

Welcome to Z'havah!

Z'havah – GOLD – is a true expression of our sentiments about attracting new members to Women's League for Conservative Judaism. Z'havah members bring enthusiasm, excitement and energy to sisterhood. *YOU* are the future of our organization and its leaders of tomorrow.

This **Z'havah Planner** is a membership tool, one which we hope will aid and inspire Z'havah region chairs and Z'havah sisterhood chairs. Inside, you will find important Z'havah information, inspiration and a wealth of programming ideas.

Successful programming comes from working collaboratively with others who share a common vision and have a common goal in mind. The *vision* of Z'havah is a strong vibrant group of women, planning for the future and forming bonds of sisterhood. The *goal*, quite simply, is the perpetuation of Women's League for Conservative Judaism and all the things which it stands for and facilitates in our synagogue communities, Conservative/Masorti Judaism, and Jewish life worldwide.

It has been an honor and privilege to work with all the Z'havah women who have contributed to this planner. This publication is truly a labor of love and could not have been realized without their enthusiasm and commitment.

Robin Rogel-Goldstein, The Z'havah Planner Chair



WOMEN'S LEAGUE FOR CONSERVATIVE JUDAISM

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INTRODUCTION

Z'havah . . . A Fresh Approach to Membership

Congratulations!

You've made the commitment to start Z'havah in your sisterhood for younger women who are just beginning to show an interest in getting involved. Now what? This Z'havah Planner is designed to help get you started.

You've probably already taken the first step in your Z'havah journey – **gathered a few friends** who want to share common interests and just have fun together. Where do you go from here?

First things first. **Find out what your members are interested in**, as well as their preferred times to meet. The best way is to have them fill out a survey (two examples are included). Pass out these surveys after services, to moms as they drop off their children at Hebrew school, daycare, pre-school, etc. Email them. Send them out via the post office. Attach them to a poster outside your synagogue Judaica shop and have some available in the synagogue office. As the surveys are returned, compile lists of women, organized by interest groups.

So you know the interests of your potential members – now what? **Start planning!** Hold a Z'havah Kick-Off Event or a Z'havah Orientation Meeting (see Programs That Work). This is the perfect low-key way to introduce women to the concept of Z'havah and to share your core group's enthusiasm. Make phone calls, send emails, advertise in your sisterhood newsletter and your synagogue bulle-tin to get the word out. Personal contact works the best, along with follow-up reminders. Add an element of fun and learning.

Ask the women at the kick-off to **create a tentative calendar** for the year. Keep things light and friendly. Consider where you want Z'havah to be within the next three months – six months – calendar year (See, Be On Target). How will you gauge the success of your efforts? Be realistic.

You're on your way! Using the calendar, **begin planning** your next events.

Don't forget the all-important "thank you for coming" within a few days.

Z'havah represents an **ongoing process** to attract new members and keep our sisterhoods vital, viable and valuable. You are providing an important venue for women to meet and form friend-ships within your synagogue community. **You are making a difference.**

Give your Sisterhood the Gift of Z'havah – GOLD Generate Our Leadership Development!



WHAT WE BELIEVE IN, WHAT WE STAND FOR

The mission of Z'havah is . . . to promote and develop future leaders by assisting sisterhoods to attract and involve younger women, bringing them together and enabling them to create a variety of activities directed to their interests.

What is Z'havah?

Z'havah – the young women's initiative of Women's League – is a special interest group under the umbrella of sisterhood. It engages younger women at similar stages and ages of life who are looking for a forum to share common interests.

Why Z'havah?

Z'havah ensures a strong force of women in the sisterhoods affiliated with Women's League who are dedicated to Jewish values and traditions. It is the younger women in our synagogues – with their enthusiasm, excitement and energy – who will carry on this task.

Who is a Z'havah woman?

A Z'havah woman is any woman in her 20s to 40s who wants to connect with her peers as Conservative Jews ... single, married, young, professional or not, with or without children ... attends services twice a year, once a week, or everyday ... has links to her synagogue through family or by choice ... finds fulfillment by sharing with others.

What does a Z'havah woman do?

A Z'havah woman celebrates her Jewish identity and is taking the first step in joining the continuum of her sisterhood and synagogue.

If you sound like a Z'havah woman, join the women who already have made the choice.



Z'havah women are, first and foremost, sisterhood members. They are also part of Women's League and your region, where a Z'havah chair is ready to help and support them. Encourage them to attend every sisterhood, area, region and Women's League meeting, event and program. Hope-fully, they'll be prepared for leadership positions in sisterhood when they're ready. The goal is a smooth and seamless transition from Z'havah to sisterhood.

Z'havah women meet, plan and present programs for themselves and other younger women in the congregation. Their having a sense of ownership in Z'havah is critical.

A wise sisterhood board always makes Z'havah women feel welcomed and valued. The sisterhood president or a liaison should be in regular touch with the Z'havah chair to offer her assistance, support, encouragement, and resources. Open communication is vital. Help everyone share in this relationship.

