

מחנה: NEWS

The Achat retreat was held on October 24-26th in Baltimore, Maryland. On Erev Shabbat, we ate a beautiful dinner at our hosting congregation, Rosh Pina. We cannot say enough about what a great host the congregation was to us. Thank you, Rosh Pina!

After our meal, the women headed to the sanctuary for the opening session of *Mirror, Mirror*. We were delighted to have Ellen Quarry as our speaker for the whole weekend. Ellen sits on the boards of Hashivenu and the Messianic Jewish Theological Institute, and attends Ahavat Zion in Beverly Hills, CA. She is a licensed marriage and family therapist. She holds degrees in Human Nutrition and Food science, Education with a minor in Religious Studies. The spiritual, psychological and practical insights into ourselves and who we are in the Lord were very fulfilling. Many of the women came away with a greater depth of their place in Messiah.

We had a great time interacting with each other at a round-robin during one of the sessions. We also had a fun with our, "Project Run-a-Muck", a take off on "Project Runway". "Project Run-a-muck gave us a great opportunity to experience our creative side. It showed us how much we can accomplish if we work together, a major theme of Achat, and what absolute fun and camaraderie we can have. A

Let us empower you! In the next month, we hope to have on our website and in your congregations some helpful information on how to start a women's group or sisterhood, how to make your current group stronger, tips for what works, encouragement, tzedakah project ideas, support contacts at Achat to help your group, retreat information, and conference links.

We want to hear from you. Swamp us with ideas, give us the names of some good reads, send along some recipes, and let us know what you would like to see the face of Achat become. Send along your inspirations on how we can resuscitate our inner passions to reach for Mashiach in our lives. If you have Rosh Chodesh groups, let us know what is going on. Let us know your sisterhood or women's group names and give us some contact information so we can empower and strengthen each other. Yasher koach (may it be a strength to you)!!!! A

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UMJC: NEWS

Columbus, Ohio: Ellen Weisberger reports that the sisterhood of Congregation Beth Messiah held a weekend retreat on October 24th, 2009. They took their theme “A Special Hatred” from the fifth chapter of the book *Captivating*. The sisterhood has been reading and discussing a chapter each month from this book. Saturday afternoon was spent in discussion and much prayer.

Ellen, the sisterhood president, stated that their retreats just keep getting better every year. *Baruch HaShem, we love to hear that kind of news!*

Costa Mesa, California: The Ayres Hotel was the site of the 2nd Bi-Annual Southern California retreat. “Resting in His Presence” was the theme. It was a sweet time of fellowship and worship. Women from twelve different congregations were in attendance. Leading worship were Joanne Kragenbrink of Kehilat Ariel (San Diego) and Joyce Handler of Kehilat Mashiah (Upland). Liz Kasdan (Kehilat Ariel, San Diego) gave the message at the Shabbat service and Debi Lipinski (Kehilat Ariel) led Davidic Dance along with Rebbetzin Darci Lieberman (Tree of Life, San Diego). Donna Jacobson (Kehilat Ariel) and Julie Burkhardt gave outstanding teachings. Rebbetzin Sandi Adamson of Kehilat Mashiah (Upland) coordinated the conference and was the facilitator for the weekend. It was truly a time of “Resting in His Presence.” A

We look forward to seeing many of you this summer at the National Conference in Miami during July 22-26th, 2009. We have some Achat events happening during the conference that you are sure to enjoy. We hope you can come!

We are also planning another Achat Retreat to be held later this year. We will keep you informed of Where and When in the next newsletter and on our webpage. A

ASK ELLEN!

