

TBM Sisterhood Presents



*Women's
REC Weekend*

Relaxation - Education - Charity

January 27-29, 2012



IMPORTANT INFORMATION
AT A GLANCE

WHEN IS IT?

January 27–29 2012

WHERE IS IT?

The Spa Treatment and Lunch will be at:

Ocean Place Resort & Spa

1 Ocean Blvd

Long Branch, NJ 07740

All other activities will take place at:

Temple Beth Miriam

180 Lincoln Ave

Elberon, NJ 07740

WHAT IS THE REGISTRATION DUE DATE?

January 13, 2012

HOW CAN I REGISTER?

Send completed registration forms and a check made payable to "TBM Sisterhood" and mail to:

Debbie Gerbman

101 Park Ave

Fair Haven, NJ 07704

WHO CAN I CONTACT WITH QUESTIONS?

Call Debbie Gerbman at 732-383-8575

Or email at DGerbman@comcast.net

Women's REC Weekend

Relaxation, Education, Charity

For a full weekend the TBM Sisterhood will offer programming and workshops to soothe and energize our sisters' bodies, minds and souls! Women from our temple and the surrounding community are invited to open their mind, stretch their body, and strengthen their spirit. There will be something to intrigue the many sides of each one of us. Mark your calendars, line up the babysitter and tell your families they'll have to do without you – This weekend is just for you!

Schedule of Events

Friday January 27th

6:30 – 7:30 pm → Wine and Cheese Reception

Join us at this kick off celebration for our Women's REC Weekend. Before Friday night services we will get together, recover from our week and get ready to enjoy a wonderful weekend of activities. All members of the community are welcome to join us. Please indicate the number of people attending and bring a canned food item for the Food Bank.

Place: TBM Pre-function Area

Fee: Free for the entire community

8:00 – 10:00 pm → Special Service and Sponsored Oneg

This service promises to be a joyous beginning for our special weekend. Participation of sisterhood members and special songs will make this a wonderful worship experience. Please indicate on your registration form if you would like to participate in the service, as well as how many people will be staying for the oneg.

Place: Sanctuary and Social Hall

Fee: Free for the entire community

Schedule of Events (cont.)

Saturday January 28th

9:30 – 11:00 am → Anusara “Torah” Yoga

As an enhancement to an already spiritual yoga practice, we will set an intention inspired by the week's torah portion. Anusara Yoga is heart-oriented, spiritually inspiring, and yet grounded in universal principles of alignment for both the inner and outer body. Beginners and yoga veterans alike will find this a motivating experience. Emily Huresky, Co-owner of Dancing Foot Yoga in Red Bank, will be our instructor.

Wear comfortable clothing and bring a yoga mat if you have one.

Place: TBM Social Hall

Fee: Members - \$20 / Non-Members - \$25

11:30 am – 2:30 pm → Spa Treatment & Lounging Lunch

Relax and indulge with friends at the Ocean Place Resort and Spa. Make a reservation for a spa treatment at a discounted price, and enjoy the use of the spa facilities, including pool, hot tub and steam room. Sisterhood will provide a spa lunch to enjoy while you schmooze and relax before and after your treatment. See the “Spa Treatment Reservation Request Form” for treatment options, prices and important information.

Place: Ocean Place Hotel & Spa—2nd Floor

Fee: Lunch: Members - Included / Non-Members - \$5

Spa Treatments: See Reservation Request Form for Pricing

Paid spa treatment is required to attend lunch and use the hotel facilities.

3:15 – 4:45 pm → “Organizational” Meeting

Organizing Your Life and Your Sisterhood

Do you know what's hiding in your piles? Is it dangerous to open any of your closets? Do you want to stop searching for things instead of doing what you love? If you have questions about organizing any part of your life, come and join us for this Sisterhood Meeting. Professional organizer, Sally Madden will give tips on getting and staying organized, followed by a Q&A session. We will also talk about Sisterhood's upcoming events and how to improve the organization of our organization!

Place: TBM Pre-Function Area

Fee: Free for all ladies

5:00 – 5:45 pm → Hardallah Service

We will unite in song during this wonderful and moving Hardallah service. The addition of some of our musical sisterhood members is sure to make this a memorable event. All members of the community are invited.

