

Please make note of the NEW Snow Date: MARCH 22

Attention ALL Temple Isaiah
8th –12th Graders:

JOIN US FOR PART 2 ON MARCH 22

Resilience of the Soul

A Special Program for Temple Isaiah's Teens



Student Program - Part 1

During the first part of this program, students learned about the importance of resiliency in their daily lives.

STUDENT FEEDBACK:

"Tuesday's resilience of the soul program was therapeutic & provided a good bonding experience for our age group. We took it as an opportunity to commiserate as we deal with the constant changes of high school life. It was helpful & interesting to learn new stress relief techniques. I look forward to [the] continuation." ~ 10th Grade Participant

"I thought [the program] was a really good way of showing resiliency & I loved the balloon popping exercise. It was a really good eye-opener about ways to bounce back & how other people deal with tough situations." ~ 10th Grade Participant

"[The program] made me realize that there are a lot of ways to help myself get over it if something goes wrong & I'm so excited for next week's program too!" ~ 12th Grade Participant

I really liked the program. I thought the incorporation of glee into the program helped make it relevant & exciting ... I also thought it was successful at helping people find their personal strengths & realize that even in hard times they are still good people. ~ 12th Grade Participant

Student Program - Part 2

March 22, 2011, 5:30 - 8:00

During the second part of this program, students will participate in special interest workshops based on their personal interests. Within each group, students will learn new skills to build resiliency through creativity, self-expression, and wellness.

IT'S NOT TOO LATE TO SIGN UP FOR PART 2!

Review the workshops & e-mail your 1st & 2nd workshop choice to Emily Messinger at emessinger@templeisaiah.net by March 15.

Workshops & Facilitators*:

THE ART & HEALING POWER OF DRUMMING

*Facilitated by Cantor Lisa Doob
& Comma Williams, M.Ed.*

CREATING RESILIENCE (THROUGH EXPRESSIVE ARTS)

Facilitated by Jacquie Serebrini-Kesner

FROM MATZAH BALLS TO MISO: FEEDING TO NOURISH YOUR WHOLE SELF

Facilitated by Ilana Margalit

BETTER THAN BLOGGING

Facilitated by Rabbi Carey Brown

THE BIG GAME

*Facilitated by Brett Lubarsky
& Alicia McGee*

MIND POWER!

JEWISH MEDITATION

Facilitated by Seth Castleman

WHO DO YOU THINK YOU ARE?

Facilitated by Meir Sherer & Elyse Simon

*See attachment for more information or to sign up for a workshop.

Questions? Contact Emily Messinger, Director of Tichon Isaiah & Youth Programs, at emessinger@templeisaiah.net

Temple Isaiah ~ 55 Lincoln Street ~ Lexington, MA 02421 ~ 781-862-7160 ~ www.templeisaiah.net

Resilience of the Soul

Student Program - Part 2 (March 22, 2011, 5:30 - 8:00)

WORKSHOP DESCRIPTIONS



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THE ART & HEALING POWER OF DRUMMING, Facilitated by Comma Williams, M.Ed. and Cantor Lisa Doob

"It's time to stop thinking of the drum as just a musical instrument. [Instead it is time to] start thinking of the drum as a recreational tool for every family, a wellness tool for every retiree, and an educational tool for every classroom" (Remo Belli). Using a variety of drums and percussion instruments, participants will have the opportunity to "lighten up and loosen up" so each person can discover their own personal rhythm. Participants will learn how to use drumming as a tool to help them be more resilient in their daily lives. Participants will leave lighter in spirit than when they arrived, guaranteed!

CREATING RESILIENCE (THROUGH EXPRESSIVE ARTS), Facilitated by Jacquie Serebrini-Kesner

Tired of feeling like you're always being judged based on who people think you are rather than who you really are? Do you wish you had bounced back from that recent "dis" rather than falling into a hole of despair and self criticism? It's all about being resilient, feeling resilient and growing resilience. Through drama games and improvisation we will explore the many masks we all wear as we navigate through our daily lives. During the second half of the workshop we will create a visual representation of resiliency with mask making; a fun and creative way to express your striving, your fears, the person you are now and the person you might be hiding.