What's new in the new year? A few questions to ask ourselves:

**How are we approaching the new year - with dread and fear like most people, or are we determined to renew our hopes in G-d and what He can do for us?*

**Are we focusing our goals toward not only this life but the world to come? Are we planning to store up riches in heaven or just fearfully and narrowly focus on today and tomorrow only?*

**Have we included our relationships as things we want to build on for the new year, valuing our commitments to G-d, self and others?*

**Do we have a plan to work on ourselves holistically, in mind, body and spirit? Are we going to be realistic in setting appropriate goals so that we can not only develop new muscles but maintain them as changes also?*

**What are we doing to build community in our homes and congregations?*

I encourage all of us to take seriously the mandate to grow in the L-rd and to trust the process to Him as we faithfully commit to sow and water, and endeavor to have more discipline and planning in our working.

Part of G-d's strategy is to get everyone involved to have a time of refreshing and experience a taste of Olam HaBa (the world to come). His prescription wouldn't work unless everyone was taking the same medicine. So everyone including cattle, slaves and all strangers would be required to cease and reflect and refocus and refresh... It's easier as a group.

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BECOME A MEMBER!



As a sisterhood we have the goal to connect with one another in becoming all that the L-rd G-d of Israel has for us.

We are here to help enhance our love of G-d, Torah and Israel. We are dedicated in the bond of the testimony of the Love of G-d as witnessed in Messiah Yeshua, who when asked what the greatest commandment was, answered, "Love the L-rd your G-d and your neighbor as yourself." It is in this spirit that we will create stronger bonds with one another and reach out our hands in tzedakah to others.

Please join us in this dynamic venture! Visit: www.umjc.net/achot. You can either become a member online by clicking on the menu item "Become a Member", or by filling out our form below and sending it into the UMJC office. A

Join Us Today!

Membership is open to any individual who is part of any congregation and those who seek to support Achat.

Individual---Chai : \$ 18.00 per year
Congregational---Triple Chai : \$ 52 per year

Make checks payable to the Union of Messianic Jewish Congregations with a notation for Achat.

Please send to: **UMJC Office**
529 Jefferson St. N.E.
Albuquerque, NM 87108

Name: _____

Address: _____

Amt. \$ _____

Phone: _____

Email: _____

RETREAT 2009?

Many of you have expressed a desire to have another women's retreat. We were wondering though if you would HELP us in our planning by answering a few questions.

Take a moment and log onto our website www.umjc.net/achot and fill out our survey. Let us hear from you so we can know how to better plan this year's retreat. Let your voice be heard! A

If you are already a member, it is time to renew your membership. Please go online or send in your renewal amount based on your membership level. Thanks for your continuing support! A

P

assover Rolls

Great for lunches for kids to bring to school.

- 2 c matzah meal
 - 1 teas salt
 - 1tbs sugar
 - 1/2 c oil
 - 1 cup of water
 - 4 eggs
1. Combine matzah meal with salt and sugar
 2. bring oil and water to boil
 3. add to dry ingredients and mix well
 4. beat in eggs one at a time
 5. allow to rest 15 minutes
 6. with well oiled hands shape into rolls
 7. place on well oiled cookie sheet
 8. 375 for 50 minutes or until golden brown
- makes 12

I have been told to freeze what you wont use in a day or so (can get moldy).

Nu?

We want to know

what we can do to help your local sisterhood, women's group, and each individual member prosper.

Please forward your concerns and ideas to: tikvatlinda@aol.com.

You are the reason we started Achat! May His name be glorified in and through our lives!

Love, Achat A

Kvel Korner

A new addition to the newsletter! It is our desire to share in great things that individuals are doing or something great that your sisterhood is doing.

To introduce this new section, we are featuring Danielle Greenberg. Danielle is not a member of the Union, but her congregation is affiliated with IAMCS. Her wonderful project of putting together a Messianic Children's Bible is certainly something to Kevel about! Danielle tells Achat that the Messianic Family bible will be coming out later during the summer of 2009. The project came about after a few concerned rebbetzins from both the IAMCS and the UMJC got together with Rabbi Barry Rubin of the Lederer Foundation to discuss this great need in our community. Several attempts to gain access to a current translation were not successful. So, the Messianic Jewish Children's Bible Project began building a revision of their very own based on the public domain American Standard Version. They have signed a unique partnership agreement with Lederer, the publisher of the Complete Jewish Bible.

