

Congregation for Humanistic Judaism

CHJ



News

Volume 41 Number 10

June 2009

President's Column

It's hard to believe that another CHJ year has just about flown by. We've celebrated many wonderful holidays and events together and I'd like to sincerely thank all of you who worked so hard to make them possible. We have a great group of dedicated people who, year after year, work diligently to make CHJ the vibrant organization that it is.

On May 17th, we held our monthly board meeting at Bedford Middle School. This was a very successful meeting in that we enjoyed a good turnout by not only board members, but also non-board members who can't easily attend the evening meetings. It was nice for the Board to get some input from a variety of people whose voices are critically important to the future of CHJ. Next year I will do my best to schedule several of these Sunday morning board meetings, especially during the winter months.

Finally, on behalf of the entire congregation, I would like to wish our Immediate Past President, Roz Hill, a speedy recovery from her recent back surgery. I know we all hope to see Roz 'back in action' soon.

See you all at the Annual Meeting!
Dana

2009/2010 Sunday School Calendar

Sunday School Graduation will be on Sunday, May 31st, at 10:45 am.

The CHJ Annual Open House Brunch and first day of Sunday School will be on Sunday, September 13th, beginning at 0930.

2009 High Holidays Calendar

September 18 (Friday), 7:30 PM
Rosh Hashanah Evening Service

September 19 (Saturday)
Rosh Hashanah Day Programs

September 27 (Sunday), 7:30 PM*
Kol Nidre Evening Service

September 28 (Monday)
Yom Kippur Day Programs

Upcoming Events!

Friday, May 29th, 7:00 pm
CHJ Shabbat Service, dinner, and concert at Dreyfus-Moon family

Sunday, May 31st, 9:30 am
Sunday School/Co-ed Rap
Sunday School Graduation 10:45

Friday, June 12th, 7:30 pm
Family Social & Games Night

Saturday, June 20th, 2—7 pm
Annual Meeting & Family Picnic

Saturday, June 27th, 10:00 am
CHJ Book Group

Saturday, August 22nd, 6:00 pm
Family Havdalah Service and picnic supper at Compo Beach
Rain date August 29th

Sunday, September 13th
CHJ Open House Brunch and first day of Sunday School

Friday, September 18th
Rosh Hashanah Evening Service followed by *Oneg*

Saturday, September 19th
Rosh Hashanah Programming * Family Service

Sunday, September 20th
Sunday School & Adult Ed

Sunday, September 27th, 7:30 pm
Erev Yom Kippur/Kol Nidre Service

Monday, September 28th
Memorial & Closing Service

Monday, September 28th
Break—fast

Free admission to all High Holiday Services. All are Welcome!

**CHJ Board of Directors
& Committee Chairs**

President: Dana Preis
 Executive VP: Ellie Shafer
 Programming VP: Ruth Windsor
 Treasurer: Phillip Garrison
 Secretary: Suzanne Friedman
 Immediate Past President:
 Roz Hill
 Adult Ed Coordinators: Mitch Kalmus & Blythe Evans
 Membership: Joan Shaw
 Sunday School Committee:
 Steve and Beth Ulman, Lisa Sullivan, Rochelle Green, Allan Hoving, Scott Bale, & Karen Berman
 Mitzvah Coordinator: Rochelle Green
 Newsletter Editor: Gail Ostrow
 Sunday School Music: Jenny Ginsberg, Eloise Libre, & Laura Snow
 High Holiday Music: Nancy Barrer
 Community Relations: Beth Ulman
 Advertising: George Rockmore
 Social Action: Gail Ostrow & Elsa Cantor
 Ritual Committee: Bob Ginsberg, Theodora Bednarski, Marilyn Brownstein, Lucy Katz, and Rochelle Green
 High Holidays: Lesley Apt
 High Holiday Logistics: Mike Hill
 Trimester 1: Gert Albaum & Evan Levinson
 Trimester 2: TBD
 Trimester 3: Theodora Bednarski & Michelle Tomarkin
 Life Cycle & Tributes: Elsa Cantor
 Library: Donna Soucy
 Phone Squad: Lynne Liebowitz
 UJA Representative: Relly Coleman
 SHJ Representative: Vicki MacKenzie
 Web Master: Barbara Jay

Lifecycle Events

The congregation extends its condolences to Barry & Deb Kasdan on the death of Barry's sister. Deb and Barry thank everyone for the fruit basket.

