

Join us for Kabbalat Shabbat on March 21, 2014, at 6:00 PM as we welcome in the Shabbat and also welcome our speaker Laura Weber.



Laura Weber is a writer and historian living in Minneapolis. She is a two-time winner of the Solon J. Buck Award for the best article to appear in *Minnesota History* (1991 and 2004). The 1991 award-winning article was a version of her master's thesis on employment discrimination against Jews in Minneapolis from 1920-1950. She is also a recipient of the David Stanley Gebhard Award (best article) from the Minnesota Chapter of the Society of Architectural Historians (2000).

Laura was the content collaborator for the public television documentary "Cornerstones; A History of North Minneapolis," and she has led architecture and history tours for various organizations, including North Minneapolis bus tours for seniors for the Jewish Community Center of Minneapolis. She has an M.A. degree in U.S. history and B.A. degree in journalism and history from the University of Minnesota.

Laura is working on a series of synagogue histories for MNopedia, an online encyclopedia of Minnesota history, published by the Minnesota Historical Society. The Jewish Historical Society of the Upper Midwest, under past director Katherine Tane, was awarded three grants through the Legacy Fund to create entries on Minnesota Jewish history.

The project consists of 3 phases. Fifteen synagogues will be featured in Phase 1 of the project. Phase 2 will consist of 13 more articles on Jewish organizations in Minnesota, plus 2 more synagogues. Phase 3 will be a 2,000-word essay on Jews and Judaism in Minnesota. Laura is the historian and writer for all 3 phases. To see what is currently available, go to this page: <http://www.mnopedia.org/creator/laura-weber>

Shabbat Dinner

\$10/adult, \$5/child (\$50 max per family)

To RSVP, call 763-545-8800

Sharei Chessed Congregation
1712 Hopkins Crossroad
Minnetonka, MN 55305



Sharei Chessed
Congregation

שערי חסד

February/March, 2014

Synagogue Update!

- Being Shalom with Rabbi Avigail Nord
- Purim 2014 Celebration Information
- Healing Touch Sessions with Sofia Tzukerman
- Kabbalat Shabbat with guest Laura Weber
- Maot Hittim (Pesah)

Being Shalom | by Rabbi Avigail Nord



Shalom is so much more than a Jewish "howdy!" *Shalom* means harmony, unity, calm, and lightness of spirit. *Shalom* is actually a way of being which promises a more joyful, purposeful, and meaningful life. *Shalom* is a concept that encompasses the whole person - body, mind, and spirit.

Explore the life-altering concept of *BEING SHALOM* in a fun and interactive four-part series led by Rabbi Avigail Nord. We will explore concepts from traditional Judaism and the mystical teachings of Kabbalah, as well as other traditions including Buddhism and Native American spirituality. Simple techniques of meditation, centering, cleansing, mindfulness, and goal attainment will be presented.

The series begins Wednesday, March 5 at 7:00 PM and continues weekly through the month. For more information, email ravavigail@gmail.com. To register, call 763-545-8800. Cost: \$8/person, \$28 for all four sessions.

Rabbi Avigail Nord, M.Div., BCC, is a counselor, writer, and spiritual teacher. She has taught for synagogues, communal organizations, women's groups, and colleges throughout the Upper Midwest. Rabbi Nord also offers spiritual counseling and coaching to individuals.

Healing Touch Sessions | by Sofiya Tzukerman

Sofiya Tzukerman, a member of our congregation, is a nurse with another healing passion and is certified as a Healing Touch Certified Practitioner. (We are pleased to share with you a very generous offer on her part that she recently made to our congregation)

For the past few weeks, Sofiya has been providing free 30-minute sessions. Those who participated were most please and recommended this program to all.

The dates & times are as follows:
Saturdays 2/15, 3/8, & 3/15 from 1:30 - 3:30 PM

To sign-up, please call 763-545-8800.

You have nothing to lose!

What is Healing Touch?

Healing touch is an energy-based approach to health. The goal is to promote healing on physical, mental, emotional and spiritual levels. It is based on the belief that each person has a dynamic, subtle energy field in and around the body that can be influenced to promote health. Anyone who wants to improve wellness and health can benefit from healing touch. Best for: Life balance/stress management, healthy sleep, pain management, and cancer care.

Maot Hittim

Watch for mail regarding Maot Hittim campaign for Pesah food packages.

Sharei Chesed Israel Trip



Join Sharei Chesed and Rabbi Etedgui on our fall journey to Israel November 9-21st, 2014. Watch for a flyer describing highlights of this exciting trip. Petra, Jordan extension available. This will be a once in a lifetime opportunity to experience the beauty of Israel and it's people.

Celebrate Purim at Sharei Chesed!

Hey kids! Get ready for Purim with these fun and tasty activities!

Make Your Own Hamentashen | with Chef Danny Levey



Sharei Chesed is happy to welcome renowned Chef Danny Levey into our shule as he teaches how to make the perfect Hamentashen in three different flavors (fruit, poppy, and chocolate). Danny is the former owner/operator of the D.Levey Cheese Cake Company and the Lowry's Restaurant. Join us for this great experience!

Date: March 9, 2014

Time: 10:00 AM

Location: Sharei Chesed Kitchen

Make the Perfect Challah | with Lori Krelitz

Sharei Chesed is excited to have Lori Krelitz, owner/operator of Lori's Breads and Sweets, come to teach us how to make the perfect Challah for any occasion! Be sure to join us as we learn to bake the perfect challah!

Date: March 9, 2014

Time: 10:00 AM

Location: Sharei Chesed Kitchen

Bring your kids, take home your sweets!



Eve of Purim

Megillah Reading

Date: March 15, 2014

Time: 7:45 PM

Purim Day

Shaharit and Megillah Reading

Date: March 16, 2014

Time: 8:30 AM

Purim Seudah

Dinner, Music, Magic Show, Talent Show,
Games & Prizes!

Date: March 16, 2014

Time: 5:30 PM

Magician at Purim | Dr. Neil Covin



Dr. Covin graduated Dental school from the Univ of MN where he obtained his Masters degree in Periodontology from the University of Iowa. He served in the Air Force before starting a practice in St. Louis Park. In addition to Periodontics, he has been doing implant dentistry for over 25 years. His passion is

to help people improve their self image and smile via Periodontics and Implant Dentistry and it has made his life's work fulfilling. One of his hobbies is performing magic. This has not only brought smiles to his audiences but it also brings joy to himself. Dr. Covin has been involved with magic for over 50 years. As a small child, his father would bring him magic tricks and he has enjoyed magic ever since!
Come and enjoy Dr. Covin's magic!