

Northeast District Convention March 2023 Workshops

We Can Resolve Conflict – Let’s Talk About It

Do you and some of your board and/or sisterhood members disagree about how to get the job done? Is there unhappy chatter on the phone or via emails after the meeting? You will learn some helpful techniques to improve communication and to resolve the conflicts.

Jane Karlin, WRJ NA Board Member; and Judy Wexler, WRJ NA Vice President of Member Services

Taking the Magic Home to Your Sisterhood

We’re excited and energized from this weekend. Now what? How do we bring all the exhilaration and enthusiasm back home to our Sisterhoods? Where do we start? What do we choose? And what do we do when everyone’s not as eager as we are to try something new. Join us as we identify and share strategies for implementing initiatives and dealing with roadblocks to trying something new.

Lani Dunthorn, WRJ NE District Area Director; and Jodi Siegel, Past President of Sisterhood of Temple Israel Reform Congregation of Staten Island

Cultivating the Gardens of Our Souls

We will learn to cultivate the garden of our hearts so that beautiful things can blossom! Guided meditation, breathing, and mindfulness will be some of the practical and interactive ways we will develop "tools" to nurture healthy seeds in our own gardens and to support the beauty and potential within us all.

Suzy Gelman, WRJ NE District Area Director

Let’s Talk FUNdraising!

Get creative, take a chance, and have fun while raising money. Let’s talk about events that work both virtually and in-person and learn how you can make them successful. Bring your ideas, enthusiasm, questions, a smile and let's talk. We can’t wait to see you in Danbury!

Northeast District Convention March 2023 Workshops

*Andrea Gingold, WRJ NA Executive Committee Member, and
Ruthe Schipper, WRJ NE District Corresponding Secretary*

The Learning Center

Have you ever thought that only if you better understood technology, social media, and websites how better your life would be so-o-o-o much easier? This workshop is your chance to have your questions answered and learn more from WRJ experts. This workshop is structured in a way that allows you to move at your own pace between several tables to learn about the following:

1. How to read a budget
Marsha Byrnes, WRJ NE District Treasurer
2. How to write emails that capture people's attention
Carol Chaykin, WRJ NE District Vice President
3. How Yammer can help you
Heather Longeree, WRJ NA Director of Engagement
4. What and where are Google docs
Marsha Moller, WRJ NE District Treasurer
5. What is the best use of Facebook, Instagram, and Twitter
*Jenifer Rosenberg WRJ NE District Area Director; and Alissa
Woska, WRJ NE District Area Director*
6. What are the Zoom features that go beyond simply setting up
a meeting
*Karen Schorfheide-Ray, WRJ NE District Recording
Secretary*
7. How to create a local sisterhood newsletter
*Meryl Sussman, Immediate Past President of Central
Synagogue-Beth Emeth's Sisterhood*
8. What WRJ has to offer your local sisterhood/women's
organization
Judy Wexler, WRJ NA Vice President of Member Services

Northeast District Convention March 2023 Workshops

When to Listen and When to Speak

This workshop is for everyone. Why is that? Communication is so natural to us as human beings. We will present some guiding principles so that we can all become more effective communicators. We will explore how to communicate with the intention of modeling considerate, respectful and courteous behavior while acknowledging differences of opinion.

Vivian Blumstein, Past President. WRJ NE District; and Sara Charney, WRJ NA President

Do All Our Sisters Have a Place at the Table?

Have you ever unknowingly hurt someone's feelings because you assumed they didn't belong? Is it hard when the chatter is about children/grandchildren and you have none? Jew By Choice vs Convert, which term should we use? Come and learn from our panel the best ways to make sure everyone feels welcome and accepted at our WRJ table.

Carol Chaykin, WRJ NE District Vice President of Marketing and Communications; Suzy Gelman, WRJ NE District Area Director; Robin Krieger, WRJ NA Board Member and WRJ NE District Area Director; and Shoshana Nambi, Rabbinic Student at Hebrew Union College in New York City

Your Voice Matters - Nurturing an Environment of Respect by Managing the Dynamics of Power

Has your sisterhood contributed money to the temple and felt it wasn't acknowledged or appreciated? Is there a sisterhood board member on your temple board to bring the voice of sisterhood forward? Join us to learn how to use the tools of "WRJ Says STOP" and an understanding of power dynamics to help nurture in your temple and your sisterhood an environment of respect and equity where every voice is heard and valued. You can help make sure your temple is aware of what your women's group does and has a voice in what happens at the temple, and that your

Northeast District Convention March 2023 Workshops

sisterhood hears your voice - and everyone's voice - too.
Shoshana Dweck, WRJ NA Vice President of Advocacy

Generosity of the Heart and Soul: Our Mussar Moment

We will explore the Mussar meaning of generosity through rabbinical and Torah text. By studying examples of generosity, we will discover how we can apply what we learn to our own lives.

Trina Novak, Immediate Past President of WRJ NE District and WRJ NA Board Member; and Paulette Black, WRJ NE District Area Director

Focusing on the Power of Aromatherapy

Guests will learn how essential oils affect their mind, mood, and emotions. They will learn how to create their own personal blend of essential oils and how the art of Aromatherapy links the healing of mind, body, and spirit.

Alexis Levin, Educator

What's in a Name?

A whole lot of history about our place in the world. Our first names might honor the beloved forebears in our family but Jewish “family” names relate us to the greater world outside—often a world of oppression, forced relocations and, later, hopes for better lives. Journey through Jewish history and learn how Jewish family names developed and then changed over time—as communities rose, waned, and then were recreated in new places. Along the way, discover what are the myths and what are the facts behind our family names.

Meryl Sussman, Immediate Past President of Central Synagogue-Beth Emeth's Sisterhood