Guide to Success

ZThe sisterhood budget should include a line item for Z'havah programming

ZZ'havah women pay sisterhood dues

Sisterhood and Women's League resources should be available to Z'havah

ZZ'havah women can help plan, support, and participate in sisterhood events and programs such as Women's League Shabbat and Day of Study

ZPublicize Z'havah programs and events in the sisterhood newsletter and synagogue bulletin

ZSisterhoods should provide scholarships to region conferences, Women's League conventions and Leadership Institutes for Z'havah members to nurture future leaders

BE ON TARGET! Goal Setting

Name one thing you would most like to achieve in the next year, the next two years

Make your goals SMART

Specific about what you would like to achieve

Measurable to see how much needs to be done

Attainable and not unrealistic

Require that you stretch to reach your target

Timed as long term and short term goals

Setting Measurable Goals *Which of these would you like to attain?*

- More new members
- ____ More Z'havah members attending and participating
- _____ Sisterhood committees and teams consisting of more Z'havah members
- ____ Greater participation in planning, promoting and producing events and programs
- ____ More special interest groups generated by your members
- ____ Programming that touches all Z'havah members
- _____ Better publicity to the sisterhood membership and to the community
- ____ Increased enthusiasm; a decrease in apathy
- ____ Coordination of all committees

TOOLS YOU CAN USE

Ask Before You Leap

Z'havah wants YOU... to join one of our many SPECIAL INTEREST GROUPS (SIGs)

Please check which groups YOU would like	ke to join	and what times a	re best for you.
Email or send to:			
You will be notified by		with the names of	your group members
Name			
	neEmail		
Indicate your preferences below:			
SPECIAL INTEREST GROUP	PREF	ERRED TIME	FREQUENCY
	DAY	EVENING	
Creative Handcrafts:			
Knitting			
Crochet			
Needlepoint			
Quilting			
Judaic Handcrafts			
Scrapbooking			
Other (specify)			
Fine Arts:			
Painting			
Sculpture			
Calligraphy			
Museum Group			
Other (specify)			
Study Groups:			
Contemporary Jewish Women			
Computer club			
Current events			
Parashat Hashavuah			
Other (specify)			
Judaic Studies:			
Basic Hebrew reading			
Bible study			
Adult Bat Mitzvah class			
Jewish history			
Synagogue skills			
Hebrew literature			
Yiddish			
Rosh Hodesh group			
Rosh Hodesh group Other (specify)			

SPECIAL INTEREST GROUP	AL INTEREST GROUP PREFERRED TIME FREQ		FREQUENCY
	DAY	EVENING	
Kosher Culinary Arts:			
Cooking class			
Dinner club			
Kosher wines			
Literary:			
Book Club			
Creative Writing			
Poetry			
Other (specify)			
Performing Arts:			
Drama Club			
Theater Trips			
Film Club			
Choral Group			
Network/Support:			
Singles			
Working women			
Caregivers			
Investment group			
Other (specify)			<u> </u>
Parenting:			
Single parents			
Mommy & Me			
Parents of autistic children			
Mother/daughter softball			
Jewish holidays 101			
,			
Other (specify)			
Health:			
Exercise			
Yoga			
Self-Defense			
Diet & Nutrition			
Jewish genetics			
Tennis			
Other (specify)			
Just for fun:			
Mah Jong			
Main Jong Bridge			
Scrabble			
Scrabble			
Bowling			

SPECIAL INTEREST GROUP			FREQUENCY
Gardening Travel Other (specify)	DAY 	EVENING	
Other (specify) Service to the community: Get out the vote Environment/ecology Mitzvah Mavens Reading to the Disabled Big Sister Jewish Girl Scouts Interfaith Activities Interfaith Activities Habitat for Humanity Blood Drives MADD Food Pantry			
Coats for Kids Bikkur holim Homeless shelters Other (specify)	 		
Service to the synagogue Fundraising Mishloah manot Children's programming Singles events Greening the synagogue Other (specify)			
I would like a SIG devoted to:			
I am interested in leading a SIG about:			
Name			
Address			
Phone			
Email			

Z'HAVAH TALENT SURVEY

We're always looking to highlight and utilize the skills and talents of our members. Let us know of any talents and skills *you* would like to share with other women.

Please check any that apply to you	Knitter/crocheter
Dancer (style)	Textile artist
Israeli dance	Seamstress
Singer	Exercise/fitness expert
Pianist	Yoga instructor
Other musical instrument	Librarian
Stage producer	Beautician/aesthetician
Actress	Teacher (subject)
Writer	Chef/gourmet (specialties)
Poet	Medical expert (subject)
Artist (medium)	Early childhood specialist
Calligrapher (Hebrew English)	Lamaze coach
Graphic designer	Laleche teacher
Photographer	Travel professional
Judaica (subject)	Naturalist
Data processor	Lawyer (subject)
Computer programmer	Appraiser (subject)
Website designer	I have expertise I could share on

Name		 	
Address			
Phone			
Email	 	 	

ANNUAL CALENDAR

	JULY	AUGUST	SEPTEMBER
ΑCTIVITY			
Chair			
1 st publicity			
Invitation			
	OCTOBER	NOVEMBER	DECEMBER
ΑCTIVITY			
Chair			
1 st publicity			
Invitation			
	JANUARY	FEBRUARY	MARCH
ΑCTIVITY			
Chair			
1 st publicity			
Invitation			
	APRIL	MAY	JUNE
ΑCTIVITY			
Chair			
1 st publicity			
Invitation			

PROGRAM TIME LINE

Suggestions from The Sisterhood Planner

Three months before:	Choose your program committee; invite any speakers
Two months before:	Feature events in Sisterhood and synagogue newsletter and local newspapers. Place flyer/poster on synagogue bulletin board.
	Arrange for cooking committee and serving help, if needed.
One month before:	Submit a work order to the synagogue office with a room set-up and information for use of the kitchen.
Two weeks before:	Activate phone squad to remind members. Contact guest speaker and verify transportation and final details. Confirm that all committees are working on schedule.
One day prior:	Set tables, decorate room. Refreshments should be ready.
Day of event:	Arrive at least two hours early to supervise.
One week after:	Be sure all thank-you's to speakers and committee members are in the mail.
	Schedule an evaluation meeting and prepare a report for the next sisterhood board meeting.

