



WHAT IF THE ACT OF MAKING CHALLAH AS A COMMUNITY COULD HELP STOP THE NOISE CURRENTLY AROUND US, MAKING LIFE LESS STRESSFUL AND MORE MEANINGFUL?

Congregation Gates of Heaven is pleased to collaborate with our friend, Dr. Beth Ricanati, author of the award-winning book, *Braided* to explore the idea that a weekly ritual of baking challah can be the best medicine for healing a stressed soul.

We invite all grandparents and parents to bring your grandchildren and children and all children to bring their parents and grandparents to learn about baking challah and taking care of ourselves and each other.

**JOIN US FOR AN ONLINE BAKING WORKSHOP
(BAKE ALONG WITH US or JUST JOIN US ON SCREEN)
DATE: SUNDAY, JANUARY 31 AT 10:00 AM**

Register for our online baking workshop here:

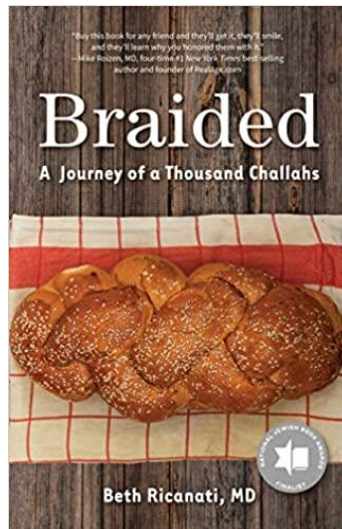
<https://zoom.us/meeting/register/tJYpcumvrzstGNB5H3-wx3kUiEJtGv5AmAC0>

[Read about Beth Ricanati, MD](#)

Braided—A Journey of a Thousand Challahs, signed by Beth Ricanati is available for purchase from the temple office for \$15.00. You many pick it up during the week or we will send it out to you.

“In reading Beth Ricanati’s *Braided: A Journey of a Thousand Challahs*, one feels as if one is drinking from a spiritual fountain that allows a new wave of life to surge within them. This book offers both a recipe and a path to personal growth and healing. Packed with insight and wisdom, it is one of those rare books that every woman should read.”

- READERS' FAVORITE, 5 STARS



2018 NATIONAL JEWISH BOOK AWARD FINALIST, WOMEN'S STUDIES
2018 FOREWORD INDIES BOOK OF THE YEAR, SILVER MEDAL WINNER, SELF-HELP
2019 WILBUR AWARD WINNER, NONFICTION BOOKS
2019 READER'S FAVORITE FINALIST, NONFICTION - COOKBOOK/FOOD
2020 ERIC HOFFER AWARD, FIRST HORIZON AWARD FINALIST
2020 ERIC HOFFER AWARD, GRAND PRIZE SHORTLIST
2020 ERIC HOFFER AWARD, 1ST RUNNER UP - HOME
2020 NEXT GENERATION INDIE BOOK AWARDS WINNER - WOMEN'S ISSUES
2020 NEXT GENERATION INDIE BOOK AWARDS FINALIST - BODY, MIND & SPIRIT