Roz Hill continues to recuperate from back surgery. Get well soon!

Happy Birthday to Mike Retsky!

CHJ Book Group will meet on Saturday, June 27th, at 10:00 am, at Joan Shaw's house to discuss *Dreams of My Father* by Barack Obama.

Nominating Committee Presents Slate for 2009-2010

President — Dana Preis
 Executive VP — Ellie Shafer
 Treasurer — Phillip Garrison
 Finance Committee Chair — TBD
 Secretary — Suzanne Friedman
 Programming Coordinator — Regina Olshan
 Adult Ed Coordinators — Ellie Shafer & Susan Boyar
 Newsletter Editor — Gail Ostrow
 Sunday School Administrative Committee — Steve and Beth Ulman, Rochelle Green, Lisa Sullivan, Allan Hoving, Scott Bale, Karen Berman
 Mitzvah Coordinator — Rochelle Green
 Sunday School Music — Jenny Ginsberg & Eloise Ginsberg
 Membership — Michelle Tomarkin & Myrna Retsky
 Ritual — TBD
 Social Action — Gail Ostrow and Elsa Cantor
 Trimester Chairs
 Tri-1: TBD
 Tri-2: Hilary Klein & Janice Hamilton
 Tri-3: TBD
 Community Relations/Publicity — Beth Ulman
 Advertising — TBD
 High Holidays — TBD
 High Holiday Logistics — Mike Hill & George Rockmore
 Food Rosh Hashanah — Gert Albaum and Fran Wilder
 Yom Kippur Break-fast — Susan Lamy
 Web Master — Barbara Jay
 Library — Donna Soucy
 Phone Squad — Lynne Liebowitz
 Life Cycle — Gert Albaum
 UJA Rep — Relly Coleman
 SHJ Rep — Vicki Mackenzie

Sunday School News

Sunday School classes are held at the Bedford Middle School in Westport, beginning at 9:30 am.

Hello, CHJ Members!

In May, Ashley Snow, daughter of Sunday School teacher and CHJ Member Laura Snow and her husband, Andrew, became a *bat mitvah*. The event took place on May 2nd at the Unitarian Church in Westport, with a reception following at The Bistro, at the Westport Inn. Congratulations to Ashley and her family!

Here's what's been happening in Sunday School:

Kesef class

In late April, CHJ member and Sunday School parent Karen Berman filled in for Taffy. Karen read *Something from Nothing* to the class, and helped the children prepare for the play they were going to present, based on the book, *The Carrot Seed*, at the Shalom Session that day.

Zahav class

On April 26th, Lauren's class discussed some big questions: how was the universe created and how did all living things come to be? The students studied the traditional Judeo/Christian view that God created the earth and all living creatures, and then read a book about Adam and Eve, and how they ate from the tree of knowledge and God exiled them from Eden.

"Since Humanistic Judaism likes to think about the Bible as literature, we discussed various plot aspects, symbolism of the tree of knowledge, the characteristics of God, etc.," Lauren explains. "Then we tried to put ourselves in Adam and Eve's shoes and discussed the relative merits of living a life of simplicity and innocence (like in the Garden of Eden) versus living in the real world with its challenges but also its joys." The kids went back and forth as to which existence they'd prefer. Finally, the class switched over to a discussion of the scientific view of these topics. The children learned about the Big Bang and the theory of evolution. "The kids surprised me with the knowledge they already had on these subjects," Lauren says. "We concluded with a discussion of the debate over whether or not Creationism should be taught in schools alongside the theory of evolution."

