

# SISTERHOOD

## NEWSLETTER

President: Jackie Martins  
914-528-7680

Editor: Candy Wadler  
914-962-3715

### GENERAL MEETING: DECEMBER 2, 2007, 10 AM

#### BOOK DISCUSSION

*Disobedience* by Naomi Alderman

In this, her first novel, Naomi Alderman creates an engrossing story of the only daughter of an Orthodox rabbi from the North End of London who flees her insular community, eventually becoming a financial analyst in New York City. She returns to London after the death of her father from whom she has been estranged, where her cousin and father's heir apparent now is married to her former lover. Against the backdrop of communal gossip and disapproval, the three boldly confront the ghosts and complications of their intertwined lives.

Alderman's lyrical insights and discussions of Jewish rituals and related matter complement the story and its fully imagined characters. Beautifully and intelligently written, *Disobedience* asks penetrating questions that will foster lively discussions among our Sisterhood members during the December General Meeting.

#### UPCOMING EVENTS - MARK YOUR CALENDAR

- ☆ Sunday 12/2 Book discussion
- ☆ Friday & Saturday 1/18 & 1/19 Sisterhood Shabbat

#### GIFT SHOP

##### HOURS:

Every  
Sunday  
Hebrew

School is in session 9:00 AM -  
12:30 PM

Other days by appointment

##### CALL:

Maria (914) 245-4894



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 FROM THE PRESIDENT

Dear Sisterhood women,

I wish you and your families a wonderful Hanukkah and winter season. This time of year can be full of joy and also difficult for some of us. We try to fill our hearts with love for family and friends but at the same time miss loved ones who are no longer with us. In true dedication of our loved ones and their memories, try to do something that will carry out old treasured traditions and also develop new traditions for your families.

It is a time of year to teach your children and grandchildren to think of others beyond their own lives and their own desires. *Tzedakah*, thinking and doing for others should take place all year but you can especially help others during this season. Here are just a few ideas of what you can do with your family or by yourself:

- ✧ Serve food at a soup kitchen,
- ✧ donate foods to the needy,
- ✧ give up getting gifts on of the eight nights and make a family decision of a special donation for that evening
- ✧ write letters to soldiers
- ✧ bake for a neighbor or friend
- ✧ read to someone who is old or blind
- ✧ buy gifts for others by joining the social action project
- ✧ help Toys for Tots
- ✧ come up with your own ideas, I know you can!!!!



Enjoy the holiday season!!!

Join in with Sisterhood to share our traditions!

Shalom,

Jackie

**SISTERHOOD  
CALENDAR OF EVENTS  
2007 - 2008**



Knitters group every Monday at 9:30 am

December  
Sunday 12/2 General meeting - Book discussion

Thursday 12/13 Board meeting

January  
Thursday 1/10 Board meeting  
Fri. & Sat. 1/18 & 19

Women's League Shabbat

February  
Thursday 2/7 Board meeting

March  
Thursday 3/13 Board meeting

Sunday 3/16 Mishloach Manot packing

**FROM WOMEN'S LEAGUE**

Don't forget the **Kol Ishah concert**, celebrating 20 years of women cantors coming up on December 16, 2007 at 3:00 pm at the Jewish Theological Seminary, 3080 Broadway, New York City. Tickets are \$50.00 in advance/\$60.00 at the door. Preceding the concert, Women's League is holding its annual meeting, open to every member. On the agenda for the day are important amendments to the Women's League Bylaws, the inauguration of our 90th anniversary, and a presentation by Hazzan Henry Rosenblum, dean of the HL Miller Cantorial School. The meeting, at JTS, will begin at 10:30 ... Enjoy a new women-only celebration for Purim with **Vashti's Banquet**, March 9, 2008 in New York. Enjoy delicious Middle Eastern delicacies, exotic musical entertainment, extraordinary belly dancing and henna designs, unbelievable storytelling, and all manner of beauty secrets. What drives you? To make reservations for any of these events, please contact Women's League at 212.870.1260 or [womensleague@wlcj.org](mailto:womensleague@wlcj.org).

## JEWISH LIVING: DEALING WITH ANGER

By Anne Lowy

I recently found myself in a group discussion about anger. Is there ever a place for anger in a spiritual life? How can we avoid acting on our angry impulses? I've carried that conversation with me because it contains some deep lessons for me.

