

Havurat Tikvah Gears Up for Shabbaton

Havurat Tikvah ushered in the month of September with an anniversary celebration and renewal on September 5 of Saul Brenner's Bar Mitzvah. Family and friends gathered for services and Torah reading and watched Brenner "become a fountain pen" once again. A catered luncheon followed for those who attended the simcha.

The congregation welcomed 5776 with a moving High Holiday season during mid-September. Both members and visitors participated in engaging and reverent services, as always. At the potluck luncheons on both days of Rosh Hashanah and at the Break-Fast on Yom Kippur, time was spent socializing and catching up with old friends and nurturing new ones with those who joined the congregation for services for the first time or who were returning visitors who have become part of the extended family.

Additionally, Havurat Tikvah will spend time in the Sukkah on October 4 at the home of Donna and David deGroot, 1410 Pinetree Dr. The afternoon will be filled with fellowship, celebration and a lot of lulav and etrog shaking.

And, moviegoers will enjoy the congregational Israeli Film Night at the deGroot home on October 24 at 7:30 PM. Participants will be able to watch a film and discuss it afterward. Kosher snacks will be served.

The congregation will hold a Shabbaton on November 14, bringing in Rabbi/Musician Danny Moss, who visited with Havurat Tikvah in 2014. He will

lead services at 10 AM at Avondale Presbyterian Church, MacLean Fellowship Hall, 2821 Park Rd., followed by a Kosher potluck veggie/dairy/parve luncheon. That evening he will present a program at a member's home. Details are still being finalized and will be available in the next issue of *The Charlotte Jewish News*.

In other news, Havurat Tikvah held its annual congregational meeting in May 2015. The following individuals were elected to serve in 5776 (2015-16) and will begin their terms on November 1. They are: Joal Fischer, treasurer; Martha Brenner, scribe; Joal Fischer, membership chair; Brian Feinglass, social action chair; Lainey Millen, community relations chair; Peter Wallans, new member representative; and Ellen Myers and Paul Moritz, chicken soup committee. Pam Crown will continue to serve as the "food tsarina" (hospitality chair). At press time, the consolidated adult education and religious affairs committee chair position has not been filled. Also, Elaine Chernotsky agreed to serve as the 5776 High Holidays service coordinator.

Havurat Tikvah is a warm, supportive and nurturing Jewish Reconstructionist congregation with Shabbat services and a full spectrum of holiday observances, as well as religious educational options for both adults and children. We are a diverse group of families, singles, and Jewish and interfaith couples who participate in projects that promote social justice.

We value and depend upon member participation and leadership for our religious services, spiritual growth and governance. Havurat Tikvah is an affiliate of the Jewish Reconstructionist Communities, In Association with the Reconstructionist Rabbinical College.

For more information on upcoming services, programs, membership or other queries, call 980-225-5330, write to Havurat Tikvah, P.O. Box 12684, Charlotte, NC 28220, email membership@havurattikvah.org or visit havurattikvah.org. Havurat Tikvah is also on Facebook at facebook.com/groups/havurattikvah/.

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Jewish Reconstructionist Movement
In Association with the Reconstructionist Rabbinical College

Tips for a Healthier Relationship

October Workshop at Temple Beth El

Relationships that are healthy tend to be long-lasting when there is honor, understanding and respect for one another. When there are disagreements, or arguments, in healthy relationships, they are about issues; not attacks of each other's character. This is true whether the relationship is between a man and a woman, people of the same sex, adults in their prime or those later in life.

We wish that described all of our relationships. Yet the divorce rate keeps rising and people seem to be struggling more and more to have healthy relationships. Despite the best of intentions, we often feel resentful, uncared for, unheard, angry, distant, and/or overwhelmed by our partner. In worst case scenarios, where one person feels fear, shame and demeaned, there may even be abuse.

Guiding and coaching us toward a better understanding of what is ... and is not ... a healthy relationship and how to achieve and maintain one are co-presenters Rabbi Judy Schindler and Ann Kreindler-Siegel, Licensed Therapist and Collaborative Divorce Coach. They will lead the workshop, "Top Ten Tips for a Healthier Relationship" beginning at 9AM on Saturday, October 10 at Temple Beth El, 5007 Providence Rd. in Charlotte.

"Our goal", said Ms. Kreindler-Siegel, "is to provide the keys to



Ann Kreindler-Siegel

creating and maintaining a long-lasting, positive, and fulfilling relationship. This program is for you if you hope to begin a relationship, are having issues in a current relationship, are married and want to improve, or are widowed or divorced and possibly dating again," she noted.

Tips offered will cover how to maintain positive regard and respect for one's mate, even in the midst of negative conflict. Basic communication skills which will help people develop and maintain relationships where each party is respected, listened to, esteemed, and honored, as individuals and as Jews, will be discussed.

Speakers will be available to

continue discussions at a Congregational Shabbat brunch which workshop participants are invited to attend at a cost of \$8. It will be followed by Shabbat morning services beginning at 11 AM. To register for the brunch contact Temple Beth El at 704-366-1948. No registration is required for the workshop, but for information, contact Marsha Stickler at 704-756-9209 or mstickler48@gmail.com.

"Top Ten Tips for a Healthier Relationship" is being offered as an educational program during Domestic Violence Awareness Month. To learn more about domestic violence and healthy/unhealthy relationships see www.shalombayit-nc.org. ☆



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