Mitzvah 1

The Mitzvah 1 class had an engaging discussion about *tzedakah* on April 26th, according to Dawn, during which the students learned about the meaning of the word justice and how it can be so much more than just the giving of money. "We discussed that one difference between charity and *tzedakah* is that *tzedakah* was considered a commandment—something everyone, even the poorest of the poor, needed to perform," Dawn says.

The students learned about Rabbi Maimonides and his eight levels of giving, which range from giving begrudgingly (donating to a charity out of guilt rather than a genuine desire to do so) to helping someone out before they really need *tzedakah* (like finding someone a job who is struggling). "Everyone shared their thoughts of what their own families and friends do that is *tzedakah*, as well as what CHJ

Sunday School News, cont'd.

does to perform *tzedakah*," Dawn explains. "We then discussed ways that kids can make *tzedakah* a part of their lives. Some of the students' suggestions were: cleaning up the parks and beaches, donating games, toys and clothes they don't use any more, participating in a walk-a-thon, writing to soldiers, and tutoring younger kids who need extra help."

The class ended with a fun game called "*tzedakah* bingo," which helped to reinforce the many occasions that *tzedakah* is a part of people's lives (from holidays to *bar* and *bat mitzvahs*), as well as important *tzedakah* themes. Afterward the students enjoyed Hebrew with Laura Snow!

Mitzvah 2

Jenny Ginsberg filled in for Elise on April 26. She taught the class about the diaspora, and then read the book *Maus*.

Music Appreciation!

On Sunday, April 26, the children listened to the Hatikvah, the Israeli national anthem; then they sang "Shalom Chaverim," "Head, Shoulders, Knees and Toes," "Heeney Mah Tov," and "Ayfo Oree," a song that is often sung at Humanistic events, like *bar/bat mitzvahs* and services.

For the May 3rd music session, Jenny Ginsberg had the children sing *Z'Man Likro*, which translates into "Time to Read Hebrew;" CHJ student Margot Libre helped lead "The Aleph Bet Song," while her brother Max led the group in the fast-paced "David Melech Yisrael." Students also sang "Shalom Chaverim" and "Hippo Ba-Mayim."

Shalom Sessions

On April 25th, Taffy's Kesef class put on a play based on the book *The Carrot Seed*, with CHJ members Teri Klein and Karen Berman, leading. Then all the students discussed ways that we could help protect and preserve the environment. Some of the children's ideas included recycling, turning off and unplugging electronics, picking up trash in their neighborhood, walking or biking instead of driving, using their own bags for shopping and turning off water when brushing teeth. Great ideas!

On May 3rd, the entire Sunday School participated in Mitzvah Day: the students donned latex gloves and made nearly 300 bologna, turkey, cheese, tuna fish, and cream cheese and jelly sandwiches, assembly line-style, for the Bridgeport Rescue Mission. The kids also decorated brown paper bags for the lunches, which included baked goods from many of the CHJ Sunday School parents and members. At the end of the event, Gail asked the children what they thought of the experience, and some of the responses included, "It was fun, and we felt helpful." Gail concluded by saying, "This is a way to help people live with dignity." Thank you students, parents, Gail, Elsa, and everyone else who helped make Mitzvah Day such a special, and memorable day!

On May 17th, the last Sunday School day before graduation on May 31st, the students will decide where they want to donate the *tzedakah* money they've collected over the school year. We'll let you know in the fall what they decided.

Wishing everyone a happy, safe summer...see you in September!

SHJ Society News

Society for Humanistic Judaism Begins Strategic Planning Process

The Board of the Society for Humanistic Judaism (SHJ) has formed a Strategic Planning Committee (SPC) to develop a new long range plan. The current five year plan was adopted in April, 2004.

The SPC is excited to begin its challenge of looking for creative, innovative, “out of the box” ideas to support the Society and our members through these tough economic times, to strengthen our communities and help develop new ones.

The new SPC had its first meeting during the board meeting in Farmington Hills, MI, on Saturday, April 25, 2009. Committee members began their work by reviewing the current plan, setting the planning process, considering the components of the plan, and discussing timelines.