I admit to sometimes getting tremendous satisfaction out of venting my anger, but then I have to deal with the fallout—my family doesn't appreciate the outburst, and once the moment of satisfaction is over, I'm not proud of myself for losing control, possibly inflicting pain, and making it more difficult for others to hear my point of view.

Imagine a situation in which someone says something that provokes you. You can get angry with him, you can calmly tell him that you are angry, or you can let go of the anger. I think most of us would agree the first scenario is the least desirable, but how do we distance ourselves enough from the anger of the moment to say calmly, "I'm angry" or simply let it go?

Both from the group discussion and from the book I'm currently reading, I began to realize that distancing oneself from the anger may not be the best approach. In the book, "Be Still and Get Going," the Zen Conservative Rabbi, Alan Lew, writes:

"Anger [is a] state of mind we all experience. But we don't like it, and our first unconscious instinct is to turn away from it, to deny it, to try to change our circumstances so it will go away. Or else we spasm on it, freeze it in our minds by fixating on it instead of allowing it to simply rise up and then fall away again as it is naturally inclined to do. In this way we allow it to become the headwaters for a long meandering stream of afflictive thoughts with many torturous tributaries. But what if we turned toward these states instead? What if we allowed ourselves to inhabit them, to feel them as fully as we could? Doing so might release the considerable energy these states contain and make this energy available to us...Filling them up with our consciousness, we might find ourselves coming out the other side into a wider, less constricted space." (p.81)

Rabbi Lew seems to be addressing that feeling of suffocation I experience when I don't express my anger but instead bottle it up. He goes on to say:

"Getting into the habit of embracing our [anger] can be the first step toward getting past it by moving from the melodrama of suffering and affliction to a more pleasurable...world." (p.83)

One technique for grappling with anger is to meditate on it; another is to imagine ourselves alone in a room with our anger. What would we say to it? What can we learn from it? To me this is a very powerful image. Perhaps I could learn to breathe with my anger, to accept its presence, explore it and then let it go.

The Rabbis of the Talmud always advocate restraint when it comes to anger. In Pirkei Avot, Rabbi Eliezer says: "Be not easily provoked to anger. Repent one day before your death." (2:15)

There is a deep, though not immediately apparent, connection between these two statements. Since we don't know when we will die, we should live every day as if it is our last, sparing others from experiencing our anger.

The ideal would be to reach the state where we can let go of our anger without lashing out at others or letting it fester inside.

*Jewish Living - Continued. on page 4*



*Jewish Living - continued from page 3*

Meanwhile, there is great humility to be learned from recognizing our human flaws. I have a ways to go before I reach the ideal but I will strive to do better.

**SOCIAL ACTION: HOLIDAY GIVING**

*by Phyllis Cohen*

Before the holiday season begins, please consider taking a leaf from the Mitzvah Tree in the Center Lobby - to purchase even a small gift for a local needy family.

Or ... you might want to encourage your child to take one to replace one of the many gifts he/she customarily receives during this joyous time.

It is heartwarming to read the letters received by the Center's Social Action Committee each year from the recipients of these special gifts.

Won't you join us in this feel-good effort?

**BUY A&P GIFT CARDS**

Buy your Sisterhood gift cards for use at A&P and Food Emporium. Use them to do your holiday food shopping. We earn 5% profit from the sale of these cards, and it costs you nothing, so be sure to pick up your gift cards soon! Call Rachel Seliber at 914-962-6738.

**WE GET MAIL**

Dear Jackie,

A brief but sincere note of thanks for having me speak at the Sisterhood meeting. I was thrilled to spend some time with you and your friends. Everyone was so warm and kind.

I also want to thank you for the generous donation to the Foundation for Excellence. Marisa was thrilled to receive the money for the children.

Again, my thanks to all! I enjoyed meeting your Rabbi; he seems to be a fine man.

