

2010-2011/5771

TEMPLE 
ISAIAH

CENTER FOR WELLNESS & GRATITUDE



Temple Isaiah Center for Wellness & Gratitude

OUR TEMPLE OUR VISION OUR FUTURE



הַזֶּה עוֹלָמֵנוּ יִתֵּן הַזֶּה יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם:

May Adonai grant strength to God's people
May Adonai bless God's people with wellbeing.

Psalm 29:11

Temple Isaiah's Center for Wellness and Gratitude is dedicated to the empowerment of temple members to bring wholeness and strength to the entire community. Each of us plays a role as we offer support to those who are in need of wholeness. The relationships we have foster a sense of support and love. Through education, prayer and action we take on the responsibility of ensuring the wellbeing of our entire community.

Learning

With so many issues impacting our health and wellness, we often forget to pause to be thankful for our bodies and our health. Taking the time to learn various issues relating to health and wellness will help impact the entire community, raise awareness about our own health and also raise our level of holiness as we gain an understanding of the sacredness that is our bodies.

Join us at Temple Isaiah's Center for Wellness & Gratitude:

Celebrate Sukkot with Debbie Friedman

Join us on September 22nd at 7:30 p.m. as renowned singer-songwriter Debbie Friedman joins us as we welcome our Harvest Festival with songs of joy, gratitude and healing and kick off the Center for Wellness & Gratitude.

Screening of the film "Babies," followed by a discussion about raising children in Los Angeles **November 17.**

"In Pursuit of Healthfulness." Join Rabbi Kellner for his annual Tisch. **February 23.**

Temple Isaiah's annual Scholar in Residence weekend

Join with scholar Rabbi Richard Address for our Scholar in Residence weekend. "Reaching the Sacred: Our bodies, our minds, our spirit." **March 4 – 6**



Beit Teshuvah and our Teenagers

During the month of January representatives from Beit Teshuvah will join with our teenagers to engage them in meaningful conversations about making ethical choices.

Gemilut Hasadim: Loving Kindness and our Community

As part of our community's Purim celebration, our second grade families will participate in a family program to learn about the mitzvah of Purim, giving Mishloach Manot. They will learn about what it means to perform acts of loving-kindness and deliver Mishloach Manot to members of our community 75 and over.



Spirituality and Wellness: Art and Spirituality workshop

Join with Temple member and artist Flori Hendron once a month on Shabbat mornings as we explore our spirituality through art.

HealthRhythms Drum Circle with Cantor Kent and Jeffrey Prince

Join Cantor Kent and Temple Isaiah music specialist Jeffrey Prince for a Festival drum circle. We will celebrate the change of seasons through chant, song, prayer and the power of rhythm.

A pre-Passover drumming event is scheduled for **Shabbat morning, April 16th at 10:00 a.m.** Please check with Cantor Kent for other drum circle dates or further information.

Cantor Kent's Weekly Meditation

Join with Cantor Kent and other temple members each week on **Wednesday evenings from 6:15 p.m. until 7:00 p.m.** as they slow down, and try to find a calm and relaxing state. New participants welcome!

Yoga

Join with Sara Abrams, Yoga instructor and Rabbinic student, for a Yoga class twice a month. Participants of all levels are welcome. The class is a great way to relax at the end of a long week and start your weekend in a spiritual place.



Community Supported Agriculture (CSA) – Healthy Bodies, Healthy Lives

Every Tuesday McGrath Family Farm delivers fresh, seasonal, local produce to Temple Isaiah. CSA membership is open to all. For more information, **e-mail isaiahcsa@gmail.com**

Support Groups

Center for the Widowed

When a spouse has died, we go through a series of emotions. Temple Isaiah offers the Center for the Widowed, a weekly support group offering healing and comfort. Those interested in participating may contact the temple office.

Bereavement Group

When a loved one dies we are submerged in a world of grief. Rabbi Anne Brenner, the author of "Mourning and Mitzvah" will join us at the Center for Wellness and Gratitude and help us to walk the path of the mourner that will enable us to begin the process of moving from grief to healing. This group is for anyone who has suffered the loss of a loved one and will meet on **Tuesdays from 7-8:30 p.m. on October 5, 12, 26, and November 2.** There is no fee for this support group.

Caring Community

The Caring Community is the way each of us can respond "Hineini," here I am, by responding to the calls of fellow Temple members. The Caring community writes cards to those in need of healing, delivers meals to bereaved families and delivers meals to those who are recovering from illness or surgery and to families of newborns. We offer rides to the temple for those who wish to attend services or a program but are unable to drive.

If you can help give a ride or deliver a meal contact our Caring Community chairperson **Ilene Knebel** at i2k@pacbell.net.

Please check the Temple Isaiah webpage www.templeisayah.com, online bulletin and the Isaian for all information including dates, times and new programming.

Ways to participate:

Join us for our Bikkur Cholim training where you will learn ways to be an empathic listener and how you can reach out to our community as you learn to show others support. **Fall 2010.**

Join us for Cooking with Kavanah throughout the year as we prepare meals to be delivered to show support for members of our community.

TEMPLE ISAIAH MISSION

Our mission is to create and nourish a kehillah kedoshah, a sacred community, where we strive for:

- Empowerment:** Our congregants partner with our clergy as leaders within our community and beyond.
- Relationship:** We continually deepen our relationship with God, with Israel and with each other, recognizing the spark of divinity in every living being.
- Education:** We commit ourselves to lifelong study of Torah, from exploring our ancient tradition to discovering wisdom relevant to today.
- Ritual:** Prayer is participatory and inclusive and the language of the soul is given voice through music, poetry and meaning.
- Activism:** We respond to the cries of injustice; in the tradition of tikkun olam, we seek to heal a broken world.

We struggle, we sing, we stand up and we step forward in pursuit of our dreams. We recognize that we are constantly in process as we continually reinterpret our lives together. We do this work together: with the state of Israel and the Jewish people, with the Reform Jewish Movement and with all our neighbors near and far.



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