

תּוֹמָא: NEWS

Shalom, Achot! It has been quite some time since we have been in touch with each other. Those of us on the planning committee have been busy getting some exciting things ready. One of them is our new face for the newsletter. We hope that you like how we have been transformed.

We want to thank Angela Martini for designing our new look. It is more in line with the vision of the dynamic sisterhood Achot is becoming.

The newsletter now has several columns that hopefully will be of interest. We want to invite your input to help us in being connected with an interesting and vital newsletter.

"Ask Ellen" is an Ann Landers-type advice column. This column will be written by Dr. Ellen Quarry. She brings a unique combination of psychology, theology, and a wealth of general wisdom. Send any questions you have in these areas to Dr. Ellen Quarry at the Achot website (<http://umjc.net/achot>) under the menu item "Ask Ellen". We will all grow from both the questions and the answers. Let us know if it is alright to publish your name or if you wish to remain anonymous. For more information about Ellen, please read the **"Ask Ellen"** column. The introductory column is from her heart and tells a little about her.

WHAT'S INSIDE:

MONTHLY
UPDATE

*Our
New
Face*

S.M.I.L.E

*Our
Tzedakah
Update*

ASK ELLEN!

*Mirror,
Mirror
On the
Wall*

JOIN US!



UMJC: NEWS

Mirror, mirror on the wall, who is the fairest of them all?

YOU-- at our first Achot retreat!!!

On October 24th-26th we are requesting the pleasure of your company at our first Achot retreat.

We are holding our retreat at an accessible place on the Eastern seaboard. While it may be further for those in the Central and Western US, Baltimore offers flight-goers a reasonable flight price because of its location. We can't wait to be together and grow in the L-rd and our connections with one another. Please make plans to join us for our first Achot retreat. How wonderful it will be to have you there with us!

Here are the details:

What: "Mirror, Mirror", UMJC Sisterhood *Achoth* Retreat with guest speaker Dr. Ellen Quarry

Where: Hyatt Place at Baltimore/Owings Mills, MD

When: October 24th -26th, 2008

Registration: \$65 - covers registration and all meals

Hotel Room Rate: \$109/night + tax. Reserve your room by calling Hyatt Place at 888.492.8847 and mention you are with the UMJC Sisterhood. *Each suite has 2 beds on the bedroom side and a queen sofa bed in the living room. Each suite could accommodate up to 6 people. If you need a roommate, have questions, or need transportation to and from the airport, contact Sherry Moore at sherryam@gmail.com*

Rosh Pina Congregation nearby will be assisting us by allowing us to use their facility throughout the weekend. Our time together will include speaker Dr. Ellen Quarry as we seek to find out who the true reflection is in each of our mirrors. Join Achot in this wonderful endeavor and leave refreshed, renewed and connected. When making flight plans, use the airport code *BWI* for Baltimore Washington International Airport. The retreat will start at 6:30pm on Erev Shabbat and end at 12pm on Sunday.

Please register online at www.umjc.net/achot

ASK ELLEN!

Q: WHO IS DR. ELLEN QUARRY?

A: This year I celebrated my 25th year in the L-rd and 50 years on this earth. It has been a unique year since I have taken a sabbatical in Fl. to process the grief of losing my husband. I have been praying about the next chapter and phase of my life. After many hours of walking on the beach and talking to G-d, I realized how important my Messianic family and community is to me. It is the place I truly belong and because of this, I am now in the process of relocating back to L.A.: picking up and moving to start anew, and reconnecting with the old. I didn't want my life to be characterized by only the mitzvahs in the past. I have asked G-d for a new vision and work. I am not sure exactly what that will be, but I do know the direction in which I am headed. It is to serve the Messianic movement that is blooming in California, to help in bridge building, and to reconnect with my Messianic sisters across the country.

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VISIT US ANYTIME: WWW.UMJC.NET/ACHOT

BECOME A MEMBER!

As a sisterhood, we will act in unison to help enhance our love of Torah, and our witness to the world of the power and love of Yeshua, the Messiah of Israel. Our sisterhood will provide an arena where the women of the UMJC will be able to create stronger bonds with one another and encourage each other in our strengths.

Achot will offer an ongoing menu of educational forums, discussion groups and a national/international tzedakah project. **Please join us in this dynamic venture!**



VISIT: www.umjc.net/achot
for more information.

ASK ELLEN (continued)

I think that we all need to accept certain realities: that we are scattered among all the states and that our hearts and arms need to be stretching out across the miles in love. Many of us have been giving for years and we need to reconnect. We need to get to know and befriend the new women in our community. I believe distance must be overcome. Love, connection and service must prevail. I Corinthians 13, "If we have not love we are nothing."

I am asking each one of you to take the time and ask G-d how you should become involved in bridge building.

Ellen will share more in upcoming columns...

S.M.I.L.E update

We would like to thank all of the congregations and individuals that sent money to Chris Shansky. We know she was very blessed with your generous giving and we ask for your continued prayers for her and the family.

LAUGH A LITTLE!

It's good for you...

Did you hear that Kraft is opening a cheese factory in Israel? They are calling it "Cheeses of Nazareth."

Page Turners: An Achot Book Review by Tina D'Auria

The Waters of Eden by Aryeh Kaplan takes a deep spiritual and scholarly approach to looking at the mysteries and significance of the Mikvah. Rabbi Aryeh Kaplan pulls from a wide spectrum of information not only from the Holy Scriptures, the Talmud and Midrash but many great teachers and sages such as Rashi, Rambam, Hirsch and others. The Zohar and Kabbalah are considered and add fascinating insight to understanding the Mikvah and the fundamental connections to Jewish life. Rabbi Kaplan weaves together the facts and the mysteries, sharing stories of the Mikvah throughout time and transporting us back even to the waters of Eden. This study offers profound insight to the ancient purpose *HaShem* has perhaps hidden that enables man not only to transcend time and recover his freedom through the Mikvah, but also affords the ultimate purification found in the unity and power of His Name. This book may surprise and reward anyone seeking a deeper understanding of G-d's provision for personal holiness.