



The Z'havah Planner

A Publication of Women's League for Conservative Judaism

Z'havah, Sisterhood and Women's League
A partnership enriching Jewish women worldwide

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 bulletin 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 friendships within your synagogue community. **You are making a difference.**

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



STRUCTURE OF A Z'HAVAH GROUP

How Does Z'havah Fit In?

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. Hopefully, 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

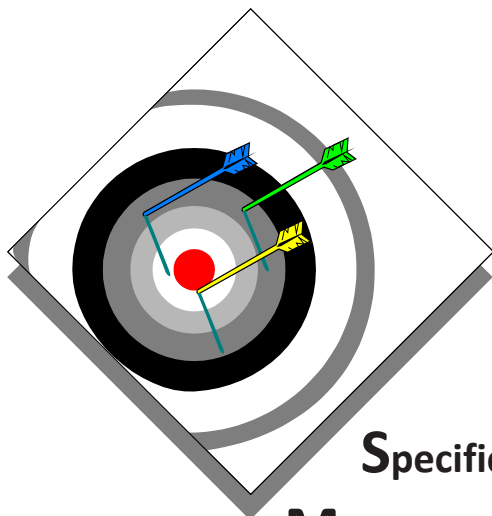
ZZ'havah women pay sisterhood dues

ZSisterhood 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 to join and what times are best for you.

Email or send to:

You will be notified by _____ with the names of your group members.

Name _____

Phone _____ Email _____

Indicate your preferences below:

SPECIAL INTEREST GROUP	PREFERRED 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	___	___	_____
___ Other (specify) _____	___	___	_____

SPECIAL INTEREST GROUP**PREFERRED TIME****FREQUENCY**

DAY EVENING

Kosher Culinary Arts:

<input type="checkbox"/> Cooking class	___	___	_____
<input type="checkbox"/> Dinner club	___	___	_____
<input type="checkbox"/> Kosher wines	___	___	_____

Literary:

<input type="checkbox"/> Book Club	___	___	_____
<input type="checkbox"/> Creative Writing	___	___	_____
<input type="checkbox"/> Poetry	___	___	_____
<input type="checkbox"/> Other (specify) _____	___	___	_____

Performing Arts:

<input type="checkbox"/> Drama Club	___	___	_____
<input type="checkbox"/> Theater Trips	___	___	_____
<input type="checkbox"/> Film Club	___	___	_____
<input type="checkbox"/> Choral Group	___	___	_____

Network/Support:

<input type="checkbox"/> Singles	___	___	_____
<input type="checkbox"/> Working women	___	___	_____
<input type="checkbox"/> Caregivers	___	___	_____
<input type="checkbox"/> Investment group	___	___	_____
<input type="checkbox"/> Other (specify) _____	___	___	_____

Parenting:

<input type="checkbox"/> Single parents	___	___	_____
<input type="checkbox"/> Mommy & Me	___	___	_____
<input type="checkbox"/> Parents of autistic children	___	___	_____
<input type="checkbox"/> Mother/daughter softball	___	___	_____
<input type="checkbox"/> Jewish holidays 101	___	___	_____
<input type="checkbox"/> Other (specify) _____	___	___	_____

Health:

<input type="checkbox"/> Exercise	___	___	_____
<input type="checkbox"/> Yoga	___	___	_____
<input type="checkbox"/> Self-Defense	___	___	_____
<input type="checkbox"/> Diet & Nutrition	___	___	_____
<input type="checkbox"/> Jewish genetics	___	___	_____
<input type="checkbox"/> Tennis	___	___	_____
<input type="checkbox"/> Other (specify) _____	___	___	_____

Just for fun:

<input type="checkbox"/> Mah Jong	___	___	_____
<input type="checkbox"/> Bridge	___	___	_____
<input type="checkbox"/> Scrabble	___	___	_____
<input type="checkbox"/> Hiking	___	___	_____
<input type="checkbox"/> Bowling	___	___	_____

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

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

Name _____

Address _____

Phone _____

Email _____

ANNUAL CALENDAR

	JULY	AUGUST	SEPTEMBER
<p>ACTIVITY</p> <p>Chair</p> <p>1st publicity</p> <p>Invitation</p>			
	OCTOBER	NOVEMBER	DECEMBER
<p>ACTIVITY</p> <p>Chair</p> <p>1st publicity</p> <p>Invitation</p>			
	JANUARY	FEBRUARY	MARCH
<p>ACTIVITY</p> <p>Chair</p> <p>1st publicity</p> <p>Invitation</p>			
	APRIL	MAY	JUNE
<p>ACTIVITY</p> <p>Chair</p> <p>1st publicity</p> <p>Invitation</p>			

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 with sisterhood president

_____ Clear date with synagogue and community calendar

_____ Invite speaker, presenter, etc.

_____ Determine budget and get approval from appropriate vice president

PUBLICITY

_____ Hold the Date Card

_____ Flyers

_____ Invitations

_____ Press Release

_____ Pulpit Announcements

_____ Synagogue/Sisterhood Bulletin Spots

_____ Broadcast Email

_____ Phone Chain

PHYSICAL ARRANGEMENTS

_____ Blackboard/chalk

_____ Pencils & Notepads

_____ Chairs & tables

_____ Name tags

_____ Decorations

_____ Display

_____ Hand-outs

_____ Background music

_____ Lectern, microphone

_____ Refreshments

_____ Projection equipment, VCR, TV (extension cords)

PUBLIC RELATIONS TIMETABLE

Event _____

Chair _____

Date _____

Committee Members _____

PR Vehicle	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

Join us for a
YEAR OF Z'HAVAH PROGRAMS



MAKING CONNECTIONS, PERSONALLY AND JUDAICALLY

Bring a Judaic item or story to share such as an heirloom, picture or family story. Use the time to get to know each other.

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 strengths, 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 self-defense 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.

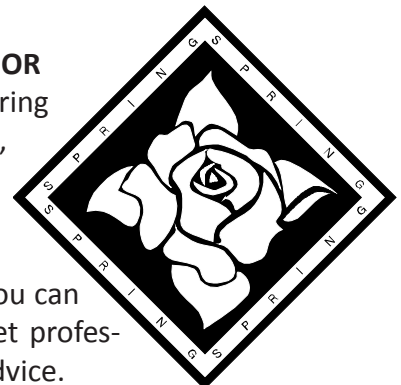


CELEBRATE ROSH HODESH

A day associated with women's renewal, rosh hodesh has become an occasion to gather for learning and spiritual exploration. Join us for this 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!



TIPS ON INTERIOR DECORATING

Bring your questions, your swatches, paint chips, floor plans, and anything else you can think of, and get professional design advice.

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?



REWARDS OF Z'HAVAH

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

Z...Z

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

Creative Card Creations

Z...Z

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

.....

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

z...z

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

Ladies' Day Off

Z...Z

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

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

Miscellaneous General Programs

Z...Z

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 attendees 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

Z...Z

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.



Mitzvot, Martinis & Mah Jongg

**Join the Center Sisterhood Z'havah
for our Annual Meeting**

Learn to play mah jongg

Sip martinis

Enjoy each other's company

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

Let us know if you would like to share a ride



ADDENDA

The Women's League Story

Why Women's League? Why Sisterhood?

Partner Organizations

Torah Fund

Logos

Convention 2008 Z'havah Song

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

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

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

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





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!

