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
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, preschool, 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!
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.
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

Z The sisterhood budget should include a line item for Z’havah programming

Z Z’havah women pay sisterhood dues

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

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

Z Publicize Z’havah programs and events in the sisterhood newsletter and synagogue bulletin

Z Sisterhoods 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

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
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:

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<thead>
<tr>
<th>SPECIAL INTEREST GROUP</th>
<th>PREFERRED TIME</th>
<th>FREQUENCY</th>
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<tr>
<td></td>
<td>DAY</td>
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<tr>
<td>Creative Handcrafts:</td>
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<td>___ Knitting</td>
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<td>___ Crochet</td>
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<td>___ Quilting</td>
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<td>___ Judaic Handcrafts</td>
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<td>___ Calligraphy</td>
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<td>___ Museum Group</td>
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<td>___ Computer club</td>
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<td>___ Parashat Hashavuah</td>
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<td>___ Adult Bat Mitzvah class</td>
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<td>___ Hebrew literature</td>
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<td>___ Rosh Hodesh group</td>
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TOOLS YOU CAN USE

Ask Before You Leap
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<th>PREFERRED TIME</th>
<th>FREQUENCY</th>
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<td>___Drama Club</td>
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<td>Network/Support:</td>
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<td>___Diet &amp; Nutrition</td>
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Service to the community:

| ____ Get out the vote                       |                |           |
| ____ Environment/ecology                    |                |           |
| ____ Mitzvah Mavens                         |                |           |
| ____ Reading to the Disabled                |                |           |
| ____ Big Sister                             |                |           |
| ____ Jewish Girl Scouts                     |                |           |
| ____ 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

___ Dancer (style________________________) ___ Knitter/crocheter

___ Israeli dance ___ Textile artist

___ Singer ___ Seamstress

___ Pianist ___ Exercise/fitness expert

___ Other musical instrument _____________ ___ Yoga instructor

___ Stage producer ___ Librarian

___ Actress ___ Beautician/aesthetician

___ Writer ___ Teacher (subject____________________)

___ Poet ___ Chef/gourmet (specialties____________) ___ 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

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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

_____ Invitations

_____ Pulpit Announcements

_____ Broadcast Email

_____ Flyers

_____ Press Release

_____ Synagogue/Sisterhood Bulletin Spots

_____ Phone Chain

PHYSICAL ARRANGEMENTS

_____ Blackboard/chalk

_____ Name tags

_____ Hand-outs

_____ Refreshments

_____ Pencils & Notepads

_____ Decorations

_____ Background music

_____ Projection equipment, VCR, TV (extension cords)

_____ Chairs & tables

_____ Display

_____ Lectern, microphone
# PUBLIC RELATIONS TIMETABLE

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<thead>
<tr>
<th>PR Vehicle</th>
<th>Assigned to</th>
<th>Date needed</th>
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<tr>
<td>Posters/Flyers</td>
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<tr>
<td>Synagogue/School Bulletins</td>
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<td>Facebook, Twitter, blog, etc.</td>
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<td>Invitations</td>
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<td>Reminder Cards</td>
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<td>Post Event Press Release</td>
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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
What 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.

Did 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.

Z’havah has been in existence three years, and has generated A LOT of interest! In order to continue being successful, we need your involvement. 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 Generating Our Leadership Development.

Contact Susan Grant at zhavahsisterhood@harshalom.org to get involved!
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

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?
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

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**

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

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**

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

Presented by
Sisterhood of Rodeph Sholom, Bridgeport, Connecticut

Goal
The goal of this event was to generate Z’hadah 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:

- The Vice President of Jewish Family Service and Coordinator of JFS Adoption Program
- A local social worker specializing in fertility issues, pregnancy loss and adoption support
- A congregation member who related her family’s story

Topics covered included:

- The Adoption Process
- Adoption Costs
- Stresses due to fertility treatments
- Pregnancy 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’hadah Chair, Rodeph Sholom
**Ladies’ Day Off**

**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

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

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

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**

**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**

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

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

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**

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**

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.
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
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.

- 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

**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

Z’HAVAH PLANNER
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!