Place: TBM Sanctuary

Fee: Free for the entire community

6:00 – 6:45 pm → “Soup”ortive Potluck Supper

Each participant will bring a pot of their favorite soup, whether homemade or purchased, to enjoy along with salad and bread. Following dinner we will pack up the leftover soup and freeze it for the Family Affair committee. This TBM group sends dinners to congregation families during times of need. Please try to bring several 2-cup size disposable containers as well – you can usually find these in the Dollar Store.

Place: TBM Social Hall

Fee: 2 Quarts of Soup and Containers

7:00 – 8:30 pm → Dancing, Drumming & Dessert

“Movement from the Inside Out – Dancing With the Divine Feminine”

Beginning with the breath, we connect inwardly with our bodies, finding our centers. Gently and sensually, with music and drumming, we bring forth the “Divine Feminine Dancer” within into a state of playfully natural and passionate expression. Instruments and extra dancing scarves will be provided to play with whenever a woman would like to include it in her movement. We are lucky enough to have ViRAGO, “a fierce, female percussion duo”, to accompany our facilitator, Ku'uipo, for this amazing experience. Please bring fun & flirty scarves to dance with.

Place: TBM Social Hall

Fee: Members - \$35 / Non-Members - \$45

Schedule of Events (cont.)

Sunday January 29th

10:00 – 11:00 am → Women's Torah Study and Breakfast

The Women of Reform Judaism said- 'Give us a share among our brothers. We are no longer willing to be left out.' Instead of land, WRJ asks for something even more enduring - 'Give us a share of our Torah.' The result is a Torah commentary that we trust will benefit all of us. With this commentary we will continue as sisters to empower the women - and men - who come after us for generations to come.

Place: TBM Pre-function Area

Fee: Free for all ladies

11:15 am – 12:15 pm → Hands-on Charity Work:

Project Night Night Bag Assembly

Project Night Night donates over 25,000 Night Night Packages each year, free of charge, to homeless children who need our childhood essentials to feel secure, cozy, ready to learn, and significant. Each Night Night Package contains a new security blanket, an age-appropriate children's book, and a stuffed animal, all nestled inside of a new canvas tote bag. We will be assembling these bags, which will then be delivered to area shelters. Please take the time to join us for this very rewarding experience.

Place: TBM Social Hall

Fee: The entire community is welcome to join in this mitzvah

12:30 – 2:30 pm → "How much manna is too much?"

Nutrition Workshop and Healthy Luncheon

Are carbohydrates making me gain weight? How much protein should I eat everyday? What is the nutrition label not telling me? What's the difference between trans fats and saturated fats? If you have asked these or any other questions about nutrition, join us for this informative workshop. We will learn some of the key points for good health and taste some nutritious and delicious dishes. For each person who attends this workshop, Sisterhood will donate \$1 to the Food Bank of Monmouth and Ocean Counties. The presenter, Erin Kouri, is a nutritionist and personal trainer.

Place: TBM Social Hall

Fee: Members - \$15 / Non-Members - \$20

2:45 – 3:45 pm → Relax-itation Workshop

A 45 minute exploration of how relaxation/meditation practice can enhance your faith, help you cope with everyday stress and support you to be the best version of yourself! Susan Marco has been practicing massage and meditation since 1985. Her down to earth style makes this practice very easy and accessible. Whether you devote 15 minutes or 2 hours per day, these tools can be a very useful and helpful addition to your busy schedule.

Place: TBM Social Hall

Fee: Members - \$20 / Non-Members - \$30

4:00 – 7:30 pm → Numerology & Mala Bracelet

Workshop and Rosh Chodesh Dinner

Join Krista Eggering, a Jewelry Designer and Spiritual Facilitator, as she facilitates one of her Empowerment Series Workshops. Krista's intention for these workshops is to inspire others to cultivate a strong intuition, inner wisdom, creativity and a meditation practice for self-healing and self-knowledge.

The ancient science of Numerology is the study of how the numerical vibrations effect us, universally and personally. Through the birth date, we will explore how these numerical vibrations can reveal one's life-path, personal year, inner strengths and future tendencies. Based on your findings, each person will individually make their own mala bracelet made of wood and semi precious stones. Each number is represented by a semi precious stone to reflect the essence of its vibrations. A wonderful memory to remind you of the journey you explored at the workshop.

A wonderful Rosh Chodesh dinner will follow this workshop, compliments of TBM Sisterhood. Don't miss this fabulous ending to a spectacular weekend!

