



Levine-Sklut Judaic Library and Resource Center



Finding Your Roots: Let's Get Started

The inaugural meeting of the Jewish Genealogy Club was a big success, with over thirty people in attendance. Debbie Long of the Triangle Jewish Genealogy Society was our guest speaker. She told the unforgettable and moving story of her search for her family, many who had perished in the Holocaust. We are deeply grateful to Debbie Long for setting the stage for a strong and enthusiastic Jewish Genealogy Club right here in Charlotte.

The Levine-Sklut Judaic Library, sponsor of the Jewish Genealogy Club, plans to organize meetings approximately every second month. The next meeting will be Sunday, March 23 at 10:30 AM in Shalom Park's Sam Lerner Center. Guest speaker Mike Kalt will share tangible suggestions and techniques for getting started. This program is free and open to all who are interested.

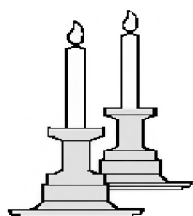
If you would like to join us or would like to be added to our electronic mailing list, please contact Debby Block at the Levine-Sklut Judaic Library dblock@shalomcharlotte.org 704-944-6763.

In the meantime, please visit the Levine-Sklut Judaic Library for newly purchased genealogical resources including:

- * *Avotaynu Guide to Jewish Genealogy*
- * *A Dictionary of Jewish Names and Their History*
- * *Where Once We Walked: A Guide to Jewish Communities Destroyed in the Holocaust* ✱

SHABBAT CANDLE LIGHTING FOR FEBRUARY 2014

Friday, March 7, 6:05 PM
Friday, March 14, 7:11 PM
Friday, March 21, 7:17 PM
Friday, March 28, 7:23 PM



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Jewish Family Services

Dear JFS

An Advice Column from Our Clinical Therapists and Professional Staff

The "Dear JFS" advice column is written by JFS therapists, and published in the monthly JFS e-news. If you are not a current subscriber, please sign up at jfscharlotte.org.

Dear JFS,

Things are finally looking up for our family. After two years of looking for a full time job, I just got hired for my dream job and start next week. I'm so excited for the opportunity, and for the financial stability it will bring, which is why I don't understand why I am feeling so stressed out. You would think this would make me happy and secure, but instead I'm terrified. Is there something wrong with me that I feel this way?

Signed,

"Seriously Stressed Out"

Dear "Seriously Stressed Out,"

In our lifetime, we will each experience numerous transitions. Leaving our childhood home, getting married, having children, changing jobs, buying our first home. Sometimes these transitions are expected, other times they can be sudden; some are exciting, others can be scary, and some are both. Positive or negative, planned or unknown, these transitions and the variety of emotions they produce all cause some level of stress.

Each person deals with his or her stress in a different way. Different events may mean different things to the person experiencing it. Perhaps you are afraid you won't be available to your family once you are working full time. Or maybe you are someone who has a difficult time dealing with change. Try to remember that the feelings and stress you experience as go through a transition can be different than you would expect,

and may change as you go through the transition.

For example, when preparing to welcome a newborn, one family might feel completely prepared and excited for the new arrival while at the same time feeling frightened and scared. Both reactions are normal. Life is a series of frequent changes. So what can you do as you go through these changes and transitions?

* Be open and flexible. This is easier said than done. We often become comfortable in our routines, which is why change causes our stress levels to rise.

* Take a step back to regroup. We cannot predict change but when it does come, identifying ways to adjust can be helpful.

* Develop supportive relationships. Studies have shown that having someone that you trust and can rely on during a stressful time can help the negative effects of stress.

* Take care of yourself. This includes eating right, exercising, getting rest, and relaxing.

* Build your self-esteem. Knowing who you are, your special skills and talents helps you feel better about yourself.

* Stay positive. Focus on what is going well. Do not dwell on the negative.

Other examples of transitions include moving into a new home, changing a job, experiencing an accident, medical problem, or loss.

If you find yourself having difficulty with the stress of your transition, or you are interested in speaking with a therapist to discuss ways to handle the transitions in your life, please call the Counseling Center at Jewish Family Services at 704-364-6594. ✱

Donations

We acknowledge with gratitude the following donations to the Levine-Sklut Judaic Library and Resource Center. These donations allow us to expand the collection of books, DVDs, CDs, videos, maps, posters, games and various teaching aids. The entire community benefits from these thoughtful gifts.

*Friends of the Levine-Sklut
JLRC Fund*

Anonymous in memory of
Joel Josephs

Nina and Herb Greenwald
in loving memory of
Lynn Werner

Dawn Lille and
Manuel de la Nuez
in honor of
Debora and Ed Pizer

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