Gratefully,  
Ralph [Napolitano]

**CARDS FOR ALL OCCASIONS**

TORAH FUND CARDS: LINDA 914-736-7020



Jerri Karel..... 8  
 Julie Pomper..... 10  
 Lois Cook.....11  
 Beatrice Senor..... 15  
 Margaret Frankfort.....26  
 Sandy Gross.....27  
 Sue Lapa.....30



Frank & Dana LaPorta..... 1  
 Louis & Florence Gare.....17  
 Edward & Amanda Epstein.... 18  
 Paul & Marion Silberman..... 19  
 Nat & Muriel Gropper..... 20  
 Michael & Elaine Boshnack....24  
 Robert & Inge Blumenthal.....25  
 Robert & Inge Blumenthal.....25  
 Samuel & Elaine Schanzer.....25  
 Howard & Sharon Tarkin..... 28  
 David & Betty Busman.....29

**SHABBAT CANDLE LIGHTING**  
*You shall call the Sabbath a delight. - Bible*

Dec. 07	4:08pm
Dec. 14	4:08pm
Dec. 21	4:11pm
Dec. 28	4:15pm



**MAZAL TOV  
 TO OUR BAR  
 MITZVAH AND  
 HIS FAMILY**

Sam Donow Dec. 7



## IHO'S

LILLIAN KLEIN

- ☆ To my wonderful daughters for all their help.
- ☆ To Carly, my granddaughter, for doing so well in school.

LINDA KINGSBURY

- ☆ IHO Anne Lowy for her excellent work as Drot committee chair.
- ☆ IHO Sharon Sorken and the catering committee for a terrific Israeli lunch and song.
- ☆ IHO Jackie Martins for her outstanding, tireless work for Sisterhood.

SHERI HANDWERGER

- ☆ IHO Sharon Sorken for her amazing gift of creativity. Thank you for being my "partner-in-crime" with the centerpiece creations for the membership brunch. I had fun!

SHARON SIGLER

- ☆ IHO my sister Maria. Your courage and strength are an inspiration to me.
- ☆ IHO Elaine Boshnack for an incredible job with the Flea Market/Craft Fair.

MARIA HANDWERGER

- ☆ IHO Elaine Boshnack - the Craft Fair was a wonderful success! It was a job well done! Thanks for all of the fun and camaraderie!
- ☆ IHO Jackie Martins - you continue to be a wonderful leader. We all thank you for all of your time and dedication and energy. We couldn't do this without you!

**HAVE YOU PAID YOUR DUES?**

## TELL YOUR LIFE STORY FOR A BOOK!

What a great Sisterhood Fundraiser! You will be interviewed and your very own book created! (15 to 20 pages in bold print text, widely spaced, with colored clip art)

Donation to Sisterhood: \$54.00; additional copies at a discount. You must be 70 or older to qualify.

For details and to see a sample copy, call Phyllis Cohen at (914) 245-9004.



## SHARONS ORIENTAL SALAD

### INGREDIENTS

- 2 packages Broccoli Slaw
- 3 packages Ramen Noodles without flavor packs
- 1/2 cup Sunflower Seeds, dry roasted
- 3/4 cup Almonds, sliced
- Margarine or PAM

### DRESSING:

- 1 cup Oil, Canola
- 1/2 tablespoon Salt
- 1/2 cup Vinegar, Apple Cider
- 3 tablespoons Soy Sauce
- 1 cup Sugar
- 5 Scallions, sliced

### METHOD

Spray cookie sheet with Pam or lightly grease. Brown noodles and almonds. Set aside to cool.

Combine ingredients for dressing, stirring well with whisk to dissolve sugar.

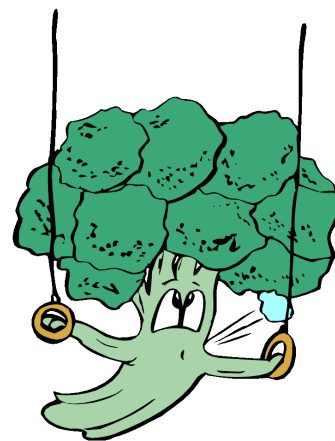
Combine all ingredients together and serve immediately.

### NOTES

You can add diced cooked chicken for a complete meal.

Servings: 10

Source: Sharon Sigler



## SAT and Regents Preparation

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**Wendy Segal**

tutoring

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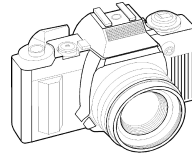
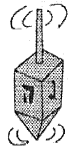


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# Dated Mail

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