

MIND, BODY AND SOUL: A Day of Spiritual Growth for Women

Sunday, April 18, 2010, 2:30 pm – 7:00 pm

Presented by
Congregation Har Shalom Sisterhood
Congregation Har Shalom, 11510 Falls Road, Potomac, MD 20854

Schedule

2:30 pm: REGISTRATION AND REFRESHMENTS

Session 1: 3:00 pm – 3:50pm:

A): SHMIRAT HAGUF-The Obligation to Care for Our Bodies: The Jewish tradition of taking care of your body is a spiritual and physical act. The well being of the body has to be maintained as the vessel of the soul, the storehouse of that which most closely connects us with God. Our body is a divine creation which is to be respected, cherished and cared for as long as we are in this world. With awareness of *Shmirat HaGuf*, learn how even the simplest activities, such as eating, walking, or washing one's hands, become acts of holiness. *Rabbi Neil Zuckerman*

B): LIVING INTO TIMIMUT (SIMPLICITY): Jewish Tools to Simplify your Life: Learn how to incorporate voluntary simplicity in your everyday. In this time of over-scheduled chaos, many of us are contemplating options for making our lives more spiritual and meaningful. *Chava Gal-Or*

Session 2: 4:00 pm - 4:50 pm:

A): GENES: WHAT DOES BEING JEWISH HAVE TO DO WITH IT? Mutations in the BRCA1 and BRCA2 genes can put women and men—especially Ashkenazi Jews--at a higher risk of developing breast and other cancers. The speaker will share her personal and professional perspective on how to calculate your cancer risk, important clues to look for, which cancers are involved and how to reduce risk. *Judith Macon*

B): FROM YOUR MOUTH: From Facebook to *Lashon Hara*...we will learn what Judaism teaches us about the power of words and how we can use that power to strengthen our relationship with our children. *Meredith Jacobs*

Session 3: 5:00 pm-6:15pm: Keynote Address

GOSSIP, LIES AND LESSONS: Gossip is a multi-billion dollar business. Find out what Judaism says about how we should use the gift of speech. There are times we are forbidden to speak about others, and times we are obligated. The truth, the whole truth, and nothing but the truth? There are actually three times we are allowed to lie. This and more, in a talk that will change every relationship you have -- for the better. *Lori Palatnik*

6:15 pm: CATERED DINNER * DOOR PRIZES

Please complete the registration form and mail to Susan Grant, c/o Har Shalom Sisterhood (MBS), 11510 Falls Road, Potomac, MD 20854. Please indicate your choice of workshop from the listing above:

Session 1: A B _____
Name

Session 2: A B _____
Address & Phone #

Session 3: All Attend Keynote _____
Email

Enclose cash or check for \$36 (\$45 after April 2) made payable to Congregation Har Shalom Sisterhood.
For questions, please email Susan Grant at sisterhoodmbs@harshalom.org or 301-299-7087 ext. 410.

Keynote Only I plan to attend Keynote only at 5:00pm. Enclosed is \$18 donation.