Place: TBM Social Hall

Fee: Members - \$40 / Non-Members - \$50

Membership Has Its Privileges

Join the TBM Sisterhood* for the 2012 calendar year and save on the REC Weekend activities.

Sisterhood depends on your dues to fund many of the special projects, events and programming that make Temple Beth Miriam feel like home:

- Preparing and coordinating Hanukkah festivities
- Providing apples, honey and bread for Rosh Hashanah
- Donating to the TBM Library
- Helping to pay for educational programming
- Presenting Shabbat candlesticks to the Bar and Bat Mitzvah students
- Giving Hanukkah presents to each of our religious school students
- Preparing breakfasts for Teen Academy
- Organizing Rosh Chodesh dinners and programs
- Providing a delicious Sisterhood Paid Up Members' Brunch
- Sending Purim baskets to all our Sisterhood members
- Sending birthday cards to our Sisterhood members
- Developing our inspiring Sisterhood Sabbath
- Sending notes for Good and Welfare

Support these and many more programs, by joining Sisterhood at the highest level you can and, as a thank you, receive a discount on REC Weekend activities.

- ⇒ Leah Level Members (\$36 contribution) or higher can register for activities at the ala carte "Member" price. This is a savings of up to \$45 off the non-member pricing!
- ⇒ Rachael Level Members (\$54 contribution) or higher can take advantage of the "1 Day Pass" for Saturday and/or Sunday. This will save you up to \$65 off the non-member pricing!
- ⇒ Rebecca Level Members (\$72 contribution) or higher can take advantage of the special "Full Weekend Pass" at a savings of \$75 off the non-member pricing!
- ⇒ Sarah Level (\$90 contribution) and Miriam Level (\$91+ contribution) can take advantage of any of the money saving offers above, plus they will receive a \$20 Gift Credit good towards a merchandise purchase from one of the weekend's presenters, or the TBM Gift Gallery

*Note: You must be a member of Temple Beth Miriam to join the TBM Sisterhood.

FAQs

Can I pay for my TBM Sisterhood Membership and my Women's REC Weekend registration with the same check?

Yes! Checks should be made payable to "TBM Sisterhood".

Who can attend the Women's REC Weekend activities?

All ladies of TBM, their female friends and family members, as well as ladies from the surrounding communities.

Where can I get another registration form for my friend?

You can go to templebethmiriam.org/sisterhood to see and print the brochure and registration forms. There will also be extra registration forms in the temple office.

Can I bring my daughter?

To ensure a relaxing environment for the participants, we ask that registrants be 18 years of age or older.

Do I have to attend all the events?

No. If you are forced to miss out on some of our exciting activities, you can choose the ones you can attend from the Ala Carte Activity Menus.

Is there a late registration period?

Yes, you may register up until January 24th. However, registrants whose forms are received after January 13th will be charged an additional \$25 late fee.

Can I register at the door?

Limited at the door registration will be offered at double the prices listed in the brochure.

What is the cancellation policy?

We respectfully require a notification of cancellation by January 20th to receive a full refund of activity fees. However, because food, beverages, and many activities need to be paid for in advance, there will be no refunds issued after this date.

Many Thanks to everyone who made
this weekend possible:

REC Weekend Presenters

Emily Huresky
Sally Madden
Ku'uipo
Maire Tashjian & Amy
Schindler of Virago
Erin Kouri
Susan Marco
Krista Eggering

Our Clergy

& Temple Staff

Rabbi Cy Stanway
Cantor Scott Borsky
Principal Stella Stanway
Frank Marsico
Marje Richter
Shari Nightingale

Members of the TBM Sisterhood Board

Liz Calcitrai • Pam Egner
Debbie Gerbman • Lori Goldstein • Meryl Ledwitz
Andrea Phox • Karen Pingitore
Annie Raulerson • Cindy Singer • Wendy Slotter

Help Make the Dream a Reality

Do you have a little time that you could donate to the Women's REC Weekend? There are many small jobs to be completed in advance to bring this event to its full potential. If you can help, please call:
Debbie Gerbman at 732-383-8575

UPCOMING EVENTS

March 8th—Purim Potluck Dinner
May 6th—Sisterhood Paid-up Membership Brunch
June 15th—Sisterhood Shabbat Service