## Sisterhood says.....

\*\* A BIG THANKS everyone who brought in goodies to stock our freezer for Onegs. We are full and it's great! We appreciate it so much and are so grateful to our wonderful members who are always there when needs arise!

\*\* We play Mah Jong on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month in the Temple social hall. All levels are welcome and encouraged, so please join us! Light refreshments will be served and feel free to bring your special goodie to share. No RSVP is needed...just come on down!!

## **UPCOMING MAH JONG DATES ARE:**



## August 21 September 4 and 18 1:00 PM

\*\*If you have not filled out and returned your membership applications for this year, please take a moment to do so. We hope all former members will join again. **We would love for more Temple Israel women to become Sisterhood members!** 

\*\*All Temple members are welcome to attend our Sisterhood Book Club. We meet monthly via Zoom, usually on the **3<sup>rd</sup> Wednesday** of the month at **7:30 PM**.

## On AUGUST 21, 2024 Your Love is Blasting in My Heart by Marilyn Saltzman.

Mussar, a time-honored Jewish spiritual and ethical practice, is experiencing a modern resurgence. The practice offers a unique perspective on mindful personal growth in the service of others. One of the few books to view Mussar through a woman's lens, Your Love Is Blasting in my Heart makes these teachings accessible and relevant to readers of all faiths. Saltzman's memoir features entertaining stories about a Jewish grandmother and her two grandchildren, adopted from China and Ethiopia. Each chapter presents vignettes about a different Mussar soul trait, such as compassion, gratitude or generosity. In the flavor of Chicken Soup for the Soul, the book features conversational anecdotes that are both humorous and inspiring. Each chapter concludes with journal prompts to give the reader an opportunity for self-reflection. **Libby Kahn will be our leader** 

**Contact Holly Del Valle** at challaha1@msn.com or 321-795-5607 for more information and a link to the meeting.