At the board meeting, the Board of Directors participated in a SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis to provide the SPC with their perceptions of the SHJ’s current state. The information will be used to guide the SPC in its planning process and to help in the development of a Member Survey. Each individual member of the SHJ (including at-large members) will be given an opportunity to contribute to the strategic plan through the Survey. The SPC needs the input of each individual to best determine how the SHJ can meet the needs of its members.

Communication on the results of the SWOT and activities of the SPC will be provided as it becomes available.

Members of the committee:

Lou Altman, President, SHJ

AJ Chalom, SHJ Board, Chair HuJews Committee

Marlene Cohen, SHJ Board, Machar Congregation for Secular Humanistic Judaism

Bonnie Cousens, Executive Director, SHJ

Marl Ellyne, Vice President, SHJ

Judi Gladstone, SHJ Board, Secular Jewish Circle of Puget Sound

Phil Gould, Past President, SHJ

Miriam Jerris, Rabbi, SHJ

Faith Oremland, At-Large Member, SHJ Executive Committee, Chair SPC

Programming & Adult Ed News

All Adult Ed classes are held at the Bedford Middle School in Westport, with coffee and bagels at 9:30 am, and the program starting promptly at 10 am.

Friday, May 29th, 7:00 pm

The Dreyfus-Moon family invites you to a special musical event at our home. Arrive at 7pm for a special Shabbat Service followed by dinner prepared by Taegun Moon, and a live concert performed by The Shul Band from the Lower East Side. Listen to an evening of music blending Ol' World Jewish, folk, Improvisation, Mariachi, Jazz, Jam Band and Classical.

Check out their music at...

<http://www.myspace.com/theshulband>
www.theshulband.com

Bring an appetizer, kid dish (like mac & cheese), or bottle of wine, if you wish (please let me know what you'll be bringing). Please RSVP no later than Friday, May 22 to Rachel_Dreyfus@yahoo.com.

Friday, June 12th, 7:30 pm

Family Social & Games Night at the Tomarkins' house

Please join us for a brief Candle Lighting Service, followed by games for everyone—adults and children (board games, Trivial Pursuit, Pictionary, chess, Ping Pong, and Wii, to name a few). Would you like to play a particular game? Bring it and share the fun. Please RSVP to Michelle Tomarkin at Tomarkin@optonline.net by Wednesday, June 10th.

Saturday, June 20th, 2:00—7:00 pm

CHJ Annual Meeting and Family Pool Party at the Keefe/Levin House, 249 Chestnut Hill Rd, Norwalk
Come early for appetizers and drinks, take a swim or leave the kids at the pool -- the lifeguard will be on duty all day! Please bring a dish to share for the potluck dinner. Appetizers, drinks and dessert will be provided by CHJ.

- 2:00—7:00 Pool is OPEN — Lifeguard on Duty
- 2:00—4:00 Appetizers/Drinks
- 4:00—5:30 Annual Meeting
- 5:30—7:00 Potluck Dinner/Cleanup

So we can plan accordingly, please reply to Theodora at tbenezra@optonline.net or 203/292-5172 and let us know how many adults/kids to expect.

Social Action News

CHJ Annual Donations

The Social Action Committee met on April 20th to review all nominations received from CHJ members. While they are all worthy of support, we chose the following entities to affect the most good locally and internationally, balancing among Jewish and non-Jewish groups:

- \$100 to the CHJ Sunday School to augment their *tzedakah* contribution.*
- \$400 to the CT Food Bank
- \$300 to the American Friends of Magen David Adom
- \$300 to Mazon: A Jewish Response to Hunger * *
- \$300 to the Mercy Learning Center in Bridgeport
- \$300 to H.E.R.O.S. in Bridgeport ** *
- \$300 to CCA (Christain Community Action in Norwalk).****

* The Sunday School students will choose from the following agencies: One laptop per Child, Heifer International, Pennies for Peace (Greg Mortensen's foundation), Seeds of Peace

