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WRJ Northeast District

Virtual Shabbat

Raise your spirits!

Celebrate our sisterhoods! Reconnect!

Saturday, November 6, 2021, 9:30 a.m. – 5:30 p.m.
Come for all or part of the day

Schedule (Subject to Change):

9:30 am	Guided Mindfulness Meditation	Cantor Melanie Cooperman, Community Synagogue of Rye, NY
10:00 am	Torah Study	Rabbi Julie Bressler, Temple Beth Shalom, Needham, MA
11:30 am	Gentle Stretch/Chair Yoga	Suzy Gelman, yoga instructor; co-president of the Sisterhood of Central Synagogue-Beth Emeth, Rockville Centre, NY; and WRJ Northeast Board member
11:45 pm	Message From WRJ NE President	Sharon Sobel, Temple B'nai Chaim, Georgetown, CT
12:00 pm	Optional Schmooze/ Grab Lunch	Zoom line open
12:30 pm	Keynote: Nurturing Resilience & Hope in Ourselves and Others	Dr. Robert Brooks, noted psychologist, author, and lecturer (www.drrobertbrooks.com)
	Shabbat Siesta Break	
3:00 pm	Share Your Successes (Optional)	Zoom line open
4:00 pm	Message From WRJ President	Sara Charney, Holy Blossom Temple Toronto, Ontario, Canada
4:30 pm	Song Fest and Havdalah	Cantor Melanie Cooperman, Community Synagogue of Rye, NY

Registration Fee: \$18 minimum donation to the YES Fund*
 (* WRJ's philanthropic fund for Youth, Education, and Special Projects)

Questions: Email to wrjnortheast@gmail.com