

# Nishei Charlotte: Reenergize your Mind, Body, and Soul

By Lauren Weiser and Orah Ortiz

I grew up thinking that the world of Judaism was a "man's world." I learned great things about Abraham, Isaac, Jacob and Moses, however, I knew very little about our Mothers - Sarah, Rebecca, Rachel and Leah. I thought that women's role was lighting candles and preparing Friday night dinner. Well, I'm exaggerating a little to make the point that I knew very little about the women's role in Judaism.

Since starting Nishei Charlotte, a Rosh Chodesh women's group at the Charlotte Torah Center, under the direction of Meechal Roizman and assistance of Laurie Berzack, I have learned many wonderful things. First of all I learned that Rosh Chodesh is a special time for us women. We were given this special celebration, at the time of the sin of the golden calf, as a reward for the women's refusal to participate in the sin. Today we can tap into the spiritual energy of the day.

I have also learned that there are many more stories about powerful women throughout the Torah

and our history. Every month we have a discussion on one of these women. We have looked at the lives of Sarah, Chana, and Rachel, among others. For this past month,



Rosh Chodesh Kislev we learned about "Righteous Radicals," women who at times of distress for our nation decided to take action. Yael was one of these women, many years before the Chanukah story and Judith, who according to the Midrash, started the initial revolt against the Greco-Syrians that ended with the victory of the Maccabees.

The ladies that join us each month share their views and opinions on the principles and values that characterize the life of the featured woman. This leads to

some wonderful discussion, as we all look into applying the ideas and concepts associated with the character being presented. As we hear each other we learn from one another.

Please join us next month, on Thursday, January 22, for Tu B'Shvat, Judaism and the Environment. Tu B'shvat, the New Year for the Trees, celebrates our connection to the environment and the significance of the fruits of the Land of Israel. The environment is a natural issue of concern for Judaism. We will delve into a number of Biblical, Rabbinic and Mystical sources that deal with the issues involved. The morning group will meet at 9:30 AM and the evening group will meet at 7:00 PM. Babysitting available upon request. (Please let us know in advance if you will need babysitting).

Mark your calendar for the next Nishei Charlotte group, which will be meeting on Thursday, February 19.

For more information call Laurie Berzack at 704-544-5061 or Lauren Weiser at 704-849-9781 or email us at nishei@charlotte-torahcenter.com. ☆

## “What’s Bothering Rashi?” Now on Wednesday Evenings

Charlotte Torah Center invites you to experience Torah learning with a difference. Delve into the depths of the Torah to understand the brilliant commentary of Rashi. Rabbi Binyamin Levin will take you step-by-step, and show you how to truly understand Rashi's often-cryptic words clearly, making the Chumash text crystal clear. An important class for those who seek a greater understanding of how to learn and really understand the Torah.

This is a weekly class on Wednesday evenings at 8:30 PM. ☆

## Temple Israel News

(Continued from page 8)

February – Luncheon for all paid-up members, over 70 attendees, wonderful entertainment.

May – Mystery bus ride to Columbia, SC to visit the local synagogue and mikvah among other attractions. A number of newcomers got their "feet wet" on this trip.

May – Carolina Voices at Blumenthal Performing Arts Center and dessert at Bistro 100 after the show. Terrific show, tasty desserts – a most enjoyable evening.

June – Cookout/eat-in picnic, joint activity with Temple Beth El.

## Gourmet Kosher Cooking Class

This class is sponsored by Soul Food Catering on Monday evening, January 13 at 7:00 PM or Tuesday morning at 10:00 AM

Learn to prepare delicious food with Charlotte's first glatt kosher caterer. Meechal Roizman will teach you to prepare scrumptious dishes at home, in less time than you might think.

Food is a central theme in Judaism. Meechal includes Jewish teachings; conceptual and symbolic relevant themes of the dishes with the preparation of the dishes.

Meechal makes gourmet-style cooking accessible to everyone. She manages to take the seemingly difficult and simplifies it. From the cooking to the serving, Meechal will guide you each step of the way. When she is done, the

only thing left to do is to eat the delectable dishes. Then, go home and prepare them for your loved ones.

The first lesson will be "The Traditional Friday Night Dinner." Meechal will teach you how to prepare this staple of Jewish life and explain the many symbols.

For all of these reasons and more, join us with Soul Food Catering at the Charlotte Torah Center. These monthly classes are designed for cooks of all skill levels. We know you'll find what you're looking for.

\* \$25 per session includes everything except your apron

\* Monday evening, January 13, 7:00 PM or Tuesday morning, 10:00 AM.

\* Limited space - call to register now. ☆

Good food, good attendance, needs more fun activities to liven things up. Wait will next year.

June – My Fair Lady at Davidson College. What a wonderful show. Do you remember who played the rolls in the original Broadway production?

July – Singin' in the Rain at the

Flat Rock Playhouse. Gene Kelly never looked better. Unfortunately he was a little past his prime for this production.

November – Steeple Chase races at Camden, SC. What a great day. Beautiful weather, great food, exciting races. We all came home broke but happy. ☆

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Wachovia Wealth Management congratulates

**MR. LEON LEVINE**

on his induction into the

North Carolina Business Hall of Fame.

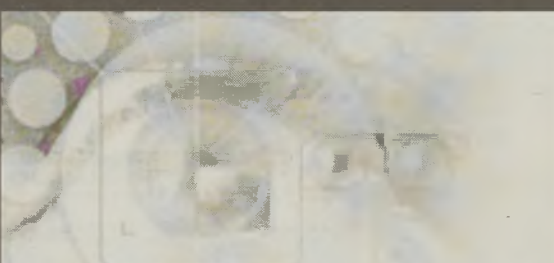
Mr. Levine's accomplishments and philanthropy are a source of great inspiration.



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