* *Founded in 1985, MAZON: A Jewish Response to Hunger, is a national, nonprofit agency that allocates donations from the Jewish community to prevent and alleviate hunger among people of all faiths and backgrounds. Each year, MAZON grants over \$4 million to more than 300 carefully screened hunger-relief agencies, including emergency food providers, food banks, multi-service organizations and advocacy groups that seek long-term solutions to the hunger problem. MAZON ("food" in Hebrew) believes its dual purpose is to provide for those who are hungry today and to address the systemic causes of hunger and poverty, both domestically and globally. Although grants are provided to many organizations serving the Jewish poor, in keeping with the best of Jewish tradition, MAZON believes it is important to respond to all who are in need. Please see <http://www.mazon.org/>

* * *HEROS is a non profit organization dedicated to developing leadership skills in Greater Bridgeport area high school students to make a positive impact in their communities while providing educational opportunities to developing countries. Mr. Franck Adjisegebe, Founder/Executive Director of HEROS, spoke at a CHJ Friday night program this year.

** *CCA, supplies food, clothing, and other assistance to those in need in Norwalk, New Canaan, Wilton, Westport, Weston and is non-sectarian. Please see <http://www.ccanorwalk.org/>.

Annual Report

Summary

The Social Action Committee had a very satisfying and successful year. We brought many *tzedakah* and social justice opportunities to the congregation, including the ongoing collection of food and money throughout the year for the CT Food Bank and CCA of Norwalk.

In keeping with our commitment to participate in each trimester, we created and presented programming to both the Sunday School and Adult Ed, including our first Annual Fair Trade Gift Bazaar.

Social Action Annual Report

We successfully widened CHJ's sphere of influence and presence in the local community by proposing we join the Interfaith Council of Westport-Weston, and by participating in the community-wide "Got Mitzvah" event sponsored by the UJA/Federation.

We solicited nominations from members and discussed all of them and following our model, we selected the agencies to which we propose we make our annual donations.

Finally, we tested and successfully completed the CHJ process for taking a stand against torture.

Detail

We led three shalom sessions:

- International peace day
- Fair trade chocolate
- Earth Day - the environment

We led three Adult Ed sessions:

- "Thinking about Torture"
- Fair trade coffee Adult
- Judaism and the environment

CHJ 1st Annual Fair Trade Gift Bazaar

\$100 profit from sale of globalexchange.com crafts to Sunday School tzedakah fund Sold almost \$700 worth of handmade crafts from Thailand, all of which went back to support the Children's Medi-Fund in Thailand. Thanks to Elsa Cantor for doing so much

CHJ members were very generous with money and food donations during the High Holidays. In addition to collecting pounds and pounds of non-perishable grocery items that we delivered to the CT Food Bank facility in Fairfield, we also received checks and cash. We added this money to the generous donations that came in from both new and existing members earmarked for Social Action. Teri Klein hand delivered a check for \$180 to the CCA food bank in Norwalk, and Phil Garrison mailed a check for \$640 to the CT Food Bank.

Conducted a Town Meeting: A time to Be Heard on Proposal to Endorse Declaration of Principles for a Presidential Executive order on Prisoner Treatment, Torture and Cruelty. We then successfully shepherded the Proposal through the process, culminating in CHJ's endorsement of the Declaration. Thanks to Barbara Jay for initiating the process, conducting the Adult Ed and Town Meeting programs, and creating the message forum and voting option on the CHJ web site

Proposed that CHJ join the Interfaith Council of Westport-Weston-motion passed! Thanks to Teri Klein who brought this organization to the Board's attention and has agreed to represent us this year. Promoted and participated in the first Interfaith Council Family Earth Day Celebration on April 26th.

Our congregation-wide "Got Mitzvah" event was so much fun and achieved so much good: our Sunday School students had the hands-on experience of decorating the bags, making more than 275 sandwiches,

Social Action News, cont'd.

wiches, and then filling the bags for delivery to the Bridgeport Rescue Mission. It was a most fabulous "walking the walk" mitzvah experience for everyone who participated. We hope to do it again next year around Purim time, when it is tradition to deliver food to the hungry.