PROGRAM WORKSHEET

EVENT		
DATE		
TIME from to		
PLACE		
EVENT CHAIR		
OFFICER RESPONSIBLE		
COMMITTEE MEMBERS		
Publicity		
Refreshments		
Program		
Arrangements		
Other		
Clear program and committee w	<i>v</i> ith sisterhood president	
Clear date with synagogue and o	community calendar	
Invite speaker, presenter, etc.		
Determine budget and get appro	oval from appropriate vice pres	ident
PUBLICITY		
Hold the Date Card	Flyers	
Invitations	Press Releas	se
Pulpit AnnouncementsSynagogue/Sisterhood Bulletin Spots		
Broadcast Email	Phone Chair	1
PHYSICAL ARRANGEMENTS		
Blackboard/chalk	Pencils & Notepads	Chairs & tables
Name tags	Decorations	Display
Hand-outs	Background music	Lectern, microphone
Refreshments	Projection equipment, VCI	R, TV (extension cords)
7	.7	z

PUBLIC RELATIONS TIMETABLE

Event_____

Chair

Date _____

Committee Members

PR Vechicle Assigned to Date needed Completed Hold the Date Card Sisterhood Newsletter Posters/Flyers Synagogue/School Bulletins Facebook, Twitter, blog, etc. Invitations Reminder Cards Pre-Event Press Release Pulpit Announcements Website Posting Broadcast Email Synagogue Listserve **Telephone Squad** Post Event Press Release

Suggestions for a Z'HAVAH RECRUITMENT KIT

Enclosures:

Z Introductory welcome letter
Z Z'havah mission statement
Z Recruitment information
Z Special Interest Survey
Z Talent Survey
Z Sisterhood Membership flyer
Z Past Z'havah program flyers
Z Personal Data Form with name, address, phone, email, birthday, family members
Z Sample program agenda
Z Calendar of Events
Z How to plan and set up a program guidelines
Z Z'havah pamphlet from Women's League
Z Women's League Partnership brochure
Adapted from a kit designed by: International Northeast Region Women's League for Conservative Judaism

PUBLIC RELATIONS

Getting The Word Out Ideas from Z'havah groups around Women's League



hat are you looking for in a women's group? Friendship? Camaraderie? Doing fun things together? Helping out with mitzvah projects? Learning and studying Jewish topics? Challenging your spiritual side? Taking on a role within sisterhood? If just one of these interests made you nod your head in agreement, then Z'havah is for you.

id you know that Har Shalom Sisterhood has a special interest group devoted solely to women in their 30s, 40s and early 50s? We are young women of diverse backgrounds and interests: some work full-time, part-time or stay-at-home; some have children in the ECEC and some at college; and some are single, divorced, have significant others, newly-married or have been married awhile. Wherever we are in life, one thing is certain: **Z'havah is the means for you to develop lasting friendships, enrich your lives, expand your community, learn new skills, and help others.**

^{'havah} has been in existence three years, and has generated A LOT of interest! In order to continue being successful, we need your involve ment. For those who receive Z'havah email, you are "in-the-know" about upcoming events. Please tell your friends about Z'havah and share their email addresses with me. If you would like to see programs happen at Har Shalom, tell me about it and let's work together to make it happen. We're looking for women to "step up to the plate," get involved with as little or as much as you can find time for, and make Har Shalom Z'havah Sisterhood a part of your lives. The goal of Z'havah is to make Sisterhood a part of your life, so when you're ready, you can take any kind of leadership role within Sisterhood. We need your talent to keep Sisterhood alive. We are its future, and the future of our synagogue. Let's work together to develop our gold standard – Z'havah means gold in Hebrew, and refers to <u>G</u>enerating <u>O</u>ur Leadership <u>D</u>evelopment.

Contact Susan Grant at <u>zhavahsisterhood@harshalom.org</u> to get involved!

GOT Z'HAVAH?



We all know how important a diet rich in milk is, right?

"It helps a body grow" is what the milk people love to tell us.

Well, I can tell you that without Z'havah, our sisterhoods risk their current health and future growth!

Z'havah is a place to grow your future leaders and for them to have fun experiencing sisterhood.

I would love to help your sisterhood grow by starting or enriching your Z'havah group.

Please give me a call at 904-262-7737 or drop me a line at werwas@comcast.com

Lara Werwa, Florida Region Z'havah Chair

Join us for a YEAR OF Z'HAVAH PROGRAMS



KOSHER SEX An interactive discussion of books by Rabbi Shmuley Boteach and Dr. Ruth Westheimer.

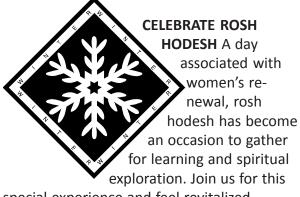
CHOCOLATES & CHUCKLES Sample delicious kosher chocolates and share your best jokes.

TRUE COLORS Identify your authentic strenths, bridge the gaps in communication, and experience compassion for one's self and others.

WEN-DO SELF-DEFENSE

Increase your self-confidence with a variety of awareness, avoidance and verbal selfdefense strategies and simple, practical physical techniques.

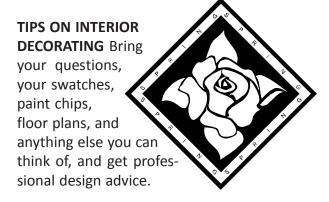
KEEPING THE FLAME OF WOMEN'S MITZVOT BURNING BRIGHT Find out how the three mitzvot specific to women — candlelighting, hallah, mikvah — can enhance your daily life.



special experience and feel revitalized.

ARE YOU TIRED OF BEING SICK AND TIRED? A healthier life is the goal of this motivating program.

CRACKING THE DREAM CODE Everything you ever wanted to know about dreams but were afraid to ask!