BETTER THAN BLOGGING, Facilitated by Rabbi Carey Brown

Do you ever wish that you could share your feelings without judgment, talkback or interruption? Journaling offers an incredible way for us to express what we are feeling with honesty. Journaling allows us to clarify our thoughts and feelings, thereby gaining valuable self-knowledge. It's also a good problem-solving tool; oftentimes, we can hash out a problem and come up with solutions more easily on paper. Journaling is also a practice that can be intimidating when we just see a blank piece of paper or empty computer screen in front of us. Come learn about different journaling techniques like free-flow writing, prompt questions, and dream interpretation that will help you better understand yourself and your experiences.

THE BIG GAME, Facilitated by Brett Lubarsky and Alicia McGee

Are you part of a team? Do you feel the weight of the team on your shoulders? Do you feel like you push yourself to your physical limit? Do you ask yourself, can I do this? When should I speak up? How am I feeling? While we encounter a wide variety of challenges throughout our lives, we don't always know how to navigate them or realize that we're not alone. Let's hit the pause button in our busy lives, and take some time to talk strategy! Together, we'll work together in discussing the role fitness and wellness (both physical and emotional) plays in how we go about our daily activities, tackle some challenges, and look at the roles we play as individuals, friends and teammates. Get ready to have some fun and feel good!

FROM MATZAH BALLS TO MISO: FEEDING TO NOURISH YOUR WHOLE SELF, Facilitated by Ilana Margalit

How do we feed our bodies to nourish our deepest desires? How can we feed ourselves so that we grow into our strongest, healthiest, smartest selves? What sort of eating habits have we inherited from our parents, and are they working for us? In this interactive workshop we will explore why we eat the way we do--what about it serves us and what about it keeps us from being our best selves. We will create strategies to cope with the confusing messages society gives us about food, and we will learn ways to feed ourselves so that we feel clear, energetic and balanced.

MIND POWER! JEWISH MEDITATION, Facilitated by Seth Castleman

Over-extended, stressed, anxious, or angry? Sound like you at least some of the time? Jewish texts and teachings guide us to a saner way of living in the world. Through various simple meditation techniques we can easily and quickly come back to a place of wholeness and holiness.

WHO DO YOU THINK YOU ARE? Facilitated by Meir Sherer and Elyse Simon

Through personality tests (Meyers Briggs), discussion, reflection, and yoga, participants will be challenged to engage in a personal journey to become more self-aware. Participants will achieve a calmer mind and body by learning skills that will enable them to balance what is going on inside of them with what is happening around them. By using aspects of Kabbalah (Jewish mysticism) and environmental elements, participants will learn skills for finding balance in their daily lives.

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FACILITATOR BIOS



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Rabbi Carey Brown grew up in Minneapolis, MN and received her undergraduate degree with honors in Sociology and Jewish Studies from Northwestern University. She studied in the rabbinical program at the New York school of the Hebrew Union College - Jewish Institute of Religion where she received the degree of Master of Arts in Hebrew Letters in 2004 and rabbinic ordination in 2005. Rabbi Brown has been journaling since she was a young girl. She hopes to impart the value of journaling in relation to personal wellness and expression to our teens.

Seth Castleman is a co-founder and guiding teacher of Nishmat Hayyim. He is the spiritual leader of Congregation Ahavat Shalom in Traverse City, MI, a prison and hospice chaplain, and facilitates meditation sessions across the United States. Seth's professional background includes working as a Jewish storyteller and in pastoral care in which he worked with families and first-responders at The World Trade Centers and with the urban and rural communities destroyed by Hurricanes Katrina and Rita. Seth has trained with many of the leading meditation masters in the US, Far East and Israel, including Dr. Jack Kornfield who gave him "authorization." He is in his final year of rabbinical studies. Seth has published dozens of articles in anthologies, magazines and newspapers. He is currently working on a literary memoir on the spiritual path of brokenness. Seth's teachings and spiritual counseling is deeply rooted in Jewish texts, ritual and values.