Our deepest gratitude to all the members of the Social Action Committee whose commitment and efforts make all we do possible:

- Lucy Katz
- Barbara Jay
- Teri Klein
- Stephanie Ross
- Donna Soucy
- George Rockmore
- Cary Shaw
- Joan Shaw

We extend the invitation to all members to join the Social Action Committee—we need your ideas, your enthusiasm, and your expertise!

Respectfully submitted,
Gail Ostrow
Elsa Cantor

Notes on Tzedakah

[Maimonides](#) defines eight levels in giving charity ([tzedakah](#)). Each one is higher than the other. On an ascending level, they are as follows:

8. When donations are given grudgingly.
7. When one gives less than he should, but does so cheerfully.
6. When one gives directly to the poor upon being asked.
5. When one gives directly to the poor without being asked.
4. Donations when the recipient is aware of the donor's identity, but the donor still doesn't know the specific identity of the recipient.
3. Donations when the donor is aware to whom the charity is being given, but the recipient is unaware of the source.
2. Giving assistance in such a way that the giver and recipient are unknown to each other. Communal funds, administered by responsible people are also in this category.
1. The highest form of charity is to help sustain a person *before* they become impoverished by offering a substantial gift in a dignified manner, or by extending a suitable loan, or by helping them find employment or establish themselves in business so as to make it unnecessary for them to become dependent on others.

(http://www.jewishvirtuallibrary.org/jsource/Judaism/Levels_of_Giving.html, May 17., 2009)

Community News

Celebrate the Summer Solstice With The Dances of Universal Peace and the Peace Labyrinth at the Unitarian Church in Westport Saturday, June 20, 2009

Walking the Peace Labyrinth's sacred path of inner peace together, strangers become friends and we remember that we are all One.

While they come out of the Sufi (mystical Islamic) tradition, the Dances of Universal Peace (DUP) are a truly Interfaith practice for World Peace, open to people of all spiritual paths, and no particular path. Simple folk dances based on sacred music and words from all Faith traditions, they are a form of body prayer / moving meditation. Along with Peace Labyrinths, the DUP are practiced in conflict-resolution projects around the world, including Israel-Palestine, with the special Intention of bringing diverse people together into a new Unity of purpose.

According to Marjorie Partch, Labyrinth Facilitator, "the Summer Solstice represents the high point of the year, the culmination of the Sun's annual cycle ~ the longest day before we begin the letting-go descent back toward Winter. This year, we are blessed with a New Moon the following day, and on the East Coast, a Grand Trine in Earth, meaning that it is still an excellent time to plant seeds for our Intentions for the rest of 2009."

Quiet Labyrinth Walk, 4:00 p.m.: accompanied by flutist and sound healer Suan Armstrong. Pot luck, 6:00: featuring gourmet raw vegetarian food by Imani, of the Alchemy Cafe in Hartford. DUP at 7:00, led by Nicholas Lizza of Rhode Island, accompanied by extraordinary drummers and musicians.

10 Lyons Plains Road, Westport. Donations appreciated. Contact Marjorie for further information: 203.838.6825 / mpartch@optonline.net.

I Study Hebrew USA
Starting Fall 2009 Connecticut public
High School students may study Hebrew online
for High School credit

Because of Public ACT 08-138 students can now study Hebrew to fulfill their High School language requirement. For details and enrollment contact Rabbi Shaul Praver at Rabbirock@istudylanguages.com.

JEWISH FAMILY SERVICE of WWVN—June 2009 PROGRAMS

NOTE: Releases are prepared far in advance of actual programs. Check with the JFS office at 921-4161 (Stamford) or 454-4992 (Westport) to confirm times and dates.

JPASS - JEWISH PARTNERSHIP FOR ADDICTION SUPPORT & SERVICES Provides programs, materials, services and resources to help individuals face addiction, especially those looking for a Jewish connection

PATHWAYS TO LIFE - WEDNESDAYS - 6:30 - 7:30 PM. Addiction recovery/substance abuse support group for Jews in recovery from addictions and/or for their significant others. Meets weekly at the Stamford JFS office, 733 Summer St., Suite 602. Call Eve Moskowitz at 454-4992, ext.122 or email emoskowitz@ctjfs.org for information and starting date. No charge. Donations welcomed.