GIRLS NIGHT OUT Join us for a region-wide celebration on the town.

FENG SHUI AND JUDAISM Can you combine the art of room placement with Jewish beliefs to create balance and harmony in your home?



What's In It For Me?

In my own words . . .by Karen Kaufman

Every time I lead Birkat Hamazon, I think back to a meeting where Past Women's League President Audrey Citak asked, "How many of you learned this because of your involvement with Women's League?" I did! I was not a USYer, did not grow up in an observant home, nor did I attend Hebrew School. My Jewish education came as an adult, and most of it through sisterhood and Women's League. WLCJ opened doors to me that broadened my knowledge of many topics, and, as all good education does, awakened my yearning to search for more.

The second thing that WLCJ has afforded me is the contact, face to face with phenomenal scholars. It was amazing that when I first looked at the list of contributors in the Etz Chaim prayerbook I recognized educators, rabbis and others whom I had heard or studied with at a Women's League event.

Yet, the greatest gift is the friendships. There are people who I talk with daily because of my WLCJ/ region/sisterhood connections, who are now basic to my life. They hear everything – yes, more than some would like to hear – but they are friends, because they listen. Without Women's League, I wouldn't have met them.

(**Congregation Beth Judea:** Membership Vice President, Recording Secretary, and President; **Region/Branch:** Recording Secretary, Financial Secretary, Conference Chair, Torah Fund Vice President, President (2006-2008); **Women's League:** Strategic Planning Committee, Board of Directors, Transition Committee; Wagner Institute; Leadership Training Institute)

Why Z'havah for me . . . by Lara Werwa

I attended the Women's League convention in Orlando, in 2004 and was introduced to Z'havah. We were looking for ways to grow membership in my sisterhood. I was so happy to find that other sisterhoods had our same issues and that there was a group out there to help!

Creating a Z'havah group is the best thing we've done in a long time. Our Z'havah women have energized our sisterhood with their excitement and openness to change. It has meant a lot to me to have my friends share my love of Women's League and become involved in helping our synagogue schools, learning more about our Jewish heritage and having fun together!

Z'havah truly is the future of Women's League for Conservative Judaism. It's the best way to involve younger women in all of the great things that Women's League offers, whether it's personal growth, community involvement or living a Jewish life. Without Z'havah, Women's League would lose a dynamic part of who we are and, as an organization, we will fade away in a few short decades. With Z'havah, we are creating a future for ourselves and our daughters.

(Jacksonville Jewish Center Sisterhood: Vice President for Programming and for Membership, Z'havah Chair; Beth El the Beaches Synagogue Sisterhood: Vice President for Programming, President; Florida Region: Vice President for membership, Z'havah Chair)

My Z'havah Journey....by Doreen Bornfreund

I joined my synagogue for a venue to teach my sons Jewish values and prepare them for their Bar Mitzvahs. When I was recruited to join the sisterhood board, I accepted thinking: "I don't have to get that involved if I don't want to." I certainly never expected to get as involved as I am!

In 2002, I said no when asked to be sisterhood president. But after two years, when we did not have a president, I realized that if I wanted my sisterhood to continue, I would have to take it on.

When a "much younger woman" voiced her desire to attend a Women's League Leadership Institute, I spearheaded the drive for the board to approve the funds to send her. As our youngest member, Monica was vital to our sisterhood, so encouraging and supporting her was crucial to the survival of sisterhood.

I went to Convention 2004 with Monica, as a Z'havah-age woman. We learned that Women's League had identified a need to provide women in their 30s and 40s with their own special interest groups within sisterhood, and had named this group Z'havah.

We returned to our sisterhood and chose programs for the upcoming year that we felt were of interest to younger women. Our motto became "Connect with Sisterhood...Branch out to Z'havah!"

Women's League Z'havah chair Sandy Berenbaum supplied me with an introductory letter and survey to send to prospective members and a few ideas on programs.

We learned that we must meet the needs of the prospective members...not what we felt their needs were...and that we were on the right track in wanting to deepen the connection with current members while striving to recruit new younger members.

A 10% response to our initial outreach and 10% recruitment of those contacted became our goal and our mantra. We chose a target group of 200 women in our synagogue between the ages of 30 and 49. We mailed them a Z'havah Information Package that included a survey. We received back 20 surveys. 10%! We were on our way.

By June of 2006, after our fourth Z'havah program, we reviewed our statistics: 10 women attended each program, not always the same 10; in fact, we had an attendance list of 20 names – 10%! We had achieved our goal. One of the women made all our hard work feel worthwhile when she thanked us "for filling a need... in her life."

In the two years since, we have expanded to five Z'havah meetings per year, all decided with input from the women and implemented by our Z'havah Program Committee, whose members now sit on the sisterhood board. We have integrated the Z'havah women into the sisterhood Chanukah Program and Sisterhood Shabbat.

In our sisterhood, four years ago, Z'havah was a dream...today ... it is a reality.

(Beth David B'nai Israel Beth Am Sisterhood: President; Canadian Seaway Region: Z'havah chair; International Northeast Region: Z'havah chair)



PROGRAMS THAT WORK

If You Plan It, They Will Come

The following programs have been tried in various Z'havah groups across the continent. There are sample publicity tools, as well.

You can add these pages to your president's Sisterhood Planner so that they can be shared with the rest of your sisterhood members.

LEVELS OF Z'HAVAH PROGRAMMING

- 1. The program that offers companionship
- 2. The program that entertains
- 3. The program that informs about the world in which we live
- 4. The program that gives insight into what it means to be a Jewish woman
- 5. The program that leads to action on behalf of the community
- 6. The program that enriches personal and Jewish life
- 7. The program that leads to a life of greater Jewish commitment and fulfillment

Chocolate & Chuckles

2...2

Presented by

Beth David B'nai Israel Beth Am Synagogue, Toronto, Ontario, Canada

Goal

This was the opening Z'havah program of five planned for the year, all geared to inviting Jewish women in their 30's and 40's to wonderful programs with a "Jewish twist".

