus Devorah Wallen, A.C.S.W., C.S.W. — Rus Devorah is multi-lingual and has lectured and performed extensively throughout the world. Currently, Rus Devorah works independently as a consultant for Jewish and social work causes. She continues teaching, organizing and speaking for community service programs and produces or performs in women's concerts benefiting Jewish charitable institutions. Rus Devorah is an inspiration. Though noted for her multi-faceted public contributions, her warmth, sensitivity, humor and genuine concern for others are truly her outstanding contributions. Contact her at phone/fax: (718) 756-1689.
27. Mrs. Esther Winner — Mrs. Winner is the *shluchah* to West Brighton, New York, educator, renowned lecturer and gourmet cooking star of the critically acclaimed video *A Taste of Shabbos*. One of her popular lecture/workshops is titled "Life is a Block of Chocolate", where she describes how we have the ability to ideally mold our lives. Call (718) 266- 5183.

ENTERTAINERS

1. Julia Bloom — Julia says that life is more than being rich and famous. An extremely talented singer and musician, she also relates spellbinding excerpts about her journey into an observant lifestyle. She composes many of her melodies and has entertained audiences internationally. Contact her through Mrs. Chumi Meisels at (732) 905- 9787.
2. Surie Levilev — Surie has been titled “The One-Woman Band”. She accompanies herself on the keyboard, entertaining and livening up events and parties for women and children. She may be contacted toll free at (877) 4-BAS KOL (1-877-422-7565).
3. Shoshana Levin — A very talented and dynamic speaker and entertainer, Shoshana tells stories and accompanies herself on a guitar. Many of the pieces are of her own composition. Contact her at (718) 493-1747.
4. Faigie Matusof — Faigie is the *shluchah* to Madison, WI. She has conducted concerts and *kumzitzes* in various cities with great success. She sings mostly *chassidische* songs and *niggunim*, accompanying herself on her guitar. Contact her at (608) 251-8764.
5. Rochel Miller — Rochel has been performing professionally for many years. She has performed women-only concerts in many cities across the US as well as in Israel. Mrs. Miller recently opened a school of music exclusively for women and girls. She lives in NY with her family and can be contacted in the evenings at (718) 252-2980.
6. Chanale Fellig- Chanale has performed for shluchos, conventions and school. Her spirited performance includes many of her original compositions, both in Hebrew and in English. Contact her at chanale@hotmail.com for information.

7. Kineret- is well known, with numerous tapes/CD's to her credit. She has enthused and entertained audiences world over. Kineret involves her audience and provides her own musical track. She can be reached at (718) 377-2384.
8. Mirele and Yocheved Rosenberger — This dynamic duo perform together as a mother/daughter team for Jewish women, bringing Jewish and *chasidische* music to new heights through their heartfelt performances.
Yocheved, a graduate of Beth Rivkah, NY, is an up-and-coming singing star who has performed at Brooklyn College, as well as many Chabad and non-Chabad centers throughout USA over the last years.
Mirele has been pianist and musical director for numerous singers, including Ruthi Navon, Kineret, Rochel Miller and Neshama Carlbach. They may be contacted at (718) 756-3797.
9. Rivkah Krinsky- described by a shlucha as 'a hidden treasure' in our midst. She does a wonderful 40 minute kumzitz (alone, or harmonizes with her sister). Alternately, her performance can be dispersed within a Bat Mitzvah program. Her phone is 718-778-5614, her cell is 917-239-4708, and her e-mail is rivkahkrinsky@aol.com.

In Memory of Our Beloved Parents

**אברהם בן ישראל מאיר פופק ע"ה
רחל לאה בת אהרון פופק ע"ה
צבי הירש בן מרדכי דוב בער אלטיין ע"ה
חנה בת ישראל מאיר אלטיין ע"ה**

who dedicated their lives with great נפש מסירת to the
Torah חנוך of their children. And for this, they
merited to have children, grandchildren and great
grandchildren who are שלוחים of דורנו נשיא דורנו
throughout the world.

Rabbi & Mrs. Shmuel Isaac Popack

Sponsored by
Rabbi Ephraim and Chana T. Piekarski

in honor of the birth of our grandsons

Menachem Mendel

to

Avremel and Devorie Piekarski

Brooklyn, New York

and

Schneur Zalman

to

Hirshel and Chanie Piekarski

Del Mar, California

*May they grow up to be a source of Chassidish nachas
to their parents, Klal Yisroel and Nesi Doreinu
the Rebbe*