With the help of several rebbetzins, including our very own Meryll Eaton and Pat Feinberg, they have put together what is hoped to be a unified voice for the national Messianic community. Kirk Gliebe (UMJC), Judah Hungerman (IAMCS) and David Sedaca (Chosen People) have all volunteered to join the projects board of directors. Rabbi Steve Galiley, a 5th generation Messianic Jew and a graduate of Fuller Theological Seminary, is doing the actual translation from the Greek texts. His wife, and gifted novelist, Debbie is working on the readability. Michael Washer and Tammy Blenkhorn are doing over twenty full-page illustrations. Dr. Jeffery Feinberg and Dr. Ray Gannon are giving a well balanced theological review to the Bible. Rabbis Eric Tokajer and Dr. Glen Blank are checking it for Messianic interpretation and grammar, and Rabbi Barry Rubin is operating as the Editor.

You can check out more on the website: www.MessianicFamilyBible.org and tell everyone you know - this Rosh HaShanah there will be a new Messianic Brit Hadasha available! So break out the milk and cookies...it's time to snuggle up and read together as a family. Danielle asks that you keep the project in prayer, as there is so much left to do!

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Secondly, in our society with all its pressures and hurried lifestyles, many times we act like victims of this busy world. We often create these over-driven lifestyles ourselves. We cannot act like we are victims of it and must take the responsibility to make changes, at least one step at a time. We do it to ourselves for a number of reasons. We often like staying busy to avoid feelings we have, like anger depression, and a sense as British psychologist Winnicott termed it, a "manic defense against despair". There is a sense of generalized anxiousness about the world and our future. Especially now, when we often feel the pressures of the economy, corrupt politicians, government systems that are falling apart, etc... We are overwhelmed by the fact that we are just one person and feel helpless to fix all the problems in the world. So, we may unconsciously schedule more and more. This may be why the whole day of rest and reflection, the switching of gears, is so terrifying for some people. Without the usual distractions we may have to deal with, feelings of disappointment, exhaustion, loneliness, helplessness tend to overwhelm us. We often do not want to do this and don't know how. We are not so afraid of losing time but of having the time to reflect.

In our overachieving and technologically driven society, where the workplace has become the new home for many people, it is a new sense of worldliness, which calls us out of Shabbat, out of G-d's commandments and out of community and refreshment. We are to caretaker, not masters over things. We need to reorient our weary souls back to the starting point, back to our Creator, look and focus upwards as we focus outward toward people all week long..

G-d has us in mind when He created the Sabbath, Yeshua said in Mark 2:27, "The Sabbath was made for man and not man for the Sabbath." We need it. Let's start moving toward bringing ourselves back into line with our heritage, our humanity and G-d's many gifts of shalom. A

Get the word out....

If you are interested in advertising, please contact Linda at tikvatlinda@aol.com and we can try and help you advertise your special cause. Submissions should be no longer than 100 words and 1 image. Make your charitable cause known among your fellow women!

Mazel Tov!

During the retreat, surveys were given out regarding the Messianic Children's Bible project. The first 3 people to fill out the survey would win something related to the finished product. The 3 winners from the retreat surveys are:

1. Constance Parker of Rosh Pinah
2. Kari Cook of Tikvat Israel
3. Nancy Rothstein of Ohev Israel

LAUGH A LITTLE!

It's good for you...

Four young novice nuns were about to take their vows. Dressed in white gowns, they came into the chapel where Mother Superior was waiting to perform the ceremony to marry Jesus. In walked four Chasidic Jews with their skullcaps, long side locks and beards. They sit in the front row and Mother Superior says to them, "I am honored that you are here. Can I ask why you came?"

They answer, "We are on the groom's side." A

