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Did you make a New Year's Resolution? Don't Forget about Your Spiritual Fitness

By Janet Kohll for Beth Israel Synagogue

As Jews we have two times a year to make resolutions--at the beginning of the Hebrew year and the beginning of the secular year.

"With many of us hitting the gym in January or purging our homes of clutter, we shouldn't forget to get our spiritual lives in order," says Judy Rosenfeld, scholar in residence at Beth Israel Synagogue **February 2-3.**

"Just as you have to start in one part of your home when de-cluttering," says Judy, "we will start with making Shabbat more meaningful and hopefully bring more meaning to the rest of your week and life."

Many Omahans know Judy from when she and her family resided here when her husband, Aaron Rosenfeld, served as Executive Director of the Jewish Community Center. Now living in New York, Judy, who holds a master's degree in social work, works for the Lifeline Center for Child Development in Queens, counseling preschool and adolescent students and providing support for their families. She also is an educator at a New York synagogue.

During her Shabbat visit here, Judy will teach classes to youngsters, teens and women on Saturday morning, Feb. 3rd at Beth Israel, and she will deliver the D'Var Torah at the conclusion of services. The youth class will be at 10:15 a.m., the women's class will start at 11 a.m. and the teen class will follow Kiddush.

In her teaching, Judy likes to quote John F. Kennedy: "Ask not what your country can do for you, but what you can do for your country."

She says young and old alike have to ask what they can bring to Shabbat to honor G-d and enrich it for others and themselves. On that note, the Feb. 2nd Shabbat will kick-off Friday afternoon with an act of chesed (kindness) by students at Friedel Jewish Academy for residents of the Rose Blumkin Jewish Home. The weekend will wrap up with a mitzvah project on Sunday at the Rose Blumkin Home with Beth Israel kids and teens.

Co-chairs for the event are Karen Cohen and Janet Kohll.

"I get so much inspiration out of just a five-minute conversation with Judy," says Karen. "We're really blessed she's going to share her insight with us for a whole Shabbat."

For additional information, call the Beth Israel office at (402) 556-6288.