ADULT DAUGHTERS OF ALCOHOLIC MOTHERS - THURSDAYS - 3:00 - 4:00 PM. Group for women who want to explore the developmental impact of growing up with an alcoholic mother. At the Stamford JFS office, 733 Summer St, Suite 602. Contact Eve Moskowitz at 454-4992, ext.122 or email emoskowitz@ctjfs.org for information and starting date. No charge. Donations welcomed.

SENIORS2WORK. Employers in lower Fairfield County who are looking to hire dedicated, skilled 50+ year old workers can list full and part-time opportunities. Jobs may be permanent, temporary, or for a specific project. JFS pre-screens candidates, matches them to appropriate openings, and follows-up. Free of charge. For more information, employers and candidates should contact Ilene K. Locker (iklocker@ctjfs.org) or Jodi Maxner (jmaxner@ctjfs.org) at 454-4992 or visit www.seniors2work.org.

TEENS, FAMILIES AND ADULTS BEREAVEMENT SUPPORT GROUP -MONDAYS - 7:00 - 8:30 PM. At the Westport JFS office, 431 Post Road East, Suite 11. Open to those coping with the loss of a loved one. For more information and to register, contact Eve Moskowitz at 454-4992, ext.122 or email emoskowitz@ctjfs.org.

DIVORCE SUPPPORT/SINGLE PARENTS GROUP- MONDAYS - 7:00 - 8:30 PM. A forum in which adults can discuss the emotional aspects of divorce and how to cope with re-organizing their lives. Offered at the JFS office, 431 Post Road East, Suite 11. For exact dates and details, contact Neal Brodsky, 454-4992 (Westport) or 921-4161 (Stamford).

DIVORCE WITH DIGNITY - AVOID ADVERSARIAL DISSOLUTION. Divorce mediation program offered. For information, contact Eve Moskowitz at 454-4992, ext.122 or email emoskowitz@ctjfs.org .

PARENT EDUCATION PROGRAM (PEP) - WEDNESDAYS - JUNE 17 & 24 - 6:00 - 9:00 PM. Location: Stamford JFS office, 733 Summer Street, 6th floor. Fee is \$125 per person. State required workshop for divorcing couples with children. Contact Family Centers in Stamford at 203-324-3167 for further information and to register.

FOCUS ON KIDS. JFS is a provider for this statewide program for separated, divorced, or divorcing parents who experience high conflict around parenting decisions. Program works with both parents, teaching them strategies that help them communicate in a non-hostile manner, so that they can make joint parenting decisions that are in the best interests of their child(ren). Coordinated through the CT Council of Family Service Agencies (CCFSA). Contact Erika Garcia at JFS: 454-4992 (Westport); 921-4161 (Stamford) or erikag@ctjfs.org for details.

VOLUNTEERS NEEDED - "DO A MITZVAH"- ONGOING. Individuals are needed for various activities: visiting the infirmed, driving to events or appointments, secretarial work and board games. Project ideas and suggestions for mitzvah recipients are welcomed. Call Gilda Simpkin, Manager of Volunteer Programs, at 454-4992, ext 124 or email gsimpkin@ctjfs.org

MITZVAH BASKETS. Program that provides beautifully decorated bimah baskets and centerpieces for your simcha. Proceeds benefit the Kosher Food Pantry and JFS clients. Call Gilda Simpkin at JFS 454-4992, ext. 124 or email gsimpkin@ctjfs.org for information.

B'NAI MITZVAH STUDENTS MITZVAH BRIGADE. Opportunities to develop activities suitable for mitzvah projects, either individually or in groups. Call Gilda Simpkin, Manager of Volunteer Programs at 454-4992, ext 124 or gsimpkin@ctjfs.org for information and an application.



**Congregation for Humanistic Judaism
Of Fairfield County**

606 Post Road East #542
Westport, CT 06880
203-226-5451
www.humanisticjews.org



Emily, Ashley & Kim Snow

Congratulations to Ashley Snow on her *bat mitzvah*!