Since her investiture from HUC in 2001, **Cantor Lisa Doob** has distinguished herself as a gifted and dynamic worship leader, musician, and teacher. During her tenure as a student at HUC-JIR, Cantor Doob received numerous awards and prizes, including ones for high academic achievement and excellence in Reform worship. She feels that Jewish music has the power to create a sense of community, joy, and connection to Judaism in people aged 1 to 101 and she brings a range of musical styles all of which she presents with skill and beauty.

Brett Lubarsky has been working in the field of Jewish education for the past ten years, and currently serves as Coordinator of the JCC Maccabi Boston Experience and Intern for NFTY's Northeast Region. Through his work with Jewish youth at congregations and organizations throughout the Northeast, Brett strives to help teens build a solid foundation of values, leadership and communication skills, and self esteem as they navigate their busy lives. He is currently pursuing degrees in Jewish Education at Hebrew College in Newton, Massachusetts, with a focus on informal Jewish education, youth leadership and camping. A lifelong camper at heart, Brett has spent his summers at Camp Bauercrest, NFTY in Israel, URJ Eisner Camp, Brandeis University and with the JCC Maccabi Games.

Iana Marqalit holds a Master's of Science in Traditional Chinese Medicine. She is a nourishment counselor, acupuncturist and Chinese herbalist. She leads workshops on nourishment to people of all ages. She has a private practice in Newton, MA.

As a working mom and a social worker, **Alicia McGee** has found it imperative to find time for herself. In high school she played numerous sports such as softball, tennis, and skiing and was captain of these teams. She found that in college structured activities were not her passion, but exercise was a true outlet. Since then she has taken the time to understand what her body needs to thrive and how to achieve weight loss and strengthening goals. Shortly after her first son was born she found the gym to be an outlet for her well being. Alicia likes to challenge herself and her close friends by encouraging them to surpass their physical and mental boundaries by using functional exercise. Alicia feels that fitness is the cornerstone to overall health and wellness and that getting fit is the first step to a healthy lifestyle.

Jacqueline Serebrani-Kesner is an interdisciplinary arts educator, drama specialist, theatre director, playwright and writer. In addition to teaching, curriculum development and private consultation, Jacque has lead theatre education departments Off-Broadway, in regional theatre, public and private schools and universities. Much of Jacqueline's work focuses on social issues that have deep significance for students at all strata of society. She is a passionate advocate and innovator for integrating arts in education. Jacqueline is the founder of Creative Arts Enrichment (creativeartsenrichment.org) and is also Creative Director for Auracana (auracana.tv); a film, television and digital marketing and content development company.

Me'ir Sherer is the Director of Congregational Learning at Congregation Beth Israel in Worcester. This is Me'ir's third year teaching in Tichon Isaiah. Prior to working at Congregation Beth Israel, Me'ir was a consultant for the Bureau of Jewish Education of Greater Boston. He has also served on the faculty at Prozdor, the secondary school at Hebrew College. Meir obtained his Masters in Social Work from Boston University and his Masters in Jewish Education from Hebrew College.

Elyse Simon is a Mindfulness-Based Stress Reduction (MBSR) Program Consultant and Instructor. MBSR is an internationally acclaimed program created at the UMass Medical Center in 1979. A growing body of scientific research at UMASS and other medical centers has shown that mindfulness and participation in the MBSR programs can be significantly and often profoundly beneficial in reducing medical symptoms and psychological distress. Elyse works with her clients to integrate and apply mindfulness skills in their everyday lives when challenges arise from physical and psychological life stressors. Elyse currently teaches at the Y in Woburn and is working on a private curriculum for teens with the school psychologist at Diamond Middle School in Lexington.

Comma Williams is a Training and Organization Development Consultant, certified body worker (shiatsu and craniosacral), initiated shamanic healer and drummer. Ms. Williams has been working in the corporate world for 25 years and, over the last ten years has been exploring ways to use the voice and power of the drum to address organizational issues. Over the past 15 years, she has studied with masters in West African, Haitian, Brazilian, and shamanic traditions.