Particulars

Women joined together at the synagogue for kosher chocolates and some comic relief. They were encouraged to bring along jokes to provide the fun.

Public Relation Materials

"Sample delicious "kosher" chocolates and partake in some comic relief.

Bring along your best jokes to help "break the ice".

(Note: Kosher chocolates are not guaranteed to be nut-free.)

Outcome

"Fantastic!"

Contributed by Monica Lightman

Couples Night Out

2...2

Presented by

Har Shalom Sisterhood, Potomac, Maryland

Goal

The goal of this event was to kick off the year for Z'havah women and their husbands, single and divorced women.

Particulars

The event was held on a Saturday night in a private home. Clergy came to mingle with the attendees. Food was potluck, with attendees bringing wine and other beverages or a dessert.

Public Relation Materials

Flyers were sent out, as well as a Z'havah e-mail blast and publicity at the synagogue level.

Outcome

The energized crowd included thirty-five couples.

"A very successful event" that is repeated yearly.

Contributed by Susan Friedman Grant

Creative Card Creations

2...2

Presented by

Temple Torah, Boynton Beach, Florida

Goal

The goal of this event was for the attendees to make cards that the synagogue could sell as a fundraiser.

Particulars

A sisterhood member taught the attendees a relaxing and fun way to create note cards and greeting cards to be donated to various synagogue committees. Types of cards created included Get Well, Welcome, etc.

Public Relation Materials

E-mail and flyer

"A fun, relaxing way to spend an evening and unleash our untapped creativity! No special equipment necessary!"

Outcome

The event was, indeed, fun and relaxing, bringing the women together for a great social event that also included giving back to the synagogue.

Contributed by Lara Werwa

Day of Pampering

2...2

Presented by

Har Shalom Sisterhood, Potomac, Maryland

Goal

This event was designed to make the members feel good about themselves.

Particulars

The event was held on the Sunday morning following Mother's Day at a local nail salon, which opened just for the women. It was scheduled during the hours after children were dropped off for Sunday School. Refreshments included mimosas, strawberries and bagels. The women paid only for their manicures, pedicures and other services that the salon provided.

Public Relation Materials

Email and flyer and synagogue bulletin. It was publicized to the men of the congregation as a "no-brainer" gift for their wives.

Outcome

The 20 women who attended felt that it should definitely be repeated after next Mothers Day.

Contributed by Susan Friedman Grant

Holy Eating

2...2

Presented by

Z'havah of the Metropolitan Branch, New York City

Goal

This event was held to explore and reflect on the ways that "eating" are intertwined with our spiritual lives.

Particulars

The event was held on a Sunday morning, from 10:30am to 1:00pm, at a member's home. The speaker/leader of the session was a young woman who was a certified, "Health Counselor", the wife of a Rabbi, and mother of three. The focus was not so much on Kashrut or even healthy foods (i.e. brown rice), rather the speaker pointed out connections to the sources of spiritual "wholeness" that involve meal-time, family relationships, taste and taste-memory, flavor, and freshness. An interactive aspect of this event included asking participants to write down any significant experiences or thoughts concerning meal-times, family (holiday) meals, a particular food, growing food, etc. Participants were encouraged to keep it very open.

Holy Eating" is a big subject and a discussion can go in many different directions. Before the session starts, guidelines were set with the speaker so that the discussion would be kept focused.

Public Relations

This event was initially publicized through e-mail. Follow-up e-mails were sent closer to the date of the event. Personal phone calls were also made. Women at Shabbat Services were personally invited to attend.

Outcome

The event was very worthwhile. Many of the participants went away feeling that they had learned something new and meaningful about their lives. There is a lot of potential for future sessions on this subject.

Contributed by Laurie Howell

Infertility, Adoption and Infant Conversion

2...2

Presented by

Sisterhood of Rodeph Sholom, Bridgeport, Connecticut

Goal

The goal of this event was to generate Z'havah interest through a program addressing the above topics. The congregation's new Rabbi was invited to participate.

Particulars

A panel discussion featured the following speakers:

zThe Vice President of Jewish Family Service and Coordinator of JFS Adoption Program

zA local social worker specializing in fertility issues, pregnancy loss and adoption support

zA congregation member who related her family's story

Topics covered included:

zThe Adoption Process

zAdoption Costs

zStresses due to fertility treatments

zPregnancy Loss

Public Relation Materials

E-mail and flyer inviting women to a breakfast and panel discussion

Cost \$6.00 members, \$8.00 non-members

Outcome

Smaller than expected attendance but topics were well-received

Contributed by Leah Zisfein

Program conceived and planned by Lisa Waller, Z'havah Chair, Rodeph Sholom

Ladies' Day Off

2...2

Presented by

Temple Aliyah Sisterhood's Z'havah Group, Woodland Hills, California

Goal

This goal of this event was to bring Z'havah women together to socialize, relax and meet the newest member of the congregation's clergy, Rabbi Jennifer Flam.

Particulars

The event was held on a Thursday morning at the temple. Women were invited to a morning of relaxation and food, with free massages for all.

Reservations were strongly recommended by 6 days before the event.

Public Relations Materials

Flyer (included in PR Section)

Outcome

Ahhh!

Contributed by Sheba Grobstein, Felicia Shapiro, Heidi Turobiner, Z'havah Co-Chairs

Ladies Only "Wen-do" Self-Defense Workshop

z...z

Presented by

Beth David B'nai Israel Beth Am Synagogue, Toronto, Ontario, Canada

Goal

The goal of this event was to provide an outlet for women to gather with a purpose.

Particulars

A Wen-do instructor, Joy Levy, taught fundamental techniques of the martial art, Wen-do, to Z'havah women at the synagogue.

Women were asked to wear comfortable clothing and proper athletic footwear.

Public Relations

Email and flyer, announcing that "Z'havah will 'get physical' in a Ladies Only Wen-do Self-Defense Workshop".

Outcome

"Innovative and worthwhile."

Contributed by Monica Lightman

Martinis & Bunco

2...2

Presented by

Temple Aliyah Sisterhood's Z'havah Group

Goal

The goal of this event was to attract new members in a social setting and have fun.

Particulars

The event was held on a Thursday night in a Z'havah member's home. Instructions were provided for those who did not know how to play Bunco. Martinis were served, along with light snacks.

Cost

\$10.00 for Sisterhood Members

\$12.00 for Non-members

PLUS a \$5.00 "Buy In" to play

Public Relation Materials

Email and flyer

The flyer included information about Z'havah, including the GOLD acronym and the purpose of Z'havah, along with the names of the Z'havah Co-Chairs.

Outcome

Money and martinis – Sisterhood and Bunco – a great combination!

Contributed by Sheba Grobstein, Felicia Shapiro and Heidi Turobiner

Mind, Body and Soul: A Day of Spiritual Growth for Women

2...2

Presented by

Congregation Har Shalom Sisterhood, Potomac, Maryland

Goal

The goal of this annual event is to provide a day of learning for women of all ages in the community.

Particulars

The event was held at the synagogue on a Sunday from 2:30pm until 7:00pm. Each woman chose two sessions to attend from the following options: Feminine God Talk – From "Our Father our King" to "Our Sister our Friend"; Creating a Mosaic Life – Integrating Children, Home, Work and Self; The NIA Technique – The Body's Way, A New Way of Being and Living with Your Body; Kabbalistic Healing – Authenticity in an Imperfect World. These sessions were followed by a keynote address – The Bible as a Blueprint for Contemporary Life: Is it Possible? - led by a licensed social worker. Local spiritual leaders and other professionals spoke to the attendees and did not charge an honorarium.

The event culminated in a catered dinner, with door prizes and raffles.

Public Relation Materials

A brochure was created and distributed to all the local synagogues. Publicity also included a Z'havah e-mail blast, which was also sent to the Region Executive Committee, all Region Sisterhood presidents and Z'havah chairs, local newspapers and Jewish newspapers.

Event information was also included in all Har Shalom publicity materials and on its website.

Cost

\$36.00 up to two-weeks before the event, \$45 within two-weeks of the event

Outcome

Eighty women attended the first year, fifty the second year – very successful and well-received.

Contributed by Susan Friedman Grant

(Program on next page)

Join us for Mind, Body and Soul A Day of Spiritual Growth for Women

Presented by Congregation Har Shalom Z'havah Sisterhood

Schedule

2:30 Registration and Refreshments

3:00 Session 1

FEMININE GOD TALK: FROM "OUR FATHER OUR KING TO OUR SISTER OUR FRIEND" Biblical text and Jewish prayers often compare God to masculine figures. For many, such images portray God as cold and distant. What are the benefits of envisioning God as mother, sister or friend? We will use role play, text study and discussion to explore the feminine side of the Divine.

CREATING A MOSAIC LIFE: INTEGRATING CHILDREN, HOME, WORK, AND SELF Are you trying to be all things to all people—*and* wanting to be better at all you do? Instead, envision your life as a beautiful mosaic with tiles of all sizes and shapes. Imagine creating a Mosaic Life where all the pieces enhance each other. Evaluating your current roles helps to integrate your life and improve your relationships, without losing yourself in the process.

4:00 Session 2

THE NIA TECHNIQUE – THE BODY'S WAY – A NEW WAY OF BEING AND LIVING WITH YOUR BODY Take your shoes off and express yourself! Integrate your body and mind through Nia. In this dance/movement class, find the elements of music, relaxation, imagery, pleasure, joy, ease, comfort, freedom, trust, harmony and balance. (Wear comfortable clothes.)

KABBALISTIC HEALING: AUTHENTICITY IN AN IMPERFECT WORLD Awaken to authenticity with self and others. Broaden and deepen your experience of self, lift the veils that fall between you and others and experience the thrill of being completely present in an imperfect world. Join us on this spiritual and healing path to a fuller life.

5:00 Keynote Address

THE BIBLE AS A BLUEPRINT FOR CONTEMPORARY LIFE: IS IT POSSIBLE? The women of the Hebrew Bible are not passive; they dare and they take risks. They thus provide empowering role models for us in the 21st century. Technology has changed, but not human nature. Women face issues of fertility, adultery, sexual jealousy, sibling rivalry, and intermarriage now, just as they did 4,000 years ago. Through interactive text study, find the Bible's relevance to our lives today.

6:15 Dinner and Door Prizes

Movie Night

2...2

Presented by

Jacksonville Jewish Center, Jacksonville, Florida

Goal

The goal of this event was to hold a fun couples event.

Particulars

Set up a projector television and sound system in a member's driveway, using a big sheet hung across the garage as a screen. The movie, "Spaceballs" was shown. Themed movie snacks were provided, including popcorn, candy, nachos and sodas. Some food was donated. Couples brought their own blankets or lawnchairs.

Cost was \$18 per couple. The money raised went to help the sisterhood purchase equipment for the on-site preschool.

Public Relation Materials

A postcard was sent out, along with a "Save the Date" email.

Outcome

"It was a ton of fun!"

Contributed by Lara Werwa

Paid Up Membership Event Presents Sahara Shimmer

2...2

Presented by

Temple Beth El, Rochester, New York

Goal

The goal of this event was to have an entertaining "paid up membership event"!

Particulars

Wonderful Israeli snacks, including salad with ranch dressing, crackers and dip, fresh fruit, baklava, halavah and a beautiful selection of drinks.

Public Relation Materials

Flyer wording:

It may be cold outside, but the warmth of Sisterhood will cheer you up!

Enjoy an afternoon in the warmth of the Middle East at our "Paid Up Members Event" on November 4 from 2-4pm.

Tasty Israeli snacks and a performance by Sahara Shimmer Belly Dance Ensemble.

They will even give you a lesson!

Scarves with "bling" to make them ch'ching when your hips do swing provided!

Wonderful Sahara Shimmer belly dancing presentation by the Goddess hour!

Outcome

Attendance was good, attracting new and active members.

Various steps were taught, and the women who attended were encouraged to try dancing!

"It was such an enjoyable and innovative event!"

Contributed by Marla Allentoff

Z'havah Kick-off

2...2

Presented by

Women's League of Herzl-Ner Tamid, Mercer Island, Washington

Goal

This event was held with the goal of starting a Z'havah group.

Particulars

The event was held on a Sunday in early September, at the home of a Z'havah-age new sisterhood member. It featured a short cooking demonstration and a "how-to" for setting a festive Rosh Hashanah/Fall table. A short introduction about Z'havah was given and the new congregation assistant rabbi gave a short d'var Torah. A light lunch was served and there was time for socializing.

Public Relation Materials

Email and flyer – both contained information about Z'havah and Women's League (what, who, why), along with the names of several women interested in Z'havah. Also mentioned was information regarding how Z'havah women would meet during the year for special events designed just for them, and also be a part of the greater sisterhood.

Cost

There was no cost for the event, although women were urged to join and pay sisterhood dues.

Outcome

There was a turn-out of over twenty-five women, most of who had never been to a sisterhood meeting before. Several of the women joined sisterhood.

Contributed by Robin Rogel-Goldstein

Z'havah Orientation Meeting

2...2

Presented by

Temple Torah, Boynton Beach, Florida

Goal

This event was held in the summer with the goal of introducing Z'havah to younger women of the synagogue and motivate them to generate ideas and make plans for a year of Z'havah programs.

Particulars

Lara Werwa, Florida Region Z'havah Chair, was invited to help get the Z'havah program off the ground. She covered a large range of information, including why membership in Sisterhood is important to younger women, to the synagogue, community and the world. Lara explained how Sisterhood dues supports Conservative Judaism throughout the world and highlighted many of the programs in which Women's League takes an active role.

Public Relation Materials

Email and flyer

We need your support and participation. Our next meeting is being held on Wednesday, August 15th, at the home of ______ at 7:00 PM. We will be planning our programs for the year and need your input. In the meantime, if you have any suggestions, questions or comments, please e-mail me at ______.

Outcome

The formation of their Z'havah group helped the "younger women" of Temple Torah to feel a part of Sisterhood and be responsible for creating programming and social activities that were meaningful to them.

The attendees came up with a diverse list of programming, including:

*Rosh Hodesh Meeting	*Mind, Body and Soul Program
*"Sex in the City" Marathon	*Mitzvah, Martinis and Mah Jongg
*Sushi in the Sukkah	*Weekend Shabbat Retreat – WOMEN ONLY
*Fitting Judaism into Today's Living	

*Everything You Didn't Know About Temple Torah

Contributed by Susan Levin

Miscellaneous General Programs

2...2

BYOB – Bring Your Own Blowdryer

Held at a local salon.

Dream Analysis

Springtime Home/Office Spruce-Up

Featuring Feng Shui experts highlighting organizational techniques to create places and spaces balanced in harmony and peace.

Theater Party

Interior Design

Facilitated by a local interior designer.

Author Author

A local author discussed the genesis of his latest book.

Intergenerational Fashion Show

Featuring fashions from a local store, modeled by Sisterhood women and their relatives.

Mah Jongg

A sisterhood Mah Jongg maven taught attendess how to play. A regular game schedule was created and the women met to play Mah Jongg each month.

Personal Training Sessions

Led by a professional and certified personal trainer on a Sunday morning. Three levels of training offered – beginner, intermediate and advanced. Fee included trainer, exercise bands and a personal work-out plan.

Miscellaneous Jewish-Themed Programs

2...2

Joys of Being a Jewish Woman

Facilitated by a local female rabbi.

Kosher Wine Tasting

Gab with the Rab

A program to introduce the new congregation rabbi.

Tu B'Shevat Seder

Led by the congregation cantor.

Yoga/Torah

Yoga with a Jewish twist.



Sisterhood Z'havah presents a BYOB party. Bring your own blowdryer!

Learn to style your hair like a professional and enjoy a fun evening with friends.

Wine and refreshments will be served.



Admission: non-perishable food items for the JFCS food pantry

Let us know if you would like to share a ride



Please join us to get your "chi" in order. A noted Feng Shui expert will help us balance the love and money aspects of our lives



ADDENDA The Women's League Story

Why Women's League? Why Sisterhood?

Partner Organizations

Torah Fund

Logos

Convention 2008 Z'havah Song

WHY WOMEN'S LEAGUE? WHY SISTERHOOD?

The Women's League Mission

The mission of Women's League for Conservative Judaism is to strengthen and unite synagogue women's groups, their members and individual members; support them in mutual efforts to understand and perpetuate Conservative/Masorti Judaism in the home, synagogue, and community; and reinforce their bonds with Israel and Jews worldwide.

Women's League provides opportunities to ...

Connect with other women.

Experience stimulating programs and study groups designed to enhance your personal growth, Jewish involvement and sense of community.

W/ Develop your intellect, ability and creativity for personal, educational and cultural enrichment.

Establish new and lasting relationships by sharing life-cycle events, and by networking for social and business contacts.

Become an informed Jewish woman who can make a difference.

Add your voice and influence public policy concerning the family, synagogue, the Jewish community, and Israel.

Enrich your own Jewish identity and that of your family.

Support Torah Fund, the Jewish Theological Seminary, Ziegler School of Rabbinic Studies, Schechter Institute, and your synagogue.

Connect with members of your synagogue, region and other international organizations through programs, conferences, conventions, workshops, and training services.

Women's League for Conservative Judaism PARTNER ORGANIZATIONS

Our representation on and/or support of these organizations enables us to:

Enrich Jewish Cultural Life

United Synagogue Commission on Jewish Education United Synagogue Youth Commission Solomon Schechter Day School Association National Ramah Commission American Jewish Historical Society Girl Scouts of America Jewish Community Centers Association Jewish Book Council JBI International The Jewish Museum Jewish Women's Archive

Support Israel

Masorti Foundation for Conservative Judaism in Israel
MERCAZ, Zionist arm of the Masorti movement
Conference of Presidents of Major American Jewish Organizations
United Jewish Communities/Federations
Israel Bonds
United Israel Appeal of Federations, Canada
T'nuat Am — Movement for Conservative Aliyah
Neve Hanna Village for Children & Youth
Masorti congregations

Encourage Social Responsibility

Jewish Council for Public Affairs (JCPA) NCSJ Advocates on behalf of Jews in Russia, Ukraine, the Baltic States & Eurasia World Jewish Congress Religious Network for Equality for Women (RNEW) Office of Public Information of the U.S. United Nations Association of the USA Non-Governmental Organizations of the United Nations Religious Coalition for Reproductive Choice Coalition to Stop Gun Violence

Perpetuate the Conservative Movement

Jewish Theological Seminary Ziegler School of Rabbinic Studies Seminario Rabbinico Latino Americano Leadership Council of Conservative Judaism United Synagogue of Conservative Judaism Masorti Movement in Israel Schechter Institute, Jerusalem Federation of Jewish Men's Clubs Masorti Olami-World Council of Synagogues KOACH Kibbutz Hanaton Moshav Shorashim

As a Z'havah member of a sisterhood affiliated with Women's League, you are encouraged to become involved with these organizations and to call on them for materials, consultations, resources, and speakers. You can use materials from any of these organizations in your activities. Information from any other organization must be approved by a Women's League director before using.

TORAH FUND

The Jewish Theological Seminary (New York, NY), Ziegler School of Rabbinic Studies (Los Angeles, CA) and Schechter Institute (Jerusalem, Israel) are the educational powerhouses training tomorrow's rabbis, cantors, educators, and lay leaders. Their students provide inspiration, vision and leadership to Jewish communities around the world. Bright, motivated and caring, they are the best of Conservative/Masorti youth, committed to nurturing the next generation of educated Jews.

The Torah Fund Campaign, a truly grass-roots effort, first began more than 60 years ago as a scholarship fund for the seminary. It has expanded considerably to include residence halls, library resources, and landscaping on all three campuses and the Women's League Seminary Synagogue and Education Pavilion at JTS. It is now raising additional funds for scholarships for all schools including the Seminario Rabinico Latinoamericano (Buenos Aires, Argentina). Torah Fund assures that our traditions, rituals and culture continue to thrive as women across North America support these outstanding institutions through specifically designed sisterhood programs.

In addition to raising funds for scholarships, Torah Fund is creating the WLCJ Total Fitness Center at JTS that will provide a physical, psychological and emotional experience to encourage students to get into shape, increase their physical stamina and abilities, and cultivate the calm and concentration they need for their work and lives.

Torah Fund and Your Sisterhood

Torah Fund goals for each sisterhood are set by the region Torah Fund vice president and the region president. Sisterhoods are encouraged to have a hundred percent participation! Those who participate at the Guardian level (\$300) or higher receive beautiful jeweled pins as a token of appreciation. Those who commit to an annual donation of \$5,000 or more receive an elegant gold crown pin. The Torah Fund offices can provide resources for you.

There are innumerable programs available to enhance Z'havah programming, as well, including scripts, videos, multi-media presentations, speakers, and tours.

For a complete guide to Torah Fund, visit http://www.jtsa.edu/development/torahfund or contact Carolyn Baron, Executive Director, 212.678.8876 (CaBaron@jtsa.edu).

Videos from Torah Fund:

Learning, Learning, Learning

And the Gates Opened: Women in the Rabbinate

The Eternal Light: A Historical Retrospective





Ziegler School≌ RABBINIC STUDIES



שכטר למדעי היהדות SCHECHTER INSTITUTE OF JEWISH STUDIES











The Z'havah song from Convention 2008

We Are Z'havah

(To the tune of "We Will Rock You" by Queen) Lyrics by Robin Rogel-Goldstein

Hey, we're a loud group Proud group Starting on the road Building bonds of sisterhood We got style and grace We're right on base Gonna give Women's League a fresh young face

Chorus:

We are, we are . . . Z'HAVAH (Sing it!) We are, we are . . . Z'HAVAH

Ready to learn Takin' our turn Trying new things With passion that burns We're here to stay And starting today Z'havah women gonna lead the way

Chorus:

We are, we are ... Z'HAVAH (Sing it!) We are, we are ... Z'HAVAH (Everybody!) We are, we are ... Z'HAVAH!